



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28 No 14

August 21, 1986

Deadline is Monday, September 8, 1986

Cost: Priceless

NEW COMMANDER



"(Left to Right) LGen Larry A. Ashley, Gen Paul D. Manson and LGen Donald McNaughton sign the documents officially marking the change of command of Air Command."

Lieutenant-General Larry A. Ashley assumed command of Canada's air force on Friday, August 1, 1986 during a ceremony held at Canadian Forces Base Winnipeg.

LGen Ashley took over as Commander Air Command from LGen Donald McNaughton who left Winnipeg to become Deputy Commander-in-Chief, North American Aerospace Defence Command, at Colorado Springs, Colorado.

Among the dignitaries on hand to witness the ceremony were Manitoba's Lieutenant-Governor, the Honourable Pearl McGonigal and Canada's new Chief of the Defence Staff,

General Paul D. Manson. The Central Band of the Canadian Forces performed during the ceremony and 80 personnel from CFBs Winnipeg and Portage la Prairie were on parade. A three-plane formation of CF-18s conducted a fly-past to mark the occasion.

Before being named to succeed LGen McNaughton, LGen Ashley was Chief of Air Doctrine and Operations at National Defence Headquarters. A native of Simcoe, Ontario, LGen Ashley graduated from Royal Military College, Kingston, in 1959 and served with the naval air arm. He later served in a variety of appointments in Canada and overseas,

including Base Commander of CFB Shearwater and Chief of the Military Factors Division in the NSTO Airborne Early Warning and Control program at Brunssum, the Netherlands. In 1985 he was made a Commander of the Order of Military Merit in recognition of his exceptional military service.

As Commander Air Command, LGen Ashley is responsible for over 33,000 military and civilian personnel at over 30 bases and stations across the country. Air Command, which was established in 1975 as a successor to the Royal Canadian Air Force, is largest command in the Canadian Forces.

NEW CO FOR 407



Lieutenant Colonel R.B. (Bruce) Sutherland was born in Calgary, Alberta on 31 August 1944. He was raised near DeWinton in the Alberta foothills and attended school in Okotoks.

Lieutenant-Colonel Sutherland joined the Royal Canadian Navy in May 1964 as an Ordinary Seaman and served as a Sonarman on board HMCS Qu'Appelle. He was commissioned as a Sub-Lieutenant under the Naval Venture Officers' Training Plan on 20 October 1967.

His first tour of duty was with VS 880 Squadron in Shearwater, Nova Scotia, where he flew the C82F "Tracker" both ashore and on board the aircraft carrier HMCS Bonaventure. His next posting was to 412 Transport Squadron in Ottawa. Over the next seven years he accumulated 3500 hours on the Cosmopolitan aircraft; four years were spent flying VIPs in Ottawa and three as a pilot instructor with 426 Training and Transport Squadron in Trenton, Ontario.

In 1978 he attended the Canadian Forces Command and Staff College in Toronto and stayed for a subsequent two years as a member of the College Air Planning Staff. Lieutenant-Colonel Sutherland left Toronto for a year long French course and joined 415 Maritime Patrol Squadron at Greenwood in 1981. He was promoted to the rank of Lieutenant-Colonel from the position of Deputy Commanding Officer 415 Squadron on 25 July 1986.

Lieutenant-Colonel Sutherland is joined at Comox by his wife Jill and their two children, Alexis and Geordy. His daughter Paige resides in Penticton, British Columbia.



SUNNY SMILES AND STICKY FINGERS -- Miss PNE contestants from Vancouver Island share a little cotton candy at the PNE's Flashback Party on opening weekend. From left to right are Miss Alberni Valley - Jennifer Johnson, Miss Comox Valley - Clare McPhedrain, Miss Port Hardy - Kristy Dunham and Miss Parksville - Deena DeVito. The finals of the Miss PNE Pageant are held Tuesday, August 19 at 8 p.m. in the Coliseum.



SECTION NEWS

Anker Klankin'



Suggestion Award winner



Corporal Woodworth, an Air Frame Technician VU 33, suggested a safer and more efficient method of attaching the warning flags to T33 tip tank jettison ground safety pins and NDHQ granted him an award of \$300.00. His new Commanding Officer, Maj Nielsen, made the presentation and his new Squadron Aircraft Maintenance Officer, Capt Kightley, stood smartly at ease and registered his approval. Courtesy Base Photo

The subbie writer is away and guess who was asked to write this week's column. After it was announced who would be the guest scribe certain previous writers were buying lunch for yours truly. They actually think that this writer can be bribed or will forget the shots they have taken at him.

VU 33 is proud to welcome our new leader, the great Dane, Maj Art Nielsen. He came to us from Greenwood, but that was not his fault. We all thought for a few days that he had over-trained as a VP Weenie but the old naval air ghost, lurking in the back, rapidly emerged and is standing at the helm. We all welcome you and your family to the Comox Valley.

Our regular writer (he is a subbie so he isn't a normal writer) is away on the Cape Scott trip. The two weeks before that he went on leave. The OPSO has a new group under his wing. Rambutt, being very disappointed after losing control of his Raiders, is leading the OSS. (Ouellettes' Super Sleuths) or BBSS (Bobbie's Babysitting Service). It seems that DANDY is the cause of this whole new section.

One A.M. a certain DANDY subbie was missing. We will not say who, but the OpsO was very concerned. The DCO and Rambutt were called into conference. Rambutt sent his sleuths out looking for the wayward youth. In record time (first time out so it has to be a record), the Sleuths spotted an old expensive relic in front of

the rec centre. Upon questioning the PERI staff they discovered our subbie was doing his walk to qualify for adventure training. Upon his return to the Sqn he took all his chastising in stride. He was later heard to remark "Lately, everything I touch turns to hell. Time to go on leave."

The Sqn has been quite busy. As always it is heavy flying season during the summer leave period. Wayne Larsen and Gibby had to go to Ottawa for a computer course so they could play with the Sqn's newest toy. They both had different courses, so they now can be heard in discussion "But my instructor said to do it this way. So what if I forgot a dot. Does not compute, hell!" and a few more which cannot be put in this article.

Mike Cummings is put out because the Tree Island Fishing Trophy still hasn't got his name on it. I thought that he would be embarrassed to have people know that he won the derby with an under sized salmon.

Our CO is quite adventurous. He is letting three pilots (Rambutt, Ritchie and Martin - which one is Moe?) go up to do some real navigating and pilot training to Yellowknife and Whitehorse. But, as always, he has covered his bet. He is sending BVD along to make sure they don't get lost or in trouble. Killer Bekolay wanted to go but the CO would not let him. The Boss is afraid that Killer would trade the Tracker for a Here full of Arctic char.

Andy can sleep at night now that Bernie has returned smiling from her six week stint at the air cadet camp in Princeton. Ottawa has been swamped with requests from air cadets to be posted to Comox.

The Bear Walk remarks in the last article have to be answered. At the reception the Base Chief had to look around the room for quite awhile before he could corner the culprit who was doing his best to avoid the Chief. (Something he has become good at). But, to his surprise, Chief Del Fabro was all smiles and said, "That was the best recovery he had ever seen."

Our new CO was so impressed that he would not let GYRO tamper with a good thing. We all get to impress the new Base Commander with our highly trained, precision color party. Hopefully the Bear March will not reappear.

That's all the news for now. Don't believe any of the lies that DANDY subbie will attempt to put into words of two syllables or less in the next issue.

VU 33 TECH SIDE

Armed Forces Day, a working day for most of us, turned out to be a fun day as well. While the servicing crew was looking after the visiting and VU 33 aircraft scheduled to fly during the airshow they had a chance to meet the pilots of many vintage and/or aerobatic A/C. It looked like an easy go for our 3

Hangar Suds and Clean crews. Nothing to it, serve a few draught, remove some empty cups from the tables, one hour on and 1½ hours off. All was going along fine until around noon with the temp reaching for 30 degrees the crowd (someone said around 50,000) began searching for a cool one. From there on in with 3 on the taps Sgt Barry VanDusen left tap, Mr. Gerry Gerow centre and M/Cpl Pete Wybenga right tap - we drew and slung (and spilled), as fast as we could, all thru the afternoon. At one point Gerry Gerow broke into a rendition of airmen's lament after he challenged Fast Tap Barry VanDusen to a "who can empty a keg first" race. Gerry, who likes a full head on a brew, held his own in numbers (of glasses) but had to fill more so VanDusen won the pour.

Prior to the air show some of the techs were lucky enough to get a ride in a vintage A/C. Ron Fortin and Trevor Jones flew in an Expeditor. Pete Morro and Al Beasley strapped on a T-28 and Tokarz managed a little stick time on the ole "Exploder."

During the latest "Mug Out" the recipient of our VU 33 Tech of the Quarter went to Rob Butler who also received a VU 33 plaque as he leaves us soon for Europe. Sgt Ray Morrison, our VU 33 Avionics (CRS) boss was presented with a Morse (Code) soft ware kit (Head Phones and Key) and a

framed writing about life in the retirement lane signed by our new CO, Maj Nielsen. Also presented with a plaque was Ken Forsey on the completion of a full and rewarding career.

The ball team, getting somewhat weary after a hard hitting season, came through with a respectable 11W, 4L, 1 Tie record. They finished tied for first place with BATCO. The slow pitch tournament resulted in two near wins. The first game of the league finals went to CE with 3 games remaining; let's get out there to cheer them on.

Cape Scott was a Trail (Trial?) to remember for Randy Arrowsmith, Bruce Driver, Dennis Vicklund, Fred Day, Pete Wybenga, Ian Taylor and Mickey Martin. During the second day they took a "short cut" that should have reduced the daily distance by ½ and arrived at destination tired, bruised and blistered (old map? poor overgrown trail) at 2100 hrs. Randy (he's into food) was happy as none of his rations were discarded although Dennis (always thinking) ate as much as he could to lighten the load. Dennis says "NEVER AGAIN."

Bowling - Harry Weeds has Base Bowling info in his new column this issue.

Woody is back full of life and showing he can still handle the servicing desk with professional ease. His next venture - Chicago.

M. S. E. Driver Safety

What would you do?

You are coming up to an intersection of a four-lane highway going 30 miles an hour. You're prepared to make a left turn. You're in the left lane and you're signaling. There's a car coming from the opposite direction, also in the left lane and signaling his intent to turn left. The light turns yellow and you accelerate slightly as you enter the intersection to make your left. The on-coming car begins its left turn but straightens out to be directly in your path. What should you do?

- A. Accelerate to escape ahead of him
- B. Honk, hard brake, ease off to medium and veer right to go through

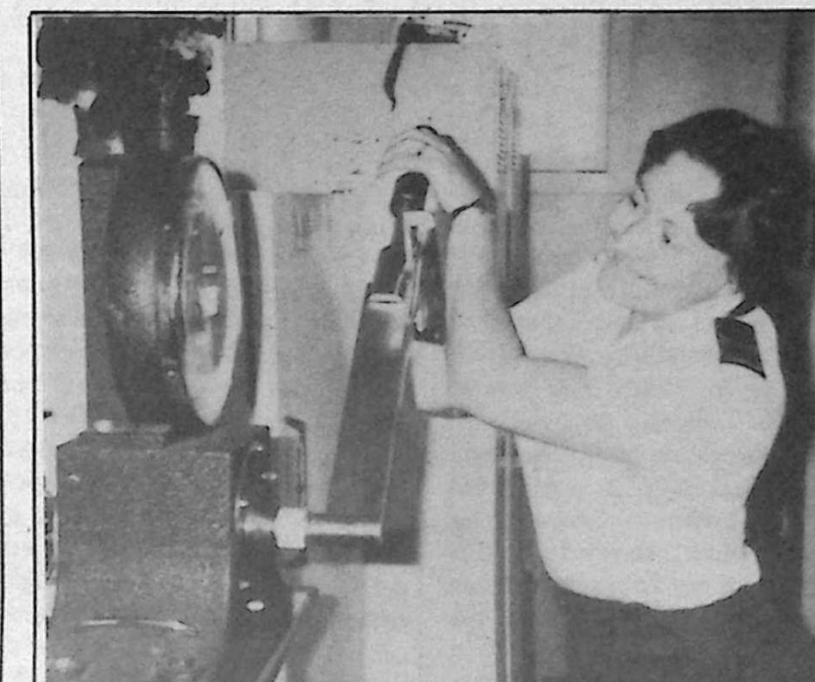
Answer on page 11

SECTION NEWS

VU-33 - OUR PEOPLE AT WORK

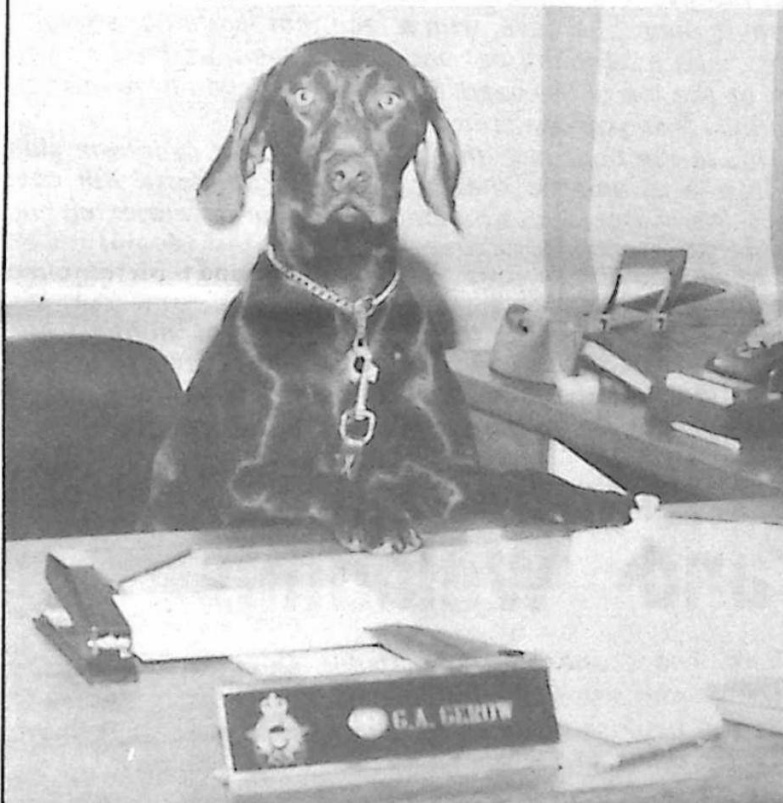


"I told you I knew how to get it started. Now, which way did you say Cold Lake was?" Major Rollic Acorn, the new BFSO chats with Gil Lessard an AE Tech.



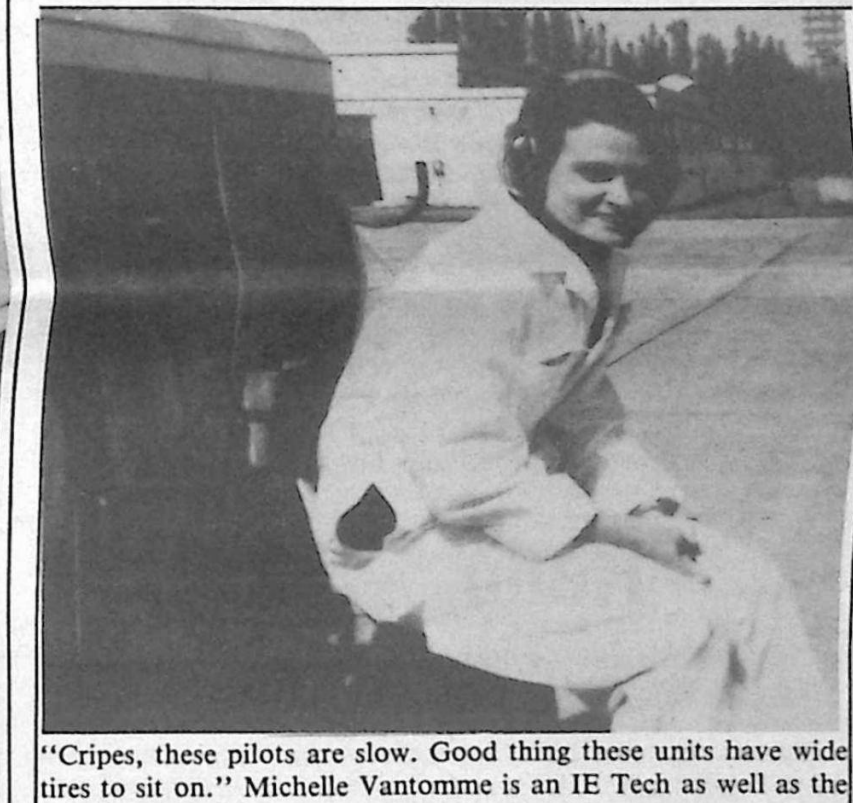
"Got it torqued" says Danielle McGrath VU-33's gain from BAM-SO. Danielle is an Aero Engine Tech.

Has VU-33 really gone to the dogs?

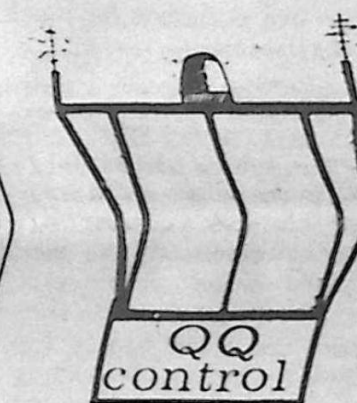


The MWO has been away a lot recently so a temporary replacement has been found. Our A/SWO will obviously put up with no nonsense from the troops.

Courtesy Base Photo



"Cripes, these pilots are slow. Good thing these units have wide tires to sit on." Michelle Vantomme is an IE Tech as well as the mother of twin boys.



As The Beacon Turns

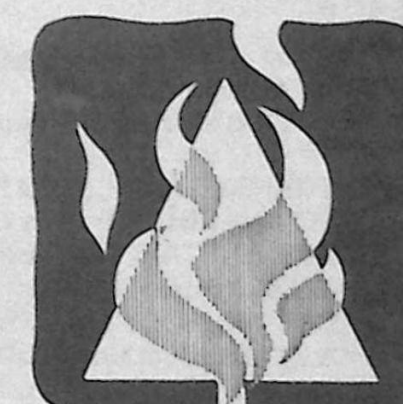
WOMEN'S MOVES AHEAD IN B.C. & YUKON

After four days of intense deliberation the Association of B.C. & Yukon Women's Centres was born on May 26th at Naramata, B.C.

The founding thirty six centres represent 100,000 women from all regions of B.C. and the Yukon. The association will provide a unified voice to address the many pressing issues affecting B.C.-Yukon women today and in the future. Spokeswoman, Jean Kavanagh says, "While women represent 52% of the population, far reaching disparities still exist in all facets of society, and this is especially true of conditions in B.C."

"We will impress upon politicians in our upcoming provincial elections the urgencies of these inequities." Regional representatives have been selected to form the Association's first executive.

The Association encourages all people to support their local Women's Centres in order to continue to advance the status of women in B.C. & the Yukon. For further information please contact Donna L'Hirondelle 338-1133 or Jean Kavanagh 385-4969 for the B.C. & Yukon Association of Women's Centres.



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VISA

EDITORIALS

Hate
Somebody?

I think that the word "hate" is one of the most misused in our language. Do you really hate someone? Think of it - to hate means to despise, even to the point of killing. When I was young, we "hated" all sorts of things - having to help with housework, school, the local bully and so on. It was a word we used without discretion. As I grew older, the word stayed as a part of my vocabulary. Then one day, I realized what I was really saying. I had a run-in with another person at 4 Wing, and thought I "hated" him.

For some reason, I started to rationalize my thinking. I didn't hate him. I was just very displeased with an incident which had occurred, for which he was to blame.

To this day, I have searched for this man, to tell him that I don't "hate" him, and I would like to apologize to him for ever having said so. I cannot set my heart to rest until I can do so.

There are some people for whom I have very little respect, and some who I prefer not to associate with. But "hate"? Hate eats at the soul of those who harbour it. It is not an emotion to be allowed loose carelessly. In the long term, "hate" will destroy those who use it recklessly.

When I came home from a tour in Egypt, I "hated" the place. I countered this by sponsoring a foster child near Cairo until he finished schooling. Hate turned to love.

C.R.H.

GUEST EDITORIAL

By Robert H. Jones

CRIME AND PUNISHMENT

A few years ago, the operator of a popular Vancouver Island campground was doing some late afternoon yard maintenance when one of his rental boats came in. He watched the two anglers, a married couple from the Lower Mainland, climb from the vessel and unload their catch: an eight-fish limit of mint-bright coho.

Now the sight of paying customers with a limit catch of fish should have made him happy, particularly since it was their first day that season on the water. Unfortunately, they had also been out at the crack of dawn and had also returned well before noon with a limit of coho. They'd been customers for three years, so they knew the waters fairly well - and also, the regulations. My friend walked into his office and placed a telephone call to the Federal Fisheries office. The couple were still cleaning their catch when the officer arrived.

The repercussions from this little episode were not earth-shaking. The camp operator lost two customers, and the couple lost their fish, paid a fine and put the damper on what would probably have been an otherwise enjoyable vacation. All because eight salmon weren't enough.

Most of us hear stories of similar incidents. Folks who bend the regulations to suit themselves. Maybe dig limits of little necks and butter clams during the morning low tide, then return later in the day to do the same. "What the heck, eh? What's the difference if we get them all today or come back again tomorrow?"

Maybe they poke down an extra deer. "We eat a lot of meat, y'know, so it won't be wasted."

Deer hunters, duck shooters, oyster pickers, crabbers, anglers of every persuasion - there isn't a facet of hunting and fishing that remains untainted. Fish and game regulations are supposed to protect various species from overharvesting and exploitation, but like locks on doors,

they tend only to keep honest people honest. And, while laws are only as good as those who abide by them, there are two other aspects to consider: quality of enforcement and whether or not the punishment fits the crime.

Enforcement is pretty sad: too few people trying to do too much over too large an area. British Columbians are virtually swamped in a sea of laws and regulations governing where, when and how they may hunt or fish; yet government cutbacks have conservation officers and fisheries officers down to almost skeleton staff levels.

Sadly, when lawbreakers are apprehended and taken to court, many judges and magistrates appear to consider their violations of little importance. All too often the accused are set free on minor technicalities, or the fines imposed are minimal.

The punishment meted out, could and should reflect the severity of the crime, particularly with cases involving head hunters who target on trophy animals, and anglers who overfish species in areas where their numbers are threatened.

A duck-hunting chum has a preference for Chesapeake Bay retrievers, a breed noted for being stubborn. "Training them is easy," he says, with a face that is almost straight. "You take a baseball bat and smack them as hard as you can on the top of the head. Keep it up until you have their attention - then you can start training."

This is the approach that should be used to inform slob hunters and anglers that abuse of regulations will cost them dearly. Sentences handed out for our new drinking and driving laws took little time in proving the federal government was deadly serious about cracking down on impaired drivers.

Stiffer sentences in the form of loss of hunting and fishing privileges, realistic fines and jail terms where warranted, would quickly drive home the point that abuse of fish and game regulations will no longer be treated lightly.

(Bob Jones, a Courtenay resident is editor of Inside B.C.)

Hello There - and Welcome

This is the last edition of the Fishwrapper to be published during the 1986 Active Posting Season.

By now, families who have arrived from other places will have found a place to live, a school for their children, and a community - Military and Civilian - which in most instances has provided them a warm and friendly welcome to the Comox Valley. It's nice here. Good people, good climate good airbase. British Columbia is a Province unlike all the

others. The scenery is spectacular. Our proximity to the U.S.A. border and the Pacific Rim provides opportunities to tour and explore equalled only by other bases in B.C. We hope our new arrivals will enjoy their stay here, be it in transit to other parts at other points in their military careers, or to stay and eventually become part of the very large community of retired service people which provides economic and social stability in this area.

Welcome to CFB Comox.

...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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EDITORIALS



Lightside

Norm Blondel

JULIE LUPINSEED

Wife is a seed collector. There isn't a pod or granule which escapes her avid envelopes (we save some of our used envelopes for the purpose, which leads to interesting exchanges, totally incomprehensible to strangers, ie: "Where are my '86 Nasturtiums?" Answer: "In the 25 Woodstock Road, 7 April 1985.") If a seed drops, it's hands and knees time, regardless that we probably have several thousand of the same species, safely tucked away indoors.

I don't know what the end purpose of this hoarding is. Perhaps Wife got the idea from Moses, who put away grain during the seven good years preceding a famine. Are we destined for a Nasturtium shortage? Will we lack Lupins? Is there going to be an Antirrhinum armageddon? Only Wife may know for sure.

We have just about every species of flower stored in envelopes in our house. Some seeds are small as dust. Some ARE dust, we've kept them so long. Some have commuted to other envelopes through our

constant moves, resulting in a sort of flower-seed granola. I'm a little uneasy about that. Suppose we plant these mystery seeds and find they've mutated? I can see the headline now: "Alien plants attack nice couple, Vancouver Island sealed off!"

I'm glad Wife has limited her search to seeds, and not their host plants. I would draw the line at rows of Rhododendrons in the basement.

Perhaps there is another purpose behind Wife's predilection for hoarding seeds. I shall watch her carefully on our walks, in future. If I spot an elbow-jerk every time we pass a vacant lot or piece of bare ground, then I'll know what she's up to. Lupin-seeding, that's what it will be, or perhaps some other species of flower. She did it in Nova Scotia while we were there, and many of the roadsides are thick with lupins now.

Wife has seen Walt Disney's "Johnny Appleseed," and perhaps has a film contract in mind. Julie Lupinseed: What a nice name for a movie.

Base Newspaper

Awards

Announced

The Canadian Newspaper Association has announced the awards for the best Armed Forces Base Newspapers. In the class for papers without paid staff the CFB Montreal Parapet took the honours with Trenton and Shearwater second and third respectively.

For papers with paid staff, CFB Chatham came out on top with CFB Lahr and Esquimalt second and third.

In their comments the judges stated: "Unfortunately for some papers, the months selected for entries preceded major design and layout changes and their pleas to enter the newer design had to go unheeded."

The Totem Times was affected by this and we can only say: Wait until next year!

SCHOOL DISTRICT NO. 71 (COURTENAY)

SCHOOL OPENING 1986

The first day of school on TUESDAY, SEPTEMBER 2nd, will be a full day in session but will commence ONE HOUR LATER THAN NORMAL STARTING TIMES, which are as follows:

Secondary Schools (10-12)		Junior Schools (7-9)	
Vanier	- 9:00 a.m.	Courtenay Jr.	8:50 a.m.
Highland	- 8:40 a.m.	Cumberland Jr.	8:45 a.m.
		Lake Trail Jr.	8:50 a.m.
		Robb Rd. Jr.	8:25 a.m.

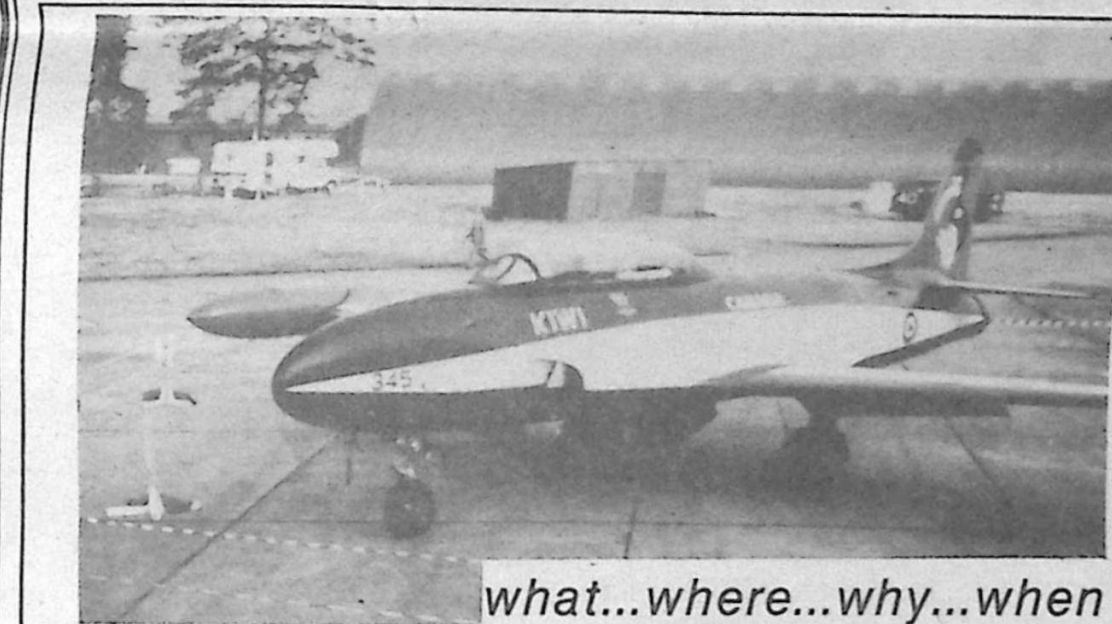
Elementary Schools (K-6)

8:30 a.m.	8:50 a.m.	8:40 a.m.
Brooklyn	Denman Island	Black Creek
		Cumberland
		Royston
9:00 a.m.	8:45 a.m.	8:55 a.m.
Airport	Arden	Glacier View
Courtenay	Comox	
Hornby Island	Miracle Beach	
Puntledge Park	Tsolum	
	Union Bay	
	Village Park	

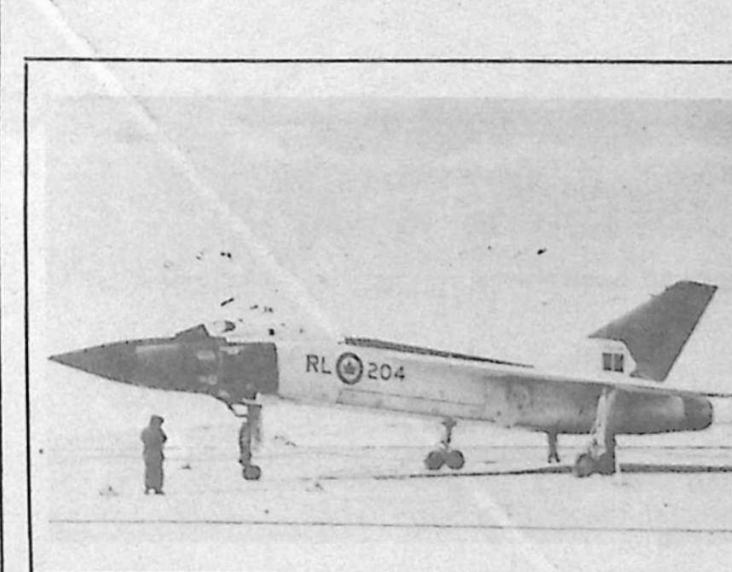
Parents of kindergarten children will be advised by the school principal when classes commence.

Please check the bus schedule advertised in local newspapers for bus routes.

Air Force Trivia



Answer from Last Issue



No, sports fans, this is not just another picture of the Arrow, as this one was taken at RCAF Station Trenton. On February 2nd 1959 a TCA Viscount landed wheels-up at Toronto (Malton), blocking the main runway. Test pilot Peter Cope diverted to Trenton - the only time the Avro Arrow landed anywhere except Malton. The aircraft stayed overnight and departed with "Spud" Potocki at the controls the next morning, accompanied by a chase CF-100 flown by Norm Ronaasen and a Central Flying School Mk5 Sabre No.23300 flown by F/L Bob Hallowell. A few days later the aircraft was scrap and the Arrow was history.

Letters we get

Dear Sir/Madam,

My family and I visited your airshow on Aug. 3. We all enjoyed it thoroughly, and hope it is a yearly event.

The only improvement I would have liked is that each static display aircraft have a board in front giving type and other particulars, with more personnel on hand to answer questions.

I picked up a copy of your Totem Times dated July 31. Answer to your Air Force Trivia question:

What - Avro Arrow No. 25204

Where - Trenton, Ontario
Why - TCA landing accident obstructed main runway at home base, Malton.

When - February 2nd, 1959. Returned to Malton on Feb. 3.

It was the only Arrow to land away from home base.

Yours sincerely,

L.B. HYNES

It's nice to find out that we have readers who look at our Trivia Column. When I get it right, no one speaks, but when I called the Ventura a Hudson in our last edition, I heard from people who I thought had died in the Boer War. OK-OK it WAS a Ventura. Satisfied?

signed: Your Trivia Editor

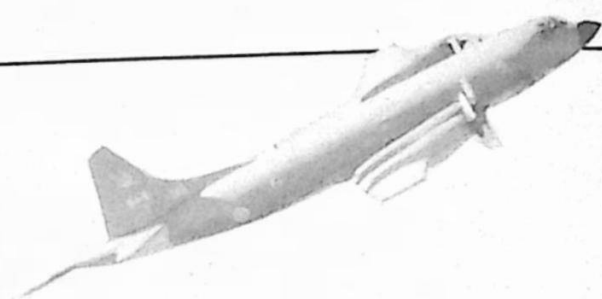
TO OUR READERS:

To all our "Trivia" fans, this is a request to send us your material. If you have a photo which could qualify for "Trivia", please send it to the Totem Times, along with the necessary information to meet the "what, where, when and why" questions. We would prefer Air Force Trivia, but anything of military interest could be used. So dig out the old photo albums, and help add to our collection. All photos will be returned after we copy them. We all have some good memories, so share them with our readers.

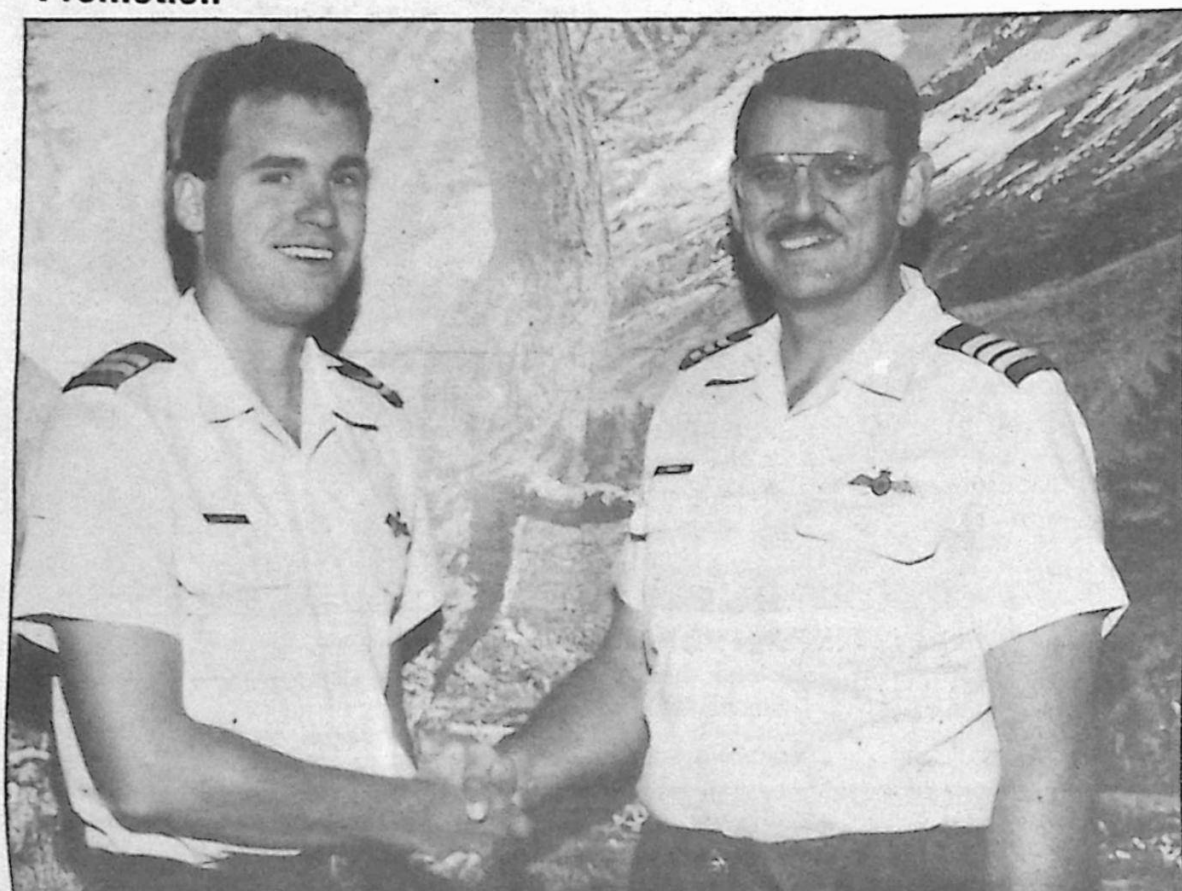


SECTION NEWS

Demon Doins



Promotion

CAPT CHRIS SMITH
WINNER

L/COL ROGERS PRESENTING



Courtesy Base Photo

The month of August began with the long awaited 407 Squadron reunion. All epochs of our illustrious history were well represented, from venerable, old-salt, conceiving members to our little, lately lost "Ops Wienie" people. There was even a contingent from the young bucks still out in Greenwood for the MOAT. The events of the reunion went smoothly and extended well into the night. No wonder, with 45 years worth of old acquaintances to rekindle and countless new bonds to be made as well. The strongest impression that permeated all the feelings of comradeship and goodwill was the fact that the squadron is much more than just the here and now, but rather includes all the rich experiences and memories of the past, the activity and vitality of the present, and the momentum and hopes for the future. Overall, it was a very worthwhile weekend and appreciation is extended to all those involved in the organizing as well as all those who attended.

The weekend also marked the Change of Command parade. With the symbolic offering and accepting of the Squadron Colours, LCol R.B. Sutherland, CD, took the helm of Canada's premier MP squadron.

August saw 407 take part in a couple of airshows. At Comox's very own successful airshow Maj Eby made his last flight with the squadron. Incidentally, the beautiful Goddess of the Dawn, dressed in her morning greys, stole the hearts of the thousands of spectators. Crew Six then took to the International circuit. Abbotsford 1986, host of this years largest North American Airshow. And what a show it was! Notice the youngsters in the picture (the ones not wearing the flight suits) intent on get-

ting autographs from the pilots of the CP140 as the Snowbirds and F-18 bustle about up above, apparently unnoticed. Another Demon victory. Nuff said.

SQUADRON ARMAMENT

407 Squadron Reunion has come and gone with no apparent casualties from the festivities, parades, etc. It was fun to renew old acquaintances and to rehash old and not so old times.

Summer being the Active Posting Season, the inevitable transfers in and transfers out continue. So a hearty WELCOME goes out to new arrivals Ralph MacCuaig, Ray Michel, and Tom Beaudreau and families. I'm sure that they will enjoy their stay in the "SUNNY" Comox Valley.

Of course with the postings in also must come the postings out, so we must say goodbye to John Maltais and family who are on their way to Cold Lake. Best Wishes and Good Luck at the "COOL POOL" John.

Welcome back from the successful completion of the POET course in Kingston, Mark, and a special WELCOME and congratulations to your new bride Lisa. Congratulations are also extended to Bob Filgate on his recent promotion to Sgt. Well done Bob!!

Personnel on course at this time include: Tony Wells in that "other place" Greenwood, Jocelyn Chaput on the 9L course in "Boredome" and Ray Steil also in Borden trying to learn EOD again. Temporary Duty has Art Johnson on that "dirty job" of representing CFB Comox at the regional golf championships at McChord AFB, Washington. Gook luck Art and bring home the silverware again. (Heard muttering in the background from a M/Cpl "Some %\$!&? moved the holes.")

TAZ



Courtesy Base Photo

407 REUNION DRAW WRAPUP

Grand prize winner in the VP 407 Reunion draw Sgt Jeff Collings, 407 Ops (centre) with Capt Pat Murphy (Chairman of the Fundraising Committee) who drew the winning ticket and WO A.K. Jones presenting the cheque for \$1,407.00.

Other winners:

30 April \$407.00 Mike Deutsch; 31 May \$407.00 Richard Burton; 30 June \$407.00 Bernie Bernier; 31 July Roche St. Pierre.
1 - 2 August: \$47.00 D. Nutkins; \$47.00 Whistle Stop Pub; \$47.00 Steven Bale; \$47.00 Fiona Berchem; \$47.00 407 H&W Fund; \$47.00 Pat Murphy; \$47.00 Anita Wilson; \$47.00 407 or (Group of 8); \$47.00 Bamboo Inn; \$47.00 Chris Rasmussen.

Associated draws based on ticket sales and registrations:

2 Aug \$100.00 Mel Thompson and 2 Aug \$100.00 Dev Reynolds.

Rutherford painting "Aurora On Station" Dixie Walker.

SECTION NEWS

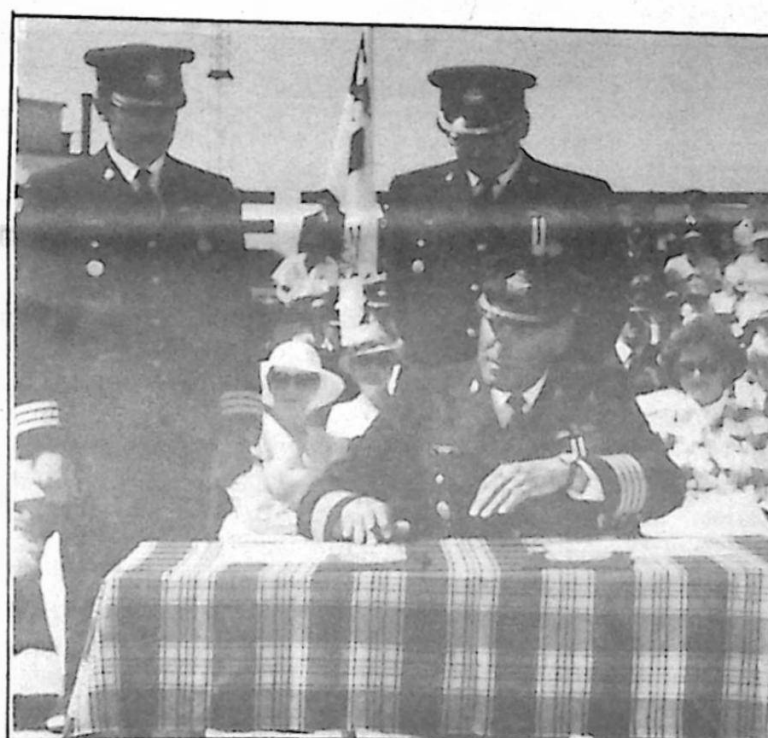
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PROMOTION



WO ART JOHNSON

L/COL ROGERS PRESENTING



ARE WE HAVING FUN YET?

Courtesy Base Photo

SECTION NEWS



442 Squadron



Once again, here are the latest 442 Snakepit comings and goings. Over the past few weeks the Squadron has been kept very busy with SAR incidents and with farewell parties for our retirees and posted out members.

The weekend of 09-11 Aug made history with a record 6 aircraft crashes in British Columbia. 4 on Vancouver Island. Aircraft from 442 Sqn were employed on 3 of these crashes. At 0900 on the 9th, the Labrador helicopter was launched to Port McNeil for a possible aircraft crash. After talking to witnesses on the ground the crew located the crash site just south of Port McNeil. The pilot of the aircraft stumbled out of the woods a few hours later, but unfortunately the passenger did not survive the crash.

On 10 Aug at 1230, while lowering the accident investigators into the crash site at Port McNeil, Rescue - 305 was diverted to another crash at

Port Alberni. The crash had been located by the crew of a Jet Ranger who reported that of the 2 persons on board the Super Cub, one was missing and the other had sustained fatal injuries. SAR Techs from Comox and ground search personnel from Port Alberni were flown into the site by two Labs and the missing person was located on the afternoon of Aug. 11, injured, but alive. While working on this crash, one Lab was diverted to China Creek, just south of Port Alberni, to rescue the crew of a C-185 on floats that had flipped over on take-off. Pilot and passenger both survived with minor bruises.

The marine scene has also been very busy. The helicopter was launched 13 Aug when wreckage of the 51' sloop "Pachena" was spotted. No survivors were found. On the 14th, the Buff was launched to drop pumps to two fishing vessels on the west coast. Despite their valuable assistance

both vessels sank: however, all crew members were evacuated to nearby vessels. While this incident was taking place the Lab was launched on a total of 10 incidents in the Georgia Straits ranging from a boat on fire and a boat on the rocks to overturned vessels.

Over the past few weeks the Base Firehall has been responding regularly to our calls for a fire truck. We are happy to report that only one callout was for a real fire (an electrical fire on a Lab), the rest were to provide free showers to leaving personnel. Capts Bob Grant and Rudy Preus were given a proper farewell from the Lab flight, while Capts Rick Hanna and Art Sakamoto were given a wet but hearty farewell from Buff flight. The farewell parties that followed were historic events, with one unnamed SAR Tech now sporting a severely mauled hand as a result of attempting to throw a resisting Snake into the pond at Glacier Greens.....Snakes Out!

SWINGERS

Membership in the Base Golf Club is available to Base personnel and dependants. We offer a full range of golfing and social activities for every category of member. This club is active 12 months of the year. Joining fees are pro-rated, but will not be further reduced this year. (Single \$105 - Man/Wife \$175. This is the best deal of the year and the course is in excellent condition.

Info - 2592

PS - Yes, Lee Trevena is a member of Glacier Greens.

"CATCH OF A LIFETIME" TAKES LEAD IN COHO DIV.

BURNABY -- "It was the catch of my life," enthused Lorne Embree of Surrey after struggling aboard a 17-pounder that took the lead in the Canadian Pacific Airlines largest Coho division of the summer-long Daiwa World Salmon Fishing Championships.

Embree was power mooching at Campbell River using a cut plug and 10-ounce weight when the salmon was hooked. The trophy was weighed at the Campbell River Sportfish Centre.

George Waterhouse of Carrying Place, Ontario continues to lead the largest Chinook division with a 57-pound, 12-ounce spring caught June 26 off Possession Point in Sooke.

Sooke continues to be a prolific area for large, 20 to 40 pound Chinook caught on a Rhys Davis minnow teaser with anchovy bait while Sewell's Marina in Horseshoe Bay reports excellent fishing in the

Whytecliff area which has not been a strong producer for many years.

Numerous entries in the May 16 - September 15 Daiwa Championships are coming from the Qualicum area, particularly seven-pound Coho and 17 to 20-pound Chinook that represent the Qualicum River run.

Daiwa officials are expecting large ¼ Coho entries from Port Hardy to appear in the next few weeks.

Sport anglers are reminded that there is no entry fee in the "fish for fun" tournament that features the bulk of its \$85,000 in prizes in the Daiwa draw and Export "A" and TV Guide "hidden weight" categories.

TV Guide weekly bonus draw winners recently include Marv Ross and Bud Anderson of Vernon (Mustang Floater Coats) and Ron Fearing of Gold River and Wade Anderson of Whitecourt, Alberta who both won Plano Tackle boxes with tackle.

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SECTION NEWS



BAMSO



Sgt George Stecko receives his Certificate of Service from the BISO, L. Col Bowes. (You may not recognize George in the photo as a few pen strokes replaced the hair he lost during 32 years service.)

Pat yourselves on the back! Congratulations to all who literally "sweated it out" during our Airshow day, manning the BAMSO Armament/EOD and Avionics displays, concessions, and otherwise were part of the many work parties (not "fun" type parties). We were pleased to see that Anndalyn was taking cooking lessons in the hotdog/hamburger concession tent....I guess we can annotate her UER that she's completed her OJT! Mike Wells was at the sharp end of things around VU33 Seving and by the looks of his red nose, must have been looking steadily toward the sun....perhaps expecting to see the "Red Baron" fly in from that direction.

You are wrong if you believe that those loose or missing floor tiles in the old Radar (Armament) Systems Lab is due to fair wear and tear....not at all....the real cause is Marion Webb trying to drive a claim stake into the floor to reserve a new Tech Library location near the windows!

When I put the warning notice out to the shops for their Totem Times "News", I failed to notice that the BAMOR had inadvertently promoted me to Major. I nevertheless appreciated Sgt Paquet coming in to congratulate me (the only one to do so)....will you do all my proof reading Dave? Mike Gauthier got me one day when

I mentioned I'd only cut half my lawn....Mike explained he cuts his lawn grass all the way and not just half way down.

BASE PHOTO

Look up "busy" in the dictionary. C'mon, I dare ya! It would be defined as Base Photo. This place is nuts. Never have so few done so much for so many! Busy is good though. It makes the days go fast into weekends. What would we do without weekends, besides work?

We had a photo tech on loan from 407, unfortunately she's come and gone. How time flies when you're having fun, eh Lynn?

Gilles picked a good time for his leave. Right smack dab in the middle of this heat wave. I was tempted to start calling him "Rudy" (short for Rudolf) because after all his work on Armed Forces Day, his nose was glowing a bright red.

IE/IS LABS

"Participation" is the name of the game for IE/IS Labs this summer. And both our sergeants, Mike Gauthier and Ken Sullivan, are setting fine examples for the rest of us.

By the way, there is no truth to the rumor that Mike has been running after women. However, he was seen following behind an attractive young lady in the Comox Nautical Days foot race.

Never let it be said that Ken is a fair weather golfer. Rain or

shine, it doesn't seem to make a difference to him. He just loves to golf.

Luc Lauzon's passion is for baseball. Both Luc and Dan Lefevre are members of the winning BAMSO baseball team. Karen Thompson tried her hand, or should I say leg, at baseball a few nights ago. Perhaps, Luc and Dan could brief her on the finer points of the game, starting with the bat.

Steve Lazar has been diligently riding his mountain bike to and from work for some time. Now let's see you shift up a gear, Steve, and sweat a bit.

Mary Penny's approach to physical fitness compares with mine this summer. Mary has taken up power tanning. It's not as vigorous as working out, but the results are rewarding.

In closing, we congratulate the Lazar and Boyer families on the birth of their newest family members.

We were busy both Saturday and Sunday. Saturday was 407's Change of Command parade, and a good time was had by all! Sunday, Air Show day, all five of us were busy doing one thing or another. I was amazed at how many people turned up, I even bumped into a few old friends. Somewhere in this newspaper, there should be a few interesting photos that we took.

Well, since all we do here is work, work, work, (what - not fun, ever?) I must return to mushroom land. So, adieu for now.

(BAMSO) Editorial Note: "busy" - occupied, working, with attention concentrated. Thanks VP407 for your manpower assistance in Base Photo).

REFINISHING

Hello again. Well, I have a few small happenings to mention. With a few refreshments and a steak barbecue we managed to send off Cpl (KERMIT) Imbeault to "Cool Pool" (good luck KERMIT). Cpl (BEAKER) Harvey had to cancel his weekly barbecue to go to Victoria and be best man for Cpl (CHEF) Roger....that's right the CHEF went and got himself hitched again... congratulations to the newlyweds. (I guess he will be hanging up his utensils for good now.)

Sgt (99) Wayne Keefe came back from his summer vacation limping around after stomping around Expo for three days. Pte (FOZZIE BEAR) Behmer is preparing himself for his tour of the Middle East by buying up all the available suntan lotion in the Valley. MCpl (BERT) Brown, along with thousands of others, has been cleaning all the salmon out of the Straits. Well, that's about all till next time.

AMSE

As in every other section, parties have been known to happen once in awhile. In this last gathering, MCpl Levy insisted vigorously that Cpl Wessel join him for a couple of drinks. There's an old Chinese proverb, "first the man takes a drink, then the drink takes a man". There's now a Canadian edition, "then a car from reliable taxi takes the man home," so Cpl Wessel has discovered.

Now on the lighter side. A new man at the section, Pte "Ghandi" Tokarz. You may find the name unusual but the name and his resemblance to the great one is uncanny. He has been quoted as saying, "I can't be expected to work here and know something at the same time." We are all certain this man in the future will become a great philosopher.

Pte Devries was discussing with our new MCpl Jim Helpard the whereabouts to go or not to go in town if you want to meet interesting, intelligent people for enlightening conversation, etc. In the conversation a local "club" was said to be the place to meet intellectual

derelicts and at that precise moment Cpl Farina stood up and said he had experienced intelligent conversation. At this time it was known to us something had wizzed over his head. We love your humour Rick.

Now, there is an immediate military update. Ptes Hambley and LeVigne, having completed a full year of YTEP program and now they're full grown, will be crossing the floor from Reserve to Regular on Friday the 15th. BOOK 'EM GENERAL MANSON!

DIAC

Greetings from DIAC Maintenance and Training. Here it is, almost the middle of August already. With the next AOSE course approaching rapidly, there has been a flurry of leave passes as everyone tries to grab an extra few days while they can. Congratulations to WO Jorgensen. From what I understand, this is one of the first times in years that he has been on leave when it hasn't been raining. (Knock on wood!!)

On the whole, most of us have had a great summer, even if one had to travel to find some sun. Mark Adam came back from Mexico with a good tan and some lessons in the fine art of bargaining. However, we only have his side of the story about all the "Great" deals he made. EXPO 86 has also been on the agenda for many of our gang, with nothing but excellent reports from all concerned. Mark Adam and John Cloutier have just returned from a bicycle trip on the San Juan Islands, which they say is great, except for one hill that never seemed to end.

There have been a few promotions in the shop, and congratulations are in order for Sgt Wohlgemuth, Sgt Haugen and MCpl Cloutier. Arrangements are now under way for a little get together, where they can spend some of that extra raise in pay.

We have received word that our nominal roll will be expanded by one or two in the near future (names forthcoming.) I guess that puts an end to our plan of kidnapping Techs as they step off the Boeing.

Until we get the results of our upcoming family day, and our man in Abbotsford (Don Vinette) returns, that's all the news we have. Bye for now.

Next Totem Times Deadline
September 8, 1986

SPORTS & RECREATION

JUMPING FOR JOY



Outdoor Writers of Canada

Pipe Smoke

By Gerry Gerow



Greetings from the blue skies (finally) of Comox. Like the weather the club has had a slow start this year hence at last, the first column appears full of drop zone happenings. The Comox club, though its ranks somewhat thinned out, still took home enough hardware to keep its winning tradition intact from meets held throughout B.C.. The longest running meet in B.C. at Kamloops in May had Capt Al Sharpe, Cpl. Mark Howarth and a jumper from Alberta capture gold in junior relative work (three person freefall formations). Al also took gold in the senior accuracy category as well as the silver medal in the individual style senior event.

Ron Dionne, chief instructor at the club, teamed up with three other mainland jumpers to win the silver medal in senior relative work. The meet was superb, with 86 competitors making approximately 600 jumps without incident or accident. Moving on to the end of June found club members competing in Abbotsford at the Provincial Championships. One up and coming junior member, Reid Wharton, placed second in junior accuracy and Al added to his collection with second in senior accuracy. Which brings us to the Summer Games in July at Cranbrook and again Reid and Al both winning gold medals. The Team Accuracy bronze medal was brought home by Al, Clive Webb, Ron D. and Grant Patterson. A good showing, as the Games were plagued by rain squalls, high winds and no wind at a drop zone 3,000 feet above sea level. More locally in July, the club's Port Alberni jumper, Don Halbert, won gold at a meet held in Nanaimo. Recently the completed Canadian National Championships in Ontario were attended by Al who has spent considerable time and money training for this, including an earlier practice month at a well known facility in North Carolina where, incidentally, he won a team accuracy competition against other teams including the top rated U.S. Army Parachute Team, The Golden Knights. At the Nationals Al faced very stiff competition and placed a quite respectable 7th in style and 12th in accuracy.

The recent Nautical Days here in Comox combined blue skies and an enthusiastic crowd for five persons jumping into the Marina. The jump

plane, piloted by a skydiver himself and former one time commanding officer of 407 Sqn, Bruce Montgomery, dispatched ex-sartech Bill Wacey as the first jumper to wow the crowd. Next were Carol Barratt and Grant P. followed by M/Cpl Roger Skidmore and Roy Wharton. Just a lot of fun for the jumpers and crowd both.

Other notable achievements this year have been Courtenay resident Lisa Thornton's 100th jump in June, Grant P's 400th in July and Roger's 500th in August, all received the standard congratulatory cream pies in the face. Reid W. is fast approaching his 100th and M/Cpl Bruce Best kept quiet and snuck his 500th by prior to being posted to Victoria.

Shelley G. also passed the 300th mark this summer, and fast approaching the 500th plateau are Clive and Dan Lindquist from Union Bay. Al is also coming in range of his 1000th jump and being very evasive about it as cream pies lurk in the background with his name on them.

For those of you who have never made a jump and think sport parachuting/skydiving is just for a group of daredevils, you're quite mistaken. Media coverage has never been positive due to the public's thirst for juicy stories about the odd tragic occurrences. Hundreds of clubs like ours exist throughout North America producing some fine athletic competitors, honing skills and having fun while doing it. An example is the recent 100 way formation attempt in Pitt Meadows, B.C. in July. At this time, plans include 100 American skydivers forming the Olympic rings in freefall for the opening ceremonies of the 1988 Games in Seoul, South Korea. Olympic recognition of this sport is happening with Bulgaria and France promising to include Para-ski (Giant slalom and accuracy jumping) if awarded the Olympics in 1992. Regardless, some form of competitive skydiving will be in the 1996 Olympics.

Of all the aerial sports, this is one of the safest, exhilarating, most rewarding ones an individual could possibly enjoy and never tire of. So get off your butts and come out for your first jump. You'll love it! To quote a famous aviator, "...and once you have tasted flight, you will walk the earth with your eyes turned skyward, for there you have been, and there you long to return."

A few weeks ago I reviewed a whitewater trip guide book by Betty Pratt-Johnson. Now Betty has sent along the second in the series, and it certainly is a winner. **Whitewater Trips** (Greater Vancouver to Thompson River region), Adventure Publishing, Box 46119, Station G, Vancouver, V6R 4G9. (\$19.95)

This volume covers all of south-western B.C. and as in her 1st volume, Betty has done a tremendous job of putting all the information a person could possibly want into an easy to understand format. This volume comes with a Poster road map which is brim full of information. Where and how to buy air photos, topographical maps and nautical charts, how to select them and how to use them is presented in easy to understand format.

There are 35 proposed trips in this guidebook. Each starts off with a map of the area and covers the following information: Who: (here you are told what skills are required and if it is for canoeists, rafters or kayakers). What to expect: (waters are divided into six classes with class 1 being the easiest). Length of run: (the actual distance to be covered). Shuttle one way: (the length of drive required and the type of road). Season: (the best times of the year to go). Why go: (what is attractive about this run). Topographical Map number: Facilities: (what picnic areas, camping places, etc. to find along the route). In addition she gives guidelines such as where to put your boat in and where to take it out, how to get to the starting point, etc.

Certainly a must for any whitewater enthusiast, is the only way I can describe it. It should be in book stores, or is available from the publisher. I'm too old for that stuff, you say. Well, I wouldn't dare tell you Betty's age, but she was 47 when she started river running.

There has been a lot of talk recently about wolves threatening humans. Now I am not a friend of the wolf. I feel they are too numerous and do untold damage to other wildlife, when they get too thick. However, I find myself quite skeptical about these stories. A wolf, like any other wild animal is afraid of man. Only severe hunger will drive them to attack a human. In the areas where they were reported to be threatening and following humans there is plenty of wildlife and failing that plenty of farmers' livestock to prey on. Frankly, I can only assume that these people were severely frightened because they don't understand the wolf, and seeing wolves, automatically assumed they were dangerous. Personally I would sooner encounter fifty wolves in the wild than one wild dog. Often people who don't have the heart to take their unwanted dog or cat to the humane society, will release the animal on the side of the highway, far from home. These are the animals that really can become dangerous.

I see where they are going to revive the Fraser River barrel. I recall its runs in the forties from my young days in B.C. The barrel would be released at Lytton, and would make its way to New Westminster. People would pay \$1.00 to guess the time it would take. I can remember my father and a friend spending hours working out their guesses. At that time it was about the only gambling allowed in Canada. The barrel was retired in 1950, and now after 36 years of inactivity it is being rejuvenated. Nice to see.

Confidential to Vera. Please send in your size. A pair of our new and innovative waders are reserved for you, at no charge.

NOTICE YOUTH BOWLING REGISTRATION

Sat - Sept 6th, 1986

0900 - Jrs (not 15 as of Dec 31, 1986)
1100 - Bantam (not 12 as of Dec 31, 1986)
1300 - Peewees (not 7 as of Dec 31, 1986)

Tuesday - Sept 9th, 1986

1600 - Seniors (not 19 as of Dec 31, 1986)

Registration fee \$5.00

Bowling will take place in conjunction with the initial registration. For further info contact Harry Lanois at 338-1049.



334-4401

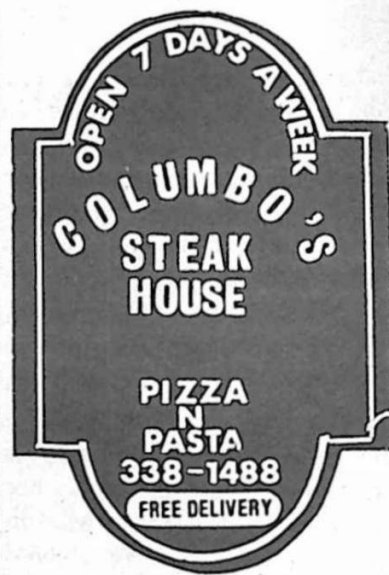
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SPORTS & RECREATION

Get In The Swim Comox Valley Aquatic Club Season Opening

Summer is not yet over, but in less than two weeks school will be back in session. And so will the Comox Valley Aquatic Club.

CVAC, the Valley's only year-round competitive swim club and the only club recognized by the Canadian Amateur Swimming Association in this location, will be sponsoring information centres at the Comox and Driftwood Malls on Saturdays, August 23 and 30 from 10 a.m. to 4 p.m.

Information about swimming programmes as provided by CVAC will be available. In addition, prospective members will be very interested in the new, greatly reduced membership rates being introduced this year. The package includes a two weeks free trial offer, a free subscription to "Swim Magazine," (value \$25), and free insurance coverage and free membership in the Canadian Amateur Swimming Association (from \$5 to \$60, depending on age and swimming status of the member).

CVAC is offering very flexible training hours to suit the needs of nearly everyone interested in swimming as a recreation. Swimmers will have the opportunity to swim up to 14 hours per week, training 11 months of the year, for approximately 41 cents per hour under the new fee structure. In addition to the more advanced swimming programme, CVAC

is providing two sessions for pre-competitive swimmers, using the unique Esso Swim Canada plan of learning and improving strokes and turns and general swimming prowess. This option will be provided on a Monday, Wednesday and Friday session or on Tuesday, Thursday and Saturday. The swimmer may attend up to the full three hours per week for ten months, and receive all the benefits mentioned above for the more senior swimmers. Other options are available for the more casual swimmer looking for pool time to develop strength and endurance through aquatic exercise, provided in a more disciplined atmosphere than in public swimming.

Two competent and experienced coaches will be running the swimming programmes, starting September 8 at the Sports Centre indoor pool, with Al Aylward in charge as head coach.

Registration for the fall season runs from September 8 to 12 from 4 to 5 pm at the Sports Centre pool.

Regular CVAC pre-competitive and competitive training sessions begin September 8th between 5 and 6 pm. Morning and Saturday practice times will be announced by Coach Al Aylward.

The numbers to call for more information are 334-3626, 338-5176, and 339-4604.

SLOW PITCH

On Aug 15 and 16 the base intersection ball league held its annual slow pitch tournament. Nine teams were represented from the base. They were CE, Jr Ranks Mess, 407 Serv, VU 33, ATC, 442 Sqn, Fire hall, Transport and Supply.

The weather was perfect and the girls base team kept everyone with refreshments during both days. When all the dust had settled the team from ATC had defeated 442 Sqn for the championship 14-5. The whole team from ATC played with amazing precision, with special mention to Rod Dimmer and Denis Blais. The BATCO in the form of Maj Harker played ball like a young man much better than his golf game. 442 Sqn made a good effort by working its way through the loser brackets to play ATC for the final game. 442 Sqn had to play six games to get to the finals, where ATC with its winning streak only had 4 games to play.

A special thanks for a job well done to Pte Paul Fleury for his help in organizing the tournament, as well as WO Neil Peters for co-ordinating the umpires. I would also like to thank all those who participated in this year's slow pitch tournament, which made it a great success. TTFN.

Sport Shorts

INTERSECTION FLAG FOOTBALL

Intersection Flag Football will be commencing approx mid September. Any military personnel interested in co-ordinating this years league are to contact the Base Rec Centre local 2315 A.S.A.P.

SERVICEWOMENS VOLLEYBALL

Personnel interested in playing for the Servicewomens Base Volleyball Team are asked to attend a meeting on Thursday 4 Sep 86 at 1500 hrs. in the Base Rec Centre. For more information please contact the Rec Centre at local 2315.

PAC REGION RUNNING CHAMPIONSHIP

CFB Comox will host the Pac Region Running Championships from the 19 - 21 Sep 86. Any military personnel who are interested in participating in this championship are to submit their name to the Base Rec Centre at local 2315 prior to 5 Sep 86.

BASE TEAM HOCKEY MEETING

There will be a meeting for all military personnel interested in playing for the Base Hockey Team on Tuesday 26 Aug 86 at 1545 hrs at the Base Rec Centre. For more information contact WO Brazeau local 2315 or CWO Ford at local 2602.

SERVICEWOMENS BASKETBALL TEAM

Military personnel interested in playing for the Servicewomens Base Basketball Team are asked to attend a meeting on Wednesday 27 Aug 86 at 1545 hrs. upstairs in the Rec Centre. For those who are interested and can not attend or would like more information please contact Cpl Jacques Field at local 2614 or 339-7848.

SWIMMERS

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starts its 10th season of swimming programmes for competitive and pre-competitive swimming

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for competitive and pre-competitive swimming
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under

Head Coach - Al Aylward

at

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- new reduced annual fees and family rates which include:
 - two weeks free trial period
 - up to 14 hours per week of flexible training time
 - free (\$25.00) subscription to "Swim Magazine"
- free insurance coverage and free membership in the Canadian Amateur Swimming Association, from \$5 to \$60, depending on age and swimming status
- year-round physical fitness with daily practice if wanted
- travelling and meeting new friends

Registration: at indoor pool from 4-5 pm daily, starting on Monday, Sept. 8th
Information: phone 334-3626, 338-5176, 339-4604

ANSWER TO MSE SAFETY QUIZ

Yes, HONK, HARD BRAKE, EASE OFF TO MEDIUM AND VEER RIGHT TO GO THROUGH is the best way of handling this situation.

You have very little chance of escaping ahead of him and absolutely no chance of stopping without hitting him or something. You're going 30 miles an hour so you need at least 78 feet to stop in. Your best way of handling this, then, is to try to get back in the lane you were travelling without losing control of your car. This is why you try to reduce your speed as much as possible in the distance you have. Then veer right instead of swerving.

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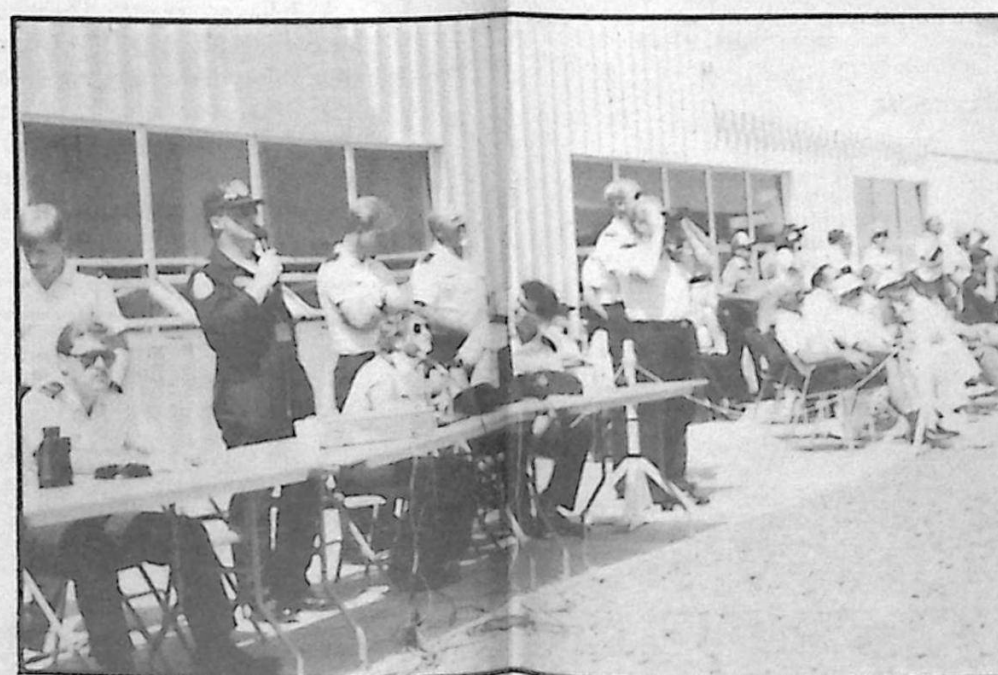
Courtesy Base Photo



WHAT FIRE ENGINE?



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IS THAT A PUSH START?



LOOKIN

AROUND THE BASE

COOK SAFELY OUTDOORS



When cooking outdoors, flammable liquids near live coals can cause explosions and burns. In addition the following precautions should be taken.

The safest starters are chemicals in cake form or a charcoal electric starter (approved by a nationally recognized testing agency); never use gasoline, naptha, or other such flammable materials.

Never add fire starter after you have started your barbecue; to speed a slow fire or rekindle a dying one, tuck dry kindling under the charcoal.

Keep small children away from the barbecue.

Make sure the barbecue is level and steady and keep a container of water handy.

After cooking, soak the

coals. Coals that seem "dead" can re-ignite a day later.

The use of barbecues on apartment balconies is a most dangerous practice due to the confined space and the hazards involved in the use of starting fluids. They can also produce poisonous carbon monoxide gas in the apartment as well as a smoke nuisance to your neighbours and to yourself.

Charcoal-burning barbecues should never be brought inside of the house, a tent or a recreational vehicle because of the danger of carbon monoxide poisoning in a sealed or confined area.

Never keep damp or wet charcoal in an unventilated area due to the dangers of spontaneous combustion which can result from the drying process.

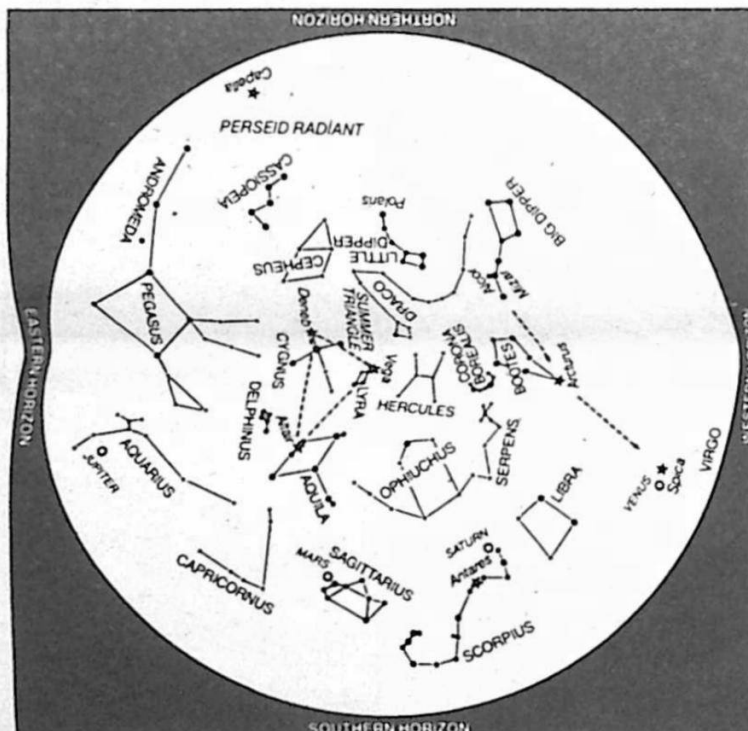
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STARGAZING
AUGUSTHeroes
in the Sky

Three heroes of Greek mythology represented by the stars of the constellations Hercules, Bootes and Ophiuchus are overhead at midtime.

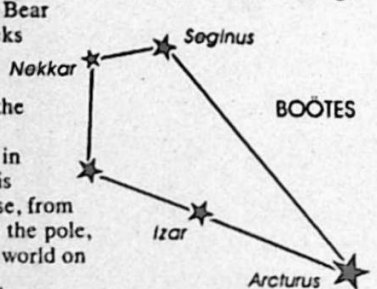
Hercules (the Kneeler) was a celebrated Theban hero. Noted for his courage and great strength, he was famous for performing the marvellous feats known as the "twelve labours of Hercules". Ancient star maps depict a kneeling Hercules. His head almost touches the head of Ophiuchus.

The constellation Ophiuchus (the Serpent Bearer) is depicted as a giant of a man clenching a great writhing serpent

(the constellation Serpens) in both hands. It represents Aesculapius, the great physician of Greek mythology, who became so skilled in his profession that he is said to have restored life to the dead.

Enjoy these constellations on a clear moonless night for, with the exception of Arcturus, they are outlined by faint stars. To orient yourself find golden yellow Arcturus and brilliant white Vega. Both are overhead: Arcturus is to the west of the zenith, Vega to the east. Faint Hercules lies between these stellar beacons. The kite-shaped figure of Bootes extends upward from Arcturus and the large pentagon outlining Ophiuchus stand majestically above Scorpion (the Scorpion) near the south western horizon. (Ruddy-hued Antares locates the Scorpion.)

Bootes means Herdsman or Plowman, but because this figure appears to pursue the Great Bear around the pole, early Greeks called Bootes the Bear Driver. (Note how the tail of the Bear, the handle of the Big Dipper, curves toward Arcturus, the brightest star in Bootes.) The constellation is associated with Atlas because, from its orientation in relation to the pole, Bootes appears to hold the world on his shoulders.



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lessons, boarding, training,
dances.

NOTE: RIDING FOR
DISABLED PROGRAM.

For binoculars: Search these constellations with binoculars. It is a thrill to find the globular cluster M13, a group of perhaps a million stars clustered together at a distance of more than 20,000 light years. A magnificent object in a large telescope, the cluster appears as a faint patch in good binoculars. To find it, search along the western arm of the trapezoid of faint stars forming the major part of Hercules.

The Perseid Meteor Shower

The special attraction in August is the Perseid meteor shower which peaks this year on the night of the 11-12th. What are meteors? Because of their appearance they are often called falling stars or shooting stars but, in fact, they are small cosmic particles (meteoroids) pulled out of their orbit by the earth's gravity. When they enter the earth's atmosphere travelling at high speed the resulting friction produces heat and causes the streaks of light that look like stars "falling". When the earth encounters a large number or cluster of meteoroids, the number of meteors increases — sometimes dramatically — and the result is called a meteor shower.

The particles that cause meteor showers are the bits of debris a comet leaves behind in its orbit. Since the orbit of the comet is known it is possible to predict when the earth will pass through this material. The Perseid meteor shower occurs in mid-August when the earth encounters "junk" from Comet Swift-Tuttle.

Planets

All the bright planets — except Mercury — are in the sky in the evening. Brilliant Venus is low in the southwest, but look for it early because it sets about two hours after sunset. Saturn (in Scorpion) is in the southwest when the sky darkens and sets about four hours after sunset. Mars is easy to identify because of its red colour. East of south (in Sagittarius) at sunset, it sets about six hours later. Jupiter, now slightly brighter than Mars, rises in the east shortly after sunset and is low in the west at sunrise. Look for elusive Mercury low in the east just before dawn.

Calendar

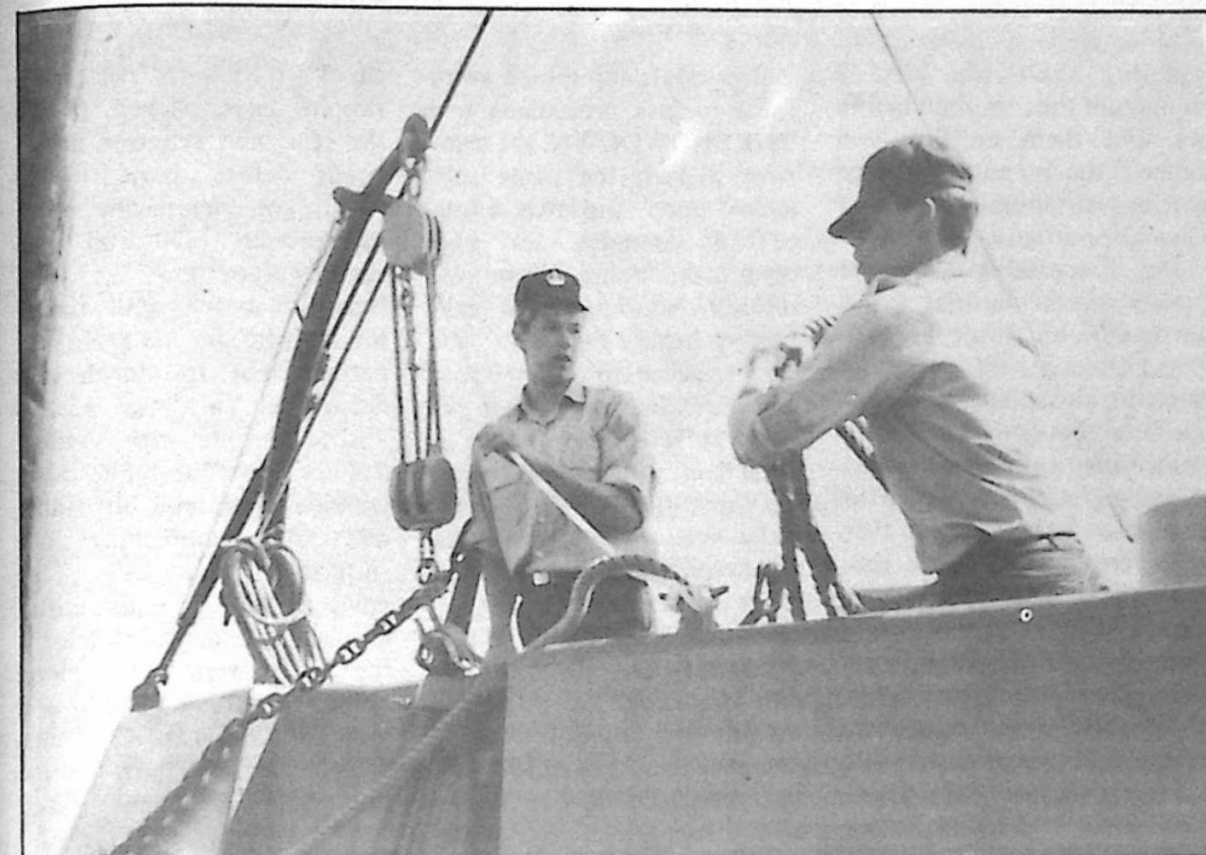
d	h (Universal Time)
5	19 New Moon
9	11 Venus 2° S. of Moon
12	12 Perseid Meteors
13	02 First Quarter Moon
14	02 Saturn 5° N. of Moon
14	11 Antares 0.8° S. of Moon
16	16 Mars 0.5° S. of Moon
19	19 Full Moon
21	11 Jupiter 1.4° N. of Moon
27	09 Last Quarter Moon
31	15 Venus 0.5° S. of Spica

Murray Gray
Curator, Astronomy

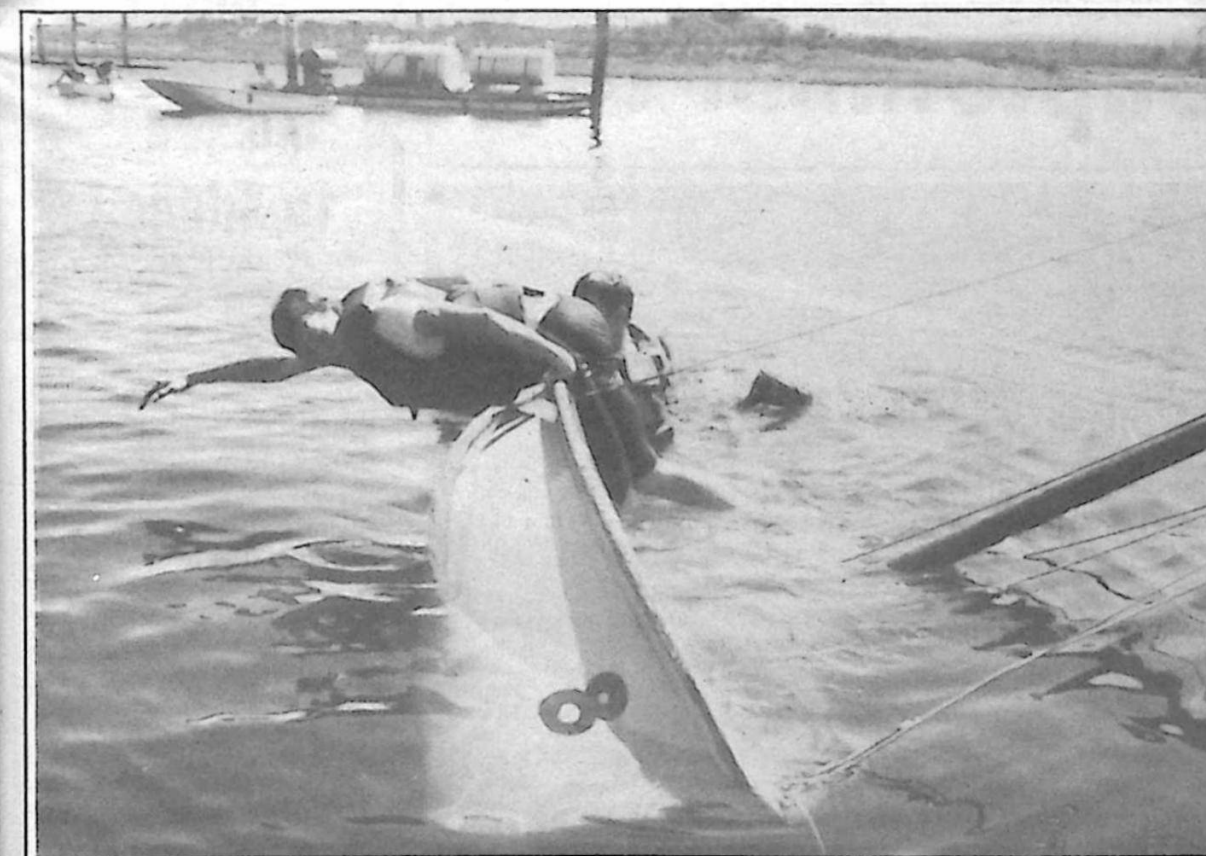
1867 St. Laurent Blvd
Ottawa, Ontario
K1A 0M8

CANADIAN FORCES UPDATE

Sea Cadets



BOWLINE A Royal Canadian Sea Cadet onboard Purveyor prepares to toss a bowline to the floats at Quadra. Purveyor is used for training two week general training cadets. The cadets put to sea and learn about shipboard drills. In most cases this will be the first time these cadets will have ever lived onboard a ship. The cadets spend an evening, a night, and a day at sea. This is truly a great experience for a first year Sea Cadet. AT HMCS QUADRA THE SEA IS PUT BACK INTO THE NAME ROYAL CANADIAN SEA CADETS.



RIGHTING - No this isn't one of the three Rs one learns in school. Onboard HMCS Quadra righting is learning what to do if you should tip over during a sail in a dingy. A Royal Canadian Sea Cadet is expected to know how to look after himself if he and the other crewmen go into the chuck. All cadets are instructed on how to handle a capsize situation. This is one of more fun experiences at Quadra especially on a hot day. Learning how to right a dingy the right way is a must for any Royal Canadian Sea Cadet. This year onboard HMCS Quadra there are three brand new sailing courses offered. Successful trainees receive Canadian Yachting Association Certification. Not only do the sailing course trainees receive CYA certification; but also the Junior Leadership Cadets.

Twenty Questions About The Sea Cadets

1. How old must I be to join the Sea Cadets?

You are eligible to join if you have reached your 12th (provided you will be 13 by December 31st of that training year) but not your 19th birthday.

2. What are the requirements of membership?

All potential cadets must be interested in the program and prepared to attend parades regularly. Parent's permission is also required.

3. What about medical exams?

You must produce evidence of physical fitness before being accepted as a Sea Cadet. You must also be examined by a doctor before going to camp, undertaking sea training or other special assignments.

4. Will I have to pay dues?

No - but you may be asked to join in fund-raising activities such as Tag days, special parades, etc.

5. Must I buy my own uniform?

No. Complete uniforms are loaned to cadets by the Canadian Forces. You are, of course, expected to keep the uniform looking clean and neat.

6. Will Sea Cadet training detract from my school work?

Not likely. Sea Cadet corps usually meet only one night a week and the instruction is designed to supplement your school studies.

7. Do Sea Cadets receive pay?

Only when employed as staff at summer camps. All cadets, however, receive valuable educational benefits, trips to camp, free sea courses, bonuses for successfully completing certain full time courses and other rewards.

8. What do the Sea Cadets learn?

They study navigation, seamanship, sailing and many other subjects designed to assist them in preparing for future careers.

9. What are my chances of promotion?

Promotion in the Sea Cadets is based on merit. Promising young men and women are given command positions and encouraged to develop qualities of leadership.

10. Who sponsors the Sea Cadets?

Every corps is supported by a civilian committee of The Navy League of Canada made up of business and professional men and women interested in youth welfare.

11. Who instructs Sea Cadets?

Sea Cadets are instructed by ex-Servicemen, school teachers, Senior Corps Cadets, former Sea Cadets and other persons willing to devote time to this activity.

12. Can I go to camp in the summer?

Summer Camps for Sea Cadets are held each year at Canadian Forces Bases across the country. They are of two weeks to six weeks duration and offer a varied program of outdoor sports in addition to valuable instruction of a Maritime nature.

13. Are Sea Cadets permitted to go to sea?

Yes. While at summer camp, all Sea Cadets are given familiarization instruction in sail and power vessels.

14. Are there any advanced training courses for Sea Cadets?

Yes. In addition to a special Senior Leaders Course, summer courses are provided in Athletic Leadership, Technical Training, Seamanship and other subjects to prepare cadets for future positions of leadership, either in the Sea Cadet movement or in other fields. Cadets are selected for this valuable training on the basis of regular attendance and good service with the corps.

15. What sea training?

Sea Cadets training is available on Naval, Coast Guard and Department of the Environment vessels.

16. Are there travel opportunities?

Yes. Sea Cadets travel to camps and courses held in different parts of Canada and each year large groups of Sea Cadets visit the United States, Bermuda, Britain, Sweden, The Netherlands, Belgium and West Germany and under an international "get acquainted" plan sponsored by the Navy League.

17. How are Sea Cadets chosen for international visits?

Exchange cadets are selected on a merit basis. Each cadet must have an outstanding Sea Cadet record, as well as a good reputation in his home community.

18. Can Sea Cadets obtain summer employment?

Yes. For senior Sea Cadets who are properly qualified, the summer camps offer worthwhile summer employment opportunities - a chance to "earn while you learn."

19. Will I be expected to join the Canadian Forces?

No. Sea Cadets have absolutely no commitment regarding future military training. Those who do join the Service, on a voluntary basis, however, start out with a big advantage over other applicants.

20. What is the main purpose of Sea Cadet Training?

While Sea Cadet corps are organized along military lines, the primary aim is to produce better Canadian citizens - the kind who understand the responsibilities of citizenship and are prepared to accept them when the need arises.

Next Deadline....Sept. 8th

Base Social Centre

The Glacier Greens facilities are available to all ranks. We are open every day and provide the following facilities:

BAR & GRILL

LOUNGE C/W MUSIC

BBQ & CABLE TV

CATERING BY RESERVATION - LOCAL 2592

We were tasked to support the VP 407 Reunion. Although most people and facilities were committed to AF day (the same weekend), the following were extremely helpful and cooperative. Without you, we could not have met our tasking - a sincere thank you to one and all.

CWO Del Fabro, Sgt Rollman, MWO Webber, Cpl Graham, Glenna Cashman, Jo Christensen, Maureen Felhouser, Bert Perron, Sgt Lambert, MCpl Boyd, Jim Hendry, CWO Hunter, Sgt Larry Brown, WO Roger Morin, Sgt Pearce, MCpl Pat Armstrong, Bill Jefferson, LCdr Tysowski, MWO Krier and Harv Copeland.

A special thanks to Lou and John Haughton and the RCAFA bartenders.

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AROUND THE BASE

ADVENTURE TRAINING WITH SUPPLY

A few lucky people from the Supply world recently had the opportunity to venture forth on a canoe trip, attacking Buttle Lake with happy and beneficial results. The brave participants were Capt Neville Russell, PO2 Rick Olsson, Sgt Cathy Olsson, M/Cpl Debra Burns, Cpl Donna Forget, Cpl Lorena Charles, Cpl Dan Martin, Cpl Lee Anne Buxcey, Cpl Jeff Buxcey (I/C Defence), and Pte Chuck Harvey. The "safety/radio/emergency replenishment" vehicle was handled by Pte Ken Verge with great efficiency and outstanding dedication. As a matter of fact he was so dedicated that rather than let the truck out of his sight by sleeping in a tent the first night, he chose to mount a picnic table and snooze in a semi-alert position until dawn.....the fact that the van's owners were sleeping in it at the time apparently did not sway him from executing his duties as he saw them. Well done Ken, and your little secret

of "canoeophobia" is safe with us, we'll just tell 'em you didn't want to leave the van alone to join us the second night.....

The evening meal was superb, served with decor and ceremony, and much appreciated by all concerned. Visitors to our site included two gents from Switzerland, and a lonesome "downhomer" who seemed quite impressed at our lady members' abilities on such a rough and tumble venture. The old "things sure weren't like that when I was in" routine....we capped the first night off with a little guitar playing and singing 'round the fire, amid numerous threats of our impending defeat no matter who we chose for our team by the current undefeated world champs of "charades"....(Lorena and Donna)....it was agreed that the teams would be chosen and the game played the following night....then after a brief but often hilarious remembrance of Lorena and Donna's

canoeing skills (the first 5 minutes of the trip, right before we split them up into two canoes), the day ended with the soft but memorable sounds of Chuck's snoring.

Day 2 started with a great brekky and then a brisk 5 or 6 km paddle up Buttle Lake to Auger Point where we set up camp in an isolated spot opposite to the viewpoint. After establishing a site we prepared to set out across the lake to ferry gear from the van that we'd need for wilderness survival. The locals' warnings about the lake getting 3 foot swells between 2 and 4 every afternoon seemed a bit weird, but guess what? Yep, about half way across we looked like outriggers on the "Kon-Tiki" expedition, nothing we couldn't handle, but proof positive that lashing the gear in is a good plan, even for quickie trips.....after ferrying the coolers and the other "nice to have" stuff across the lake the team settled in for another ex-

cellent meal, and a little swimming, before proceeding with THE SHOWDOWN: the teams were picked, the game rules agreed upon, and after a total of 18 charades for each team.....ta -dah....(drum roll please).....you know, it's really hard to believe that a girl who claims never to have lost a game of charades in her life could suffer defeat by "over-the-hillers," especially when the time difference between the teams was well over 300 seconds, despite the fact that the losers didn't even take their last turn.....although I suppose that would have only added to your time eh Lorena?....still, I can see why you brought your 436 reference books to help you out - Lord only knows what would have happened if you'd just used your heads eh?....heh heh heh....day two ended with the still of the night being only slightly disturbed by soft gnashing of teeth from the "has-beens" tent, an otherwise delightful day for all....On

day 3 we A) leaped out of our sleeping bags, packed, ferried the gear, and departed northwards before dawn, or B) finally got over to the safety van around 1330 and then casually moved 7 km from beach to beach until finally RV ing with the van again at a perfect spot for lunch and departure. This was accomplished despite our resident "police escort" trying to move lakeside rocks with his canoe, and thus confirming our suspicions about his navigational skills....after another fine culinary delight, the canoes were loaded along with everything else, and exercise Cowichan Challenge came to a close.....it was the best, and will be remembered for a long time by those who were there....thanks to all for their efforts, and well done.

Community Council Missed Deadline

Money Saving Tips

There are some people who say they never like to go to bed without having made a profit—or at least save a few dollars. Here are some tips that may help you do just that.

1. Sometimes you can save money by bending a little. While shopping, you may notice that the shelves at eye level are often where the highest profit items are displayed. Simply by bending down you may discover a bargain.



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Next Deadline... September 8th

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Problems? Questions?
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listed under
the Government of Canada

Health and Welfare Canada
Santé et Bien-être social Canada

Canada

SECTION NEWS



CE Happenings

In accordance with the Boss's new morale improvement program, I am sitting in the computer room writing the Engineering Cell's sacrifice to CE Happenings.

As always life at the cutting edge is hectic and full of surprises. Surprises like finding out that you have an asbestos problem in Building 22 or that what you thought was a dead sewer line is in fact a very lively one.

Fort Engineering, located in

Building 31, houses approximately 5 draftsmen, 8 designer/estimators, a property manager, 3 contracts personnel and a very frazzled and haggard engineering Superintendent and Engineering Officer. Chances are very high that when you see any type of construction or destruction going on at the Base, this cell has either drawn, spec'd it, designed or guesstimated it. Even if we have had nothing to do with a problem this cell

hears the brunt of all complaints, whether it's cutting off an ambulance route or cutting steam off to the Mess Hall.

A special welcome to Cpl Irving, a new draftsman in the Cell. Being an ex-Navy type, he should be used to the shifting winds and instability we experience here when things get hectic.

Anyway, the computer is prompting me to type something, so 'til next time, Slugsbossout.

Did you know?

The old maid waited so long for her ship to come in that her pier collapsed.

CHILD DEVELOPMENT CENTRE

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Cumberland, B.C. V0R 1S0
PHONE 336-8585

REGISTRATIONS

WILL BE ACCEPTED
COMMENCING Tuesday, September 2, 1986

for the following:

1. Therapeutic and educational services for children with physical, developmental and/or neurological handicaps. Qualified treatment staff. Program offered 5 days per week. Transportation available.

Children already registered need not re-apply.

TRUCK BRAKE ALERT ISSUED BY ICBC

The Insurance Corporation of B.C. is asking owners of trucks and commercial vehicles to check for improperly aligned spring brake units which can impair efficiency in the main braking system as well as the parking/emergency systems.

A message has gone out to the owners of 600 commercial fleets plus 14,000 small companies and individuals who operate heavy equipment, alerting them to the hazard and outlining procedures for checking their vehicles' braking systems. The only solution to the situation is to replace the units showing misalignment.

In addition to the vehicle operators already contacted, the warning also applies to as many as 10,000 unlicensed and unregistered vehicles in use at remote off-road locations such as logging and mining sites. New vehicles at dealerships may also be affected.

The misalignment, which can accelerate brake wear and reduce braking efficiency by up to 50 per cent, is found in self-centering double diaphragm spring brakes. ICBC estimates that this type of unit is installed in 80 per cent of the 100,000 heavy vehicles it insures.

The Corporation's action follows a spot check carried out by ICBC's Fleet Safety Manager, Fergus Savage who found at least one misaligned brake unit in every one of the 40 vehicles examined. The problem, which would not normally come to light in a routine brake check, can be identified by a simple manual procedure described step by step in ICBC's message to fleet operators.

"Owners of vehicles equipped with this system should check them as soon as possible," says Savage. "In everyday use, the problem may not show up for some time, but

when it does, the consequences can be serious."

Copies of the brake check procedure are available at ICBC claim centres throughout the province.

BOWLERS

NOTICE OF GENERAL MEETING

The CFB Comox Bowling Association will hold its annual general meeting on Wed, Aug 27th, 1986 at 1900 hrs.

TOPIC - REGISTRATION & BYLAWS

All bowlers are urged to attend. Contact M/Cpl Harry Weeds at Local 2505 for further information.

SCHOOL DISTRICT NO. 71 (COURTENAY)

SCHOOL REGISTRATION FOR SEPTEMBER 1986

Registration for school opening in September will take place at all schools in School District No.71 (Courtenay) as follows:

ELEMENTARY & JUNIOR SCHOOLS

Wednesday, August 27th - 9:00 - 12 noon.

G.P. VANIER SECONDARY SCHOOL

Wednesday, August 27th - 9:00 a.m. - 12 noon.

HIGHLAND SECONDARY SCHOOL

Tuesday, August 26th - 9:00 a.m. - 2:00 p.m.

Wednesday, August 27th - 9:00 a.m. - 12 noon.

ELIGIBILITY FOR REGISTRATION

Kindergarten - all children born in 1981

Grade 1 - all children born in 1980

All children attending school for the first time must produce a birth certificate.



Legion Log Entertainment

BRANCH 17 - COURTENAY

Friday August 22

TGIF Draw at 6:30. Dancing to WESTWIND at 9 pm.

Friday & Saturday August 22 & 23

Music by WESTWIND at 9 pm.

Tuesday August 26

General meeting at Legion at 7:30 pm.

Friday & Saturday August 29 & 30

Dance to COUNTRY CLUB at 9 pm.

Regular Activities

BINGOS - Monday, Thursday, Friday, Sunday at 7 pm.

THURSDAY Fun Darts

FRIDAY TGIF & Money Draw at 6:30 pm

SATURDAY Fun Bridge at 12:30

"MORE PLAYERS WELCOME"

BRANCH 160 - COMOX

New Hours

Branch now open on Sundays 1 pm to 7 pm.

Entertainment

For the remainder of August the Branch will have Thu. and Fri. night dances.

Thu. 21 Aug. - MILLER TIME

Fri. 22 Aug. - VARIETY (COUNTRY GROUP)

Thu. 28 Aug. - ALLEYCATS

Fri. 29 Aug. - SWEETWATER

Fri. 5 Sept. - SWEETWATER

Sat. 6 Sept. -

Open to all Branch 160, L.A. members and their bona fide guests only.

Ladies Auxiliary Bingo Every Monday night, upper legion hall. Doors open 6 pm. Early bird 7:30 pm.

Navy League DROP IN Bingo Every Wednesday night, upper legion hall 7 pm. Everyone Welcome.

Don't forget the Branch Picnic at Kin Beach on Sunday 24 Aug. from 1 pm to 6 pm. This is a family affair so bring the kids along and have a real good time. Food/Fun/Refreshments/Games for young and old. See you there.

SECTION NEWS

BTSO

Retirement

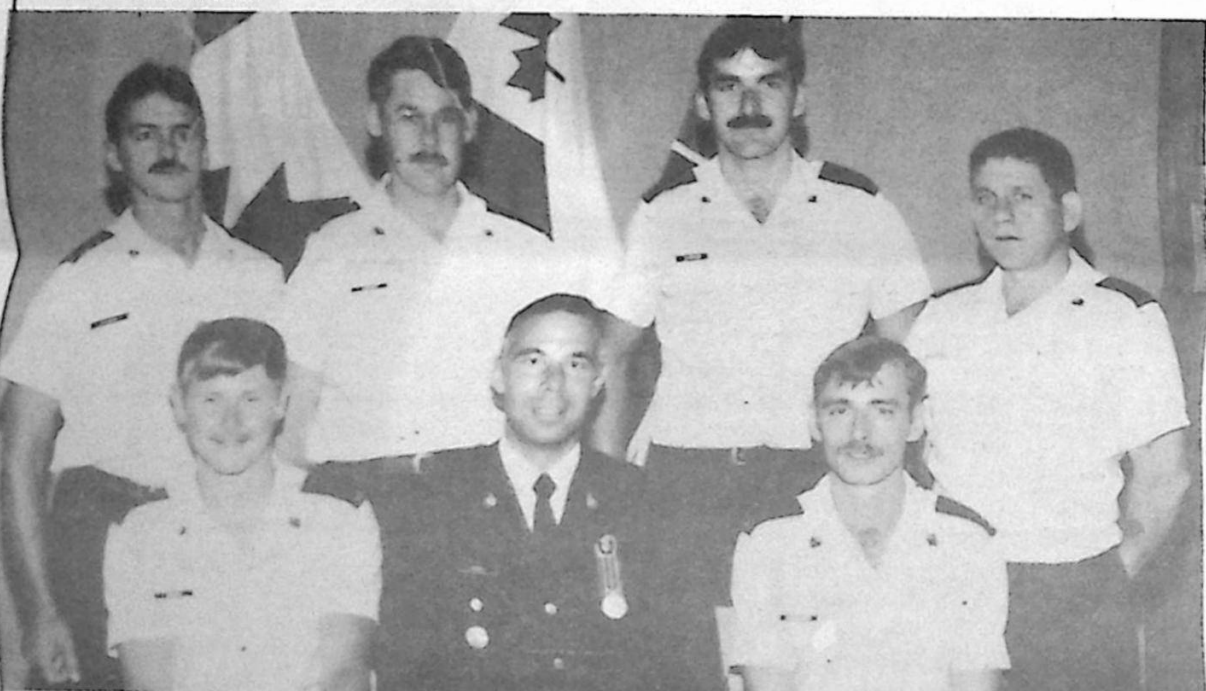
32 Years



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BTSO PROMOTIONS



Back row - left to right - MCpl Plante (BAMSO), MCpl Bernier (BAMSO), MCpl Cloutier (BAMSO), Sgt London (BTnO). Front row - left to right - Sgt Haugen (BAMSO), LCol Bowes - BTSO, Sgt Wohlgenuth (BAMSO)

BTSO AWARDS



Back row - left to right - MCpl Bedard (bronze seal for aerobic excellence), Sgt Stecko (retirement certificate after 33 years service), WO Fleming (retirement certificate after 32 years service), Cpl Griffiths (suggestion award)
Front row - left to right - MCpl Sartori (CD), LCol Bowes - BTSO, Cpl Lucas (CD)

Next Deadline...Sept. 8th

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339-2426 338-8511

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Comox, B.C. (Lower St. George's United Church)
339-6422 338-8424

REGISTER NOW! FOR SEPTEMBER PROGRAMS

Information available at the center of your choice or at the administration office.
Comox Valley Children's Day Care Society
1800 Noel Avenue,
Comox, B.C. 339-3033

AROUND THE BASE

Retirement

26 Years



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M/Cpl Boudreau

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BAYVIEW



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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.

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SUNDAY WORSHIP: Each Sunday - 1100 hours.

HOLY COMMUNION: First Sunday of the month.

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Across my Kitchen Table

By Rosemary Gibson



The days of summer are flying by, and it will soon be time for school. These last few days of the children's holidays are precious, indeed. So leave the household chores that dare to be left; take time to play with your children, to plan a family picnic, a trip to the beach, a walk in the woods. When they grow up, your children won't remember how clean your floors were, how white their clothes. They WILL remember those outings, and the fact that you took time to play with them. A friend gave me this poem. It "got" to me. I hope it gets to you, too, and that you will listen to what it says.

TO MY GROWN-UP SON
My hands were busy through the day

I didn't have much time to play
The little games you asked me to.

I didn't have much time for you.

I'd wash your clothes, I'd sew and cook,
But when you'd bring your picture book
And ask me please to share your fun,
I'd say, "A little later, son."

I'd tuck you in all safe at night
And hear your prayers, turn out the light,
Then tiptoe softly to the door...
I wish I'd stayed a minute more.

For life is short, the years rush past...
A little boy grows up so fast.
No longer is he at your side,
His precious secrets to confide.

The picture books are put away,
There are no longer games to play,
No good-night kiss, no prayers to hear...
That all belongs to yesteryear.

My hands, once busy, now are still.
The days are long and hard to fill.
I wish I could go back and do
The little things you asked me to.

....Sorry, Mike. And thank you for giving me two grandchildren, and another chance.

This recipe for Caesar Salad Dressing can be made ahead and stored in the fridge for up to two weeks.

CAESAR SALAD DRESSING

Caesar Salad Dressing

Ingredients:
4 cloves garlic (chopped) (or more to taste)
1 cup salad oil
1 1/2 teaspoons salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon dry mustard
3 teaspoons worcestershire sauce
1/2 teaspoon anchovie paste
2 raw eggs
4 tablespoons grated parmesan cheese

juice of 1 large freshly squeezed lemon
Method:
Mix and shake well. Store in jar in fridge. This recipe can be doubled.

Mom's Luau Beans

Ingredients:
1/2 pound bacon
2 onions, sliced
8 cups pork and beans
2 tablespoons molasses
2 teaspoons dry mustard
1 teaspoon salt
1 14 oz tin of crushed pineapple

Method:

Fry bacon until crisp and set aside. Saute onions in bacon grease. Drain off excess grease. In a large pot, mix 8 cups of pork and beans, add the crumbled bacon and the sauteed onions, then the other ingredients. Simmer for 1 1/2 hours. May be eaten right away, but simmering enhances the flavour. This will keep up to a week in the fridge, or can be made ahead and frozen. It's delicious!

HINT:

A string through the hole in the tab of a zipper will simplify fastening a zipper in the back of your clothes if you have no one to do it for you. Just put a long piece of string through the hole, hold on to both ends, and pull! Thanks to my Mom for this one.

THOUGHT FOR TODAY:

The best thing about the good old days was that we were young.

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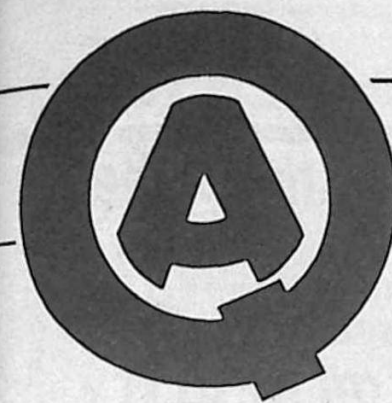
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SECTION NEWS



Quality Assurance

We said farewell to MWO Bert Keryluk at a luncheon recently, presenting him, in our free-spending manner, with a baseball cap inscribed, "Bagwhan Bert." Bert isn't a baseball player (he's an aspiring fisherman), but he promised to wear it some time. The ex-MWO was one of the few remaining members of the old Flight Trainer Tech trade, who garnered many suggestion awards and commendations in his career, including the Medal of Military Merit. We wish Bert and Vicky all success in their new civilian future. Barry Swanson joined us a couple of weeks ago and promptly settled into the routine, except that we've scheduled him for a course in coffee-making. This is of much relief to Kevin, for whom coffee had become a source of gloom - not making it, but buying the right kind. One could say that it had become a regular grind.

Kevin, incidentally, went to the Abbotsford Air Show and returned a bit miffed because they wouldn't let him do a high-

speed flypast in his ultra-lite. (for why, see cartoon). Bill Ouellette keeps coming back like a bad penny, one hand placed where his tum used to be, while he convalesces. For those who asked, Bill is recovering nicely, thank you.

FACTORY FOD

Our most recent assignment, on a CP-140, involved working with a civilian Mod crew (IMP Halifax), who could give us all lessons in leaving the workplace clean. After removing floorboards to do their work, they found a large variety of small FOD, such as wire scraps, nuts, bolts, washers and a screwdriver tip, that had ob-

viously originated in the factory. They cleaned up their area and had to be restrained from tackling the entire aeroplane. Do a FOD check next time you lift a floorboard!

You'll improve the odds on safety.

COMMUNICATION IS THE KEY

We've just finished compiling our latest stats report, and are struck by the sheer variety and quantity of observations we've made, on just about everything within our terms of reference, namely aircraft and sections in the three squadrons and BAMSO. All sections have been visited at least twice, and the contrast between first and second visits is striking. Some may grumble at the concept of QA, but the vast majority have been supportive and positive about what we are trying to do. We've learned a lot about our job, largely from your feedback.

Let's keep talking.



Supply Signals

Hello again from the exciting world of Supply. Once again we made history as our own Cpl "Hot Legs" Hardy brought home the prize for having the hottest legs in the Valley.

Perhaps her winnings of a trip to California can prepare her for the next upcoming contest. Good Luck, "Hot Legs"!

It seems lately not a week goes by without us gaining or losing a fellow Supply Tech; and this week is no exception. First, a warm hello goes out to Nim WO Maude who has just re-arrived on the Base and hopefully will stay a little longer this time.

Next, we must bid a temporary farewell to Pte Seguin. He seems to have lucked himself into a six month trip to glorious downtown Golan Heights. Have a great time Mario and we'll all be looking forward to your return.

Speaking of saying good-bye, it seems to be something all of us in the Forces are exposed to. You would think we would even become accustomed to it, yet every time someone leaves, a lump rises in everyone's throat as the final good-byes are spoken.

As of 29 Aug 86, MCpl Boudreau will be hanging up his hat, or should we say beret. Anyone who has worked with or around him can share with the Forces the loss of a great co-worker and friend.

All is not lost though, as his retirement brings him what most of us wish for; a home in the Valley, good weather, and best of all, happiness. Good luck and warm good-byes from everyone, Dave.

From there I take you to the exciting world of sports where many a fine Supply Tech can be found.

A fine fisherman is Cpl Potter. After his long awaited return from a trip deep into the waves of Lake "Nim" he tells fascinating stories of a 6 pound Trout that got away. Better bring a bigger net next time Larry!

Next we have a few birthday wishes to go out to Maj L.R. Blakely, Cpl Les Roe, Cpl Mary Pratt and Pte Kim Heath. It was heard that Kim was planning on spending her birthday touring the Island with her old pal, ex-biker "Heavy Harvey." I hope he isn't riding on the back, Kim!

Last but least a joke to keep you going today...

What do you call a psychic dwarf who escaped from prison? - A small, medium at large!

Have a great week.

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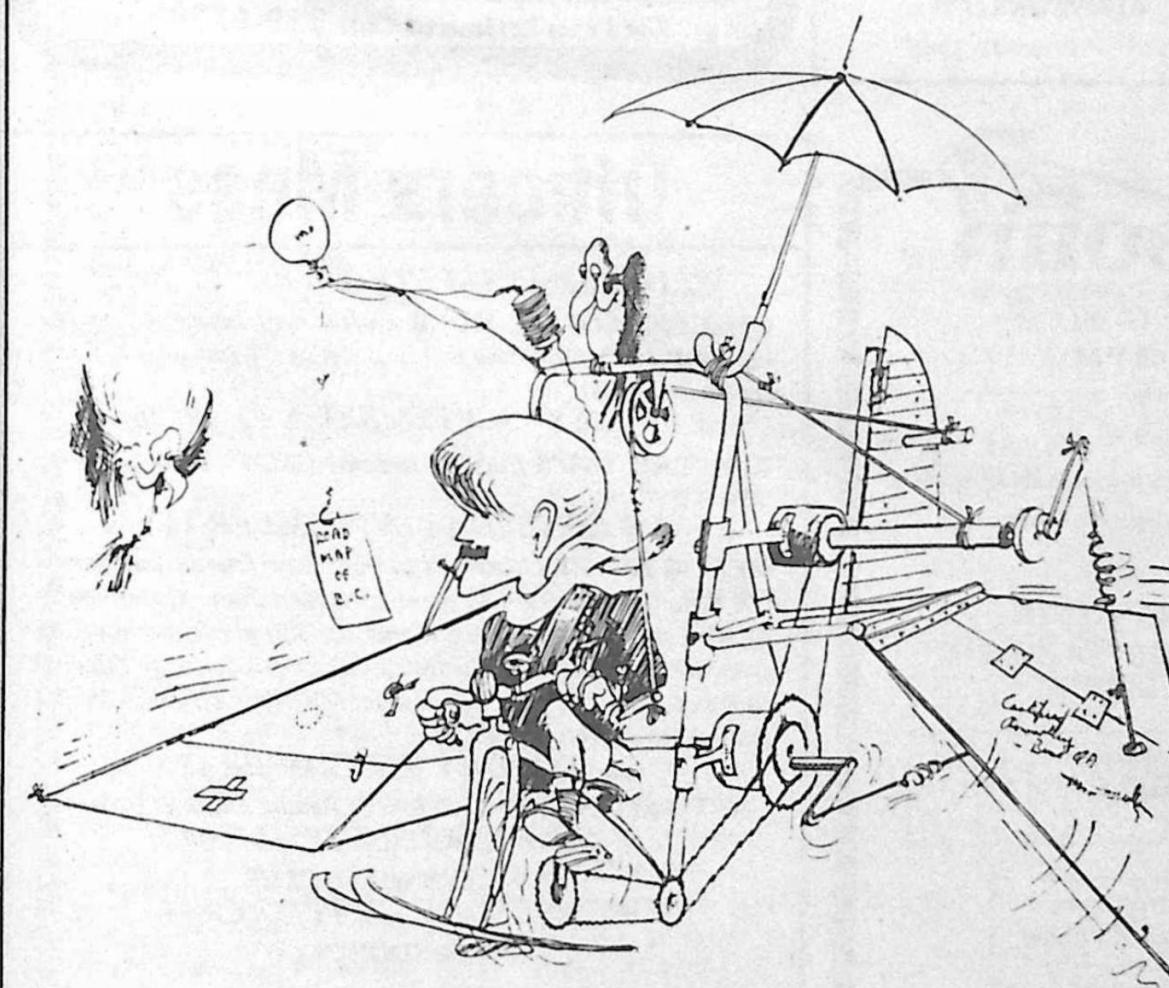
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AROUND THE BASE

O.M.M. FOR COL. GIBBON



Colonel G.A. Johnsrude (right), Base Commander Canadian Forces Base Summerside, presents letters from the Secretary General of the Order of Military Merit announcing the appointments to the Order, to Colonel James Edward Gibbon and Warrant Officer Paul Anthony Baiden, both of 880 MR Squadron.

Colonel Gibbon was awarded the appointment for outstanding performance and leadership in the Canadian Forces. WO Baiden was appointed for recognition of his exceptional and longstanding service to the military and civilian communities.

Investiture, at which the insignia of the Order will be presented by the Governor-General, will be held in Ottawa in due course.

Colonel Gibbon has been appointed Base Commander of CFB Comox.



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REGULAR TGIFs Food as indicated 1700 - 1800 hrs. Free taxi, Ask at Bar.

WEDNESDAY SEPTEMBER 10

MEET & GREET Come out to meet new friends and renew old acquaintances and to greet Lt Gen Ashley, Commander of Air Command. Seafood dinner at 1930 hrs featuring King crab, Shrimp, Salmon, Scallops, will be followed by dancing to DJ at 2100 hrs. Cost per couple: Members \$25.00, Limited Associates and Guests \$30.00.

SATURDAY SEPTEMBER 13

RETIREMENT DINNER for Lieutenant Colonel Brown.
WEDNESDAY SEPTEMBER 17

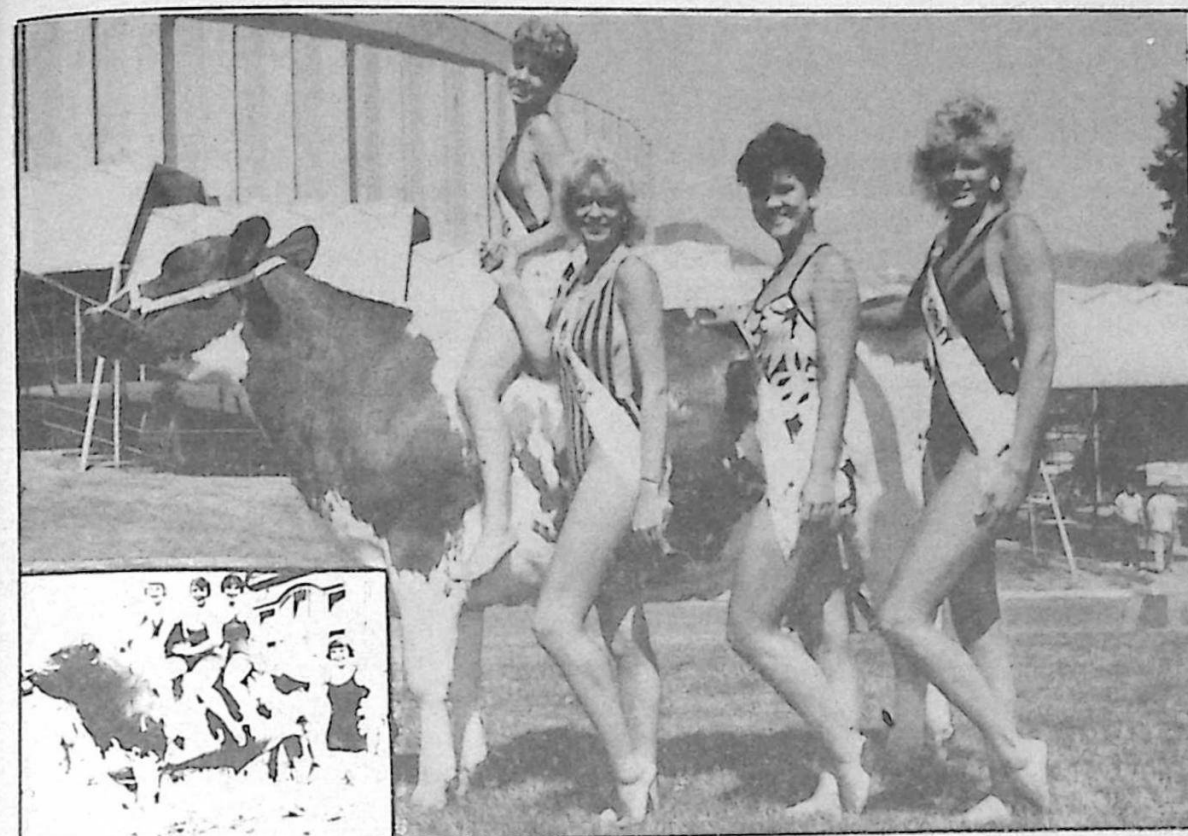
OFFICERS WIVES CLUB

WEDNESDAY SEPTEMBER 24

OWC BRIDGE CLUB

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DRESS STANDARDS: Casual---etc. Informal---etc.
COMING EVENTS: 4 October - OKTOBERFEST

PEOPLE & PLACES



FLASHBACK TO 1927

Four of this year's Miss PNE contestants help re-create a photo taken at the PNE almost 60 years ago. Miss Comox Valley, Clare McPhedrain (17), sits astride "Honey," a prize-winning Ayrshire cow, while three other contest hopefuls stand their ground. They are, from left to right, Miss Smithers, Judy Reitsman (20); Miss Quesnel, Shelley Readman (17); and Miss Surrey, Tammy Woollard (17). Miss PNE 1986-87 is crowned Tuesday night at 8 on the La Scala stage in the Coliseum. The 1927 photo is shown as an inset.

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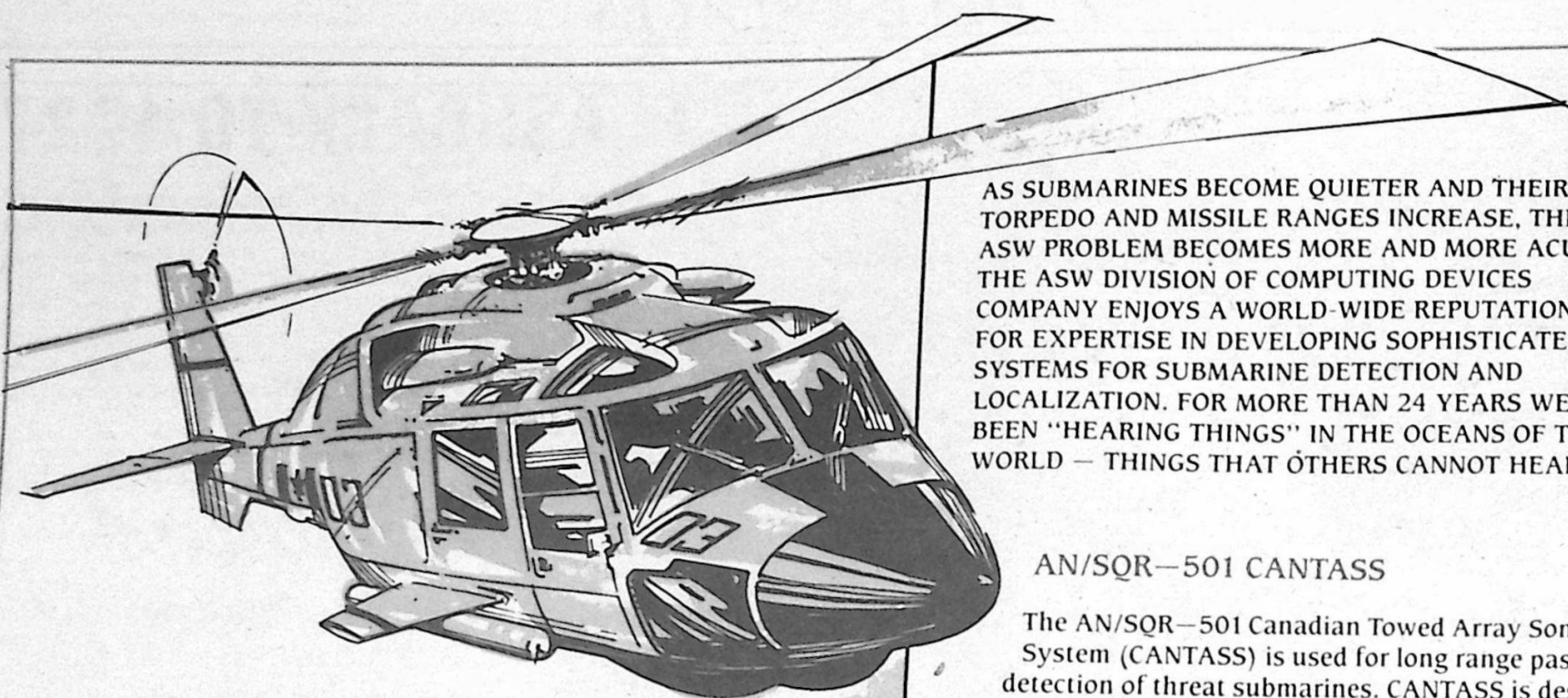
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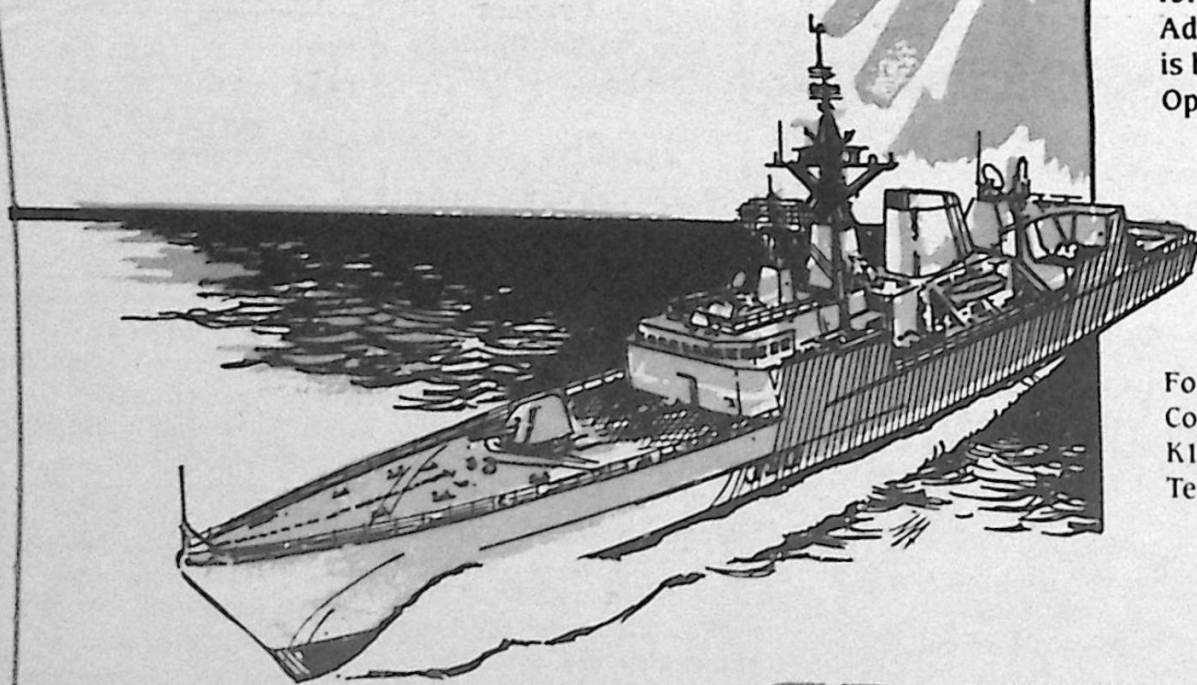
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