



# TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 28, No 16 September 25, 1986

Deadline is Monday, October 6, 1986

Cost: Priceless

## UPDATE

### U. S. Medal for C.F. Pilot

OTTAWA -- Captain Eric W. Hardy, a Canadian Forces exchange officer with the United States Coast Guard at Cape Cod, Mass., has been awarded the United States Air Medal in recognition of his heroic helicopter rescue of two persons from a sinking vessel on June 13, 1985.

The medal was presented to Capt Hardy, a native of Alber-ton, P.E.I., during a ceremony held on May 1, 1986 at the Coast Guard Station on Cape Cod.

The rescue was carried out during extremely poor weather conditions. Throughout the rescue mission, Captain Hardy's aircraft experienced electronic equipment problems which at times gave unreliable information. Capt Hardy showed courage and superb judgement in effecting the rescue according to United States Coast Guard officials.

### Associate Minister appointed

Mr. Paul W. Dick, a native of Kapuskasing, Ont. has been appointed Associate Minister of National Defence. Previous to his appointment as Associate Minister of National Defence, Mr. Dick was parliamentary secretary to the Government House Leader, to the president of the Queen's Privy Council for Canada, and to the president of the Treasury Board.

### LEME Brass Extended

OTTAWA -- Colonel Gordon W. Bruce, has been extended as Colonel Commandant of the Land Electrical Mechanical Engineering (LEME) Branch. Col Bruce, a native of Calgary, Alta. will hold the position from July 1, 1986 to June 30, 1987.

## SAREX Casualty Gets Attention



Two of 442s finest MCpl Jim Bernard and Cpl Mark Reeves attend to a simulated casualty. The simulation was part of the Medical Exercise during SAREX '86 held at Kirtland A.F.B., New Mexico recently. The 442 gang is to be congratulated on a fine showing at SAREX '86.

## Battle Commemorated

On Sunday Sept 21st 888 (Komox) Wing of the Royal Canadian Air Force Association marked the 46th anniversary of the Battle of Britain. The parade, which arrived at St Michael and All Angels Chapel at 1100 hours, consisted of a colour party, the Comox Valley Pipe Band, 386 Squadron Royal Canadian Air Cadets, Legion members, serving CF members

and 888 Wing. The parade was under the command of LCol (Ret'd) Syd Burrows, AFC CD.

The service, conducted by Padre Milne, included readings by Wing members and an address by W/C (Ret'd) Bob Hallowell. Wreaths were placed by the Base Commander, Col J.E.H. Gibbon; A.R. Smith, President of the Comox Legion; and Joyce Hallowell, President of 888 Wing.

Col Gibbon then took the salute at the march-past by the Wing building. A reception and lunch, put on by the Ladies' Auxiliary, were then held in the hangar.

All in all, an excellent day in remembrance of the battle fought 46 years ago, and a day to remember all of those who have given their lives in military aviation.

## FM Station Proposed

One thing we've been lacking for years around here is decent FM radio. We can tune into Seattle via cable TV, but that's it. Nothing local. Now, two Prince George businessmen are proposing a stereo FM station to serve the Island, from Port Alberni, north.

100.7 MHz and 5000 Watts. With CRTC approval, stereo FM music, played from digital compact discs, and satellite-fed news services and special programmes, would start in late 1987.

The station would serve a total area population of 120,000, dependent so far on the offerings of local AM

stations, and US FM on cable.

Local AM station CFCP is reported as also applying for a FM licence but no details of their proposal are presently available. Good luck to whomever wins the licence but, we have to ask; "What took you so long?"

....N.V.B.



Col Gibbon lays wreath at Battle of Britain observance

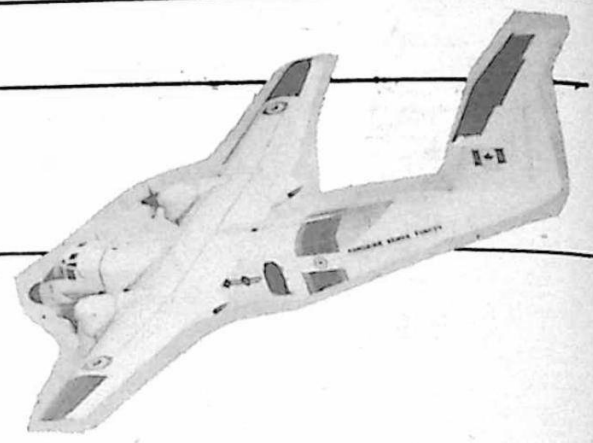
The transmission would be from Mount Washington at





## SECTION NEWS

## 442 Squadron



## Promotions at 442



L to R: Sgt Gerry Boucher, WO Bob Gould, Capt Kelvin Hamilton, CWO Dan Cameron, LCol Lett and CWO Ford; Sgt Gerry Galway, Sgt Lorne Munden, and Sgt Dave Maloley.

Missed deadline last issue, so there's lots to report on at the Snakepit. Our SAREX crew, with Major Paul Drover, Captains John Allott and Grant MacDonald, Lieutenants John Komocki and Dan Lachance (token Lab weenie), Engineer and Duty Driver Master Corporal Tom Furlotte, and SAR Techs Sgt Bob Toulouse, MCpl Jim Bernard and Cpls Mark Reeves and Ross Brown, returned on the 6th with some hardware from Kirtland AFB in Albuquerque, N.M. Sgt Bob Toulouse, displaying eagle-eyed judgement and deadly accuracy, leapt his way to best Canadian in the individual parachuting competition, and brought back to 442 the "Rescueman Specialists Trophy," awarded for individual high performance during SAREX.

Meanwhile, back at the ranch, the Squadron was busy handling two overdue aircraft incidents. The first, SAR HORTON occurred on September 1st, when a Cessna 210 was reported overdue between Jasper and Kelowna. Both standby aircraft were launched and tasked to search the missing aircraft's route. Labrador 302 with Capt Mike Vermette in command was later re-tasked to check-out a report by a truck driver near the Alberta border, that he had heard a bang and spotted black smoke. After a brief search, the Labrador located the crash site and, with Buffalo 454 circling overhead and providing a

Comms link with RCC, proceeded to land in a nearby clearing. SAR Techs Sgt Dave Maloley and Cpl Bob Ridgway arrived at the wreckage and found the deceased occupant of the aircraft at the site.

In the second incident, later that same day, the standby Buffalo launched on an ELT search at the north end of the Queen Charlotte Islands. A signal fire was spotted after several attempts to localize the sporadic signal from the ELT.

Unable to deploy its SAR Techs due to poor weather, the Buffalo proceeded to Sandspit and planned a first-light launch the next morning to return to the crash site. A Vancouver Island helicopter was chartered in the morning and proceeded to the site where a Beaver aircraft had force-landed. Of the four persons aboard the Beaver, only three survived the crash; one with serious injuries, and two with minor injuries.

The Buffalo SAR Techs, Sgt Gerry Boucher and MCpl Jean Carriere, transported to the site aboard the civilian helo, performed first aid on the injured and assisted the crew of a US Coast Guard HH-3 helicopter from Sitka, Alaska when it arrived for the medical evacuation.

Several boat incidents of a minor nature, and a number of false ELT searches filled the remainder of the past few

weeks. On the 8th, Labrador 305 while tasked to search for an overdue kayak, landed on the pad at Tofino Coast Guard Station. As this issue's cartoon suggests, the Labrador really put her FOOT in it! On a humorous note, Coast Guard hovercraft 045 spent most of the night on the 13th searching the Straits from Cape Lazo to French Creek for an overdue 35-foot gill-netter. The standby Buffalo was launched at 0540 AM to assist in the search, but poor light conditions dictated a delay until after first light. The hovercraft had just returned to its Parksville base for fuel and to await first light, when it reported sighting a vessel beached about 100 yards away from the pad at Parksville.

We'll miss 'em both around the Snakepit, but fortunately neither will be far away: Rudy here in the Valley, and Jim down the road in Victoria. All the best in the "Golden Years," boys!

## FROM THE MAIN FLOOR

This issue we welcome aboard Sergeant Lorne Munden, who has VOLUNTEERED to keep you up to date on Main Floor happenings around 1 Hangar. Seems most of the happenings of late centre more around St. Joseph's maternity ward, as three of our Techs have added to the population explosion.

Congrats go out to Cpl John McKenzie and wife Joyce on the birth of a baby boy, August 5th; Cpl Barry Wiszniowski and wife Margaret on the birth of a baby boy, September 7th; and to Cpl Rick Macnab and his wife Barb on the birth of their baby girl, September 13th. Also worthy of welcome, is Cpl Blaine McMillan, back to the Snakepit from a tour in the Middle East, and filled with "War" stories; and a welcome back to the CF to Cpl Gaeten Charbonneau, returned to the fold from 7 years at Air Cragpy. Last but not least, Cpl Al Widmeyer has returned from nuptials in Edmonton with his new bride, Joy...and we heartily welcome her into the "coils" of the Snake family!

Finally, Maj LaGrange, our illustrious S FIX O, was recently made a gift of a rare, expensive (\$6,500.00 in TD funds) tie clip, courtesy of Capt Kelvin Hamilton and gang. Seems they couldn't accept the all-expense-paid trip to Borden without bringing back something for the Boss!

And this late item just in: Girls, the Bald Eagle, Capt Rick McClure is no longer up for grabs! Wed just this past weekend to darling Debby, we understand his girl-seeking radar's being shut-off for good! Congrats, Rick and Debby! On that happy note, we'll sign off for this issue. 'Til next time, Snakes, out!

## Saying Goodbye to Jim and Rudy

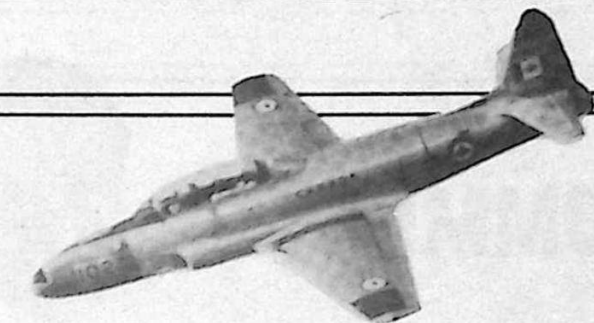


Saying Goodbye to Jim and Rudy are L to R: Col Mike Angelsey, Maj Jim McBain, LCol Doug Stuart, Mrs. McBain, BGen K.O. Simonson, Mrs. Preus, Mrs. Carol Wolfe, Capt Rudy Preus, LCol Dave Lett.



## SECTION NEWS

## Anker Klankin'



What's been happening at the fighting 33rd these last couple of weeks you ask? Well standby and here we go.

MARCOT has of course been taking a large chunk of the squadron's time. To help fulfill the requirements made by MARCOT the squadron became home to a ragtag bunch of Falcon and T-Bird pilots from 414 and VU 32 Squadrons. Needless to say, the Boss was expecting this type of group as he had his pilots gun-tape everything to the decks and bulkheads before hand. Of special interest to these two vagrant squadrons was our coffee machine. They were amazed at how well this device brewed java as opposed to the homemade brewer they have back home which is made of tin cans and shoe leather straining devices. Thanks to Lt Bagboy's unit defence force the coffee machine was never once in jeopardy of being lifted.

Bagboy happens to be the squadron representative for the United Way blitz now being undertaken on Base. In view of the hard monetary times felt by all Canadians these days, Bagboy has hired a little bit of help to assist in canvassing all members of the squadron. A special thanks to the new Base Commander for giving up his parking spot in front of 7 Hangar so that the two Harley Davidson choppers can be more conveniently parked.

The aircrew has once again had the last laugh when it comes to competing with the groundcrew. In a recent challenge put forth to the groundcrew to field a ball team to play the aircrew, the groundcrew suddenly backed out at the last minute. It seems that MWO Gerow discovered that the groundcrew would not be able to supply, as he had hoped, their own umpire and score keeper, and that the aircrew would not be playing with blindfolds, nor would they have one arm tied behind their backs. This week the career manager meets with the groundcrew and word has it that Gerow's main request will be for real ball players to be posted in.

Some of the boys have been pilot training on the road this past weekend. The Boss got his first crack at weekend fun with himself and John Reimer hitting Kelowna the first night and then rendezvousing with Mountain Mikey and Chainsaw Cuthbert the next night in McChord. Chainsaw loves these types of trips. It is his only chance to get breakfast in bed with the help of room service and his TD claim. Have you ever wondered why Chainsaw comes to work every day looking so run down? Well, besides having to drive all the way to the Base from his home which is situated in a land far, far away, he has to make the Master of the Household breakfast and serve it to her in bed every morning. The reason behind this daily event, is that if Chainsaw doesn't give Sandra breakie, Sandra doesn't give him his weekly allowance.

John No Rhyme-er Rhythm conducted a short trial run for his family's coming vacation by car to California. In order to



Beware of approaching aircraft....or else FOD!

measure his maximum stress load, John loaded up the car with his wife (on a day she was in a bad mood), his kids (after giving them all the candy they could eat thus increasing their hypertension state) and his dog (which is currently having a

problem with fleas and ticks) and drove for three hours to Victoria (without ear plugs) to pick up his outlaws for the weekend. Besides pulling out only a few of his hairs (none of the grey ones) John came back to report that other than a few

bugs that had to be worked out, his vacation workups were progressing favorably, with the children being returned home sporting only minor flesh wounds. My gosh, what a life these VU 33ers live, don't they?

## VU 33 TECH SIDE

The taking of the VU 33 Squadron picture, one of our favorite Friday afternoon gatherings, started out as a serious session but lightened up as it went along. First came the straight faced look and numerous clicks, then the sly smile and numerous clicks (the word CHEESE helped a bit but when someone said SEX the whole group lit up), then came a do your own pose fun shot complete with rabbit ears, extra arms, a close up of Jenny, etc, etc, and possible (unheard) numerous clicks.

Picture in your mind the annual career managers visit to CFB Comox in the year 2020. Visiting career managers might include CWO Fontaine (551), MWO Martin (511) and MWO Jones (512). They may be welcomed by CWO Nolan (BCWO) and MWO Oliver (VU-33 SWO). One of their duty calls would be to Base Commander Col Randy Chaulk and the BTSO LCol Tokarz.

Dropping in to the WOs and Sgts Mess during the visit will be retired CWOs Merv Larivee

and Oscar Grubweiser. They will be discussing the recent funerals of Dennis Viklund and Ray Morrison. Don't laugh! This situation could occur.

(This column's getting morbid - Ed.)

VU 33s best kept secret "The Bowling Files." If you see Harry Weeds please feel free to ask him "What's going on in intersection bowling" because he sure won't tell us, though he did say that they had another first when Super Strike Caslick (Glen) showed up last week in (don't tell anyone) the latest of bowler garb fashion - Designer (sure strike) Blue Jeans.

Ray Morrison invited Barnacle Bert (Hatin) for a days cruise/fish and a dinner party. Upon arrival Ray informed Bert of a minor pre-boarding fee and they settled on Bert helping out with the already on-going barnacle scrape-in. Unknown to Ray (who was grinning like a Cheshire cat), Bert had phoned earlier on and talked to Ray's wife so he knew that the joke

was on. Who got the bait?

Wayne Southward's "Bashful Beagle" was sleeping in the front room while someone scooped his sailboat motor. The dog isn't really into fishing and sailing cuts into his lucky dog and snooze cycle so he yawned the whole thing off.

Dial 007 - There seems to be an interest in how long it takes to open a dial lock in VU 33s orderly room. No one is complaining though as Katie, the bosses' secretary, appears to have the right numbers. "So what's the hurry?" say the morning briefers.

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EDITORIALS

COMMENT



Gord Kruger

Doin' Any Planning?

Never really thought much about retirement - too many things to get done. But of course when it starts to close in reality sets in.

A recent newspaper article caught my eye. Something about "Retirement - What then?" Some pangs of guilt ran through the old bod! Talk of protecting the family, high blood pressure, cholesterol count. Fact of the matter is that I'd done little about planning for retirement.

I read on. The depression became intense as I learned about pensions not meeting increased costs of living. Comments about not being able to live in the manner to which I've become accustomed scared the hell out of me. After all this is the True North Strong and Free, and we are all entitled to life, liberty and all things wonderful - aren't we?

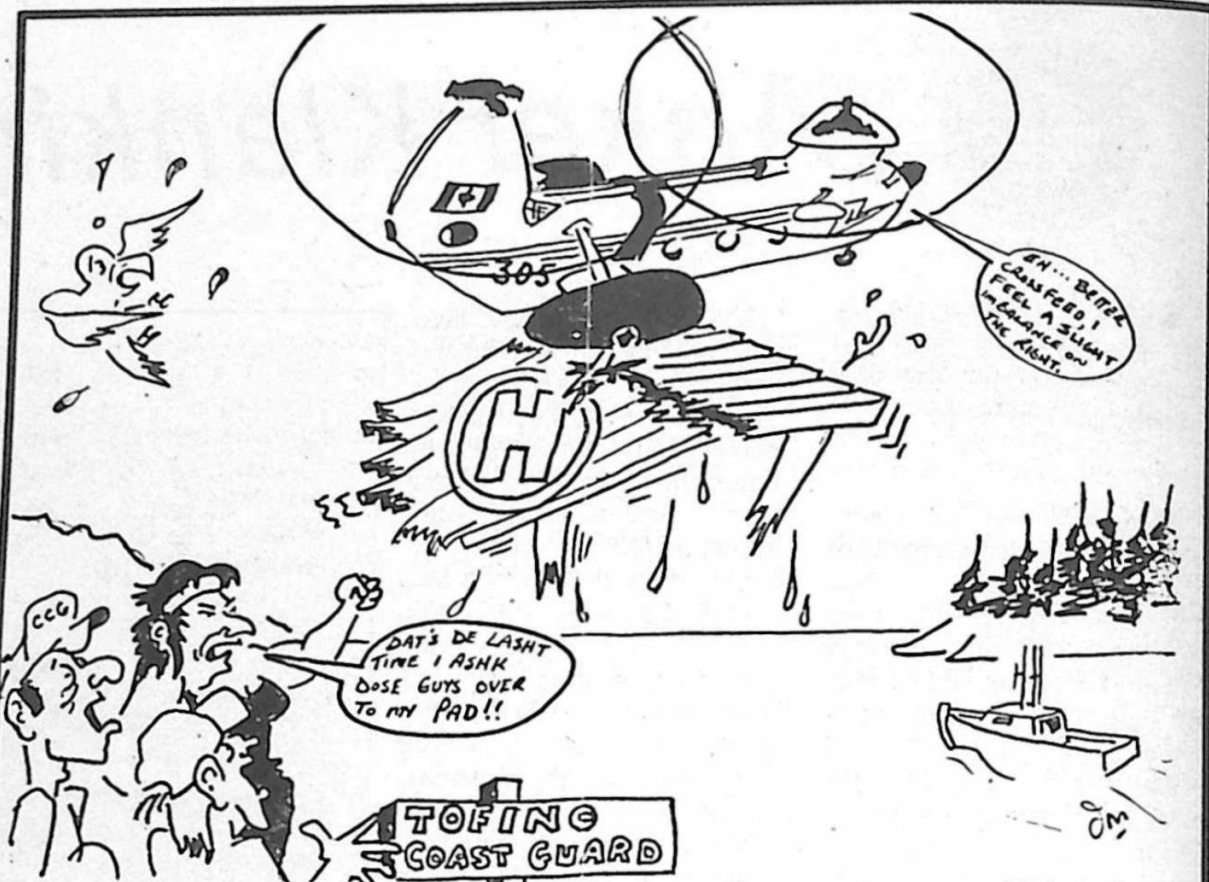
I had to find an answer. Maybe the working wife would be the magic ingredient. No so said the article! Wifey could go down for the count at any time with some rare tropical disorder and then the problem would only be compounded.

The writer of the article went on to talk about some things one should do. List your aptitudes, skills, interests he said - that took all of a few minutes. Then he continued with hobbies - another couple of minutes' work.

Truth is, many of us are neither technically or mechanically inclined. Changing the licence plates becomes a challenge. Green thumbs are something we get when the paint brush misses its mark. Collecting is done in green bags with noxious odours. Sorry - nothing for me here!

And so it has come to pass. I will avoid the depths of darkness for yet another short duration. The great white fathers who live in a land far beyond the mountains have come through once more to help a poor servant in distress - God bless extensions!

G.M.K.



442 has a Peer Problem

Letter To The Editor

I have just read your comment "Kids and Chores" in today's Totem Times.

Congratulations, it is very refreshing to find that there is still some common sense around.

Without discipline, self discipline and common sense we are all in deep trouble.

And yet those "benighted bishops and intellectuals" (Mr. Churchill's own words) advocate quite the reverse "do your own thing." An extremely dangerous philosophy, for

which we are now paying the price.

Many people regard civilization as the expanding application of Hi-Tech.

I maintain that without discipline all the high tech is useless.

Expanding a little bit on those thoughts I am convinced that one of the major sicknesses of modern society is lack of discipline, in particular SELF DISCIPLINE.

And where does self discipline originate? You got it right - chores!

Referring back to Mr. Churchill's "benighted bishops" statement - some 37 years ago I read Colonel Chapman's statement "They were educated far beyond their intelligence."

I think we all know people like that.

Fred Mills  
Courtenay, B.C.

Next Totem Times Deadline  
October 6



TOTEM TIMES



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

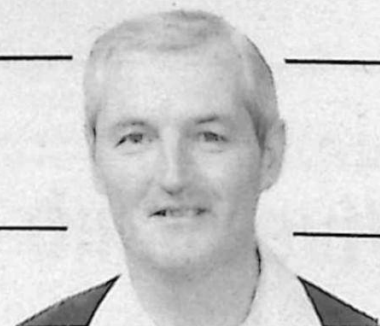
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EDITORIALS



Dog Days

There are weeks when the deadline stares me blankly in the face, and I respond with an equally blank stare of my own. "What on earth do we write about this week?" I ask ourselves; "How about the time Wife changed the furniture around, and I came home in the dark, and stepped in the goldfish bowl?" No, can't use that. Beside Wife feels I should pick on someone else for a change. Like Cat, or Dog. Dog. "Okay Benny, it's your turn in the barrel." Benny is our poodle-pom; the paranoid mix you can get in a pooch, I think. Benny is small, and was stepped on a lot

in his early life, so he spends almost all of his time under things - my truck, which is oily, our deck, which is situated over a mud puddle, or any of the several insect-infested bushes on our property. All you see of Benny is a pair of bright, watchful eyes most of the time.

He can do tricks like "Roll Over, Dead Dog, Shake a Paw, Shake the Other Paw, Sing," and so on, and people say, Dog. "Isn't he well trained." Little do they know. People do not train dogs. Dogs train people. How often do you jump out of your recliner, go over to the patio door and slide it open six

inches? Hardly ever, if you don't own a dog. Would you, if you were not a health nut, put on environmental clothing and stride into the perpetual rain of a B.C. winter at 18:30 hours (precisely) every night if you were not attached to a mutt by six feet of chain? And at 22:30 hours (precisely), would you put all the outside lights on if no suspicious noise was heard? You would if you were owned by a dog who wanted out.

You'd wait patiently too while it decided which of your prize shrubs it was going to give a bedtime benediction before it decided to come indoors.

Lightside

Norm Blondel

Do you put as much into your grocery shopping as you do on a visit to Woofy's? Dogs are colour-blind, so I'm told, and can not read. Just you try using no-name chunks on your dog, friend: you'll get snubbed quicker than a MCpl in the WO Mess.

Our dog won't "Fetch." We throw sticks and fetch them ourselves. Dumb. Adult throwing a stick down a field, running down, picking the stick up and throwing it back again. Benny sits there, nodding in satisfaction. He growls to a passing mutt, also taking his humans out for a walk. "These are my owners. They do

everything I tell them."

Being perpetually agitated himself, Benny likes to keep us in the same state. Returning home to Benny is ear-muff time. He cries, he shrieks, he howls and he jumps up, often knocking stuff out of our arms. In short order, our mood matches his, and thus content he crawls under something and goes to sleep. Wife and I converse in growls for the next hour or so. I'm getting steamed, just writing this.

Benny's a real pet though. A real watch-dog. Burglars come and go and Benny just watches. I'm joking Benny. Don't bite, please don't .... Benny! Ouch.

Ode to the Shiftworker

I'd like to pay tribute to the often "forgotten one," The man who starts his duty, when others work is done; To those who tend the station in the middle of the night, To keep things running smoothly, while the rest of us sleep tight. So what, he gets his time off too! Did I hear someone say? He gets his chance to sleep, while I'm at work all day! But let me tell you something, it isn't quite that breezy, To try to sleep in the daytime, is often not so easy; The shouts and yells of children, as they play out on the street, And at our house (like most of them), the stamp of little feet; There's the racing of the engine, the tooting of the horn; The car, the truck, the aeroplane, to herald in the morn. The barking of a wayward dog, chasing some hapless cat, The banging of a hammer, the countless things like that. Then every time there's something on, a party or a dance, His duty starts at four p.m. He doesn't stand a chance; And during his "off hours," he has duties by the score, Things that day men get to do, in hours from eight to four; There's polio prevention shots, or maybe dental care, Vaccination, pay accounts, perhaps a haircut or a cut of hair; Or if he sometimes makes by chance, a trip out to supply, A shirt, some socks, perhaps a uniform to buy, There's nothing fills a "shift man," with such degree of sorrow, Than those so often repeated words, "Please come back tomorrow." Then someone "higher up" decides, a meeting we must call, But to the guy on night shift, this is no fun at all! To the man on day shift, this sometimes means a break. To miss an hours duty, is not too hard to take, But to the one on shift work, it doesn't seem quite right, To have to do these "extras" in the middle of the "night!" How would the "day man" like it, if without any warning, He was called out for a medical, at say, three in the morning? Or if parades were held, on Sunday morn at eight? If after eight hours duty, he had to look his best, While on parade, dead tired, when he really needed rest? Who can blame this fellow, if he shows a little frown, Upon the news that the "daymen" have been given a "standdown?" Now most of this I realize, if I forgot to mention, Is really unavoidable, and done without intention; So I would like to dedicate this kindly word to him, Be he Bill, or Dick, or Jerry, Dave or Tom or Jim, Spotting him is elementary, as he passes by, By the shortness of his temper, the bleakness of his eyes; How do I know? You ask me, that this fellow is so harried, Believe me folks, I ought to - For he's the guy I married!

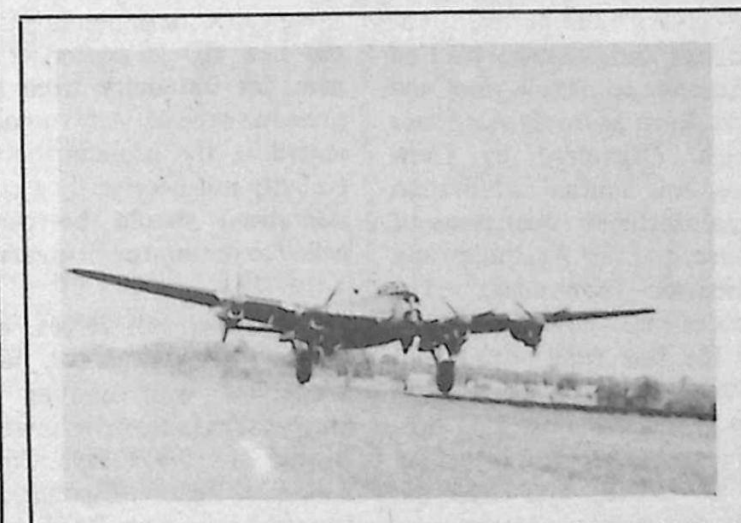
Air Force Trivia



Not air force trivia, but definitely military. Here's a clue - one of these fashion plates resides in the Comox Valley.

what  
where  
why  
when

Answer from Last Issue



No, not the beginning of another 1000 bomber raid. This Lancaster MkX is shown at Trenton in 1958, nearing the end of an era in RCAF maritime aviation as the Argus was making its debut.



## SECTION NEWS

## Demon Doins

## MAG Commander Visits



BGen & Mrs. Curleigh are met on their recent visit to CFB Comox. The combined talents of Rogers & Sutherland were on hand to offer greetings.

CFB Comox United Way campaign for 1986 is now underway. As most of us are aware the United Way is an extremely worthwhile organization, contributions to which help support 16 agencies throughout the Comox Valley. All monies contributed by base personnel will stay in the Comox Valley to benefit those in the local community.

The goal of this year's campaign is to raise \$22,000.00. 407 Squadron is the largest unit on the base, our personnel comprising of 23 per cent of the base population. From these figures the squadron goal of \$5,060.00 has been set. If everyone on the squadron contributes we can easily meet, or hopefully, even exceed our goal.

In the next few weeks everyone within the squadron will be approached by a section canvasser and given the opportunity to participate in the United Way. Everyone is encouraged to make a contribution by either cash, cheque or monthly pay assignment. Any contribution, no matter how humble, will certainly help us reach our own goal and support the United Way's grand goal.

This year over 10,000 people will benefit from the aid given by the United Way. By giving, you will be helping those less fortunate who rely on this organization. So, when approached by your section canvasser please **GIVE GENEROUSLY.**

With the exercise in full swing most of the crews are revelling in the joys of night flying. Consequently, there are seldom many warm bodies about the squadron spaces, and when there are they are frantically engrossed in their secondary duties. Ohhh, life on the keen edge is certainly only for the strong and brave. The warriors did manage to find some time to have a meet and greet down at lovely Air Force Beach. Organized by Crew Two, this mutual admiration social included ourselves, of course, and our Australian and American comrades. The Aussies must have got a taste for the fine food, drink and company traditional at meet and greets, because they subsequently attempted to attend the OWC Meet and Greet the following evening. Also of note was Glenn Whittall, post meet and greet, attempting cross country navigation on his bicycle. Unfortunately due to

his tumbled gyros and his lack of a navigator he diverged 90 degrees from track before CBD (Crash Burn Die).

There may be a new appointment at the squadron due to a recent outbreak of little red rodents. About the size of small rats they have a remote likeness to kangaroos. Most sightings to date have been restricted to the two-dimensional varieties stuck to walls. In all likelihood, L.J. Kroker will get the appointment due to his experience on the Bruderhiem Rat Patrol.

Now that the appointment of our new CO is no longer so new, his immunity from the press has expired. Any rumours regarding the aforementioned (validity not necessarily a consideration) should be channelled to the appropriate ears.

Pete Holst still at sea, enjoying his shore leave. Ken Westerveld wife hunting at Marpac Ops (a favorite hunting ground for Navs says Chris Smith, Pete Lipohar...). Demons expecting Bambinos: Spike Lavigne and "J" Mercer in the forefront and Kevin Parker and Jean Langevin not so far behind. Nuff Said.



## Officers Wives Club

Officers Wives Club is off to a good start this year with over seventy ladies attending last Wednesday's "Meet and Greet Wine and Cheese." Mrs. Gibbon, the new Honorary President, was officially welcomed to the club and she in turn welcomed the other new members.

The evening was enjoyed by everyone in attendance with ample opportunity to make new friends. The "Meet and Greet" Mixer game was won by "The runner with a shooting star" team consisting of Heather Ferraby, Vicki Papp, Eleanor Duguid, Lorie Russell, Cindy Reimer and Maxine Peturson, who between the six of them have accumulated 108 years of marriage. Irene Dandeno won the raffle prize, while the door prize went to Jane Daniel. Congratulations to everyone.

Bridge starts this Wednesday, September 24. The season begins this year at 7 p.m. with a "Wine and Cheese" with play commencing at 8 p.m. Fee: \$2.00 per evening.

**CORRECTION:** Barb Vermette's phone number is 339-6439.

Lastly we have the much sought after recipes for the fondue and dip that were so popular at the "Meet and Greet Wine and Cheese."

## CHEESE AND CRAB FONDUE

## Ingredients:

- 10 oz. Velveeta Cheese
- 2 - 8 oz. cream cheese
- 2 - 6 1/2 oz. crab, drained and flaked
- 1/4 cup light cream
- 1 teaspoon Worcestershire sauce
- 1/4 cup beer
- French bread, cubed

## Method:

Over boiling water, combine the cheeses until smooth. Add the remaining ingredients except for the bread and blend thoroughly. Transfer to fondue pot.

Note: This will thicken; use either beer or cream to keep it of a dipping consistency.

## HOT BROCCOLI DIP

## Ingredients:

- 3 stalks celery, chopped
- 1/2 large onion, chopped
- 1 tin mushroom pieces
- 1 package frozen broccoli, chopped
- 1 can cream of mushroom soup
- 1 - 6 oz. roll garlic cheese (or Velveeta creamed and mixed with garlic powder to taste.)

## Method:

Saute celery, onion and mushrooms in butter. Cook broccoli and drain well. Add mushroom soup to broccoli and other vegetables. Melt cheese and add to the other ingredients. Serve in chafing dish with toast or chips. Also good cold. Freezes well.



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## SECTION NEWS

## Airman of the Year



## Cpl Brad Gough

442 SAR TECH SELECTED AS AIRMAN OF THE YEAR  
BY RCAF ASSOCIATION

This year's Airman of the year selection by the RCAF Association goes jointly to MCpl James McCluskey, formerly of 442 Squadron, now at 103 RU in Gander, and Cpl Brad Gough of 442.

The two SAR Techs are being honoured for their participation in a Rescue operation aboard Labrador 305 in the Hecate Strait, April 25th, 1985. While attempting to hoist several fishermen stranded aboard a disabled vessel, under conditions of gusty winds and high seas, both members risked their lives descending the hoist cable to the pitching deck. The effort had to be abandoned after several tries when the hoist cable was severed on the aircraft door, sending Cpl Gough plummeting some 60 feet into the ocean. Though injured, Cpl Gough managed to give the "thumbs-up" signal to the Labrador, which remained on scene until he was picked-up by the Coast Guard vessel Point Henry.

The awards will be presented at the RCAFA National Convention in St. Johns Newfoundland on October 10th.

## Quality Assurance

In a six-man section, there's bound to come a time when nothing newsworthy happens. This is one of those times, so we'll go straight to the business of QA, which is to point out where correct procedures need to be followed. To quote from the most recent status report on QA at Comox, "QA's here to stay. It has withstood the test of time, and has noticeably improved the quality of aircraft maintenance at CFB Comox."

This is not horn-blowing on our part. It is the maintenance, servicing and section personnel who have raised their own standards. We have simply pointed out the areas where work was required. Small areas remain:

## BRING YOUR OWN BOTTLE

When an aircraft requires refuelling, fire extinguishers must be available. One for the tender, one for the aircraft. Taking the bottle off the tender

only increases wear and tear on its securing straps, and enhances Murphy's Law ("Whatever can go wrong will go wrong at the worst possible time.") The procedure from now on, is if you want some gas, bring your own (fire) bottle.

## SEEING YOU MORE OFTEN

AMIT will be here, 11-19 Jan 87. QA will visit each section twice before the Christmas leave period, commencing 1 Oct 86. A month later, we'll be around for a second look. QA will be sending an inspection schedule around, via BTSO. Making up the schedule prompted our waggish Barry Swan-

son to compose the following Christmas song. You'll recognize the tune:

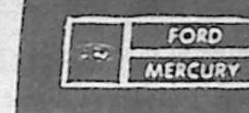
"We're making a list, and checking it twice, to find out which sections are naughty or nice; The Pre-AMIT team is coming to town."

After AMIT, our frequency of inspections will be stepped up slightly: section inspections will be every four months instead of six, and hangar areas every three months. Hangar line, aircraft and aero-engine inspections will be done as required. Some base QAs inspect their sections on a weekly basis: we feel four months is about right for Comox.

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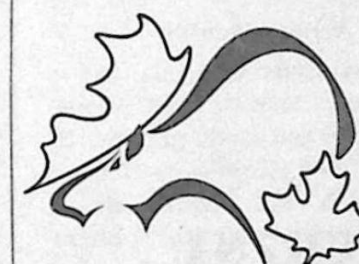
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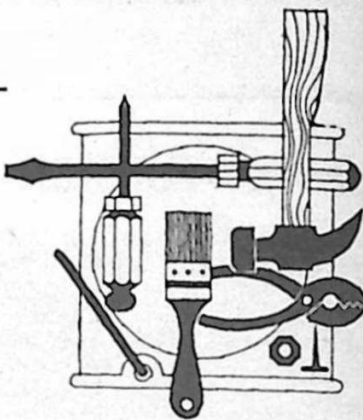
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## SECTION NEWS



# CE Happenings



Having already missed one deadline, haste is the name of the game at this time, never fear; being the profound professionals that we are, quality will not be sacrificed.

I would suppose most of you light blue boys are assuming we are sufficiently dug-in for war by the obvious trenches throughout the base, sorry, the answer is no. Our resident contractor (Torry and Sons) has a few more excavations to make.

They have also thrown in, without charge, a no heat situation which phantomly strikes many base buildings.

While on the subject of heat or lack of it, Bill Baker had to abandon his adventure training attempt at building 105. The reason for the abandonment is not known, however Bill expects the BWO had something to do with it, Gord Campbell told him on the right dress the camp was not covered off with

the front of the light blue machine.

Since the last edition, the Red and the Blue have been involved in a ferocious battle with Tilley's Slugs to determine the king of the intersection slow pitch league. After two double headers, the best of five was tied at two. On the 11th the stage was set and the two teams battled on Diamond Two. With Rollie Tasse lending vocal support for the Slugs and our

faithful ladies' cheering section urging us on, the battle was a see-saw one. With the Home Team at bat in the bottom of the seventh inning, two runs down, first and second base occupied, Mike Cowichan, a Newf disguised as a Gaspeon, hit a line drive to left centre to win the game for the Slugs. Actually it's all in the family and being the good losers that we are, we decided to allow BTNO to be custodians of the Cup.

Congratulations Slugs.

We welcome Vern Duncan, Jason Evans, Gord Wilkins and Ray Hunter back from gruelling T.D. tasks. Also a big "Hello" to the Bouchards, Limoges and Irvings. Welcome to our colony. We bid farewell to the MacPhersons on posting to CFSME Chilliwack to teach future Stationary Engineers. Larry Carlson was almost underway, however Larry wherever you were supposed to go, their loss is our gain. That's it from the Beaver side of the house.

## SECTION NEWS



# BAMSO

Welcome to one and all of the newcomers to BAMSO. We have a few people still to come in toward the end of Sep. WO Bill Folliott (ex VP 407) has been loaned to Base Operations hence will be out of the mainstream of BAMSO shop happenings. Most shop supervisory staff at least will have met our new TWO, MWO Mike Symes. We'll miss our old TWO, "Monty" ("big stick" or is it "pace stick") Elliston, who has been elected to leave the light blue pastures in BAMSO for the greener pastures on civvy street. Good Luck Monty in your future endeavours....we'll miss you at our early coffee "discussion" period (it is assumed you've properly briefed your successor on the fact that it is an uphill battle to teach modern drill to ex-RCAF officers).

Farewell too to Al Grinnell who has reached the mandatory CF retirement milestone. The younger people in BAMSO will be unfamiliar with the Avionics trade of "Armament Systems," which became part of "Radar Systems," and most recently became "Communications and Radar Systems." The Armament Systems people, working on the avionics part of weapon systems worked hand in glove with the armourers. It became common for the "gun plumbers" to refer to the Systems techs as "sisters." Al's departure leaves only a few of us ex "sisters" still serving at Comox. Al is planning to remain in the Comox Valley, so if you see him in future days I'm sure he'll be quite willing to give you his viewpoint of the political situation in Cumberland, Courtenay, Comox, in each province, and of course Federally. Who'll amend your "people to admire" and "Pink-O" rogues gallery Al? With our best wishes go put your plans in gear Al!

Carol St Germain gave Monty and Al a royal send off by baking them a farewell cake. The cake was thoroughly enjoyed by Monty and Al and the rest of us vultures (or should I say pigeons). Poor Carol though never even had a taste of her own masterpiece as she came down with the flu the day of the "eat-in."

Congratulations to the BATCO ball team as they beat

## NAVCOM LABS

This past month in Labs has been marked by a series of events that can be simply described as "epic in proportions." From a seaside wedding to an expedition to conquer the mighty Comox Glacier, our supertechs seem to have developed a taste for doing everything on a grand scale. So, without any further ado, on with this month's saga...

Picture four intrepid adventurers standing at the foot of a forbidding mountain, staring in awe at the glistening ice covered peak. They are making the final checks in preparation for their assault on the summit. "Mountain Man" Clive Webb, expedition scientific advisor, examines the vast array of strobe lights and underwater beacons that HE feels will be invaluable to the mission. "Yes, that's about right," he says confidently to himself, "ten pounds of food and water plus another forty-five pounds of really nifty technical stuff!"

Ron Davies, a raw lad from the city of Toronto and the team's rookie member, examines his provisions which include his own equally vast selection of rather suspicious looking aluminum cans. "Storage containers for plant samples...really, that's what they are!" The rest of the crew chuckle knowingly.

Steve Walters and Deborah Burns, the two, shall we say "closest," members of the team stand off to the side, eagerly awaiting the beginning of the climb. Little do they realize what significance the next days will hold for them.

By the end of Day One the team has reached the 5000 ft level; approximately 1500 ft short of the summit. It is here that Clive vocalizes an earth shattering discovery; "Hey! There's mosquitos this high up!" He also finds out that freeze-dried hamburgers are not feasible and that stirring hot food with a plastic spoon has equally successful results. Also added to the rules of mountain climbing lore are such gems as "never pitch a tent on a 45° slope" and "think twice about taking underwater beacons on a mountain climbing trip."

The next days climb is uneventful and the explorers reach the summit, make good use of Ron's "plant sample containers," make a "cheeky" salute to the Comox Valley and make their descent. Upon reaching the bottom Deborah is noticeably worse for wear but is still jubilant because she knows she has passed Steve's final pre-nuptial test and that Steve will now accept her as his wife.

Well! What a story....excitement, adventure and even a little romance. Speaking of romance, Bob and Helene Gauvin had their wedding this past weekend at their cottage in Point Holmes overlooking the Georgia Strait. After a simple ceremony the guests attended a reception that moved from cottage to cottage and ended up back at Chez Gauvin. Everyone had a great time, especially Carl who had to make up for the hassling he received as the parking attendant. The fashion hit of the evening was, of course, Steve Walters and his red leather tie; a stunning sequel to his "Courtenay Vice" look.

The stag for Bob had a unique twist in that it was a double stag. Steve has taken on the duty to organize Bob's stag in the hope that everyone would forget that he himself is to be married to Deborah in the very near future. Little did he know that a duplicate ball and chain were being made even as he plotted Bob's undoing. Needless to say, Steve was rather surprised when he felt the click of the lock at his ankle and felt himself hurled into the back of a van for an unforgettable evening of wild debauchery. Actually, it wasn't that bad and the two ex-bachelors were returned to their respective homes relatively unscathed.

And now we come to the boring stuff; the comings and goings of the shop's personnel. Warren Sutton just got back from the ARC 505 IFF radio course in Trenton, Bruce Aitken has just returned from the APX 502 IFF course in Greenwood, Steve Walters was also in Greenwood on a Direction Finder Antenna course and Marc Neumann has left for a six month tour in Egypt.

## Suggestion Award Winners



When Corporal Jean Pare was a Photo Technician on 407 Squadron he suggested that a safety harness be provided in the basket of the L75 Deicer truck and the Girette truck, to secure the water hose to the basket during washing of the CP140 Aurora aircraft. He was posted to the Satellite Identification and Tracking Unit in New Brunswick where his new commanding officer, Major Leblanc, presented him with a certificate and \$250.00 award. You will note that Corporal Pare is now a Master Corporal.



When Corporal Griffith, a Radar Technician in the BTelO Section, was at CFB Trenton, he suggested a modification to the radar processing subsystem in the Terminal Radar and Control Subsystem (TRACS). His new commanding officer, Lieutenant Colonel Bowes, presented him with his certificate and a \$300.00 award.

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## SPORTS &amp; RECREATION

## SPORTS SHORTS

## BROOMBALL

There will be an intersection broomball league meeting on Thursday 9 Oct 86 at 1000 hrs at the Base Rec Centre. All interested sections are asked to have a representative at this meeting. For more information contact the Base Rec Centre at local 2315.

## BOWLING

There will be an intersection bowling league meeting on Tuesday 30 Sep 86 at 1000 hrs at the Base Rec Centre. All interested sections are asked to have a representative at this meeting. For more info contact the Base Rec Centre at local 2315 or Sgt Doug Slauenwhite Base Photo local 2528.

## HOCKEY

There will be an intersection hockey meeting on Tuesday 7 Oct 86 at 1000 hrs at the Base Rec Centre. All interested sections are asked to have a representative at this meeting. For more info contact the Base Rec Centre at local 2315.

## BASE SERVICEMEN'S BASKETBALL

Any military personnel interested in playing for the Base Servicemen's Basketball Team are asked to contact Cpl Ray Field at local 2595 asap. The first practice will be scheduled for Mon 6 Oct 86 at 2000 hrs at the Base Rec Centre.

## BASE BROOMBALL TEAM

There will be a meeting for all military personnel interested in playing for the Base Mens Broomball Team at 1430 hrs on 2 Oct 86 at the Base Rec Centre. For more information please contact MCpl Alex Bedard at local 2565.

## CFB COMOX BADMINTON CLUB

The Base Badminton Club will begin the new season at 1900 hrs on Wed 1 Oct 86 at the Base Rec Centre. The Badminton Club meets every Wednesday and Sunday from 1800 - 2200 hrs. All old members and prospective new members are invited to attend. Membership Fees are \$5.00 and some equipment is provided. For more information contact Sgt Ken MacDonald local 2626.

## Officers Mess

WEDNESDAYS OCTOBER 1, 8, 15, 22, 29

OFFICERS COFFEE HOUR Coffee will be served in the lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAY OCTOBER 3

407 Squadron MESS DINNER

SATURDAY OCTOBER 4

OKTOBERFEST An All Rank Oktoberfest will be held in 3 Hangar from 2000 hrs. - 0100 hrs. Cost will be \$6.00 per person and tickets are available at the Mess.

WEDNESDAYS OCTOBER 8, 22

OWC BRIDGE CLUB

FRIDAYS OCTOBER 10, 24, 31

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

WEDNESDAY OCTOBER 15

OFFICERS WIVES CLUB

FRIDAY OCTOBER 17

ITALIAN NIGHT Come out and enjoy Italian cuisine at the Grand Opening of Pasquale's Cafe at 1930 hours. This will be followed by a gondola ride through the streets of Venice while being serenaded by the music of TOM MAXTED. Dress for the occasion is casual. Cost: Members free, Limited Associates & Guests free. (Please sign at the door.)

## COMING EVENTS:

TBA - GREY CUP

11 Nov - REMEMBRANCE DAY



Outdoor Writers of Canada

## Pipe Smoke

By Gerry Gerow



I am a conservationist. I have been called a fanatic about conservation but that's neither true nor fair. I believe in the preservation of the natural resources of the earth to ensure they are still around for the enjoyment and use of our great grandchildren and their great grandchildren. That's right, I said *use*. I am firm in my belief that everything was put on earth by the great Creator for the use of man. It is left up to man, however, to ensure the perpetuity of these resources.

Our Father/Mother created man as a predatory animal, and that's not going to change. God also gave man the power of reason. This enables him to change his environment and then adjust things to fit into the change. If, for example, man removes the natural control of nature over a species, whether deliberately or by accident, then he must find other ways to control that species.

As well as conservationists we have the people who some of us call *bleeding hearts*. These are the people who act to protect our natural resources but do so without putting sufficient thought into their actions.

Not long ago a group of bleeding hearts calling themselves E.A.G.L.E. (environmentalists against grabbing little eagles), prevented some authorities from removing a bald eagle chick from a nest. The chick was to be hand reared and used to reestablish *Haliaeetus leucocephalus* in an area of the continent where they had disappeared. Now a conservationist would know that there were two chicks in the nest and that under normal circumstances one would be killed by its sibling before long. Therefore the action of the authorities would, in all probability, result in one more eagle in the environment. A good conservationist would have held the ladder.

Bleeding hearts raise all sorts of cain about the killing of seals. Conservationists know how

many seals there are, and how many can be eliminated without endangering the species. They also know that an adult seal eats 30 pounds of fish per day. That's about five tons of fish every year. A lot of it is prime salmon and steelhead trout. Therefore conservationists advocate controlling the numbers of seals.

When an oil spill happens conservationists concern themselves with cleanup and methods of see it doesn't happen again while the bleeding hearts are spending their time getting their pictures taken bathing oil soaked sea gulls.

In many Canadian parks, Canada geese are becoming a nuisance because of their numbers. Bleeding hearts are running around removing the eggs from the nests, boiling them, and then relacing them in the nests to prevent reproduction. If it wasn't for these same bleeding hearts, however, conservationists would allow the geese to propagate, in fact even encourage them to do so, and then thin out the resulting flocks by humane methods and use the birds to feed hungry people.

Wolf kill programs are another area where the bleeding heart syndrome causes all kinds of problems for conservationists who know exactly what they are doing.

A big mystery is the uncanny way these bleeding hearts have of getting publicity for their acts. Take the E.A.G.L.E. group for example. This took place on northern Vancouver Island, but I first read of it the next day in a Toronto newspaper. For one foolish action these people got more publicity than the entire program to reestablish eagles in areas where they are no more.

It would appear that it is about time journalists got their act together and started reporting things as they really are rather than concentrating on senseless acts of sensationalism by a handful of people.

Next Totem Times Deadline  
OCTOBER 6thKwa-Nice  
District  
Pathfinders

Girl Guides of Canada, Kwa-Nice District, Pathfinders (girls ages 12-15) will meet weekly from 7 - 9 p.m. Mondays in the Catholic Church Hall at CFB Comox.

Any interested girls from Comox or CFB Comox are welcome to join. For more information please call 339-7158.



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## SPORTS &amp; RECREATION

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THE CFB ESQUIMALT RUNNERS....

Left to Right: Top - Cpl Mrozinski, Sgt Burghard, MWO Williams, Cpl Guthro, LCol Jackaman, BAdo. Bottom - Cpl Austin, Lt (N) Saunders, Pte Sawyer.

## Golf Winners for '86



Here they are! The winners of the Lefties VS Righties Tournament. Front Row: Mike Burger, Jean Cote, Bob McAndrew, Harry Lewis, Jean-Marc Gagnon, Bill Chiki. Standing are: Art Johnson, Warran Campbell, Doug Slauenwhite and Arnie Mathis.



The winners of the Building Fund Tournament are Lee Johnson, Ruth Hunter, Vi Willander and Larry Harker. The Tournament was a complete success thanks to the organizer, Marth Campbell. Once again, thank you Marth for such a wonderful and well organized Tournament.

JOHN WEBBER  
B FLIGHT WINNER

RUSS WREGGITT  
C FLIGHT WINNER

## GOLF NEWS

The Mens Club Championship was played on the 6th and 7th of September. The winner of the event was Mr. Bob Marshall with a total score of 147, 3 over par. Well done Bob and hope that you play as well as Glen Abbey next year. The winner of the "A" "B" and "C" Flight were Dave Ronaldson with a score of 148, John Webber who shot 157 and Russ Wreggitt with a total of 166. Dave Ronaldson went to the CF Golf National and finished 3rd. Well done Dave.

On the 2nd of September, Andy Clark Jr. showed Daddy, Bud Peters and Fred Schwab how to score a hole-in-one on the 13th hole. Congratulations A.J.

## Home Party Show

Mon. Sept. 29th 1 PM - 9 PM  
Westerly Hotel

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# SARSAT

## Search and Rescue Satellite-aided tracking system

### Additional Equipment Announced

#### BEATTY ANNOUNCES ADDITIONAL SARSAT EQUIPMENT

FROBISHER BAY, NWT -- The Minister of National Defence, The Honourable Perrin Beatty announced recently approval for additional Search and Rescue Satellite-aided Tracking System (SARSAT) equipment. Valued at \$18M, this project will include a contract for three additional satellite repeaters, associated project management activity and related ground support equipment.

"The SARSAT system is a technological and humanitarian success, and a demonstration of outstanding international cooperation," said Perrin Beatty.

Started as a DND Research and Development project in the mid-1970s, the SARSAT system is used to locate aircraft or ships in distress once onboard emergency radio beacons have been automatically or manually activated.

"Canada has reason to be extremely proud of her contribution," added Beatty.

The SARSAT system has been credited with saving more than 600 lives worldwide. In 85 Canadian incidents alone, 178 lives were saved.

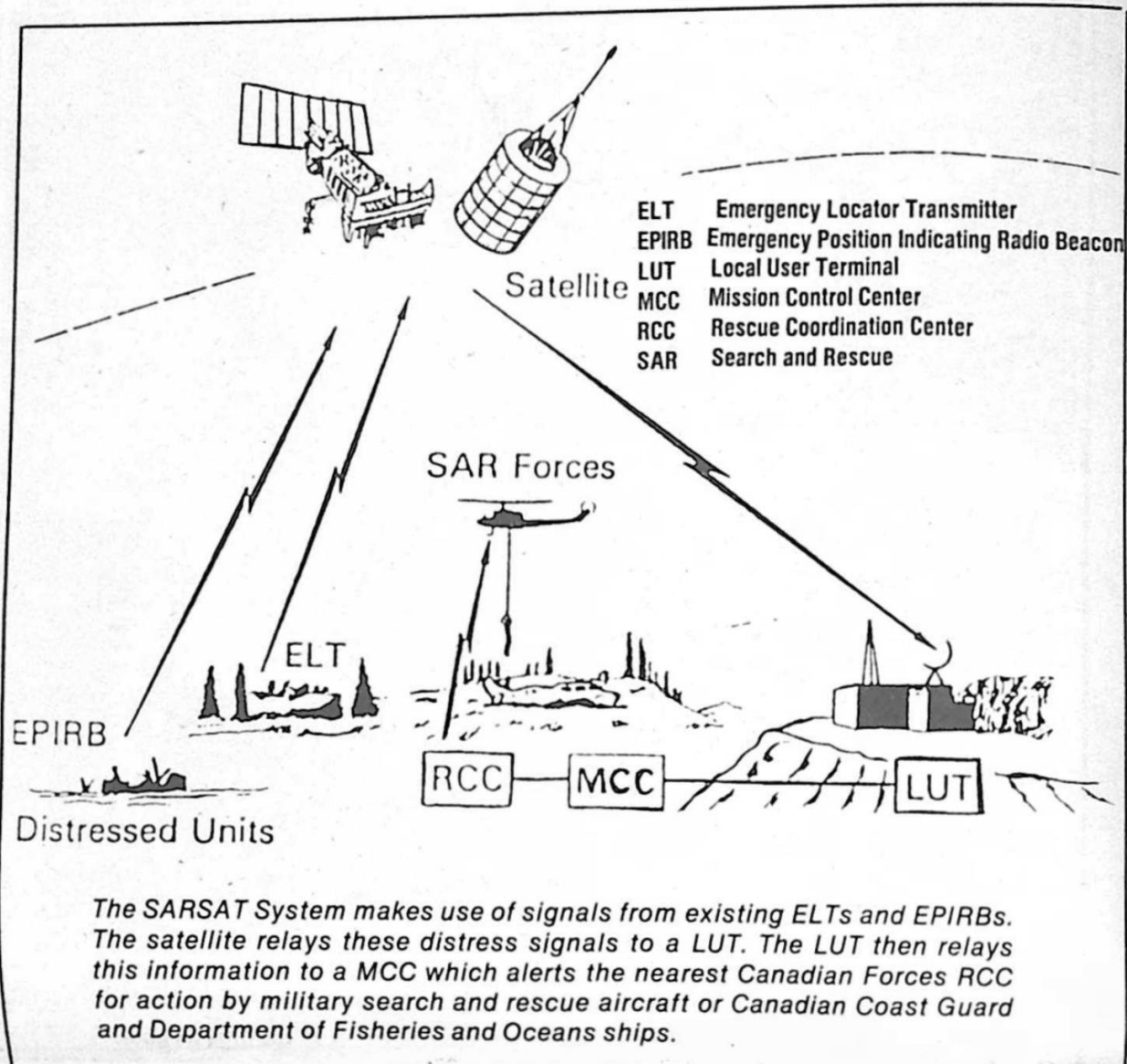
"SARSAT" stands for Search and Rescue Satellite-Aided Tracking System and is the newest tool in the Department of National Defence's (DND) inventory of search and rescue resources. DND is the lead Federal agency in the program which also involves the Department of Transport, the Department of Communications, the Ministry of State for Science and Technology, the Department of Fisheries and Oceans and Supply and Services Canada.

For Canada, a vast country with a very low population density, the length of time required to locate aircraft and ships in distress is critical. The importance of rapid location is best illustrated by the results of studies that have shown that even those persons who have survived an initial aircraft crash have less than ten per cent chance of survival if the rescue is delayed beyond two

days. If the rescue is accomplished within eight hours, their survival rate increases dramatically to more than 50 per cent. SARSAT has meant a drastic reduction in the time required to locate aircraft and ships in distress. When teamed up with well trained search and rescue personnel this has meant many lives saved that otherwise might have been lost.

#### HISTORY

The SARSAT/COSPAS system is a result of a 1980 international agreement between Canada, the USA, the USSR and France to co-ordinate their efforts to use satellites in the detection of aircraft and ships in distress. The ground for this new use of satellites was broken during the 1970s when a number of countries began investigating the possible use of satellites in the detection of emergency transmissions. In 1972, DND funded research concluded that a standard



The SARSAT System makes use of signals from existing ELTs and EPIRBs. The satellite relays these distress signals to a LUT. The LUT then relays this information to a MCC which alerts the nearest Canadian Forces RCC for action by military search and rescue aircraft or Canadian Coast Guard and Department of Fisheries and Oceans ships.

Emergency Locator Transmitter (ELT) could be found within 30 km of its position by means of a polar-orbiting satellite.

An ELT is a battery-operated electronic device which automatically activates in a crash and transmits a high pitch siren-like sound over an emergency frequency. An ELT is installed in most general aviation aircraft.

Further tests and developments by the SARSAT partners resulted in the system becoming operational on September 1, 1982. The first satellite-aided rescue was just nine days later, when Canadian Forces search and rescue personnel rescued three survivors of an air crash near Dawson Creek, B.C.

Since 1982, SARSAT membership has grown to include the UK, Norway, Bulgaria, Finland and Denmark.

#### HOW IT WORKS

The SARSAT system makes use of signals from existing ELTs and emergency position-indicating radio beacons (EPIRBs) used in marine vessels. The satellite relays these distress signals to a ground station known as a Local User Terminal (LUT) where the origin of the distress call is calculated to within 30 km. The ground station then relays this information to a Mission Control Centre (MCC) which alerts the nearest Canadian Forces Rescue Coordination

Centre (RCC) for action by military search and rescue aircraft or Canadian Coast Guard and Department of Fisheries and Oceans ships.

The Canadian LUT is located in the Defence Research Establishment at Shirley's Bay, near Ottawa. By mid-1987 LUTs are expected to be in place at Edmonton, Goose Bay, Labrador and Churchill, Man. These additional LUTs will increase the already impressive effectiveness of SARSAT/COSPAS. The Mission Control Centre is co-located with the Rescue Coordination Centre at Trenton, Ont. Other RCCs are located in Halifax, Edmonton and Victoria.



Jon & The Colonel...a "United Way"

At this writing the 1986 Base United Way campaign is one week old. Although an exact tally for the first week isn't yet available, early indications are that the campaign is off to a great start! Remember that the emphasis this year is to reach greater numbers of our people than we have in the past. So even if you are feeling the pinch of lean times, give what little you can; it may make all the difference to someone much less fortunate.

#### PEOPLE MAKING IT HAPPEN

An activity as arduous as collecting money demands special skills such as patience, tenacity, enthusiasm, and a firm belief in the cause. This year we have an excellent group of dedicated section reps working hard for the United Way Campaign. The following list of personnel represents the backbone of this year's Campaign:

REPRESENTATIVE	SECTION	LOCAL
Capt Bob Coulter	407 Sqn	2308
Lt Dan Lachance	442 Sqn	2389
Lt Martin Bagley	VU33 Sqn	2240
Sgt Bev McConnel	Admin	2279
Pte Sam D'Amour	Compt	2616
WO John Jorgensen	BAMSO	2524
Sgt Karl Cameron	Supply	2478
MCpl Chuck Willemsen	CE	2496
Sgt Heather Walsh	ATC	2596
Sgt Chris Young	Transport	2493
MCpl Gino Short	Hospital	2267
Pte Brenda Charbonneau	Dental	2230
Sgt Barry Ward	Canex	2372
Cpl Chris Graham	Food Sys	2352
MCpl Josee Descoteaux	PERI	2315
Sgt Rick Urban	Telecom	2515
Sgt Bas Kuyper	Fire Hall	2224
Cpl Jeoff Buxcey	Security	2247
MCpl Jerry Kinshella	Met Office	2431
MCpl Jeff Willis	740 CommDet	2608
Capt Doug MacArthur	AFIS	2560
WO Don Logan	Base Ops	2223

#### PUBLICITY

As you may already have noticed, a new UW sign was erected close to the main gate last Friday. This sign shows a running "thermometer" of the various campaign goals set for the Base Squadrons and Branches. The goals were set based on the unit's percentage of the total Base military and civilian personnel strength. You may find the results interesting:

THE UNITED WAY STORY  
YOU MAKE IT HAPPEN



## United Way Update

Due to their size or organization, some sections may not appear on this list but will be covered by one of the other section reps. If you are not sure who your rep is, or if you feel you might be missed, contact Base UW headquarters at 2393 and we will be glad to help.

BRANCH/SQUADRON	% OF BASE PERS	GOAL
407 (MP) Sqn	23%	\$5,060
VU 33 Sqn	4.6%	\$1,012
442 Sqn	12%	\$2,640
Tech	37%	\$8,140
Adm/Compt	12%	\$2,640
Ops/AFIS/740COMMDet/ARAF	11.4%	\$2,508

The board will be updated as often as possible, so keep an eye out for how your Squadron or Branch is progressing towards its goal.

#### WHY GIVE TO THE UNITED WAY?

In my conversations with people on the campaign trail I often encounter questions regarding the inefficiency of charitable organizations. This is indeed one of the most consistent misconceptions that the public has of charitable organizations in general and of the United Way in particular. Indeed, one of the most important reasons for giving to the United Way is that it has such a low cost overhead. This is achieved by a heavy reliance on volunteer workers, and by the fact that several individual member agencies are supported by one single campaign.

Some costs, of course, are unavoidable. The pamphlets you receive in the mail and the posters displayed around town are examples of ways to expose the United Way's purpose and goals, and these items cost money. But the people who spend hours of their spare time organizing campaigns and answering questions at mall displays are unpaid volunteers. This represents an enormous savings as any of us know who have paid labour costs to have our car or plumbing repaired. United Way volunteers are repaid for their services by the satisfaction of having helped someone less fortunate than themselves.

So if you have reservations about how your United Way dollars are spent, your concerns are unnecessary. Think instead of how your money can ease the hardship of so many in our community who desperately need your support. Be a participant in this year's campaign, and remember it is not so important how much you give; just that you give.

Lt Jon Sobieralski  
Base United Way Coordinator  
Loc 2393

## WHAT IS GOLF

What is golf/ ...Golf is a form of work made expensive enough for a rich man to enjoy it. It is the physical and mental exertion made attractive because you have to dress for it in a \$200,000.00 clubhouse. Golf is what letter carrying, ditch digging and carpet beating would be if these three tasks had to be performed on the same hot afternoon in short pants by a gouty looking gentleman wearing striped socks, who required a different looking implement for every mood. Golf is the simplest looking game in the world when you decide to take it up and the toughest looking after you have been at it for ten or twelve years. It is probably the only game a man can play as long as a quarter of a century and then discover it was too deep for him in the first place. The game is played on carefully selected grass with little white objects and as many clubs as a player can afford. These balls cost from \$1.00 to \$25.00 and it is possible to support a family of ten people...all adults...for five months on the money represented by the balls lost by some golfers in a single afternoon. A golf course has eighteen holes, seventeen of which are unnecessary and are put in to make the game harder. A hole is a tin cup in the centre of the green. A green is a small parcel of grass costing about \$1.98 a blade and usually located between a brook and a couple of apple trees or a lot of unfinished excavations. The idea is to get the ball from a given point into each of the eighteen holes in the fewest strokes possible and the greatest number of words. The ball must not be thrown pushed or carried, but must be propelled by about \$600.00 worth of curious looking implements especially designed to provoke the owner. Each implement has a specific purpose and ultimately some golfers get to know what the purpose is...they are the exceptions. After each hole has been completed the golfer counts his strokes...then he subtracts six and says...made it in five...that's one above par...shall we play for fifty cents on the next hole too?...After the final or eighteenth hole the golfer adds up his score and stops when he reaches 86. He then changes shoes, drinks five pints of beer, sings "Sweet Adeline" with six or eight other liars and calls it the end of a perfect day.

## MFO Medal

### Multinational Force and Observers Medal

OTTAWA -- Canadian Forces members are now eligible for a medal upon completion of a tour of duty in the Sinai with the MFO.

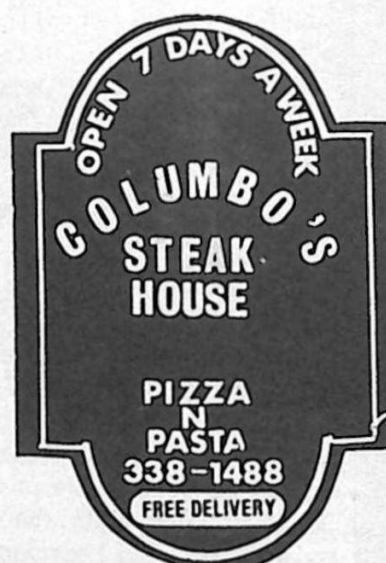
The usual qualifying time for the medal is six months of honourable duty with the MFO. Following the initial award, numerals are attached to the medal ribbon to designate subsequent periods of service.

The MFO medal is a meritorious service award and was instituted in 1981. It is a bronze medal, bearing the MFO emblem on the front and the words "United in Service for Peace" on the reverse side. It hangs from an orange ribbon 3.4 cm wide, upon which is centered a .6 cm white stripe in between two .2

cm vertical green stripes. There is also an accompanying miniature medal.

This award compliments similar medals for service with the International Commission of Control and Supervision (Vietnam), the International Commission of Supervision and Control (Indo-China) and for 13 United Nations missions.

The MFO Force Commander, Lieutenant-General Egil Ingebrigtsen, presented the medal to the first Canadians serving in the MFO. The ceremony took place prior to the 1st semi-annual rotation of the Canadian peacekeeping contingent which began on August 27, 1986.





## AROUND THE BASE

### Honoured On Retirement



Members and wives were recently honoured at a Mess Dinner held at the WOs and Sgts Mess. From left to right are MWO Jim McHendry and wife Gwen, Sgt Roch St Pierre and wife Sandy, Sgt Vince Ruttol and wife Elsie, Sgt Bob McKay and wife Marion and WO Bev Kolins and wife Amy.

### Fire Prevention Week

Fire prevention week is observed each year during the week of 9 October, which marks the date of the great Chicago fire of 1871 and the start of community participation in fire prevention activities, in 1921. This year fire prevention week will be from 5 to 11 of October.

CFB Comox Fire Department will have displays set up at CANEX during the week of fire prevention. Also during this time there will be fire drills held on Base and at the Airport Elementary School.

CFB Comox Fire Department and all Comox Valley fire departments will be participating in the October 9th National Fire Drill at 7 pm sponsored by McDonalds Restaurant. There will be more information passed on about this fire drill through the local media and the Base Fire Hall.



#### THE OLD LADY SAYS



A certain little old lady who lives in a shoe has become famous for telling people in Canada just what to do about preventing and surviving fires. The portly lady with the big nose - the better to sniff smoke - is the brainchild of FIRE PREVENTION CANADA (FIRECON) ASSOCIATION, the nonprofit, public education arm of the Canadian Fire Service.

Conceived in 1977, the old lady (no disrespect intended), is an animated cartoon figure. Typical of good mothers everywhere, she is matronly, loving, knowledgeable, wise, and concerned. She transcends language, race, and culture, so all groups can identify with her. This wry, spry old lady has one obsession: making certain everyone knows about fire prevention.

### ...learn not to burn

#### HOME FIRE SAFETY CHECK LIST

##### ESPECIALLY FOR THE CHILDREN

- Do you make it the rule never to leave small children unattended? Yes ☐ No ☐
- Do you show your babysitter the escape routes from your home, and the right way to call the fire department? Yes ☐ No ☐
- Do your babysitters (and you!) know the first rule of safety in fire emergencies: Get everyone out fast, and don't go back in? Yes ☐ No ☐
- Do your children keep a safe distance from flame and spark sources? Yes ☐ No ☐

##### SMOKING HABITS

- Is smoking in bed against the rule? Do you check for smoldering butts in chairs and sofas? Yes ☐ No ☐
- Are you careful disposing of cigarettes, cigars and pipe ashes? Yes ☐ No ☐
- Are there plenty of large, safe ash trays throughout the house? Yes ☐ No ☐
- Are matches and lighters kept out of the reach of children? Yes ☐ No ☐

##### HEATING AND COOKING

- Are furnaces, stoves and smokepipes away from combustible walls and ceilings, and in good repair? Is your heating equipment checked annually by a serviceman? Yes ☐ No ☐
- Are portable heaters properly maintained and located? Yes ☐ No ☐
- Do you make sure there are no combustibles near any stove, heater or fireplace in the house? Yes ☐ No ☐
- Do you have the chimney cleaned and checked regularly? Yes ☐ No ☐
- For safety against chimney and other sparks, is roof covering fire retardant? Yes ☐ No ☐

##### GOOD HOUSEKEEPING

- Do you keep rubbish cleaned out? Yes ☐ No ☐
- Is paint kept in tightly closed metal containers? Yes ☐ No ☐
- Are flammable liquids stored in safety cans, and kept away from heat and children? Yes ☐ No ☐
- Have you made it a rule never to use flammable liquids for cleaning clothes or starting fires? Yes ☐ No ☐

##### ELECTRICITY

- Are extension cords never run under rugs or hooked over nails? Are all cords in good condition? Yes ☐ No ☐
- Are appliances checked periodically for good operating condition? Yes ☐ No ☐
- Is the right size fuse in each socket in the fuse box? Do you use a new fuse after each blow? Yes ☐ No ☐
- Is your TV antenna installed safely? Is it equipped with a grounded lightning arrester? Yes ☐ No ☐

Every "no" in this check list shows where your family's safety precautions fall short. Take action — family action — now!

A reference from National Fire Protection Association Bulletin 675-1984

## LIFESTYLE

### WANTED



### SMOKERS

Can be identified by: A blue cloud of smoke, hacking, coughing and emitting noxious odours.

If found turn into Maj Tamminen, BButt0, Loc 2347

For the next Butt-Out Course in mid-October. That includes all military, dependents and civilian DND employees.

### info health

Dr. Bob Young



#### Blood Pressure and Hypertension

"How is my blood pressure doing, Doctor?" "The nurse took my pressure and says it's fine." "My pressure is sure to be up, Doc - it's been a hectic week."

Few conditions receive as much study and attention as hypertension, or high blood pressure, and rightly so as a large proportion of us depart this earth because of diseases caused by, or at least associated with hypertension.

About 95 per cent of people with elevated blood pressure have primary, or essential, hypertension - a fancy way we have of saying we do not know what is causing it. In fact doctors have yet to really agree on when a blood pressure is too high.

One physician will treat a patient at a certain level while another doctor will not feel it is necessary; both can easily find references supporting their view.

There is no arguing the fact that heart attacks, strokes, kidney failure, aneurysms and other calamities occur much more frequently in individuals with high blood pressure, and can be, at least statistically, prevented or postponed if the hypertension responds to treatment.

Hypertension causes no symptoms, and there is no way patients can determine what their pressure is at the moment unless they or someone else measures it. The lack of symptoms makes compliance (following treatment) difficult. People hurt if they skip their arthritis pills; there is no such reminder with hypertension.

Treatment is available. Research has provided us with an abundance of medications and the list keeps growing. The newest are not necessarily the best, and some old-time drugs are enjoying a resurgent popularity. The one that works in a particular patient, without side effects, is the one the doctor is looking for.

The disease is rarely cured. The physician must emphasize, and the patient understand, the need for continued treatment and periodic review when the diagnosis is high blood pressure.

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



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GROUP PURCHASES



\* BASED ON AVERAGE HOME CONSUMPTION.

## SECTION NEWS

### CD1's and 2's Presented



MWO HENWOOD - CD1  
WO MORIN - CD1  
WO COOPER - CD1  
MAJ HANSEN - CD1  
SGT ERVIN - CD1

MWO BREITKREUTZ - CD2  
WO WALKER - CD2  
COL KADONOFF  
WO FLEMING - CD2



### Supply Signals

Once again it is almost Quarterly Report time and I have volunteered (Ha!) to write the Base Supply Column for this issue.

After looking at a blank sheet of paper for what seemed like an eternity, I endeavoured to contact the multitude of supply gossips and tap their brains for tasty tidbits of information but to my surprise no one wanted to talk to me!! I threatened them "Tell me what I want to know or I'll write an article full of lies about you!" It didn't work. I was devastated. I looked around me and saw nothing but normal activity. What would I write about??

Then, out of nowhere, a couple of third string gossips started the wheels in motion as I looked out the window. A man on a ladder was painting Clothing Stores brown. It would no longer be known as "The Pink Building." Another change to this wonderful warehouse of hard to get goodies is the removal of a few walls, to better accommodate our over abundance of stock, and to lessen our places to hide. The Base Supply offices currently located on the top floor of 7 Hangar will soon be moving to a new location in HQ. The rumour is that this will happen during the first week in October. A pool has been started to see who will forget about it and climb all those stairs to report for work the day after the move, so buy your tickets ASAP.

It seems that a rash of practical jokes has hit the personnel in General Stores lately. Apparently it all started with a phone call from a would-be Revenue Canada Auditor who had found a problem with Shelly's income tax return. In short, she was to pay some six hundred dollars plus, in back taxes by the next day. Shelly being the calm, cool, collected person she is put on a great show of bravado, and denies all claims of hysteria and begging.

Oh, by the way Pat, could the pie in the face you received have anything to do with the joke played on Shelly? We

don't think so, but we did hear your wife was in on it. Rumour has it the next target is a certain Sgt. Any ideas who, Bob?

From the hello and good-bye department welcomes go out to our newest arrival Pte Barbie Arnold, who has returned to Comox after a two year stint in Holberg. A word of warning to Chuck AKA "Dog-Hater" AKA "Bear Napper" Harvey: Barbie has assured us she's taken extensive measures to protect her teddybear from would-be thieves. A possible good-bye is in order for Luc who might be going on an Airborne Jump Course on Oct 6. Luc, who has recently graduated from the Hulk Hogan School of Rock and Wrestling, claims push-ups and sit-ups are the easy part, it's having to pay money for Alberta speeding tickets he's worried about. Also proceeding on course will be our own Lt Dave Jones, who will be leaving for his basic logistics course on Oct 13th. Good luck, Dave.

Congratulations and well done to Darryl Sears, Pat Ar-

mstrong, Jack Picard, Cathy Deruelle and Jo-Ann Martin, who have just returned from the mens and womens Fastball Nationals in Shearwater and Moosejaw. Playing ball was the easy part, but no smoking on the Boeing.

Congratulations also to Sgt Vander Kooy and Capt Russell who are both expecting additions to their families, and to Debra Burns on her upcoming wedding. There will be a post-nuptial party on Sep 26th, everyone is welcome.

as she had to fearlessly battle an octopus on her first scuba diving adventure. Lots of prac-

tice before, Kathy?? Speaking of adventure, another world famous supply adventure training trip will take place at the end of Sep. The chosen few will be braving the wilds and hiking (not driving and canoeing like the older folks) up to Panther Lake, so stay tuned for the play-by-play in later issues.

Riddle: What do American and Australian men have that Canadian men don't? Answer: Lucy and Allison would not tell us but we don't think it's their accents.

Till Next Time. CATCHA MUCH.

#### BOB SLEIGH

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## AROUND THE BASE

## "Red Lead" says Farewell



...in the good old days!

As this issue of Totem Times 'hits the streets' I will have just begun my retirement leave after more than 33 years of service in the RCAF and the Canadian Armed Forces.

I would like to take this opportunity to thank all personnel of CFB Comox - military and civilian - for your support, cooperation and friendship over the past two years during my tenure as Base Operations Officer. I would like to particularly thank all personnel of the Operations Branch for their individual and collective support during my tour.

Since Joyce and I plan on staying in the Comox Valley, I look forward to seeing many of you from time to time. However, in departing the Base and active service, I would like to wish all of you and yours the Best of Luck and Happy Landings always - it is my hope that your service careers will be as rewarding and as enjoyable as mine has been. Many thanks again to you all.

LCol Alan C. Brown, OMM, CD2  
"Red Lead"



...still the good old days!

## Are You One of the Statistics?

Air Command continues to be plagued with unnecessary MSE vehicle accidents. These accidents cost the command close to one hundred thousand dollars "each quarter" for direct repair costs alone. Of these, one third are caused by unsafe backing practices. Another one quarter are caused by driver inattention and negligence, including disregard of defensive driving techniques. It is evident that these statistics are becoming alarming and that some form of remedial action is required.

CFB Comox has, unfortunately, added to these statistics by increasing its total number of accidents 275 per cent over last year's figures. To date, there have been eleven MSE vehicle accidents in 1986, and five have been attributed to unsafe backing. That is a frightening 45 per cent of the total.

What is even more worrisome is that of those eleven accidents all but one were preventable. This checks in at 91 per cent preventable!

Background: An MSE accident is defined as: "An event involving or resulting from the operation of MSE which results in the death or injury to personnel and/or damage to equipment or property."

"What then are the chances of anyone being involved in an accident? A North American wide analysis of over 1,750,000 accidents reported by 300 cooperating agencies involving 4000 hours of "incident recall," revealed the following statistics:

Everyone has about 300 incidents or near-misses where no damage or injuries occur before he or she has one minor accident where damage is minimal. After about 29 minor accidents, there is one major accident where damage is above \$500 and maybe injuries are added. This pyramid was confirmed by the analysis but doesn't necessarily mean you'll have to wait for 300 near misses before you have an accident. When one thinks that almost every accident is caused by a sequence of events directly controllable by the operator and, if not controlled, will become one of the blocks in our own pyramid, it is easy to see that we create our own events for being involved in an accident.

The Base Transportation Officer is responsible for the MSE accidents occurring at CFB Comox. Before any military member is permitted to operate any MSE he or she is screened thoroughly. Standards are laid down and all

operators must meet the prerequisites.

It begins with the initial application form with all the details of a prospective DND404 holder's previous driving record if any. Once those details are known and are not in conflict with existing Provincial regulations, a physical examination is given which ensures there are no medical restrictions preventing the individual from operating DND vehicles. Following a written examination, a practical road test is done. Only on successful completion of this sequence of events is a DND 404 driver/operator permit issued.

If necessary, the driver later undergoes training on the special purpose vehicles he requires to carry out his duties, i.e.: aircraft towing tractors or the a/c deicer. During this training his supervisor checks him carefully and supplies continuous motivation towards safety.

Why then, with all these precautions in place, are these preventable accidents occurring at such a horrendous rate?

It is evident that the education was there.

Our vehicles and roads are engineered with safety in mind. Safety instructions and reminders

are stressed at every opportunity. Are we lacking in supervision and enforcement? How would you feel about having to be assessed the costs of repair for preventable accidents? Good question. Now how about some answers.

As professionals, we all take a great amount of pride in completing our work safely and on time. To ensure irregularities do not occur in the workplace we practice tool control, FOF checks and regular safety inspections. This way of thinking must be carried over to the times we are called upon to operate MSE.

Forgetting our safe driving practices may one day prove to be the most severe mistake we make in our lives. Sixteen years ago on a Saturday morning a service member was working on his car in his driveway with his three children aged 7 and younger playing around him. After going in the house for something he went out, got in his car and backed out without looking behind first. He killed two outright and maimed the third severely and permanently! Please think: please take the time to look and/or ask someone to guide you.

PLEASE DRIVE CAREFULLY!

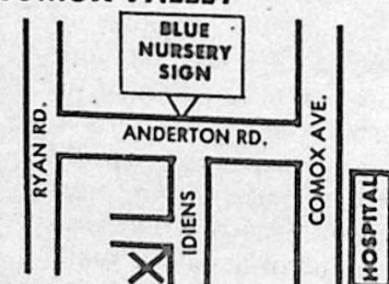
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## AROUND THE BASE

WANTED  
CURLERS

Still some openings in all leagues

**LADIES** - Tues Eve, Tues & Thurs Aft  
**MENS** - Tues & Thurs evenings  
**MIXED** - Sun, Mon, Wed evenings

338-8324 - 334-4712

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Tom Argue - 338-9784

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9 a.m. & 11 a.m. Eric - 334-4240 or John 339-4935

## CURLING CLINIC

Register by Oct 6th - \$10.00/person  
For NEW curlers or any curler

**COMOX VALLEY CURLING CLUB**  
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JR. RANKS  
ENTERTAINMENT

OCTOBER

Oct 4 - All Ranks Oktoberfest  
2000 - 0100 hrs

Oct 10 - DJ Audio Express  
2100 - 0100 hrs

Oct 17 - DJ Summit Music  
2100 - 0100 hrs

Oct 24 - DJ Terrible, Terrible,  
Terrible  
2100 - 0100 hrs

Oct 31 - Halloween Dance  
**MEYER & GOODING BAND**  
(The Link)  
2100 - 0100 hrs  
Admission: \$3.00

Oct 29 - Ladies Club Monthly  
Meeting  
7 PM in Lounge

Admission to DJs is \$1.00  
Snack Bar: 339-4333

## WOs &amp; Sgts Mess

ENTERTAINMENT

SEPTEMBER 26 - MARCOT INTERNATIONAL GAMES  
NIGHT

SEPT 27, 1986  
BINGO

ADMISSION - \$6.00 P/P - One free card. Additional cards  
4/\$1.00

Non players attending dance - \$3.00 P/P

START - 1830 hrs. with Early Bird

9 Games worth \$50.00 each

1 Game worth \$400.00

Cards for Early and Late Bird .25 each  
Prizes are meat vouchers with meat supplied by Goods Meat Market.

FOOD - Mixed trays 2200 hrs

DANCE - ALLEY CATS 2100 - 0100 hrs

DRESS - CASUAL as per Mess standards NO JEANS

**CLUB CRIBBAGE LEAGUE**

To start in September

Check at the Mess

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## BAYVIEW



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## PEOPLE &amp; PLACES

## Chapel Chimes

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

BASE CHAPLAIN (RC) - Maj J.T. Dabrowski  
CHAPEL - Our Lady of the Sacred Heart (on Base)  
OFFICE - Headquarters, Bldg 45, Room 48, Telephone:  
339-2211, Local 2274

MASS SCHEDULE: 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. President: Mrs. Edna Sinclair, Telephone 339-  
6883.

CATECHISM CLASSES - September - May in the PMQ  
School at 1830 hours, every Wednesday. Religious  
Education Co-ordinator: Mr. Fred Chiasson, Telephone  
339-6488.

ST. MICHAELS AND ALL ANGELS  
PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. 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.

SUNDAY SCHOOL - 1000 - 1100 hours, pre-school at 1100  
hours. For further information contact Superintendent,  
Michelle Wohlegemuth, Telephone 339-2885.

JUNIOR CHOIR - Practices 1530 hours each Wednesday.

SENIOR CHOIR - Practices 1900 hours Tuesdays - volun-  
teers needed.

CHAPEL GUILD - First Thursday of every month at 2000  
hours in the Chapel Annex.

President: Mrs. Diane Harrison, Telephone 339-6663.



ASK YOUR  
PHARMACIST  
by Bill McConnachie B.Sc. Pharm  
Community Pharmacist Vancouver  
Shoppers Drug Mart

## Keeping Skin Healthy - Part 2

Your skin, the largest organ  
of your body, provides more  
protection than we usually give  
it credit for. In our last  
column, we examined your  
skin's most common enemies.  
Let's now look at its best friends.

Skin is not dry because it  
lacks oil, but because it lacks  
water. Oils, lotions and other  
emollients don't moisturize the  
skin directly. They work in-  
directly by sealing and holding  
water in the skin. Moisturizers  
are most effective when applied  
directly after bathing or  
washing. They would remain as  
a thin film guarding the skin's  
surface.

For most people, mild soap  
and water are the best cleansing  
agents. Sometimes soap  
irritates otherwise normal skin  
and that of dermatitis (eczema)  
sufferers. Special cleansing  
cakes and oil-in-water products  
sidestep the need for soap.

Possibly more skin has been  
damaged by over-vigorous  
scrubbing than by mere dirt.  
Never pull at or rub your skin.  
The aim in washing is to be  
thorough but gentle; to wipe  
wet skin and then pat it dry.

Against the harmful effects  
of the sun, use physical barriers  
such as beach umbrellas,  
parasols, hats and scarves. Sun  
screen lotions form chemical  
shields, absorbing ultraviolet  
light (the tanning portion of the  
sun's rays).

The SPF (Sun Protection  
Factor) clearly marked on most  
sunscreens tells you how much  
protection you're paying for.  
The higher the SPF number,  
the more protection you get.  
For example, a sunscreen  
marked SPF 8 offers only  
about half the protection of a  
lotion marked SPF 15.

Certain medications can  
cause unusual skin reactions.  
Be sure to tell your doctor or  
pharmacist about any  
medication you are already  
taking before getting a new  
prescription filled. He or she  
can warn about possible in-  
teractions and their effect on  
your skin.

Your pharmacist is also a  
good source of information on  
general skin health. If you have  
any questions about the skin  
products available in your  
drug store and how to use  
them, don't be afraid to ask the  
expert behind the prescription  
counter.

Courtesy Shoppers Drug Mart

B.C.  
PAVILION  
REPORTS

## WE HOSTED THE WORLD.

With the 1986 World's Fair counting down fast, the  
time has come for some reflection on what we've achieved.

Our first objective at the B.C. Pavilion was to show our  
province off to the world. And so we did, as visitors from all  
over the globe came to experience what the host province  
of Expo had to offer. From politicians and investors to the  
royalty of Europe, people from every walk of life, nationality  
and profession came to see our province represented at Expo.

## AND YOU LOVED US TOO!

From day one you made us the most popular pavilion  
at Expo. In a public survey conducted by The Vancouver Sun,  
the B.C. Pavilion "buried its nearest competitor... by a three  
to one margin." In June, we were the first pavilion to have one  
million visitors; last month we passed the three million mark.  
Both our exhibit buildings have been operating at capacity  
and our projection of more than four million visits by Expo's  
end is within our grasp.

## IT WAS A PROVINCE-WIDE EFFORT.

It's thanks to you, the people of British Columbia, that  
B.C. is shining just as brightly as we hoped it would. Our  
Regional Showcase program gave British Columbians  
everywhere a part to play in our presentation, bringing  
thousands of you to the heart of our site. More than 10,000  
performers from every region displayed the special character  
of our people during the 10 week Showcase. And our  
professional performers thrilled our visitors with first rate  
entertainment all summer long.

## WE SHOWED OUR SERIOUS SIDE, TOO.

International executives and trade delegations invited  
to Expo flocked through the gates. These special guests were  
invited through our Business Visitors Program, designed to  
encourage trade and investment by matching business  
people with appropriate hosts, conferences and tours of  
industrial and research sites throughout B.C.

Our business visitors ranged from the Chinese dele-  
gation led by Vice-Premier Yao Yi Ling to representatives of  
the Mitsubishi Corporation in Japan. A Norwegian delegation  
came to study B.C.'s emerging aquaculture industry,  
prompting an exchange of knowledge and commerce. And an  
endless stream of visitors saw a cross section of B.C. industry  
through our Challenge B.C. presentations.

## AND IT'S FAR FROM OVER.

This month, we're inviting key people from B.C.'s  
film and sub-sea industries to participate in special days  
designed to expose their skills and products to the world.  
Combined with the Business Visitors Program, these events  
will continue to create business for British Columbia  
in the future.

This year, B.C. hosted the world and the world liked  
what it saw. And the results won't end October 13 - they'll  
go on serving British Columbians  
as our Expo visitors return year after  
year to visit and invest.



THE HONOURABLE PATRICK L. McGEER,  
MINISTER RESPONSIBLE

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ALL RANKS

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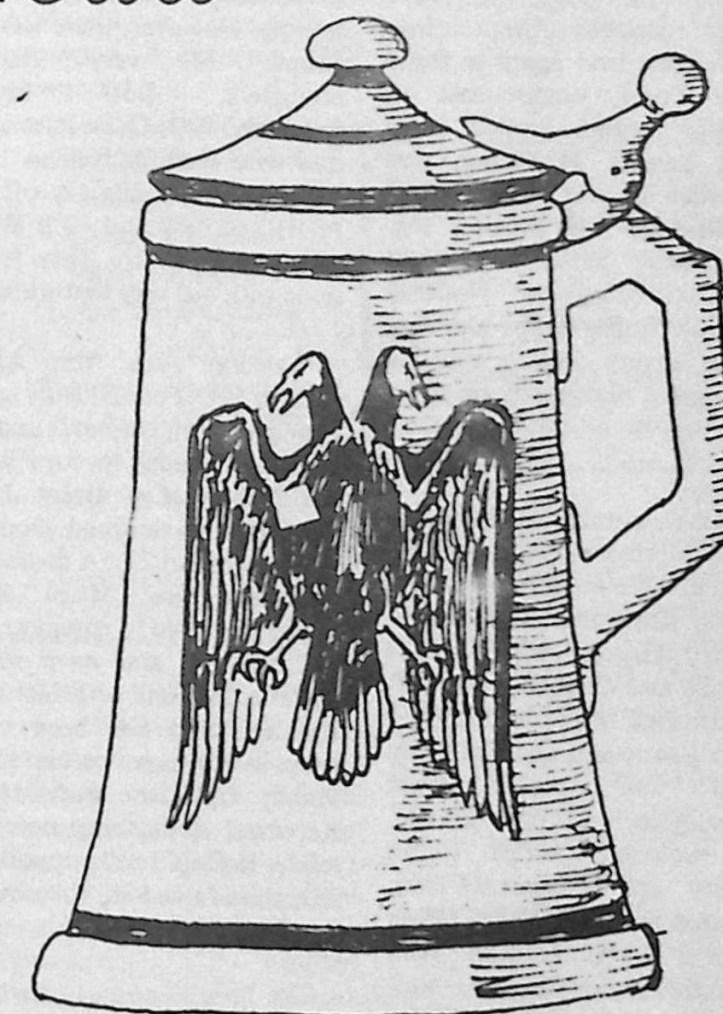
2000 hrs til 0100 hrs

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Tickets available at all Messes  
Limited Tickets Available

Hosted by Junior Ranks



## M.S.E. Driver Safety

## What would you do?

You're on a heavily travelled high-speed highway going 65  
miles an hour. It's a nice beautiful day and suddenly you run  
into a dense blanket of fog. You have very little visibility.  
You know there are cars behind you and ahead of you but  
you cannot see them. What should you do?

A. Honk, turn your lights on, pump your brakes and  
medium brake to slow.

B. Turn your lights on, honk and hard brake to stop im-  
mediately.

## The best decision

usually brighter than the tail lights.  
lights call attention to themselves, but the brake lights are  
the brake lights flashing on and off. Not only do the flashing  
ways of communicating. By pumping your brakes you keep  
horn, turning your lights on and pumping your brakes are all  
municate your position to the other drivers. Honking your  
ahead will be slowing down. Here the critical thing is to com-  
not stop and yet you slow down because the cars  
You have to keep moving because the cars behind you may  
thing to do.

Yes, HONK, TURN YOUR LIGHTS ON, PUMP  
YOUR BRAKES AND MEDIUM BRAKE TO SLOW is the



## SECTION NEWS



## TRUCKIN' TALES

Things have not really been that quiet at Base Transportation. It is mainly that thanks to a couple of people we missed the last deadline.

Anyway, it has been a very busy summer, for everyone I'm sure. Over at MSE, GPV was particularly hit hard by personnel shortages these past months. The Princeton Gliding School was augmented Jun-Aug with Ptes Kevin Derhousoff and Mike Gallichan, while over at the Quadra summer camp went Cpl Alan Scott and Pte Christiane Dube for the duration. Cpl Wayne Cardinal is in Norway on Exercise Brave Lion. Cpl Len Lucas and Pte Gary O'Brien were involved with the Abbotsford International Airshow for nearly two weeks. Len is now in the Golan for the winter and J.P. Beaulieu should be back on tractor trailers any time in Oct.

Sue B. is having a tough time hiding her pleasure over that one.

Mr. Knobby Clark from SPV came first again in the 3 Ton Truck competition at Pacific Region Rodeo while Ptes Sandra McKinnon and Merrilea Brandt came second in the road rally portion. Unfortunately Knobby was not able to bring the National Trophy home with him but made a very valiant showing and lost it marginally on points.

Quite a number of changes in our personnel strength have occurred. We welcome MWO Frank Kraft and wife Brenda from Alsask, MCpl John Russell and Claudia from Suffield, Cpl Ray McElhinney from Cornwallis and Cpl Craig Reid and Janice from Beausejour. Into Base Traffic, we welcome MCpl Norm Emery and Catherine from Trenton and Cpl Sandra Hinks from 2 AMU Trenton. And now the senior service's contribution to the Truckin' Tales "Comings and goings from Marine Section." Bon Voyage to MS Ken Wiebe to BOSN 6A course in Halifax then to HMCS Provider. MS Wiebe and his wife moved to Victoria in June. LS Reg Cliche went to

release 1 Sep and has gone to bigger and better things in Montreal. Welcome aboard to MS Bob Morris and his wife Gail attached posted in from CFB Esquimalt. MS Morris, a marine engineer, is recently from HMCS Restigouche. LS Geoff Howse and his wife Cheryl were posted in from Victoria. LS Howse is a BOSN from HMCS Provider. Finally, LS Jim Gilbert and his wife Helen were posted in from Victoria. LS Gilbert is also a BOSN from HMCS Provider.

Things are pretty quiet at the spit these days now the summer has ended and the sea cadets are gone but that does not mean that the Marine Rescue Section response posture changes. We are always on guard for thee; whether it be while you are pleasure boating (8 to 4 on working days) or in the event of a National emergency as you are aware, the defence of this nation is not just a part time job!

We said our goodbyes earlier in the season to most who were leaving. However, there were a couple of very happy stragglers. Both newly promoted WOs Colin Partridge and wife Barb as well as Leo Fraser and Camilla are off to NDHQ/DTRP and CFB Winnipeg respectively. They have gone with our very best wishes.

Welcome back from Alert goes to WO Pete Hills (it took two pairs of scissors and a packet of blades to cope with the beard). Cpl Brent Farnsworth has returned from a very successful TQSA course at Borden, while MCpl Ron James managed to complete his SIT training and have some leave in the east with his wife Kathleen and has been very busy in his new trainer role. Finally, Cpl Gabe Audet from Ref Pool is marking time on tender in Cold Lake supporting Exercise Maple Flag for a month.

The boss is away in Ottawa coming to grips with who the next generation of Sgts is going to include next year in the MSE OP trade. Hopefully, she has returned by now.

There's never a dull moment around here particularly in summer. Expo 86, of course,

added to that somewhat and this has necessitated a number of leave refusals for the time being, a situation which is being remedied at this time. However, there are some who grouse that the beaches are not warm at this time of year. Ah well!! In medio stas virtus; all others grab what they can. I will now turn this page over to the BM(L) desk rep who does a most creditable job in his own right.

Well, Hello once again from your favourite Base Maintenance Section in sunny downtown Lazo. The Air Command EME Inspection crew just left us with an eight plus on our report card, which made uncle

Gord Campbell tremendously happy. Those atta-boys sure have been adding up around here!! There are pretty strong rumors around that Rod Ellis will be our production officer in the Middle-East come spring. Orders for puzzle rings will be accepted any time, he says. Woody Crites and Chris Young flipped a coin last week and switched over their respective sections. Woody said that he was going to make a few changes right after he reads up on front end alignment specifications on runway sweepers.

Wayne Perry can't get that Cheshire grin off his face since he heard about his new GSE position...I think I heard him mentioning something about olive drab paint. Glen Mergart called a section parade to have a look at his troops but Bill Davie was the only one to show up...good thing that Bill had the right coveralls on. Mike Hurley ordered new sides for his bed to stop airborne rolls in the middle of the night...you can't keep a good soldier down for long they say...Get well soon Mike from all of us. Clay Greve is our new bin rat and has already been caught watching x-rated movies on his fiche...more to follow. Tiny Goerzen is established in his new position as official coverall exchanger for Ross Oliver and doing well.


Barry McKieve and Gary Soles have completely rebuilt our Zamboni ice machine which will be displayed shortly for all to see at the base arena...please stand when it en-

ters the rink and the national anthem is played. Vera Stevenson took a ton of leave so Ellie Walsh has been super busy with white-out, telephone and PA systems...keep up the good work Ellie. Let's welcome our newest maintainer Karen Robertson, who just came from Europe and wish her luck with her upcoming wedding...oh, to be young again.

The beat is still going on...ARTE ET MARTE.

This was lengthy but it is said that all good things take time. By the time you read this, Exercise MARCOT 2/86 will be in full swing and the Valley will once again (till Oct 3 anyway) be filled with the voices of visiting services personnel from other countries and the roar of their trusted steeds. It is said that most speak a passable Queen's English, (more or less).

As the Ziploc bag man says: till we meet again.



## Legion Log

### Entertainment

**BRANCH 17 - COURTENAY**

**Entertainment**

Sept 26 - TGIF Draw at 6:30 p.m. Dancing to *PRIME TIME* at 9 p.m.

Sept 27 - Music by *COUNTRY CLUB* at 9 p.m.

Oct 3 - Dance to *BRANDY* at 9 p.m.

Oct 4 - Music by *BRANDY* at 9 p.m.

Oct 7 - VETS DINNER at 7 p.m.

**Regular Activities**

**BINGOS** - Monday, Thursday, Friday, Sunday at 7 p.m.

**MONDAY** - Fun Euchre

**TUESDAY** - Pub Darts

**WEDNESDAY** - League Crib

**THURSDAY** - Fun Darts

**FRIDAY** - TGIF & MONEY DRAW at 6:30 p.m.

**SATURDAY** - FUN BRIDGE at 12:30

**"MORE PLAYERS WELCOME"**

Phone 334-4322 (days) for more information.

**BRANCH 160 - COMOX**

**New Hours**

Branch now open on Sundays 1 pm to 7 pm.

**Entertainment**

Fri. 26 Sep. *WESTWIND*

Sat. 27 Sep.

Fri. 3 Oct. *PRIMETIME*

Sat. 4 Oct.

**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.

**Sports - Darts Darts Darts**

*Mens League* every Monday night

*Mixed League* every Tuesday night

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

## CANADIAN FORCES UPDATE

## Oriole Returns Home



REAR-ADMIRAL YANOW WELCOMES HOME HMCS ORIOLE....After 15 days, 15 hours and nine seconds at sea, HMCS Oriole completed the Victoria to Maui International Yacht Race to place seventh in the First Division. ORIOLE received the Navigator's Trophy for having the closest estimated time of arrival.

The crew of 21 had an adventurous journey wherein the ship was "knocked down" in heavy squalls during which ORIOLE withstood an 80° list for over a minute and continued to make good a speed of over 10 knots. She spent 15 days alongside in Hawaii before embarking on the 18 day trip home.

ORIOLE was away for a total of 48 days, of which 33 were spent at sea and she covered approximately 5,200 nautical miles.

## JR LADIES CLUB

## FALL FASHION SHOW

CLOTHES BY REITMAN'S & MOUNTAIN MEADOWS

COST: \$5.00  
DATE: 05 Nov 86  
TIME: 7:00 PM  
PLACE: JR Mess, Totem Lounge

Open to all JR members and spouses, other ranks wives and female members. For more info or tickets call: Kim 339-2591 or Donna 339-7777

## Classified

## RATES

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

**NANAIMO REALTY RENTAL DEPT.**  
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**FOR SALE 3 BR house, 483 Woods Ave.** Carport, RV pad, patio, covered deck, workshop and storage. 1½ bath, fully finished base't. Lg landscaped lot. Ph 338-0259 Listed at \$61,500, mtg assumable W.O.Q.

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—fridge, stove, dishwasher, washer and dryer in all 2 bedroom units.  
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**Lantzville Recreation Centre Ltd.**  
6 miles North of Nanaimo with 600 units sold last year.  
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Dealer 7363

**FOR SALE 14 ft Bellevue trailer.** 3W fridge, heater, 2B stove. Sleeps 4....Many extras...\$2000.00. o.b.o. 338-0259

**Apartments For Rent - Furnished bachelor suite - \$250.00.** Unfurnished one bedroom - \$275.00. Rent includes - heat, hot water, cable. Close to Base. Greenwood Apartments 1751 Greenwood Cres.

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Fully Equipped  
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Ideal Family Business  
Get Ready For EXPO

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**COMOX VALLEY APPLE USERS GROUP**  
Club meetings held 1st and 3rd Tuesdays of each month. Recognized by way of discount by: Sandpiper Computers Limited, Valley Computers Limited and Gardian Computers Limited. Congenial meetings, problem solving, public domain software library for IIE, IIF, IIC, IBM, MacIntosh. Phone 338-6195 ask for Gerry.

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

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

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

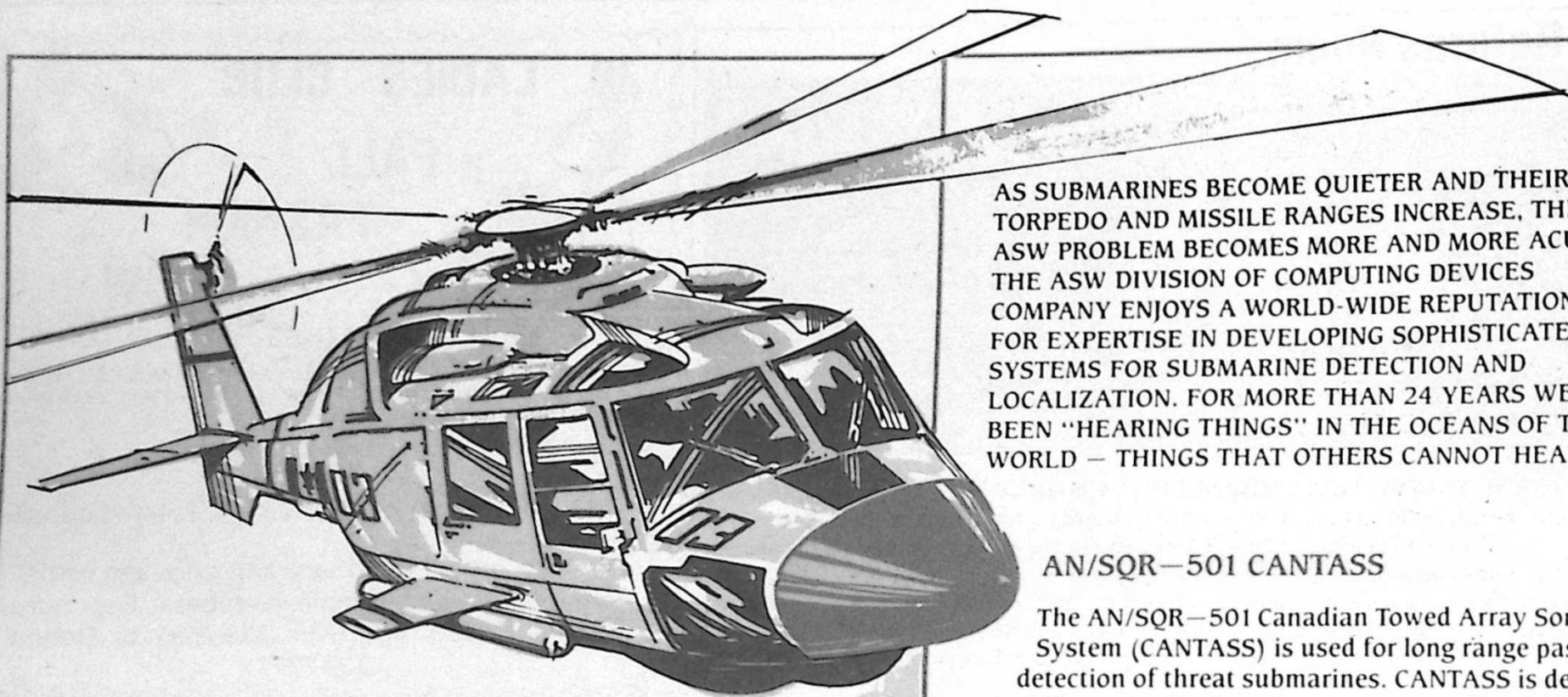
The word "fate" comes from the Latin "fatum" meaning "that which is spoken."

**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**





AS SUBMARINES BECOME QUIETER AND THEIR TORPEDO AND MISSILE RANGES INCREASE, THE ASW PROBLEM BECOMES MORE AND MORE ACUTE. THE ASW DIVISION OF COMPUTING DEVICES COMPANY ENJOYS A WORLD-WIDE REPUTATION FOR EXPERTISE IN DEVELOPING SOPHISTICATED SYSTEMS FOR SUBMARINE DETECTION AND LOCALIZATION. FOR MORE THAN 24 YEARS WE'VE BEEN "HEARING THINGS" IN THE OCEANS OF THE WORLD — THINGS THAT OTHERS CANNOT HEAR.

#### AN/SQR—501 CANTASS

The AN/SQR—501 Canadian Towed Array Sonar System (CANTASS) is used for long range passive detection of threat submarines. CANTASS is designated for use by the Canadian Navy's ASW fleet including the CPF. CANTASS will provide Canada's Navy with the world's most cost-effective, powerful and sensitive system for ASW detection, classification and targetting. It will reinforce Canada's position as a world leader in ASW operations and technology.

#### AN/SQS—510 ACTIVE SONAR

The Canadian Navy has selected Computing Devices Company to design and develop the AN/SQS—510 Active Sonar for its ASW fleet of the 1990s. The SQS—510 comprises the transmitter and wet end subsystems and the display, control and processing subsystems. An advanced development model of the SQS—510 Sonar System is now at sea with the Canadian Navy.

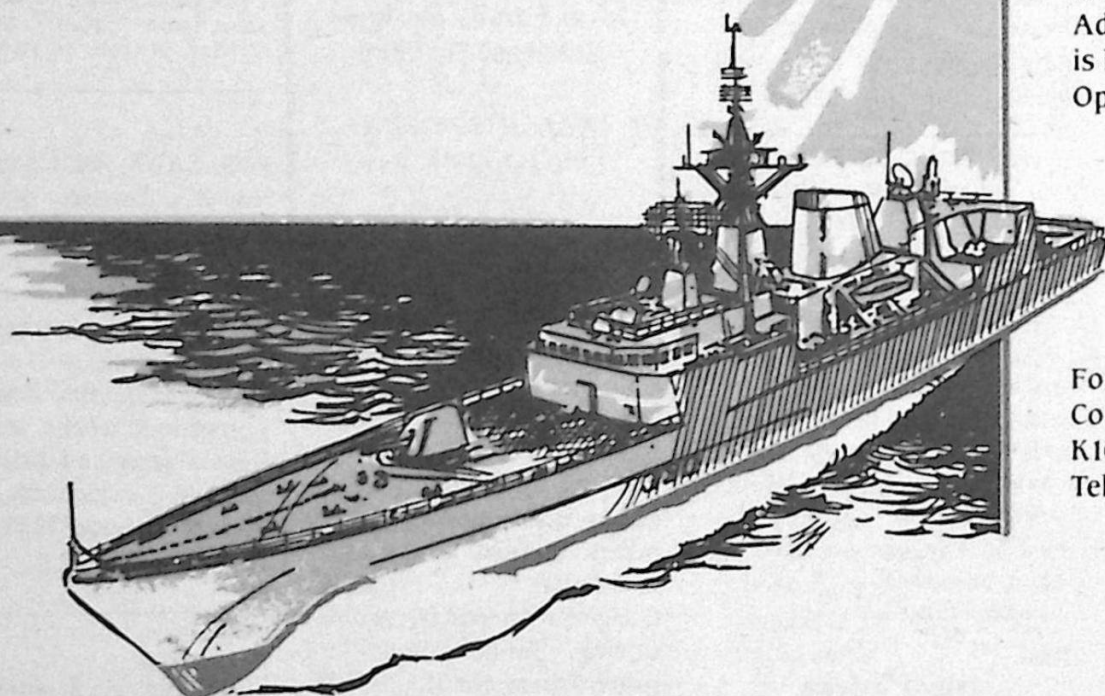
#### AN/UYS—503 SONOBUOY PROCESSOR

The AN/UYS—503 Sonobuoy Processor (SBP) is designed around a new architectural concept that fully exploits the potential of new microprocessor and dense memory components to give a simple, powerful, easily maintained and easily expanded system.

The AN/UYS—503 has won international competitions for the Swedish Navy and the Royal Australian Navy. Additionally, it is on order for the CPF and the system is being flown by the CFB Shearwater's Helicopter Operational Test and Evaluation Flight (HOTEF).

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

# HEARING THINGS



**COMPUTING DEVICES COMPANY**  
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