



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 4 February 26, 1987

Deadline is Monday, March 9, 1987

Cost: Priceless

DFS visits

Flight Safety has come a long way since 1954, when we lost 111 aircraft and killed 96 people.

Col H.A. Rose, Director of Flight Safety, and Maj W. W. Herrgott visited Comox on Feb 23 and 24 to present a much improved record to Base Personnel, at the annual Flight Safety Briefing.

Three presentations were made in the Base Gym, which included a statistical review, and a discussion of major occurrences.

Col Rose emphasized the aim of flight safety, which is to prevent accidental loss of aviation resources, including human life and limb.

The 1986 accident rate was 0.41 per 10,000 flying hours, vs .62 per 10K for the last 10 years.

Only 3 write-offs occurred in 1986, vs 9 average for the last ten years, giving a write-off rate of .11, vs .28 per 10,000 hours.

However, there were 10 fatalities in 1986, vs the 10-year average of 9.1, indicating, in Col Rose's words, that "We must guard against complacency so that our excellent recent record does not slip."

....N.V.B.

This is what flying is all about



T33s of 33 Sqn winging homeward over beautiful British Columbia.

Checkin' in at AFIS



BGEN M.S. (SCOTT) EICHEL
COMMANDER 14 TRNG. GRP.

Brigadier-General M.S. (Scott) Eichel, Commander 14 Training Group, paid a visit to CFB Comox and the Air Force Indoctrination School last week.

While inspecting the AFIS, BGen Eichel was given a briefing on the course and its content by the Commandant, Maj Don Thain. This was followed by a tour of AFIS facilities and a few words with the AFIC in-house at the time.

Later that day, BGen Eichel was the guest speaker at the AFIS graduation luncheon where he passed several thoughts on leadership to those assembled.

Associate MND Visits

OTTAWA — The Honourable Paul Dick, Associate Minister of National Defence, visited Canadian Forces installations and personnel in British Columbia from Feb 22-26. The visits provided The Minister with a more intimate understanding of the Canadian Forces and an opportunity to impress upon its members his interest and concern for them.

The visits to various Canadian Forces bases and stations across Canada were part of the Government's desire to fully support the roles and activities of the Canadian Forces.

The Minister said that since one of his responsibilities was to run the department on a day-to-day basis, he wanted to make decisions based on a per-



Paul W. Dick

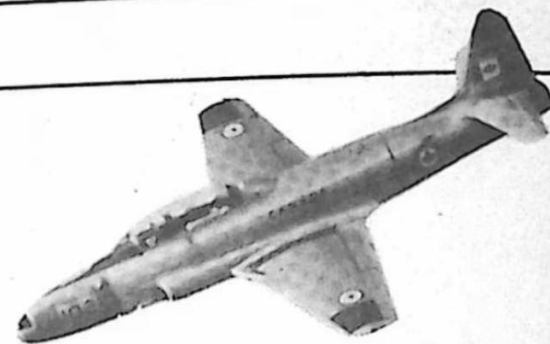
Associate Minister
of National Defence

sonal understanding of the tasks of Canadian Forces members. These visits provided him with a hands-on approach to that understanding.

SECTION NEWS



Anker Klankin'



It has been a very busy couple of weeks at VU 33, as all of the Squadron's Trackers have been heavily involved with search and rescue operations. Because John Reimer was away on holidays and Bob Waller was at Staff School, the Squadron had to call upon the likes of Maj Acorn to fill the flying slots required for the search. Gosh, we must have been desperate to let the little guy come out of semi pilot retirement and sit behind the wheel again!

While on SAR deployment, the boys were treated royally by Tino, the manager of the Sandspit Inn. If all box lunches made at the base tasted like the shrimp salad sandwiches provided for box lunches by Tino, there would be more pilots taking box lunch remnants home for family dining. Kind of sounds like former squadron mate Enormous Potvin, doesn't it?

The crew of Clements, Chaulk, and VanDusen found out just why CFB Summerside is not a tourist haven in winter time. Soon after arriving there for an aircraft exchange, the trio found themselves stranded at the base due to a snowstorm, which lasted for almost three days. During that time, the scheduled rocket firing exercise was also cancelled. The only favourable outcome from this whole ordeal was that Richie was able to get his weight down due to all the bologna served at

the mess during the storm. Too bad BVD didn't dislike bologna as much as Richie.

Did you ever wonder what the love professionals buy their ladies for Valentines? Well you certainly won't find out by observing VU 33's aircrew. Here, however, is a look at what the boys bought their better halves on that special day:

- The CO bought Carol a pair of rally car driving gloves. It seems that whenever Carol gets behind the wheel of their new van, she tries to prove the salesman wrong when he said it was impossible to bury the speedometer needle.

- Mikey bought Wendy a gift certificate at the store where she bought her seductive punk rock outfit for Halloween. Mikey keeps a picture of her from that night in his office; it's the one that the caretakers have to clean the drool off of every week.

- Dave bought Cathy a good book because there's not going to be much else to do when they move to Cold Lake.

- Richie bought Gloria a can of air freshener, as his attempts to please the boss and quit smoking are falling on hard times.

- John bought Cindy another ticket home to see her parents so that he could continue his single man's escapades at night.

- Wayne bought Sandra a television so that she would not feel so isolated out in the backwoods.

- Randy bought Lydia a Porsche. He's so sweet and unselfish when it comes to spending money.

- Martin purchased another promise ring for Inge.

- Gibby bought Cathie an "Abridged Guide to Lawsuits" so that she can understand what he spends his sparetime doing.

- Bud bought a lady downtown.

- Wayne Larson doesn't have enough money to buy present for all the women he knows.

- Maj Acorn bought Shirley a blindfold so that she can't see the rusty old car that he picks her up from work in...Anker 95

VU 33 TECHSIDE

The past two weeks have been eventful ones with some A/C deployed to the north coast and some of the techs working longer hours to keep them flying.

MCpl John Dimock had packed hurriedly for the deployment to Port Hardy last week. When time came for a few hours of R & R in town John donned top and jeans. At first the jeans seemed rather snug but soon after it was all aches and pains. Later, back at the room John realized that in the rush he had packed not his but the wife's jeans. It's rumoured that he had been trying to get into his wife's pants for some time!

Glen Caslake has been having some difficulty with the

bowling ball. His latest score was a non spectacular 83. Well now that Harry Weeds and Lyle McManus are back from "roll offs" they will soon have Glen back in the groove and on to his usual winning ways.

Cpl Al Nantel was all set for the Sqn ski day when a 414 Sqn T-Bird came up U/S at Victoria. So off to the rescue went Al - better luck next time.

Josh Fontaine was promoted to Cpl on the 30th of Jan. Now we have to set up a crew party so that he can buy us all a beer. Congratulations Josh.

Marvelous Manoeuvres - First Merv gets caught by the BDF while checking security of his own hangar by peeking into a hangar door window, then a little later he offers assistance

to a guard holding prisoners who turned out to be an intruder. "I'd rather be skiing" was Merv's last request. Then when he does go skiing (it's rumoured) he leaves an impressed (in the snow) group of amateurs behind on the toughest of slopes.

Weiner Levine hasn't had the heart to tell him which one performed the most face plants. Some days you just can't win Merv.

The Bottom Line - (rumour) a certain Col is going to the Sinai with his skis. Generals do not need adventure training.



WOs & Sgts Mess

FEBRUARY 1987

"FREE" Coffee & sticky buns in the Mess Lounge every Wednesday morning at 1000. Come on over, hear the latest gossip, official rumours and see the progress on the renovations.

LAST EVENT FOR FEBRUARY!!

Saturday 28th 2100 - 0100 hrs

"DEE JAY OF THE MONTH DANCE"

"B & B" DISCO - 45 YEARS OF MUSIC

Casual Dress

Dancing all night long, with no breaks!!

D. J. to be announced

Admission: \$1.50 per person

Snack Menu available at the Bar

Make up a party and make a point of getting out to this event as depending on Mess attendance this could be the last dance of this function series!!

*****MARCH CALENDAR*****

REGULAR TGIFs - 6th, 13th, 27th.

Thursday March 12th

RETIREMENT MESS DINNER - MWO G. Gerow, Sgt Legeault

Saturday March 14th

Food: "IRISH STEW"

Friday March 20th 1800 hrs to 2400 hrs

"MIXED GAMES NIGHT" - DARTS-EUCHRE-SHUFFLEBOARD. TGIF Food will be on from 1730 hrs. Casual Dress. Registration for the games 1800 hrs. Games start at 1900 hrs. Dancing to the latest Mess tapes after the games.

Admission: "FREE". Prizes for the winners of each sport.

Saturday April 14th

Annual Spring Bingo. Details later.

Saturday May 9th

MOTHERS DAY SPECIAL - SPRING BALL - CANDLELIGHT DINNER. Cost will be a mere \$40 per couple for dinner and a night of dancing to the mellow sounds of the CROSSWINDS band from Vancouver which has been engaged especially for this function.

Reserved Seating -- Get your ticket early and avoid the wrath and disappointment of your children's mother!! Advance ticket sales commencing 30 March 87. Acquittance Roll available - Note - cut-off date 1st May 87.



BGen Eichel inspects CFB Comox guard during recent visit.

AROUND THE BASE



From The Top Rung

Col Ted Gibbon

Last Friday at about 0725 I was proceeding on Ryan Road towards the Base. On the uphill portion of the road I was passed by a vehicle exceeding the speed limit. This vehicle then passed another vehicle contrary to the lane markings and on a curve. Later, on the downhill portion two more vehicles were successfully overtaken but in the face of oncoming traffic. The net gain of this demonstration of impatience and marginal intelligence was four car lengths - about six seconds. However what really bothers me is that the driver works on the Base.

In the very near future our military policemen will be charged with enforcing the Motor Vehicle Act within the boundaries of CFB Comox. I personally have no difficulty with this, in fact I welcome it because it permits all of us to operate with a familiar set of rules that have proven to be the most effective way of controlling traffic in a safe and expeditious manner.

When you choose to operate your vehicle outside the rules, and are apprehended, there is only bad news to follow: You could be fined, and you will lose points for the infraction.

The fines vary between \$35 (for most parking violations) through \$50 (littering for example), \$75 (by far the most popular figure and includes such things as disobeying a stop sign, riding a bicycle without lights) and \$300 (NO insurance). The bad news continues, if you are required to make a donation it will not go to the Base Fund, the Base Commander's Entertainment Fund or even the MP's Vacation Fund, it is gone forever. Save your money, obey the rules. And remember: I think I know who the jerk was who prompted me to write this article.

Red Shield Club

SNACK BAR

For food - fellowship & fun

We're the One!

Tel. 339-2211 Local 2571 for take-out.

Office Tel. 339-7821 Capt. Russ Sutherland.

Hours of Operation

Monday to Friday 7:30 a.m. to 9:30 p.m.

Saturday 8:30 a.m. to 9:30 p.m.

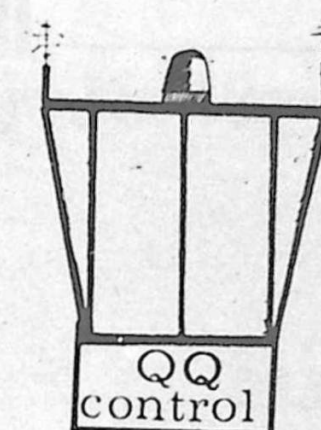
Sunday 12:00 p.m. to 9:30 p.m.

free coffee....5:30 to 9:30 p.m.

Take-out....339-8571

Office.....339-7821

LADIES CRAFTS - Wednesday Evenings 7 PM



As The Beacon Turns

As most of you know by now I have been presented with the task of keeping everyone informed as to the goings on of the ATC Section. I will do my best, but as you are well aware a good reporter does not do this alone. I will require the assistance of a few informed sources to provide me with the sordid details. I would like to thank Sgt Dave Gariepy on behalf of the section for a job well done.

Well let's get down to the job at hand and keep you guys and gals in the picture. First of all, welcome to Pte Doug Godden joining us from storm torn Summerside and congratulations Doug on your quick checkout in the Tower. I would also like to welcome the following back to the section, Cpl Roy Field, who is now off the ATC disabled list. A big welcome back goes out to MCpl Frank Johnson who is back from the Sinai, and to Capts Maillet and Norrie who are back off the TRACS Course, by the way Ted where did you find that mustache. I seem to have lost mine.

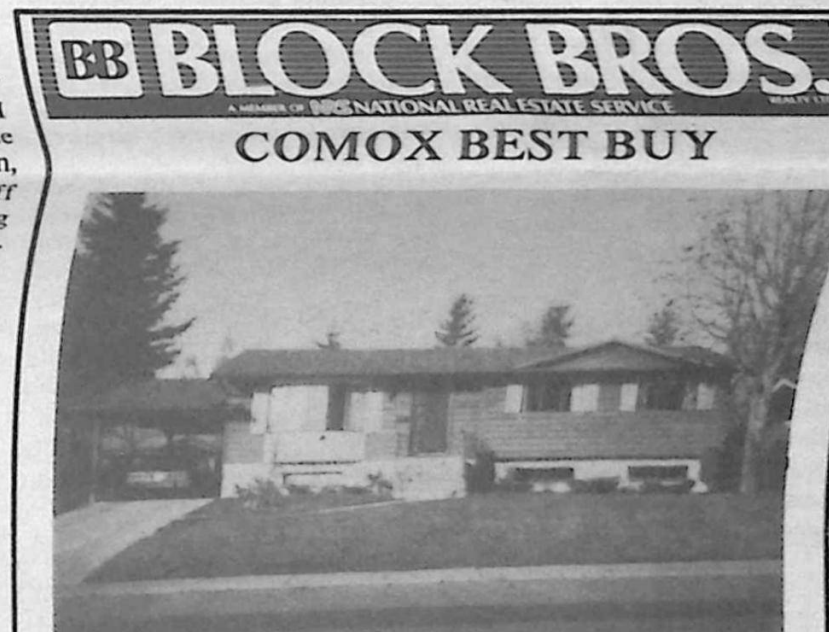
We have several people still away vacationing (ha!) in sunny Cornwall, Cpl Tinker, Ptes Hicks and Shaver who are all rumoured to be enjoying the facilities.

Two people recently commenced checkout in RATCON. Pte Lorraine Comeau who joins us from the Tower cab company commenced checkout in the Data position.

Now we move on to the sports aspect of ATC, the same yearly phenomenon seems to be plaguing the BOPs hockey team. Our roster seems to be dwindling down to a handful. Despite this, the team (8 players) gave a command performance on the 18th of Feb only losing 7 to 3. By the way if you ever see an open net don't

delay, it may cost you. Let's see some more participation from all you hockey players out there. Congratulations must be extended to the Techs bowling team as they soundly defeated Tower and IFRCC. Don't get too confident guys we'll get you next time. The ATC curling team has been rumoured to have had bad luck in the past but I have been assured a comeback is imminent. There is another VR-QQ ATC hockey challenge match coming up so let's have maximum participation. Proposed dates are 4 - 5 Mar. I'll keep you posted.

Well, I guess I should close for now and save something for my next article but first from our "Strange But True" Department. The following phrases have been heard through the ATC halls. One Capt has been heard to say "Who is that mythical Sgt Gariepy" while another Capt has been heard saying "Radical man, radical." Till next time remember "Sculpture is to marble what education is to the soul."



OFFERED AT ONLY 76,500 THIS HOUSE BUILT BY GALE MILLER IS SPOTLESSLY CLEAN THROUGHOUT. FEATURES INCLUDE 2 1/2 BATHROOMS, ONE FULL BATHROOM EN-SUITE WITH MASTER BEDROOM, 3 BEDROOMS, 2 SIDED FIREPLACE, BAY WINDOW, SUNDECK FROM DINING ROOM, 4 APPLIANCES INCLUDED. 1/2 BATHROOM & WOODBURNER STOVE DOWNSTAIRS IN FULL BASEMENT. FENCED YARD AND VERY TASTEFULLY LANDSCAPED.

TOM PROCTER

OFFICE
334-3111

RESIDENCE
339-2668

12 YEARS REALTY EXPERIENCE IN THE COMOX VALLEY.



EDITORIALS

COMMENT

Gord Kruger



MY! MY! WHAT CAN WE DO

My pal Newt is normally a pretty easy going type of guy but exasperation has been one of his characteristics lately.

"What in H is going on these days?" he asked recently. "Is it just my imagination or is our society going to the devil in an apple cart. People are continually ignoring their moral fibre and going with gusto for greed and dishonesty."

I paused momentarily to ponder his assessment of the modern day ills that are all around us. I passed along a few of my thoughts.

The people who have always held our respect are letting us down! Our politicians and professionals are becoming more and more greedy and less and less honest than they once were. They are starting to believe that while honesty is probably a good thing it is hardly profitable to its possessor. It seems that it is much more fashionable to keep honesty at arms length and go for whatever the darker side provides.

There was a time when our politicians were looked up to, a step above we thought. But the happenings of recent years have made us do a double take. In America and Canada we have had our fill of crooked politicians, the ones who have made a habit of lining their pockets with our money.

There was always an acceptance of the fact that politicians would do a bit of finagling while in office. However the blatant and outright display of dishonesty that many have shown recently make us question their credibility.

There is no need to mention names or instances because they are familiar to us all. The media is very brutal and unforgiving and it is amazing that our leaders would so readily provide them with the ammunition to bring about their destruction.

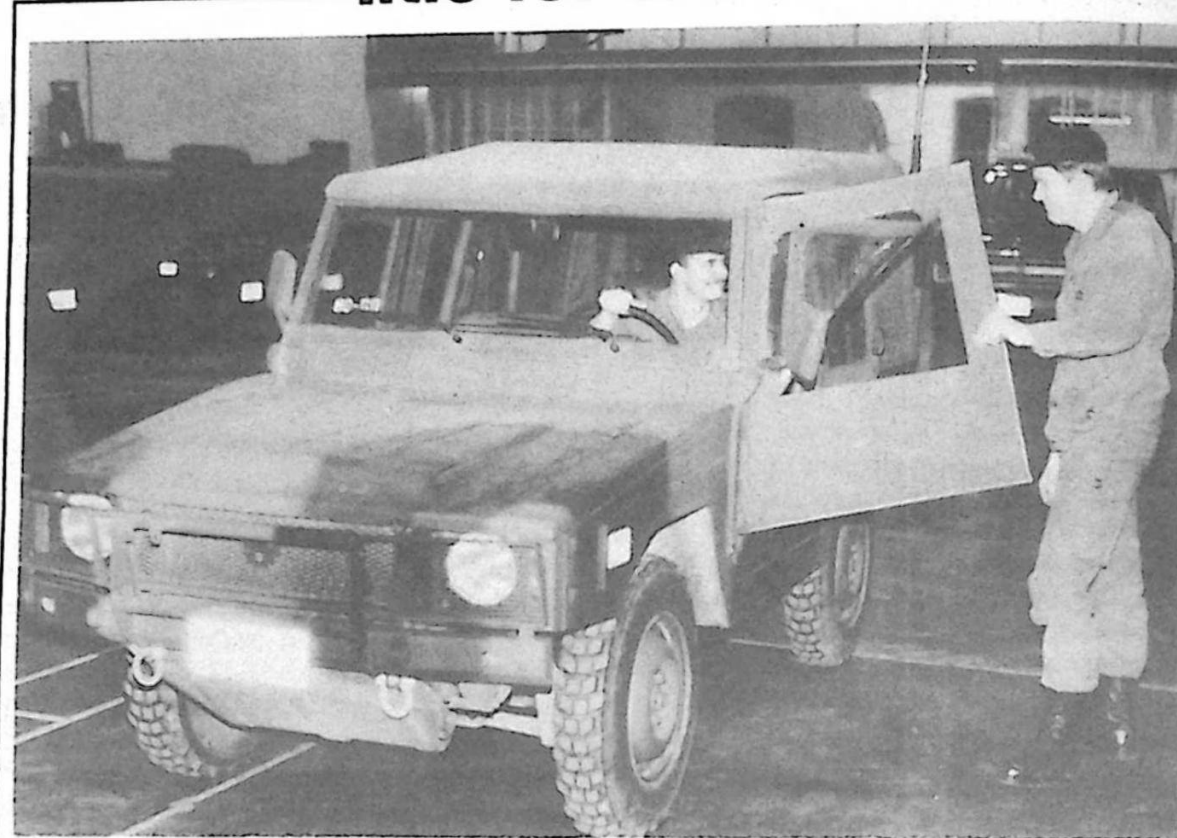
There have been numerous instances of influence peddling, Expo 86 had its share of growing pains and even the Calgary Olympic movement got off to a shaky start. So what is happening? Is society becoming generally less honest or are we just getting caught more. Are our politicians worse than they used to be or are the watchdogs just doing a better job? Have the bad apples always been there?

I'm not sure what you think Newt but I for one believe we are suffering from a breakdown in the moral values of society as a whole. Honesty seems to be becoming a rarer and rarer commodity, not only in positions of trust but in society overall.

Newt looked up ruefully "What, if anything, can we do about it?"

G.M.K.

Itis for the CF



B.C. Regiment troopers Ron Murray and Steven Pinch check out the new Itis light utility vehicle recently introduced into the Canadian Forces.

LETTERS WE GET

Recently I was appointed to coordinate the Cadet Liaison Officers for the base. This is a time consuming job and when cadets visit the base I am unable to fully carry out the duties as business manager for the "Fish Wrapper."

As there are very few letters to the editor I thought someone might read this and volunteer. The job gives you the opportunity to meet some of the business community in the

Valley and an opportunity to put something into the base community.

Would someone step forward and give the Totem Times a hand? It only takes a few hours a week and I would be pleased to stay on as an assistant. You could contact me at Loc 8484 for more information on this gratifying job.

Ron Fisher
Business Manager



It's Your Pension

Under the "flexible retirement" provisions of the Canada Pension Plan (CPP) which come into effect on Jan 1, 87, eligible contributors can begin to receive retirement benefits as early as age 60. For information on these and other changes to the CPP call toll-free 1-800-387-8600 or write CPP Info, P.O. Box 5400, Postal Station "D", Scarborough, Ontario, M1R 5E8.

Next Totem Times Deadline

March 9



TOTEM TIMES

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



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EDITORIALS



Lightside

Norm Blondel

BACK TO THE FUTURE

My eyelids binged open. It was 3 a.m. Wife's voice emerged from somewhere in her pillow. "Would you like a cup of tea?"

There we sat slurping, two victims of Jet-Lag, our bodies telling us to get up, the clock saying we had four hours to go yet.

Our Pri 4 had gone well up to the return leg from Lahr, but a Boeing with hot brakes delayed our departure, and we missed our connection to Comox. Exit Pri 4.

The folks at Trenton were great. "We'll get you home Mr. Blondel," (my new title) they said: sure enough, they found a Herc routed to Victoria via Regina with room for us and our luggage, so we managed to get home without

spending any plastic. If anyone at Trenton reads this, please convey my thanks to AMU, BOR and Base Traffic. We were well treated.

Our trip around the southern British Isles was an eye-opener. 60 million people live in Britain, and 20 million of them hold driving licences. Another 3 million drive around with learner permits. And they all like to race. The stream of traffic is constant, and gives no quarter to pedestrians, especially those who look left before crossing a street. One hugs close to shop-fronts and walls and uses trees as buffers against all these little Stirling Moss clones in their Minis. Unleaded fuel is rare, but no matter, Sweden gets the fallout.

House prices in England are astronomical. A modest Valley Box would fetch \$240,000 if it were an "ouse in 'ammer-smith." Gord Kruger's manse would cost you a cool half million dollars. A gallon of gas costs 4 dollars. Hydro is triple our rate. The working wife is the norm. Perhaps this explains the low population increase (only 8 million people since 1945) among Brits. Children must seem a luxury at times.

Our visit came at the end of an historic cold spell. English plumbing hasn't changed much in a century, it seems. Outside drains, a water tank in the attic. The house we stayed in had experienced a triple pipe burst. It was still wet when we arrived. To survive our first night we had to choose between

electrocution and hypothermia. The electric blanket was very old, but the bedding was cold and damp. We slept - fitfully - between 220 volts and a crushing mountain of blankets and quilts. In the morning, we slid out of bed like two waffles.

We visited Lavenham, in Suffolk. (My brother owns a pub in nearby Ipswich). In old Lavenham, there's no such thing as perpendicular. The houses lean every which way, the wonky effect magnified by crooked doors and windows. We kept looking for crooked hats and crooked cats, but saw neither. It was Wednesday afternoon, traditional closing time for most small towns and villages in Britain.

"Didn't the carpenters have

spirit levels?" I asked my guide, "Oh they had those all right," he replied, "There was a pub on every corner. How a house was built often depended on the spirit level in the carpenter."

We're back in our warm house on Mission Hill now, feeling glad about the choice we made way back in 1958. There's nothing like going elsewhere for a while to make you appreciate what a decent country this is.



MSE SAFETY



The question

You've been driving along a rural lake road and were forced off onto the shoulder and into the lake. The car is going down very fast and there's no chance of getting out before it submerges. What should you do?

A. Loosen the seat belt, exert pressure on door to open, get out and swim to surface.

B. Loosen seat belt, relax and float as water fills car. Keep face in air bubble at top of car. Then roll window down or open door, get out and swim to surface.

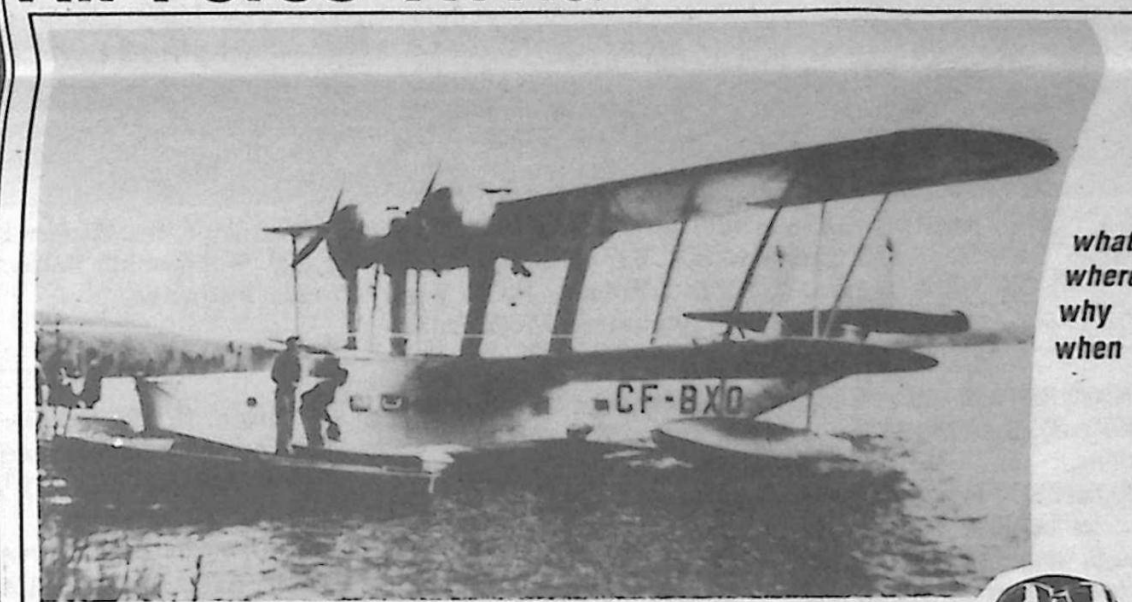
The correct decision

Yes. LOOSEN SEAT BELT, RELAX AND FLOAT AS WATER FILLS CAR. KEEP FACE IN AIR BUBBLE AT TOP OF CAR. THEN ROLL WINDOW DOWN OR OPEN DOOR, GET OUT AND SWIM TO SURFACE.

This is one of those situations where wearing a seat belt might have been the big factor in saving your life. The fact that you were wearing one prevented you from being knocked unconscious or dazed or stunned. You can very quickly release the belt and free yourself, but if you're unconscious you're unable to do anything. The next important thing is to relax as much as you can. If you panic you've had it. There's no reason why you can't get out of this situation if you keep your head. If the window does not submerge, then there's no problem at all. All you have to do is climb out the window and swim away from the car. It's when it goes down fast that you have to use your head.

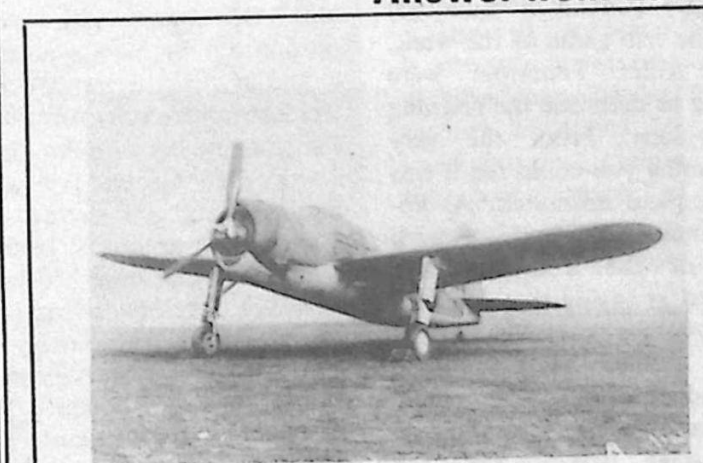
There will always be an air pocket or bubble at the top of the car. The shape of the roof causes it to be compressed up there. You can push yourself to the top where the air is and float there until the water fills the car and the car settles. Then the pressure inside and outside will equal and you can easily open the window or door, climb out, swim to the surface and out. It's that simple provided you're conscious and don't panic!

Air Force Trivia



what
where
why
when

Answer from Last Issue



We have to take John Bradley's word for it, but we are assured that this is one of only three Bristol Bermuda aircraft operated by the RCAF at Suffield, Alberta, during WWII.

(Your Editor thought it was a cross between a Curtiss Helldiver and a Grumman Avenger).



SECTION NEWS



BAMSO

AOSE Course 8601



From Left to Right: (front row) WO Jorgensen DMTO, Maj Monahan BAMSO, LCol Bowes BTSO, Capt Godbole DSO, (rear row) Cpl Adam trainee, Cpl Vinette trainee, MCpl Ward trainee, Cpl Crossman trainee, MCpl Trim trainee, MCpl Halber-

FRIGGAPHOBICS and TRISKAIDEKAPHOBICS (nothing to do with AEROBICS). Fr.....ics and Tr.....ics beware! We just got through one Friday the 13th but have others in March and November. Friggaphobics are people who fear Fridays, and Triskaidekaphobics apparently fear the number 13. There can't be too many Friggaphobics hereabouts because everyone seems happy when they can say "Thank God it's Friday!" (Note: It is also usually on a Friday that most of us get to see the latest Totem Times.)

Lots of shop talk this time so there are no writing phobias apparently.

AMSE
Right now it's the quiet before the storm. We are now close to the three quarter mark of exercise..... Nobody seems to remember the name of this exercise, not even MCpl Kennedy. So far there have been no reports of desertion. I can detect a bit of uneasiness with some of the senior NCMs

for it they don't survive this battle they'll never get the privilege of using all that leave they accumulated over the years. Enough of this "WAR CRY."

Now on the lighter side. Last week MCpl Heward and his partner Pte Hambley (The Killer Tomatoes) faced off against Cpl Wersel and Pte Levigne (Canadian Bulldogs) for the crib game of the week. The Killer Tomatoes were trying to dethrone the reigning champions. From the very beginning you could tell it was a complete mismatch. At approximately the halfway mark one of the Tomatoes was quoted as saying that just getting over the skunk line is a victory itself against these Canadian Bulldog Champions. The result of the crib game of the week was - Yes, the Bulldogs retained the Crib Throne, and yes, the Tomatoes just squeaked over the Skunk Line!

IE/IS LABS

Greetings once again from

the gang of IE/IS Labs. We've had a number of happenings in the last few weeks so we'll get right into the news.

Firstly we bid a fond farewell to Cpl Karen Thompson and her husband Ian as they make their way to their new home in Portage La Prairie. With Karen's departure Sgt Sullivan now has the locker owed to him. Of course with every posting out we have a posting in and in this case we welcome Cpl Rob (where's my furniture) Turgeon and his wife Pat. Rob is an ex radar Ground type who saw the light and decided to join us as our newest IE Tech.

Other happenings include Cpl Sue McKay driving a modified HONDA courtesy of a hit and run. Cpl Mary Penney is writing a new book titled "ATale of Two Transducers." Pte Dan Lefebvre is still trying to find out how open circuits can fool multimeters, and at last check we hear Cpl James Scally is contemplating remustering to Tool Board Refinisher.

On the IE side of the house rumour has it Sgt Mike Gauthier is in the market for a Darth Vader Mask. MCpl Steve Lazar is still taking debriefs from wife Heather on her holiday back East. Cpl Claude Ouellette is doing weight difference calculations on T-33 lead-acid and nicad batteries. Pte Kent Storie has just returned from his 9-L course in beautiful Borden and Pte Luc Lauzon is breathing a sigh of relief after his ATAT exam.

On a final note the BAMELO hockey team continues to do well as defending hockey champs thanks in part to an IE/IS Lab contribution of 5 personnel.

REFINISHING

Just a few events to bring you up to date on the happenings around the Refinishing Shop. Sgt (99) Wayne Keefe has been made a Grandfather - courtesy of his daughter who lives in Moose Jaw. Congratulations "99" you can now let your hair fall out or

turn grey naturally. We were graced with a visit from Sgt (Ernie) Nicholson during the festive season so "Bert and Ernie" were seen at many of the local establishments again. Ernie was also seen many times daydreaming at the water. When asked why he said the water in Ottawa was too hard to swim in Rumour has it that we might be seeing more of him later this year. MCpl (Jacques) Guy Plante has been spending time in the penalty box and when asked why he says the opponent stopped too fast and he ran into him. Well "Jacques" don't skate so fast. "Jacques" has just returned from Borden learning all about composite blade repair and congratulations go to him for attaining first place on the course. Cpl "Beaker" Denis Harvey has been unusually quiet (hiding down the line-I think!). Cpl "Chef" Serge Roger was seen exercising and getting fit. Married life must be adding to his frame or is it Birthday/fitness test time? Pte "Scooter" Bob Gervais has kicked the habit. Congratulations "Scooter." MCpl "Bert" Herb Brown is just waiting for his release date. That's right, they're putting "Bert" out to pasture or feeding him to the wolves; I'm not quite sure yet what it will be! Pte "Fozzie" Al Behmer returns from the Middle East next month, I wonder if he used all that suntan lotion. Fozzie, I don't think the lights in those bars would really give you a sunburn. Well that's it till next time from the Muppets at Refinishing.

DIAC MAINTENANCE
First of all we would like to congratulate the guys from AOSE COURSE 8601. They all graduated in mid December and amazingly are still behaving like human beings. Lucky Dave Ward headed for a nice T.D. trip to CFB Penhold just after his AOSE Course finished. Now that he has returned from his JLC swan trip, we will put him on the Display and Control course 8701 starting March 2. "Better keep the strait jacket ready!"

If you see a light blue mud covered Land Cruiser motoring around, be very careful, Marc Adam just bought it and he keeps breaking mirrors banging into trees. Knowing his thirst for exploring we keep the 442 SAR phone number at the

continued on page 8

SECTION NEWS



Supply Signals

Hello, out there! It's time once again to find out what's happening in the Supply world. Not too much by the sounds of it, phoning the sections to gather gossip was a difficult task this week. Either everyone had a boring weekend or such a good one that nobody's talking.

The Logistics Curling Bonspiel was a great success. Four teams from Base Supply participated. Derrell Sears and his team being the only ones to win an event. Congrats guys on taking the "C" division. Claire Gagnon and Donna Forget walked away with the Congeniality prize.

The Logspiel wasn't the only event last weekend. Six of our girls snuck off to CFS Holberg to curl in the Sweetheart Bonspiel. Kathy Segriff, Karen Parrott, Cathy Deruelle, Marie Jo Bourdon, Barb Arnold and Shelley Ratcliffe all squeezed into one vehicle and suffered the long (and bumpy) road just to curl. And curl they did! All we have to do is teach Marie Jo to let go of the rock when she throws it and get Barb a pair of non-slip shoes so she doesn't fall down while skipping. Perhaps then they would have scored more than ? one point! for the WHOLE TOUR-NAMENT? C'mon girls! Oh well, although they didn't curl well, they partied well. Rumour has it that Holberg will never be the same.

Back to a more serious side of things. As you may have noticed there has been a few moves around the sections. Manon Gervais is now employed as SDA operator in Clothing Stores, Kim Heath has taken over the D.A. desk in Customer Services. Where has Karen Parrott gone, you ask? Hidden away in Stocktaking. Barb Arnold has gone to LPO, Joanne Martin is now doing shiftwork in 1 Supply Group and last but definitely not least Lucy Allard has made her way to General Stores.

It should also be noted that Pte Harvey has been seen recently reading the CFAOs, the article on travelling Pri 5 on the Boeing. Care to elaborate Chuck? Speaking of aircraft, Luc Lapointe is desperately trying to get on a serviceable one just so he can jump out of it!! Craazy!!

Kim Heath's Tupperware party turned out to be a great success and for those of you who missed out, there are two more scheduled for the near future by other Supply personnel. Sorry, the who, where and when, you'll have to find out for yourselves.

If anyone out there passes Kathy Segriff hitch-hiking please pick her up. She sold her car finally. To a mechanic. That's just what the car needs, a mechanic!!

Well, that's it from the world of Base Supply for this issue.

Energy Conservation in the home

COOKING

-The self-cleaning range, as well as being a convenience, is an energy saver because there is additional oven insulation.

-Cook complete oven meals, choosing main dishes, vegetables and desserts that cook at the same temperature for the same length of time.

-Prepare double or triple quantities of food that require long cooking times. Freeze the extra portions for future use.

-Keep the oven door closed while cooking. Each "peek" results in a temperature drop. Use the oven light to check.

-Avoid "preheating" oven whenever possible. It is unnecessary for casseroles, pot roasts and the like.

-Plan ahead for a "baking day" to use the preheated oven to advantage.

-Don't use the oven (or surface elements) to heat the kitchen. This is an energy waster and may damage the appliance.

-Use flat-bottomed utensils that fit the range elements. Use lids that fit properly.

-Be sure to clean the oven and surface elements often. A clean range is more efficient and maintains more accurate temperatures.

-The microwave oven can be a convenience as well as an energy saver when used as recommended. When efficiently used, the savings can be substantial.

-The electric kettle and coffee maker are more efficient than their range top counterparts. Other counter top ap-

pliances are about equal in efficiency to the use of the range.

-Smooth top surface units are easily cleaned; however they are about 10% less efficient than the conventional range top.

FOOD STORAGE - REFRIGERATORS AND FREEZERS

-Some models of the newer refrigerators have built-in energy saving features like power save controls and dispensers in the doors.

-Set temperature controls to maintain the refrigerator section between 2° - 4°C (36° - 40°F) and the freezer section at -18°C (0°F), or lower.

-Locate refrigerators away from direct sunlight and heat sources.

-Be sure that door gaskets seal tightly.

-Defrost (manual control models) when frost builds up to about 5 mm (1/4 in) thickness. Allowing frost build-up wastes energy.

-Clean condenser coils regularly. These are at the back of the appliance or underneath.

-During intended absences, empty and clean the appliance, disconnect from the power source and block the doors open to permit air circulation.

DISHWASHER

-Use the energy saving controls to eliminate heat during the drying cycle. On older models, save energy by shutting off after the final rinse and opening the door to permit air drying.

-Wash full loads to save hot water. Use the rinse-hold cycle, if available, until a full load is accumulated.

-Follow recommended loading procedures as shown in the manufacturers instructions.

KITCHEN WASTE

DISPOSER

-Use only cold water because it congeals greasy food into globules that can be flushed through the drains. Hot water melts fats and greases which then become deposited in the drain pipes where this coating may build up and cause a stoppage.

*The disposer was designed for food waste only-using it for other items such as tea-bags, filter-tip cigarettes and plastics, etc., may cause damage.

LAUNDRY

-Save energy by setting the water level control to suit the size of load. Set the temperature controls to suit the nature of the fabric.

-Use cold water for rinsing when possible. Most fabrics, especially blends prefer a cold water rinse.

-Set controls for the shortest possible drying time. Over-drying wastes energy and causes materials to wrinkle.

-Keep lint traps clean. Empty after every load for efficient performance.

INSTANT-ON TELEVISION

-If the TV has only an instant on switch, provide a line switch or disconnect the set when not in use for extended time, such as vacations. Turn off any unwatched TV.

PEAK LOAD USE

Utilities must meet the highest demand for power by their customers at any instant. This peak normally occurs between 5 - 7 pm, particularly on cold winter days. The same capacity is available during the many other hours of lower use. Residential users can help smooth the energy load in a number of ways during the winter months:

-Wash dishes after 8 pm.
-Have baths in the morning or after 8 pm.
-Avoid doing laundry or using the cleaning cycle of self-cleaning ovens during the peak hours.

-During hot summer months: Don't run an air conditioner when windows are open.

-Schedule laundering and dishwashing for the cooler hours of the day.

This information has been written and compiled to assist you in your quest to save energy and dollars. Significant savings are possible in several areas, but even small savings can, over a period of years, amount to considerable sums.

From 442 with love



Base Supply Commended by 442 Squadron (L to R): MCpl Hyde, WO Fleming, Capt Foster, LCol Lett, Maj Bladely, LCol Bowes, WO Maude.

BASE GOLF CLUB
SPRING GENERAL MEETING

WEDNESDAY MARCH 4th - 7 PM
GLACIER GREENS CLUBHOUSE
ALL INTERESTED PARTIES WELCOME

SECTION NEWS



Demon Doins

SUGGESTION AWARD



Three years ago Private Marsh, an Integral Systems Technician on 407 Sqn, suggested that emergency evacuation lighting be provided in CF hangars. Her proposal was immediately adopted at CFB Comox and a submission was made to have it adopted for all CF hangars. Headquarters decided not to make it mandatory for these lights throughout the forces but, as it was adopted at this base, she was granted a \$300 award. Corporal Marsh is shown receiving her cheque and certificate at CFB Bagotville.

Aerobic Excellence Award



Maj Small presents

WO Don Logan accepts

AIR CREW

407 welcomes Sidney to the West Coast Flying Club. Sorry about the lack of snow, we have to drive almost an hour to see some. You (meaning both 415 crews) have shown up right in the middle of our great seat scandal. Did you bring enough seats?

Final results from the crew checks were not available at time of printing so once again we are forced to fall back on wild speculation. A leak from an old reliable source in standards, albeit only from the "B" team, puts Crew 1 all

alone out front. Well, they certainly are out on their own, but in which race? The Cowboys, still "determined and ready" have to receive full marks for perseverance. We would all like to see you finally get your checks finished. Some junior guys on the Subbusters were thrust into the glory of battle when most of their regular leads were found to be conspicuously absent right when the pressure was on. To borrow a colourful metaphor from one of their tall, thin, blond pilots: they all fled like rats from a sinking ship. If nothing else

Maj Hansen was impressed with their zealous approach to fires of unknown origin. Wherever he went the crew would begin carrying out their checks. This continued until Mick Hatch chased the Maj down with a fire extinguisher and simulated dousing from the simulated sign on his back.

While other crews were frantically worried about their crew checks, TAZ and the rest of Crew 6 were, as usual, taking care of business. TAZ oblivious to the -30° of Yellowknife was almost usurped as mascot by an affectionate puppy named Frank who took a special liking to Kevin Parker. Another problem up in Crystal City was the icy taxiways. To overcome this the utility naves were moved forward as ballast to put weight on the nose wheel. This was decided on after considering using the trusty autopilot "George" for taxiing, but that only makes the controls stiff.

Speaking of Crew 7, they had a good time in Moffet. After some loose Moose tracking and a big daiquiri party Dave Boulton treated himself to breakfast in bed. Or was it the night before's supper and all those daiquiris?

Nuff said.

MAINTENANCE REPORT

Since I am not an editorial writer by trade nor do I aspire to be one I can only throw myself at your mercy if you find this report on the doings of the Demon Techs to be analogous to a ninety year old man attempting to make love. That it, it may seem to be erratic, slow moving and a complete mystery as to how it will end.

Not much has been hap-

pening in maintenance since the last bird was pulled out of the hangar. If you noticed a marked improvement in the disposition of some of the Sergeants in servicing and maintenance, it is because four of them just came back from three weeks of maintenance management in beautiful downtown Greenwood. The reason for the course was brought on when one of them was overheard to ask a Private, "Why do we need such big cooling fans on the front of the engines?" The course was very informative and enlightening. It taught them enough to make them totally dangerous. It also snowed every day so that upon returning to lotus land, one almost felt euphoric.

On the lighter side, the scuttlebut I hear is that the medical people are really down on anybody who can't meet their BMI (that's Big Massive Individual). This programme has given birth to a multitude of new diets but the most novel one I heard was from a Sgt who shall go unnamed, in that he is convinced that since mess hall food is prepared by a dietician, you can't get fat on it. At last count he had gained six pounds but still insists the scales are wrong.

I guess congrats are in order for Colin and Nicole Winterburn on the birth of another potential demon tech (their first). This little fellow weighed in at 8lb 9oz.

There have been a few changes in personnel lately in maintenance. Sgt Brian Madman, MCpl Punch Nahu, MCpl Harry Gauthier, Cpl Don Labbe and Cpl Chris Carew are now joining the team while MCpl Mike Roy, Cpl Yvonne Carruthers and Cpl Dave

Wheeler will be joining the servicing side of the house. MCpl Bob Shentaler is now the head honcho over in the Avionics Supply side so be sure that all of the CF942s and CF543s are filled out correctly or you will feel his wrath.

On a closing note I have only one comment on the last exercise. I hear from the mess hall that they only have 1200 more cans of corned beef left for the next one. Nuff said.

AIR PHOTO

Good evening and welcome to the Air Photo Sports Network, tonight's top story is inside information on trades between "the servicing savages" and "processing chaos." First in the line-up is a major change in the MCpl position as John Clevett switches teams with Pete Veldhuizen (rumoured to soon be named Mr. Mom of the year). Along with John, servicing will also be receiving Cpl Chris Tremblay and Pte Jeanneatte LaBelle in return processing will be receiving Cpls Holly Ford and Ginette Duguay. As to who will benefit the most from this transaction, well sports fans that's just a little too close to call. I guess we'll just have to wait and see.

Also in the news tonight it seems Cpl Mike Giroux has been returned to the big leagues after a stint on the farm team 'JLC', and Cpl Rick Bonin is back in the limelight after a waiver to search & rescue, it seems Rich "the spotter" has a little trouble keeping his form in the colder conditions up north.

Seems that's all the news we have tonight sports fans, thank you for listening and please tune in again next time for more sports highlights with the Air Photo Network.

....more BAMSO

continued from page 6

ready. Part one of FTAS 8701 Course is finally completed. We bid farewell, (but not for long) to Mike Dunne and Les Hardy as they return to Greenwood. They will be back for part 2 at the end of April, and are looking forward to seeing how the Comox Valley looks in the sunshine. The "most sensible" one in the shop, Roger Skidmore, bought himself a house

and managed to have it cleaned and painted without hardly doing anything himself. But, as anyone who has owned a house knows, there is "always" something more to do.

With the current warm weather, we again find the section divided, 1/2 praying for more snow and 1/2 hoping for an early spring. We don't have

to guess which side the new DIAC Snow to Surf team is on. Lots of luck guys, and keep up the training.

Well, that's all for now. We have to get busy and paint the inside of our toolboard grey before AMIT gets here. WE assured them it was painted grey and over five years it faded to yellow, but they just wouldn't buy it. Bye for now.

AROUND THE BASE

WOS AND SGTS WIVES CLUB

On Feb 2 the WOs & Sgts Wives Club held a Valentine Potluck Supper.

Since our husbands were the guests of honour for this event each gentleman was presented with a boutonniere and wives were especially attentive to their husbands throughout the evening.

After feasting on the wide variety of food and before the dancing began the approximately 80 people in attendance were provided with some unique entertainment.

With Sharon Jefford acting as emcee a group of ladies performed a number of "Lip Sync" acts and skits.

Many thanks to Pat Pegg, Jackie Kuyper, Stevie Gould, Marie Jones, Flo Tremblay, Jackie Symes, Marilyn Gray, Ruthann Le Patourel, and Rose Jorgensen for their efforts. How else could we have brought the Rockettes, Liberace, Rusty Warren, Gilda Radner and Karen Kain to the mess all in one evening? The skits involving childhood events were also fun.

The entertainment portion of the evening ended with the arrival of Miss Valentine alias Betty Duncan. The gentleman enjoyed bursting her balloons especially since some of them contained prize vouchers.

Throughout the evening our president, Karen Millman, supervised the drawing of names for many prizes.

PRINCIPAL



JOHN HACKETT

Principal Group takes pleasure in announcing that John Hackett is now representing the company in the Comox Valley.

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Wake-a-thon

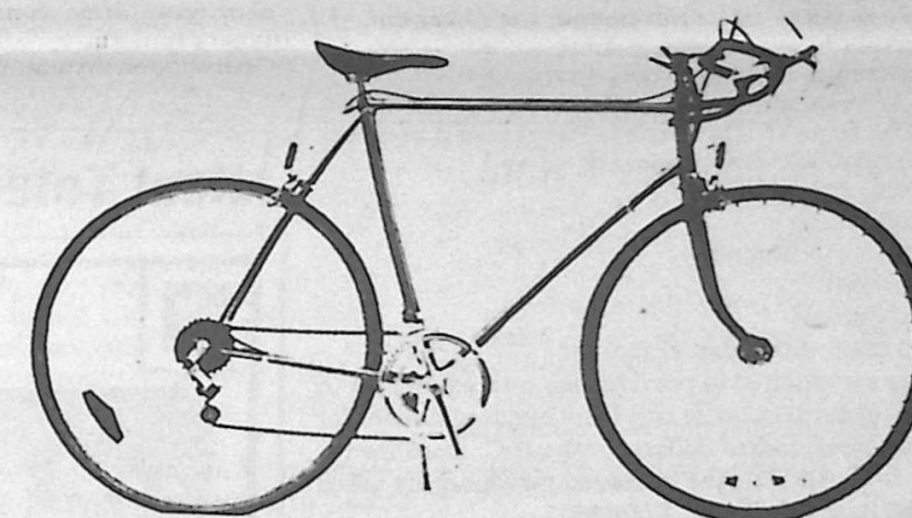


Aux. Captains Russ and Evelyn Sutherland of the Red Shield Snack Bar with the participants of Teen Town during their Wake-a-thon held on January 30 - 31. Left (kneeling) is one of our volunteers, Maurice Moye who organized the billiards tournament that weekend.

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SPORTS & RECREATION

Sports Shorts

PACIFIC REGION MENS AND WOMENS BROOMBALL CHAMPIONSHIP 2 - 6 MAR 87

CFB Comox will host the 1987 Pacific Region Mens and Womens Broomball Championship 2 - 6 Mar 87. Teams participating are CFB Comox, CFB Chilliwack, CFB Esquimalt, Fleet Allstars and CFS Holberg. For game times contact the Base Rec Centre Local 8315. Please come out and support both our base teams in their quest for the gold. The winners of the championship will represent the Pacific Region at the CF Nationals being hosted by CFB Cold Lake 5 - 12 Apr 87.

CISM TAE KWON DO COMPETITION SEOUL, REPUBLIC OF KOREA - OCT 87

The 1987 CISM calendar shows that the Republic of Korea is scheduled to host a TAE KWON DO Competition in Seoul during Oct 87 as part of the CISM program of events for 1987.

To be eligible for the CISM TAE KWON DO Competition, it is expected that participants will have to meet the eligibility criteria outlined in CFAO 50-3 and in the CISM Competition rules. It should also be noted that WTF competitions are normally limited to WTF recognized black belt participants. Confirmation of rules and eligibility requirements will follow immediately on receipt of the official notification of the event and the official rules.

Team selection will largely be influenced by an individual's standing in Regional, Provincial and National Level Tournaments, competitions and team trials leading up to summer 87 and the Pan American Games in July 1987.

It is anticipated that, provided there are suitably qualified potential competitors, team selection will be done in summer 87, with assistance provided by the WTF TAE KWON DO Association of Canada.

For more info contact the Base Rec Centre, Local 8315.

PADI UNDERWATER INSTRUCTOR COURSE

CFB St Jean Scuba Club will conduct a PADI Underwater Instructor Course from 15 - 24 May 87. The course is open to all suitable candidates. Pre-requisites are:

- 1) Minimum age 18
- 2) PADI dive master
- 3) Diving rescue techniques
- 4) CPR (current)
- 5) First Aid Current
- 6) Medical exam within past 12 months

Candidates are required to provide their own equipment to meet PADI standards. Course cost is six hundred dollars for the IDC and three hundred dollars for the IEC. Deadline for registration is 15 Apr 87. Any interested personnel are asked to contact the Base Rec Centre, Local 8315.

CF NATIONAL PHOTO CONTEST - 1987

The 1987 CF National Photo Contest will be held 20 - 24 May 87 at CFB Ottawa. CFSO 14 Nov 86 will be the governing authority for this competition with strict adherence to deadline dates, packing and framing, custom clearances and consolidated entries. Bases, stations, units, and participants are to make themselves familiar with CFSO 14 Nov 86.

Entries are to be clearly marked, Canadian Forces Photography Contest, Attention: BPERO, CFB Ottawa, Ottawa, Canada K1A 0K5 and arrive on or before 4 May 87.

"QUOTABLE QUOTES"

You know you're getting old when you can make the wrinkles that you see in the mirror disappear just by taking off your glasses.

Senior Citizens Day at Highland

March 4 is Highland's Annual Senior Citizens' Day. Come to Highland Secondary and spend the day with us, touring the building, observing our musical "Fiddler on the Roof" under rehearsal, and participating in class discussions. A student guide will meet you and help you plan your day. There will be a free luncheon hosted by the House II government, prepared and served by Mrs. Brewer's foods classes.



Outdoor Writers of Canada

Pipe Smoke

By Gerry Gerow



Conservationists are popping up everywhere these days. It becomes more and more obvious that lovers of the outdoors have finally taken a real interest in their environment.

These people have had enough of the bleeding hearts. Seals are decimating our fish populations on both coasts, and wolves are thinning out the herds of ungulates in our wilderness areas.

The recent furor over the French fishing agreement is interesting, in that the fish the French are being allowed to take doesn't approach that being taken by seals. Sure the seals are cute, cuddly little animals when young and picturesque when full grown but we can't afford the numbers of them we have.

The arguments that hunters want to kill the wolves so as to have more game for themselves is bull crap. Hunters don't even come close to taking the numbers of animals the wolves do. Furthermore the objectional wolf populations are in the remote areas where few hunters ever penetrate. The game in these areas, unmolested by hunters, provides a core population which radiates out as numbers increase. Allow the wolves to get too numerous and they'll be the ones radiating out, harming farm livestock and even threatening human lives when they get hungry enough.

No sportsman would ever stand by and watch

any species become endangered. What is advocated is control.

Ever notice that people like Paul Watson never speak out about rat control. I'll bet they even use pesticides in their gardens. It seems some species are important to these people and some are not. I have a lot of trouble with the philosophy that says it's all right to take the life of a cow, pig or chicken, but not a wolf or a seal.

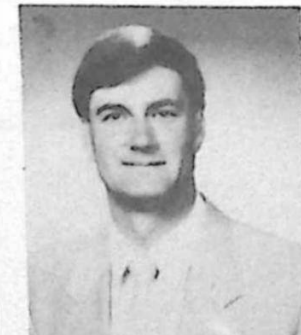
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On a different subject, for me, I must apologize to the staff of the Cold Lake Courier. I had silently called them some names for not sending me the Dec. 10th issue of their paper. It arrived recently in my mailbox on Feb. 11th. So I guess congratulations are in order for Canada Post. Despite the Christmas rush, they managed to deliver it. (finally).

This seems to be the time of year for birdwatchers. At least in my neck of the woods. There is a fantastic array of species around the feeders these days as the birds start to congregate in anticipation of the nesting season. Chickadees and juncos are particularly numerous in our yard these days. The chickadees are especially interesting as they have little fear and can be approached quite closely. If you want to attract chickadees, hang a piece of suet near your feeder or in a convenient tree branch. They love it. Once again Frank, no dogs.

Next Totem Times Deadline

March 9

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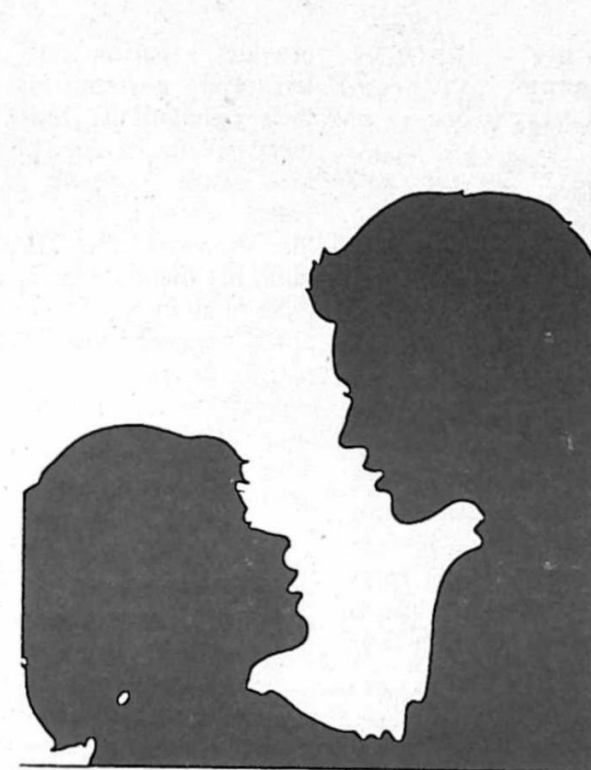
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BUICK

SPORTS & RECREATION

FAIR PLAY CODES



Parent's Code

...Do not force an unwilling child to participate in sports.

...Remember children are involved in organized sports for their enjoyment, not yours.

...Encourage your child always to play by the rules.

...Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.

...Turn defeat to victory by helping your child work towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a competition.

...Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team.

...Do not publicly question the officials judgement and never their honesty.

...Support all efforts to remove verbal and physical abuse from children's sporting activities.

...Recognize the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child.

Where does a child learn to be a "good sport"?
At home. By the time a child dons skates or joins a team, a sense of sportsmanship (or lack thereof) is already well established.



Coach's Code

...Be reasonable in your demands on the young players time, energy and enthusiasm. Remember that they have other interests.

...Teach your players that rules of the game are mutual agreements which no one should evade or break.

...Group players according to age, height, skill and physical maturity whenever possible.

...Avoid over-playing the talented players. The just-average players need and deserve equal time.

...Remember that children play for fun and enjoyment and that winning is only part of it. Never ridicule or yell at the children for making mistakes or losing a competition.

...Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.

...The scheduling and length of practice times and competitions should take into consideration the maturity level of the children.

...Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.

...Follow the advice of a physician when determining when an injured player is ready to play again.

...Remember that children need a coach they can respect. Be generous with your praise when it is deserved, and set a good example.

...Make a personal commitment to keep yourself informed on sound coaching principles and the principles of growth and development of children.

The successful coach invests more in the well-being and interests of the players than in their win-loss record.



Player's Code

...Play for the "fun of it," not just to please your parents or coach.

...Play by the rules.

...Never argue with the officials decisions. Let your captain or coach ask any necessary questions.

...Control your temper - no "mouthing off," breaking sticks, throwing bats or other equipment.

...Work equally hard for yourself and your team - your team's performance will benefit and so will your own.

...Be a good sport. Cheer all good plays, whether your team's or your opponents.

...Treat all players as you yourself would like to be treated. Don't interfere with, bully or take unfair advantage of any player.

...Remember that the goals of the game are to have fun, improve your skills and feel good. Don't be a show-off or always try to get the most points or penalties.

...Cooperate with your coach, teammates and opponents, for without them you don't have a game.

It isn't whether you win or lose, but how you play the game!

R. J. (Bob) Grieve

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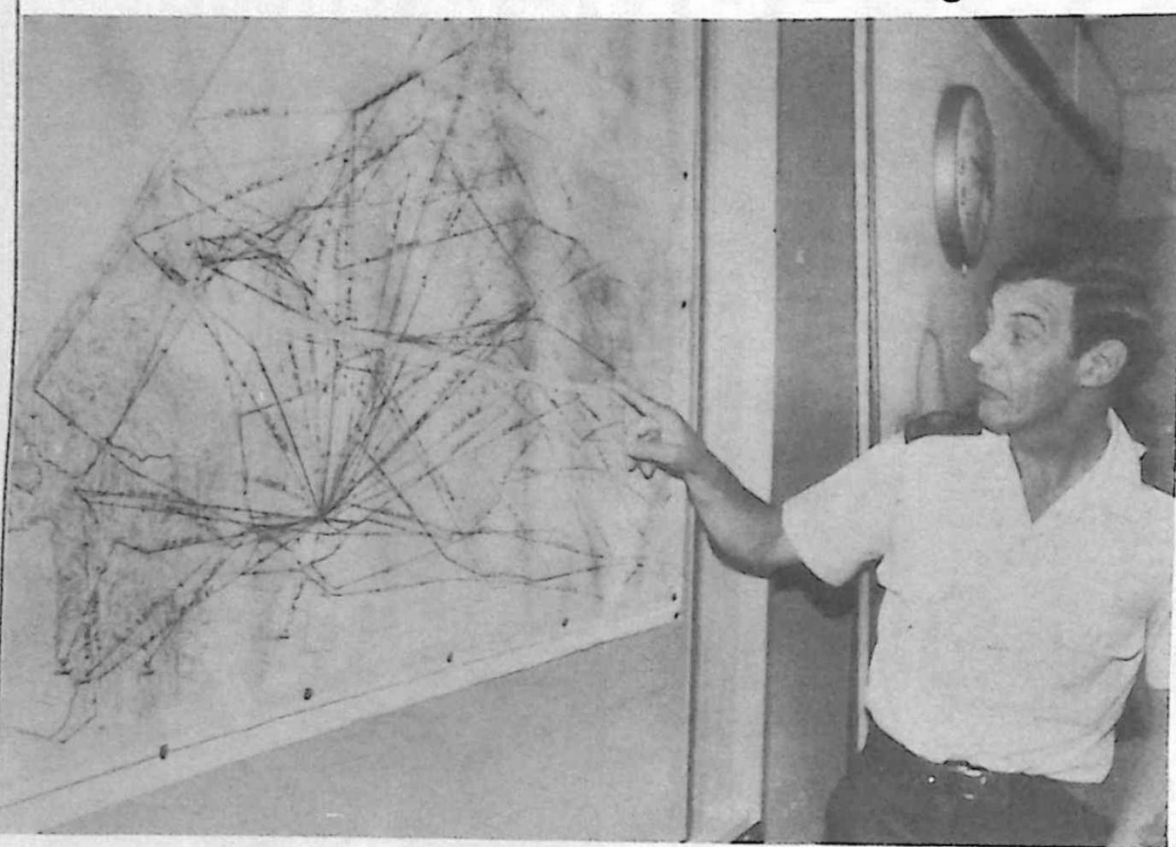
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Save Your Vision Week — March 1 - 7

Canadian Forces Update

Coordinating our Sovereignty



Warrant Officer Tony Hiscock at his northern region job.

NORTHERN REGION HEADQUARTERS, YELLOWKNIFE -- Among Warrant Officer Tony Hiscock's many responsibilities at Canadian Forces Northern Region Headquarters in Yellowknife, is that of coordinating northern sovereignty patrols. WO Hiscock of St. John's Nfld., and his wife Audrie, of New Waterford, N.S., have been stationed in this northern capital city since 1982. Along with other Canadian Forces service personnel and civilian employees, WO Hiscock helps coordinate Canadian Forces activities in the North and

provides liaison to the territorial governments and their populations. Most northern patrols are conducted by long range maritime Aurora patrol aircraft, flying tracks like those on WO Hiscock's map, but there are many other types of military presence in the north ranging from Ranger patrols to southern based army, airforce and navy exercises. "After four years of sovereignty patrols I'm getting pretty good at them," WO Hiscock says. "I'd recommend this posting to people who like living in a well equipped big town and who like outdoor activities."

SONY

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correspondence to DIS/NDHQ
Attention: Internal Information
Section, or call 992-7163

87-3

Frigate

Canada's navy will regain the forefront of naval technology in 1989, when the first of six new patrol frigates joins the fleet. The six form part of a plan to replace the 20 steam-driven destroyers built between 1955 and 1964. They will take over from the St. Laurent class, laid down in the 1950's.

Commodore James Green is project manager for the Canadian Patrol Frigate Project. "This ship will be built using a modular technique, Green says. "It is being built on land in segments, which are then taken to the drydock for erection and assembly."

He says construction actually began in July 1985, and, although there will be no traditional keel-laying, there will be a ceremony when the first unit is placed in the dry-dock in March of this year.

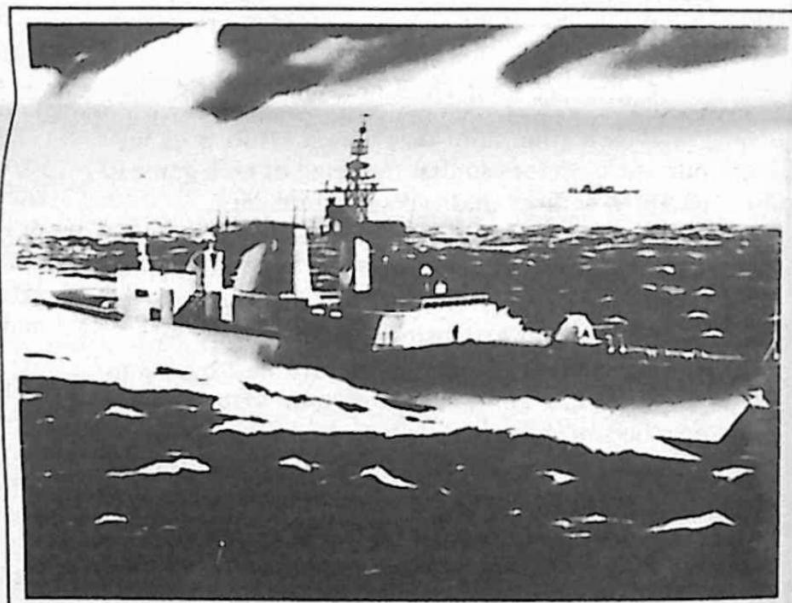
The commodore says this is a much more efficient system, as the work can be done indoors, with controlled temperature and lighting. These are the best conditions for welders to work in.

A lot of pre-outfitting can then be done before the units are sent to the dock. Bath Iron Works in the United States has been using this system, and the technique is now employed by the prime contractor, Saint John Shipbuilding and Drydock Company Ltd. of New Brunswick.

Green says sea trials are set to start in May 1989. These trials will give the builder a chance to show that the ship performs to the levels specified.

There are three types of trials. The first is to be conducted by the builder with DND observers. The second type is also done by the builder, and witnessed by DND, but some government resources will be provided. The third type, although still the maker's responsibility, is carried out by the navy. This will involve live firing, and is done after commissioning. Once in commission, the ship is under a two-year warranty.

Green says the new ships will be primarily anti-submarine, and as such will be relatively quiet and "good listeners." They will have marine gas turbine engines, similar to those in the



The Canadian Patrol Frigate (Artist's conception) (PMRC84 732)

DDH 280s. The new frigates will not be capable of operating in Arctic ice, but will be able to go through soft loose ice, known as brash ice.

"The patrol frigate is not a close escort. She is meant to function on her own as a distant picket," the commodore says. "Although her primary role will be anti-submarine, she has to have the capability of self-defence against air attack and missile attack, as well as from surface attack. In keeping

with these capabilities, she will also have a role to play in Canada's sovereignty, and when called upon, will be able to assist those agencies involved in maritime law enforcement."

When fully manned and provisioned, the new ship will be able to remain at sea for 90 days. She will have a crew of 191, and can embark an air detachment of about 19 air ranks. The DDH 280s have a complement of about 300.

RRSP

by Pierre Sauriol

This is the time of year when everyone is talking about registered retirement savings plans, or RRSPs. We see and hear ads reminding us that we have only until the 2nd of March this year to make contributions which are deductible for income tax purposes for 1986.

An RRSP is one of the few ways left to defer federal and provincial income tax. The main aim of an RRSP is to save for retirement. But, as well, all revenues generated by the plan are tax-exempt, including interest, dividends and capital gains.

Eventually, you will have to pay tax on these sums when you convert the plan to cash, but the idea is to put money into the RRSP when your tax level is high, and to take it out in those years when your tax level is low. This could be during a sabbatical, maternity leave or retirement. Making such withdrawals is one way of not having to de-register the plan. But before doing any of these things, you should seek professional advice.

Following the federal budgets of May 1985 and February 1986, and improved tax treatment for retirement savings starting last October, changes in the levels of annual contributions are still up in the air for the coming years. But for most CF personnel, the contribution limit for the 1986 tax year is the same as for 1985. That limit is 20 per cent of annual income, to a maximum of \$3,500, less your annual pension contributions.

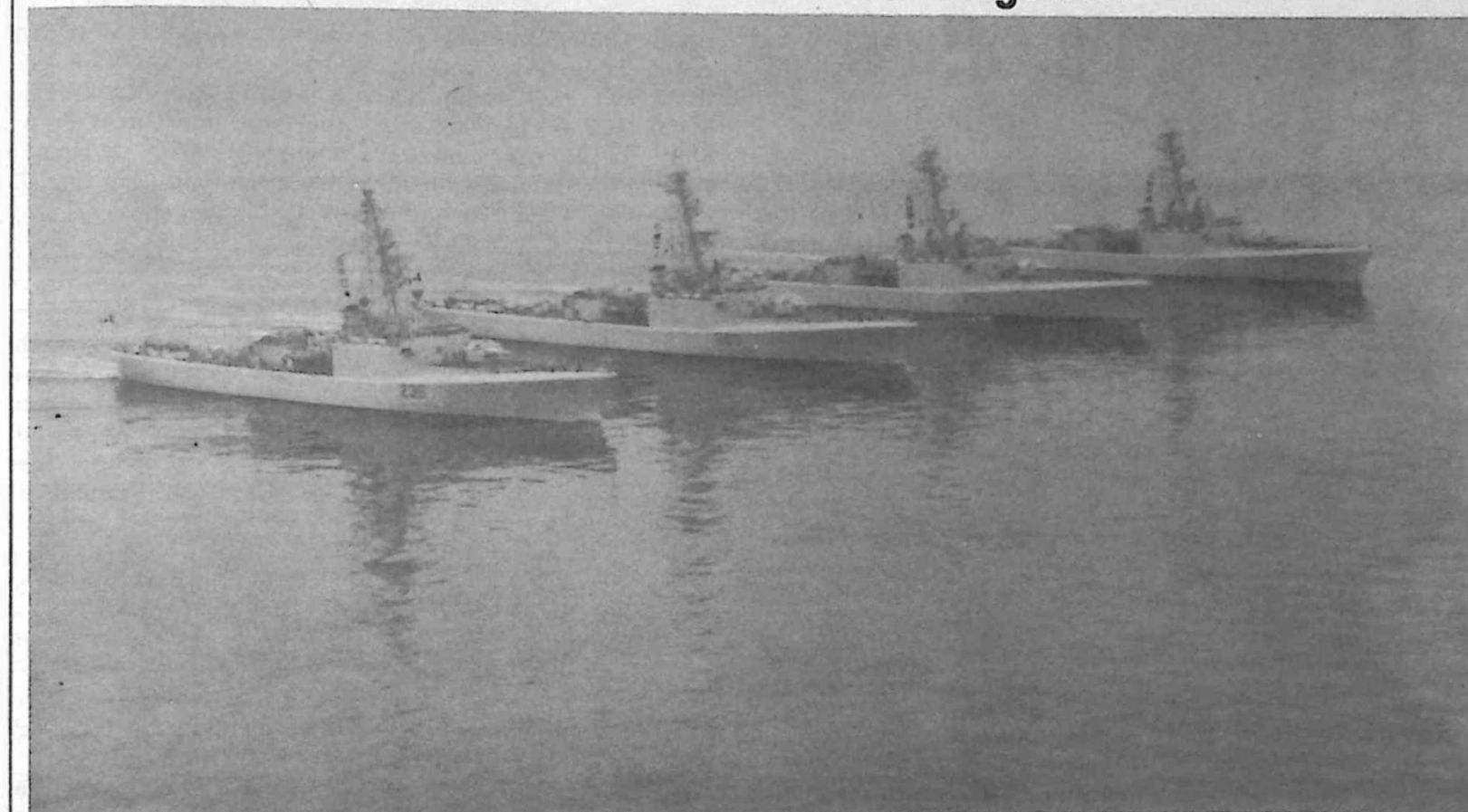
For example, someone earning \$25,000 a year, who has put \$1,500 in a pension plan, can contribute up to \$2,000 to an RRSP. At a tax level of 25 per cent, this would defer \$500 in taxes.

The Service RRSP offers five options to meet your financial goals. You should consider them when shopping for an RRSP.

For those who have more than \$3,500 deducted for their pension plan already, and who cannot therefore put anything into an RRSP, there is still some good news. For the 1986 tax year, pension contributions are no longer subject to the deduction ceiling of \$3,500, as was previously the case. If you have contributed as much as \$4,500 to your CF pension plan, you can deduct that amount from taxable income.

Canadian Forces Update

Old Friends Get Together



With Gatineau heading to the east coast soon the family thought it would be nice to get together for one last sail past. Pictured left to right is 236 HMCS Gatineau, 259 HMCS Terra Nova, 258 Kootenay and 257 Restigouche. (Doiron Photo).

SPECIAL SERVICE FORCE EXERCISES IN ARCTIC

OTTAWA -- Approximately six hundred soldiers and airmen will participate in an Arctic sovereignty exercise on southern Baffin Island from February 4 to February 20. The exercise called LIGHTNING STRIKE 87, is designed to practice combat operations under Arctic winter conditions and joint operations in defence of the Arctic.

This is a field training exercise and it will mark the first time that such a large contingent of the Special Service Force (SSF) from Petawawa, Ontario, has been deployed to Canada's Arctic for this type of training.

During the exercise the SSF will set up a forward base at Iqaluit (Frobisher Bay) in anticipation of a possible simulated enemy infiltration in the Eastern Arctic. Units of the SSF involved in setting up and manning the base will include a Company group based on D Squadron of the 8th Canadian Hussars (Princess Louise's) and augmented by 1 Royal Canadian Regiment of London. This force will be supported by elements of 2 Service Battalion, 2 Combat Engineer Regiment, 2 Field Ambulance, SSF Headquarters and Signals Squadron.

The entire exercise will test the long range deployment and operational capabilities of the Special Service Force in Canada's Arctic. The Special Service Force (SSF) is the only formation in Canada capable

of mounting parachute operations. Units of the SSF maintain qualified parachutists so that an airborne battle group based on the Canadian Airborne Regiment can be formed for a specific task, such as countering an aggressive act on our northern installations. Elements of the Canadian Airborne Regiment will in fact be committed later in the exercise. However, the nature of their mission will be determined as the exercise unfolds.

While the Special Service Force will be the primary military presence in the area, it will also be assisted by Canadian Rangers who are residents of the exercise area. Air Transport Group from Trenton, Ontario and a communication detachment from Canadian Forces Communication Command, complete the task force organization and provide airlift and long-range communications. Aircraft involved in the exercise will include Boeing 707, CC-130 "Hercules," and CC-115 "Buffalo." These aircraft will fly more than 100 missions between Trenton and Frobisher Bay in support of the exercise.

Based in Petawawa and London, Ontario, the Special Service Force is commanded by Brigadier-General Kent Foster. He has under his command more than 3,000 soldiers, a large portion of whom can be inserted into an operational area by parachute. The primary role of the Special Service Force is the defence of Canada.

Forces canadiennes Le complément

87-3

Le COMPLÉMENT est rédigé par le capitaine A.B. Keene et publié par les Services de l'information de la Défense, OGDN 101, promenade du Colonel By, Ottawa (Ontario) K1A 0K2. Pour plus de renseignements, écrire aux SION, OGDN, Information interne ou composer le 992-7163.

La frégate canadienne de patrouille

La Marine du Canada sera de nouveau à la pointe de la technologie navale en 1989, lorsque la première de six nouvelles frégates de patrouille sera mise en service. Ces six premières frégates font partie d'un programme visant à remplacer les 20 destroyers propulsés par des turbines à vapeur construits entre 1955 et 1964. Elles remplaceront les navires de la classe Saint-Laurent, mis sur cale dans les années cinquante.

Le commodore James Green est l'administrateur du Projet de la frégate canadienne de patrouille. «Ce navire est une construction modulaire», explique le commodore Green. «Il est constitué de segments construits sur la terre ferme et transportés en cale sèche, où ils sont assemblés.»

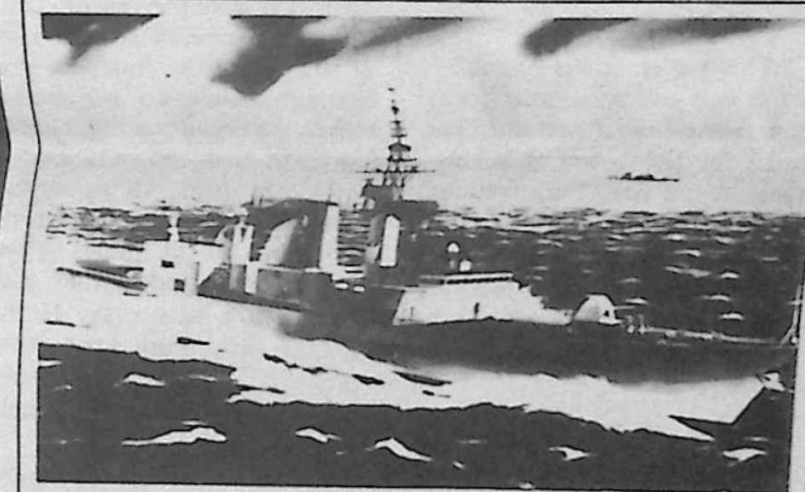
La construction a commencé en juillet 1985, comme le précise le commodore. Bien qu'il n'y aura pas de mise sur cale proprement dite, il y aura une cérémonie lorsque la première unité sera placée en cale sèche en mars de cette année.

Le commodore soutient que la construction modulaire, technique employée d'abord par la société américaine Bath Iron Works et maintenant utilisée par la Saint John Shipbuilding and Dry Dock Company Ltd., est beaucoup plus efficace. L'avantage principal de la construction modulaire est de permettre de contrôler les conditions d'éclairage et de température, conditions de travail idéales pour les soudeurs. Une bonne partie des travaux de préassemblage peuvent alors être effectués avant que les unités ne soient transportées en cale sèche.

Selon le commodore Green, on prévoit que les essais en mer commenceront en mai 1989. Ces essais permettront au constructeur de démontrer que les normes prescrites ont été rencontrées.

Il y a trois différents essais. Le premier est effectué par le constructeur, en présence d'observateurs du MDN. Le deuxième se fait de la même façon mais le gouvernement fournit certaines ressources. Le troisième, bien qu'il relève aussi de la responsabilité du constructeur, est exécuté par la Marine. Il donne lieu à des tests réels et s'effectue après l'armement. La garantie du constructeur est de deux ans. Elle entre en vigueur si la navire armé.

Le commodore Green souligne que les nouveaux navires seront utilisés principalement pour la lutte anti-sous-marin et que, par conséquent, ils seront relativement silencieux et auront un bon potentiel d'évite hydrophonique. Ils seront pro-



La frégate canadienne de patrouille vue par un artiste (PMRC84 732)

pulsés au moyen de turbines à gaz semblables à celles des DDH 280. Les nouvelles frégates ne seront pas capables de naviguer dans les glaces de l'Arctique, mais elles pourront se frayer un chemin dans la glace molle et inconsistante connue sous le nom de «brash».

Une fois chargée de combustible et de provisions, la nouvelle frégate sera capable de demeurer en mer pendant 90 jours. Elle aura un équipage de 191 officiers et non-officiers, et elle pourra embarquer un détachement aérien d'environ 19 militaires de tous grades. Les DDH 280 ont un équipage d'environ 300 hommes.

REER

par Pierre Sauriol

C'est l'époque de l'année où nous entendons beaucoup parler des régimes d'épargne-retraite (REER). Toute la publicité nous rappelle que nous n'avons que jusqu'au 2 mars pour effectuer des cotisations qui soient déductibles de notre revenu imposable pour l'année 1986.

Sans doute, l'objectif principal du REER est de nous permettre d'épargner en vue de notre retraite, mais c'est aussi un des seuls moyens qui nous restent de réduire nos impôts, tant au fédéral qu'au provincial. Rappelons que tous les revenus (intérêts, dividendes et gains en capital) générés par le REER sont à l'abri de l'impôt et ceci, jusqu'au moment de l'encaissement.

Pour profiter au maximum de cet allègement fiscal, nous devons faire des versements dans notre REER durant les années où notre revenu et notre taux d'imposition sont élevés et encaisser ces fonds, sous forme de retraites ou de rentes, lorsque notre revenu est moindre. Cela peut être non seulement à la retraite mais aussi lors d'une année sabbatique ou d'un congé de maternité, par exemple. Cependant, lorsque nous faisons ces retraits, il faut respecter certaines modalités sans quoi nous risquons de compromettre notre REER.

Suite aux budgets fédéraux de mai 1985 et février 1986, et aux propositions du régime fiscal de l'épargne-retraite amélioré d'octobre 1986, des changements dans les niveaux des cotisations annuelles sont à prévoir pour les années à venir. Cependant, pour la majorité des militaires, la limite des cotisations pour l'année d'imposition 1986 demeure la même que pour 1985, soit 20 p. 100 du revenu gagné (maximum 3 500 dollars), moins le total des cotisations versées au Régime de pension des Forces canadiennes. Par exemple, une personne qui a gagné 25 000 dollars durant l'année et qui a versé 1 500 dollars à son fonds de pension pourra verser jusqu'à 2 000 dollars à son REER (3 500 dollars moins 1 500 dollars). Si son taux d'imposition est de 25 p. 100, elle aura épargné 500 dollars d'impôt (25 p. 100 de 2 000 dollars).

Pour ceux qui n'ont pu verser à leur REER cette année parce que leur cotisation au Régime de pension des Forces canadiennes dépasse 3 500 dollars, il y a quand même une bonne nouvelle: pour l'année d'imposition 1986, les cotisations au Régime de pension des Forces canadiennes sont déductibles d'impôt dans leur totalité, le plafond de 3 500 dollars a été supprimé. Et, pour ceux qui sont en quête d'un REER, il ne faudrait pas oublier de penser au REER militaire. Il nous offre cinq formes de placements pour nous aider à réaliser nos objectifs financiers.

AROUND THE BASE

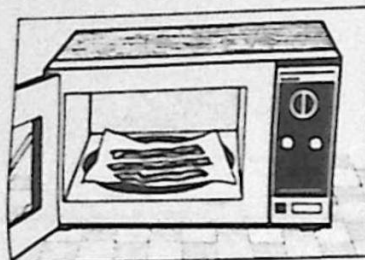
From The
Fire Chief's Office

MICROWAVE FIRE

Do not use paper towels in microwave ovens, cautions CSA's Audits and Investigations Section.

Audits recently received a report of a microwave oven fire which started when a paper towel, being used as a cooking utensil, ignited.

The fire damaged the oven and caused smoke damage to the home. There were no injuries.



The paper towel manufacturer was contacted and it was concluded that a metallic impurity in the towel probably sparked the fire. Tiny metallic particles sometimes make their way into the pulp-paper mixture during the manufacturing process and cannot always be removed, according to the manufacturer.

As a result of this incident, Audits issued a letter to microwave manufacturers asking them to include a caution against using paper towels in microwave ovens in the instruction manuals and cook books accompanying their product.

USE PROPER EXTENSION CORD

Do not use extension cords as a replacement for permanent wiring.

If you need extension cords to supplement your wiring, it indicates a problem with the electrical system. You should add new receptacles (outlets).

Other safety precautions:

-When a wire carries current, heat is produced. Both the plug and the cord can become warm in normal use. It is important to allow this heat to dissipate. Never run an extension cord under a rug. The rug covering raises the temperature of the cord and can cause deterioration and overheating.

-Overheating can also be caused if a long extension cord is not fully uncoiled during use. If the cord is coiled, extra heating occurs, to the point where the cord can get hot enough to melt the insulation.

-If you have an appliance loose and falls out of a receptacle, look at the blades to see if they are worn. If they are, you need a new plug. If the plug is not worn, try other plugs in the receptacles. If they all are loose, you probably need a new receptacle.

-If you have an appliance with a polarized plug (one blade wider than the other), make sure the extension cord is polarized. If the extension cord is not polarized, the slots will be too small to accept the

wider blade. If the plug does not fit easily, reverse it. It is still doesn't fit, don't force it. You could damage the receptacle. Or, you could force the wider blade in just far enough to be energized. This could result in a shock because part of the blade would be exposed.

-Make sure you use the proper size extension cord. To determine the correct size, check the nameplate of the appliance for the ampere rating. (On extension cords, the rating is given on a small label wrapped around the cord). Make sure the rating on the appliance is not higher than the extension cord rating. If it is, the cord will be overloaded.

-Another method is to choose the proper gauge cord. An 18-gauge cord, for example, is rated for 10 amps, a 16-gauge for 13 amps and a 14-gauge for 15 amps. The gauge should be marked on the cord.

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CANADIAN ADVERTISING
FOUNDATION

Island Mardi Gras

Mardi Gras Carnivals are celebrated in many countries throughout the world. The Mardi Gras celebrations date back to Roman customs; Today it is most well known in European Countries, the Caribbean, and New Orleans.

Wherever Mardi Gras is being celebrated it takes on the likeness of the culture it is celebrated in. It is a time for the community to come together for fun and fellowship; To cast aside their ordinary routine and get involved in what is often called the "happiest, craziest, greatest celebration in the world."

Nanaimo will be celebrating its first Mardi Gras this February, with the main events being held on February 27/28. The local tourist bureau is going all out to encourage Nanaimo to get behind this historic and unique Winter Festival.

Nanaimo will be celebrating this special event as a "community festival." The focus of the festival is to involve every service club, organization, society and the performing arts to participate in the events throughout the city.

Many events are planned and the response to them so far has

been encouraging, but we need and want many more participants. The Mardi Gras committee looks forward to your participation and input to help make Nanaimo's first annual Mardi Gras a success.

Mardi Gras Entertainment

Nanaimo's shopping malls and the downtown business core will be entering the spirit of Mardi Gras by staging different "theme programs" over the weekend of February 27 and 28.

Entertainment will run on Saturday from 11:00 am to 5:00 pm and on Sunday from 2:00 pm to 5:00 pm. The merchants will be decorating their shops and having their staff dress up in accordance with their mall's theme.

Island residents are encouraged to visit these areas of entertainment during Mardi Gras and take part in all the fun-filled activities.



Officers Mess

WEDNESDAYS MARCH 4, 11, 18, 25

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.

FRIDAYS MARCH 6, 13, 20

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

WEDNESDAYS MARCH 11, 25

OWC BRIDGE CLUB

SATURDAY MARCH 14

ST PATRICK'S DAY DANCE. The "Jig" is up at the Officers Mess tonight. Everyone is invited to join Pat and Mike in a hearty bowl of Irish Stew. A live band will be the feature of the night with music interspersed with some toe-tapping Irish ditties. Dress will be casual. Food will be served at 1930 hours. Cost per couple: Members \$25. Limited Associates & Guests - \$30. Reservations to Mess Manager by 9 March 87.

WEDNESDAY MARCH 18

OWC MARCH MAKE-OVER. 7:30 for 8:00. Demonstration to be done by Cream of the Crop. Cost per person: Members - \$2, Guests - \$3

FRIDAY MARCH 27

MIXED TGIF: Will feature Chinese Food at 1930 hours. Dancing to music with DJ will commence at 2100 hours. Cost per couple: Members - Free, Limited Associates & Guests - \$10. Reservations by 23 Mar 87.

WEDNESDAY APRIL 1

63RD ANNIVERSARY RCAF MESS DINNER. Reservations through Squadron/Unit. **RESERVATIONS:** Please make every effort to make.....etc. **DRESS STANDARDS:** Casual.....etc. & Informal.....etc.

FINANCIAL UPDATE

Realty Report — Tom Procter

Dear Friends;

Once again as in previous years I am taking this opportunity to report to you on the past year's Real Estate market and make a few predictions for the future as to the Realty Market in the Comox Valley. First of all, let's look at a few statistics derived from the Land Registration Office and from the Real Estate Board statistics. At the time of writing early 1987 we appear to be well on our way into recovery from the Recession of 1982-1985, as far as Real Estate values are concerned the fall of 1984 and the spring of 1985 marks the lows in property values, hindsight being 100%. We can now say that the best buys in recent times occurred then.

MARKETS — WHERE ARE THEY

THEY

Now to the facts and figures the total number of sales in the Valley area for the past four years are as follows:

1983 - 1141

1984 - 928

1985 - 1054

1986 - 1160

The 1986 figure represents a 10% increase in the number of sales over 1985. The expected shot in the arm which many looked forward to from Expo 86 failed to arrive in the Comox Valley and the prolonged strike of the Forest Industry tended to keep the Market very stable and level. Now let's consider the total dollars spent on Real Estate purchases in 1986 and relate them to the previous three years.

1983 - 59,157,030

1984 - 51,079,752

1985 - 59,433,435

1986 - 61,605,243

Two million one hundred and seventy one thousand more dollars spent in 1986 works out to an increase in spending of 3.65%. This small increase is a step in the right direction but considered in the Context of the all of Vancouver Island excluding Victoria, the only place with a lower recovery rate than the Comox Valley, is the Port Alberni area. The conclusion to be arrived at from this fact alone spells out very clearly to me that now is the time to buy property in this area. Our recovery in 1987 will be up sharply. Next let's consider the number of sales taking place in \$20,000 sections. There were: 261 sales (mainly lots) below \$20,000

226 sales between \$20,000 - \$40,000
311 sales between \$40,000 - \$60,000
22 sales between \$60,000 - \$80,000
73 sales between \$80,000 - \$100,000
67 sales over \$100,000
For a total of 1160 sales.

When compared to 1985 and 1984 figures it is encouraging to note that the number of sales above \$60,000 increased significantly with an increase of 20% in the number of sales over \$100,000. Here again, we have a very positive signal of pending price increases as the better quality houses are bought up. The new homes being brought into the market today cannot be produced for less than \$65,000 and although at the time of writing there are two new houses in the Valley at \$46,500 and \$59,900 the only reason these are available is that the builders secured building lots at a very reasonable price and once again cheap building lots are becoming scarce.

One area I haven't addressed yet is the housing gap that could occur due to the relatively few housing starts in the Valley from 1981 - 1986. I personally believe that there will be more new housing starts in 1987 and 1988 but it will be extremely hard to find a good quality 3 to 6 year old home at the prices they have been selling at recently. Prices on such properties are bound to increase and those of you that were wise enough to buy will probably do very nicely should you decide to trade up or be transferred during the next two or three years.

I would now like to take a few moments to review a few Multiple Listing statistics on average prices of houses and lots. As of the 30th of November the average dwelling in the Comox Valley was \$58,967 up from \$55,245 one year earlier, an increase of 6%. Building lots at the same date were \$13,609 up from \$13,092 one year ago, an increase of 3%.

CONCLUSION

Once again I stated last year Real Estate has historically shown that it has been by far the best edge against inflation. I firmly believe that the current 3 to 4% inflation factor is short lived. Both the Canadian and U.S. Governments are facing huge deficits and thus our

economics will demand inflation to help pay off growing national debts. And now that we are moving into an improving market which will continue for the next three or four years it is important for you to get in at the start of this recovery. I predict an improving market for the next three to five years. Houses in Nova Scotia and Newfound-

land cost more than in the Comox Valley right now. Really, how can a situation like that not correct itself. So, if you have trade up or down, or have investment in mind, 1987 is probably the last year of bargain basement prices in the Comox Valley.

Best Wishes to you all for the future.

Sincerely,
J.H. Tom Procter

Tom Procter is a retired 407 Squadron Air Force Navigator and has served in Malaysia and Hong Kong with the British Army. He has 12 years experience in the Realty Industry in the Comox Valley being presently employed by Block Bros. Realty Ltd., Courtenay.

Fiddler on the Roof

March 9, 10, 11 and 12 at the Sid Williams Civic Theatre: Highland Secondary's Production of "Fiddler on the Roof." With 65 students on stage and many more involved in lighting, makeup and staging "Fiddler" will be our biggest musical ever. Drama directors are Tim McKinnon and Ron Black, and Music director is Ron Jackson. Don McCrick is the producer, and all the staff is involved in some way with the play. The male principal roles are played by Deavlan Bradley, Greg Walton, Dylan Downes, Scott Clarke, Kevin Muir, Alan Davis, Shawn Taylor, Thomas Boivan and Adam Zambilowicz; female leads are: Donna Shaw, Karen Burr, Raphael Wagner, Caroline Penhale, Amanda Gibbs, Tammy Ryan.

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AROUND THE BASE



Origins of the Species

John Bradley

403 (F) SQUADRON

In March of 1941 the three RCAF squadrons in Great Britain, Nos 110, 1 and 2 were renumbered into the 400 series so as to avoid confusion with similarly numbered RAF units. These squadrons now became known as 400, 401, and 402 Squadrons, respectively. On that same day, March 1, a fourth RCAF squadron was being formed at Baginton in Warwickshire. The squadron was designated as 403 Squadron and was the first RCAF unit to be formed overseas, as the first three squadrons had originated in Canada. 403 was adopted by the City of Calgary and was nicknamed "Wolf." They were designated as an Army Co-operation unit and were issued with the Curtiss Tomahawk Mk Is and Mk IIA aircraft. The first Commanding Officer was S/L B.G. Morris (RAF) who remained with them until 21 August 1942 when he was shot down and taken POW. Shortly after receiving the Tomahawks, the squadrons operational role was changed to the fighter role and to adequately carry out this task was issued with the Supermarine Spitfire Mk IIA. Throughout the remainder of the war 403 would use the Spitfire progressing through the VB, VC, IX, IXB, XVI, and XVII versions. All the aircraft types, Spitfire and Tomahawk, would carry the KH squadron code.

OPERATIONS

After training the unit flew their first operational mission on 11 May 1941, in Tomahawks, on a base patrol. Due to the change of role and aircraft, the first actual offensive mission did not occur until 5 August 1941, when eleven Spitfire VBs flew high cover for a group of Bristol Blenheims that were bombing St. Omer, France. Within a few days 403 had their first aerial victory when once again eleven Spitfires were escorting Blenheims bombing Gosnay. A Bf. 109 was attacked and probably destroyed by P/O K. H. Anthony in KH-K.

The squadron was, like many RCAF units in England at that time and later to come, continuously shuffled from one base to another. From March to December of 1941, they moved six times to such locations as Baginton, Terhill, Hornchurch, Debden,



Spitfire XVII, KH-Z, of 403 (F) Sqn at Fassberg, Germany, May 1945.

Martlesham Heath, and North Weald. The shortest stay at any one location was ten days, 4 - 14 August, at Hornchurch. By the wars end 403 had moved a total of thirty times including ten locations on the continent as they moved forward to provide air cover to the ground troops.

June 2 1942 would be the worst single day for any RCAF fighter squadron. On that particular day, the CO, S/L A.C. Deere, a New Zealander, was leading the squadron on a fighter sweep. They were caught unawares by the enemy with the result that seven Spitfires were shot down immediately, an eighth crash landed at base, and only four returned unscathed. Of the seven aircraft shot down, only one pilot was seen to bail out. The squadron also participated in the aerial battle that coincided with the Dieppe Raid. The air operations in support of the Raid were nearly as unsuccessful as the Raid itself as Fighter Command would lose over 100 aircraft including a couple from 403 Sqn. 403 (F) Squadron was disbanded at Base 152, Fassberg, Germany on 10 July 1945. The last mission was flown on 8 May 1945 when six Spitfires escorted C-47 Dakotas into Copenhagen, Denmark.

VICTORIES

One 403 pilot scored a triple victory on 2 July 1944 when a

flight of twelve Spitfire IXBs flew a patrol over Caen. F/L J. D. Lindsay, while flying top cover attacked 15 Bf. 109s destroying three. The remainder of the group attacked a second batch of 20 Bf. 109s and in the resulting melee destroyed nine enemy aircraft, damaged three others with no loss to themselves. The squadron was able to field four aces during the war. They were, in descending order; F/L H.D. MacDonald DFC and Bar, with 7 1/2 destroyed, one damaged, and two probables, F/L J. D. Lindsay DFC, with 6 1/2 destroyed and two probables, D/L L.S. Ford DFC and Bar with six destroyed and two damaged, and S/L H.C. Godefroy DFC and Bar with a total of five enemy aircraft destroyed and one probable. While not an ace with 403, one of the Commanding Officers, S/L J.E. Collier, was able to claim a special distinction while with 403. One 25 December 1944, in Spitfire SM338, S/L Collier attacked and shot down an Me. 262 jet fighter making this the first RCAF solo victory over this deadly and much faster jet aircraft.

The Squadron Badge was approved by King George VI in October 1943 and had as its central device a Wolf's head. The motto, Stalk and Strike, was in English.

Did You Know



Skis were used in warfare for the first time in the Battle of Oslo in 1200 A.D.

888 WING

The next General Meeting will be held on Wednesday, March 4th, 8 p.m. at the Wing. This meeting includes the annual election of our executive for 1987-88 so please attend and cast your vote. Past President John Haughton is in charge of the elections, so if you would like to serve the Wing, please contact him. Of course, nominations from the floor will also be welcome.

Ken Durrant has recently brought the membership file up to date, and it appears we now have over 230 members. With all that talent, surely there are a few new faces who will stand for election and augment the volunteer lists. Remember to attend the meeting and cast your vote.

The Air Force Museum is looking for a curator. The job description and terms are posted in the Wing, or you may contact the Commandant of the Air Force Indoctrination School, Major Don Thain. This could be an interesting and rewarding position for a retiree, and 888 Wing (and hopefully Pacific Group) will be working closely with and supporting the Museum.

The next edition of "Contrails" should be in the mail mid-March. If you have any contributions leave them at the Wing, and please ensure that we have your current and correct address.

A note to serving CF members - you are always welcome at the Wing. This is not just a retirees and veterans organization. We try to actively support military aviation, and we need membership from those of you currently serving the Canadian Forces.

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HANDYMAN TIPS

The average Canadian home is not as safe as you'd think. Particularly for the handyman.

There are almost four times as many accidents in the home as in the workplace, and nobody knows that better than chiropractors.

Every year in B.C. approximately 30,000 people visit a chiropractor, many of them victims of household accidents.

So now that winter increases the handyman's indoor pursuits, the BC Chiropractors Association offers the following Code of Caution:

*When painting or replacing a light bulb, use a proper ladder to reach those difficult high places. Make sure it is on a level footing, and not on a slippery surface. Face the ladder when going up or down, and if the object is out of reach, don't stretch for it - get down and move the ladder closer.

*When lifting a heavy object, squat down keeping your back straight. Then push up with your legs. Don't bend over the object or try to take the weight by straightening your back.

*Beware of the dangerous combination of slippery surfaces and shoes without grip.

LIFESTYLE



Soles and heels should have adequate tread, and linoleum and tile floors should be treated with caution when wet.

*Keep stairways and dark corridors clear. A child's toy or a forgotten implement could throw you off balance and result in a serious back or neck injury.

*Change hands or body position regularly when doing a repetitive action. Painting a ceiling or scrubbing a wall could put you in an abnormal position resulting in a painful strain.

*Some of the most common injuries result from sudden or unexpected movements. If a

heavy object you are carrying starts to slip, it's often better to let it fall rather than contort yourself to save it.

If you do have an accident, consult your family chiropractor afterwards. He or she is the specialist you should talk to first about any spinal complaint.

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| | 50.00 | 45.00 | 56.00 | 51.00 | 150.00 | 168.00 |
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HEALTH AND WELL BEING

info
health

Dr. Bob Young

DIABETES — STILL LEARNING

I'm sure that doctors felt that diabetes had been conquered when insulin was discovered back in 1922. In many ways their optimism was justified - many thousands of diabetics have had their lives greatly extended through the use of insulin.

"The more we learn, the less we know" is an apt phrase in the case of diabetes. We are still learning, but each new answer seems to raise more questions.

One question, not yet fully resolved, is the necessity of treating the 'borderline' diabetic. These are people who have marginally elevated blood sugar levels and usually no symptoms.

Earlier it was thought that the severity of diabetes was directly related to the elevation in blood sugar. This led some to believe that there was little to be gained by treating patients by diet modification and exercise.

Diabetes, itself, is usually not a killer. People die of complications of the disease, usually kidney failure or cardiovascular problems. Blindness, problems during pregnancy, blocked circulation in the legs (leading to am-

VISION
PROGRAM
TO AIR

A special one-hour program on vision, how it works, and what people should know about caring for vision will premiere on the Knowledge Network at 7 p.m., Thursday, March 5. The airing of the show coincides with Save Your Vision Week, March 1-7, sponsored by Prime Minister Mulroney. Honorary Chairman of the week is internationally-known artist Robert Bateman, a resident of Salt-spring Island, B.C.

"Life is Worth Seeing," produced by the B.C. Optometric Association, is a documentary that chronicles visual development and proper care for our eyes from infancy to old age. The show will have a concluding segment that permits viewers to phone in with questions to a panel of experts. Produced for a general audience, (with some content aimed at health professionals as well) many topics will be covered.

The program will be repeated again, Sunday, April 5th, at 1 p.m. on the Knowledge Network.

Early work indicates that it is indeed important to treat the 'mild' diabetic in a serious manner. Good control (normal blood sugar levels) is usually easily obtained. Animal studies indicate that complications are markedly reduced and my guess would be that the same will be found to be true in humans.

Info/Health is brought to you by the British Columbia Medical Association and the Totem Times.

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

DON'T TAKE ASA FOR GRANTED

Most of us suffer from headaches, fever and sore muscles at one time or another. For relief, our usual reaction is to reach for a couple of ASA tablets in the medicine chest. However automatic this practice becomes, it still pays to stop and think about the potential risks to ASA use, especially for small children.

According to the Journal of the American Pharmaceutical Association, salicylates (the base for Canada's most used headache tablets) are involved in more accidental poisonings in children under five than any other single drug or household product.

In 1983, Canadian Poison Control Centres reported 8,057 cases of Asa poisoning. Almost half involved children four years of age and younger. Thankfully, there wasn't a single death caused by ASA poisoning and the number of cases has dropped since the introduction of child-proof closures.

However, as few as 10 tablets can cause very serious harm to a child weighing 23 kg (about 45 pounds) or less. Overdose and accidental poisoning sometimes result from giving

youngsters adult ASA tablets rather than the children's type.

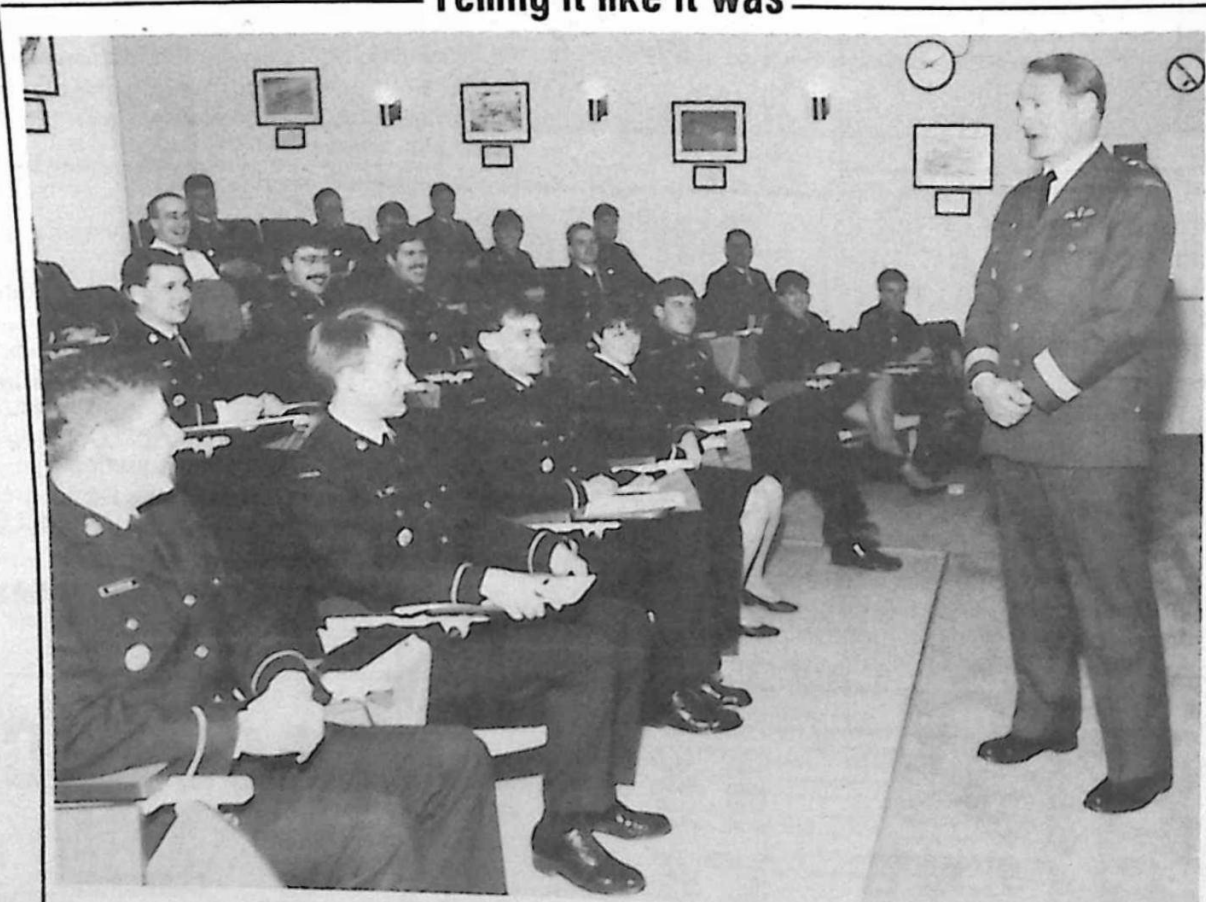
Safety is the most important reason for giving children's ASA to youngsters, not just because it tastes good and is easily swallowed. The dosage is adjusted for children, whereas adult tablets can cause serious illness in small bodies.

If you suspect ASA poisoning, call your local Poison Information Centre or family doctor. For immediate emergency treatment of an overdose, whether in a child or adult, use Syrup of Ipecac. Inexpensive, and available in most drug stores, it is an invaluable emergency remedy for not only ASA poisoning, but for some other drugs as well. In the case of ASA poisoning, a child should be given one tablespoonful as soon as possible; for an adult, the dosage is two tablespoons.

If you have any questions about children's or adult's ASA, ask your pharmacist. He or she is a trained professional who will gladly dispense expert advice to help you enjoy good health.

Ask Your Pharmacist is brought to you by Shoppers Drug Mart and the Totem Times.

Telling it like it was

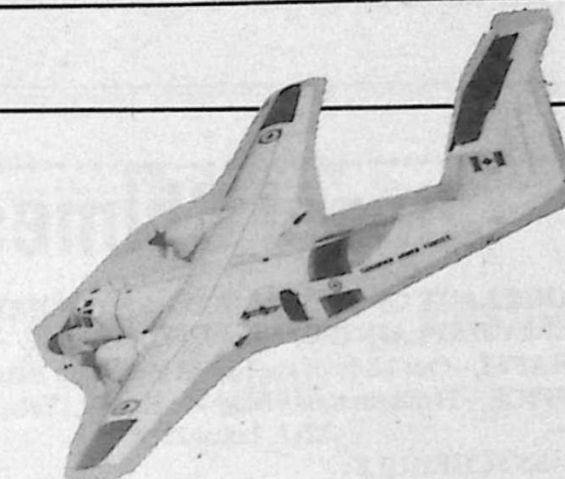


BGen Eichel tells the troops at AFIS about the good old days at CFB Comox. Fond memories eh Sir!

AROUND THE BASE



442 Squadron



HONOURS GRAD



As CWO Ford looks on, Maj LaGrange, 442 SAMEO, congratulates Pte Natalie Corneau on her Honours Pass of QL-4 exams.

So where were most of the yellow aircraft and helicopters of 442 Squadron from the 8th till the 17th? Have ya ever been to sea, Billy?...if so, you might've caught a glimpse of a Buffalo or two doing "lines" off the Alaskan coast, or a Labrador doing a coast crawl around numerous inlets and sounds in the Charlottes or points north.

The object of all this attention was the fishing vessel Scotia Cape, a 119-foot long dragger, reported missing on the 7th, "somewhere off the west coast." Aided by two Hercules from 435 Sqn, an Aurora from 407, two trackers from VU 33, and a US Coast Guard Hercules and HH-3 helicopter, as well as a host of Coast Guard and civilian vessels, 442 Sqn, flying two Buffalos and two Labradors, searched most of the area offshore from Tofino north to almost Yakutat in Alaska, over a period of ten days. At times, Buffalo aircraft were working an hour's transit off the Alaskan panhandle...so far in fact, that time on task was barely more than the transit time due to IFR fuel requirements. Now we know how 407 crews normally feel, but where was the video arcade in the back...?

As for the helicopters, Mike Dorey and crew seem to have taken the "special" aircraft set aside for OTF emergency drills. Ole 312 was up to her tricks again, and after a hydraulic leak made a forced landing south of Ketchikan a prudent move, the ingenuity of the flight engineer was put to the test as a "jury-rigged" fix allowed Mike and the boys to make Wrangell for the night, instead of checking into the "hoochie hotel." Better digs were found by the other Lab crew of Inge Plug and Dan Lachance however, as they managed to find room at the Inn at Sandspit, just in time, (coincidence, we're sure!) for the arrival of one of the Trackers with you-know-who aboard!

One of the better stops during the operation was Sitka, Alaska, on Baronoff Island. This quaint little village of several thousand, dates from the days of Russian ownership (they sold Alaska to the Yanks for \$17,000,000, you know...CZar had a cash flow problem!), and is a pleasant respite from staring at dark and forbidding ocean all day. The U.S. Coast Guard Air Station at Sitka played the perfect host, supplying fuel, parking and even transport downtown, and we duly rewarded them by draining their fuel tanks, cluttering-up their ramp with foreign aircraft, and even forcing their night shift crew to sleep on cots when the downtown hotels were filled with aircrew, and rooms at the station were pressed into sleeping quarters for aircrew.

All joking aside, thanks a million, guys and gals...we couldn't have done it without ya! And confidential to the station commander...Sorry about teaching that new word to all your personnel, eh!

'Twas all for naught however, as not a trace was found of the missing vessel after all the effort. Seems that the merciless sea has claimed another seven lives, unfortunately. Speaking of loss of life, all members of the Squadron were shocked and saddened to learn of the sudden passing of recently-retired Major Jim McBain, on the 12th. Formerly our Squadron Operations Officer, Jim retired last August to Victoria, where he had planned to take up a career in real estate. He will be remembered by all who knew and worked with him for his wit and dry sense of humour, which could bring a smile at even the most aggravating times in Squadron Ops. Our sincere condolences to Georgette and family...we shall all share in your loss.

Elsewhere in this issue, you'll find a photo of one of our two newest Captains, John Komocki, recently promoted along with Dan Lachance. Congratulations, boys! Also pictured herein, is one Pte Natalie Corneau, who achieved an Honours Pass on her QL-4 exams this past October...Congrats, Nat! Not to be

outdone by other sections, we have a large group "grab and grin," featuring the BSO, B Sup O et al. On this occasion, our CO, LCol Lett is presenting a 442 Sqn Commander's Commendation to Base Supply, in recognition of 6 Supply Group's and the Supply Section in general's superb efforts to rectify problems we were having with aircraft parts deliveries and IOR shipments. Thanks, from all of us! (and keep up the good work, please!).

On the training side, SF 600 has "gone south" as they say, and promptly broke down in Albuquerque, New Mexico. Not to worry, though, there's plenty of chili to eat, Studebaker's is the hot night spot, and if you guys can hang in, you'll be pre-positioned for SAREX 1995! One commercial airline ticket, an enthusiastic tech, and some spare parts, and 660 was off to March AFB in sunny Southern Cal on Sunday. Due home on Monday. On board we sent our latest Nav addition, Gord Currie (he was starting to look a little pale from all those shifts at the Ops desk!), and MCpl Karen Carmody, our Chief Clerk, (she thought it would be sunny and hot at 5300 feet ASL in Albuquerque in Feb....ha!) No suntans for you two, but hopefully the healthy, colourful smiles that come from an interesting (if not on schedule) long range trainer. And please no rattlesnakes for the Colonel!

Early this week we've been

tasked to fly the Associate Minister of National Defence, the Honourable Mr. Paul Dick, on a brief tour of CF installations on Vancouver Island and the lower mainland. Also visiting with us on Tuesday morning will be noted Canadian aviation writer and historian Mr. Larry Milberry, who we understand, is working on a new book entitled Air Force Today, due for publication in the fall. I guess he just had to see the best....

REUNION 87 wise, things are slowly but surely warming-up. Got our first PAID registration in the mail a couple of weeks back, from Maj (ret'd) Phil Perry, formerly a technician with the Reserve Support Unit of 442 Auxiliary Squadron at Sea Island. Made our SAMEO (and head of fund-raising) Maj LaGrange, downright proud to see a fellow AERE take the plunge first!

Speaking of fund-raising, did you buy your Feb 50/50 ticket yet from your friendly 442 member?...ex-members have been cleaning-up so far, with Maj (ret'd) Paddy Moran taking the loot last month. Not to be outdone by the draw sales, the ladies have once again come through for the Sqn with a fashion show held at the Junior Ranks Mess on the 18th. A resounding success is probably an appropriate description...way to go, gals!

That's it for now...something from downstairs and the "bookends" in the next issue. 'Til then, Snakes....out!

Gee, thanks Dad!



LCol Lett congratulates John Komocki on his promotion to Captain.

Jr. Ranks Club
ENTERTAINMENT

27 FEB 87 - DJ SUMMIT MUSIC. 2100 - 0100 hrs. Admission is \$1.00.

13 MAR 87 - ST. PATRICKS DAY DANCE. Dance to the band "Hot Dog" from Nanaimo. Middle of the road music. Bring out your Leprechaun.

14 MAR 87 - Come out and enjoy the Junior Ranks second BINGO. \$1,000 Jackpot and 10 other games. Early bird game starts at 1930 hrs and regular games to start at 2000 hrs.

25 MAR 87 - Regular monthly meeting of the JUNIOR RANKS LADIES CLUB. 1930 hrs.

28 MAR 87 - RETIRED MEMBERS NIGHT. Come out and see some familiar faces and dance to the music of "Good Cookin'".

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AROUND THE BASE



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BRANCH 17 — COURTENAY

Fri Feb 27 **TGIF Draw** at 6:30 PM
Fri & Sat Feb 27 & 28 Music by **MILLER TIME** at 9.
Fri & Sat Mar 6 & 7 Dance to **BRANDY** at 9.

+++ Regular Activities +++

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

BINGOS...Mon., Thurs., Fri., Sun. at 7:00 PM

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BRANCH 160 - COMOX

New Hours

CORRECT SUNDAY HOURS: 11:00 AM to 5:00 PM

+++ Entertainment +++

Feb. 27 & 28 Music by **WESTWIND**.

Feb 28 2 - 5 PM. "GARAGE SALE". Comox Legion Upper
Hall by Ladies Auxiliary Br. 160 Comox.

Mar. 6 & 7 Music by **MILLERTIME**.Mar. 13 & 14 Music by **WESTWIND**.Mar. 27 & 28 Music by **COUNTRY CLUB BAND**

+++ Regular Activities +++

MONDAYS - L. A. Drop in Bingo. Men's Darts - Downstairs

TUESDAYS - Mixed Darts in Upper Hall

WEDNESDAYS - Navy League Drop in Bingo 7PM

THURSDAYS -

1st - Branch Executive Meeting - Upper Hall-8:30 PM

2nd - L.A. Executive Meeting as required.

3rd - Branch General Meeting - Upper Hall - 8:00 PM

FRIDAYS - Meat Draw 2 to 6 pm. Dance (normally Downstairs unless notified)

SATURDAYS - Meat Draw - 2:00 to 6:00 p.m. in Lounge. Dance (normally downstairs unless notified).

+++ Sports Events +++

DARTS STEAK SHOOT CHANGED to Friday March 20.

Reg.- 6:30. Start - 7:00 PM

POOL TOURNEY - Changed to Mar. 22. Reg. - 11:30. Start

12:00 noon.

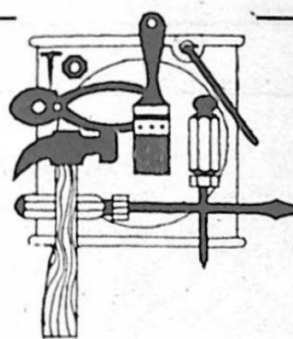
CRIB TOURNEY - Changed to Mar. 22. Reg. - 12:30. Start -

1:00 PM.

"THE LEGION SUPPORTS RICK HANSEN"



CE Happenings



Once again people in paper white coveralls are running around in the CE Production Shops to clean up asbestos. However this time it is to finish up major renovations required. The majority of the Shops have moved to new locations and will be working in various buildings around the base until renovations are complete. The Carpenter Shop has been relocated to Building 35 (Phone No. 8596), Electrical to Building 19 (Phone No. 8232), Refrigeration Shop to Building 15 (Phone No. 8540) and the Paint Shop to Building 19 (Phone No. 8232). The only shop in the production side of the house that does not have a change is the plumbers. However, that will soon change as their new home becomes available early in the new fiscal year.

Posting messages have been coming in dribs and drabs but will be reported on at a later date when everything becomes final.

The CE hockey team has added a couple of players from AFIS. With the new addition (1 male and 1 female) they appear to be a team on the rise. Speaking of hockey, Bill Talbot was seen with his wing in a sling. Could it be hockey and curling are tout fini for the season Bill.

Preventative Maintenance man Joe McDonald is off to sun and fun in Southern California. If you get a chance Joe bring some back.

(HOT OFF THE PRESS)

Dave Annesley, that door you went in said ladies not ladies and the picture shows a skirt not a kilt. Actually the little boys room remains open during these renovations Dave.

A few people have recently returned from TD. Capt Martinello from a computer course in Chilliwack; he will take over as CE computer whiz when Larry Carlson gets posted. Blue Cameron and Sgt Jack Bosse enjoyed a Hazardous Chemical Spill course in Toronto, 2Lt Cook, Dick Zala, Gerry Kep and Al Donovan returned from the Vancouver Home Show where they surely picked up several new and interesting ideas on base development and last but not least MWO Bill Baker and Don Dunham persevered a 3 day visit in Vancouver to look at boilers both inside and out. I wonder if there is an echo in one of those things.

Found a poem for ya:

A WITTLE EGG

I wish I was a wittle egg,

Away up in a twee,

I wish I was a wittle egg,

As wotten as can be,

And when some bone-headed boss,

Would start to shout at me

I'd frow my wotten wittle self,

And spatter down on he.

Benevolent campers take

note: There is a certain young

lady in the Production Cell

(SL) who could use a porta potti.

Because of the mass

renovations in the shop area it

seems she must make a long

trek to the front offices in order

to use the loo.

FIRE HALL NEWS

Fun Bowling evening was

held on Feb 7 with 32 fire hall

participants at Glacier Bowling

Lanes.

Brian was seen sitting down

while trying for that mighty

strike. Was this a new

technique or was he trying to

keep a low profile? (Old Infantry

tactics or just tired?).

After bowling, participants went to the Griffin Pub. (Wait until Rick gets his next Visa statement. How could one round cost that much?).

Chris Halliday (Base Fire Chief) has been on a Hazardous Chemical Course in Arm-prior, Ontario. Do Haz Chemicals freeze, Chief?

Jack Lopatinski attended a Sit 1 Course in CFB Borden for two weeks. He said it was a very informative course on birds. (SWAN).

MCpl Graham McDonald is posted to CFB Chatham this summer. Get your snow shovel ready for next winter Graham.

MCpl Mark Bourassa and Cpl Barry Mitchell are posted to HMCS Huron, Halifax in April. This summer the Huron will be sailing from Halifax to Esquimalt where it will be reallocated. Rumours are you may be going to Australia in 88. 50¢ a beer and all that water.

Cpl Don Parsons is posted to Baden, Germany 22 June 87. Gute Glucklich, Don and Priscilla.

Cpl Frank Cloutier is leaving this week for Sea Environmental Training in Esquimalt and is posted to HMCS Provider, Esquimalt, in August. Welcome to the Yacht Club, Frank.

Good Luck to Cpl Wayne Cave on civie street. Any plans for the money you will save on haircuts, Wayne?

The Fire Department would like to welcome Barbara, Secretary, to the Fire Hall. She types with all her fingers - what a neat idea.

PROVINCIAL

Your M.L.A. Reports

Stan Hagen



Comox M.L.A., The Honourable Stan Hagen, returned from Ottawa recently after co-chairing Federal/Provincial/Territorial meetings of Ministers responsible for Labour Market matters.

While in Ottawa, the Minister met with the Honourable Frank Oberle, Minister of Science and Technology, to discuss the possibility of developing portions of the National Space

Program in the Comox Valley. Having recently met with Mayors Piercy, Cochrane and Moncrief as well as CFB Commander, Colonel Gibbon, Mr. Hagen was able to assure the Federal Minister of the broad base of support for such a program in the Valley, which would provide a 'One Stop Shop' for the purchase by other countries of Canadian space technology.

In a meeting with the Honourable Perrin Beatty, Minister of National Defence and his Chief of Staff, Hagen discussed the possibility of establishing Comox as the base for the Canadian Forces "Snowbirds" and also better utilization of facilities left behind by the phase-out of the

409 Squadron as a possible 3rd line maintenance for helicopters on new destroyers stationed on the West Coast.

The expansion of Government Wharf facilities at Comox was the subject of discussion at a meeting Minister Hagen organized with senior officials of the Department of Fisheries and Oceans, such expansion would encourage more fishermen to relocate to the Valley, thus providing a real economic boost to the regional economy.

Hagen also lobbied hard for the resumption of a Salmonid Enhancement Program similar to that conducted by the joint Federal/Provincial 'MILAP' Program, of which Hagen was a Regional Director. "This

subject was also discussed with members of the B.C. caucus and with the Honourable Benoit Bouchard, Minister of Employment and Immigration," said Hagen, "and everyone is in agreement over the need for such a program-all we have to do now is earmark the dollars." Hagen was pleased with the results of his discussions of constituency concerns in Ottawa, which also included outlining the problems of Comox Valley loggers at a meeting with Jean-Claude Mercier, Deputy Minister of Forests.

Hagen also attended a meeting of the Council of Canadian Education Ministers in Toronto following the Ottawa meeting. These meetings,

chaired by B.C. Education Minister Tony Brummet, announced, along with the Secretary of State, David Crombie, the approval of terms of reference for Federal-Provincial Consultative Committee on Student Financial Assistance, which would allow sharing of information and preparation of a set of options.

Mr. Brummet underlined the importance of insuring maximum accessibility to post-secondary institutions without excessive debt load, and raised with Mr. Crombie the necessity for the Government of Canada to increase its funding for student assistance and to provide such assistance in forms other than loans.

Classified

RATES

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

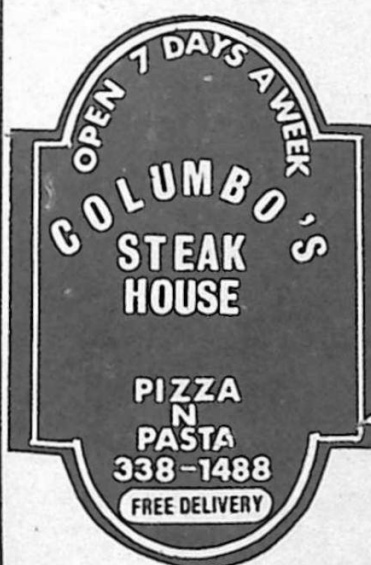
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BUILDING MATERIALS

Lumber & Plywood
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EXPERT FIBREGGLASSING, SPRAY PAINTING & REFINISHING: autobodies; aluminum & fibreglass boats; sundecks; furniture; farm equipment, etc. Excellent prices, Free estimates. Phone 338-9417 or 338-9112. Page no. 204.

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FOR SALE: Girl's 10 speed Raleigh bike. Excellent shape. \$80 FIRM. 339-6210.

As a member of the B.C. and Yukon Community Newspapers Association, The TOTEM TIMES offers our readers the most comprehensive and cost-efficient advertising program ever. For \$129. PER WEEK (1 issue) or \$628. PER MONTH we can place your 25-word sales message directly into more than 921,776 homes throughout B.C. and the Yukon. Your classified ad will appear in more than 81 popular Community Newspapers with more than 2 million readers. Call us for details. Ph: 339-2541

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Serving The Island Since 1924"



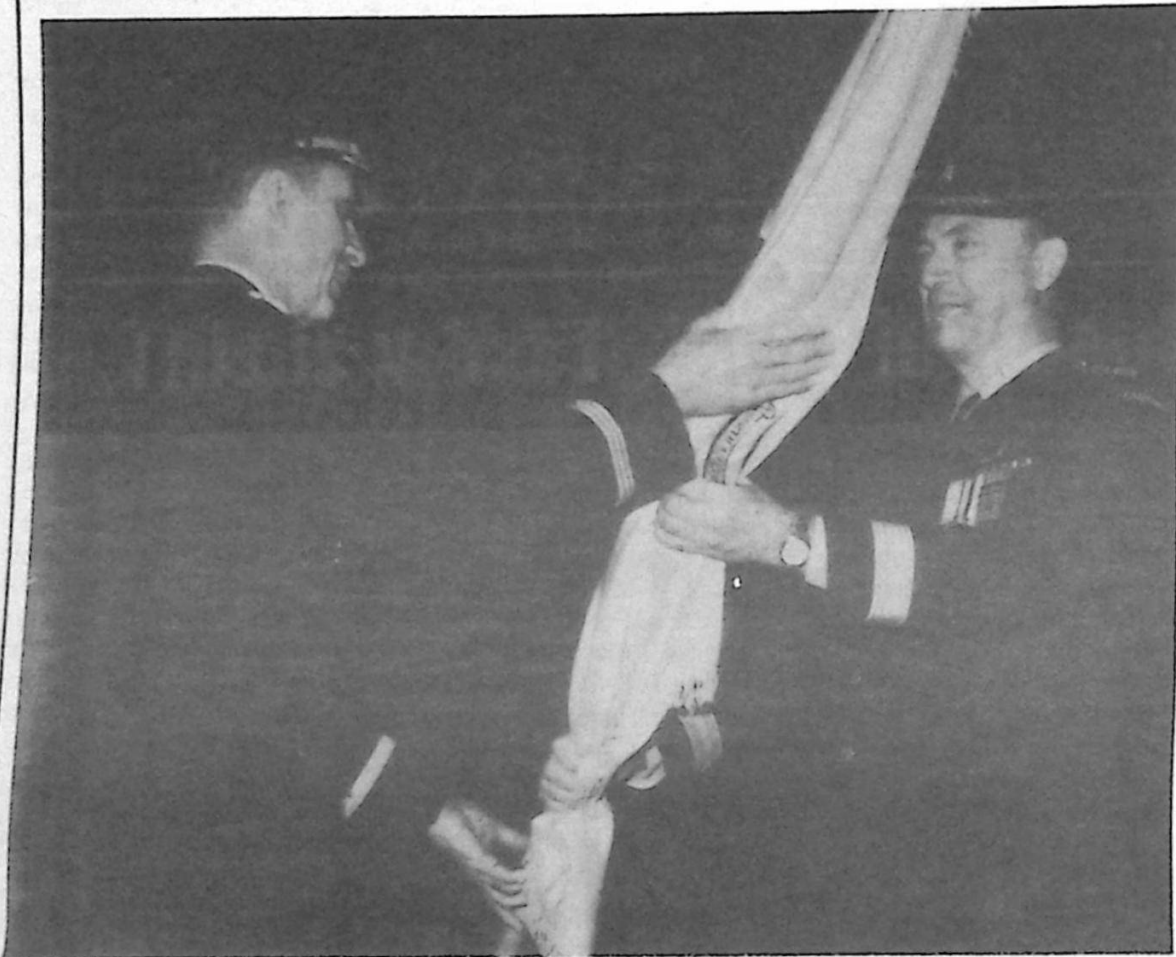
Safe Driver of the Month



Accepting the MSE Safety "Driver of the Month" award from the A/BtNO Capt Rolly Tasse is Mr. Ron McClure. Mr. McClure is a retired Comm Tech (air) who has made his home in the Valley.

PEOPLE & PLACES

Gen Piotrowski Assumes Command



General Piotrowski assumes command - General John L. Piotrowski, USAF, (left) accepts the North American Aerospace Defense Command flag from General Paul D. Manson, Chief of the Canadian Defence Staff, during change of command ceremonies today. Gen Piotrowski assumed the duties of commander in chief of the North American Aerospace Defense Command and the United States Space Command from General Robert T. Herres, USAF. Gen Herres has been named as the first vice chairman of the Joint Chiefs of Staff. (U.S. Air Force Photo)



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 Here's a good bargain 10W30 Motor Oil - White
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BEDS

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334-2444