



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 Gyo 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

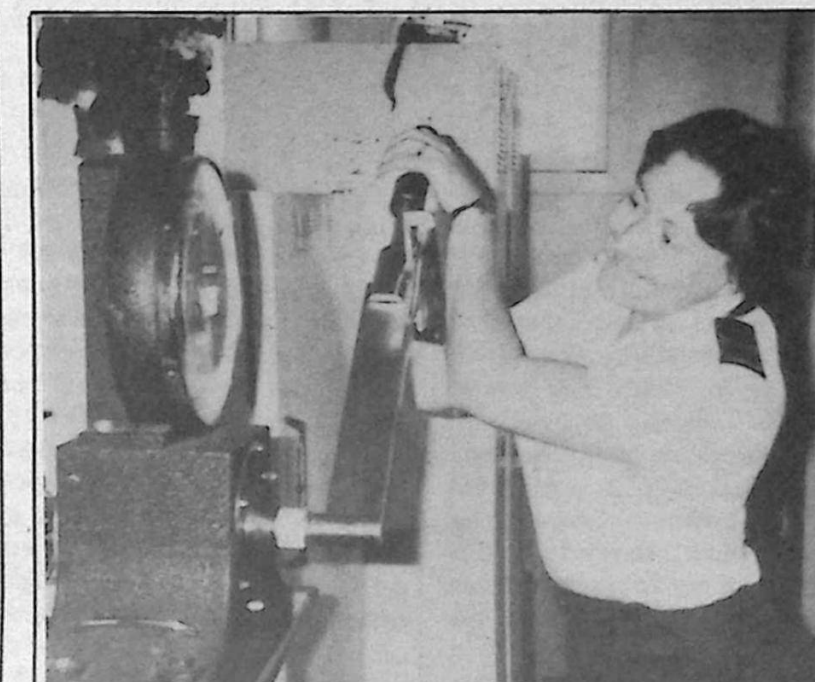
Answer on page 11

SECTION NEWS

VU-33 - OUR PEOPLE AT WORK

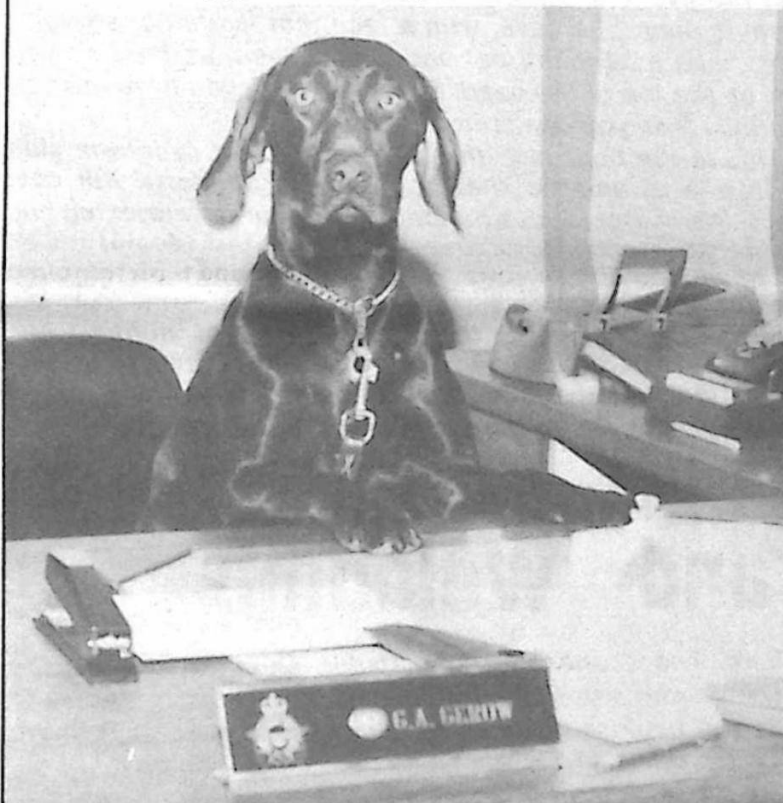


"I told you I knew how to get it started. Now, which way did you say Cold Lake was?" Major Rollie Acorn, the new BFSO chats with Gil Lessard an AE Tech.



"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?

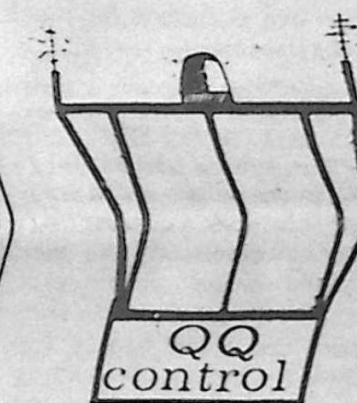


The MWO has been away a lot recently so a temporary replacement has been found. Our A/SWO will obviously put up with no nonsense from the troops.

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

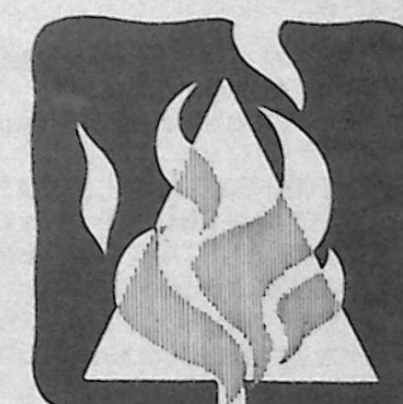
After four days of intense deliberation the Association of B.C. & Yukon Women's Centres was born on May 26th at Naramata, B.C.

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 over-fish 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	
Courtenay	Comox	Glacier View
Hornby Island	Miracle Beach	
Puntledge Park	Tsolum	
	Union Bay	
	Village Park	

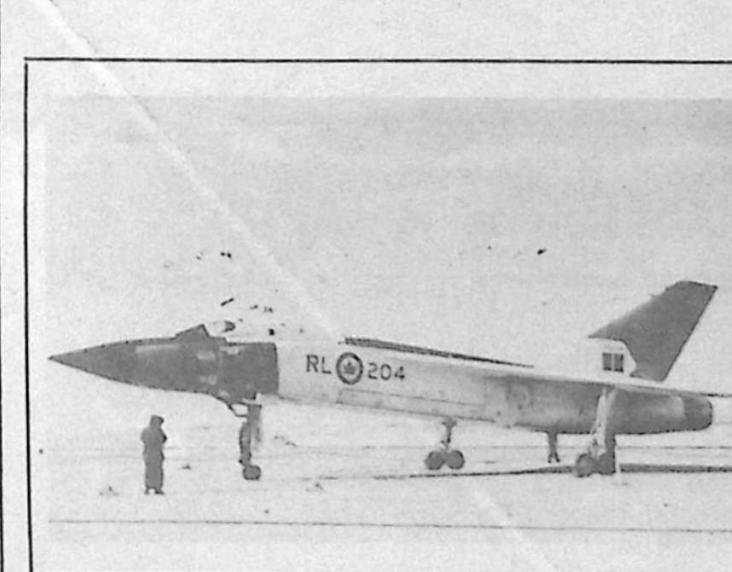
Parents of kindergarten children will be advised by the school principal when classes commence.

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

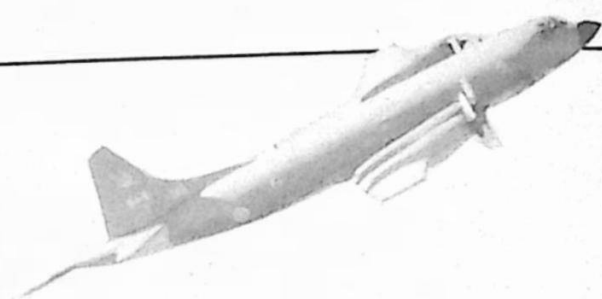
TO OUR READERS:

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 year's 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

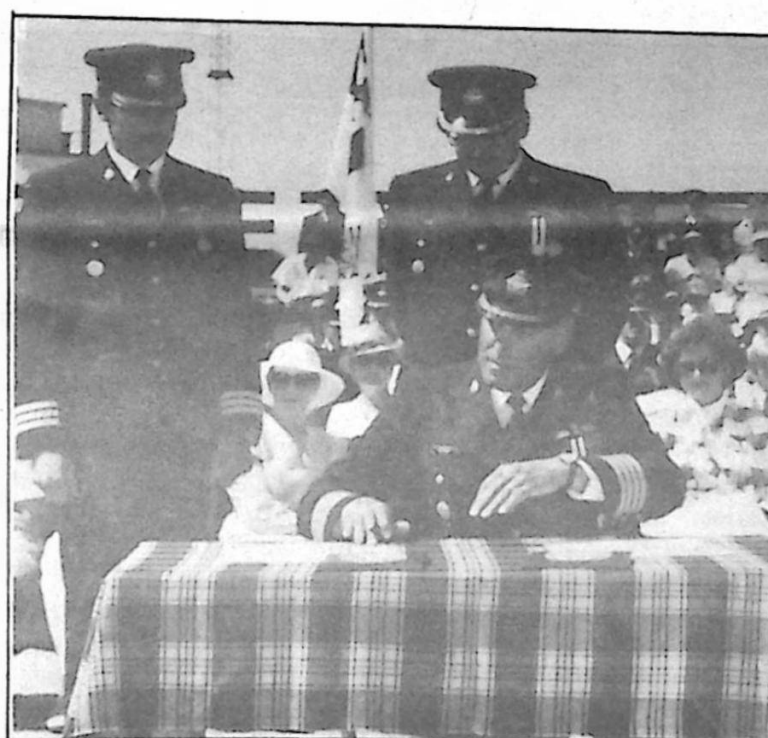
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ARE WE HAVING FUN YET?

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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September 8, 1986

SECTION NEWS



BAMSO



Sgt George Stecko receives his Certificate of Service from the BTO, 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.

SPORTS & RECREATION

JUMPING FOR JOY

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."



Outdoor Writers of Canada

Pipe Smoke

By Gerry Gerow

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

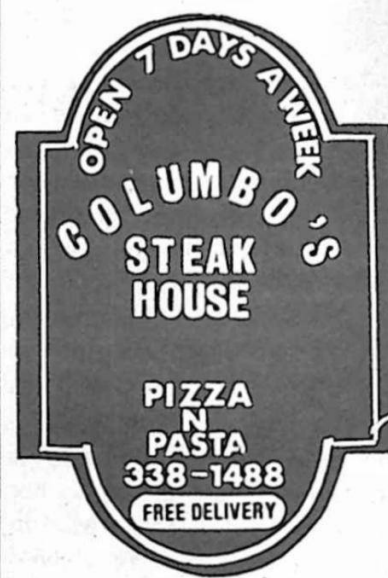
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SPORTS & RECREATION

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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COMOX VALLEY AQUATIC CLUB
CVAC

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

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

Monday, September 8 - 5-6 p.m.

under

Head Coach - Al Aylward

at

Comox Valley Sports Centre

CVAC offers

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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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AIRSHOW 86 REVISITED



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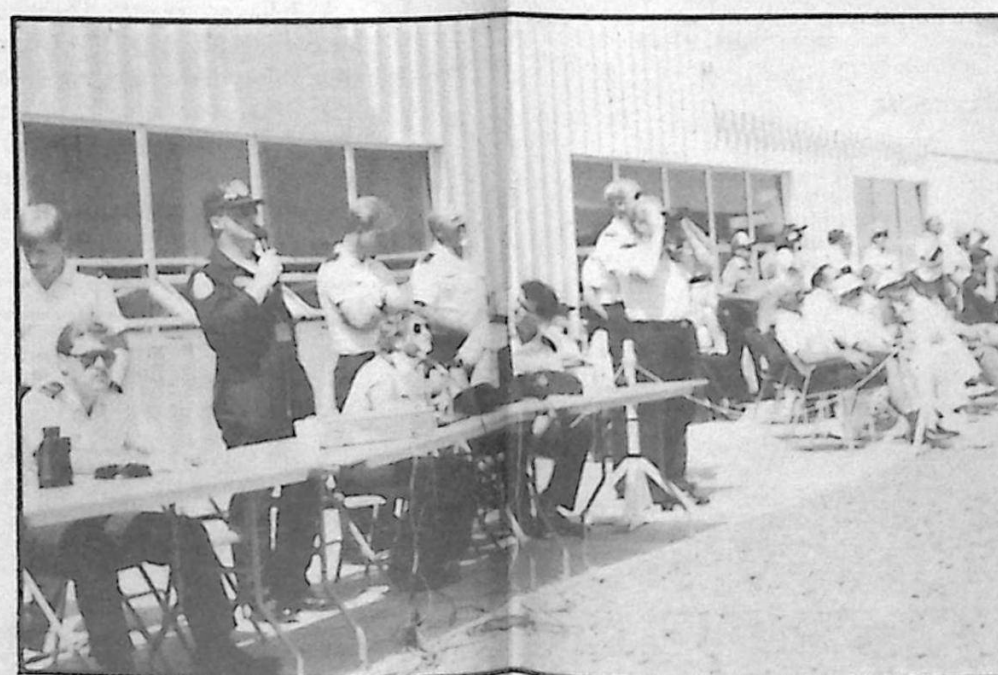
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IS THAT A PUSH START?



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.

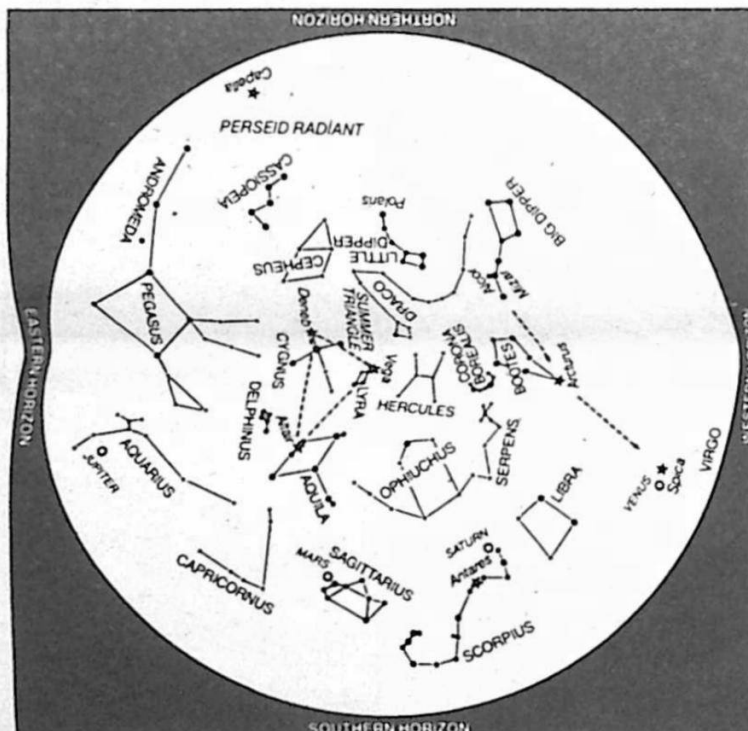
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in the Sky

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

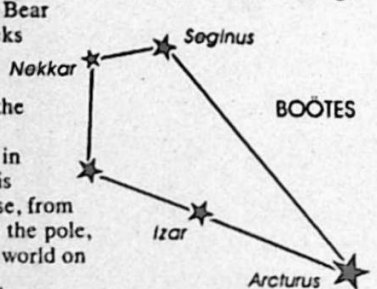
Hercules (the Kneeler) was a celebrated Theban hero. Noted for his courage and great strength, he was famous for performing the marvellous feats known as the "twelve labours of Hercules". Ancient star maps depict a kneeling Hercules. His head almost touches the head of Ophiuchus.

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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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

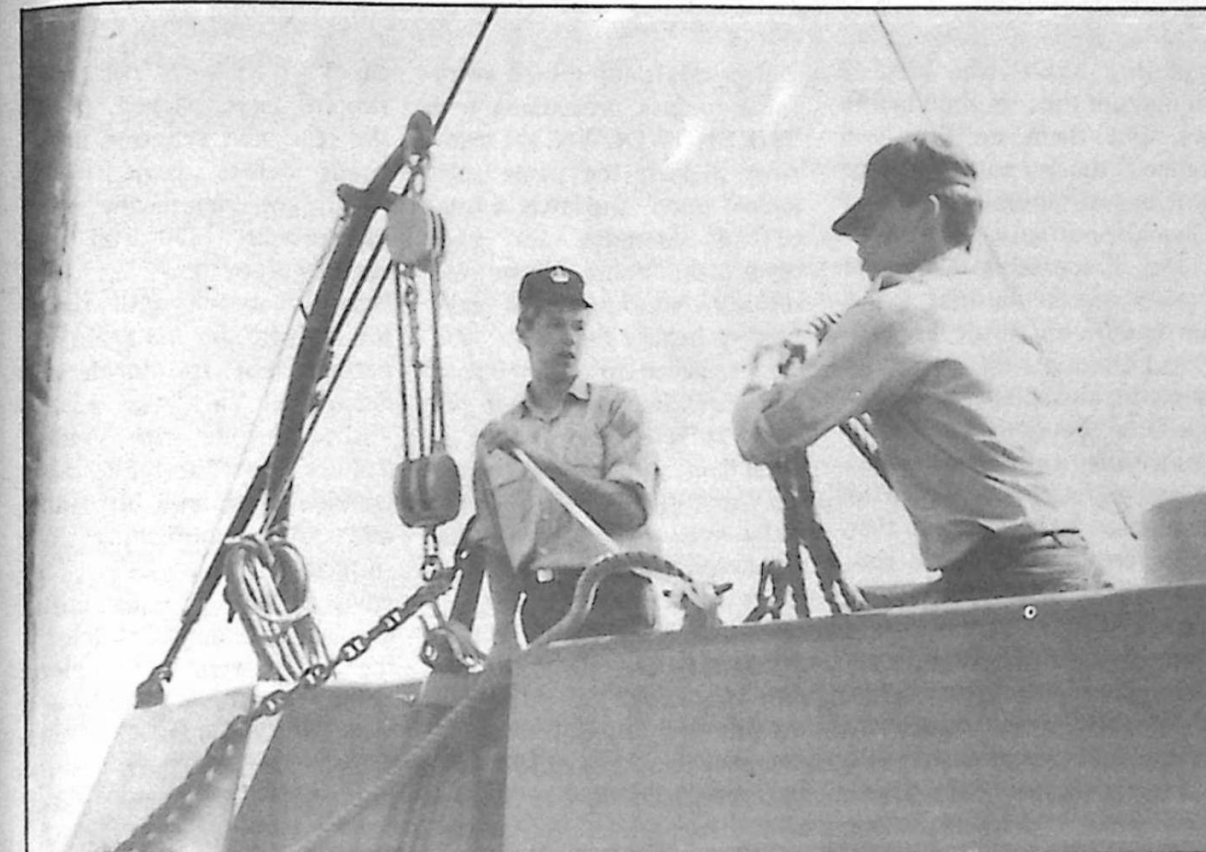
d h (Universal Time)
5 19 New Moon
9 11 Venus 2° S. of Moon
12 12 Perseid Meteors
13 02 First Quarter Moon
14 02 Saturn 5° N. of Moon
14 11 Antares 0.8° S. of Moon
16 16 Mars 0.5° S. of Moon
19 19 Full Moon
21 11 Jupiter 1.4° N. of Moon
27 09 Last Quarter Moon
31 15 Venus 0.5° S. of Spica

Curator, Astronomy

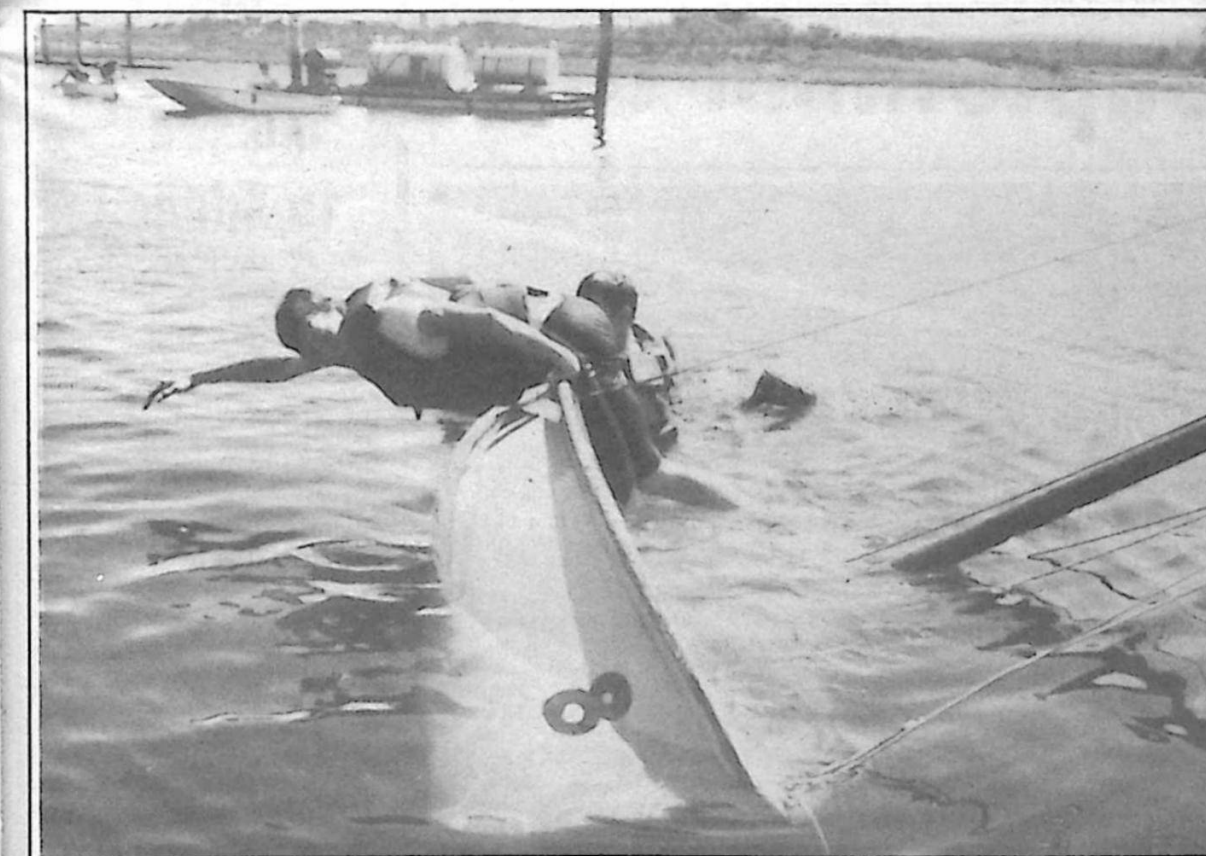
1867 St. Laurent Blvd
Ottawa, Ontario
K1A 0M8

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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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

Box 280, Dunsmuir Avenue
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.

Next Deadline... September 8th

Call First.

Problems? Questions?

Canada Pension Plan
Old Age Security
Family Allowances

Call Health and Welfare Canada,
listed under
the Government of Canada

SECTION NEWS

BTSO

Retirement

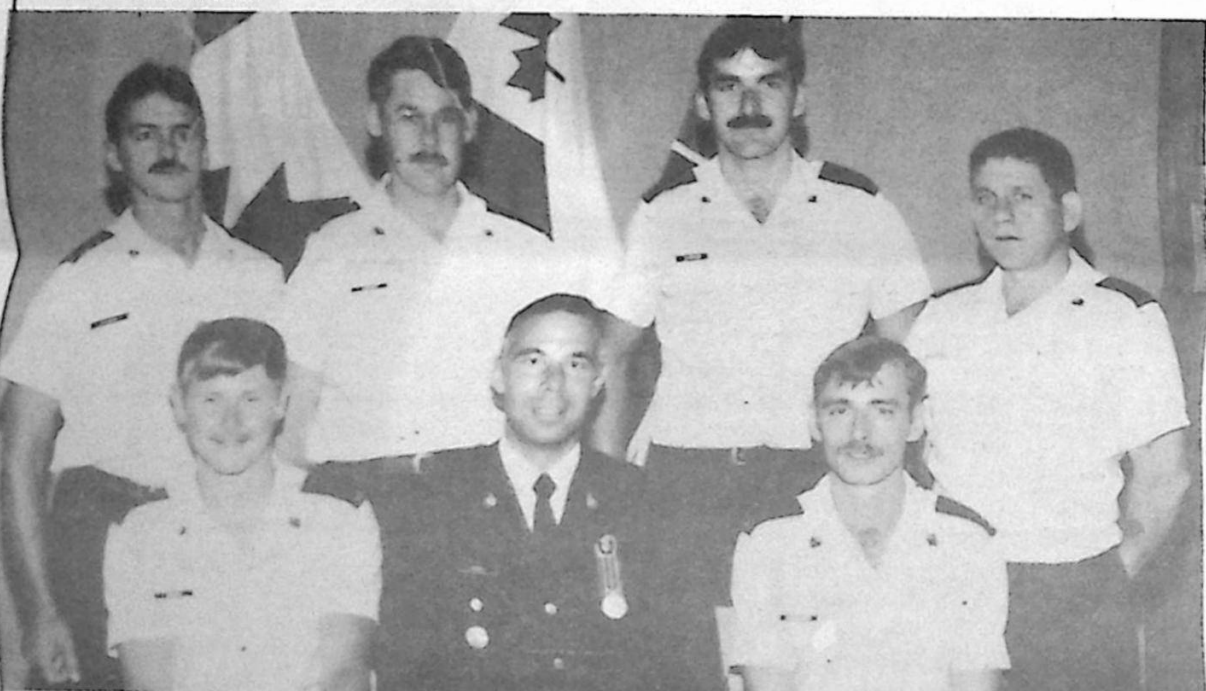
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BTSO PROMOTIONS



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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1800 Noel Avenue,
Comox, B.C. 339-3033

AROUND THE BASE

Retirement

26 Years



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AROUND THE BASE

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL
CFB COMOX, B.C.

BASE CHAPLAIN (RC): Padre J. Dabrowski
CHAPEL: Our Lady of the Sacred Heart (on Base)
OFFICE: Headquarters, bldg #45, Room #48; telephone: 339-2211, local 2274

MASS SCHEDULE HOURS: Saturday - 1900 hours.
Sunday - 1000 hours.
Week Days - 0900 hours.

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

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

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

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

ST. MICHAELS AND ALL ANGELS
PROTESTANT CHAPEL

BASE CHAPLAIN (P): Major G. Milne
CHAPEL: St. Michael & All Angels, Wallace Gardens, Bldg #88
OFFICE: Headquarters, Bldg #45, Room #48; Telephone: 339-2211, local 2273.

SUNDAY WORSHIP: Each Sunday - 1100 hours.

HOLY COMMUNION: First Sunday of the month.

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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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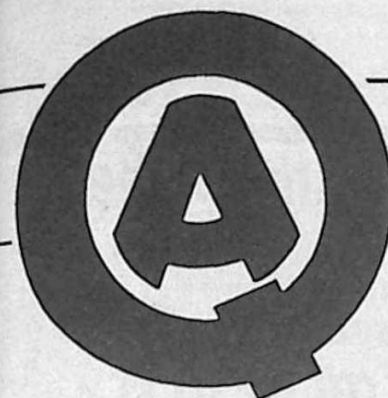
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SECTION NEWS



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 BAMS0. 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 not 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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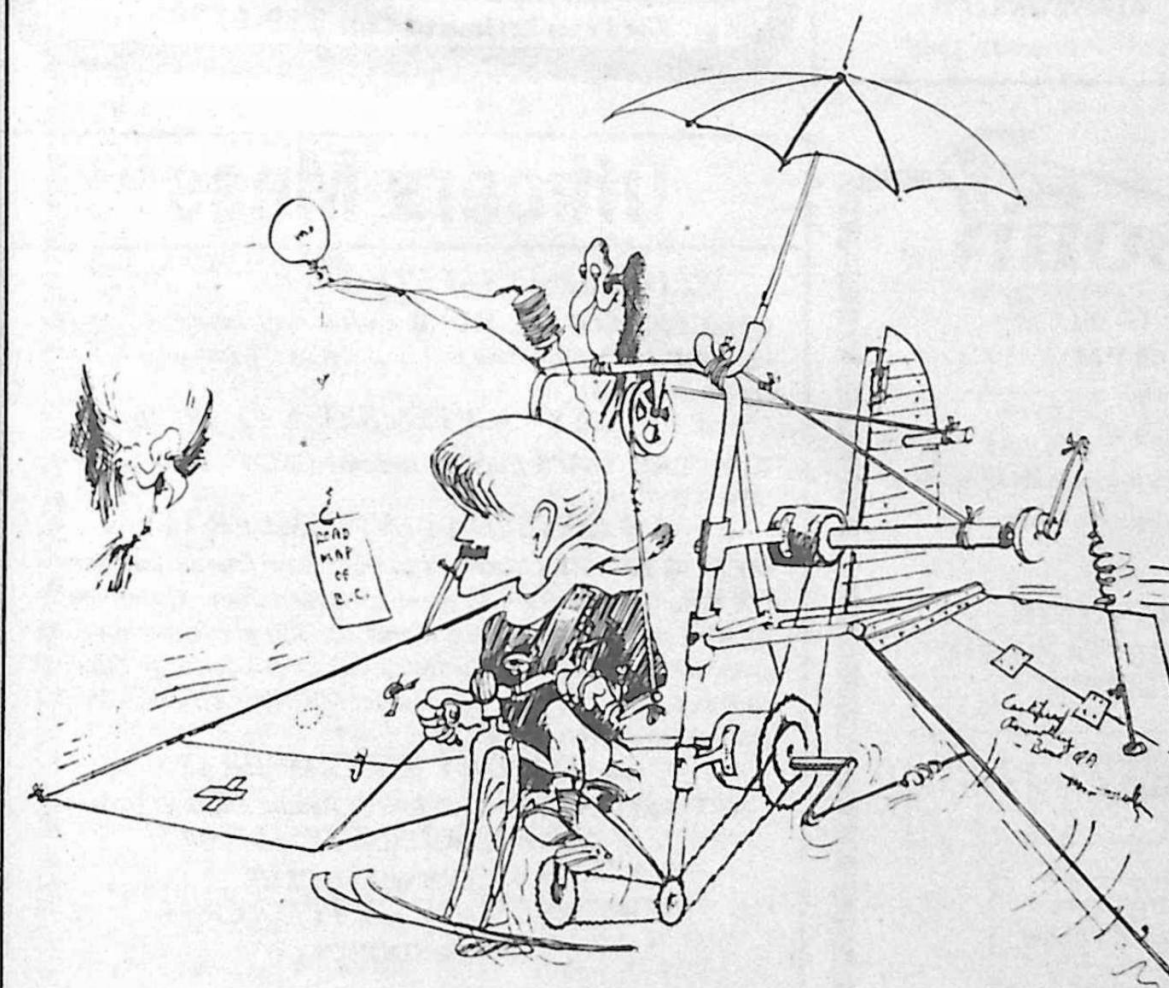
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QA KEVIN FLIES IFR ("I Follow Roads")

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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FRIDAYS SEPTEMBER 5, 12, 19, 26

REGULAR GIFTS 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

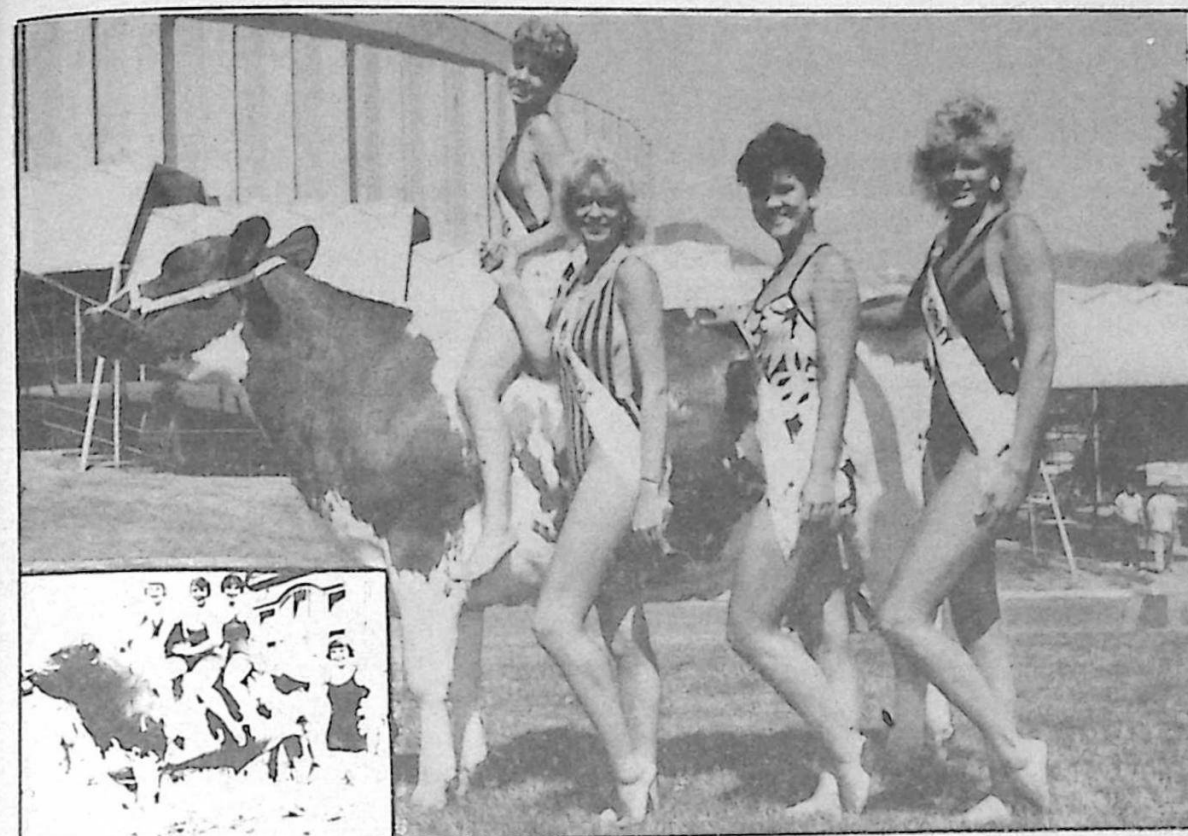
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WEDNESDAY SEPTEMBER 24

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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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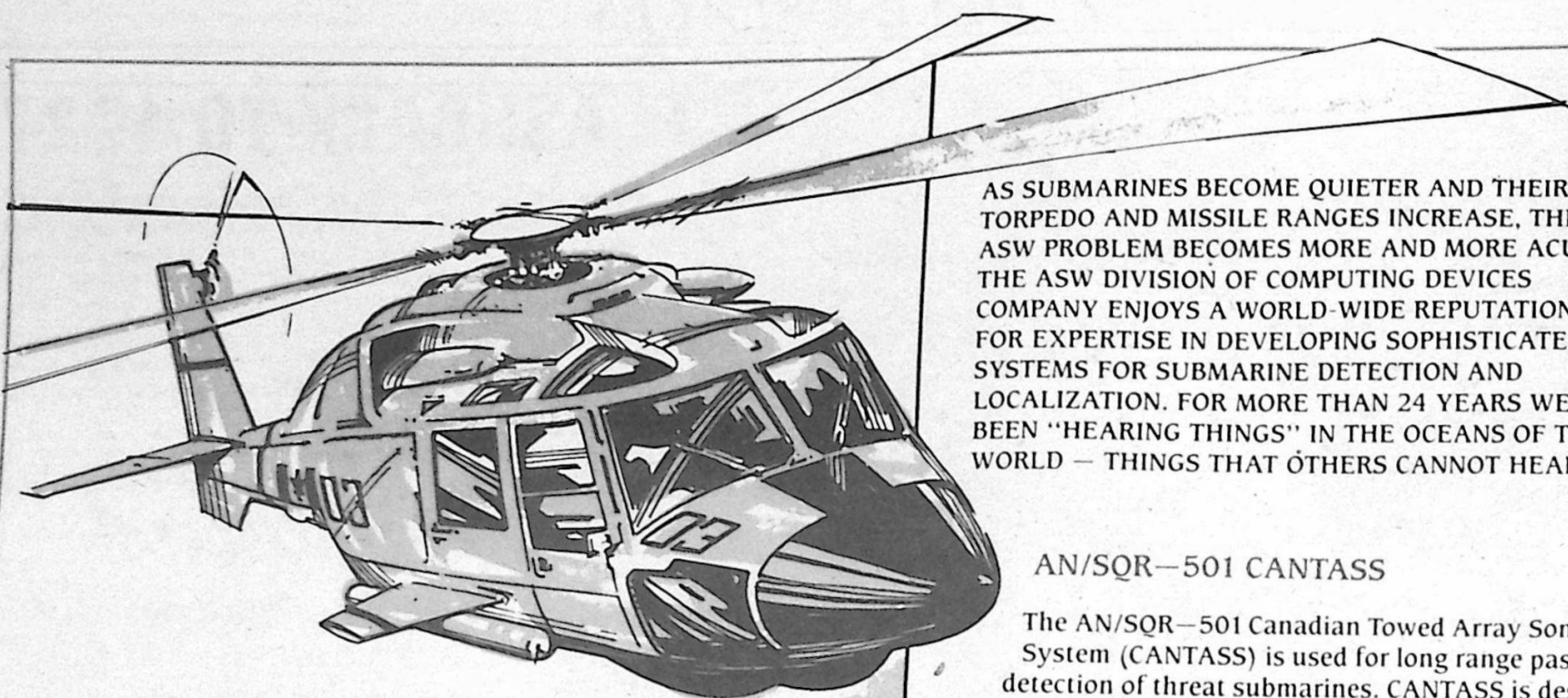
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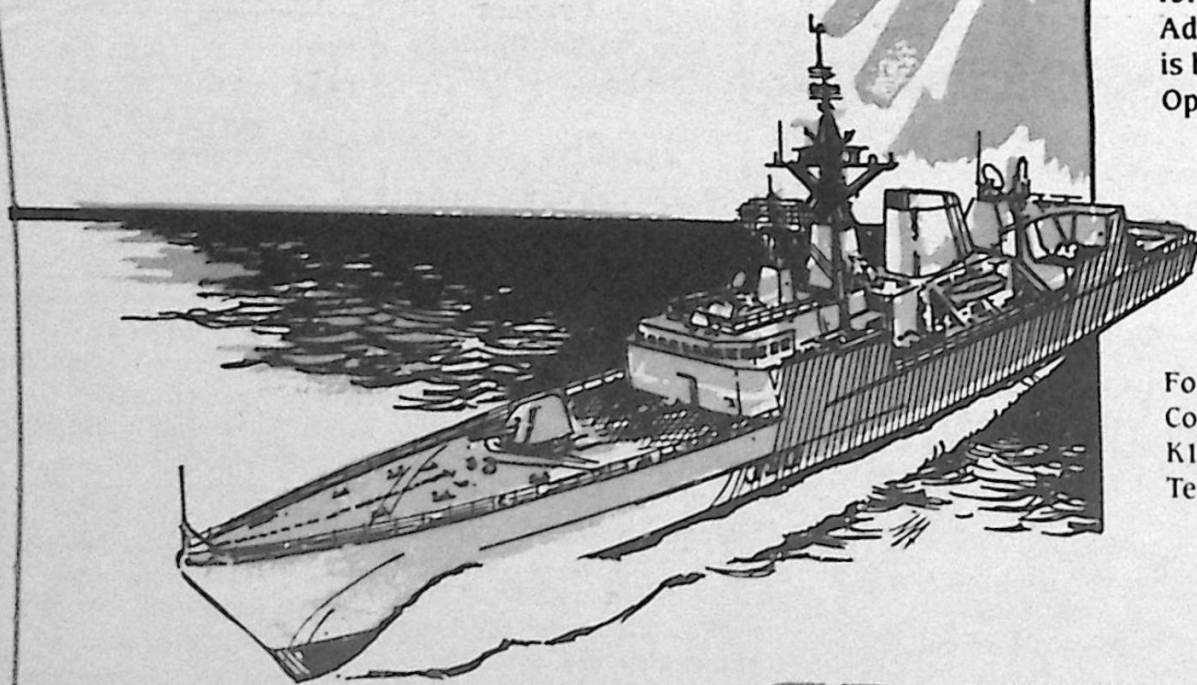
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TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28 No 15 September 11, 1986

Deadline is Monday, September 22, 1986

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Update

New Head for Dental Services

Brigadier-General John Frederick Begin has been appointed director general of Canadian Forces Dental Services.

BGen Begin, a native of New Brunswick, served in a number of locations during his career. His last appointment was as Commandant of the Dental Service School in 1985.

In 1983, he was appointed Queen's Honorary Dental Surgeon (QHDS) to Her Majesty Queen Elizabeth II. BGen Begin is presently a member of the Canadian and Ontario Societies of Public Health Dentists.

Herc Purchase Announced

OTTAWA -- Associate Defence Minister Paul W. Dick and Supply and Services Minister Monique Vezina have announced the purchase of two C-130 "H" model Hercules aircraft for the Canadian Armed Forces.

The contract, worth \$21 million, is to return the C-130 fleet to its authorized size.

The C-130 Hercules, manufactured by Lockheed Corporation, Georgia, is the only aircraft that can meet the Canadian Armed Forces requirements for military transport of oversize cargo such as vehicles, aircraft and supplies. It is also used for airlifting troops and for parachute operations.

Mobile Command changes

ST-HUBERT - After five years as head of Canada's land forces Lieutenant-General Charles H. Belzile relinquished command of Mobile Command to Lieutenant-General James A. Fox during a ceremony held at the St-Hubert Officers Mess Wednesday, 6 Aug 1986.

LGen Belzile retires after a career that has spanned 35 years of active service. LGen Fox has spent 33 years in active service.

Command Goes To Col. Gibbon

CFB Comox turned out en masse (even the aircraft were on parade...see page 9) on a hot, Friday afternoon on September 5 to say farewell to Colonel Bob Kadonoff, and welcome to the new Base Commander, Colonel J.E.H. "Ted" Gibbon.

Colonel Gibbon returns to the Valley for the second time; he was CO of VU 33 in 1977. All squadrons and base organizations were represented on the parade, dress S2 with medals.

The Naden Band, its members looking very sharp in their Navy whites, provided the right scent of seaweed for the occasion, and some nautical notes ("Hearts of Oak" shared equal billing with the RCAF march past), for the new Base Commander, who began his military career as a Cadet Officer in the Royal Canadian Navy in 1954.

BGen Curleigh, Commander Maritime Air Group, officiated at the signing over ceremony. The sun, its heat enhanced by dark solar-absorbing uniforms, took its toll of some parade participants, keeping the MedAs busy. Additional heat was generated by 442's SAR-TECHS, who paraded in their distinctive red berets.

.....N.V.B.



Welcome Aboard....Outgoing Base Commander Col Bob Kadonoff offers a warm welcome to the new man at the helm Col Ted Gibbon. Col Gibbon comes to us from "the other island on the other side"....Welcome Sir!

Our New Base Commander



Col. Ted Gibbon, OMM, CD

Colonel Gibbon was born and educated in British Columbia and joined the Royal Canadian Navy in 1954 as a Cadet in the Officer Training Establishment HMCS VENTURE. Upon graduation he was selected for pilot training with the US Navy in Pensacola, Florida and received his wings at Kingsville, Texas in 1958. From 1958 to 1962 he served as a Squadron pilot in 881 and 880 Anti-Submarine Squadrons at Shearwater and aboard the aircraft carrier HMCS BONAVENTURE. In 1963 he qualified as a Tracker Instructor on 32 Utility Squadron in Shearwater and, following completion of this instructing tour, was appointed the Resident Naval Instructor at RCAF Station Portage La

Prairie in 1965. In 1967 he was promoted to Lieutenant-Commander and returned to 880 Anti-Submarine Squadron for duty in Shearwater and on HMCS BONAVENTURE. Following tours as Flight Deck Officer on HMCS BONAVENTURE, Officer-in-Charge of the Flight Simulator in Shearwater and Chief Flying Instructor in 406 Training Squadron in Shearwater, he attended Staff College in Toronto. In 1974 he was appointed to Supreme Headquarters Allied Powers Europe (SHAPE) in Belgium as the Deputy Canadian National Military Representative. He returned to Canada in 1977 as Commanding Officer of 33 Utility Squadron in Comox, British Columbia. In January 1981, on promotion to

Lieutenant-Colonel, he took up duties as the Intelligence Plans and Exercises Officer on the staff of the Supreme Allied Commander Atlantic in Norfolk, Virginia. On his return to Canada in September 1983, he assumed command of Maritime Reconnaissance Squadron 880 at CFB Summerside, Prince Edward Island. He was promoted to Colonel on 26 August 1986.

Colonel Gibbon is married to the former Anne McGhee of Victoria, British Columbia and has two children, a son James who resides in Nanaimo, and a daughter Karen in Victoria.

NEXT DEADLINE SEPT 22



SECTION NEWS

Anker Klankin'



A Utility Squadron at work

Tweedle Dum & Tweedle Dummer



...the right stuff?



This here baby is what you call a Labrador retriever

Courtesy Base Photo

their wives might be pleased with their works.

As might be expected, Russian Ouellette conjured up something which might be described as the hotter version of its distant cousin, red fire chili. This stuff burned going down and once down created a type of gas comparable to that given off at Chernobyl. As odd as it may seem, this chili did not take any of the prizes allotted by the judges to the best cooks. Instead, the best appetizer prize went to John Reimer (guess whose wife counted up the votes). The best main course prize went to Gibby and his Korean chicken on "fluffy" rice (the rice was later used as tile grout in the Reimer's bathroom). The best dessert prize went to Howdy Doodie for his Danish rum soufflé (are soufflés supposed to be light and fluffy or look like pudding?). There was a two way tie for the most unusual food, and both items belonged to this reporter and his assistant. Many suggested that both items won because they were unidentifiable to all but those learned in the field of forensic medicine. The dessert, which was described by the CO as earthquake cake, was actually a Boston Cream Pie, and the main course which some people called pate and others just called cow pate, was actually a hamburger roll.

The best overall award for all three categories went to Maj Acorn. As his prize, the good Major was presented with an apron made of slippery-to-the-touch plastic. A hint of excitement arose on Shirley's face when hubby stated that he was going to be wearing only the apron to bed that night. You would be excited too if you didn't have to look at those Spiderman pyjamas again.

The case of the missing gummy bear goes on. This illusive candy carnivore was nowhere to be found in the boss' Danish rice pudding, where he had hid it as a dessert treat. The boss' wife, Carol, was especially upset upon hearing this, as she had personally heisted the gummy bear from her children's last years trick-or-treat bag, and she had been hoping to find it in her own pudding. With Richie's help, Carol even did a thorough archaeological dig through the rice pudding remains, but to no avail. Even Richie's skull digging skills

were not enough. Word has it, Carol later convinced the boss to call the MPs out to conduct a house to house sweep of the area, strip searching all suspected gummy nappers.

VU 33 held its annual Family Day at Airforce Beach this past weekend, with much food, and fun for all. One of the highlights was the tug-of-war between the aircrew and the groundcrew. As per usual, caring and generosity, which is so much a part of the VU 33 aircrew way of life, prevailed as the aircrew allowed their underpowered and confused groundcrew brothers to win the best of three tug-of-war matches.

My gosh, what a life these VU 33ers live, don't they?

ANKER 95

TECH SIDE

VU 33 is smiling these days as the new Base Commander is a former skipper of the Anchor Klanker Squadron. This, of course, relegates 407 Sqn to second place in the special treatment category.

With sqn activities taking up so much of our typing space in recent issues we have yet to say "welcome" to our newest techs, Cpl (Frank) Dumoulin a CRS tech from CFB Shearwater, Pte (W) Micki Martin an AE tech from BAMSO and Cpl (W) Danielle McGrath an AE tech also from BAMSO. So welcome aboard and here's to happy times ahead.

Seems that Sqn OPs was doing a prop wash quantity check the other day. They sent out a member from their Subbie Section to find more of the depleted item. With not a prop turning on the line rumor has it that the guys kindly offered to re-supply on the next Tracker ground run or high speed taxi.

Parades! Parades! Parades! With two handover parades and three (at least) Guards of Honour in the past while, we are finding it more difficult to say "that's not the way we used to do it." But it's still worth a try.

Our ball team made it to the finals - then they changed the program - then the season was over. It went something like that. The VU 33 team was a valiant and notable performer during 86 and it was an unhappy thought that they would not "play ball" in the finals. But then again we have next season coming up. Thanks go out to the team members for an enjoyable season. It has been mentioned that our hard working and highly respected coach, Barb Southward, may already be signed on for 87.

Bob Wrightson's stick handling is less than keen. He managed to sit out the "stand-up dinner" by getting the day off with the old weekend duty volunteer routine (one of his favorite manoeuvres) but that set him up for a position on the handover parade.

On the course report we have Cpls (Al) Nantel and Yvan Duchesne doing the JLC at CFB Penhold. Pte (W) Micki Martin has gone cross country to a T-33 course at CFB Shearwater.

Wayne Southward is once again wheelin'-n-dealin' on boats and houses while Ray Morrison (he dropped by on Monday) and Dave Coyne are chasing the yellow metal on the Oyster River. Dave (as Ray tells it) panned so many flakes (mini nuggets) yesterday that it took him all night to struggle up the bank with the weighty poke.

The annual family day was a hit all the way around as everyone enjoyed the food (hot dogs, hamburgers, and corn) and festivities. The balloon toss prizes went to the electricians - Len Mallette and Michelle Vantomme. The young ones were into wheel barrow races and sprints. The ground crew lucked in on a 2 out of 3 win in a pull against the "flyers" in the puddle in the middle Tug-O-War. The Flyers figured that when at the beach one heads for the water - right? Slippery Fingers Paul Nolan had a perfect (football) game as he managed to non-catch the ball every un-catch.

Did You Know



The Japanese avoid using the word "return" at a wedding lest it lead to the return (divorce) of the bride.

LGen Mackenzie Retires



GENERAL MACKENZIE INSPECTS NORAD TROOPS

Colorado Springs - Lieutenant General Donald C. Mackenzie (right), NORAD's departing Deputy Commander in Chief, escorted by Colonel Kenneth Gilmore (left) inspects a parade made up of Canadian Forces, U.S. Army, Navy and Air Force NORAD personnel at a handover ceremony yesterday conducted at Peterson Air Force Base. LGen Mackenzie, who retired after 37 years of military service with the Royal Canadian Air Force and the Canadian Forces, handed over his deputy commander in chief position to Lieutenant General Donald M. McNaughton. LGen McNaughton comes from Canada's Air Force Headquarters in Winnipeg, Manitoba, where he was Commander.

Photo by Sgt Dennis Mah, CF

AROUND THE BASE

Do You Consider Yourself Fortunate

There are several ways of measuring one's relative well-being in the scheme of things. You can use income, wealth, happiness, health, love or any combination thereof as yardsticks, most of us would agree that there are those in our community worse off than ourselves. Many men, women and children in our community suffer from a wide variety of disabilities ranging from arthritis and rheumatism to blindness and MS. In most cases, these people require assistance or services not provided through normal health care systems. As is often the case, private charitable organizations step in to fill the void.

That there is a need for charitable organizations to provide care to those who need it is without question. What is often not so clear is whose responsibility it is to fund these organizations. There is only one answer to this question; a community must look after its own. That means you and me. Private donations are the lifeblood of virtually all charitable organizations; without these donations the organizations cannot function and the disabled do not receive the care they need. A special movement exists to reach

people who understand the need and who are willing to contribute to charitable organizations. This movement is called the United Way.

The United Way is an organization or movement which exists to raise charitable donations for distribution to member agencies, such as those indicated on the table below. The United Way is an extremely efficient and cost-effective fund raiser because it relies heavily upon volunteers for its administration and canvassing, and because it minimizes the duplication of effort encountered when several organizations mount their own campaigns. As a result of minimizing administrative and campaign costs, the United Way guarantees that the maximum benefit is gleaned from your dollars. The advantages of this method of fund raising are important both to you the donor, and to the member agencies.

Receipts will be given for amounts of one dollar or more, and contributions are tax deductible.

In previous years CFB Comox has been a consistent and generous contributor to the Comox Valley Campaign. The only fault we have had is in failing to reach all of our people. In last year's campaign only about 31 percent of Base personnel contributed to the UW. This year the campaign goal is to increase our participation to 75 percent. It is acknowledged that not everyone can afford a large donation. That is why we are appealing for whatever donation you feel you can afford.

So if you consider yourself to be relatively fortunate in the scheme of things, to have been blessed with reasonable health and a steady job, then take the time during this year's United Way Campaign to consider these less fortunate than ourselves. Show your recognition that organizations such as the CNIB and the Red Cross are vital to the well-being of our community by giving the United Way. Be a participant. And remember it is not so important how much you give; just that you give.

Jon Sobieralski
Base United Way Coordinator
Loc 2393

GIVE ONCE FOR SIXTEEN

Your one contribution helps make these 16 agencies work in our community.

Canadian Arthritis & Rheumatism Society	13.8%	Comox Valley Recovery Centre	3.8%
Canadian Diabetes Association (Comox Valley Branch)	4%	Comox Valley Stroke Club	0.7%
Canadian National Institute for the Blind	9.5%	S.A.V.A.	2.4%
Canadian Red Cross Society	21.5%	Victoria & Vancouver Island Multiple Sclerosis Society (Courtenay Branch)	11.6%
Children's Hospital	5.2%	North Island Alcohol & Drug Education and Information Society	4%
Comox Valley Block Parents	1.0%	Pacific Riding for the Disabled	1.4%
Comox Valley Crossroad Crisis Centre	4.0%	Western Institute for the Deaf	3.6%
Comox Valley Association for Mentally Handicapped People	6.6%	You are Not Alone	1.4%
		Administration	5.5%

Did You Know



The greatest reliable age reported for a monkey is about 46 years for a male mandrill baboon named "George."

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Next Totem Times Deadline September 22

EDITORIALS



COMMENT

Kids and Chores

Gord Kruger

I've been doing a little research lately concerning kids and jobs. Not real world working type jobs but the menial, mundane things called chores - remember the ones you had to do as a kid!

Well I've reached some conclusions. In talking to various parents it seems that an overwhelming majority of today's kids don't do chores - certainly not the ones for which they are not paid.

This situation bothers me. The explanations I hear to justify these lazy children are ridiculous! "Too much hassle - rather do it myself" or "They have too many other activities - they're too tired" or "That's not a job for a kid"....and on and on it goes.

To parents I say this: "Do you want your children to grow up to be responsible adults?" I'm sure you'll say "Why yes, of course!"

Well folks, you can't have it both ways! And neither, by the way, can the kids.

Children should be doing their share of household chores. Many of today's children have adopted the idea that chores are "unfair."

However, before children acquire the idea, they must be blessed with parents who don't think it's worth the effort of getting them to try.

Let's tighten up folks and prepare these children for the cruel and harsh reality out there. Make a list - decide on a deadline for each job and then encourage them to use their own initiative to get it done.

You'll probably be quite surprised to find that they can do things, and do them well! It will make them feel good about their contribution and you'll feel good about the brilliant move you've made.

G.M.K.

ED NOTE: "Comment" is the writers point of view and in no way does it reflect the views of this paper or its publisher.

Thanks Rosemary

After 75 columns, our "Kitchen Table" columnist, Rosemary Gibson is moving on. We'll miss her travel tales, bits of wisdom, household hints and warm sense of humour. Rosemary is a professional; an artist with words. Rarely do we

see her standard of excellence in any newspaper or magazine, and she's been writing just for the fun of it. Thank you Rosemary, and good luck in whatever you decide to do in the future.

....N.V.B.



The Colonel heads for Colorado

Next Totem Times Deadline September 22



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

Who doesn't, often in his life, walk into a room then stop dead in frustration while doing a feverish memory scan to try and recall what the heck it was he was supposed to be looking for.

I do it a fair bit, and at first, because of my semi-advanced years, put it down to the aging

process. But it isn't that, I've found, nor is it ingrowing hair that causes forgetfulness. My thatch grows out (to the extent that I'll never qualify for Base Chief), not in. Activity - that's the cause. The more active you are, the more likely you are to forget things. My days are so frenetic lately that if I don't

carry a notebook around, things get forgotten. Even when I do write things down, they sometimes are difficult to recall. This is caused by notes which are too cryptic. Forget your code and you are in trouble. Boy, are you in trouble. Especially from the Distaff side.

Wife glanced at my notebook recently and asked, with a dangerously insouciant air, "Who is Susie F.P.?"

I was in trouble. I couldn't remember who Susie F.P. was, where I had met her, or what her purpose was in life. I cursed my cryptic note-taking, and tried desperately to recall any male-female conversations I'd had recently. The harder I tried to remember, the redder my face got. Wife's face, normally a nice blend of peaches and cream, changed meanwhile to

I flailed my memory banks. Nothing. Outside, I heard crashing sounds in my workshop. I grabbed my thesaurus, looking for a word - any word - that would clue me in on who Susie F.P. was. Outside, I heard air escaping from my truck tires. Books failed me. I tried singing all the songs I knew with Susie in them; "If you knew Susie," I faltered; it was no good. Outside, Wife bustled around organizing a garage sale of all my stuff. I turned on the TV, hoping a game show would help me. It

was Sunday; all I got was preachers, asking for money. Outside, Wife was discussing something with a real estate salesman.

I faced ruin. My head drooped, and my eyes wandered disconsolately, looking at the clutter of newspapers we were using to protect the carpet while we painted the walls. They were old copies of the Nanaimo Free Press.

Nanaimo F.P. Well, I thought, I'd have to call Susie and cancel our subscription. Susie! ...F.P! I rushed outside, threw a rock at the real estate salesman and hustled Wife indoors, explaining as I went. All is well again: Wife is peaches and cream once more, and she even let me take her out to dinner at Gourmet-By-The-Sea, after I told her about our newspaper girl. My notes are in longhand now.

High Performance Protection

Let's face it - life without excitement wouldn't be much fun. No surprises. No thrills. A pretty drab and dreary existence.

But with the kick of living to its fullest comes a few obligations - to our spouse, our children, and even to ourselves. The problem with being a modern adventurer is that too often we neglect to take a few simple steps to make sure something's there to cushion the fall if things go wrong.

Sure, if you go through life always glancing over a shoulder to see what's coming from behind - you end up with a stiff neck. Besides, the one that gets you is the one you never see. What if you're involved in a car accident, or get struck down by a debilitating disease? You can't do much about that. Or can you?

MCpl Bill Stevens CD (retired) calls enrolling in SISIP Long Term Disability insurance "the best and luckiest move of my life." He has plenty of reason to think so. Bill's got a wonderful wife, three terrific kids, and Multiple Sclerosis. And, thanks to SISIP, a steady income.

Under LTD coverage from SISIP, Bill is eligible for up to 75 percent of his pre-disability service income. A cost-of-living adjustment increases that benefit every year. Plus, in times of high inflation, Bill has received additional increases. As Bill says "Although I now must make do on a reduced income, I hate to think of what it would be like without SISIP. SISIP is there when needed and acts with feeling and compassion..."

That feeling and compassion is a fundamental part of SISIP because SISIP is owned and controlled by Canadian Forces personnel, for Canadian Forces personnel. That means that

SISIP offers coverages specifically designed to meet our needs, at very good rates.

Take LTD, for instance. LTD goes beyond income protection to provide full rehabilitation assistance. The rehabilitation program is based on close personal counselling by a rehab specialist. It's designed to bring an LTD beneficiary back to a meaningful and satisfying occupation, if at all possible, by developing other talents and capabilities.

Eligible LTD claimants participating in the rehab program are provided with financial assistance for retraining or re-education. On approval, interest-free loans may also be available for special equipment or additional services.

LTD is compulsory for all personnel who have joined the Forces on or after April 1, 1982. It's compulsory because in the Canadian Forces, we take care of our own. That's what SISIP is all about - any "profits" earned by the plan are used to boost benefits or reduce rates.

For those personnel who joined up before April, 1982, SISIP-LTD makes just plain good sense. LTD is comprehensive income protection - it even provides an accidental dismemberment benefit payable for up to three years. And it's very easy to sign up for SISIP-LTD. Just ask your unit SISIP Advisor to arrange for an automatic pay allotment for LTD coverage.

As a member of the Canadian Armed Forces, you're high performer. High performers need high performance protection. Put SISIP into gear for you.

Capt P. Cooper
SISIP Advisor
2577

Air Force Trivia



what...where...why...when

Answer from Last Issue

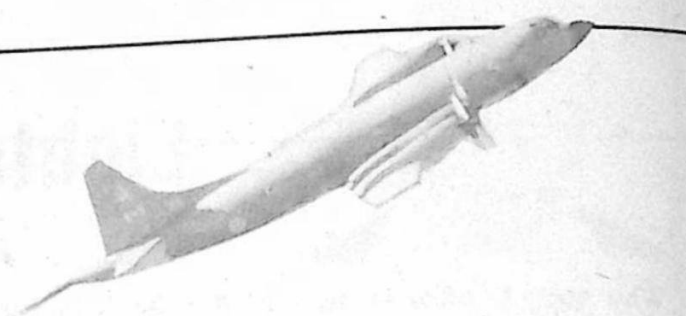


The good old T-Bird. Number 133345 was given a special paint job at Baden in June of 1983 when she reached 10,000 hrs of flying time.

Photo by B. Bryden

SECTION NEWS

Demon Doins



Suggestion Award winners



Last year Cpl Fast, an Aero Engine Technician on 407 Squadron, received a \$475.00 award for his suggestion that reduced problems encountered during CP140 generator removal. Maj Caddey made the presentation at that time and also had the pleasure of presenting him with another \$305.00 award for second year savings.



When Sgt Nowosad was on 407 Squadron he suggested that pressurization lines on the Aurora aircraft be relabelled to ensure correct identification and thus save technician hours required to diagnose problems caused by interchanged lines. Sgt Nowosad is shown receiving his \$200.00 award and certificate at CFB Trenton, where he is now located.

Courtesy Base Photo

THANKS

We would like to thank all the members of the Base WOs & Sgts Club for their charitable donation of \$100 to the Military Police Blind Children's Fund. The money will be used to help send blind children to the Bowen Island Blind Children's Summer Camp. The camp, held annually during the summer months of July and Aug, sees children taking part in activities one would only think possible in a normal summer activity camp.

The donations by the Military Police Fund also assists in the purchasing of visual aids that are required by the National and local institutions for the blind. Some of these visual aids were recently purchased and are in use at St. Joseph's Hospital, Comox, BC, giving indication of the worthiness of these donations.

September is upon us. All the crews are now back from leave, but surprise, surprise there are a lot of new faces on all the crews with the big end of summer shift. Not to be unfair we should mention that there are still some old faces around, but some of them have changed crews as well. There is not much time left to get that keen edge on crew procedures before we find ourselves in the midst of a busy MARCOT. Coming to Comox to join in the festivities this year are two Aussie and two U-all crews. Will the Valley ever be the same?

Last week, besides the recce trip by the Moffett crew, we played host to VP 60 from Chicago. Graham Edwards took the boys out over the ocean for some real salt water operations. Pete Holst was also getting ready for some salty adventures. In preparation for his trip out to sea with our friendly naval boys from Esquimalt he spent the weekend sailing to Tree Island with the base Sailing Club. If rumours be true (and if not, so what) out little Pete may not be cut out for life at sea. He almost knocked himself unconscious by banging his head on a counter. Rough seas you ask? No, this is before his left his house. He also received a severe bee sting on his tongue, as if a bee sting on the tongue can be anything but severe. His trouble did not end here, nor did the trouble with his tongue. If one is to bellow "Hey Buddy, where can I get a gas line?" to a couple of passersby on the jetty it may be advisable to pay

more attention to new faces on recent parades.

Speaking of parades, can anyone help Larry Arnold? He is wondering where to send his formal request to ensure his being on the next parade's Colour Party. Don't sweat it Larry, if you keep asking for it you'll be sure to get it. It's only fair.

Crew Four, whose sense of duty knows no bounds, was instrumental in a successful SAR. Pete Lipohar, awakened from his slumber at the Navcom station by the static on his FM radio, overheard a cry for help. The resulting rescue was a credit to the Demon's tradition of cool professionalism. Well done gentlemen.

Crew Six on the most recent OMS/FDS venture to far east, was met at the airplane by a cool Greenwood evening. It was a little too cold for any serious clam digging, but "Riser Ron" led a fearless group of fun seekers to the centre of the Annapolis Valley...the Midvalley in Middleton.

John Melson is breaking airplanes in Yellowknife again. Chris Smith got married. Pete Lavigne showed up at his Baby shower thinking it was a house warming party. The off-again-on-again trip to Australia is on again; will Dave Nurse make it? Ian Wells retired with a painting of an Aurora.

This years United Way campaign is on. Last year's generosity was a landmark and if we can exceed it this year, all the better.

Nuff Said.

407 PHOTO

Hello again from the Darkroom Devil. There isn't much news for you this month. But we do have a few things happening. While WO Evans was on holidays his Lada (Russian roller skate) also decided to go on vacation (mechanically speaking). Serge Peters is going on TD during Aug 18 - Aug 22; Bernie Lambillon is going on TD during Aug 31 - Sept 4.

Robert Granger is back from the hospital in Victoria (in good spirits) but has to return in six weeks for a check-up (with more to follow) on his leg. Maybe this time his cast will be removed and we will be able to see that tiny little leg that has been protected underneath it. Speaking of casts, Terry Wood decided that it looked like fun to be on crutches. So, as fate would have it he sprained his right ankle on his own doorstep (no less). Nice going Terry!!! It just goes to prove that if you don't look where you are going then you are going to hurt yourself.

Sgt Stan Lawless is down East (Halifax) for holidays. Sgt Jean Cote is enjoying his holidays on the Island along with his visiting relatives. Correction WO Cote. Congratulations Warrant Officer Cote! That's all for now!! See ya next month.

P.S. 407 Air Photo is entering two candidates in the disabled Photo Tech games - Come on out and watch.

Darkroom Devil

Did You Know



MAINTAINING MATURE LAWNS. For a lawn that looks like a championship golf course, renovate where surface crusting has developed. Improvement in water penetration and aeration is obtained by spiking or aerifying the turf, spreading 1/4 inch of horticultural perlite and watering. Fertilizer should be applied at this stage. It is good practice to repeat this procedure in 4 to 5 months.

JENSEN LANDSCAPING

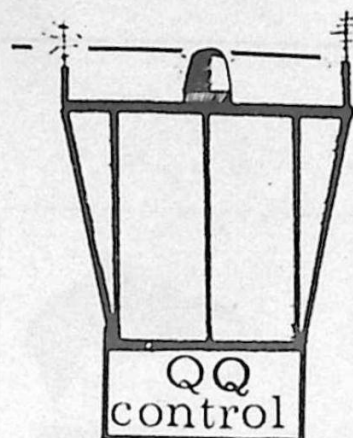
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SECTION NEWS

As The Beacon Turns



As the quiet lazy days of summer draw to a close, I once again take up the task of ATC reporter. We saw a few additional changes in personnel during the summer months. Pte Paul Worthington was posted to Lahr, Germany. And we welcomed MCPI Bert Theriault to the CCS and Cpl West Henderson (PAR) and Cpl Randy Griffiths (RPDS Tech) to the Navais side. We would also like to welcome our new Bird and Pest Control person, Rod Carter.

On Aug 27 Cpl Marcel Pepin left for his PAR course, and OCdt Rod Dimmer will be leaving for the Terminal Radar course shortly. We wish them both good luck. And congratulations go out to Capt Miller and Capt Norrie who recently qualified in the Tower.

Our congratulations also go out to Heather and John Moss who had a baby girl, Laura, on 23 June, and Debra and Steve Tinker who had a baby boy, Nicholas, on 16 August. Capt Champlain is limping around on a crutch (no, not a spare RPDS scope) after spraining his ankle playing soccer. And while MWO Kinkaid is on leave we don't have to worry about dodging the water sprinkler when getting in and out of the IFRCC.

In our sports world, the ATC Orcas have won the slow pitch this season and are now in the finals for the fastball. Congrats guys, and good luck. By the way, Vancouver Center phoned the other day and said they are looking forward to winning the hockey tournament this year. So all you hockey pros had better start sharpening your skates for the upcoming season.

Did You Know



The first European known to have seen the Pacific Ocean was Antonio d' Abreu, a Portuguese, who in 1511 (two years before Balboa) sailed into it from the other direction, by way of the Indian Ocean.

407 SQDN GOLD WATCH PRESENTATIONS



245 years of service....At a recent 407 Sqn maintainers luncheon in the WOs and Sgts Mess, 8 senior members of the squadron were honoured on their retirement. Shown in the back row left to right are: Sgt Bob McKay 32 years, MWO Dave Nichol 28 years, Sgt Roch St. Pierre 33 years, WO Bev Kolins 33 years, WO Alex Lyle 36 years, and Sgt Vince Ruhoff 29 years. Front row left to right are: MWO Jim McKendry 35 years, LCol Rogers CO, and Major Dave Caddey 19 years.

Courtesy Base Photo

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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.

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WEDNESDAY SEPTEMBER 17
OFFICERS WIVES CLUB
WEDNESDAY SEPTEMBER 24
OWC BRIDGE CLUB

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NO SHOW CHARGE: The policy is now in effect---
DRESS STANDARDS: Casual---etc. Informal---etc.
COMING EVENTS: 4 October - OKTOBERFEST

SECTION NEWS



From The Fire Chief's Office

Fires in the kitchen may be avoided by following these basic rules.

Don't let grease accumulate on the stove. Remove pans of cooking fats and oils from the stove when not in use; it is easy to turn on the wrong burner.

Do not use water to extinguish a grease fire. Turn off the heat. If a fire extinguisher is not available, use a lid or cover to smother the flames. Watch your clothing. Salt can be thrown on pan fires. Don't carry a burning pan.

Unplug kettles, frying pans and other appliances when not in use. Always inspect the stove before leaving the house. Do not hang wearing apparel above the stove to dry - they may fall on a burner.

Arrange your kitchen so that curtains, towel racks, paper towel dispensers, and waste paper containers are a safe distance from the stove.

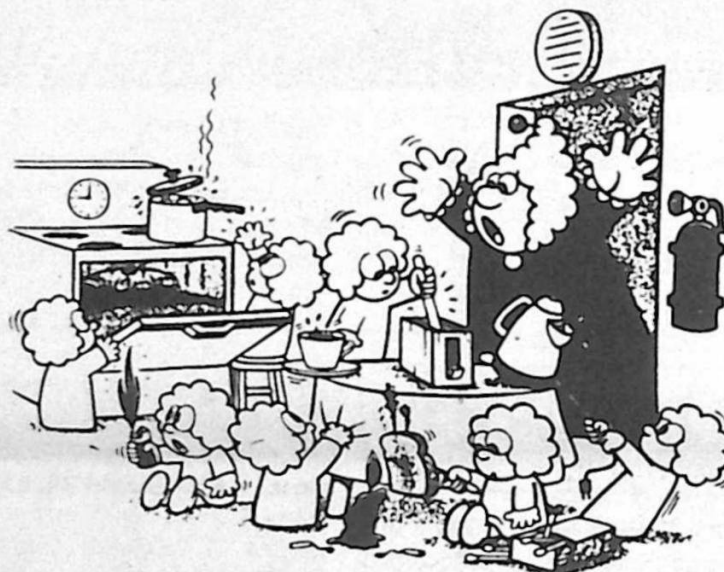
Guard against spontaneous ignition fires by keeping oily rags, or cloths saturated with furniture polish, paints or wax,

in closed metal containers, preferably not in a hot, closed closet or cupboard. Keep waxers and floor mops in cool open spots.

Be sure electric circuits can carry toasters and others appliances safely. Electrical outlets and worn or frayed extension cords can lead to serious burns and electrical shocks. Unused outlets should

be protected with safety plugs. A pot or pan on the stove is a temptation to a child. They may reach up and pull the pot of burning liquid or the pan of cooking food on themselves. Always make sure that all pot and pan handles are turned inward on the stove.

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MONDAY, 22ND SEPTEMBER 4:00 - 9 P.M.
TUESDAY, 23RD SEPTEMBER 2:00 - 8 P.M.

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SCOTIABANK is now offering a reduced Personal Loan Interest Rate Sale to all Base Personnel.

This offer is for a limited time only, so take advantage "NOW" to consolidate those debts; purchase that new car; take a long awaited Holiday or just start the Holiday Shopping season early.

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The Bank of Nova Scotia offers a free assessment of your Borrowing Power whether or not you're thinking of getting a loan right now or not.

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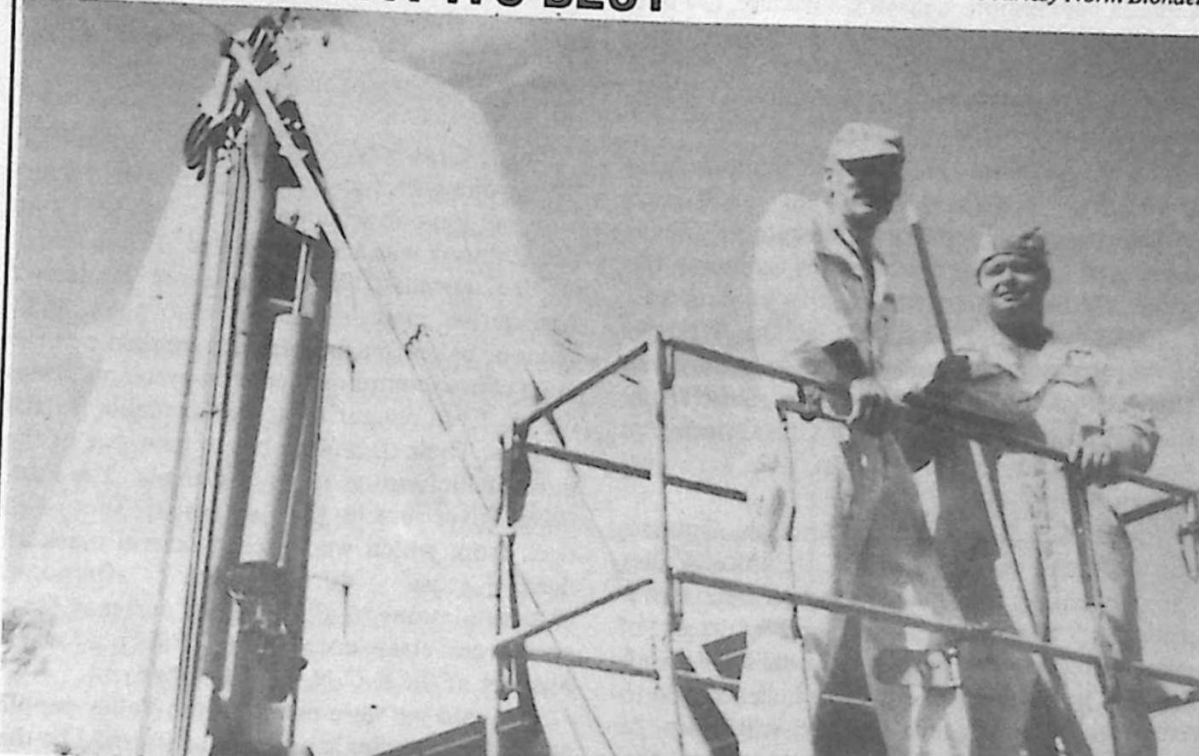
SECTION NEWS



BAMSO

UNIFICATION AT ITS BEST

Courtesy Norm Blondel



Cpls Barry McKieve (Left, Brown Job, Material Tech) and Al Wessel (Right, Blue Job, Airframe Tech) cooperate in carrying out one of ex-BComd Col Kadonoff's last directives: "Get that pigeon s... off my Argus, and paint its tail!" The job took eight days, due to delays for several stand-up events (Parades, mostly).

Our first "kick at the cat" is aimed at MWO Win Dryden. Win may not be a senior citizen yet but he's getting there....certified so by a birthday card from "Mike" and "Andy" whose combined (added) ages are close to Win's age. I guess if you're called "an old coot" or even "an old S.O.B.," that's better than being called "an old fossil." (Fossil - person belonging to the past, antiquated, incapable of further development).

I'm quite familiar with NDT's 22-pound fish story as he and I seemed to follow similar fishing schedules but the fish always seemed to be in HIS boat. The closest I got to a "keeper" was giving HIS fish a ride in the back of my boat up the hill to the weigh-in at the Beach House. As if that wasn't bad enough I heard a story that Cliff Perry of Nav-Com had too small a net for a "biggy" so released it as it was a hazard to attempt to drag it aboard his canoe. There's no justice at all in this frustrating fishing game!

Maybe the "Phantom Armourer" had a hand or club in it, for the Base Armament team of Joe Ireland, Frank Bliss, Russ Payne, and Jeff Campton won the "BAMSO" Intersection Golf Tournament 4 Ball Best Ball trophy. Good team work guys!

NDT

Time again for a few words from your obliging NDT shop. Not much of any significance has happened since the last Totem Times entry, except for the addition of a new (well, not new, but a different) NDT tech; Sandy Vantassel. Sandy has come to us all the way from the banks of the mighty Miramichi River (CFB Chatham for all you not so geographically informed people), the salmon fishing capital of the world (so she says, hee, hee, she'll learn). Apparently anglers there are only allowed to keep the grilse (the ones we have to throw back), some capital! While on the topic of fishing, someone in the NDT shop recently caught a 22-pound Spring salmon but his anonymity shall remain intact for fear of being inundated with calls from those less fortunate seeking technical info ie; bait, location, tides, trolling speed, water depth, colour and temp, time of day or night, whether the stars, moon, sun or all three were out and if the words fish or lucky were in my daily horoscope. You know all the absolute need-to-know information required to be constituted an "expert" angler. Even so there are still those dedicated fishermen who spend countless hours of OJT on the old "salt chuck" yet they still

receive condolences and sympathy cards from concerned cronies. Seriously folks, it's all in how you hold your tongue, I guess.

From the technical side of the work centre we've had a moderate workload since last issue, with 442 Sqn being the most demanding customer, but even they couldn't cut into our R & R time, speaking mainly of the BAMSO Golf Tourney that was held a little over a week ago. The NDT team were 1st place contenders with an even par for the course, but somehow the 4 "equally" novice players from Base Armament walked away with the title. Oh well, maybe next time.

Presently Cpl Beyers is in Trenton where he is studiously striving to become a

professional A.E. Spectrometer troubleshooter. The best of luck on the course Blake, and learn lots, we're going to need it.

Let it also be known that Sgt "Scotch" MacDonald has a piece of residential real estate that may be had for a not so exorbitant price. There's only one small stipulation "Sarge," that if this little plug in the paper lands you a buyer, I receive a three percent commission on the sale. OK?

SAFETY SYSTEMS

Well here we are again with all kinds of good news from the shop.

Congratulations to Christine and Ted Ratte on the birth of Isobel's baby brother. The healthy eight pounder was born last week and Ted is still walking a foot above floor level. All the best!

Last Monday we had a corn boil over at Bill and Grace's house. We celebrated Bill's birthday and believe it or not we needed THREE cakes to hold all his candles. We were afraid that if we put them all on one cake it would melt. Everyone had a really good time, especially Ian who did most of the barbecuing. At least that's what he says he was doing over by the barbecue all night! I vaguely remember a few morsels being tossed our way once in a while.

There's a new MCpl in the shop. Congratulations to Debby Bull. I guess she's really the boss now, eh Jamie?

BASE ARMAMENT

Summer at Base Armament has not been all that a beautiful Summer should be this year. As many personnel are aware we have lost an armourer through

accidental death in a motorcycle mishap on Denman Island. We at Base Armament wish to express our deepest sympathy to the family of Private John Fraser.

With Summer over once again our shop has been preparing for the onslaught of Winter in the Comox Valley. With Winter we lose our personnel to courses and get a chance to welcome new armourers and armourettes to the Taz's lair. Welcome to Cpl Sharon Cameron and her husband Stewart. Also a hearty welcome to Sgt Nat Keays and his family. We hope you will enjoy your visit to the Comox Valley.

Posted out are Pte Gaetan Thibault and Cpl Dave Koens, both to 1 CAG. I know they will endeavour to make their trip overseas one to remember. Good luck to them both.

Sgt Rice is off to the Nationals with his ball team...good luck and bring back the gold, Totems!

"P.O." Allan is finishing his SLC and will be back checking on everyone's dress and deportment in about a week. Also on courses are Pte Thibault and Cpl Koens. MCpl Bliss is leaving soon on his EOD revalidation.

There are a lot of upcoming events to prepare for at Base Armament and a lot of people to train on weapons and ranges in the coming months in preparation for our Base exercises and evaluations, so the gang will be "hard at it" after the long hot Summer.

Bye for now and remember to be nice to armourers or you may get a lousy score on the range.

"The Phantom Armourer"



Nobody missed Colonel K's parade....NOBODY

Courtesy Norm Blondel

SPORTS & RECREATION

Sports Shorts

PAC REGION SQUASH CHAMPIONSHIP

CFB Chilliwack will host the Pac Region Squash Championship from 30 Oct - 2 Nov 86. Any military personnel interested in participating in this championship are asked to contact the Base Rec Centre local 2315 NLT 30 Sep 86.

SERVICEMENS BASE VOLLEYBALL TEAM

Any military personnel interested in playing for the Base Servicemens Volleyball Team are asked to attend the first practice scheduled for Tue 30 Sep 86 at 1800 hrs at the Base Rec Centre, for more info please contact MCpl Graham at Local 2565.

NAUI UNDERWATER INSTRUCTOR COURSE

CFB Greenwood Scuba Club will conduct a NAUI Underwater Instructor Course from 25 Nov - 1 Nov 86. The course is open to all suitable candidates. Prerequisites are:

1. Minimum age 18
2. Assistant instructor
3. Diving rescue techniques
4. CPR (current)
5. First aid (current)
6. 100 dives and total logged bottom time of 50 hrs
7. Medical exam within past 12 months

Candidates are required to provide their own equipment. Course cost is five hundred and fifty dollars. Deadline for registration is 19 Sep 86. Registration for this course is directly to:

Chesley Chaulk
NAUI 2027
P.O. Box 897
Greenwood, N.S.
BOP 1N0
Telephone 902-765-2401

PAC REGION RUNNING CHAMPIONSHIP

CFB Comox will host the Pac Region Running Championships from 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 asap.

RCN 2ND ANNUAL 10K RACE

CFB Esquimalt will host the RCN 2nd Annual 10K Road Race on Sun 28 Sep 86 at 1000 hrs. Any personnel interested in attending this race are to contact the Base Rec Centre Local 2315 for further info.

OUT SERVICE HOCKEY REFEREES CLINIC CFB COLD

CFB Cold Lake is hosting an Out Service Hockey Referees Clinic 20 - 24 Oct 86 for a maximum of thirty (30) personnel. The clinic offers certification for levels I, II, III & IV in the National Service Referees Certification Programme. R & Q available. Additional cost of \$30.00 per person required to cover cost of course material. All interested personnel are to apply IAW CFAO 50-3 as per all other out service training.

SPORTS TRIVIA

1. What was Gertrude Ederle the first woman to do?
 2. What's mens par on a 455 yard golf course?
 3. What New York Mets manager asked: "Can't anybody here play this game?"
 4. Who was the first million dollar winner in golf?
 5. How many consecutive misses eliminate a high jumper?
- If you can answer the questions call Sgt Wayne Moore at the Base Rec Centre Local 2315.

Did You Know



The opossum usually sleeps in the daytime and does its hunting at night.



Outdoor Writers of Canada

Pipe Smoke

By Gerry Gerow



Comments on the recent Outdoor Writers of Canada convention, held in Courtenay, are now starting to appear. Those of us involved were proud of the Comox Valley natives and this has been borne out by the conventioners writing from their home turf.

O.W.C. president Bob Keir of Sudbury, Ontario pens: "The fine people of the Comox Valley are among the most hospitable I have ever met. There are not many communities where all the traffic stops dead to let you cross to the other side. The staff at the Courtenay and District Fish and Game Protective Association, the officers and compliment of CFB Comox and Search and Rescue Squadron 442 were just superb."

Jovial Jack Davis of Peterborough, Ontario, the executive director writes: "Comox Valley '86 convention was one of the best I have ever attended. The co-operation and courtesy of everyone connected with this annual O.W.C. affair had to be experienced to be believed. Courtenay and the Comox Valley will long be remembered." Jack has sworn to return and take Frank Gavin up on his fishing invitation.

Closer to home, Rikk Taylor of New Westminster states: "Outdoor Writers from Canada and the USA Northwest converged on Courtenay in early July and were treated to a spec-

tacular display of wildlife....tours of the salmon and steelhead hatcheries, meeting with the fish and game club, eagles everywhere, Canada geese in the fields, deer on the beach, seals in the estuary and plenty of fishing action."

Paul Crawford writes from Halifax: "Everyone who flew in was greeted at the airport and anyone who wanted to fish for Coho and Chinook was accommodated. The field day at the Courtenay Fish and Game Protective Association was especially enjoyable. B.C. salmon, baked, barbecued and smoked was the main course complimented with oyster and clam dishes. Even cougar meat was available for the curious. Their clubhouse has to have one of the most idyllic settings in all of Canada. The Puntledge River runs by the 1,000 square foot patio deck from which we watched several blacktail deer cross during the afternoon. Congratulations to all those in Courtenay for a cordial and classy convention." Paul is a former member of the R.C.N. (naval air branch).

As I said we were proud of the Valley people and if I was to single out anyone it would be the fishing guides assn., the fish and game club members and the staff at the Westerly. But there were many more who helped to ensure that the conventioners all took home an extremely good warm feeling towards our part of the world.

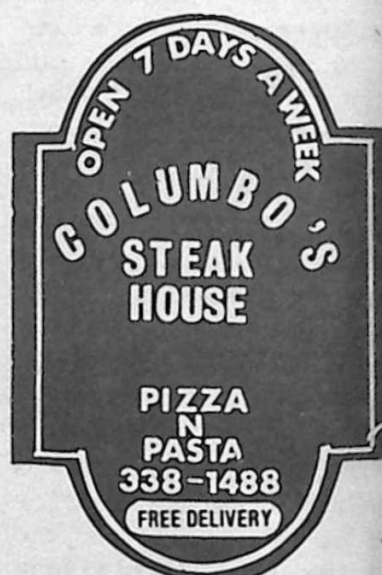
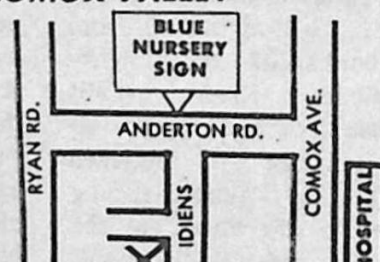
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Jr. Ranks Club

Jr. Ranks' Mess
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SEPTEMBER
Special Events:

05 SEP 86 - DJ SUMMIT MUSIC, 21:00 to 01:00 hrs
12 SEP 86 - VENTRILOQUIST - DON BRYAN & FRIENDS. DJ - TERRIBLE, TERRIBLE, TERRIBLE 21:00 to 01:00 hrs. Admission - \$3.00
19 SEP 86 - DJ SUMMIT MUSIC, 21:00 to 01:00 hrs
26 SEP 86 - DJ TERRIBLE, TERRIBLE, TERRIBLE. 21:00 to 01:00 hrs
Admission to DJs is \$1.00
SNACK BAR: 339-4333



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Courtenay, B.C.
Phone: 337-8621

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Lessons*Boarding*Tiny Tot Programs
Summer Camp applications available now, trail rides, lessons, boarding, training, dances.

NOTE: RIDING FOR DISABLED PROGRAM.

SPORTS & RECREATION



CO-ED Fitness

Shape up for next summer

Summer is over, and it was a great one! However, summer in the Comox Valley does have a way of encouraging the ultimate in the big R & R (Rest and Relaxation). Not to mention...WB, JA, CCT, and GFB with ME. Translation please! (Waistline Bulge, Jelly Abdomen, Cottage Cheese Thighs, and Gasping for Breath with Minimal Effort!)

It's true! This can actually happen! It's not too late! We do have a chance to get back into better than before, not bad, or even GREAT shape, for whatever reasons we may have. Yes, you could actually wear a bathing suit on your Club Med holiday this Christmas, and also survive your spectacular wipe out as you roar down the challenging face of the Green Chair.

Come on out to the Rec Centre, starting Sept. 15, Monday. Times are Mon., Wed. and Fri. 9:30 - 10:30 a.m. and Tue. and Thurs. 4:15 - 5:15 p.m. Prices are still the absolute lowest you will find, offering full facilities. \$10.00 / mth. mornings; \$7.00 / mth. afternoons and \$2.00 per drop in session.

Registration is Afternoons - Sept. 11 - 4:15 p.m. and Mornings - Sept. 12 - 9:30 a.m. at the Rec Centre.

We would like to welcome Marianne Olafsen to the Rec Centre, as our new fitness leader. Marianne has been active in the fitness field in the Comox Valley for the last four years. She is registered with the Province of B.C. as a Level II Master Fitness Leader.

If you have any questions please call the Rec Centre Office, or Marianne at 337-5781.

Fitness Classes

starting September 15th

Mon - Wed - Fri9:30 to 10:30 a.m.
Tues - Thurs4:15 to 5:15 p.m.

at the CFB Rec Centre

REGISTRATION: Sept 11 4:15 p.m.
Sept 12 9:30 a.m.

Babysitting will be provided at the RC Church Hall.

\$1 per child per hour for morning classes.

INFO: Call Rec Centre Loc. 2315 or Marianne 337-5781

Westwind

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Good Music at Reasonable Prices

For Bookings Please Call
Gord Kruger 339-4389

Square Dancing in the Comox Valley

Would you believe square dancing had its beginnings in the courts of Europe, in the days of powdered wigs and hoop skirts?

Eventually as settlers came to America, old-time square dancing - the lively part of any barn dance - evolved, a far cry from today's modern square dance. We now enjoy a wide variety of smooth patter and singing calls provided by a caller, often very professionally. The music too has changed over the years, and may be popular, or western, classical or even rock.

There are movements to

learn and classes for teaching them. Here in the Comox Valley, caller Wolf Clar will be teaching beginners, starting Monday, September 15th, 8:00 p.m. at Glacier View School, Courtenay. Soft-soled shoes are requested.

If you want to keep fit - and have fun doing it - make new friends, and give those brain cells some exercise, try square dancing - "Friendship set to Music."

Besides classes for new dancers, caller Wolf Clar is instructing Ocean Ripples (second year dancers) who will be meeting again each week at the

Roman Catholic Church Hall in Comox, starting Tuesday, Sept. 9th, 8:00 p.m.

Ocean Waves Square Dance Club welcomes mainstream dancers to their first Fall workshop and dance - Wed. Sept. 10th, 8:00 p.m. at Glacier View School. An evening for getting acquainted, or meeting old friends.

Mainstream dancing is also in full swing 1st and 3rd Saturdays each month at the C.R.A. Hall in Courtenay, 7:30 p.m. to the lively calling of Doug Anderson from Nanaimo. September 20th is the date set for the first Fall "Doug Dance."

The 6th annual!
Make this the year you man a desk, organize a run,
sponsor a participant, cheer the cause.
Make this the year you take part in

THE TERRY FOX
RUN
WALK
JOG
BIKE
WHEEL
RIDE *Bring a Friend!*

COMOX RECREATION 1855, NOEL, COMOX

LOCATION

REGISTRATION - 1230 to 1330 HRS / STARTING TIME AT 1330 HRS
TIME

BASE REC CENTER / COMOX RECREATION

PICK UP YOUR PLEDGE SHEET AT

The Terry Fox Run  **Sunday Sept. 14th**

Proceeds from The Terry Fox Run go to the Canadian Cancer Society for cancer research.

Canadians in the Sinai

Comox troops make contribution



Cpl Nicole Kimpinski types a report in the Canadian Contingent orderly room at El Gorah in Egypt's Sinai Desert. An administrative clerk from CFB Comox, B.C., she is on duty with the Multinational Force and Observers in the Sinai. C.F. Photo

The sun blazes down unmercifully on the buildings and airfield at El Gorah, Egypt, 30 km south of the coastal town of El Arish. For the members of the Multinational Force and Observers (MFO), it is a condition they are used to.

Temperatures in excess of 30°C are the norm in this desert camp that once belonged to the Israeli Air Force. But under the terms of the Israeli and Egyptian peace treaty signed on March 26, 1979, the only forces in the area now are those of the MFO, a 10-nation organization designed to supervise the implementation of the treaty's security arrangements in the Sinai. The MFO is also charged with using its best efforts to prevent any violations of those arrangements.

Canada joined the MFO in March of this year, and since then has had a military force of 136 people and nine Twin Huey helicopters stationed at El Gorah. Their main task is to provide helicopter support to the force as it carries out its duties. They work along side military and civilian groups from Columbia, Fiji, the Netherlands, Uruguay, the

United Kingdom, France, Italy, New Zealand and the United States.

The Canadian contingent of the MFO is made up of a Rotary Wing Aviation Unit (RWAU) and a group of staff officers who work at the MFO headquarters. The RWAU comprises people from the Edmonton based 408 Tactical Helicopter Squadron augmented by personnel from other bases across Canada. And after three months the contingent has adapted well to its new location and roles.

"Canada can be proud of its military people here," says Col Lou Cuppens, the contingent commander. "They have fitted into the operation smoothly and are very popular with the other nations. We have such a mixed bag of people that we can communicate with all the other nations' forces in their own language when we have to."

Those communication abilities have come in handy as some of the contingent's members have to work with forces from other nations. The two military police people work with the Dutch who have

provided the force police resources. Other languages spoken by the Canadians that have helped the communication process include French, Spanish and Dutch.

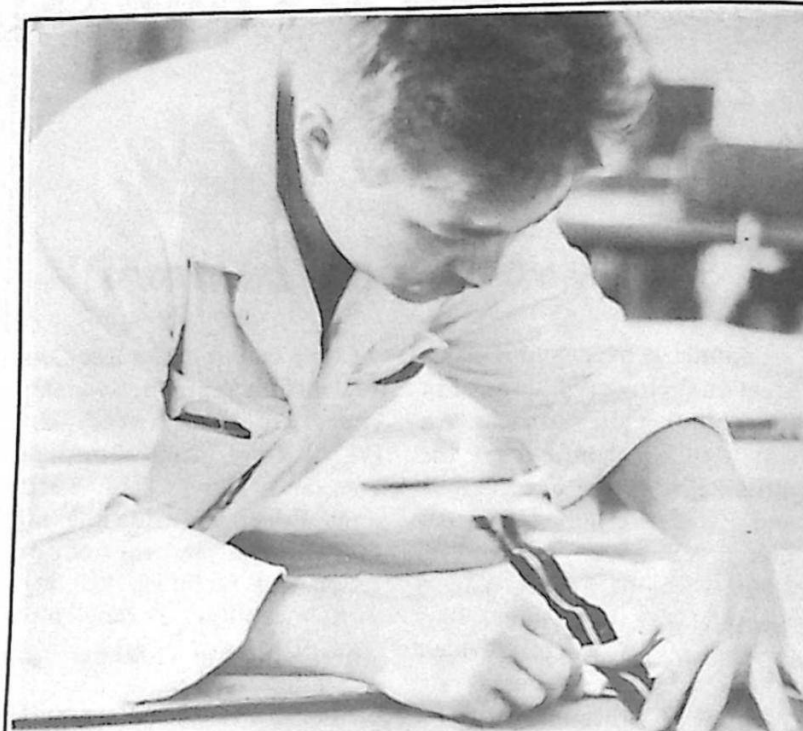
But the bulk of the contingent work is at the RWAU where flying and maintenance is the name of the game. And it's being done under conditions that most of the unit's members have not experienced before.

"The operations conducted are totally different from the operations in Canada," says the unit commanding officer, LCol Al Cooper from 408 Squadron in Edmonton. "The climate is very hot and the terrain varies from miles of flat, barren sand dunes to very mountainous areas. For most of my people it's the first time they have had to operate in those conditions. And here, we perform more as transport than the tactical role we perform in Canada," he explains.

Flight engineer MCpl Dave Hancock confirms the CO's statement. "The big problem that most of us find is the loss of depth perception when you start to get close to the ground," he says. "You really have a hard time judging the altitude. All the sand is the same colour and you can't see exactly where the skids are and under a bright sun you have trouble identifying any change or undulation in the ground. And the blowing sand caused by the rotors makes it even harder to see things as you land," he adds.

"The facilities are very good," says Sgt Jim McKinnon, an aeroengine tech from CFB Trenton. "There is lots to do compared to where I was the last time I was in this part of the world," he says referring to a 1975 tour of duty with the United Nations forces in Ismailia, Egypt. "We have a lot of self help projects going right now to upgrade the facilities that we have. So there is lots to do to keep busy and there are lots of places to see. Israel is not far away. The sports facilities here are excellent and our quarters are a lot better than they were in Ismailia. We've even got air conditioning in the quarters and the offices," he notes with a smile.

Some members of the contingent have done six-month tours of duty in Cyprus or other parts of the Middle East and they all agree that the



Cpl Blaine McMillan strips a zipper from a flight bag in a hangar at El Gorah in Egypt's Sinai Desert. A safety systems technician from CFB Comox's 442 Transport and Rescue Squadron, he is on duty with the Multinational Force and Observers in the Sinai. C.F. Photo

facilities in El Gorah are better than they have had elsewhere. But that doesn't make it easier to be away from home and family.

"In spite of the loneliness the people are doing a great job over here," says Col Cuppens.

They are professional and the other nations realize that too," he continues. "In spite of the heat, sand and the mixed cultures, they are proving again that Canada excels in this type of peacekeeping role," he concludes.

TOTEM TIMES 15K FUN RUN

Sat 20 Sep 86 10:00
CFB COMOX

REGISTRATION

- CFB Comox Rec Centre at 09:00
- COST APPROX: \$3.00 Per Runner
- Change Room Facilities, Sauna, etc...
- Presentation to follow run
- Come out & take part in this yearly event

FOR FURTHER INFO CONTACT:
Alex Bedard
Home: 339-4617
Work: 339-2211 Ext 2565

Thanks Colonel "K"



For a Great TWO Years

Courtesy Base Photo

SPORTS & RECREATION

Community Council News

With all the children back in school the PMQs seem a wee bit quiet, but if you listen carefully you can hear the joyous sighs of all the parents.

The PMQ contest is just about over and for those of you who didn't realize it was going on here are the details. The two categories were for The Most Beautiful PMQ and Best Kept PMQ. There are to be prizes awarded for the top three finishers in each category along with honourable mentions. Congratulations to Major and Mrs. Rose PMQ 97, Capt and

Mrs. Daniel PMQ 89A, and Cpl and Mrs. Carr PMQ 107F, winners in The Most Beautiful PMQ Contest. The top three finishers in The Best Kept PMQ are Sgt and Mrs. Zetek PMQ 68A, Capt and Mrs. Parker PMQ 87, and Sgt and Mrs. Lavasseur PMQ 58.

Honourable mention goes to Lt and Mrs. Reimer PMQ 89A, and Sgt and Mrs. Johnson PMQ 58A. The placement of the winners (i.e. 1st, 2nd, 3rd) will be done before the next issue of the Totem Times so

that photos can be published.

The next meeting of the Community Council will be held on Thursday 18 Sept at 1300 hrs in the Base Main Briefing Room. We still need more council members and interested parties should contact either Capt Bill March 339-7245 Loc 2308, or Pte Kris Rasmussen 339-4397 Loc 2318.

The main topics for discussion will be the upcoming Snow Queen Pageant and PMQ Family Day, tentatively scheduled for 18 Oct.

CF Participates in Sport Council

OTTAWA -- The Canadian Forces participated in the United States Military Golf Championships sponsored by the Conseil International du Sport Militaire (CISM).

CISM is an 86 member world-wide association composed of the armed forces of various nations dedicated to the promotion of world peace through the development of military sports.

Twelve service members from various bases and units across Canada took part in this North American competition, which was being held at Andrews Air Force Base, Maryland, from August 8 - 15. To reciprocate, the United States military is invited to send a team to the Canadian National Championships which will be held at Canadian Forces Base Trenton, Ont., during September 16 - 18.

CISM was founded in Cannes, France, to promote physical fitness, military sport competition, and friendship between the members of different armed forces. Since joining CISM in 1985, Canadian military athletes have competed in biathlon, cross-country running, swimming and volleyball.

Canadian Team Members included:

- Rear-Admiral Brian Hotsenpiller - NDHQ Ottawa
- Rear-Admiral Charles Thomas - NDHQ Ottawa,
- Lieutenant-Commander John Russell - NDHQ Ottawa,
- Major Fred Clarke - NDHQ Ottawa,
- Major Ed Razzell - NDHQ Ottawa,
- Captain Bob Daunais - CFB Trenton, Ont.,
- Captain Elgin Marsoen - NDHQ Ottawa,
- Captain Michael Moore - CFB Borden, Ont.,
- Master Warrant Officer Claude Latulippe - CFB Borden, Ont.,
- Sergeant Ken MacMillan - CFB Kingston, Ont.,
- Sergeant Yvon Roberge - CFB Montreal, Que.,
- Master Corporal Ray MacDonald - CFB Toronto, Ont.

Aerobic Award for "Big" John



AEROBIC AWARD - MCpl John Bradley commenced the Physical Fitness Program on 15 October 1984. By 1 October 1985, he had completed 2003 miles jogging which is less than one half of the two years normally allocated for each 2,000 miles. When John Bradley started the program, he was with 4 MPPL, CFB Lahr. He completed the program while on posting to CFB Comox jogging the last 75 miles while driving between Montreal and Comox. Well done John. Keep it up. Sorry about having to take the picture outdoors but your 6'4" frame is too big for the size of our small guardhouse. Capt Cossette, BSecurO, presenting MCpl John Bradley with his Physical Fitness Award for Aerobic Excellence.

Courtesy Base Photo

Nostalgia

PMQ Rents - 1953

AC - CPL.....	\$ 51
SGT	\$ 62
F/SGT - WO2	\$ 71
FLYING OFFICER	\$ 79
WO1	\$ 82
FLIGHT LT	\$ 84
SQUADRON LDR	\$103
WING CMDR	\$116
GROUP CAPTAIN	\$129

Bronze Seal Awarded



MCpl Alex Bedard, RADAR TECH with Base Telecom, is being presented his BRONZE SEAL by the BTSO, LCol R.K. Bowes. The BRONZE SEAL represents the member's fourth level of achievement and over 8000 aerobic points in total, with each 2000 points being completed in two years or less time. This excellent performance could only be achieved by a great deal of personal effort and dedication.

Courtesy Base Photo

JR LADIES CLUB



Well summer is over and fall sees the Ladies Club start up again. The first meeting is on 24 Sept 86 at 7:30 p.m. in the Totem Lounge. Come on out and join the Club, we have a fun year ahead of us.

Last month on the 24th we held our car rally. Participation was poor but all there had a great time. The course was timed at 40 min. and we had quite a variety of times for teams finishing. They ranged from 38.5 min., for which a penalty was assigned, to 72 min., our "Horse's Petutti." A lot of laughs were had about things that happened along the way and especially with our last place people. Since I can't mention names I'll just say that we won't see our last place driver at the Club anymore, her hubby was promoted. After the rally we all went to the Griffin to pass out the trophies and talk of rallies for the future. The trophies will be on display at our first meeting.

So, remember to come out and join us, 24 Sept. at 7:30 p.m.

See you there!



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CANADIAN FORCES UPDATE



In a brief ceremony at CFB Winnipeg outgoing Commander of Air Command LGen McNaughton accepts responsibility for the RCAF Memorial Fund from the CDS, General Paul Manson. General Manson had previously accepted responsibility from MGen (ret'd) Gauthier.

C.F. Photo



Outgoing commander of Air Command LGen McNaughton accepts "COMRADESHIP CUP" from MGen (ret'd) Gauthier of NDHQ.

MGen Gauthier also presented a photo of the first presentation showing Air Chief Commandant Her Royal Highness the Duchess of Gloucester to Wing Officer K.O. Walker at Wellington Barracks in London, England, on Nov. 12, 1943.

RCAF Memorial Fund to Air Command

WINNIPEG -- The responsibility for the maintenance and operation of the Royal Canadian Air Force Memorial Fund has officially been given to Air Command.

In a brief ceremony at Canadian Forces Base Winnipeg, Man., on July 31, Air Command's former commander, Lieutenant-General Donald M. McNaughton accepted responsibility for the fund from Chief of the Defence Staff General Paul Manson. Gen. Manson had previously accepted the responsibility from fund president Major-General (ret'd) Charles Gauthier of Ottawa.

The RCAF Memorial Fund was developed in 1967 by RCAF officers to build a memorial to the RCAF after it was absorbed by the unified Canadian Armed Forces. A corporation was formed under the laws of Ontario and donations were solicited.

"The original idea was to build a memorial at CFB Trenton, Ont.," said Maj-Gen Gauthier in an interview. "But there have been changes since then. The federal government is building a new National Air Museum at Rockcliffe in Ottawa

and the planned memorial will be a space there called the Hall of Tribute. In it will be a sculpture by prominent Canadian artist John McEwen of Toronto and occasionally displays will be mounted in that area. It is planned to be completed by July 1, 1987."

The actual passage of the fund takes place then. With it Air Command gets the responsibility to maintain the hall and to mount the displays.

"The retired officers who make up the board of directors decided to pass control of the remaining money and the responsibilities to the Forces and Air Command," said Maj-Gen Gauthier. "The command's history stems from the RCAF and it's time to pass the responsibility of its preservation to the air force. We're getting older," he concluded.

Left Photo...

Chief of the defence staff Gen Paul Manson signs the documents giving control of the RCAF Memorial Fund to the Canadian Forces. Lieut-Gen Donald M. McNaughton, left, awaits the documents while Maj-Gen (ret'd) Charles Gauthier, the fund president watches.

Under New
Management

The Canex Retail Store is under new management. Mr. Louis Garth the new manager came to Canex in August from the Thunderbird Store in Courtenay. He has had extensive experience in store management having started in the Retail Store business with Zellers in 1970, moving to John Cliff Dry

Goods in Cumberland in 1977. He has been with Thunderbird since 1981.

The Base also has a new Canex Officer. Captain Bill

Welsh came to us from the Base Supply Section in CFB Chilliwack.

Look forward to changes in Canex.

The Investment People

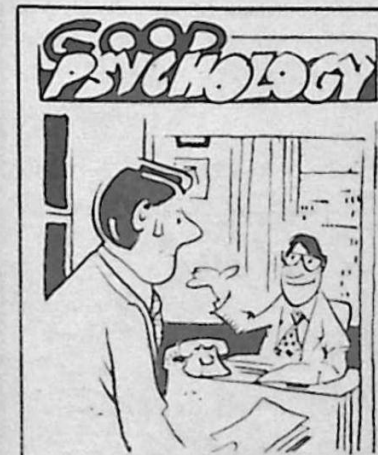
PEMBERTON

PEMBERTON-HOUSTON-WILLOUGHBY

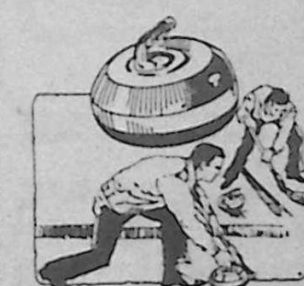
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AROUND THE PROVINCE

info
health

Dr. Bob Young



Childrens Burns

Burns in children are both common and dangerous. Only car accidents and drownings cause more accidental deaths, and between one-third and one-half of all hospital admissions for burns involve kids.

The terms partial-thickness and full-thickness have replaced the more familiar first, second, and third-degree classification as the former gives a better indication of the ability of the skin to recover.

More than half the burns sustained by children are scalds, either from spilled liquids or from tap-water. Burns from flames account for about 30 per cent of the total, and electrical burns make up most of the remainder.

Children do not tolerate burns nearly as well as adults do. A burn of 15 per cent of the body's surface is generally not too much of a problem in an adult but is definitely so in a youngster.

The voluminous loss of fluid from a burned surface is poorly tolerated by the young, who have less in reserve. Intravenous fluid replacement is crucial to survival and large, sometimes huge, amounts are required.

Arms and legs are small in infants and children, and the thick scars that may form around them can cut off the circulation to the hands or feet. Windpipes and airways are small, and internal swelling from smoke inhalation can easily suffocate a child.

Normal skin is a major barrier to infection while burned areas offer no protection. Infection, along with uncontrolled fluid loss, are the major causes of death in burn victims.

Burns heal slowly and hospitalization times are often long drawn-out affairs marked by repeated skin-grafting operations - difficult enough for an adult but potentially devastating for a child. Finally, the scars left by a burn are often disfiguring, affecting the older child both socially and psychologically.

The care of burns is a very specialized branch of medicine and patients are usually transferred to burn units in major centers for expert care.

Info/Health is brought to you by the British Columbia Medical Association and this newspaper.

Upper Island Medical Officer Named

Dr. Catherine Donovan has been appointed Medical Health Officer of the Upper Island Health Unit by Order-in-Council, effective September 1, 1986.

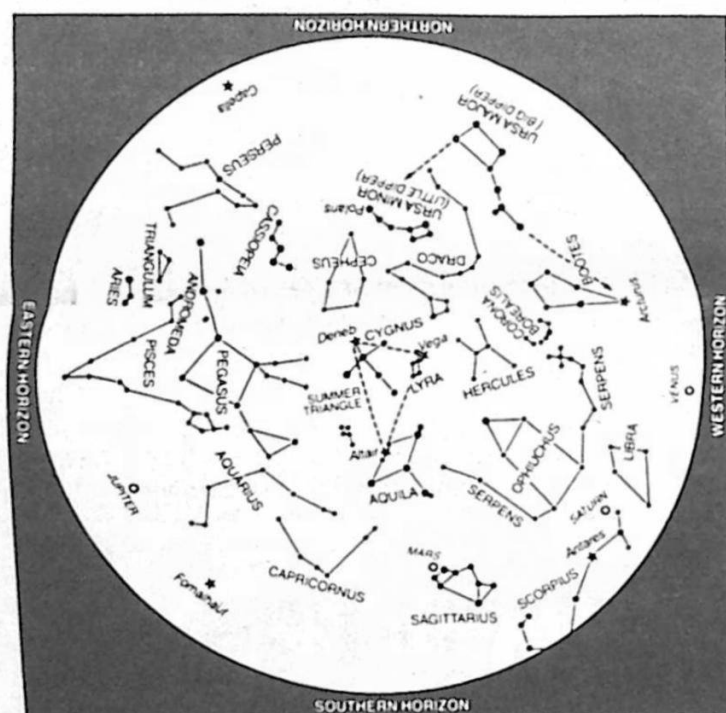
Dr. Donovan is from Newfoundland and graduated in medicine from Memorial University in 1978. She worked in general practice in eastern Canada and the Northwest

Territories and spent two years working in primary health care in Southern Sudan.

Dr. Donovan completed a Masters of Health Sciences degree at UBC in August. She will pursue further studies over the next two years toward a Fellowship in Community Medicine in the Royal College of Physicians and Surgeons of

Canada. Dr. Donovan replaces Dr. Peter Reynolds, appointed Medical Health Officer to the Upper Island Health Unit in March 1985 following Dr. Ken Benson's retirement. Mrs. Grace Doherty will continue as Acting Director of the health unit.

Upper Island Health Unit
Courtenay, B.C.

Next Totem Times Deadline
September 22NATIONAL MUSEUM
science +
technologySTARGAZING
SEPTEMBERUrsa Minor — the
Lesser Bear or the
Little Dipper

City dwellers who have no problem locating Ursa Major (the Greater Bear or the Big Dipper) will find Ursa Minor an inconspicuous constellation. It is difficult to trace its dipper shape for, with the exception of *Polaris*, its stars are quite faint and the formation fades in the sky glow caused by city lights. It is possible to find *Polaris* and at least two other of its seven stars if you remember the following: The two bowl stars of the Big Dipper — the Pointers — always point

to *Polaris*; *Polaris* marks the tip of the tail of the Little Bear or the tip of the handle of the Little Dipper; and the two Dippers are arranged to pour one into the other.

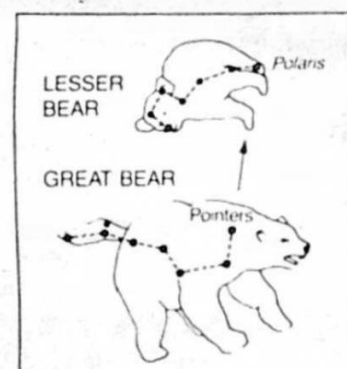
Face North, turn the map so "Northern Horizon" is at the bottom and hold it up vertically against the sky. Locate the Big Dipper, then extend the line joining the Pointers out of the top of the bowl to locate *Polaris*.

"The star which never moves"

Polaris is called the North Star because it is the only star in the heavens that stays in the same place in the sky, i.e. almost due north. This is because *Polaris* so closely marks the spot toward which the earth's axis points. As the earth rotates on its axis, all the other

stars appear to swing around *Polaris*. This apparent circumpolar movement of the stars is the basis of the following native legend:

"A hunting party of Indians lost their way and, being in doubt which way to proceed, they prayed to the gods to direct them homeward. During their deliberations a little child appeared in their midst and proclaimed herself to be the spirit of the Pole Star and their guide. Following her they reached home safely, and thereafter called the Pole Star "the star which never moves". When the hunters died they were carried up into the heavens, and we can see them in the stars of the Little Bear following the Pole Star faithfully every clear night."



Planets

Venus reaches maximum brilliance this month. Unfortunately, it is nearing the sun and can only be seen low in the southwest for a short time after sunset. It is only 3 (six moon widths) to the left of a thin crescent moon on the 7th. The moon — nearing first quarter — is closest to Saturn (about 5° south of it) on the 10th. Red Mars, fading somewhat in brightness, is east of south at sunset and sets about six hours later. Jupiter reaches opposition this month which means it is in the sky all night. It is above the eastern horizon at sunset and near the western horizon at sunrise. Once Venus has set Jupiter is the brightest star-like object in the sky.

Calendar

d h (Universal Time)
4 07 New Moon
7 20 Venus 3° S. of Moon
10 09 Saturn 5° N. of Moon
10 17 Antares 11° S. of Moon
11 08 First Quarter Moon
13 10 Mars 0.9° N. of Moon
17 14 Jupiter 1.6° N. of Moon
18 06 Full Moon; Harvest Moon
23 08 Autumnal Equinox
26 03 Last Quarter Moon

The Harvest Moon

The Harvest Moon is the full moon that occurs nearest the time of the autumnal equinox. In our northern latitudes the Harvest Moon rises shortly after sunset with a minimum delay on a few successive nights. (The daily retardation in the time of moonrise averages 50 minutes for the year, but can now be as little as 15 minutes.) Lingering longer in the early evening sky than the full moon of other seasons, the Harvest Moon gives light to farmers for harvesting after sundown. Hence its name, "Harvest Moon".



Curator, Astronomy

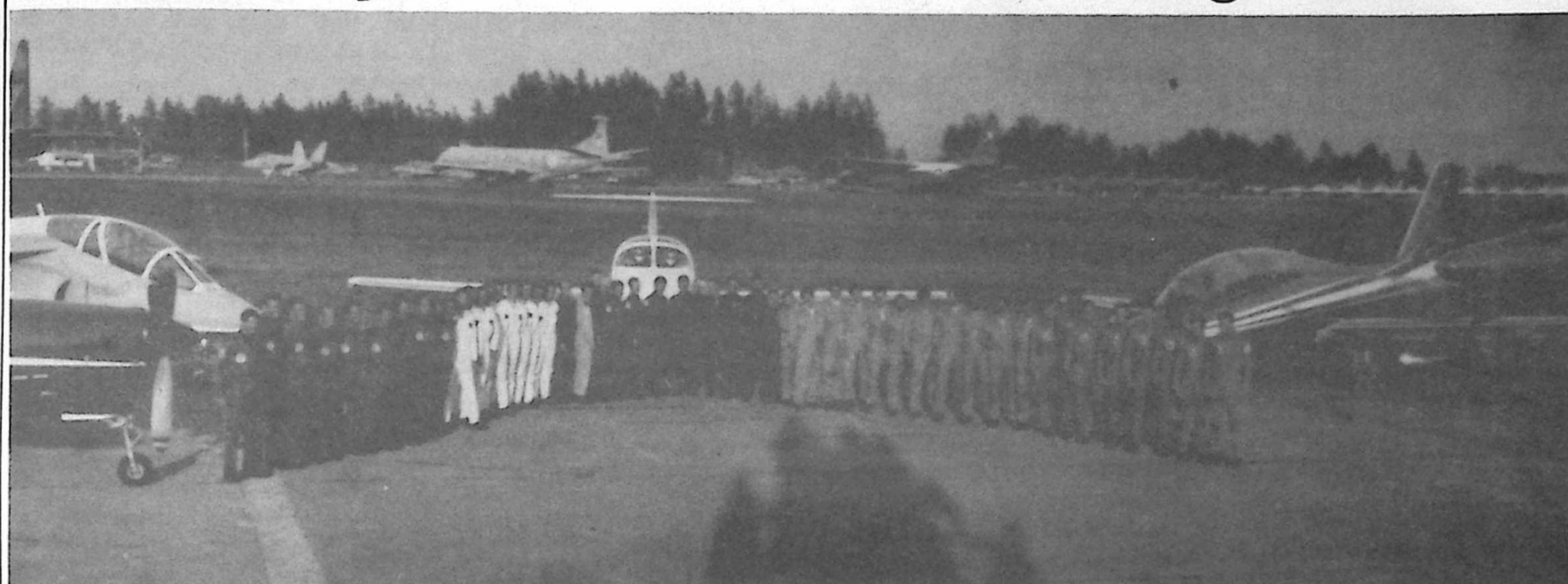
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du Canada

Canada

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CANADIAN FORCES UPDATE

Military Demo Teams get together



25TH ANNIVERSARY AIRSHOW....Members of five country's military air demonstration squadron got together for a group photograph at the Abbotsford International Airshow 86, in which they performed to over 300,000 people during the three days of the show. The teams, with their aircraft are (left to right) The

Brazilian Air Academy "Esquadrilha de Fumaca"; the French display team "Patrouille de France"; the Canadian Forces "Snowbirds"; the Italian "Frecce Tricolori"; and the U.S. Navy's "Blue Angels."

CF Photo by Sgt J.F. Smith

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,

Keeping Skin Healthy

A healthy skin performs many jobs very well. It shields you against microbes and injury; it alerts your brain at once to burning, cold and pain; it regulates your body temperature through its sweat glands and blood supply; and it excretes certain substances your body can't use. All this while constantly regenerating and repairing itself.

Generally, all a healthy skin asks in return is common-sense care on a daily basis. From the days when Cleopatra bathed in asses' milk, people have spent billions on skin care products. Today, at any drugstore, shelves are full of lotions and creams with added vitamins and hormones.

Five factors threaten healthy skin: weather; the natural process of aging; dirt and pollution; too-frequent washing; and disease.

Few dermatologists favour sun-bathing. Most agree, if you have normal skin, any sun-bathing is too much, unless you protect your skin in some way. The trouble is we all enjoy sunshine — whether we sail, ski, swim or just sit in it. A flawless

skin wouldn't compensate for a totally sunless life, so make sure you're adequately protected by hats and sunglasses plus sunscreens with an appropriate SPF (sun protection factor).

Compared to sunlight, plain airborne dirt is benign. It just sits on the skin and is easily removed. However, scientists don't know enough yet about the long term effects on sulphur-containing pollutants.

If you suffer from any disorder characterized by dry skin, there is such a thing as being too clean. Avoid bathing more than once every 2 or 3 days. Adding an oil-in water lotion to a warm bath helps almost any dry skin.

Most common skin problems (including acne, the commonest) respond extremely well to modern therapies. However, skin changes may signal hidden illness. Consult your doctor if you notice any continuing rash, any sudden growth on your skin, or change in a mole.

In our next column, we'll look at the best ways to protect your skin from the factors that can threaten it. If you have any questions about skin care, ask your pharmacist.

Play your part



Each year in Canada, about 70 young children are killed and 4000 are injured in car crashes. The latest national survey showed that almost 80% of children under 5 are not being protected adequately in motor vehicles. Transport Canada sets tough safety

standards that manufacturers of infant carriers, child safety seats and booster seats must meet. You can provide the best protection for your children by securing them in a properly installed seat, anchored to your vehicle by a top tether strap.

Buckle up. It's the thing to do.

Transport Canada
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WOs & Sgts Mess

W.O.S AND SGT.S MESS
SEPTEMBER ENTERTAINMENT

SEPTEMBER 22 - CAREER MANAGERS MEET & GREET

SEPTEMBER 26 - MARCOT INTERNATIONAL GAMES NIGHT

SEPTEMBER 27 - ENTERTAINMENT CHAIRMANS BINGO

SEPTEMBER 12, 19 - TGIF

CLUB CRIBBAGE LEAGUE

To start in September
Check at the Mess

CANADIAN FORCES UPDATE

Top Gun in Canadian Forces

OTTAWA -- Warrant Officer Rino Levesque, 40, is the sharpest of Canada's military sharpshooters. A member of 3 Battalion, Royal 22e Regiment based at Valcartier, P.Q., WO Levesque captured the honour of the 31st annual Canadian Small Arms Competition at Connaught Ranges, Ottawa.

It was a hard won honour for the "Van Doo" marksman who beat out a field of 212 Regular Force competitors to win the highest individual award in Canadian Forces rifle shooting, the prestigious Queen's Medal.

"I finished second or third place other times for the Queen's Medal," explained a tired but happy Levesque following his win. "But I've always done my best on the sniper (rifle)."

WO Levesque, an infantryman whose job it is to coach his battalion's rifle team, has not surprisingly done well in marksmanship competitions in Canada and at the well-known Bisley shoot in England. A neck injury forced a switch this year however from the sniper to the lighter FNCI rifle. It was a lucky change for Levesque as

it turns out, a change that won him the top spot with a total score of 626 points over his closest competitor at 618.

The competition as it is known today has been held every year since 1955 to promote marksmanship training and weapon firing of the highest standard. The participants are a dedicated group of CF members who spend many hours of their off duty time honing their weaponry skills. A Queen's Medal is also awarded to the top CF reserve member while visiting members of the British and Australian armies and a few civilian members from the Dominion of Canada Rifle Association compete for separate honours.

"This is not a competition amongst a bunch of jocks," said Lieutenant-General J.E. Vance, Vice Chief of the Defence Staff, who participated in the presentation ceremony. "They are busy, well trained men with many other jobs...they are the cream of the crop."

WO Levesque lives in Val Belair with his wife Claire, and their children Yvan, 11 and Sylvain, 9.



C.F. Photo

WO Rino Levesque

New Aircraft for Ships

VANCOUVER -- The Minister of National Defence, the Honourable Perrin Beatty announced today government approval to start the project definition phase of the New Shipborne Aircraft (NSA) project. Expected to last three years, the project definition phase will permit the Canadian Armed Forces to complete specification requirements and to evaluate proposals from industry.

Perrin Beatty said: "The NSA project represents an important component of Canada's modernization of its maritime capabilities".

The Department of National Defence has identified a need for between 30 and 50 new aircraft to replace the Sea King Helicopters (CH-124A) which have been in service since 1963.

The new aircraft will incorporate the latest developments in detection and computerized information processing systems. Its wide range of modern detection systems will enable it to detect hostile submarines, surface ships, aircraft and their weapons while

operating with Canadian and NATO war ships.

Perrin Beatty also said that during the Project Definition Phase, numerous factors will be considered when selecting the winning aircraft proposal. The operational capability of the aircraft, its detection systems and its information processing systems will be paramount. In addition, Canadian industrial participation and future support requirements for the new aircraft will be assessed.

If the project proceeds as scheduled, the NSA prototype will be flying in 1992 and in service in the mid 1990s.

NEW SHIPBORNE AIRCRAFT INTRODUCTION

It is the objective of the Government of Canada to provide the Canadian Armed Forces with the capability to fulfill national and joint defence commitments as well as sovereignty requirements in the upcoming decades. The modernization of the Maritime Forces is one key element in achieving this

capability. To this end, the Tribal Class Update and Modernization Project (TRUMP) and the Canadian Patrol Frigate Project (CPF) are now underway. The acquisition of a New Shipborne Aircraft (NSA) is another fundamental part of this modernization process. It will complement the increased capabilities provided by modern detection equipment eg. sonar and radar aboard our new generation of ships. The new aircraft is intended as a replacement for the Sea King Helicopter (CH-124A) currently in use in the Canadian Armed Forces and is anticipated to be in service in the mid 1990s.

THE THREAT

The Sea King, while providing admirable service since its introduction in 1963, can no longer effectively meet the current and anticipated maritime operational roles. There is a vastly increased need to detect submarines, surface ships, aircraft and their weapons at long ranges. The nature of combat at sea has

changed dramatically. The new generation of submarines and anti-ship missiles forces the modern surface ship to be capable of detecting enemy weapons systems in sufficient time to take appropriate action, if it is to survive in a modern sea battle. Using the latest technology available, the new aircraft will provide greatly increased "Anti-Submarine Warfare" and "Anti-Ship Surveillance and Targeting" capabilities for Canadian and NATO ships.

CANADA'S CURRENT CAPABILITIES

The Royal Canadian Navy recognized the potential of operating helicopters at sea and began experimenting with various types of helicopters in 1951, before selecting the Sea King in 1963. Delivery of 41 Sea Kings occurred, 39 of which were assembled under licence in Longueuil, Que. by United Aircraft of Canada (now Pratt and Whitney). The flight worthiness and Anti-Submarine Warfare capabilities of the Sea Kings have been increased by various

improvement and update programs through the years. However, age and the inherent limitations of a 1950's design have caught up with the Sea King, hence the New Shipborne Aircraft Project.

NEW SHIPBORNE AIRCRAFT ROLES

The new aircraft will have two primary roles, Anti-Submarine Warfare and Anti-Ship Surveillance and Targeting. The Anti-Submarine Warfare role will be accomplished by the incorporation of submarine detection equipment and computers for target information processing and assessment aboard the aircraft. This will allow the new aircraft to function as an autonomous unit when so required.

It is a prime desire of the government to modernize Canadian industrial participation which will result in the establishment of a full support capacity for the life of the aircraft. This participation will also enhance export potential for Canadian industry.

AROUND THE BASE

Officers Wives Club

OFFICERS WIVES CLUB

The Officers Wives Club sadly bids farewell to Mrs. June Kadonoff, due to the sudden posting of Col Kadonoff, the outgoing and incoming executive made their respective presentations on behalf of the entire club at the executive meeting held September 3rd. We'd like to thank June for her help and support during her stay in Comox and wish her all the best in Colorado Springs.

Officers Wives Club is about to embark on a fun-filled year. This years planning troop will consist of:

President	Barbara Vermette	339-7645
Vice President	Cindy Reimer	339-4693
Secretary	Judy Kerkoff	339-3356
Treasurer	Lorie Russell	339-0456
Welcoming	Jane Tasse	339-7273
Food	Cathy Marquis	338-8503
Publicity	Angela Rodzinyak	339-6357
Bridge	Eleanor Pasanen	339-6782
Entertainment	Shelly Lunsford	339-0546
Telephoning	Shirley Carlile	339-2989

The Officers Wives Club meets the third Wednesday of every month in the main lounge of the Officers Mess. This months function is the annual "Meet and Greet Wine and Cheese," to be held Wednesday, September 17th, 7:30 for 8:00 p.m. Fee: \$2.00 for members and \$3.00 for guests, yearly memberships can be purchased at a cost of \$5.00 the same evening. Old and new members are invited to come out to rekindle old friendships as well as make new ones. If you are new to Comox and would like to make your first evening easier, please don't hesitate to call either Jane Tasse, the welcoming chairperson, Linda Rose, 339-7645 or Barbara Vermette, the president.

The Bridge Club meets the 2nd and 4th Wednesday, 8:00 p.m. at the Officers Mess commencing September 24th. Fee: \$2.00 per night. Beginners who know the fundamentals of bridge are encouraged to come out and develop their game. True novices, don't despair as rumour has it that there may be introductory lessons should demand exist. Be sure to watch for either Eleanor Pasanen or Pat Black at the "Meet and Greet Wine and Cheese" who will be armed with sign-up sheets.

While October's event is still shrouded with mystery, November's Craftsfair is in the planning stages. Anyone wishing to book a table should contact Shelly Lunsford for further information.



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AROUND THE BASE

PROFILE



Bringing them out....Harvey Copeland

Late at night, on Nov 8, 1972, a light aircraft enroute from Cambridge Bay to Yellowknife NWT with four souls on board strayed 45 degrees off course and crashed on a frozen hill near Hotter Lake. A pregnant woman passenger and her nurse perished. The pilot, Martin Hartwell, and a young eskimo boy were injured, but survived the crash. The boy died later, but Hartwell endured temperatures ranging from 2 to 40 degrees below zero Fahrenheit for thirty days before a C-130 on a normal "sked" run picked up his faltering ELT signal. Two days later an Argus from Greenwood spotted a flare set by Hartwell. MCpl Harvey Copeland and Cpl Al Williams parachuted from an Edmonton-based Hercules to a point nearby, and walked to the crash site. A Voyageur helicopter (chopper 307, now with 442) air-lifted the SARTECHS and their patient to a hospital in Yellowknife.

Harvey and Al became TV personalities for a while, as the CBC and CTV's "W5" investigated some unusual aspects of the crash, and Hartwell's subsequent survival.

Harvey's pre-para-rescue career began at 6RD Trenton, where he remustered to Safety Equipment, which was one of the two trades eligible for para-rescue training. Before SAR training, Harvey served at Winnipeg, Moose Jaw, MacDonald (now a defunct airbase, converted to a Hutterite colony), then switched to para-rescue with 111 RU at Winnipeg. From there it was 121 RU at Sea Island (now 442 Sqn) then to 103 RU at Greenwood, where he established quite a reputation as a curler. From Greenwood to 440 Sqn Edmonton, 442 Sqn Comox and a final berth as a Master Warrant Officer at Air Command HQ, Winnipeg, and Harvey finally collected his certificate of service on Feb 1984. On the way, he collected his CD2, a MMM (presented by the late Governor-General Jules Leger) and a "Deserving Airman" trip around the world.

He keeps coming back. Under the CTEP (Civilian Temporary Employment Programme), Harvey puts his experience with SAR equipment to good use as storesman for 442's SARTECH section.

He could, if he had the time, recall many more stories like the Hartwell incident, some of them tragic, one in particular coming very close to terminating Harvey. At Greenwood in 1964, he and LAC Erickson were practicing for Air Force Day. Erickson's chute collapsed in the wake of Harvey's canopy below, and he fell through Harvey's chute, just managing to grab at a harness strap. Both men plunged under a now half open chute to the ground, Erickson broke his back and Harvey sustained minor bruises. The incident was caught on CBC film.

Harvey is an old "Blue." Like many of his contemporaries, he has a comparison or two to make between the RCAF he served and the Service today. The old work ethic was stronger then than now, he feels, perhaps as a reflection of the changes in Society values that have taken place since the late sixties. In an unusual comment from an old Blue, he thinks the present green uniform is just fine; he'd rather see the money spent on better equipment. As one who has had to rely for his life, and his ability to save other lives on good equipment, he should know.

Photo-Story by Norm Blondel

The Terry Fox Run

Vancouver -- With just a few days left until the 1986 Terry Fox Run, organizers have identified 168 Run sites, surpassing the number of sites this time last year by 24.

In 1985, 85,000 people from B.C. and the Yukon ran, cycled, and jogged the 10 km route at 318 sites. This year's theme "Bring a Friend" will help increase the number of participants.

"We're extremely pleased about so many new communities joining in the 1986 Run" says Provincial Co-ordinator, Betty Kerr. "It helps us toward our goal of doubling last year's participation in the Terry Fox Run."

The Terry Fox Research funds support programs such as scientific investigation of

cancer cell alteration and bone marrow cells, national Breast Screening Programs, international exchanges of scientific information and programs focusing on new developments in diagnosis. Since the inauguration of the Terry Fox

Run, 5.2 million dollars have worked for cancer research in B.C. and the Yukon.

Locally the Terry Fox Run takes place on Sunday, September 14. Pledge sheets are available at the Base Rec Centre or the Comox Rec Centre.



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Aurora Event

In Jul 1986 the Aurora Fleet successfully reached the significant milestone of 100,000 flying hours. In doing so it brings credit to the company who built the aircraft, and the personnel who maintained, supported and flew the Aurora in the six years since its official introduction into service.

The Aurora is the finest ASW Aircraft in the Commonwealth and, indeed, the free world. It could not have reached this pinnacle or achieved this present significant milestone without the dedicated support of those maintenance, logistics and operational staffs who worked off-times tirelessly and unnoticed behind the scenes to keep it fully operational. They have all earned an equal share of the honour in achieving this significant milestone and, in the world wide respect the Aurora has achieved. A sincere well done to all. Sir Itur Ad Astra. (LGen Ashley, Comd Aircom sends)

Did You Know



The word "fate" comes from the Latin "fatum" meaning "that which is spoken."



Legion Log Entertainment

BRANCH 17 - COURTENAY

Sept 12 & 13 - **BRANDY** at 9 pm.

Tuesday Sept 23 - General Meeting at Legion at 7:30 pm.

Sept 19 - 20 - 21 - **SUGAR BEAR** at 9 pm.
Dart Tournament

Sept 19 - 20 - **COUNTRY CLUB** at 9 pm.

Regular Activities

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

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SATURDAY Fun Bridge at 12:30
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Sat. 13 Sept.

Fri. 19 Sept.

Sat. 20 Sept.

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Special Attraction

B.C. Country and Music Award winner **KENNY SHAW** and **THE BUNKHOUSE BOYS**. Fri. 26 Sept. 9 - 1 a.m. Upper Legion Hall. Tickets \$7.50 per person. Tickets on sale Monday 8 Sept. Legion office.

Sports - Darts Darts Darts

Mens League every Monday night commencing 8 Sept.

Mixed League every Tuesday night 8 p.m. upper Hall commencing 9 Sept. Open to all Branch 160, L.A. members and their guests.

Navy League Drop In Bingo every Wednesday night, upper Legion Hall 7 p.m.

Everyone Welcome

September General Meeting Thu. 18 Sept. 8 p.m. Come out and meet your Executive Committee.

CANADIAN FORCES UPDATE

Commanders Message



It is with much pride and humility that I have accepted the appointment as your Commander. I am aware of the heavy responsibility and the precedent of excellence that has been established since Air

Command was formed in 1975. I am mindful of the challenges ahead and I am encouraged by the prospects of our second decade: A decade of opportunity to consolidate and rekindle that precious commodity-Air Force spirit.

I expect the Command to continue to meet its many challenges with the same style, innovation and resilience that it has shown in the past. I will endeavour to provide you the necessary support to get the job done. As well, I intend in the months ahead to place particular emphasis in four areas: The professional development of all the men and women who comprise Air Command, the quality of life of our air family,

the efficient and measured conduct of Air Operations, and lastly, fiscal and Command accountability. Each of these will be the subject of separate initiatives.

Air Command is the blend of the talents of many dedicated people stretching the length and breadth of Canada with interests overseas. Often our resources are stretched to the limit and our taskings are heavy. Frequently, they are in support of others. It is in the climate of challenge that I ask

for your continued support. With strong leadership, compassion and a mature sense of accountability at all levels, I know Air Command will continue to meet all of its Canadian Forces commitments safely and effectively.

There is no Air Force anywhere with a prouder history of service to its country. I am proud to be part of your team. Sir Itur Ad Astra

LGen Ashley,
Commander Air Command



A common herring lays about 25,000 eggs at a time

THE GAS PUMP



Vinyl Tops

The rough surface of vinyl tops causes air-flow problems and costs about a half a mile per gallon. Washing and treating the top with a coating formulated for vinyl tops will reduce air-flow restriction and keep the top from deteriorating.

Classified

RATES

Effective February 24, 1986 ALL Insertions will be \$3.00 per column inch.

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Help Wanted

Kinderparty International Toys - A very successful Vancouver based company requires consultants on Vancouver Island to organize group demonstrations of high quality, acclaimed collection of imported toys, games, puzzles and books. If you possess skills in communication, child development, enjoy self employment and love kids, call 734-2264 collect, for colour catalogue and information.

MOVING TO OTTAWA? PLANNING TO RENT?
READ ON!Contact Glenn PropertyManagement (613) 830-3735. Property Management is set up to assist servicemen in their move.

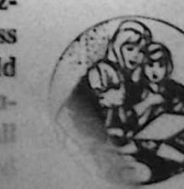
FOR RENT - Kin Beach area. 1 bedroom beach cabin. Fully furnished. Not suitable children or pets. \$250 per month. \$100 security deposit. Phone 339-4378

FOR SALE - 14' fiberglass boat, 40 hp Evinrude, large galvanized trailer and equipment. Phone 338-9579

BABYSITTER - will babysit in my own home daily Monday to Friday. Phone 339-7301

FOR SALE: One gravel pit. Not yet licensed nor completely developed, but with great potential. Commanding view of Strait of Georgia. Contact Larry Harker Local 2209.

FOR SALE: Excellent selection of used trucks, most with sleeper seats and little or no mileage. Contact Bill Egglestone Local 2258.



Learning begins at home

Oktoberfest

ALL RANKS

Saturday October 4TH

2000 hrs til 0100 hrs

Hangar 3

Six Bucks a Head

Tickets available at all Messes
Limited Tickets Available



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