

TOTEM TIMES

Canadian Forces Base Comox B.C.

Vol 29 No 7 April 9, 1987

Deadline is Monday, April 27, 1987

Cost: Priceless

It must be Spring...the birds are back!

BEATTY SPEAKS ON THE FUTURE

KITCHENER, ONT. -- In a major speech to the Kitchener Confederation Club today, The Honourable Perrin Beatty, Minister of National Defence, discussed the current defence policy review.

"While I can't scoop myself on what is going to be in it, at least I can give you a bit of perspective against which to view the White Paper when it does emerge," he said.

"Some things are not going to change. Canada is firmly aligned with other western democracies, and will remain a member of NATO;

"In the Arctic, concerns are not limited to sovereignty and independence. This strategically important part of Canada must not be used by a hostile power to attach either ourselves or our American partners;

"After nearly 42 years, peace can easily be taken for granted. Much like an insurance policy, there is a temptation to skip a payment or two and risk the consequences. The protection of Canada is too important to take such risks;

"The gap between the various defence commitments Canada has and our capabilities is of great concern. Previous government policies dangerously weakened Canada's ability to defend its security and sovereignty.

"The Mulroney Government's defence goals can be stated simply:

First. Provide the Canadian Armed Forces with a new and clear statement of what we expect them to do;

Second. Give them the tools necessary to do the job; and

Third. Promote peace by remaining a staunch and reliable ally and by encouraging workable arms control agreement; and

"Canadian Security Policy rests on three principal foundations that are likely to remain very important in the years to come:

One. Our Commitment to NORAD and NATO;

Two. The resolution of conflict, of which the peacekeeping

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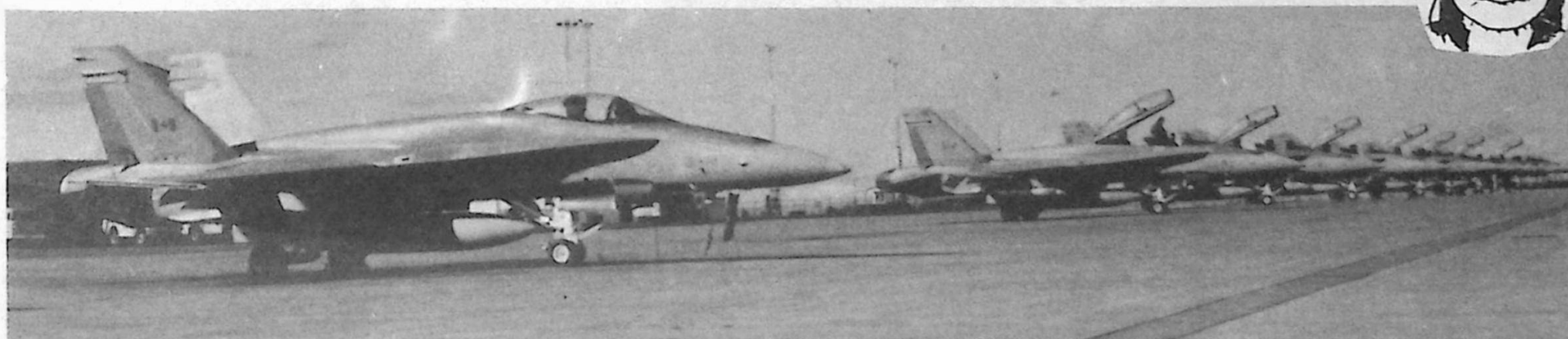
Snowbirds flock to Comox



The boys of summer have arrived back at their adopted home. Fresh from their T.V. debut as stars in "The Real Stuff" the Snowbirds have come home to roost for a couple of weeks and provide Valley folk with free airshows each day. Men and machines are busy gearing up for a summer of strenuous activity. We welcome them back!



...and birds of a different feather



No...it's not the Cold Lake flight line but merely the "flock" from Cold Lake roosting in a much more moderate Comox climate. When the weather in Cold Lake gets ugly (as it normally does) the men and machines of 410 Sqn pack up and head

for the balmy climes of the west coast. It really did look like an operational flight line again with so much activity going on. Welcome to Comox gentlemen.



SECTION NEWS

Anker Klankin'

Thanks Gerry



After 35 years of dedicated service MWO Gerry Gerow receives his retirement certificate from 33 Sqn CO Maj Art Nielsen. Gerry "retires" into the real estate business and his name will soon adorn lawn signs throughout the Comox Valley. We at "Ye old Fishwrapper" wish old "Pipesmoke" all the best in his new venture and thank him many times over for his outstanding contribution to our newspaper. As they say in twenty-eight percent "Bon Chance Geri."

VU 33 TECH SIDE

April has come on with some fine spring weather and along with it a return, for another training session, of the Snowbirds to the VU33 flight line. The techs, who never tire of watching, are treated to two spectacular airshows daily as the aerobatic team gets on with "The Real Stuff."

This week we say so long to MWO (Gerry) Gerow who is retiring after a colourful career of nearly 35 years.

The servicing supervisors in particular are going to miss Mr. Gerow's early morning "Coffee & What's Happening" sessions around the servicing desk. All the best Gerry. We wish you every success with your new career.

On April 1 most VU33 members joined the CFB Comox Squadron formed to exercise the Right to Freedom of the Town by marching in the Town of Comox. The remaining servicing crew members, all MC-

pls except Cpl Ian Taylor (insurance?) enjoyed doing the starts, parks and refuelling. What a way to sharpen up the line skills of the junior supervisors.

The Squadron intersection bowling team is doing a repeat on last year's strategy. The idea is to idle back to 3rd or 4th in the standings just prior to the roll offs and then pour on the power to a championship winning finale. With high pinners Oscar Grubwieser, Harry Weeds, token reservist Niel

Black, Pete Vantassel and Glen Caslake how could they miss.

Away on course to CFB Summerside is MCpl Ted Town. On the JLC at CFB Penhold we have Cpl Bert Hatin ongoing, Cpl Bruce Driver just returned, and Cpl Pete Vantassel next to go.

The newest member of VU33 Sqn is Cpl Vince McKerman who is a Heavy Radar tech on conversion to A/C Com Radar systems. Vince is still wondering how we get all that electronic wizardry into those little black boxes. Welcome aboard Vince.

The biggest news around the Squadron is the upcoming promotion of VU33's CO, Maj Art Nielsen, to Lieutenant Colonel in June of this year. This is bad news because the Squadron will be losing him as their commanding officer after only one year on the job. However, it is good news that Maj Nielsen will be off to MAG HQ to become the new SSO fixed wing.

Congratulations from the entire Squadron, Maj Nielsen, we know that it is a promotion which has come about through much hard work and dedication.

VU33 recently sent a Tracker and crew to participate in the air display at CFB Chilliwack,

which was held at this mostly 'Grunt' type base in honour of

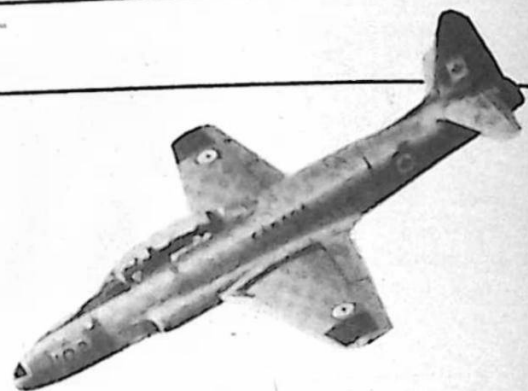
the Air Force. After doing their stuff in the air, the crew was treated to a wonderful supper at the Officers' Mess TGIF, and they were able to meet a number of old RCAF types who were present, along with many MKE personnel who were enjoying the air force festivities.

If you happened to have seen the Comox 'Freedom of the City' parade, you would have noticed that VU33's spit and polish personnel brought up the rear. Save the best til last, eh Col Gibbon?

Get well wishes go out to Maj Kightley who has been under the weather recently. He always told the aircrew that too many pilots in his midst made him ill.

Capt Reimer joined a team of air force personnel who played an army team in a friendly game of crud. It was clear by the end of the game that the air force not only ruled in the overall military scheme of things but also ruled on the crud table, as not one air force member was eliminated from play.

VU33 has recently completed its initial trials of the newly acquired emergency air dropable survival kit for the Tracker. Squadron pilots will be busy in the upcoming weeks becoming operationally familiar with the SKAD and ready themselves to use it should the need arise.



AROUND THE BASE

From The
Top Rung

Col Ted Gibbon

I want to thank the Base for their response to my short notice appeal for support of my participation in the town of Comox's Rick Hansen Wheelathon this past Sunday. About \$1,500 was raised without a great deal of fanfare, in less than twenty-four hours, showing once again our concern for our fellow man and in this case our respect for dedication and courage.

Although we give generously to the United Appeal we are asked almost monthly to support another worthwhile charity; last month it was the heart fund and this month the Cancer Society asks for our help. I have always been amazed at the generosity of military personnel, whether it be in thanks for our good health and general well being or with true compassion for those less fortunate, our response is always spontaneous and frequently overwhelming. We have every reason to be proud of our efforts and deserve the praise of the communities in which we live.

For those who aren't aware or may have forgotten, donations made to Canadian registered charities are tax deductible. The optional standard \$100 deduction has not been in effect since 1984 so receipts must be submitted for all charitable donations being claimed which can reach a maximum of 20% of your net income. You then get reimbursed for those donations at the same rate you pay income tax. That is, if you are in a 25% income tax bracket, one quarter of your charitable donations are in effect returned.

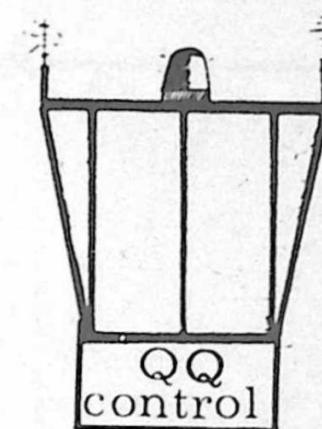
Finally for this edition, the Rick Hansen wheelathon was a real eye opener and physical test. The next time you enter public buildings, commercial establishments or rest rooms think for a second about how you would accomplish it in a wheelchair. Consider how you would get that item from the top shelf in a store, contemplate the height of the curbs, observe the position of door knobs and panic bars - and if you get in a wheelchair keep your elbows in and your fingers out of the spokes.

LOCK OUT?

The Base Golf Club and Social Centre is still open to serve you. Our new entrance off Knight Rd. is a little further from your work place but still the only base facility serving a FULL RANGE OF REFRESHMENTS TO ALL RANKS. Bar/Snack Bar hours are expanding with the season. The Golf Club has reserved Tee-Times everyday for your convenience and ask about our special Limited Membership exclusively for serving members and their dependants.

BBQ UPDATE: Some of you thought we should provide some weather protection for BBQ users. It just didn't make sense to have a scheduled section party spoiled because of a downpour. After waiting 7 months to obtain siting approval to install a roof over the BBQ, the expenditure request "would not be approved at this time" by Your Base Fund Rep. Obviously they don't volunteer to cook for your section outings. Each of you probably has two Reps, one for your workplace and another - the PMC of your respective mess. If you think we should get on with the project why don't you harass, cajole, pester your representatives to endorse this project now. We need your support - it's your Social Centre.

BAR — GRILL — LOUNGE — MUSIC — CABLE
TV — SECTION PARTIES — POT LUCK (with
prior approval) — OUTDOOR BBQ (uncovered)
OPEN EVERY DAY
INFO — RESERVATIONS — CALL 8592
Golfers - Men's Nite starts tonight - Sign in by 1630 hrs

As The
Beacon
Turns

Well there is no way I can top the beginning of my last article with anything as profound, so I'll start right in because of the amount of material I have to cover. Firstly, I would like to welcome back Cpl Steve Tinker from his radar course in Cornwall, Ont. Congratulations Steve and we wish you all the best for an expeditious checkout. With Hellos come Goodbyes, and we will be saying Au Revoir (for a short time) to the following members. Cpl Diane Hicks will be attending the radar course and we wish you all the best Diane. WO Dale Campbell will be going to Wainwright, Alta for a well deserved camping trip!

Our illustrious leaders will be back soon from Ottawa to resume the position of command. We are certainly looking forward to Maj Larry Harker and MWO Sam Kincaid's return. Various people within our section have had a turn at the helm without giving too many wrong turns.

By the time this article appears in the Totem Times, you will have already been delighted by the superb aerial routines being practiced by 431 Air Demonstration Squadron, the "Snowbirds" from CFB Moose Jaw. Every year the team comes to Comox to polish up their routine for the upcoming air show season, and we reap the benefits. I personally enjoy watching them time and time again. Since their premiere performance at CFB Moose Jaw in June 1971, Canada's precision flight demonstration team has displayed the professionalism and skill of Canadian Armed Forces pilots and groundcrew to over 45 million spectators throughout North America.

The entertainment committee is finalizing plans for the

spring ball to be held some time in May. They are also in the process of ordering an Air Traffic Control crest which will be available for sale shortly. Believe me, this attractive crest will be a keepsake item for years to come. Approximate cost will be two bucks (a real deal). It was certainly great to receive those beautiful spring days last weekend, with the nice balmy weather on its way, we can anticipate a gravel pit II opening in the near future.

Congratulations go out to Ptes Kevin Young, Doug Godden and Lorraine Comeau on receiving their privates chevron.

Let's turn now to sports. As stated in my last article the BOps Hockey Team made it to the finals against the Old-timers. Well, I must say we gave a tremendous effort but just fell short of the mark (7 goals short Rick). The Old-timers will have to admit when we scored to win the second game with 10 seconds left in overtime, we had them concerned about game 3. In the final game BOps took it to them for the first two periods but as stated earlier we lost big! I would like to thank the Old-timers on behalf of the BOps team for a great series and congratulate them on a well deserved victory (the Major made me say that). The ATC curling team recently finished up their season in fine style at a Funspiel held last weekend. The ATC team finished well ahead of the Navais team, coming in third overall. They defeated the top two teams and I was assured a great time was had by all. The ATC Team would like to thank Sgt Randy Hume who did an outstanding job with very difficult circumstances to make the event very successful. The banquet was of the highest quality, once again thanks Randy. One Capt who

will remain anonymous is still concerned about his PER as a result of a shot he made (the big guy was watching you Trevor).

The annual Snow to Surf race will be held in the Comox Valley on May 3rd, and as tradition has it ATC will be entering a team. The team was selected from the finest athletes around - perhaps you have heard of them, starring: Phil (Roof Rabbit) Robinson - Downhill Skier

Lothar (Hot Dog) Hopp - X-Country Skier
Mike (Legs) Maillet - 8.3 Downhill Run
Pete (Axel) Foley - 6.8 Downhill Run

Marcel (Yellow Streak) Pepin - 30 Km Cycling
Jim (Jacques) Hatton - Canoe
Alex (F.F.) Bedard - Canoe

The team as indicated by the members will be called "Cone of Confusion." Boy does that fit! The team will also have a keen coaching staff (the ones who relax while the others sweat) consisting of: Rick Champagne - Coach
Bernie Murphy - Asst Coach
Pat Wolfe-Milner - Asst Coach
Martin Gagnon - Equipment Boy

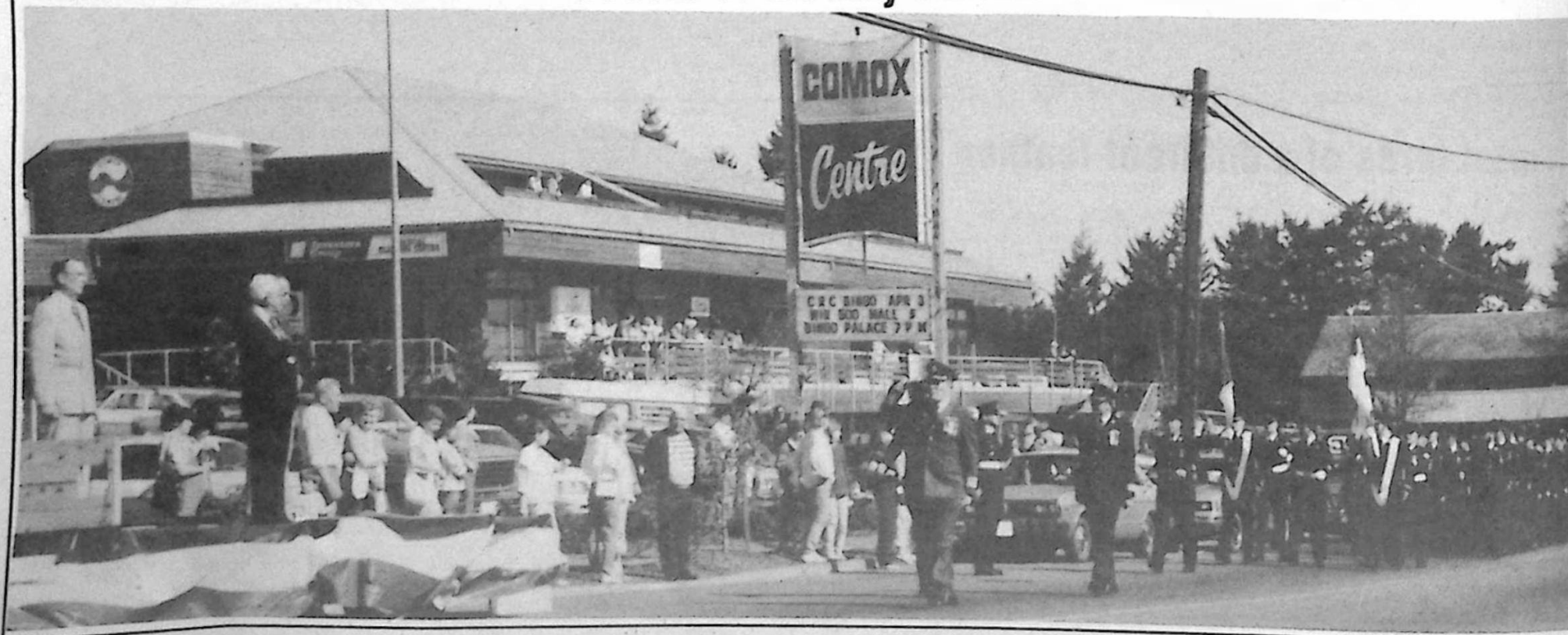
The team would like to thank Courtenay Honda for their sponsorship.

Do not forget the ATC Golf Tournament coming up in April and the section baseball team is taking applications for coach. All those interested please contact me.

On the 16th of April Air Traffic Control will be celebrating its 44th Anniversary in the military. I plan to get a brief history of Canada's Schools of Military Flying Control/Air Traffic Control in this paper, so be watching for it!

Paul Fleury

Freedom of the City celebrated



WE HAVE MOVED
COMOX VALLEY FRANCOPHONE
ASSOCIATION
Now located at:
493-C Puntledge Road
Courtenay, BC
334-4419

EDITORIALS

COMMENT

Gord Kruger

Black and White Blues

Not yet has the poor old referee achieved respectability. I suppose that the only thing everyone agrees on is that the poor slob in the black and white sweater is all that's really wrong with hockey. In fact people seem to say that on numerous occasions.

The flash and hype that has become part of the game has given players, coaches, managers and anyone else associated with the sport a new high. More money - flashy colours - expanded egos - they've all become part of the game today. But pity the poor ref - still out there in his zebra sweater, sweating it out for meagre dollars and still taking the constant abuse.

Referees tend to be lonely people. That's because no one else ever wants to drink with a referee except maybe another referee. That's why referees end up hanging around with other referees and consequently they tend to yawn a lot. The easiest way to recognize the referee at a party is to look for the guy sitting alone by the chip dip yawning. If there is more than one there, they will all be gathered around the dip - yawning.

If a referee goes into a bar after the game all the hookers think he's a cop, and any off duty cops think he's a supervisor. As a result no one will talk to him so there he sits alone on his stool - yawning.

A lot of referees retire into business and quite often that is running a bar. A good idea actually because they have a captive audience. All the other referees will drink there since there is nowhere else they are welcome.

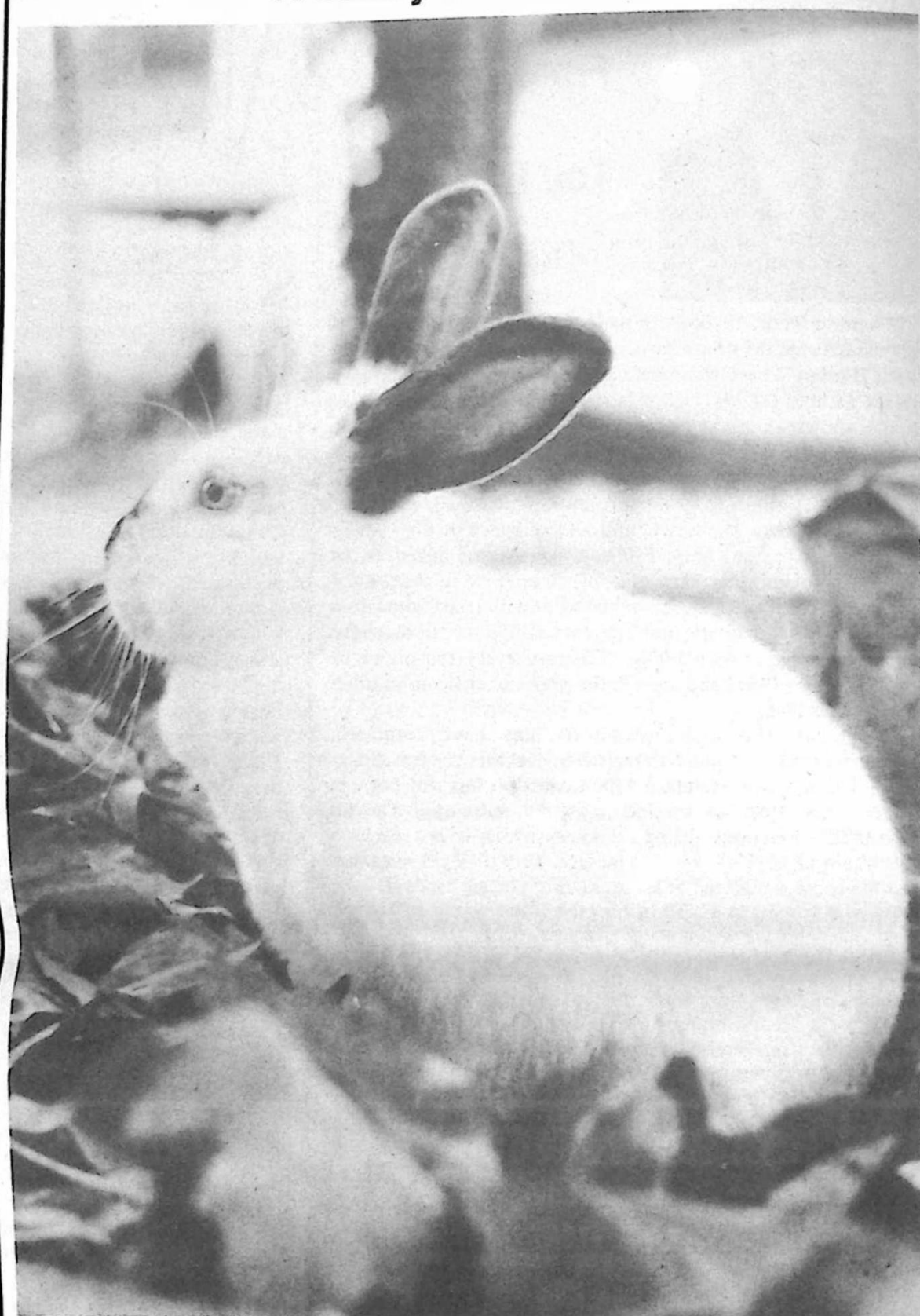
The poor referee can never win. If he calls a tight game he is accused of taking the game away from the players. If on the other hand he calls a loose game he is accused of everything from being intimidated to being incompetent. Or else he is just berated for being a dumb SOB.

Referees often wear a number on the back of their sweater. Regardless of what you may think or have been told it is not their IQ. And another thing - if the poor old ref shakes his head for any reason it's not because his eyes are stuck.

And to add insult to injury the poor referee is constantly booed. He is booed when he calls a penalty and booed when he doesn't. He is booed when he warms up and booed when he cools down. He is booed when the players skate over him rather than around him and the only time he might get a cheer is when he is picked up off the ice bent and broken after being run over.

The poor ref - life is tough, cruel and mean and even on Mother's Day he orders a table for one.

A bunny called Katie



The Easter Bunny arrives (photo by Wylie)

TOTEM TIMES

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

Published every second Thursday, with the kind permission of Colonel Gibbon, Base Commander, CFB Comox.
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EDITORIALS

Lightside

Norm Blondel

TREE WARS

Since moving into our three-quarter acre patch on Erin Place, I've taken a few trees down, to let the sun shine on my roof and remove the green stuff that isn't grass.

I guess my neighbour isn't too fussy with the result, since he now has a collection of stumps to look at. He's responded by planting a Willow in the line-of-sight. I retaliated with three Willows along the stream bed which separates us. He zapped me with five small Cedars in a row along his side of the stream. I retreated to higher ground and fired in a Japanese Cherry, a Flowering Crab and a Mountain Ash. He flanked me with a Douglas Fir. I blocked that move with four Lilac bushes. In reserve I have four Cedars, four Locust bushes and a Red Maple.

I'm waiting his next move.

It's a jungle out there.

I MARRIED JOAN RIVERS

Recovering from my recent back strain, I was sitting in our orchard (all five trees of it) the other day, when Wife passed by enroute to another garden

chore: "If there was an orange tree in that lot," she humphed, "you'd be able to sit there all day, gazing at your navel."

My God, I thought, I've created a Punster.

I'm supposed to be the bon motter in the family, but it would appear some of it has rubbed off on my better half. This, remember, is the gentle philosopher I married; a lover of plants, animals and lately, geese. Wife is not allowing me to lapse into lethargy: seeing the vacant stare which accompanies that which I am pleased to call a "State of Introspection," she will remind me I've only retired from the CF and since I'm home all day, would I do some useful stuff like fixing the toaster, or, is that how you want to look when I bury you. A gentle barb, that.

I complain (at times) that we live on "Three-quarters of an ache," but Wife responds that from where she sits it's all in the belly - a double barb, that. "Think positive," she says, "the sooner you get this place all smoothed out, the easier it will be for you to get around in your wheelchair."

I don't have a wheelchair.

LETTERS WE GET

Apparently inflation is not something that occurs only in modern times. In your last issue you reported that the Wright Brothers sold their first airplane to the US Army on August 2, 1909, for \$30,000, including spare parts and flight training for pilots.

When I left my last base, which was a tour with the USAF, they presented me with a copy of the contract and specifications covering that transaction. The contract stated that the Wright Brothers were to supply "one heavier-than-air flying machine at a total cost of twenty-five thousand (25,000) dollars on or before August 26, 1908." The contract also stated that "the price quoted in proposals must be understood to include the instruction of two men in the handling and operation of this flying machine. No extra charge for this service will be allowed."

Your readers may also be interested in some of the other

specifications which I quote hereunder:

1. It is desirable that the flying machine should be designed so that it may be quickly and easily assembled and taken apart and packed for transportation in army wagons. It should be capable of being assembled and put in operating condition in about one hour.
2. The flying machine must be designed to carry two persons having a combined weight of about 350 pounds, also sufficient fuel for a flight of 125 miles.
3. The flying machine should be designed to have a speed of at least 40 miles per hour in still air.
4. It should be designed so as to ascend in any country which may be encountered in field service. The starting device must be simple and transportable.
5. It should be sufficiently simple in its construction and operation to permit an intelligent man to become

proficient in its use within a reasonable length of time.

We've come a long way during the 78 years since delivery of that first airplane.

Capt. RC (Bob) Williams

As the momentum continues to build in our Valley, many events have happened and many more are planned, we would like to take this opportunity to express our thanks to all and to inform you of some goals and philosophies of the Man In Motion World Tour.

The main goal of Rick's Around the World Tour is to create a world wide awareness of the potential of disabled people.

The next goal is to establish the Rick Hansen Man In Motion Canadian Trust Fund for Spinal Cord Research, Rehabilitation and Wheelchair Sport.

As the fundraising continues it has been our committees aim to combine awareness with fun

dollar raising. We believe that only through awareness and understanding can life be better for disabled people.

The Man In Motion World Tour does not endorse door to door solicitation, so if someone comes knocking asking for a donation they are not bona fide.

Locally we would like to ask that if your group has an event planned to contact Heather Hodge at 335-0062, our Special events co-ordinator. We ask this so we can support your group, to avoid duplicating Rick Hansen events and to advertise with our Valley Events.

In closing we would like to say THANK YOU COMOX VALLEY FOR CARING AND SHARING.

Sincerely
THE COMOX VALLEY
MAN IN
MOTION COMMITTEE
Ralph & Lois Thompson
Co-Chairman

Air Force Trivia



what
where
why
when

Answer from Last Issue



For a truly complete answer to last edition's Trivia, see the accompanying letter to the Editor. Our thanks for the information, and this week's Trivia, to reader Al Scott.

ABOUT TRIVIA

Air Force Trivia - Mar 26/87

WHAT — FAIREY TRAN-SATLANTIC
WHERE — HALIFAX
WHEN — OCT 1920
WHY — PARTICIPANT in the first TRANS CANADA FLIGHT

This a/c was to fly the first leg of the Trans Canada Flight from Halifax to Winnipeg, non-stop departing Halifax on the 7 Oct 1920. However the flight ended in a forced landing at Whelpley's Point on the St. John River. The Fairey Transatlantic was never flown by the Canadian Air Force again after this incident.

Al Scott
Comox, BC

SECTION NEWS



BAMSO

MESS DINNER AFTER-MATH - It appears that the BAMSO Mess Dinner was considered a success, particularly by those who threw barbs at "Dinosaurs" and "Boat People." Some of the news from the shops refer to casualties occurring in the hours after the dinner. MWO Symes IS NOT one of those dinner casualties suffering from self inflicted wounds but rather warrants a purple heart as he was cowardly attacked from behind by an unattended vehicle in a grocery store's parking lot. Heigh-ho to the shops we now go!

REFINISHING

Sgt (99) Wayne Keefe is away in sunny Borden for a five week F-18 composite material course. MCpl Guy Plante is now out of the penalty box awaiting the startup of the ball season. I see Cpl Rogers is again up to his waist in chopper panels. Cpl "beaker" Harvey is apparently still hiding down the line; now he has an apprentice in tow who also is learning the good spots to hide in. Pte "Scooter" Gervais and his wife have recently acquired a pair of "murdercycles"...be careful you two! Well the BAMSO Mess Dinner went off very well except for MCpl Bert Brown who tried to ride the bannister but ended up riding the steps with his nose and head.

AMSE

Ptes Hambley and Levine have volunteered Tuesday mornings to further their military education. We refer to this course as A.T.A.T. (Air Trades Advancement Training). The base should realize like themselves, these average guys are doing above average work here in AMSE and on the course as well.

There was a mess dinner for BAMSO personnel just a short while ago. Latest report states no casualties but from what we

understand the Refinishing Shop did not have it so good. The rumour has it they kept using a couple of famous Rambo lines, like "Incoming!" and last but not least, "Medic!"

No longer is a Pte Young in the section; you have probably guessed it by now, Voila "Cpl" Young. He was overheard saying at the BAMSO Dinner "Drink up my friends, the wine is on me." What a great guy! (P.S. We prefer beer).

Cpl Wessell has been working alone this last week. (Read on and you'll find out why the "alone"). There's been a major snag on the Honey-Boy (This machine drains all the human manure from the larger aircraft). The latest update has it he was swearing to himself about not being able to make this damn sh...t run uphill! And how was your week?

(IS/IE LABS).

While surrounded by blank walls during the day personnel of IS/IE Labs can still see certain signs that Spring is indeed finally here.....smiling faces, less clothing and topics of conversation which range from fishing and golfing to the Snow to Surf contest. To prove their physical prowess our lab personnel have entered a team in this prestigious event and have challenged Nav Comm Labs to see who will reach Comox Wharf first.

Our Boss WO Al (How dark is it) Gray was convinced in a weak moment (11 pm after a Mess Dinner) to canoe for Nav Comm and is trying to figure out which position is easier, the pointy or blunt end. Sgt Mike Gauthier is again cross-country skiing for the WOs & Sgts Mess in this event and his training includes everything except skiing. Sgt Ken Sullivan is manning a check point half way up Mt Washington to ensure the IS/IE Team leads our rivals from across the hall. So you see

the whole Lab is involved in this race and hope to see ALL OF YOU at the Finish Line.

Like to welcome Ptes Grawbarger and Pepin from Borden and Pte Couture (ATAT) from 407 Sqn.

DIAC MAINTENANCE & TRAINING

For the past month our training section has been in full swing conducting a Display and Control course. We would like to welcome back Bob Trimm, Gary Crossan, and Phil Lavoie from Greenwood who have returned to experience the excellent winter/spring weather Comox Valley has to offer. For Dave Ward, Comox's candidate, it should be a relief knowing this is his last DIAC course for 1987.

In March Roger upgraded his skiing abilities by successfully completing a Level II ski instructor course on Mt Washington. The training was quite involved and expensive as he modified his car on the way up the hill one ill fated morning. Speaking of cars, Jean-Louis bought one as an attempt to influence his possibilities of a posting this summer. Marc continues to field test his Toyota by taking our Greenwood students into the backwoods of Vancouver Island.

In preparation for the upcoming AMIT inspection the section checklists have been circulating the shop. Our toolboards have been rejuvenated to reflect the proper colour schemes and everyone is breathing easier as the paint fumes have dissipated.

On a happy final note the entire DIAC wishes to extend its whole-hearted congratulations to Beth Armstrong and her husband Don Aultman on the recent delivery of their first child Liana Amenda Aultman, 8 lbs 9 ozs on the evening of Mar 30. Mother and daughter are doing well.

WOs & Sgts Mess

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

SUNDAY EVENING DINNERS

The Mess Dining Room is available and open to all mess members, regular - associate - honorary, for Sunday or holiday family dinners, as follows: First come, first served to a maximum of 26 persons. Reservations to be made with the mess manager 339-8490 prior to 1600 hrs Wednesday. Cost: \$6.00 per person - payment to be made with reservation. Dining Room hours: 1630 - 1745 hrs. To be cleared by 1815 hrs. Casual Dress.

MARCH 27 - APRIL 3rd & 10th ONLY. REGULAR TGIFS

THURSDAY APRIL 9th
COMMAND CHIEF WARRANT OFFICERS MESS DINNER
OPEN TO ALL REGULAR MEMBERS

WEDNESDAY APRIL 15th
MESS SPRING GOLF TOURNAMENT - Four Ball Best Ball. Open to all members. Registration at the Mess, cut-off 1600 hrs 14 April. Cost: Regular & Associate Members - \$2 plus green fees. Honorary Members & Guests - \$3 plus green fees. Tee off 1200 hrs. 15th April SHARP!

FRIDAY APRIL 24th 1800 - 2400 hrs
"MIXED GAMES NIGHT" Darts - Euchre - Shuffleboard. TGIF food will be on from 1730 hrs. Registration for the games 1800 hrs. Games start at 1900 hrs. Dancing to the latest mess tapes after the games. Admission: "FREE". Dress - Casual

SATURDAY APRIL 25th 1300 Hrs
2ND ANNUAL "FUN CAR RALLY" All route on pavement. Open to all mess members and guests. Registration at the mess 1200 to 1300 hrs. Cost: \$2 per car (driver & navigator). Start from the mess parking lot at 1300 hrs. Trophy, prizes to the top two finishers.

SATURDAY MAY 9th
MOTHERS DAY SPECIAL "SPRING BALL" CANDLELIGHT DINNER

Cost as follows:

\$20 per person to regular & Associate members.

\$50 per couple to honorary members & guests.

Includes Hip of Beef Dinner with all the trimmings followed by dancing to the mellow sounds of the CROSSWINDS band. Engaged especially for this function.

ADVANCE TICKET SALESRESERVED SEATING**
To regular and associate members 15th March. Honorary members and guests available 1st April. Acquittance Roll available.

NOTE

Cut-off date 1st May 1987. Get your tickets early and avoid the wrath and disappointment of your children's mother!!!

Before you co-sign...

If you are approached by a friend or relative to co-sign a loan, be sure you are fully aware of what your responsibilities will be. As a co-signer, you are being asked to guarantee the debt. If the borrower doesn't pay, you will have to. You may also have to pay late fees or collection costs, which will increase the total amount. In some areas, the creditor can use the same collection methods against you that can be used against the borrower - suing you, garnishing your wages, etc. Remember, as a co-signer you are being asked to take a risk that a professional lender will not take. Be sure you can afford to pay the loan if need be!

COURTESY COMOX CREDIT UNION

SECTION NEWS

Supply Signals



Again it's time for Base Supply to tell all.

A warm welcome to Cpl (R) Pauline D'Amours, the new face in LPO. Also, good luck on their new jobs to those of you who are moving around within Base Supply. Pte Kathy Seggriff has moved to greener pastures in MPO. Pte Allison Randall is off to 1 Supply Group and Cpl Donna Forget will be the new IOR Clerk. Cpl Liz Hardy is now in 1 Supply Group and Pte Daniel Boulet has moved to General Stores. In addition, Cpl Les Roe is moving to 3 Supply Group and Cpl LeeAnn Buxey is moving to the CSO/MUX.

Welcome back to Cpl Dan Martin who recently returned from his TQ5 course in Borden. He successfully completed it and can no longer be referred to as Ace Lash. Also back from her TQ6A course is Sgt Diane Earl. It has been said that Borden will never be the same without the two of you.

Cpl Lorena Charles is on her way to LA to see her sailor friend; and Mary Jo has been counting down her days for her holiday in Hawaii - she's probably drinking Budweisers as you read this. Enjoy your holidays Lorena and Mary Jo.

And now for some of the funny - strange - or - "use your imagination" - things that have been noticed around Base Supply. It would sure be nice to know the whole story behind some of these.

- A curious Supply Tech has recently been spotted with grapes on her nose?

- A certain PO has a picture for ransom?

- Who's been giving the MWO candy?

- The nail fad has hit Supply, lots of scratching and bleeding but they are glamorous.

- Sgt Olsson has been seen over at MPO a lot lately - "just using your washroom and coffee facilities," she explains.

- Rumour has it that the express test had been taken to Whistler Mt. Just ask Kathy or Barb?

- WO Lil Davis has had a medical lately. Why? Well she has been seen sitting in Max's desk. Could it be? Oh, Bob has been going to the doctor lately too - same reason as Lil?

- MCpl Snetsinger has been having a problem keeping his feet on land, seems the forklift just doesn't work the same as the ships', aye, Matt.

- Does this picture remind you of anyone you know? If not, talk to Barb.

STRESS

OUR ENVIRONMENT

This article is the second in a series of eight articles on stress written by Miss Mardie Creed, Personnel Selection Research Assistant, in association with Major Phillip Le Gras, Command Personnel Selection Officer, CFTSHQ, Queries and comments should be directed by mail to Major Le Gras, CP-SO, CFTSHQ, Astra, Ontario, KOK 1B0.

Anything in our environment can be a stimulus to a stress reaction. Certain stressors can sometimes be avoided (as when we adapt our environment to us), but for others it is inevitable that some internal adaptive reaction will occur.

Just as a person is generally unaware of constant background noise or room temperature unless there is a noticeable change or something brings it to his or her attention, a physiological reaction to a stressor could be occurring but not at a "conscious" level. A person who begins to shiver and responds by putting on a sweater has done so only after becoming conscious of being uncomfortable due to lowered body temperature; however, the shivering was the body's automatic response to generate heat and was not initiated by any conscious action.

Some of the main environmental stressors we are faced with today include the climate we live in, qualities of the air we breathe, and the noises that occur all around us.

The climate is perhaps the most obvious stimulus to a stress reaction. As in the above example, our bodies automatically react to sensations of cold by creating heat. Similarly, when there is

too much heat, we perspire as part of a cooling response. In the extremes, effectiveness decreases for tasks that require concentration, complex mental activity, and fine detail when the temperature goes above 26 degrees Celsius. Capacity for manual work decreases, especially for jobs requiring great finger dexterity, below 20 degrees Celsius.

Although usually overlooked, the air we breathe is another source of stress. Concerning climate again, altitude and its corresponding effect on oxygen levels in the air can sometimes effect performance. For example, athletes who must compete in an area of higher altitude than that to which they are accustomed perform best if they allow their bodies to adapt to the altitude for a few days before competing.

The quality of the air is also a concern. Inhabitants of cities and suburbs are faced with a multitude of bizarre chemicals in their air, as are rural dwellers who use pesticides and other chemical agents. Work environments often host such irritants as asbestos fibres or fumes, and it is difficult to completely avoid being exposed to cigarette smoke and carbon monoxide in our daily lives. All of these irritants require of our bodies that they adapt to protect themselves, as much as possible, from their harmful effects.

Noise can also cause a stress reaction physiologically or psychologically. A decibel is the smallest difference in sound intensity that the human ear can detect, and physiological discomfort results when noise levels are in excess of 85 decibels. Tissue damage can

occur if the level exceeds 120 decibels and the pain threshold is about 130 decibels. Intense or chronic exposure to noise can decrease blood circulation to arms, hands, legs and feet, increase stress-related hormones in the blood, and result in a permanent increase in pressure due to structural adaptation of blood vessels and the heart. Chronic exposure to noise levels in excess of 90 decibels per eight hour day is hazardous.

Sounds which are unwanted or inappropriate become psychologically disruptive "noise" because they are annoying. An example would be a radio playing music in the next office. Although the decibel level of the sound may not be physiologically harmful, the annoyance of the lack of control over the interfering noise could be stressful and debilitating.

Some common sounds we may encounter in our daily lives include: a jet aircraft take-off, at 150 decibels; a rock band, at 110 decibels; a small motorcycle, at 100 decibels; heavy city traffic, at 85 decibels; and normal conversation at 50 decibels.

All of these things are accepted aspects of our lives. We experience them daily and seldom think of them as contributing factors in stress.

Recommended Reading:
Understanding and Managing Stress: A Book of Readings, John D. Adams San Diego: University Associates, Inc., 1980.

Part 3 of this stress series will outline other, more personal stressors we should be aware of. We will also take a brief look at how some people create their own stress.

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Windsurfer!

Always wear a Personal Floatation Device when on the water.

The Canadian Red Cross Society

SECTION NEWS



Demon Doins

Spaceman flies with Demons



Aurora Shuttle crew pose with Capt. Marc Garneau

407 AIRCREW

Crew 4 Sledgehammers are in the news once again but this time for the wrong reasons. This scribe can only speculate that this once happy crew is rife with dissension. Fact, on this past weekend 3 members of this crew didn't even show for their flight including their newly ordained VPC (initials Stu Cox) and on their last OMS there was also some tardiness for a Bright and Early, first thing noon OMS (initials X.O.). Captain Gummer "That wasn't me headbutting everyone in YVR" Forbes went fishing and caught Lt. Lips "It wasn't funny" Lipohar. Lt Jeff Hill did his best to relieve the stress for these guys (and the rest of the tourist section) with the aid of only one prop, a butter tart (Hiiiiiii!).

Enough about those guys and on to Adak, Alaska with Crew 5 Vikings where the golden sunshine upon arrival turned to showers as they slept. It rained the rest of their stay there and certainly on some more than others. Capt Glen Whittall (pronounced Piddle) did his best to make an impression on Standards and by all accounts, did.

The Air Force Mess Dinner was a big success and hopefully

the All Ranks Mess Dinner on 21 April will carry on in that fashion. Capt Pete Holst had such a good time he put off his trip to Toronto the next morning after many witnesses saw him making a long distance call in the mens' facilities.

Spring is here and this year there seems to be a bit of love and confusion in the air for Captains Pete Holst and Steve "What's 50 cents anyway" Amo. The sordid details cannot unfortunately be printed.

Welcome back to the recent MOAT graduates and also welcome to our newest Demon, Kristyn Jessica Rodzyniak who should be juggling in no time. Also putting time in at the hospital was Captain Dave Bolton who claimed it was his sinuses but this doesn't explain the scar right around his head and his new personality. One can only wonder. Nuff said.

3 CREW NEWS FLASH

Another one Bites the Dust. WO McDonald has been knocked under by the non-smokers and has been forced to join their team. Be aware that while he is still quite cranky about this, he is looking for trained UDF Guards to protect his newly painted Tonka Truck.

Now that the nice weather is here again Sgts Bob Roche and Owen Coffell are looking for some new competition in the horseshoe pits. It seems they can't find anyone who they can beat.

While all this is going on some lucky individuals are sitting back contemplating their departure to the Azores.

Sgt (Nobby) Clarke is moping around as if he has just lost his best friend. Word has it that his pet cat has died and now he has to buy a new razor.

Another first. Marcel Blais has surprised everyone with his ability at finding new ways to start the CP140. He is trying to have his starting procedures instituted into Sqn Orders in place of the ones now in use.

Now on a more serious note, we have some comings and goings. First we bid a fond farewell to Mr. Scott Carruthers as he makes his way to the brighter side of life on civvy street. Also on waivers is Sgt Bob Roche who is off to cool pool, Cpl Maggie Saunders and spouse who are off to CFB Edmonton (not detention barrack either). Also to Sgt Ray Steils who is posted to cold and wet CFB Chatham. While he's not leaving Base Cpl Pat Nevett was posted over to (yech) 1 Crew. Sorry Pat, our condolences go out to you.

On the incoming side we would like to welcome Pte Marc Charette, a newly appointed rigger, (another one to join the French Connection). And to replace MCpl Bud Englund is MCpl Pam McKee, who, by the way, is far cuter than Bud and not so cantankerous. Also coming back to the crew for a return visit are Cpl Russ Anderson, who has returned from his course in Cold Lake and Pte Gauthier, who has come back to us from course in sunny Greenwood.

Well that's about it from here for now. See you all soon. P.S. 3 Crew is currently looking for an experienced scribe to do our next news letter.

407 ARMAMENT

Well, spring is here and while most men's fancies turn to Golf and Fishing, Richard Lamothe's has turned to love. His favorite saying lately is "Man, I need some sleep." Who is the lucky girl Richard? Getting back to a more serious subject - GOLF - get your clubs out of storage, the armourers are planning a fun tournament in May.

Tony Wells and Dave Colquhoun have been doing some spring cleaning. Dave's been seen numerous times with a box of feathers and thread: must be fly fishing time again. Tony cleaned out his tackle box last weekend and found his fishing licence. How come there were no Chinooks registered on the licence? Surely they all didn't get away from you!

Tom MacInnis went on TD to Adak with his Arctic survival kit - he was a little surprised when he stepped off the aircraft in California. Who was the navigator, Tom? Lt. Landry has been seen watching the SAR jumpers with a gleam in his eye. This is not a prerequisite for an Arm't Officer, sir.

Well, let's see, what else is new? Oh yes, the rumours you read about in our last article are true. Bill Johnston is going to Cold Lake, Dusty Burrows is off to Germany, Ray Steil is going to the beautiful Miramichi Valley, and Art Johnson is off to the not so beautiful Annapolis Valley.

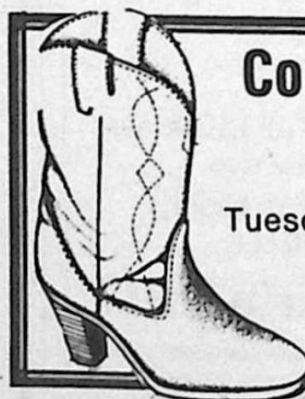
To end the column, 407 Armourers wish to convey our deepest condolences to the family and friends of WO Joe Ireland.



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APRIL 27th

AROUND THE BASE

Drink

I can remember as a young second-lieutenant being stood up against a bar by a colonel and ordered to take a drink. "You want to be an officer in this regiment," he said, "you'd better learn to drink like one."

Similarly, and very shortly thereafter, my civilian boss said this when he heard I was a non-drinker.

"Well, we'll sure fix that in a hurry."

Neither the colonel nor the editor was successful, and I went on to pursue parallel careers as a members of the Canadian Forces, and a journalist. I am no longer a strict teetotaler, but I have never been drunk, and I have no idea what a hangover feels like.

I relate the preceding stories because I think it is obvious that any drinking problem we have in the military is no better, or worse, than the problem in Canadian life as a whole. As someone much wiser than I once said: "The military is a microcosm of the society from which it is drawn."

However, because of the special nature of service life, with its remote postings, austere bases and focus on the mess as "home away from home" this problem does tend to get in the way of nearly every one eventually.

Some examples:

You have just arrived at a base, and enter the mess for a look around. Going into the bar, you meet several living-in members and introduce yourself. They promptly inform you that as a novice, you must take part in a special "rite of entry" such as chugging beer while hanging from your heels, being "screeched in" or the like.

It is Happy Hour. With five minutes to go, you watch as two-fisted drinkers crowd the bar, ordering several drinks at a time and guzzling madly with one eye on the clock. After all, half-price is half-price, right?

The mess dinner is just ending. There was a cocktail hour before the meal, and during dinner the stewards kept everyone's wine glasses topped up, whether bidden to do so or not. As the head table leaves, the PMC intones: "This dinner is now adjourned. The subalterns will do their duty by the port!" The junior officers, all of them young, and not wishing to offend against tradition, sit clustered at the end of the table and polish off the remains of the decanters.

Does this sound familiar? As a reserve officer with a great deal of part-time and full-time

service under his belt, I have seen it all too many times to count.

Now, some serious steps are about to be taken to correct matters.

The Chief of the Defence Staff, General Paul Manson, in a letter covering changes to regulations governing alcohol, writes:

"While I am fully supportive of mess activities as an effective and valuable way to promote unit cohesion and the military ethos, I am not convinced that over-indulgence in alcohol is an essential element of such activities."

And there's the rub. All through my service career, whether with a reserve unit or on long-term call-out at a regular base, the assumption has always been: "He doesn't drink, therefore he is anti-social and doesn't care for the mess life."

Well, the mess is more than the bar, and people who don't drink are just as valid members of the mess as those who do.

The CDS letter covers an advance copy of amendments to CFP 110. The changes to Chapter 10, Section One state: "Society has become increasingly intolerant of irresponsible behavior associated with intoxication, in particular when it is combined with driving."

There it is. People just don't love a drunk anymore, especially when he's behind the wheel. The amendments lay down policy, in accordance with QR and O19.04, that the regulations apply to all outlets where alcohol is served and consumed, such as messes, social centres, lounges, sports facilities, and section parties. Standards for serving and consuming alcohol must conform to the appropriate federal, provincial and municipal laws.

They prohibit the operation of a bar on anything less than a break-even basis, and forbid Happy Hour specials. Specifically banned are contests and stunts based on drinking, such as initiation rites and chug-a-lugs.

The new policy also covers the serving of liquor to those who have "had enough." For some time, courts have recognized that those who serve alcohol to people who are already intoxicated are liable for damages in the event of an accident. In some provinces, there are specific laws governing this.

Under-age drinking is also covered. The old saw the "If I'm old enough to serve my country, I'm old enough to drink," does not apply. If you are 18 and on a base where the province drinking age is 19, tough luck.

As the CDS writes: "While some progress has been made in reducing the incidence or irresponsible behavior associated with misuse of alcohol, I believe that we must

continue to demonstrate that such behavior is neither an expected nor an acceptable part of military life."

Courtesy Capt. Tony Keene
CF Clipsheet

APRIL FASHION SHOW

"Then and Now"

O.W.C. in conjunction with Serendipity and Scotch 'n Soda will be modelling fashions for spring and summer

April 15th, 1987

7:30 for 8 PM in the main lounge of the Officers Mess

Tickets \$5.00

Advance sales only

Contact Barb Vermette 339-6439 or Cindy Reimer 339-4693

All ranks wives welcome

Officers Mess

WEDNESDAYS APRIL 1, 8, 15, 22, 29

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

FRIDAYS APRIL 3, 10, 17

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

WEDNESDAYS APRIL 8, 22

OWC BRIDGE CLUB

WEDNESDAY APRIL 15

APRIL FASHION SHOW (THEN & NOW) 7:30 for 8:00 PM. Fashions by Scotch and Soda and Serendipity. Tickets \$5 (Advance sales only). Contact: Barb Vermette - 339-6439 or Cindy Reimer - 339-4693. Wives from other ranks are invited to attend this function.

SUNDAY APRIL 19

EASTER SUNDAY BRUNCH 1100 - 1300 hrs.

MENU

SEAFOOD CHOWDER

BAKED HAM

with

RAISIN PINEAPPLE SAUCE

SOUTHERN FRIED CHICKEN PIECES

with

GRAVY

EGGS BENEDICT

SCALLOPED POTATOES

FRENCH FRIES

BUTTERED MIXED VEGETABLES

CHEF'S TOSSED SALAD COLE SLAW

ASSORTED DRESSINGS

RELISH TRAYS PICKLE & OLIVE TRAYS

DINNER ROLLS

ASSORTED DESSERTS

BLACK FOREST CAKE

CHEESE CAKE

APPLE PIE

CHILLED FRUIT

COFFEE TEA MILK

Full Breakfast Menu is available.

COST: Adults \$6.00 Children \$3.00 Reservations by 14 Apr

FRIDAY APRIL 24

BROADWAY BABIES FLOOR SHOW

MENU

MARINATED BARBECUED 12OZ BONELESS STEAK

FOIL WRAPPED BAKED POTATO

with

SOUR CREAM CHIVES BACON BITS

HOT GARLIC BREAD

CHEF'S TOSSED SALAD WITH DRESSINGS

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SPORTS & RECREATION

Sports Shorts

SOFTBALL BC UMPIRES CLINIC

CFB Comox will host a Softball BC Umpires Clinic on Sun 12 Apr 87.

- Cost per student is \$15.00 which includes an umpires kit.
- Please register at the Base Rec Centre at local 8315.
- Students who wish to register with Softball BC the cost is:
Level 1 - \$15.00
Level 2 - \$20.00
Level 3 - \$25.00

CF EXPRES PRE-EVALUATION INSTRUCTIONS

In order to ensure accurate evaluation results, members are informed that prior to their appointment they should not:

- A. Exercise the same day;
- B. Consume alcohol for at least six hours; and
- C. Eat, smoke, or drink tea or coffee for at least two hours.

Additionally, members should be dressed in light running shoes, loose fitting shorts and a T-shirt or a shirt. Women may wish to wear the top part of a two piece swim suit as a substitute for the T-shirt or shirt.

SEE YOU AT THE
LEEWARD!



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Pipe Smoke

Gerry Gerow

This weeks book is another winner. *The Collins Guide to Dog Nutrition*, by Donald R. Collins, DVM, Howell Book House, New York, U.S. \$17.95.

This is a complete rewrite of Collins' original book, published in 1972. What to feed your dog and how to feed your dog. The subject is not treated lightly in this 336 page hard cover edition. It's excellently illustrated with photos, drawings and charts.

Many brands and types of dog food are on the market today. Through this book you will discover which are worthwhile and which ones you should avoid. Collins shows you what to expect from canned food, dry food and semi moist food.

This book has been hailed as "the greatest contribution to dog feeding since the invention of the can opener."

There are detailed chapters on feeding programs for growing dogs, reproducing bitches, housepets, show dogs, sporting dogs, working dogs and sick dogs. All have different nutritional needs and Collins covers it excellently.

Anyone who owns a dog should read this book. It's just published, so should be in book stores soon, or you can order it. Ensure you get the new revised edition.

XXXXXXXXXX

Nutrition is something that is ignored entirely or given little thought by far too many pet owners. Virtually everyone ensures their children get a properly balanced diet including meat, vegetables, cereals, fruits, etc. Seldom do they realize that their pet has the same nutritional needs. If you feed a dog nothing but the finest of red meat, it will die. Just like humans they have needs for other types of food as well.

The problem is magnified in Canada, because, unlike our neighbours to the south, there are no controls presently applied to the nutritional value of pet foods sold here. The Canadian Kennel Club is addressing this, through a committee set up to advise the minister of agriculture as to what is needed. Hopefully we will see the results soon.

At present, people are well advised to buy the more expensive brands of dog food and leave the cheap stuff on the shelf. Or consult with your veterinarian. I prefer to shop at a store specializing in pet food where I can get advice.

Any veterinarian can tell you about well meaning people who bring in their sickly pet and the only problem is poor nutrition.

XXXXXXXXXX

While on the subject of pet care, has your pet had all its shots? An animal which has not been immunized is in constant danger of contracting a fatal illness, and can be a danger to humans as well. While I respect the rights of veterinarians to make a living, the cost of pet immunization is extremely high. Without health care insurance to cover it many pet owners simply can't afford the required shots. We desperately need some sort of a free or low cost clinic to enable these people to protect their animal's life.

It's one thing to say that if someone can't afford to pay these costs they shouldn't have a pet, but stop for a minute and realize that many at the lower end of the income scale, especially the elderly on fixed incomes, have little to give them pleasure except that pet, but they simply can't afford to spend \$30 of their old age assistance cheque to get it the required immunization. When are we going fishing Frank?



SPORTS & RECREATION

Intersection Hockey Champions



The Base Oldtimers Hockey Club, winners of the 1986/87 I/S Hockey League.

Front Row L—R: Jim Penny, Dave Clark, Steve Bale, Dave Boudreau, Bob Roche, Lorne Penny, Mike Clarke, Chad Hay.

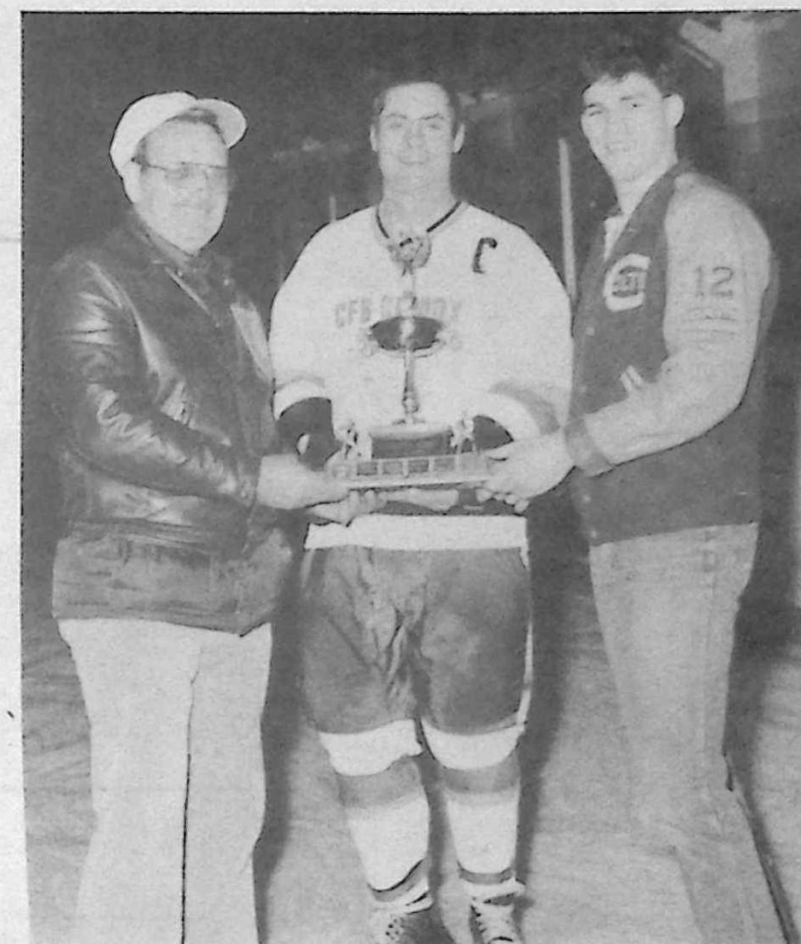
Back Row L — R: Doug Ford (coach), Bill Talbot, Stan Lawless, Bill Baker, Ted Norrie, Dave Lett, Terry Small, Terry Rogers, Brian Vanhereweghe, Wayne Hay.

The Old Timers with a decisive victory over BOps in the third game of the best of three finally captured the 1986/87 Intersection Hockey Championship. The first game was easily won by the Oldtimers with a final score of 7-2. BOps knowing they had to either win the second game or hang up their skates until next year, came out flying and forced the game into overtime and

then won it with 10 seconds left 2-1. The third game saw end to end action and at the end of the second period the score was 2-2. The Oldtimers came out and notched one 19 seconds into the third period, which seemed to set BOps back on their heels. The Oldtimers then went on a scoring spree, putting another five goals into the BOps net, capturing the Championship with an 8-3 victory.

Both teams are to be congratulated for their excellent sportmanship and for providing such an exciting finish to a most successful hockey season.

A special thanks to Lt Randy Chaulk who took the job as President this year and did an excellent job in the organization and operations of the league.

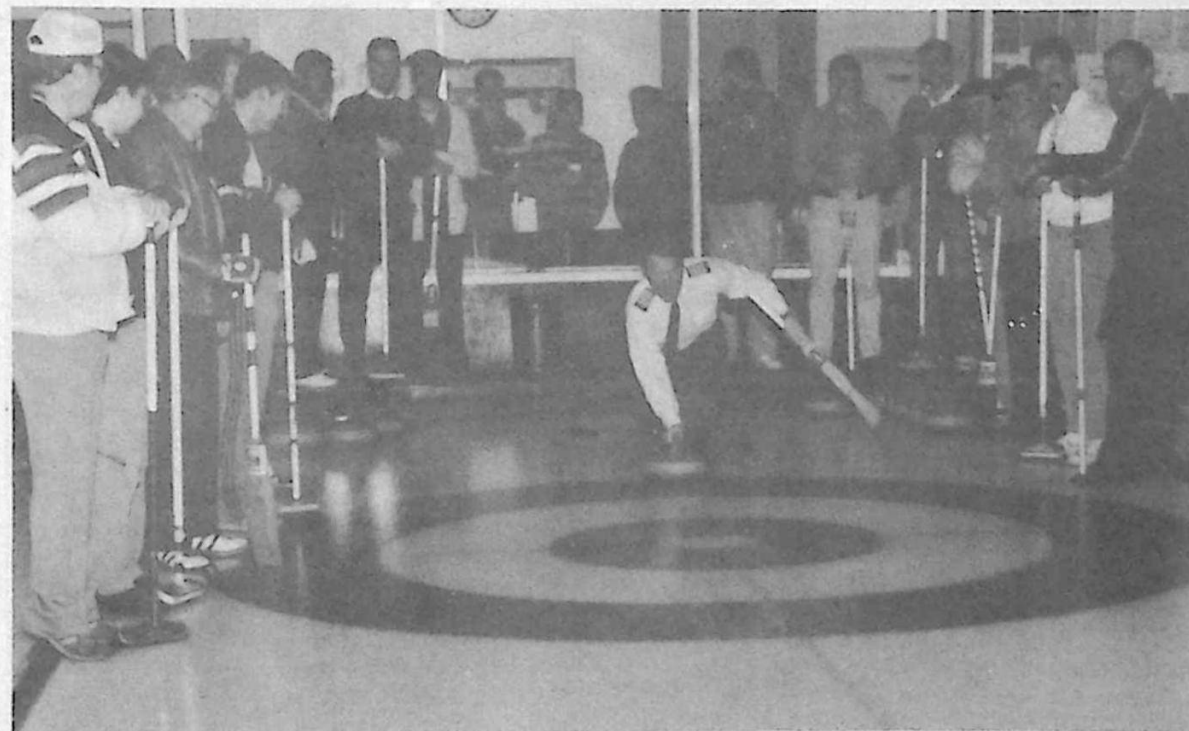


Team Captain Brian Vanhereweghe accepts the Intersection trophy from league president Randy Chaulk. Coach Doug Ford just wants to touch it and make sure it's real. Congratulations guys!

**WELL
DONE
CHAMPS!**

Intersection Curling

Opening the Closing 'Spiel



Base Commander Col Gibbon delivers the first blow in the recent "Intersection Closing Bonspiel." He persevered further with the mighty Totem Times team and managed to pick up a small cash prize. Congratulations go out to Randy Hume for an excellent job this past season. From all of us - "Thanks Randy." P.S. Jones got a prize too!

Well the plug has been pulled on the refrigeration plant and curling has died a natural death for another year. I can honestly say it was not an uneventful year!!! As usual, if you give somebody something for nothing they will expect everything. Participation this year seemed to be on an "If I feel like it" system with a lot of last minute no-shows.

This season almost turned out to be an all Supply show. 442 SAR gave SUPPLY No. 2 an excellent battle for first place in "A" Division but the rink consisting of Darrel Sears, Clair Gagnon, Dianne Earl, Jan Wind and Allison Randall emerged victorious. This SUPPLY No. 2 team also was the winner of the aggregate trophy with an 11 win, 1 loss, 1 tie season.

The 442 SERVICING team took "B" Division championship with a team consisting of Wayne Parchoc, Tom Furlotte, Joe McCluskey, Jim Diamond, Greg Ewing, Gilles Dufour and Cal Kennedy.

Our "C" Division winner was another SUPPLY No. 1 team. The people that were responsible for the victory were Pat Armstrong, Donna Forget, Chuck Harvey, and Mat Snet-singer.

We had our WRAP-UP Bonspiel on the 27-28 March and I believe that everybody who attended had a good time. I know I discovered a few muscles that had been laying dormant for a while that had to be quieted down with a cool one. There were no losers in this spiel and as such I thank all of you who participated. The teams finished in the following order: 1. BAMSO 2. TOTEM TIMES 3. ATC 4. BTELO 5. MP SECTION 6. 442 SERVICING 7. FIREHALL 8. VU33 9. MAINT.

To everyone who attended curling regularly this year, take time to congratulate yourself on the effort. To all, keep in mind that with full "PARTICIPATION" this season could have been a smashing success for all. Here's hoping your golf balls go as straight as your curling rocks.

...and the admin gang did travel afar.



...to join forces in some games of Eskimo bowling.

AROUND THE BASE



From The Fire Chief's Office

SPRING IS HERE

ELECTRIC LAWN MOWERS & POWER TOOLS

If you are using an electric lawn mower, your fire chief advises you to be sure it is certified and approved by a nationally recognized testing agency, and that it is double-insulated or grounded. Wait for a dry day before cutting lawns, as water might mean a nasty shock for you. Store under cover in a dry place. Cords can be made unsafe by both rain and sun. Water may cause a short, and heat and ultraviolet rays from the sun cause deterioration of insulation.

All power garden tools should be stored in a dry place. Don't carry an appliance by the cord, and never yank the cord when removing it from a receptacle; grasp the plug, not the wire. Keep the cord away from sharp edges, water, oil and heat.

-keep your appliances sharp and clean for best and safest performance and follow manufacturers' directions for servicing the appliance.

-keep children a safe distance away from your work area.

POWERMOWERS AND SAWS
Gasoline is tricky stuff. It vaporizes very easily and the invisible vapors are heavier than air. When fuelling powermowers and saws, gasoline vapors can travel along the ground and be ignited by a nearby flame, an electric motor, a car's engine, or something else that can ignite them. In addition, the following precautions should be taken:

-don't smoke when you use gasoline or other flammable liquids.

-fuel outdoors; move ten feet from the fuelling spot (away

from vapors) and then start motor.

-cool the motor before refuelling.

-wipe up gasoline spills.
-store gasoline in ventilated areas in approved type safety containers and away from children, sparks, or flame source. The best place would be somewhere separate from your living area, like a detached garage or shed.

-never, never use gasoline as a cleaner, a charcoal starter or a solvent - not anything except fuel for a gasoline engine.

-keep only a small amount of gasoline around, enough for your immediate needs. No sense having five gallons around the house if you use only a gallon a month.

-if you should ever have a gasoline fire, it's usually best to forget fighting the fire - get everybody away from it and call the fire department.

Reunion '87 at Moose Jaw

If you served at CFB Moose Jaw between 1941 and 1987, you're invited to see the Saskatchewan Air Show, to be held July 11 and 12. The invitation goes out to serving and former members of the Royal Air Force, Royal Canadian Air Force, Canadian Forces, NATO Forces, Civilian Staff and staff of the Municipal Airport. For further information contact: Moose Jaw Reunion Committee, Box 437, Bushell Park, Sask. S0H 0N0

CANADIAN
CANCER
SOCIETY

Choose to be a non-smoker. Eat a well-balanced diet, low in fat and high in fibre that helps you maintain your ideal weight.

Have regular medical and dental check-ups.

Find out about any lump or sore that does not heal or any change in your normal state of health.

Protect yourself against too much sunlight.

Learn to avoid known cancer-producing substances at work, at home and in the community.

Have regular Pap tests and do monthly breast self-examinations.

Help us stop drinking drivers.



**DRINKING DRIVING
COUNTERATTACK**

Tell Us What You Think About Liquor Policy We Need Your Opinion

Members of the Liquor Policy Review Panel, chaired by John Jansen, M.L.A., will be in **NANAIMO** **APRIL 27, 1987** to hear briefs from interested groups and individuals on issues concerning liquor control and licensing policy and the question of privatization of the Liquor Distribution Branch.

THE PANEL WILL BE AT:
COAST BASTION INN - NANAIMO
9 A.M. - APRIL 27

Everyone is welcome to come and discuss these important issues. Those unable to attend are invited to send their views.

An information kit is available upon request. Those wishing to make oral presentations should contact the Government Agent's Office.

Please forward written submissions by April 3, 1987 to:

Mr. John Jansen, M.L.A.
Liquor Policy Review
Parliament Buildings
Victoria, B.C., V8V 1X4

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	36.00	31.00	39.00	34.00	108.00	93.00

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HOME & FAMILY

WORLD HEALTH DAY

April 7, 1987 has been designated World Health Day by the World Health Organization. The theme chosen for this year is "Immunization: a chance for every child."

Millions of children die each year in the developing world as a result of vaccine preventable diseases. It is estimated that polio cripples 275,000 people every year. These are sad statistics but the brighter side is that 800,000 infant lives are saved yearly by immunization.

These figures should concern us for two reasons. First they point to a potentially preventable problem that we as relatively affluent people can assist in alleviating. We should not ignore the people whom these statistics represent.

Second but more immediate to us in Canada, they show us how far we have come. If we become complacent about vaccine preventable diseases we face the possibility of return to just such a situation.

Vaccines work, but infectious diseases are still very much with us as evidenced by the measles epidemic of 1985. The risks are well documented, in communities where immunization is refused or vaccines have been withdrawn the common but often serious diseases such as

measles, whooping cough and polio return with a vengeance.

Most vaccines are safe and effective but nothing can be guaranteed 100% safe and effective. We can be sure of one thing that over-all the risk of serious illness or death from a naturally acquired infectious disease far outweigh the minimal risks associated with current vaccines.

All children and adults should be immunized against Diphtheria, Tetanus and Polio.

Young children should also be immunized against Pertussis (Whooping Cough), Measles, Mumps and Rubella (German Measles). All women of child-bearing age should be immunized against Rubella.

Please contact your family physician or local health unit if you have any concerns about your immunization status or that of your child.

Courtesy
Upper Island Health Unit

Jr. Ranks Club ENTERTAINMENT

APRIL 11, 1987

TOTEM LOUNGE DART TOURNAMENT. 11:00 am - 7:00 pm. Cost \$30/4 players. All entry fees go to the prizes.

APRIL 12, 1987

JR. RANKS 3RD BINGO. \$1,000.00 in 56 numbers. Doors open at 1830 hrs. Early bird game at 1930 hrs. Regular games to follow.

APRIL 25, 1987

CIRCUS MAJIC FLOOR SHOW With COMEDIAN. Admission \$2 per person.

NOTE: NEXT BINGO MAY 10th, 87 (Campers' BINGO. All prizes in merchandise).

SNACK BAR: 339-4333

THE HEAT IS ON! AT

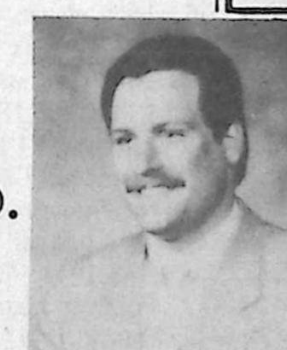


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HEALTH AND WELL BEING

info
health

Dr. Bob Young



HAY FEVER

Trees in spring, grass in the summer, and weeds in the fall. Pollens from these sources are the most common cause of allergic rhinitis or hay fever.

Less commonly other plants and their products (foods) are to blame, while house dust, tobacco smoke, and animal hair are frequent causes of year-round, rather than seasonal, rhinitis.

The nose is more than a mere air passage. It provides our sense of smell, warms or cools the air we breathe, and filters out pollutants. Its lining kills bacteria and fights viruses. Along with the sinus cavities the nasal passages affect the tone of our voices.

With allergic rhinitis the nose runs, drips, becomes congested, and (along with the eyes), itches. Victims have bouts of sneezing which may become almost continuous. The eyes water and the lower eyelids develop extra wrinkles and may turn bluish in colour. Children with the problem may rub the nose upward with the heel of their hand - the "allergic salute."

Not long ago we thought that pollens and other allergens acted by releasing histamines,

and this is still true. In addition, however, at least seven other ingredients have been identified as contributors to the allergic rhinitis phenomenon.

This new knowledge may lead to more effective treatment, but the antihistaminics remain the mainstay. The good news is that some of the newer antihistaminics have virtually no side effects - they do not cause drowsiness or sedation.

Cromolyn sodium is a safe and effective rhinitis preventer, and is much better than usual decongestant sprays which should not be used for more than a day or two. Cortisone nasal sprays are also available. They too are safe, effective, and convenient, although they take longer to work than over-the-counter sprays.

Finally, the use of desensitizing injections (allergy shots) remains a useful, if inconvenient, treatment method for some cases.

Desperation moves include such things as moving to Arizona or drowning (or giving away) the cat.

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

MPB ...a cure?

TORONTO: Canada's first government-approved medical therapy for treating alopecia androgenetica (male pattern baldness or MPB) is now available. Manufactured by the Upjohn Company, the product is called Rogaine™ Topical Solution and is available only by prescription. Rogaine Topical Solution stimulates hair growth in some men suffering from MPB, one of the most common forms of hair loss. It was recently approved for sale by the Health Protection Branch of the Canadian Department of Health and Welfare.

The discovery of Rogaine Topical Solution's unique properties grew out of studies of its active ingredient, minoxidil, for treatment of severe high blood pressure. During human studies with oral minoxidil (Loniten Tablets) in the early 1970s, researchers noticed that a significant number of subjects developed hypertrichosis - a phenomenon where extra hair grows on various parts of the body. In some cases the effect produced hair on the scalps of bald men.

As a result of this observation, the company's researchers theorized that a topical solution applied externally to the scalp might stimulate hair growth only on the scalp. A development project was launched in the late 1970s, and medical studies were begun, with a major objective of the research aimed not only at determining efficacy, but at developing a formulation that would ensure the drug entering the bloodstream through the skin would be prevented or the amount minimized.

Rogaine Topical Solution is for external use only and should be used only as directed. A total dose of 1 mL of the solution should be applied twice per day to the scalp, beginning with the centre of the affected area. This dose should be used regardless of the size of the affected area, and the total daily dose should not exceed 2 mL. The product can be applied with any of the three metered disposable applicators in the stock package. These include: a pump spray applicator; an extended spray-tip applicator; and a rub-on applicator. The product should not be used more often than directed; it should not be applied over large surface areas of the body, and quantities greater than prescribed should not be used.

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,

SLEEP EASY

Have you ever realized you spend about a third of your life asleep? Of course, not everyone needs eight hours a night. Some can get by with fewer, babies and young children need more. The key is getting enough to be able to wake up rested, refreshed and ready to meet the challenges of a new day.

When you don't sleep well, it's usually no secret. Your tiredness or irritability is sure to invite comments about getting up on "the wrong side of the bed."

Some sleep disorders you may come across can't be helped by a glass of warm milk or a hot bath before bed. They can only be diagnosed and treated by a doctor.

For example, narcolepsy is an irresistible urge to sleep, accompanied by muscular weakness, especially in stressful situations. "Night Terror," a condition common to children, usually occurs within an hour of falling asleep. Symptoms include a racing pulse and disorientation. Nightmares,

which happen to us all at one time or another, are not the same.

The causes of insomnia are usually simpler to pinpoint, ranging from personal problems or physical ailments to changes in lifestyle. Having your regular bedtime upset or even a new mattress can lead to a fitful night of counting sheep.

Tossing and turning for a couple of nights in a row is no reason for concern. If the ceiling starts to be the focus of attention for a longer period see your doctor. Remember, the worst thing you can do after a couple of bad nights is keep yourself awake by worrying about falling asleep.

Be sure to check with your pharmacist if you have any questions about medications your doctor might prescribe for insomnia. He or she can also help if you need information on non-prescription remedies. Ask Your Pharmacist is brought to you by Shoppers Drug Mart and the Totem Times.

DRINKING DRIVING
COUNTERATTACK

1. Over half of the victims of drinking drivers are their own passengers.
 2. Summer has the highest level of drinking accidents.
 3. Average age of drinking drivers' passengers - 22 years. Two out of three are male.
 4. 51% of drinking drivers are coming from licenced establishments, 38% from private residents.
 5. Drinking drivers frequently speed.
 6. Host must share the blame.
 7. About 70% of drinking drivers and their passengers do not wear seat belts.
 8. The vehicle might have navigated the corner if the driver had been sober.
 9. Victims leave victims behind.
 10. Over 80% of drinking drivers' passengers in accidents sustain head injuries.
 11. Typically, a drinking driving accident involves a single vehicle travelling at excessive speed at night. Driving conditions such as weather and road surface are average or better. Most often the road turns and the vehicle, due to the impaired state of the driver, runs off the road.
- CONCLUSION: The passenger would probably still be alive if he had been driving himself, or had refused to ride with the drinking driver, or if he had worn a seat belt. This is a typical alcohol related fatal accident.

Courtesy MSE Safety

AROUND THE BASE



442 Squadron



More new faces with the Flying Snakes! April Fools' Day, (Air Force Birthday) and all that, and we welcome aboard Capt Rudge Wilson, formerly of VP 407, late of Base Ops, and finally having seen the light, a member of 442! Also new to the yellow birds is Lt Dave Roberts, just off course in Moose Jaw. Welcome to west coast SAR!

Speaking of courses, our resident "Aussie," Lt Dwayne Fletcher, has just returned from the first of his two requisite OTUs, that being the Hercules course at 426, and says he enjoyed the international travel but he's glad to be back to Disneyland west. Another Nav who's been away on course (this one, the paper-pushing kind at Staff School) is Capt Terry 'Scuz' Wheadon, who now heartily recommends the Staff School experience to everyone (Now that he's done it!). Leaving soon on the next Volleyball U. serial, is our diminutive Miss Plug, late of Lab Flight, who will be proceeding next fall on Op Calumet in the Sinai, where we understand she'll be employed as the helicopter det admin officer (only kidding, Inge!).

We mugged-out Capt Tom Lindsay the other day, and already we're missing a seat cushion from one of the Buffalos! It's also been rumoured that seat pedals are being installed on one of the Tutors at CFS, where Tommy's headed! Good luck on 'Toots,' Tom!

....after 30 years



Col Gibbon presents Sgt Joe Legault his certificate of service.

Also heading off this spring is Capt Ron Hilborn, who has somehow managed to snivel, (that's the correct word for it, isn't it Ron!), a posting to DFS in Ottawa. Along with the move comes a six-week accident investigation course in the UK....tough life, ain't it!

Cpl 'Boxer' (Don't ask how he got that nickname!) Scott of the FE Section has finally finished his check-out and will soon be EARNING his pay. First trip on the agenda will be a VIP run from Edmonton to Yellowknife for BGen Simonson, Comd ATG, on Wednesday. Speaking of engineers, MCpl Cheryl Tardiff is back on the team after building another 'future FE' from the 'kit' with her hubby. Welcome back, Cheryl...and congrats!

If you notice Sgt Bob Toulouse or Cpl Marty Maloney walking just a little bit taller lately, and beginning conversations with: "...there I was...." it's because they got an operational jump last week on SAR Fortin, in the hills near Chilliwack. Launched on an overdue, the Buffalo with Capt Ron Hilborn, Lt Dave Vanderpek, Capt Harold Mulder, Sgt Gerry Galway, and the two SAR Techs on board, homed an ELT to the crash site of the Cessna 172 on Wednesday evening. Unable to see the wreckage or survivors, even after dropping flares, due to thick bush, the crew spend the night in Abbotsford awaiting first light. Meanwhile, with our standby Labrador and two

crews deployed on Herring River in Prince Rupert, two pilots were "extracted" from Mess Dinner duties, and a crew was gathered for a first light launch from Comox.

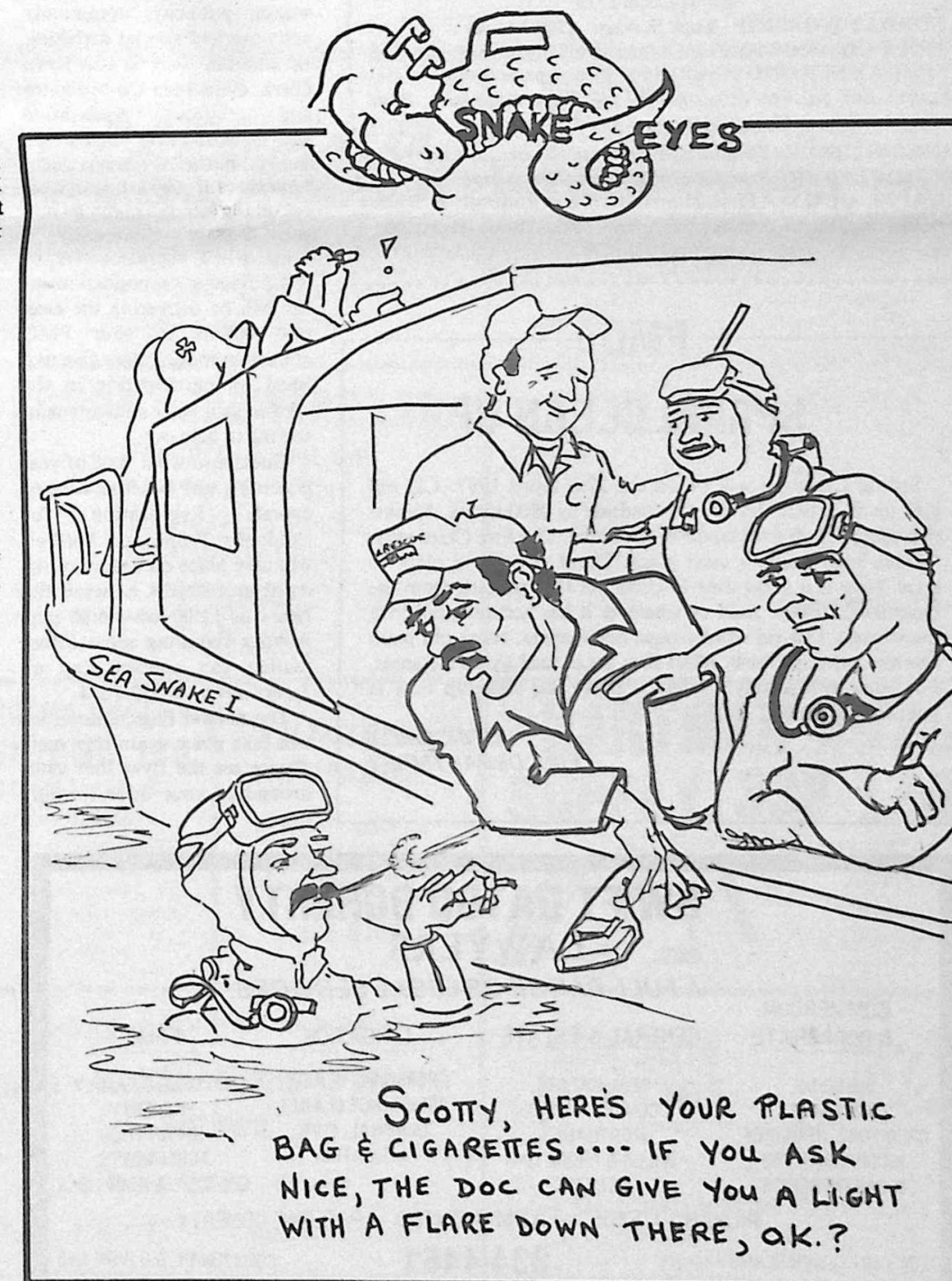
Arriving overhead the next morning, the Buffalo crew despatched its two SAR Techs by parachute to the crash site, amidst tall trees. Shortly afterward, the Labrador, piloted by Capt Paul Vanderbasch and Maj "Kip" Kippel, arrived overhead and hoisted its two SAR Techs, MCpl Paul Damours and Cpl Rob Walker to the site. As soon as the casualties, (three of them) could be made ready, they were

hoisted to the Lab for evacuation to Chilliwack hospital. As he was closing the lower door of the helicopter, engineer MCpl Joe Casey decided he wanted an operational jump too, but reason (and his restraining harness) prevailed, and the trip to Chilliwack was made unevenly, with an escort of several civilian news helicopters. Later, the Buffalo medevaced one of the survivors to Vancouver for further treatment. Well done, guys!

Reunion '87 is shaping-up to be a good-sized bash, with the mailing list pushing the 800 mark at this time, and more to

come. Work on the history book is progressing well, with one of the bigger problems being the decision of which photos to use, and which we have to omit...response with photo submissions has been fantastic! By the way, those of you who are non-Snakes or non Ex-Snakes but wish to read about the background of 442 and its predecessors, anyway, can have a copy of the book for the nominal sum of \$16.95 advance sale (money to 442 PAdO), or \$19.95 at the Reunion.

That's about it for the Snake pit this week. 'Til next time, Snakes....out!



AROUND THE BASE

Chapel Chimes

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

MASS SCHEDULE:

Saturday 1900 hours
 Sunday 1000 hours
 Week Days 0900 hours

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Edna Sinclair, Telephone 339-6883.

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

ST. MICHAELS AND ALL ANGELS
PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne
CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Headquarters, Bldg 45, Rm 48, Telephone: 339-2211, Local 2273

SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 0945 - 1045 hours, pre-school at 1100 hours. For further information call Superintendent, Pam Hart, Telephone: 339-4133.

JUNIOR CHOIR - Practices 1530 hours - Thursdays.

SENIOR CHOIR - Practices 1900 hours - Thursdays.

CHAPEL GUILD - First Thursday of every month at 2000 hrs in the Chapel Annex. President: Mrs. Diane Harrison, Telephone 339-6663.

PMQ

SPRING CLEAN UP

Spring Clean-up will be on the 27th April 1987. CE will pick up all articles left by the roadside by 0800 hours. Almost two thirds of all fires occur in the home. The Fire Chief says: "Make your home a safer place. Don't give fire a place to start. Now is a good time to clean out that rubbish from the basement, storage shed or wherever it has accumulated over the winter. Get rid of oily rags, newspapers, those old paint tins and other rubbish. Most fires are caused by carelessness. For your own family's safety - make this clean-up time at your home."

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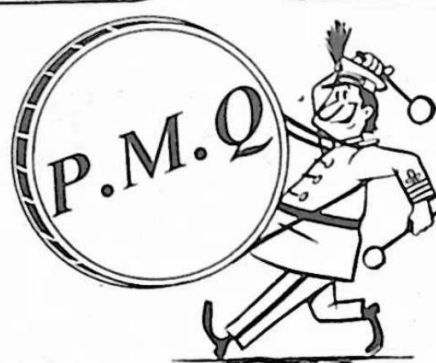
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P.M.Q.
Community
News

I can hardly believe that two weeks have flown by so fast; but here we are again.

There are so many things coming up it's hard to know where to start!

The first thing is of course our upcoming elections. As I mentioned in the last article, we need more councillors. Each ward should have two representatives on the council since there are a variety of functions within the council organization to be handled. There are controllers for recreation, works, publicity, community activities and special activities. In addition there is the Town Clerk, Base Teen Co-ordinator and Safety Association Representative. As you can see there is an area of interest and a challenge for any of you who are interested in helping out with YOUR community.

Your Ward representative or PMQ Association council member will be delivering the election ballots to your PMQ sometime soon. Please give us a hand by participating in the election as a voter and/or volunteering to help out.

Guess also what time of year is coming up? Baseball time of course. Registration for children's T-Ball and Softball will take place on Saturday, 18 April at CANEX between the hours of 12:00 am - 4:00 pm. Anyone requiring more information can contact Kay or Jerry Galway at 339-7674.

The annual Easter festivities will take place again this year. Please see the flyer that came around to your door for further details and timings. We would like to see as many families out as possible so bring the babies and come out, even if it's only for coffee and a donut egg and to talk to your neighbours.

Now on to the GREAT shopping stuff. This year your PMQ Association will again host a Garage Sale! So it's spring; get ready, set, shop. We plan to have this sale the first week in May. I'll have firm details in the next issue of the Totem Times, so stay tuned.

There are plans in the making for a Spring clean-up day in our PMQ area on Monday, 27 Apr 87 and more details will be forthcoming.

Some other upcoming attractions will be the Summer Programme; Family Day, the annual Military Police Bicycle Safety Rodeo, Spring Clean-Up and anything else that we can come up with in the near future. Stay tuned.

Also of ongoing interest are the Teepee Park campsites, the Beach Pavilion and the boat launch. Further details are available by contacting Roy Lambert at local 8324.

We are finally getting our offices organized and it's really great to have a place to call our own. We have never really had an area to work out of and have been moving around as a group for our council meetings, organizational meetings, etc for, I guess, about three years now. It seems that everytime we get used to an area, after a couple of months we're on the road again. I have wondered about this on occasion, but they tell us that these offices are really and truly ours to set up and work out of. We are located upstairs in the Recreation Centre.

Our council meetings are normally held on the third Thursday of each month at 7 pm. The meeting this month will be held on Thursday, 23 April due to the Easter holiday. Come over for coffee and we will gladly find you a spot to sit and take in a meeting.

For those of you who don't know, the following is a list of your PMQ Association Council members:

Mayor - Wayne Bowerman
 Deputy-Mayor - Roy Lambert
 Ward 1 Councillor - Kim Lambillon
 Ward 1 Councillor - Kim Rochester
 Ward 2 Councillor - Tanya Mattson
 Ward 3 Councillor - Wayne Moore (also Controller of Recreation & Safety)
 Ward 4 Councillor - Lindsay Harvie (also Controller of Community Activities)
 Ward 4 Councillor - Albert Camphuis (also Controller of Works)
 Ward 4 Councillor - Eileen Harvie
 Ward 5 Councillor - Joanne Zotek
 Ward 6 Councillor - Vacant
 Ward 7 Councillor - Lorrie Lourie (also Controller of Publicity)
 Ward 8 Councillor - Vacant
 Ward 9 Councillor - Harry Weeds
 Ward 9 Councillor - Darlene MacDonald (also Controller of Special Activities)
 Base Teen Co-ordinator - Luc Guibord

Just before I put my pen down I would like to mention a little bit about safety. My own big complaint is about you speeders who whip through our PMQ area like rockets. Our children are everywhere, most of them quite small, please use more care and a lot less speed when driving in the PMQ area. One of the next most terrifying problems is the youngsters on skateboards. For those of you who are unfamiliar with this scenario, I will give some of the better known details. The children come down the ramp on Maple Crescent at the top of the hill and head right into traffic. Also, the hill on the way to Cedar Crescent is just as attractive to skateboarders as it builds up more speed for the rider and puts more fear into the hearts of the drivers of oncoming vehicles. Remember children, we cannot see YOU most of the time until it is too late. Please parents, caution your children. We have, as you do, their best interest and safety at heart.

LIFESTYLE

Base Volleyball

LADIES

This year, after many trials and tribulations, CFB Comox was able to send seven women to CFB Chilliwack for the Pacific Region Volleyball Championships. The team was represented by Maj Sandy Tilly, Lt Fiona Buchem, Cpl Nicole Bureau, and Ptes Sandra MacKinnon, Lea Brandt, Linda Chasse, and Ly Fralick. Five of the seven participants were novice players with less than a year's volleyball experience!! Although we didn't win, all of our games were hard fought and proudly played!! We'll certainly be ready to start early next year, and hopefully the team will not be too badly hurt by courses, TD, etc.

Special thanks to Maj Bill Eggleston who helped coach us in practice, and to Cpl J.P. Ullock who filled in as coach for us in Chilliwack.

To Ptes Carol Brownlee and Joanne Martin who practiced all year but couldn't go to the regionals because of work commitments - we missed your support but we'll show them next year.

P.S. If anyone out there wants a coaching job, the position is once again vacant!

MENS

CFB Comox Mens Volleyball Team captured the 1987 Pac Region Volleyball Championship recently hosted by CFB Chilliwack.

The preliminary round robin saw the boys lose only two (2) games out of the eighteen (18) games played. The semi-finals

pitted Comox and the Fleet (winners of the small base championship) in a best 3 out of 5 match. Comox eliminated the Fleet in three (3) straight games 15-8, 15-11, and 15-13.

The finals saw Comox up against Esquimalt (who had eliminated Chilliwack in the other semi-final). Comox won the best of five match in three games straight, coming from behind in all three games, the last one being 16-14. The team

will now represent the Pacific Region at the CF National Volleyball Championships being hosted by CFB St. Jean 28 Apr - 1 May 87.

Beatty Speaks

operations of the Canadian Forces are visible and very popular example; and

Three. The continuing attention to the reduction of arms, including nuclear weapons, without reducing security on

Congratulations guys on a superb showing at the Regionals and we wish you all the best in your endeavours to win the Nationals.

CONTINUED FROM PAGE 1

either side - East or West.

Mr. Beatty said that the time has come for Canadians to take charge of their own destiny consistent with a strong commitment to our allies.

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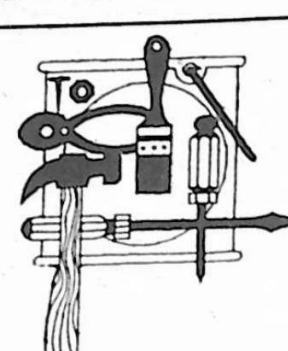
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AROUND THE BASE



CE Happenings



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Fri. Apr. 17 - *CLOSED*

Sat. Apr. 18 - *Listen and Dance to WESTWIND*

+++ Regular Activities +++

MONDAY — Fun Euchre

TUESDAY — Pub Darts

WEDNESDAY — League Crib

THURSDAY — Fun Darts

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

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

+++ Entertainment +++

Apr. 11 *HONOURS & AWARDS NIGHT. Branch & L.A. Special presentation of medal to member by Base Commander. Members & Bonafide Guests. Upper Branch Hall. Cocktails - 6:20, Dinner - 7:00, Ceremonies - 8:00. Dancing to WESTWIND. Tickets - \$7.50 per person.*

Apr. 17 *CLOSED FOR GOOD FRIDAY.*

Apr. 18 *Music by "35 YEARS OF GOLD" Disc Jockey.*

Apr. 19 *CLOSED FOR EASTER SUNDAY.*

Apr. 24 - 25 *Music by ALLEYCATS.*

+++ Regular Activities +++

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

TUESDAYS - Mixed Darts in Upper Hall

WEDNESDAYS — Navy League Drop-In Bingo - 7 PM

THURSDAYS

1st Branch Executive Meeting - Upper Hall. 8:30 pm. L.A. Executive Meeting as required.

2nd L.A. General Meeting - Upper Hall - 8:00 pm.

3rd Branch General Meeting - Upper Hall - 8:00 pm.

FRIDAYS — MEAT DRAWS: 2:00 to 6:00 PM Dance (normally downstairs unless advised.)

SATURDAYS — MEAT DRAWS: 2:00 to 6:00 PM. Dance (normally Downstairs unless notified.)

"THE LEGION SUPPORTS RICK HANSEN"

FOR COUNTRY CALENDAR

Saturday, 11 April 1987. HONOURS & AWARDS NIGHT

Upper Hall Royal Canadian Legion Br. 160. Branch and Ladies Auxiliary & Bonafide Guests. Cocktails 6:30 pm, Dinner 7:00 pm, Ceremonies 8:00 pm followed by dancing to WESTWIND music. Tickets on sale now at Lounge and Office, at \$7.50. Featured will be a presentation of a military medal (E.D.) to a branch member by Col Ted Gibbon, Base Commander CFB Comox.

OUR NEXT DEADLINE

APRIL 27th

Les Blackmore will be on TD from 24 April - 26 May in Cold Lake for Exercise Maple Flag. That's a sneaky way of getting out of yard work.

Ron Pennell will be on TD in Borden this summer as an instructor on the Caribbean Air Protection Program. The salmon will be safe this year.

Brian Lowe and Larry Longeval have been selected to attend a Sea Environmental Course in Esquimalt 22 April - 21 May. They will be able to pass on their vast knowledge of sailing to Neil Reid who will be attending the same course from 6th of May to 4th of June.

Congratulations to Wayne and Sue Holland on the birth of their daughter on April 2.

Spring Clean-Up will be on 27th April 1987. CE will pick up all articles left by the roadside by 0800 hrs.

Bring back old memories Barry? Barry could not get connecting flights in Edmonton so CFB Edmonton Fire Dept. invited him to take part in their OPEval.

Chris Halliday, Base Fire Chief, spent a leisurely week in Edmonton as an umpire on the OPEval team.

Is your claim ready yet Ron? Kip Kuyper is on TD for the month of April in Wainwright RV 87. Jack Lopatinsky will be replacing Kip in Wainwright for the month of May. Rumours are that they need someone to stabilize the economy in the town of Wainwright.

Greg Threder is in CFB Borden taking the Crash Rescue part of his TQ3 Firefighters course. Two weeks in Borden can't be that bad, Greg.

a necessity for a Flying Control System and decided to follow the UK lead in establishing an RCAF flying Control Organization in Canada.

Prior to WW II, Canadian Military ATC had been a "hit or miss" operation with aerodrome control. RCAF "controllers" were comprised either of pilots whose flying was restricted due to medical or young provisional pilot officers who were to gain aviation experience prior to start of flying training.

On Aug. 24, 1942 the No. 1 School of Flying Control ("No. 1 SFC") officially opened at RCAF Station Patricia Bay, B.C. Staff strength was 3 officers and 2 airmen but no accommodation nor school building was allocated. Indeed, 5 students were transferred in immediately but had to be employed for several months in the tower.

Over the next month, accommodation plus a school building was found. The No. 1 SFC was full equipped for training at a cost of \$850.00 - a princely sum in those days! The curriculum, which was not firmly established until mid 1943,

could train 40 flying control officers or 40 other ranks in each 12 week course. After graduation, the field qualification time was 8-12 months before final certification.

During the next three months a great deal of work was completed by Western Command, while AFHQ worked on Flying Control personnel establishments. A total of 490 personnel were approved for the Flying Control Aircraft Safety and Sea Rescue Services personnel in 1943. From late 1942 until the summer of 1945 No. 1 SFC continued training Flying Control personnel but as a result of the successful conclusion of the war in Europe and of the war against Japan, the continued operation of No. 1 SFC was deemed to be no longer required and it was disbanded effective 01 October, 1945.

The Flying Control Organization languished for a few months until 16 April 1946 when the No. 1 SFC was reformed at RCAF Station Trenton, Ont.

In 1947, it was decided that all training of Flying Control personnel would be carried out

CONTINUED ON PAGE 23

Air Traffic Control

Canada's ATC History

On the 16th April, it will be the 44th Anniversary of ATC in the military - a brief account of the history of ATC follows.

"For many years it was believed that Canadian Military ATC School history started with the establishment of the Flying Control at Centralia in 1951. This is apparently incorrect.

In England, during the early part of W.W.II, Flying Control support in the Royal Air Forces was totally lacking. One spring night in 1942, icing conditions, which were very severe, forced a number of aircraft to ditch. These planes and crews might have been saved if a control system had been in place. This was the conclusion of the inevitable military post-accident investigation. Thus the Royal Air Force decided to establish a Flying Control Organization.

A new organization known as Regional Control was quickly established and superimposed on Bomber Command operations (initially, there was an attendant lack of cooperation which generally follows a perceived loss of authority). Canada, meanwhile, had noted that there was

AROUND THE BASE

Air Traffic Control

by contact training at RCAF Stn Centralia, under control of No. 1 Instrument Flying School thus No. 1 SFC disbanded on 01 October, 1947.

Over the next three years all Flying Control training requirements were met by contact training at Centralia. In early 1951 when the flying control branch was formed, AFHQ realized that contact training could not accommodate the increased commitment, thus it was decided to reform the school of Flying Control (SFC) at RCAF Station Centralia R1 (Grand Bend). The school was opened on 5 April, 1951.

In accordance with the general consolidation of the Training Command, SFC was

moved to Camp Borden effective 26 July, 1957. On 02 December 1957 the SFC accepted the further responsibility of GCA Controller training. In 1959 the designation of SFC was changed from a flying unit to a non flying unit when the aircraft were transferred to Base Borden. Flying Control Branch became the Air Traffic Branch in June 1961.

In concert with the RCAF/CF Plan to be flexible, several other changes occurred. SFC became Air Training Wing, then later the Air Traffic Control Company under the direction of Canadian Forces School of Aerospace and Ordnance Engineering.

In 1979 the school reorganized as Canadian For-

ces Air Traffic Control Training Unit (CFATCTU) at Cornwall, Ontario co-located with Ministry of Transport Air Services School. This was a quantum jump in simulation for military ATC training.

Again, a number of changes occurred as the Unit initially was integrated with the MOT School, then became independent in early 1982. In 1982 CFATCTU which had been under the command of CFTS Trenton became the responsibility of Air Command. In 1984, with the move to 14 Training Group and Base support assumed by CFB Ottawa, CFATCTU became once again an Air Element Unit thus beginning another chapter in the evolution of the Military Air Traffic Control Organization.

CONTINUED FROM PAGE 22

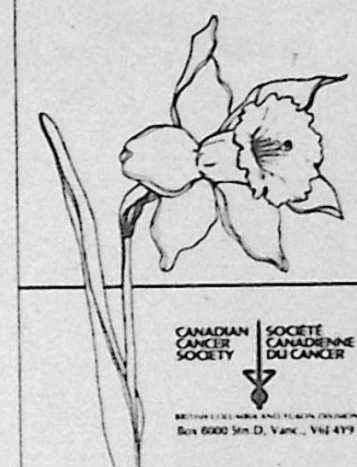
The inception of the Stone House Mess at Cornwall into our ATC organization and the perception of the mess as the "Home of Air Traffic Control" has helped mould a strong professionalism to our branch. CFATCTU and the Stone House Mess are rightly the home of Air Traffic Control and have a proud tradition to follow. It is to be hoped the Air Traffic Control will maintain this home for many years to come at Cornwall.

ATC with its proud background, should easily meet any organizational challenges passed to it in future years.

*Cpl Fleury, ATCA
Condensed from
LCol Wellman's
History of Canada's
School(s) Of Military
Air Traffic Control*

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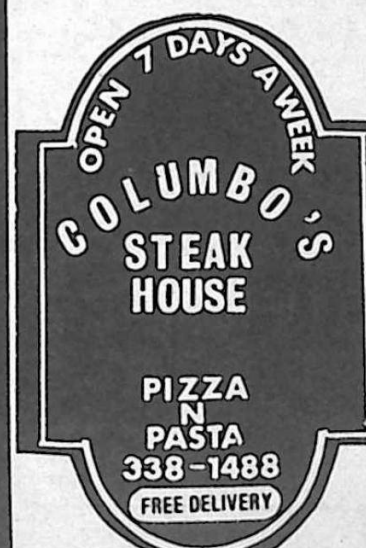
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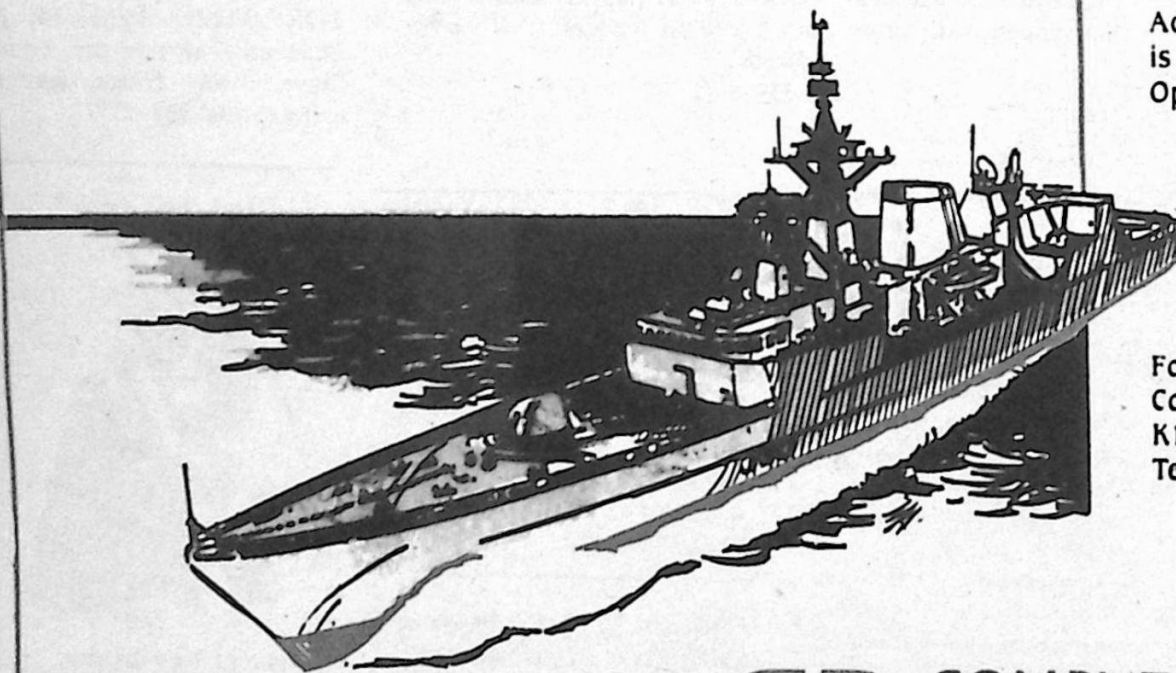
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HEARING THINGS



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