



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 9 May 14, 1987

Deadline is Friday, May 22, 1987

Cost: Priceless

Birth Control & NATO

Within a year, Europe's standing armies will run into a force that will decimate their ranks. This will have been done not with firepower, but with statistics. The force is birth control, and Col Sjouke De Jong of the Dutch Army believes its effects can best be countered by increased use of part-time personnel.

The Reserve Affairs Adviser at SHAPE in Belgium believes any attempt to beef up Europe's standing conventional forces, to enable nuclear weapons reductions by the major powers, would run into the brick wall of demographics. This means that almost an entire generation was not born when it should have been.

The answer is the reserves, Col De Jong believes. In

European countries which have conscription, after the recruits have served their brief periods of full-time service, they can return to work in the civilian economy, but can be called back in an emergency.

Col De Jong provides the link between the Supreme Headquarters Allied Powers Europe, SHAPE, and the reserves in the member countries of the NATO alliance. In January of this year he visited Canada for a look at our reserves, and to meet with senior officers of the Canadian Armed Forces, both reserve and regular.

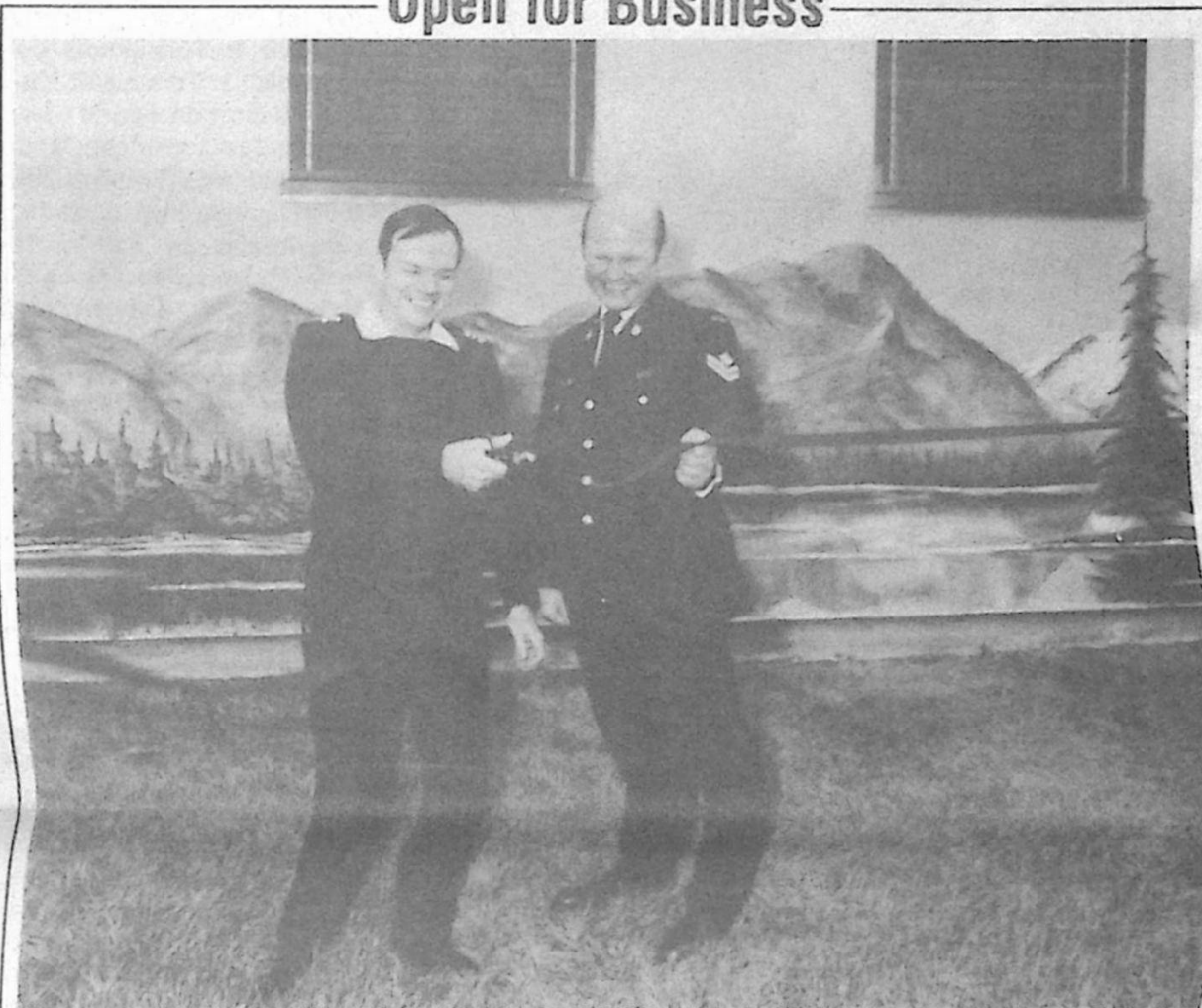
In a speech to the Conference of Defence Associations, he gave the example of West Ger-

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A REMINDER

DUE TO THE UPCOMING OPEVAL OUR NEXT DEADLINE IS FRIDAY MAY 22nd - NOON - PLEASE HELP!

Open for Business



With fence in place and mural painted the new JRC patio is "open for business." The BPServO Maj Scotty Hart cuts the ribbon officially opening the facility while JRC president Peter Wybenga lends a hand. Nice to see the S3s Pete! (Base Photo)

CREW

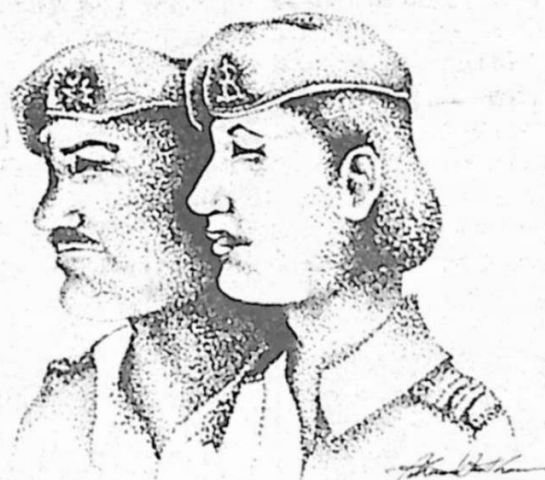
Combat Related Employment of Women



By the end of May, the chief of the defence staff will have in his hands a schedule for the conduct of trials on the employment of women in full combat roles in the Canadian Armed Forces. The man responsible for producing that timetable says his job will only just begin at that point.

BGen Lewis MacKenzie is Director General Combat Related Employment of Women, or DG CREW. He stresses that the trials will be done on a scientific basis, and that they must be seen to be fair.

"What will probably occur is that mixed gender sub-units will be inserted into operational units and their performance will be evaluated compared with men-only sub-units," he



says. "Whether or not they will just go through a normal training program, or whether special activities are orchestrated for them, has yet to be decided."

This trial program could see a platoon made up of men and

women being inserted into an infantry battalion, or a male and female division joining a destroyer. MacKenzie says it could be two years or more before any conclusions are drawn.

DG CREW will be the con-

trolling agency for the trials. Preparations are being made to find the women who will take part. These will come from three sources. The first group includes women already serving in the occupational specialty, but not in a combat unit, such as a woman transport pilot who wished to requalify as a fighter pilot. Then there will be women who are already in the CF, but not in a combat-related specialty, who wish to remuster. The third group will be those recruited off the street.

"The recruiters tell me the big challenge will be getting the numbers we need in order to have a proper trial," MacKenzie says. "The numbers are relatively significant."

MacKenzie also brings up a

point raised by the minister in his speech earlier this year, when he said gender-free standards could result in an overall reduction in the number of women in the Forces. This has been the experience of some European countries.

"When you expand and open all jobs, you can no longer have separate standards. You must have an operational standard and that will always be the higher of the two."

MacKenzie says no one in the Forces should jump to the conclusion that just because trials are being conducted, the outcome is foregone.

"The decision has not been made. This is a genuine trial, and the results will affect the

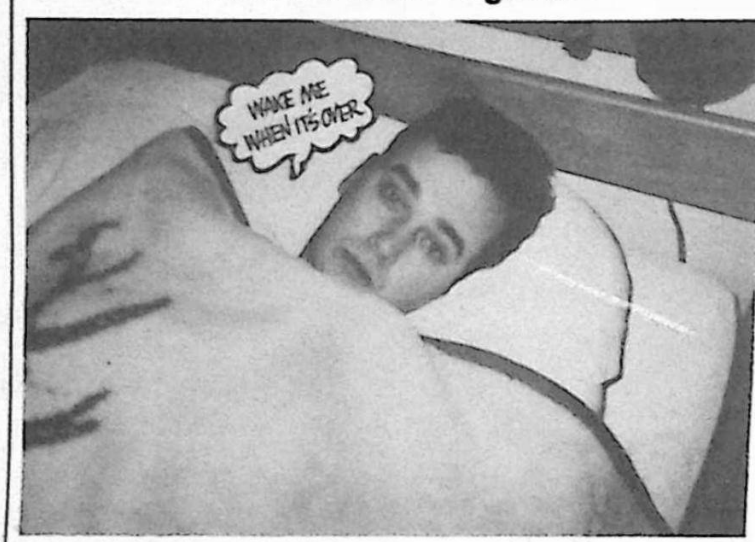
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SECTION NEWS



Demon Doins

Forlorn and Forgotten



It has been often documented that the call of the sea would lure fit young men to sail for their country but in this case Lt. Larry "call me Billy" Arnold would have to suffice. Being an avid watcher of "Loveboat" and after assurance that it would be exactly the same as the Pacific Princess Lt. Arnold set out for his six week sea-faring holiday (snicker, snicker). Crew 5 Vikings being the caring types that they are made sure that he was fully equipped with a deluxe soap-on-a-rope (snicker, snicker).

The above photo was taken at Day 2 of his luxurious cruise aboard the HMCS Terra Nova and as you can see the fast paced gaiety aboard these pleasure palaces is beginning to take its toll. No doubt Lt. Arnold will return a better man and certainly a better shuffle-board player.

Crew 2 Cowboys set out for San Diego on a Subex and just when the fun was starting they were called back to Comox. Better luck next time.

Crew 3 Subbusters returned from an OMS in fine form af-

ter taking the Air Canada cross country junket each way. Perhaps budgetbusters would be a more apt crew name. Captain Steve Amo took the opportunity whilst in Halifax to donate everything he had, cash, credit cards, everything to a needy someone. What a humanitarian this man is.

Crew 6 Terminators took part in the East-West exchange which saw them put in at such exotic places as Keflavik, the Azores, Bermuda and everybodys perennial favourite place Greenwood. It is understood that Capt Gerry Zanussi had a hot time in Iceland, that Maj Boivan is an ace on the slot machines in the Azores and Lt Mike Baumert was sick of Bermuda.

This years Snow to Surf Race attracted 3 squadron teams with the team made up of Captains Grossman and Edwards and Lts Allcott, Cutland, Scuja, Westerveld and Wightman alias Vanna White and the 6 Dwarfs absolutely toasting the other two squadron offerings. With a 54th placing overall this team finished well ahead of Crew 7 Moosemen who placed 98th overall by

narrowly beating Crew 6 Terminators mixed team who placed 105th. It must be noted that the team bearing the name of Crew 6 Terminators only contained 1 Terminator Capt Ken "is it my deodorant?" Rodzinski. Just for interest's sake for those who keep statistics those fighting men of Crew 7 were beaten by half of the women's open teams and a full three quarters of the women's masters teams. Obviously quiche is a staple of the Moose diet. Nuff said.

407 ARMAMENT

Another "hello" from Armament with a list of new news, and the leader of the flock has designated me to be the "little bird to tell you."

Two of our nestlings have become fledglings - Dave Oakes puts up his hooks as of 6 May, and Jason Froese, just returned from a most exciting stay at the POET school, is now Cpl Jason - 5 months early. And to add to his already swelling paycheck, he was awarded a nice-size cheque from the Suggestion Award Committee. We'll take care of that at his promotion party, though. Anyway, Congrats to both guys, and a big 'ATTABOY,' Jason!

Our "Big Bird," Lt Landry, represented 407 Sqn SAMO organization in the annual KIWI Wheelbarrow Race on 16 Apr. Now, don't take my word for it, but as we didn't get a trophy and we didn't have a victory party, I take it he didn't win. But I'm sure he gave it his all, and after all, it was for a good cause. Good Luck again next year, Norm!

Another "Good Luck next year" goes to our Competition

Load Crew that competed for the O'Brien Cup in Greenwood in April. We know they did their best but I guess their best just wasn't good enough as they were eked out by Greenwood.

Now, for a word from the AMSS (Armament Movements/Sentencing Section), Sandy Leibel is now behind bars at the Torp Shop, serving a 2-year sentence. Pam McKee was just paroled from her XG course in Borden where she spent 6 weeks at hard labour. Chris Stoyles has been found guilty of excelling in 'leadership techniques' and has been sentenced to an indefinite period at the Senior Leadership Academy in Borden. Stu Waldron has been condemned to 'life in Bagotville.' Rumour has it that both Chris and Stu are appealing.

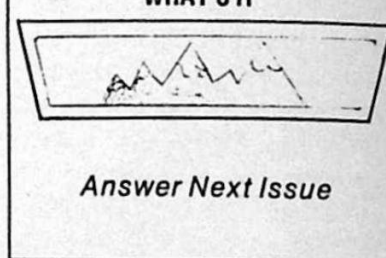
We're getting a whole nestful of new birds in this year. Two of them are hatchlings who arrived the end of March - welcome to Ptes. Brad Halstead and Chris Mitchell. The rest are a bunch of tough old birds - Jim Logue, George Kutcher, Jim Newhouse, Rocky Blouin, and Bob Davyduck.

Our resident bird-on-loan is WO Ray Evans, from Photo. Since Norm went on leave, Leo was afraid the job was too big for him to handle. So Ray, very kindly, volunteered to move in and give him a hand for as long as he's here. (We'll be saying goodbye and good luck to Ray soon, as he is TX'd the end of May).

Well, that's the squawk for this week. Lastly - a reminder of the "Gunplumbers Reunion 87" being held here in Comox,

26 - 28 June. Calling all Armourers - come on out and have a ball. Contact is Leo Henwood, Local 8302.

"WHAT'S IT"



407 SERVICING 1 CREW

Posting season has hit us again, we have people coming, going and some just moving around. So we'll cover the ones that are moving around the base first. Pat Nevett has moved up in the system: he came from Crew 3. Stan Lawson is moving up also: he's going upstairs to Research. We can't forget our new Ptes on the crew: Steve Wadams, and Mike Pilon. Hope crew life is good for them.

Gord Brown is back with us after spending 3 years overseas. Well, that's all for the new personnel so now we'll mention the people leaving.

James Knaus is off to Baden and F-18s (some people have all the luck), Perry Goddard is on his way to Trenton, although he doesn't know what he's going to do there. Mike Simard got tired of his trade and decided to become an FE. Now he's on his way to Bagotville. Good Luck to you, Mike!

We have one more leaving us, but she's not moving bases: she's changing her life. Yvonne Carruthers has put in her release and she'll be a civvy in Ontario, and it's back to school for her.

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AROUND THE BASE



From The Top Rung

Col Ted Gibbon

With the exception of a few unit activities to reinforce some lessons learned during the series of Base exercises leading up to OPEVAL at the end of this month, our work-ups have been completed. I was pleased to note steady improvement in performance in all areas but the best indicator of our preparedness is the enthusiastic, confident manner in which all personnel tackle the problems and situations the scenarios present. As I emphasized at the commencement of the exercise schedule the aim was not to be proficient by the end of May, it was to achieve a level of proficiency that would enable us to perform satisfactorily during any emergency real, or simulated, at any time of the year regardless of who was watching. I believe we now have that capability and the next step is to prove it to a group of sharp eyed strangers from the east.

This summer will see the departure of several key members of our response teams so if we are to maintain the capability we have strived so hard to attain it is imperative that those remaining take every opportunity to expand their knowledge and be prepared to impart that knowledge and experience to the newbies when they arrive.

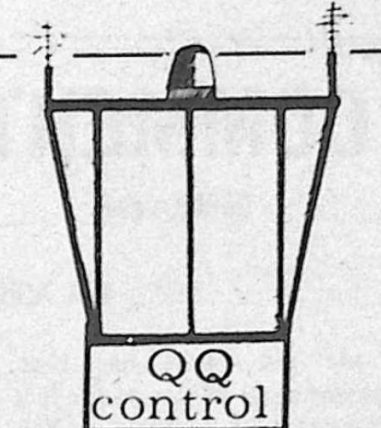
Our preparedness is such that we won't need good luck during OPEVAL but a little good weather would be appreciated Arnie.

A Cop with a cause



Cpl Luc Guibord the "Bicycle Man of Comox" invites all to join in on the upcoming Bicycle Safety Rodeo. The Rodeo takes place on May 30 and is open to all dependants of military and civilian personnel between the ages of 4 and 12 (one guest allowed). Thanks go out to the sponsors. (Base Photo)

As The Beacon Turns



As we say hello to May I am once again faced with the problem every article writer faces, the dreaded "time lapse." This occurs between the time I write the article and when it hits the news stand which can be over a week. So it's kind of tough to write for the future.

Last Sunday we celebrated "Mothers Day" which I'm sure has some significance in everybody's life. I hope all the mothers out there had a great day and that we all took the time to appreciate our mothers a little more on her day.

Cpl Roy Field has departed for Winnipeg and there will be various other people following the departure route as mentioned in my previous article. Capt Dave McLeod is still awaiting a message to find out when he is leaving. He also informs me that the mythical Sgt Dave Garipey may be making a few appearances at CFB "Cold

tend condolences to the Scott family for their recent tragedy and the entire section wishes you the best.

There seems to be a "fever" plaguing the section which rears its ugly head every year about this time and it's been named "new car fever." The symptoms include; heavy breathing when the term "break in period" is mentioned, spots before your eyes which look like a new car paint job, increased pulse rate and temperature at a pay increase. This fever is highly contagious and a few section members appear to have it. If you show any of the warning signs contact your financial advisor immediately!

This past week has been a very busy one at the section. The Non Commissioned Members Career Manager came for a visit which seemed to be a big success. Everybody seemed to come out of his office no worse for the occasion. I know he "made my day." We also had a great pleasure of participating in a pre-OP-EVAL exercise and let me tell ya, I don't want to be that close to the whirling rotor blades of a Labrador again, as I'm sure some of you can attest to. Cpl Sylvain Houde seems to have found a new use for sandbags but my editors would not let me tell you exactly what that was. It gets a little cold and lonely on those long guard duties, right Sylvain!

Since the nice weather is upon us, I have heard it mentioned that a few debriefs on the day's activities should go on at the gravel pit after work. Somebody has to organize these debriefs and the ball will keep rolling, something to keep in mind.

The ATC golf tournament is now in the history books as an overwhelming success. I managed to get hold of the winners list never before published.

- NET
1. Arnie Mathus - Comox
 2. Gene Graham - Comox
 3. Ron Carter - Comox
 4. Ron Guss - Langley
 5. Lloyd Penzer - Abbotsford
 6. Tom McQuade - Comox
 7. Gord Logan - Abbotsford
 8. Randy Hume - Comox
 9. Jack Coles - Qualicum

10. Lionel Guerard - Valcartier

11. Glen Graves - Vancouver

GROSS

1. Garth Gwilliam - Vancouver

2. Trevor Jones - Comox

3. Gary MacLennan - Ottawa

4. Larry Harker - Comox

5. Jim Phillipson - Courtenay

6. Cory Walters - Vancouver

7. Roy Field - Comox

8. Yves Bellemore - Valcartier

9. Claude Manderville - Edmonton

10. Rick Popoff - Abbotsford

11. Frank Johnson - Comox

Longest Drive - Randy Hume Comox 296 yards.

Closest Pin No. 7 - Rick Champagne Comox.

Closest to Pin No. 16 - Rick Popoff Abbotsford.

Most Honest - Dave George Moose Jaw.

It was a little disturbing to hear that only one female participated but I'm sure we can improve on that next year. The meal which was prepared by the Old House Restaurant was of the highest calibre and it was enjoyed very much by all. Service during the tournament was provided by the "fabulous five" ladies of the golf club and was superb. The golf course itself was in great shape and a special thanks goes out to John Ferguson and his crew. Thanks also goes out to Air BC and Block Brothers for providing some of the prizes, as well as to Garth Gwilliam from Vancouver for donating the Texas Mickey which he won back to the Glacier Greens Building Fund. On behalf of the section I would like to thank Phil Robinson for making the tournament a great success.

The annual Snow to Surf Race is over and the ATC team "Cones of Confusion" had a great finish. They came in 37th out of 125 teams beating the King Coho team soundly. Although the canoeing portion was cancelled, Jim Hatton and Alex Bedard were seen portaging their canoe to the Comox Marina. Can't get ahead of those guys. A special mention must go out to Marcel Pepin who not only passed 16 cyclists but also had time to

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COMMENT

Gord Kruger

ALL ABOUT AGING

My pal Newt has been lamenting as of late on the fact that old age is creeping in. You know you're in trouble he said when everything hurts and what doesn't hurt, doesn't work.

Now I have always maintained that the feeling of old age is only a state of mind but maybe Newt has a point. One point. Once you start turning out the bedroom light for economic rather than romantic reasons you just know that something is happening to the old chromosomes. After painting the town red it's a long time until you apply the second coat.

An "older" acquaintance recently mentioned that something seemed to be amiss - his children were beginning to look middle aged. He continued on his way in dismay - his head held high in an attempt to get used to his bifocals.

Symptoms are varied I suppose but when your favourite newspaper article is "25 Years Ago Today" and your back goes out more than you do it's time to take a second look at ones self. Looking forward to a dull evening and sitting in the rocking chair you can't get started are surely tell-tale signs.

The body itself is a great messenger. When that beautiful bronzed "Greek God" that once roamed the summer beaches is now a 17 around the neck; 44 around the waist and 105 around the golf course; it's time. The knees buckle and the belt won't!

Sound depressing? Well it should, because it is. The old game is well worth the play and it shortens much too quickly. Getting the most out of life while you're there is probably the single most important thing one can do. It will probably startle you the first time someone calls you "old timer." And just when you think you have all the answers, nobody asks you the questions.

Anyway this loose assortment of "aging trivia" doesn't help my old pal Newt very much. He's starting to panic and he says the best part of his day is over once the alarm clock goes off. Long distance dialing wears him out and the other night on hearing a dripping faucet he got an uncomfortable bladder urge.

Don't procrastinate Newt - because you may never get around to it.

A Story

Here is a little story about four people; Everybody, Somebody, Anybody and Nobody. There was an important job to be done and everybody was asked to do it. Everybody was sure somebody would do it. Anybody could have done it but nobody did. Somebody got mad about that because it was everybody's job. Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when actually Nobody asked Anybody. Sound familiar?

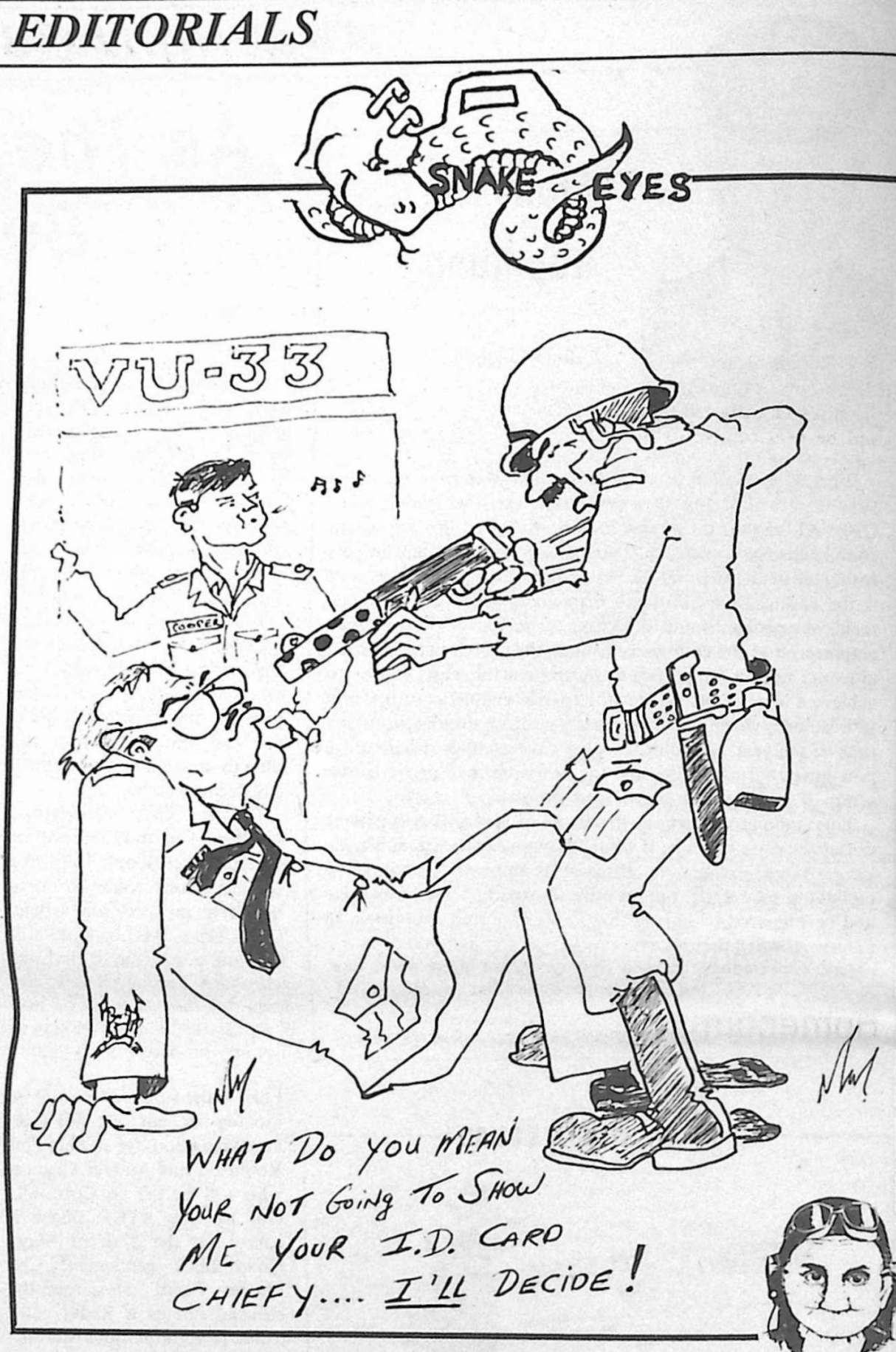


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PHOTOGRAPHY: Base Photo
CARTOONISTS: Ian Murray and Scotty Hart

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REMEMBER OUR EARLY DEADLINE

FRIDAY MAY 22 - NOON



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EDITORIALS

Lightside

Norm Blondel

BUTTERFINGERS

I think we underestimate our wives most of the time, perhaps in the mistaken belief that they should be held captive to the old attitudes about the "Fairer and weaker sex."

It is sometimes after several years of marriage -- 32 in my case -- that we guys have our eyes suddenly forced open when Wife performs a feat of strength of which no woman is supposed to be capable.

Like moving the woodpile.

Ours is a very mobile woodpile, always sitting someplace I want to get at, or somewhere it shouldn't be. The vacant lot next door was home to our stack of alder and maple since last Fall, but with renewed real

estate interest in our area, I deemed it best to move it within our boundary. We're talking eight cords of firewood here, enough for a couple of year's hydro-free heat.

Much to Wife's disgust, the job wasn't simply a question of moving the logs from A to B. B was the planned location of our washing machine drain, so it had to be constructed first -- a cistern, some "Big O" pipe and lots of drain rock, topped by landfill. It took three weeks to get the area ready for the woodpile, the drain cistern neatly marked by a peg, so I'd know where to hook up the washing machine pipe.

We finally began moving the pile, Wife down in the hollow,

her job being to pass the logs up to where I would neatly stack them. Heh, Heh, I thought, at five, five and a half and 125 pounds, Wife will have trouble lifting those pieces and passing them to me, so I'd have a nice leisurely time of it, neatly arranging the slowly-arriving wood.

Boy, was I wrong.

The first piece came at me in a flat trajectory, like an artillery shell. It winged between my feeble hands and smacked against the house, ten feet away.

"Butterfingers," Wife said.

I bent to retrieve that piece, and got another in the butt.

"Oops, sorry!" Wife smirked.

From then on, I worked furiously to catch the incoming logs, twenty inches long, some six inches across, in a sweat composed equally of exertion and fear. Neatness went by the board: It was all I could do to place one chunk before another came barreling in.

As the pile grew, the incoming fire changed from artillery to mortar. My head grew dizzy from the up and down motion of spotting the piece, catching it, dumping it and looking for the next one. To make things worse, the sun was in my eyes.

Wife varied her fire, wickedly I thought. The rounds came in sideways at times, or rotating end for end. The pile

was so high by now, I couldn't see her launching the logs. I called for a truce, a breather, a coffee break -- anything. "No, let's stay with it," Wife said, "I need the exercise. And so do you, Chubby." That was mean. I've only put on ten pounds since retiring.

At last, the ordeal was over. The pile stood tall, drying in the May sunshine.

I'm ready to hook up the washing machine now, but the woodpile is sitting on top of the cistern, and I'll have to move some of it again.

By myself.

Beaverlodge Homecoming

All routes lead to the waters of the mighty Peace River at Trumpeter, Alberta on 9, 10, and 11 July 87, for the CFS Beaverlodge Homecoming Celebrations.

Focussed around the Recreation Centre, the social activities include a Meet and Greet, BBQ, evening music, free movies for the kids, a chaperoned Teen Dance, Station Visits and a gala Dinner/Dance on 10 July from 1900-0200 hours with a buffet style hot meal.

The event winds down on 11 Jul with Brunch at the Combined Mess.

Single accommodation is available for a few participants at no charge, and Hotel/Motel/RV parking is available at minimal or reduced rates.

Ground transportation from CFB Edmonton (Airhead) to CFS Beaverlodge/local area will be supplied if there is enough need.

For additional information, please call or write:
Capt Bill Phaneuf,

Stn AdmO
CFS Beaverlodge
Trumpeter, Alberta
T0H 3L0
Tel(403)354-2217 loc 201 or
NTAS 492-1201

ABOUT TRIVIA

Dear Sir:

Re - April 30 issue
Air Force Trivia

It was a maximum effort when the whole of 407 Squadron's twelve Lances got airborne at the same time.

However, it was here at Comox, and not at Greenwood as the caption reads. At the time, I was a Sgt Radar Tech Air and was proud to be a part of it.

Russell W. Bush (CWO ret'd)

We could say the error was inserted to see if the readers were paying attention, but, as reader Bush points out, it was our attention that slipped. Sorry about that....Norm, temporary Trivia Editor.

Thank You Mr. Ulm

We say farewell and thank you to another long time staff member of the Totem Times this week. CWO (ret'd) Dick Ulm was our layout man, who specialized in a well organized centre page. He set the example for others to follow, and was always a cheerful presence in the press room.

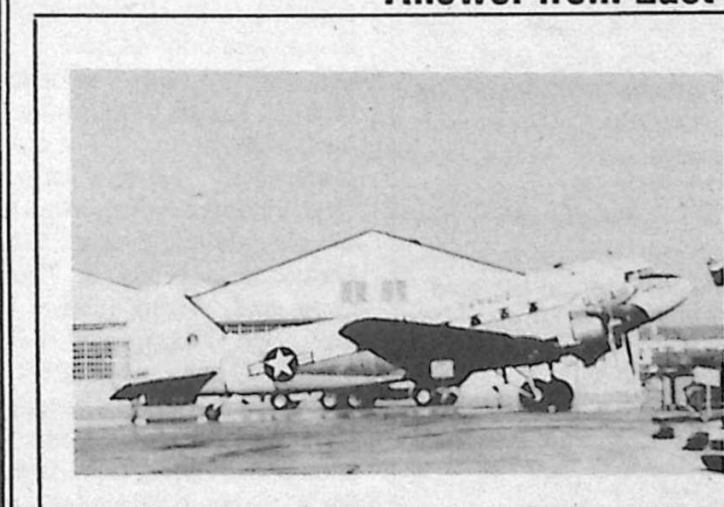
Enjoy your retirement Dick, you're welcome back any time you feel the urge to do another layout.

Air Force Trivia



what where why when

Answer from Last Issue



C-47 of Headquarters Command USAF at either Goose Bay or Gander Spring 1963. The actual significance of CCS-Canada on this aircraft is unknown. Any help from our readers on this one?





SECTION NEWS

BAMSO

Well Done



Pte Davis RM, CRS Tech 524 in NAVCOM Labs achieved 91% on the February ATAT exam. He received his Honours Certificate for his outstanding achievement from the BAMSO, Major R.E. Monahan. (Base Photo)

NEW KIDS ON THE BLOCK. My age versus that of some new arrivals gives me the (questionable) right to refer to them as "kids"...this is likely not to be the only time they'll be "kidded" during their tour in BAMSO. Welcome from all of BAMSO to a couple of newbies...Lt Robert Boucher and Lt Paul Carter. Robert will be sliding into the Mechanical Support (MSO) job as soon as he can kick Kelvin out of "the room with the mountain mural on the wall." (Win Dryden now has his desk in front of the mountain scene and would probably tell everyone that his presence improves the scenery!) Robert calls Montreal his home and comes to us with an electrical engineering background. Paul calls Winnipeg his home and has a physics and computer background. Paul will be taking up DIAC Services

(DSO) and ADAM System Manager duties when "Push" Godbole hits the trail. (Perhaps "Push" Godbole will finally get rid of his perpetual cold once he gets out of DIAC's "climate controlled" environment).

PIED PIPER OF COMOX. As Cadet Liaison Officer, Ron Fisher has been squiring many flocks of Air Cadets around the Base. One of the civilian ADAM project workers commented that Ron looked like the Pied Piper when recently seen with a group of Air Cadets in tow around the hangar line. I'm sure the Cadets are getting super support from Ron but I doubt if he plays music (pipes) for them. Let's now see what our only shop report has got to say....

NAVCOM LABS
Well, the last article to come from the lab was written on the

3rd of February so the amount of news is quite large and it covers quite a time span. It also encompasses quite an area in terms of geography, what with such exotic locations as Egypt, Mexico, Thule and that incredible jet setter hot spot...Wichita Kansas! How's that for an opening paragraph teaser?

But first a few words about babies. Way back on February 8th Kym Sutton gave birth to a 7 lb. 8 oz. girl by the name of Kristina Lynne. Considering that she is three months old, apologies should be given for such a late birth announcement (inexcusable really as her father writes this article). Bob Gauvin recently returned from the nine week long FLIR course to get reacquainted with his son, Jonathon, who must have seemed a completely different kid compared to the seven week old infant he last saw. Bob says he's glad that he made it back before the kid took off for college! Also the shop sends its heartiest congratulations to Perry and Louise Johnson on the birth of their third daughter, Shelby, who finally appeared April 30th and weighed in a 7 lb. 5 oz.

Now for an explanation of all those references in the opening paragraph. It seems that some members of our little shop are becoming fairly well travelled. Marc Neumann has just returned from a six month tour of El Ghorah in the Sinai. It took just one weekend's worth of Vancouver Island rain to wash off his tan though. Steve Walters and his wife Debra Burns were definitely in no danger of getting tanned as their trip to Mexico was almost as cold and rainy as here. Steve says that it wouldn't have mattered if it had been sunny as having the mother-in-law along 'dampened' spirits anyway (just kidding Debra). Another of our globe trotters, Gilles Hamel is currently in Thule, Greenland, driving vehicles for Operation Boxtop and Perry Johnson will be heading off to Goose Bay, Labrador. Speaking of "apple polishing" somebody is going to be picked for a course in Wichita, Kansas, on the APS 505 search/weather radar; details on who gets the nod in next month's article.

BTSO Presentations



BTSO PRESENTATIONS: MCpl Bernier, BAMSO, CD - LCol Bowes, BTSO - Cpl Reid, BTnO, CD - MCpl Bedard, BTnO, Silver Seal for Aerobic Excellence.

Now back to more mundane items like postings and courses, etc. We've lost one of our ATAT rotation techs back to 407. Mike Pilon spent a good three and a half months up here and proved to be a real asset to the shop; too bad it wasn't a permanent posting.

Also leaving us is Marc Neumann to 407 Sqn effective 4 May and Sylvie Locas to Ottawa around the middle of May. With Brian Chesworth heading out to Edmonton on the first of June and Sylvie gone, the shop is losing two of its longest standing members and Bob is the one and only

DATS tech left. Good luck Sylvie and Brian (and Bob!).

RTT is losing a couple of familiar faces as well. Mike Bernier is going off to start a teaching career at Delta Sqn., CFSCE, CFB Kingston, and Sgt Ron Lepage is pulling the pin to begin life anew on the Comox amateur golf circuit. Just one more exercise to go, right Ron?

Finally, courses....
Steve Walters - ARC 513 Shearwater
Bruce Aitken and Ron Davies (oh, oh) - ARN 82 Trenton (just returned)
Warren Sutton - HRS Borden

SEE YOU AT THE LEeward!

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Friday and Saturday 11:00 a.m. to 1:30 a.m.
Sunday 11 am - 12:30 am

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RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

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SECTION NEWS

Supply

Signals



Supply is very busy these days with General Stores rewarehousing and changes of personnel in Supply Groups. Of course, we're also busy preparing for OPEVAL in May. The pre-OPEVAL exercise on the 28th and 29th April again proved we are ready for OPEVAL with a few minor flaws to sort out.

Again this year, Base Supply will have both a Fastball and Slow-Pitch team. Have some fun and come out to play, as there is more to life than working all the time.

News about town has Bob Cotton finally getting his screening message for a possible posting to Germany. This would be a great change after being in Calgary and then Comox. Maxine Vander

Kooy's baby shower was a great success but there was something missing. We hope J.P. Ullock is enjoying himself in Penhold on his JLC Course. Dan Martin is learning there is more to water than just hot tubs as he works on arranging an adventure training trip. Clothing Stores has Chuck Harvey away in Montreal at the Volleyball Nationals. Good Luck Harv.

News from Customer Services has Larry Potter with a 24th birthday and Rick Olsson away on his SLC Course in Borden. You can now see Mary-Jo sitting in the corner keeping things under control. If you ever go to Hawaii ask Mary-Jo about why she loves Happy Hour. MPO Section has Steve Dew leaving to go to In-

vermere, Alberta on the 8th of May. Steve proved his knowledge of the Supply Trade can come in pretty handy when looking for a job on the outside. The only news from LPO Section is that they have a new addition called "Dolly," who, when you think about it does bear some resemblance to Rosalie. Welcome to Comox. Good Luck to Fred Kennedy and Ray Bailey on their Packaging Course.

Other news has Linda Hyde off on vacation to Ontario. 3 Supply Group welcomes Les Roe and says farewell to Lee Ann Buxey who's decided she would rather work with a computer for a while. Well that's all for now, see you on the ball field.

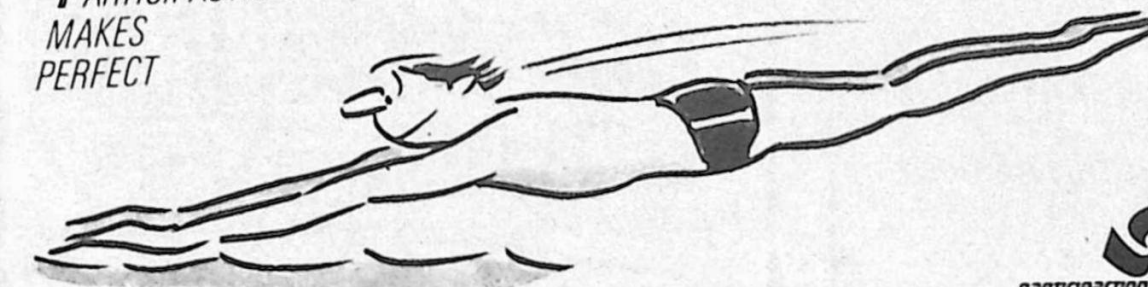
P.S. Welcome back Hazel. We missed you, was it only one week that you were away!!

25 Year Awards



25 year awards were recently presented to the following civilian employees:
Back Row (L to R) - Peter Cowie, John (Mac) Carswell, John Clark, Henry Oke, Dennis Newman.
Front Row (L to R) - George Arbull, Base Commander Col Gibbon, Norval Windley.
Thank you gentlemen for your dedication. (Base Photo)

PARTICIPATION
MAKES
PERFECT



STRESS

STRESS ON THE JOB

This article is the fourth 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 comment should be directed by mail to Major Le Gras, CPSO, CFTSHQ, Astra, Ontario, K0K 1B0.

All human beings are exposed to some stressors in their daily lives. Many adults spend roughly half of their waking lives engaged in work related activities. It seems likely therefore, that social and psychological factors, as well as physical and environmental on-the-job factors would have a substantial influence on the health of many.

The types of stressors differ by job type and by organizational structure. Workers suffer mostly from physical overwork, poor working conditions and frustrations with higher administration. Executives and professionals on the other hand, are not normally stressed by direct physical job-related factors, although physical environmental factors such as heat and noise affect them as highly as they do the labour force. Individuals who are self-employed or in open-ended positions, e.g. lawyers, doctors, accountants, clergy and business executives, tend to suffer more from "work overload."

Work overload results both from job demands and from personal attitudes which are fairly common in most organizations. Executives and professionals, especially "helping" professionals such as nurses and mental health workers, tend to assume more than their share of responsibility for those they deal with. They also are inclined to be perfectionists and to have unrealistic expectations of themselves and others. Some feel unable to work as long and as well as they feel they should. These personal expectations and values, when combined with a workload that is in one aspect or another, too heavy, result in tension and job stress.

Another source of stress-on-the-job is role ambiguity. This occurs when an individual doesn't have adequate information about his or her position. There is often lack of clarity about work objectives and organizational expectations, and about the scope and responsibilities of the job. This is called "status incongruity."

Symptoms of occupational stress, as for all sources of stress, are numerous and varied, ranging from fatigue and irritability to gastrointestinal malfunction and high blood pressure. Individuals must learn to pace themselves by balancing their drive, energy and recuperative capacity with the realistic demands of the organization and with internal goals. Below are some key suggestions to reduce the individual potential for "burnout."

Attention paid to these simple and logical reminders will result in a happier, healthier attitude and less vulnerability to stress.

SUGGESTIONS FOR REDUCING INDIVIDUAL POTENTIAL FOR BURNOUT

- practice "altruistic egoism" (pamper yourself occasionally);
- seek recreation, exercise regularly and keep good nutrition in mind;
- maintain social contacts, particularly friendships;
- use relaxation techniques (to be explored in future issues of Stress Watch);
- try to leave professional worries at work and domestic worries at home;
- avoid perfectionism, set realistic goals;
- concentrate your energies on your true goals; and
- avoid unnecessary frustration. Don't expend energy in situations over which control is not possible.

Recommended Reading:
Managing Stress: A business Person's Guide, Jere E. Yates, New York: Amacon, 1979.
Stress and the Manager: Making it Work for You, Karl Albrecht, Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1979.

Part 5 of Stress Watch will look briefly at clues to the existence of a high level of stress in yourself and those around you.

zeke sez — Reformed Smoker - A born again breather.

The S.P.C.A. is pleased to announce two new services for the Comox Valley.

1. TAXI SERVICE
for dogs & cats for Veterinary appointments and groomers. Wednesday Only. Cost will be \$10 - \$15 depending on distance. 20¢ per km or 34¢ per mile.

2. RENT-A-TUB
we supply the raised bathtub, hot water & mop, you supply the soap, dog or cat & towels. S.P.C.A. Members \$2.50 per dog or cat, Non Members \$5.00 per dog or cat.

We have S.P.C.A. Memberships

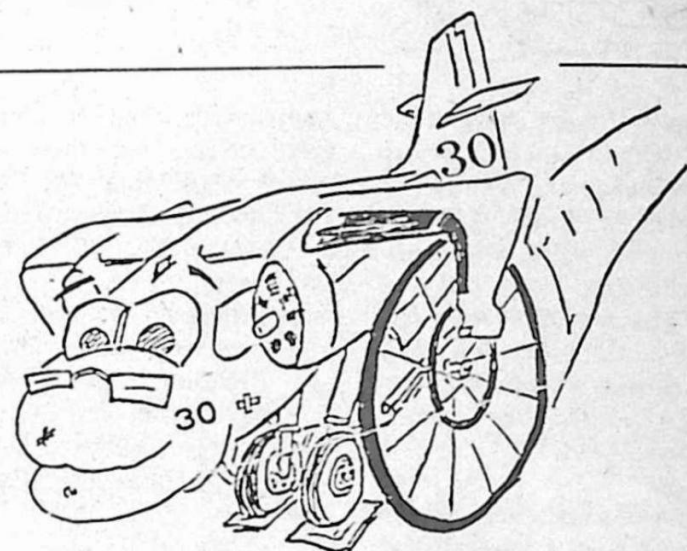
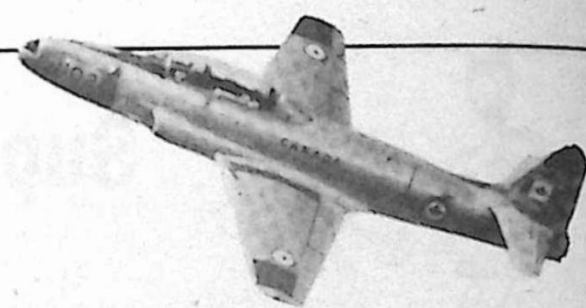
\$2.00 Annual Sustaining Senior Citizens	\$25.00 Annual Sustaining Supporting
\$5.00 Annual Sustaining	\$100.00 Life Membership

Courtesy Totem Times



SECTION NEWS

Anker Klankin'



30TH ANNIVERSARY OF THE TRACKER WITH 880 SQUADRON

For the information of all past and present Service members having served on the CP 121/CS 2F with 880 Squadron (VS/MR):

A celebration commemorating the venerable Tracker's thirty years of service with 880 Squadron is tentatively being planned at Summerside for the Labour Day weekend 1987. This notice is to solicit interest in such an event. It is anticipated that the cost would be approximately \$20 per attendee with limited on-base accommodation available (first come, first served). Events would include a Meet and Greet, a recreational event (golf, etc) and a dinner/dance.

It is requested that all previous 880 Squadron members who were associated with the Tracker and who are interested in attending such an event contact:

Major Michel Denis
880 Maritime Reconnaissance Squadron
Canadian Forces Base Summerside
Slemon Park, P.E.I.
COB 2A0

Telephone: Autovon 479-3485/479-3541
Commercial (902) 436-2281 Ext 485/541.

Please state time frame, hours flown on the Tracker (if applicable), position and rank at the time of Service.

Spring COUNTERATTACK



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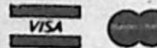
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442 Squadron



442 SQN

May got off to a good start (flying hours wise, anyway) when SAR Margaret H was commenced on the 1st. Throughout the weekend, the standby Buff and Lab combed the shoreline and areas offshore from the Brooks Peninsula to Cape Scott and south to Kyuquot, looking for signs of the 38-foot fishing vessel and its skipper. Except for Sunday which was pretty much a write-off for searching due to low ceilings and visibility, the weather cooperated with crews and the areas were covered quickly. Much debris was located in the tide line off Kyuquot itself, and the search was stood down on Monday afternoon.

Maj Paul Drover and crew learned the value of NOT keeping in good radio contact with RCC, when they were diverted from an Airshow trip to Yellowknife and detailed to join in the search. When asked about this apparent confusion in locations, the good Major simply blamed it on his navigator (Scuz), but we know the truth!

The Buff Flight's just lost another member to Fort Fumble: Ron Hilborn got "Hosed"

the other day prior to his departure this week. Capt "Stillborn" (his nickname from the 'Jaw'), managed to whine and snivel his way into a Flight Safety position in Ottawa, recently vacated by another ex-442 member, Clive Barratt. Rumour has it the position, DFS 2-3-3, will soon be designated: Pilot, Buffalo, ex-442, since the last two incumbents, (Al Paul and Clive Barratt), have gone there from Disneyland west.

Speaking of 'Disneyland,' whispers around the Lab Flight indicate that it's high on the list of their "must sees," during their simulator sessions in California. After the 'pressure' of dealing with synthetic emergencies in the trainer, the pilots and engineers (young and old) seem to need a dose of Mickey Mouse to pick up their spirits...only in Lab Flight, you say!

Close encounters of the REAL emergency kind, were experienced by the crew of SF 620 South a couple of weeks back when the cockpit filled with smoke during approach to Ellsworth AFB in South Dakota. It was originally believed to be simply the FE. MCpl Cheryl Tardif lighting-

up a cigar, but co-pilot Lt Dave Vanderspek recognized the smell of roast radio altimeter (he cooked another piece of avionics on a previous trip), and declared the emergency. All was secured when the guilty component was removed from the rack and taken rearward to "cool off," and the landing went uneventfully. By the way, they serve a delicious brunch on Sundays at the Ellsworth O Club.

Our SAMEO, Maj Ron LaGrange (it's pronounced LA-GRONGE, now that he's bilingual), has just returned from St Jean to find Capt Mike Wells holding "Court" from the SAMEO's chair, (he moved in even before the Major left the area!) and a new face (and much prettier, Mike) in the SRO's office. Lt Kathie O'Brien has joined the Sqn from the AERE officer's course at Borden. Welcome aboard! The good Major will depart the fix for a posting to Winnipeg this summer, and so will "Mikey," who's heading for the year-long French course in Winterpeg. Seems now that he's had the training, Maj LaGrange is recommending it for all AERE officers!

SAR Inglis was finally resolved last Friday, when a log cruiser spotted the wreckage of "OPZ" in thick woods near Hihium Lake, northwest of Kamloops. The ten day search in November, 1986, was terminated unsuccessfully when no sign of the plane or its three occupants was located. Snow in the area and poor weather is believed to have hampered efforts to find the wreckage.

Reunion '87 registrations and history book orders are coming in daily, and the party is shaping-up to be a really

good bash. For the gamblers out there, we have 442 "Super Draw" tickets available at only \$20.00 each, offering a chance to win the grand prize of \$1,442.00, or four chances at \$442.00. Buy yours soon...only 442 will be sold!

Speaking of bashes, the Sqn Annual All Ranks' Party will be held July 4th, and tickets are available through the Canteen. Get yours soon! That's all for the Snakes this time around...till next issue...Snakes, out!



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Telephone for take-out at Snack Bar 339-8571 Capt Russ Sutherland (office) 339-7821

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Saturday & Sunday	12:00 p.m. to 9:30 p.m.
FREE COFFEE	5:00 p.m. to 9:30 p.m.



NOTE

The Red Shield Club now has available, emergency transportation and babysitting for those military dependants with no means of getting to the hospital, doctor appointments, special events or grocery pick-up. The driving will be done by qualified drivers from the Red Shield Club.

FOR INFORMATION ON:

EMERGENCY TRANSPORTATION	339-7821
YOUTH ACTIVITIES	339-7821
PRIVATE, CONFIDENTIAL CRISIS SUPPORT	339-7821

THE RED SHIELD CLUB HAS HAD A FACE LIFT!

Over the Easter weekend we did not close. Our permanent staff gave of their time and leadership in cleaning and painting our kitchen and snack bar. Shirley Smith, Darleen Bernard and Rona Bowers got many volunteers and even their husbands got involved in giving the Red Shield Snack Bar a face lift.

This was truly a labour of love as they freely gave of their time amounting to more than 100 hours of service.



Staff and students of OTF Course 8702 pose with a Lab and the CO, for a photo at the start of the course. Rumour has it they won't be smiling after signing their course reports! (Base Photo)

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SPORTS & RECREATION

Sports Shorts

SNOW TO SURF

With the worst weather ever, the 1987 Snow to Surf took place. But as the saying goes, when the going gets tough, the Snow to Surfers get going.

Again the base had many team entries. 442 Sqn (Snow Snakes) placed extremely well, 5th overall and 1st from the base. Congratulations to MCpl Skidmore, skier, Capt L. Mamen, cross-country skier, Cpl M. Reeves, runner, Cpl R. Brown, runner, Cpl R. Walker, cyclist, Cpl Y. Carignan, canoeist, and Cpl M. Maloney, canoeist. They had a great time of 2 hrs 15 mins and 36 sec. The next team in from the base was the CFB Comox Thumpers with a time of 2 hrs 36 mins and 22 sec.

Because of the dangerous winds and ocean conditions the final canoeing segment of the race - and even the awards ceremonies and festivities in Comox Marina Park had to be postponed.

Congratulations to all the other base teams that participated, a good show by everybody.

CF NATIONAL VOLLEYBALL CHAMPIONSHIPS

Recently the CFB Comox Mens Volleyball Team travelled to CFB St. Jean to represent the Pacific Region at the CF National Volleyball Championships. The championship consisted of six mens and womens teams from the Pacific to the Atlantic region and Europe. Although our team played extremely well, they were eliminated after round robin play. The finals saw CFB Winnipeg and CFB Lahr battle it out for the championship with CFB Lahr winning in three straight of the best of five games.

Congratulations to all members of our base team on an excellent season, and for the sportsmanship you displayed at both the Regional and National Championships. You have represented CFB Comox in fine style this past year. Also a special thanks to MCpl Gene Graham for his time and efforts put in as coach. Well done Gene.



Outdoor Writers of Canada

Pipe Smoke

Gerry Gerow

I just saw another headline reading "City Ban on Vicious Dogs Urged." The campaign by the activists (dog haters) crying for this, is gathering steam. It is going to take a concerted effort by dog lovers if it is going to be overcome.

The breeds most often mentioned are Doberman Pinschers, German Shepherd Dogs, Rottweilers and Pit Bulls. Let's take a look at these so called vicious dogs:

Dobies were first registered in Canada in 1912. They were developed to be guard dogs but have also proven themselves to be affectionate family pets. Louise Doermann, a German dog lover and breeder, stabilized his breed using the blood of German Pinschers, Rottweilers, Manchester Terriers and Greyhounds. He would surely turn over in his grave were he to hear people refer to them as vicious. I know several Dobie owners and breeders and I feel they have definite cause to be outraged at any suggestion that their dogs are dangerous to the public.

German Shepherd Dogs are just that. They were developed by a German cavalry officer named Man von Stephanitz to be a super herding dog. In Germany they are known as 'Schäferhunds,' (shepherd's dogs). This working farm dog was first registered in Canada in 1919. Their basic instinct is to guard and to herd. Again I know many owners and breeders of German Shepherds on two continents and share with them resentment that their breed should be described as vicious.

Rottweilers are another working breed. Incidentally their name is pronounced 'wroteviler' not 'rot-weeler' as is frequently heard. They are named after the town of Rottweil in Germany where they have been used as cattle herders since the days of the Romans. The dogs became popular with the 'metzgers' (butchers), in much the same way that Dalmatians are popular with fireman. They became known as

the "Butcher Dog" for the same reasons that "Sparky" became the "firedog." The name has nothing to do with viciousness. The Rottweilers I know are great big pussy cats.

The Pit Bull is another matter. The breed has repeatedly been denied recognition by both the AKC and the CKC because they were developed to fight and kill in days when dog fighting was considered sport, and they have no other purpose. The traits most looked for when the breed was being developed were a fighting instinct, a resistance to pain, a lack of fear, and powerful jaws. Let's face it. Any pit bull lacking these characteristics is a poor representative of the breed. In my opinion, pit bulls should never be kept as pets, by anyone, but even if this is accepted as fact, and it is by most authorities, it is no reason to legislate against them.

What is needed are laws with teeth for those who break the law and enforcement authorities and judges with the moral fibre to enforce the law and hand down punishments which will be a deterrent. Strangely enough, there are those who speak out against the breeds I have covered, but permit their own dog to run loose, even though it is against the law.

Everyone should get one chance, but the second time an individual breaks a law regarding licensing or restraining his dog he should be fined substantially.

Legislating against specific breeds will solve nothing. Laws which effectively control all dogs running loose and make dog owners responsible for their animals actions, will.

When a human being commits a vicious crime we don't pass laws banning all his relatives and family from our cities. Isn't this the same thing in a way. Just because one dog has shown a vicious tendency does not make the whole breed undesirable. *What do you think, Frank?*

MILE Golf Tournament

The 14th Annual MILE Golf Tournament was held on 1-2 May using both Glacier Greens and Sunnyside golf courses. Approximately 117 engineers from Western Canada showed up to participate in this year's tourney.

BGen Woods who is Chief of Staff support at Aircom but will soon become Head Honcho (CCP) of all Engineers was in attendance and appeared to enjoy himself.

Without a doubt this outing was an unqualified success especially from a social standpoint. The rain was somewhat of a hindrance however, it didn't seem to dampen any spirits.

This year Comox was very fortunate as we were winners in several categories:

1st Low Gross Wally Berger
1st Low Net Jim Wilson
Closest to the Pin - PO2 Ross Beebe
2nd Long Drive - Sgt Steve Edwards

We would be remiss if we did not commend this year's committee for a job well done. Members were: BOSS BEAVER Maj Bill Eggleston, Sgt Larry Carlson, Keith McKenzie, and Al Donovan. Both BOSS BEAVER and Larry Carlson are leaving this year and their expertise will be missed.

TIDBITS FROM THE TOURNEY

It appears that Keith MacKenzie lost some weight over the weekend, it seems his pocket book became somewhat lighter. Is that the truth Keith?

Jim Wilson didn't get his picture taken with his prize. Must be camera shy eh Jim or was he at the beach.

The BComd Col Gibbon and BOSS BEAVER have a small bet on as to who was going to have the longest drive. With the pressure on, Boss Beaver proved to be the winner.

Perhaps the BComd didn't have enough club. Oh well, something to practice for next year, eh sir. By the by, was the bet ever paid?

Through a rainy haze the phantom saw Nick Stolarchuk with a little pail and shovel in hand. Nick must have known he needed extra help in the sand trap. Did the shovel work or did you have to throw the ball out?

SPORTS & RECREATION

Fitness

with Debbie

WELCOME TO CFB COMOX DEBBIE

The BPERO and staff would like to extend a hearty welcome to Miss Debbie McCoy, a University of Victoria student being employed at the Base Rec Centre for the next four months. Debbie is a fourth year student finishing her Bachelor's Degree in physical education with concentrations in exercise physiology, nutrition and stress management. Debbie will be assisting in the CF Express evaluation exercise prescriptions and PT class instruction. Debbie will be available for fitness consultations and any help you may want with starting or changing your fitness program. Debbie will also be writing a bi-monthly column on fitness for the Base newspaper, the first of which is written below.

Now that the warm weather is here, people are turning from skiing to swimming and trading in beaver coats for bikinis. However, if you have spent the winter in a state of semi-hibernation it may be necessary for some shape-up strategies before hitting the beach.

The biggest mistake most people make is trying to undo the damage too quickly. Spring and summer are great times to get active and start eating right, but the key is to make gradual

changes that you can live with.

It's not a good idea to attempt a major weight loss in a limited time. The weight that comes off slowly will be fat loss and will stay off. This is a great time of year to get into some healthy eating habits that give you energy without piling up the calories.

Fresh fruit is a great snack instead of cookies and candy bars. Add some low-fat yogurt and a bran muffin for a wholesome breakfast or lunch. Keep some fresh veggies handy for those times you usually reach for peanuts and pretzels.

Backyard barbecues of steaks and burgers usually provide lots of calories in fat. Switch to chicken and fish every once in a while and keep lots of salad and whole wheat buns handy.

Now is also a good time to incorporate a little more activity into your lifestyle. Start by pulling that neglected bicycle out of storage and pumping out a few miles. Take the dog for a few brisk laps around the block. Raking the yard will burn a few pesky calories while toning arm muscles and strengthening the back.

The secret to shaping up for summer is to incorporate

Officers Mess

FRIDAYS MAY 1, 8, 15, 29
REGULAR TGIFs Food as indicated 1700-1800 hrs. Free taxi.

Ask at Bar.

WEDNESDAYS MAY 6, 13, 20, 27

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.

WEDNESDAY MAY 20

OWC FAREWELL DINNER & ELECTIONS 7:00 for 7:30. Tickets available from Barb Vermette 339-6439 or Cindy Reimer 339-4693. Cost approximately \$10. Dress-casual.

FRIDAY MAY 22

50's NIGHT featuring Greaser' theme will be hosted by 442 Squadron. Dress of the era.

MENU

HOT DOGS with FRIED ONIONS
HAMBURGERS DELUXE
CHILI CON CARNE
FRENCH FRIES
COLE SLAW
CHOCOLATE SHAKES

Time: Food will be served 1830 hrs. Dancing to DJ at 2100 hrs. Cost per couple: Members \$10; Limited Associates & Guests \$15. Reservations by 19 May 87.



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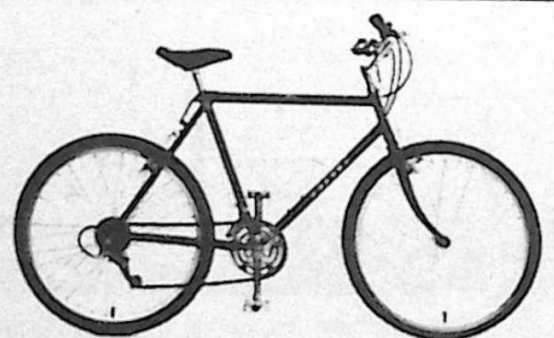
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BULLMOOSE CROMOLY STEM

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274-A Arderton Rd., Comox (Strathcona Plaza)

Canadian Forces Update

MAJAID

MAJOR AIR DISASTER PLAN

There are no good disasters. Neither are there preferred locations for such calamities. But if one was asked to select the worst location for a disaster to occur in Canada, it's a fair bet that Canada's Arctic would be high on anyone's list.

But that's just the location that Canadian Armed Forces' search and rescue technicians must be prepared to operate in. And the chances of a disaster occurring in the Arctic are increasing as trans-polar passenger traffic grows in volume and more commercial marine traffic plies the Arctic waters. A tragedy involving large numbers of people (an incident involving more than ten people in CF terms) in this hard-to-reach and largely uninhabited region of Canada would almost certainly result in the CF implementing a long-standing and constantly upgraded major air disaster (MAJAID) plan.

And that implementation would surely see CFB Edmonton especially, throw its search and rescue resources into the air since it's the primary CF base tasked with responding to MAJAID needs. "We are ready to go anywhere in Canada," says search and rescue technician Sergeant Andy MacDonald of Edmonton's 440 Search and Rescue Squadron.

Fortunately, there have been no MAJAIDs in Canada as yet, only a few close calls. Captain Jim Shultz, a duty officer at Edmonton's Rescue Coordination Centre responsible for Canada's west and north, remembers when a Japanese airliner was thought to have gone down in the Canadian Arctic on its way to Alaska. "I was working in a Chinook Squadron at the time. We were called and told a civilian airliner was definitely missing and we were to respond as per the prearranged rescue plan. They were talking of a couple hundred people so we got two Chinooks ready. A Chinook is an auxiliary resource but it's good for the High Arctic because you can't land a Herc everywhere." He continued, "We made flight plans, refuelled and were getting ready to leave when the call came in that the airliner had finally arrived in Alaska. That's the closest I've ever been to a real MAJAID."



Search and Rescue Technician Cpl Norm Boutin (left) and 1 AMU's crew, Cpl Martin Johnston (centre) and Pte Carol Crouse push a MAJAID load onto a fork lift for transport to a waiting Herc aircraft. (Photo by Sgt Dennis Mah)

Although they haven't actually been involved in a MAJAID, CFB Edmonton's search and rescue organization is busy. Just last year the RCC received 2,000 calls, became involved in 354 incidents and even launched an aircraft on 150 occasions.

With so many incidents, Edmonton's search and rescue technicians know that a MAJAID can happen at any time. So they continue to test and improve MAJAID operations through trials and exercises. One such trial was held in January.

That trial provided a final check on 1 Air Movements Unit's (1 AMU) redesigned procedures for loading MAJAID airdroppable stores. "MAJAID aircraft loading response by 1 AMU experienced a metamorphosis during 1986," said Major Jerry Gillis, CO 1 AMU. "Loadplans have now been developed and trialed which enable aerial dispatch of sufficient equipment to sustain 360 people at the crash site utilizing only three CC130 Hercules aircraft."

Moreover, 1 AMU, in cooperation with the SAR techs

and CFB Edmonton BAMEO section, achieved a greater than 50 percent reduction in initial aircraft resource requirements needed to respond to a MAJAID by maximizing each aircraft payload. This was accomplished by double-stacking the loads and incorporating certain items within other loads. Problems associated with the heavy weight of double-stacked loads were redressed via BAMEO's development and construction of MAJAID rollers for use on any configuration of CC130 aircraft. Further valuable aircraft floor space was liberated when a modified SAR spotter window was developed by BAMEO.

Not only has 1 AMU significantly increased the payload capacity of each plane, they have also made substantial advances in decreasing aircraft loading response-time by standardizing each load and having it prepositioned on a rollerized racking system. All loads are ready in No. 4 Hangar in the very sequence in which they will be embarked. AMU personnel need only push the load onto an aircraft cargo loader,

transport it to the aircraft, and load and tie the equipment in accordance with detailed tiedown instructions developed for each possible configuration of CC130 aircraft. SAR response times have been shortened accordingly.

To prove the system completely, SAR techs and members of the Canadian Airborne Centre despatched a load, jumped into a simulated crash site, broke apart and assembled the air-dropped equipment, and within hours had a fully functioning survival site.

So in the event of an actual MAJAID anywhere in Canada, it's good to know that CFB Edmonton is ready. The primary SAR aircraft, SAR 1, a Hercules transport is loaded and waiting 24-hours-a-day, seven-days-a-week to deploy as quickly as possible on the first notice of a SAR incident. And if a MAJAID is announced, everyone drops everything to focus their attention on deploying the necessary resources in support of the MAJAID operation.

All operations are pre-planned and rehearsed. "Eight SAR techs are sent on the first MAJAID aircraft. There are four on standby and we would have to locate four others," said Sergeant Andy MacDonald of Edmonton's 440 Search and Rescue Squadron. The SAR techs would prepare to leave as soon as possible on SAR 1. It is possible to have this plane ready in 20 - 40 minutes. Others can be ready in a matter of hours.

Besides the number of people involved, Edmonton's SAR planners must also take weather and light conditions, distance from nearest hospitals and terrain into consideration. Edmonton's responses will

vary according to the size and location of the accident.

"MAJAID is a flexible response," said Captain Keven Leroux from 1 AMU. "Each of the three MAJAID airdrop aircraft carries sufficient equipment to sustain 120 people at a crash site."

Hercules or fixed-wing aircraft may not be able to land at the aircrash site so everything may have to be airdropped. Casualties will then have to be airlifted by helicopter from the Crash Site to a designated airhead capable of accepting CC130/CC137 aircraft for evacuation of casualties brought in from the Rescue Site. It must have facilities available for the location of a Medical Centre to hold and treat casualties prior to evacuation to major medical facilities and be able to generally support the airlift operation. If a designated Forward Airhead is unavailable, then the necessary equipment may have to be dispatched to construct an airfield.

MAJAID operations are divided into four phases: namely, Warning and Search, Deployment, Rescue and Withdrawal. However, due to a wide range of possible circumstances, CFB Edmonton and MAJAID planners will have to adjust and cope as the situation develops.

They have to! The plans and resources are in place and it takes experienced people to effectively execute the operation should a MAJAID occur. Those people consisting of aircrew, SAR Techs, Ground Support personnel, army paratroopers, and AMU are ready to respond on moment's notice. Let's hope they are never needed!



SAR Techs quickly set up a tent at the simulated rescue site. At rear left is Cpl Will Bruce, (front left), Sgt Andy Anderson. On the right from back to front are CWO Guy Parent, Cpl Bill Barber and Cpl Bill Burton. (Photo by MCpl Kerry Andrews)

Canadian Forces Update



CASI

Are you interested in the development of aeronautics, astronautics, or any associated discipline? If so, you may qualify for membership in the Canadian Aeronautics and Space Institute.

The institute has had a long and mutually-beneficial association with the RCAF and the Canadian Forces. Its executive director, A.J.S. "Tim" Timmins, says he is looking for new blood.

"We're looking for applicants from a whole new generation."

Timmins says the institute is looking to engineers, pilots, navigators, technologists, scientists, teachers, astronauts, and other people who are working in, or interested in, the aviation and aerospace field.

This also includes those who work with aerial photography, intelligence, medicine and communications.

"The objective of the institute is the advancement of technology," says Timmins. "We are a technological organization." CASI is a non-profit, scientific and technical institute devoted to the advancement of the art, science, and engineering relating to aeronautics, astronauts and associated disciplines.

Applications and additional information may be obtained by writing to:

A.J.S. Timmins
Executive Director
601-222 Somerset St. W.
Ottawa, Ont.
K2P 0J1
Tel. (613) 234-0191

Courtesy Clipseet

Dick Visits Peacekeepers

OTTAWA -- The Honourable Paul Dick, Associate Minister of National Defence toured the Canadian facilities on the island of Cyprus recently.

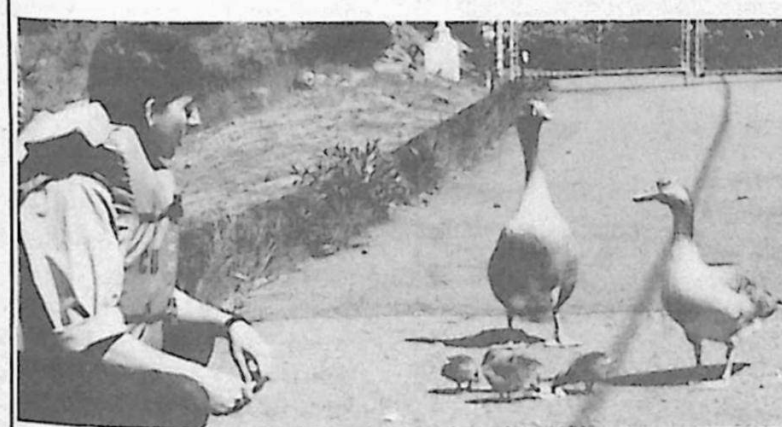
Canada contributes peacekeeping forces as part of the United Nations Force in Cyprus and Canadian Armed Forces personnel have served there continuously since 1964.

"I am very interested in observing the important role our soldiers play as international peacekeepers," said Minister Dick.

The Second Battalion, Royal 22e Regiment, based at La Citadelle in Quebec City, recently assumed Canada's portion of the UN peacekeeping role on the island for a six-month tour of duty.

As part of his trip to the Middle East, Mr. Dick will also visit Canadian Armed Forces personnel serving with the Multinational Force and Observers group in the Sinai at El Gorah, Egypt and with the United Nations Disengagement Observer Force in the Golan Heights.

Goosin' Around



CFB ESQUIMALT -- Gosling, Gosling, Gone -- In the latest episode of the HMC Dockyard goose saga, the proud parents of the newly hatched goslings take their morning constitutional under the watchful eye of Leading Seaman Mark D. Potter, 24, of HMCS Provider. (Canadian Forces Photo by Sgt J.F. Smith)

QUINTE INTERNATIONAL AIR SHOW CFB TRENTON — JUNE 27/28 1987



Preparation and planning is well underway for Armed Forces Day Open 'House and the Quinte International Air Show (QIAS) to be held at Canadian Forces Base Trenton, Ontario on June 27 and 28.

1986 saw the successful introduction of the new two-day format with over 130,000 spectators attending the event and organizers are predicting an even larger audience for this aviation spectacular in 1987.

This year's Air Show will have an increased emphasis on ground exhibits from both the military and the civilian aerospace industry, covering literally thousands of square feet of indoor display area.

Many of the fighter, transport and trainer aircraft on static display will be open to the public for their "hands-on" inspection. Also, with four thousand feet of show line, each and every spectator will have an unobstructed view of the three hour air display featuring world class performances from the Canadian Armed Forces, our NORAD and NATO allies and civilian aerobatic champions.

QIAS 87 will have it all, from the latest in aerospace technology, to superb vintage aircraft and from the world's smallest jet to the world's largest.

Set aside the last weekend in June for some high flying family entertainment, second to none in North America.

For further info contact:

QIAS Office - (613) 965-3827 or (613) 965-3379.

Reserves

The Reserves. They have been called many things: Saturday Night Soldiers, Weekend Warriors. They personify the volunteer in uniform...training and working without pension plan or job protection...giving up holidays and weekends, evenings, and almost any little bit of personal or family time for a few bucks and a pat on the back.

With the White Paper due for publication this year, the future of our reserve forces is a prime topic. The minister of national defence has made it known more must be done for them, and with them. Exactly what remains to be seen, but Perrin Beatty has given some hints.

In a speech early this year to the Conference of Defence Associations, the minister said:

"A special facet of defence improvements...is the revitalization of the reserves -- not only to make them battleworthy, but to bring them back into the mainstream of Canadian society."

This may be easier said than done, when many people see the local armory as the place where the Jaycees hold their annual dance, or where pogy cheques are picked up during a mail strike.

There are about 25,000 people now serving in the primary reserves across Canada. It is expected that the number of trained, effective reservists will increase as the new measures come into effect.

In his speech, Beatty strongly suggested that the naval reserves would acquire minor war vessels, including minesweepers, and the militia

would have well-equipped training centres at several locations across the country. This air reserves would get Hercules aircraft, and play a role in augmenting our air transport capability.

Although these changes will improve the state of the reserves within a few years, the minister said even more needs to be done in the long term, in order to meet all the missions of the Canadian Forces. This could take as long as 20 years, and involve the spending of billions of dollars.

"Reserve military service must once again be seen as an honourable and sought-after pursuit," Beatty said. "Those who volunteer should be recognized as having made a contribution to their country far beyond the norm."

Courtesy Clipseet

AROUND THE BASE



From The Fire Chief's Office

CAMPING OUT

When camping out or in the backyard exercise special care with flammable liquids and open flame near tents. When camping out take the following steps: Buy a tent made of flame-retardant fabric. A paraffin coated cotton tent can burn up in a few minutes with someone trapped inside. If possible, purchase a tent with two exits or with a window sufficiently large enough to serve as a second exit. It is also a good idea to have a sharp instrument in the tent. In case fire obstructs the only exit, it can be used to cut out an exit in the walls.

Never use candles or matches in or near a tent. Use flashlights.

Extra care should be exercised when using electricity and lighting in or near tents. When using heaters, keep them well

away from walls, pillows, camping chairs, in fact, all contents of the tent.

Build your fire downwind, far away from your tent. Make sure it's out before you to go sleep.

A fire extinguisher is a must in every camper's equipment, for it could be a lifesaver. It is also recommended that a portable smoke alarm (detector) be part of every holiday campers equipment. A minimum of one of these devices properly located in a recreational vehicle or a tent, a motel or hotel room, can detect the presence of smoke and may provide those precious extra moments that can mean survival.

Campers who carry fuel for propane or gasoline type camp stoves in the trunk of the car

should never leave the fuel in the trunk over the weekend or any longer than needed to transport it. If you are planning a full day's drive to a campsite, take the precaution of opening the trunk periodically to ventilate the compartments.

Never freshen a fire with a liquid starter. Explosions can result. Keep liquid away from your tent and children.

All fire laws, ordinances and regulations should be strictly adhered to.

Children burn up in their own backyards experimenting with campfires, candles, tents, gasoline. Supervise learning and play. Make sure your children are safe. A little extra caution is an item well worth taking on any camping trip - whether it be the backyard or the open woods.

CFB COMOX
FIRE DEPARTMENT

Plans for our June 20th shopping trip to Nanaimo



Jr. Ranks Ladies Club

Greetings from the Junior Ranks Ladies Club. Our April meeting was held on the 29th with the main order of business being the election of the 1987-88 executive positions. The new executive is as follows: President - Sue Englund; Vice-President - Danielle McGrath; Secretary - Elizabeth Merpaw; Treasurer - Karen Banks; Entertainment - Gloria Ross; Telephone - Donna Taylor; Welcoming - Monika Carr; Get Well - Tanya Mattson; Publicity - Heidi Larocque. Congratulations to all and best wishes for the upcoming year.

The April Junior Ranks Bingo saw the beginning of our club's involvement with this monthly event and from all reports, everyone was pleased with the effort put forth. The plan is that there will be at least two "shifts" to work the bingos (starting again in September) so the same members won't be committed to working each and every bingo.

(followed by dinner at the Keg) were also finalized. We will be renting a van (which will hold 15 people) so it is imperative we know by next meeting exactly how many members are going in order to arrange for additional transportation should it be required. Costs for travelling expenses and dinner will be covered by the club. Don't forget Father's Day is June 21st so what better reason could one have for a day of shopping.

Following the meeting, a social period was held and all indulged on chocolate fondue complete with strawberries and numerous other goodies famous for their detrimental effect on waistlines. It was well worth every calorie!

Our next and final meeting for the year will be held on May 27th, 7:30, Totem Lounge. See you there.

Birth Control CONTINUED FROM PAGE 1

many, which annually needs 225,000 recruits aged 19 to 20. After 1988, the sharp drop in the birth-rate will mean only 150,000 are available. Without any compensatory measures being taken, the active military would drop from 495,000 to 297,000 by the turn of the century, a loss of about 40 percent. The mobilization of reservists must make up this difference.

"The German government has decided to make better use of its reserves," Col De Jong says. "The number of training areas...for reservists will be increased by almost 300 percent. This will make it possible for 400,000 reservists to carry out training every year."

Germany, of course, like most NATO countries, has conscription, so the reserves are already there in sufficient numbers. All that is needed are better training and equipment.

In the event of a crisis, Col De Jong says, large numbers of reservists from all NATO countries will not only be mobilized as part of regular units or reinforcements, they will also be needed to man reception facilities at ports and air bases, and to provide logistics support and traffic control. They will service and fly aircraft, and will be involved in every imaginable part of the common defence.

Courtesy Clipseet

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General Meeting at 7:30

Tue May 26

+++ Regular Activities +++

MONDAY - Fun Euchre

TUESDAY - Pub Darts

WEDNESDAY - League Crib

THURSDAY - Fun Darts

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

SATURDAY - FUN BRIDGE at 12:30

Fun Darts at 1 p.m.

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

COMING EVENTS

60TH ANNIVERSARY—WINE & CHEESE

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May 29 & 30

Jun 5 & 6

Jun 12 & 13

Jun 19 & 20

June 26 & 27

Music by MILLERTIME

Music by WESTWIND

Music by MILLERTIME

Music by ALLEYCATS

Music by MILLERTIME

Music by COUNTRYMEN

Music by PRIMETIME

+++ Regular Activities +++

MONDAYS - L.A. Drop-In Bingo. Men's Dart League shut down for summer.

TUESDAYS - Mixed Dart League shut down for summer.

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.)

SPECIAL EVENTS

May 15, Thursday - **DARTS STEAK SHOOT** - Upper Hall,

Reg. 6:30, Start 7:00 p.m.

June 7, Sunday - **FISH DERBY** - Branch members & Guests.

Details to follow.

June 20, Saturday - **INSTALLATION OF OFFICERS**. North

Central Zone. Qualicum Beach (Lighthouse Centre).

June 6, Saturday - **LOBSTER NIGHT**. 8 P.M. Advance tickets

only at cost.

Aug 9, Sunday - **LEGION GOLF TOURNAMENT**. Members

& Guests. Details will follow.

Aug 23, Tuesday - **LEGION ANNUAL PICNIC**. Details will

follow.

"THE LEGION SUPPORTS RICK HANSEN"



**DRINKING DRIVING
COUNTERATTACK**

About The House



With
Lorri

The past week has just been lovely weather for sunburners, so I don't want to be inside baking all day: These two square recipes come from Company's Coming - the square book, by Jean Pare. I like these two, both are easily prepared in about 3 minutes each. They keep well, both in the freezer and just on the counter in a covered container, provided no one else knows they are there. These squares are not crumbly, and travel well if you have to send a pan of sweets along with someone to church, or just out camping for the family.

POPCORN TREATS

My youngsters love to cook too, I like to have them give a hand with their own snacks, they always feel so important passing out what they made themselves.

INGREDIENTS:

15 cups of popped popcorn
1 bag of mini marshmallows
(just have to be the coloured ones Mom)

3 cups of raisins
2 cups of peanuts
1 cup of sunflower seeds
2 cups of banana chips
1 cup dried fruit

INGREDIENTS

CON-
TINUED: I also use any of the dried bulk fruit combinations that you can purchase at any of the grocery stores here in the Valley. I use anything that the kids like, but I try to stay away from candy. The "marshies" as the kids call them, are just a splash of sweet colour that makes a non-candy treat sweeter.

METHOD

Take your children (any size), one LARGE bowl or several smaller bowls, one per child.

Have everything else ready and just let them each have a chance at dumping something in. Mix well.

THE EATING PART

After everyone has had a chance to mix, (and steal "marshies"), I measure one cup of this mixture into zip lock bags. Each child has a self contained sharable snack. I usually get 25 or so snacks, enough for recess and afternoon after school. They are great for lunch kits too, and backpacks, too.

FIVE—CUP SLICE

1 1/4 cups raisins
1 1/4 cups semisweet chocolate chips
1 1/4 cups peanuts
1 1/4 cups coconut
10 oz. sweetened condensed milk

SUBSTITUTIONS: in place of 1/4 cup extra of everything above, I like to toss in 1 cup of graham cracker crumbs, or 1 cup of glace cherries. I sometimes use sunflower seeds instead of peanuts, or walnuts.

QUICK HURRY BARS

2 cups graham cracker crumbs
1 1/2 cups flaked coconut
1 cup chopped walnuts
10 oz. sweetened condensed milk

SUBSTITUTIONS: I use peanuts or sunflower seeds in place of the walnuts or sometimes cashews. Sometimes I toss in 1/2 cup glace cherries and 1/2 cup peanuts too. To really change this I add all the ingredients plus 1/4 cup cocoa.

UTENSILS

Only a bowl, 9 x 9 pan, and a fork. Preheat your oven for both recipes to 350°. Cool and cut into any size square you like.

METHOD

For both recipes, put all ingredients into a bowl in any order you like and mix well and put into a pan sprayed with Pam or other suitably prepared pan.

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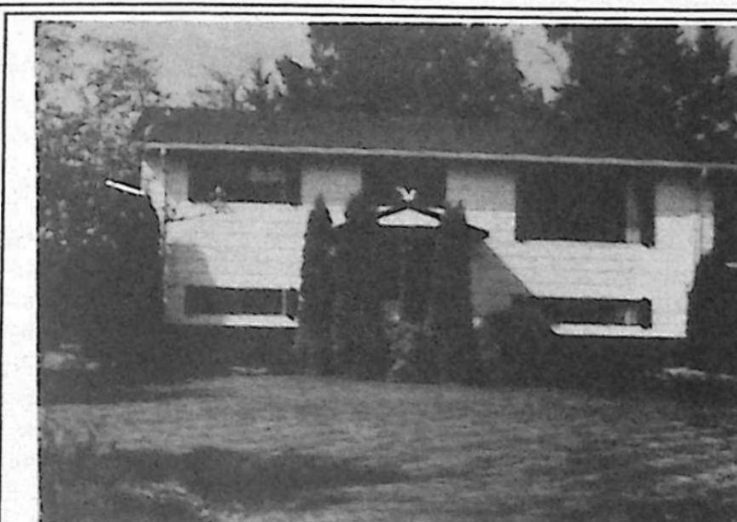
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AROUND THE BASE



416 (F) SQUADRON

Origins of the Species

John Bradley

416 (Fighter) Squadron was formed at Peterhead, Scotland on 22 November 1942 under the Command of S/L P.C. Webb. 416 was the RCAF's 15th Overseas Squadron and was allocated the Supermarine Spitfire Mk IIA and IIB. They were to utilize the Spitfire throughout the entire war, culminating with the extremely powerful Mk. XVII version. All squadron aircraft carried the code DN during this period.

After initial training, the unit flew their first operational mission on 12 January 1942, when two aircraft were dispatched on an uneventful scramble from Peterhead. Daily routine was kept rather monotonous during the first few months until 23 February when the unit was dispatched to Skeabrae in the Orkneys. There, they joined up with 132 and 331 (Norwegian) Squadrons, to provide aerial cover for a force of naval ships that included an aircraft carrier, a battleship, a couple of cruisers and a number of destroyers that were proceeding to Scapa Flow. With the escort completed the Commander-in-Chief Home Fleet sent a message that expressed his thanks for a "thoroughly efficient escort."

416 finally was credited with their first victory on 27 May 1942. F/S J. Moul, in Spitfire VB BL887, was scrambled from Peterhead accompanied by Sgt Anderson. F/S Moul spotted the enemy, an He. 111 twin engine bomber, as it was about 50 feet above the water. While he was positioning himself for his attack, the enemy rear gunner opened up, striking the Spitfire's propeller. He attacked the Heinkel until he emptied his ammunition and watched as the enemy aircraft flew towards home at an altitude of about ten feet, belching smoke and fire. F/S Moul was credited with one enemy aircraft damaged.

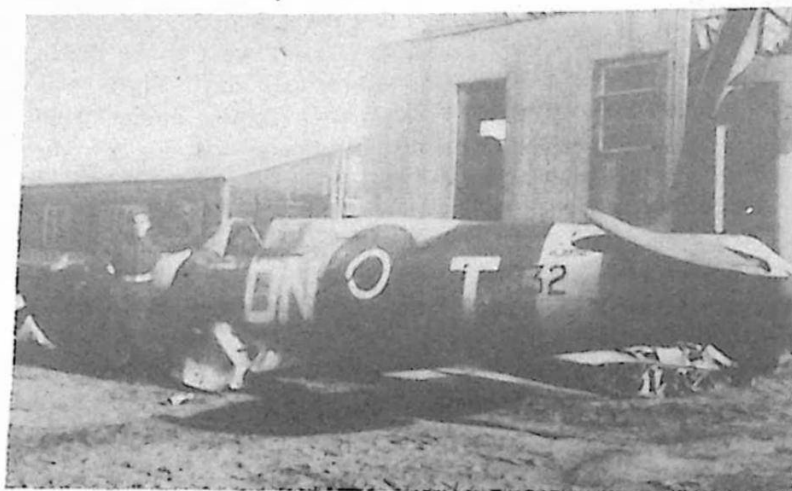
The first enemy aircraft to be definitely credited as destroyed was a Dornier 217 that was shot down by F/L P.L. Archer while in Spitfire VB EP113. F/L Archer and P/O Rogers were patrolling above a merchant convoy when they saw a twin engine aircraft coming in from the East. As they approached the aircraft they identified it as an enemy and closed in for the attack. The pilot of

the Dornier saw them coming and headed into the clouds. After a bit of "cat and mouse," F/L Archer opened fire setting the port engine on fire. The enemy then jettisoned his bombs. The cannons on the Spitfire jammed so that he was only able to use his machine guns. F/L Archer pressed home his attack and the 217 soon went into a spin and crashed into the sea. This was F/L Archer's fourth enemy aircraft shot down as he had claimed three enemy aircraft while he was on strength with 92 (RAF) Squadron. For this action he was awarded the squadron's first decoration, a DFC.

The Dieppe Raid would see 416 conducting its first offensive operations when they dispatched 12 Spitfires in support of the Raid. They flew a total of four separate missions during the Raid that brought mixed results. The first and last mission was rather uneventful and the second resulted in numerous attacks against enemy aircraft that left no visible results. The third mission, however, was a much larger success when they attacked 15 Fw 190s. After the dog-fight was over, 416 claimed 3 destroyed, 11 probable, and 7 damaged enemy aircraft with no loss to themselves.

During October of 1942, 416 (F) Squadron was adopted by the City of Oshawa and would be known from then on as the "Oshawans." To this end, the majority of the unit's Spitfires would have City of Oshawa stencilled just below the cockpit canopy. The unit also had an unofficial emblem that depicted a lynx leaping down that was superimposed over a maple leaf. This was also painted on a number of aircraft and by September 1944, King George VI authorized this emblem, with the addition of the motto Ad Saltum Paratus (Ready for the Leap), as the unit's badge.

In preparation for the D-Day landings, the unit was transferred to Kenley in Surrey where they came under the command of the Second Tactical Air Force. Ten days after the landings, on June 16 1944, the unit moved onto the continent where they took up



416 (F) Sqn Spitfire Mk IXC. Note unusual dual application of serial number, MJ 8322. Photo M.A.P.

residence at B.(Base) 2 at Bazenville, France. They would move eleven more times during the next year to Allied air fields in France, Holland, Belgium and at occupied air fields in Germany. The last wartime operational flight was flown on 7 May 1945 when four aircraft were sent as an escort for a Mosquito carrying a VIP from Copenhagen to Kastrop. With the wars end, the unit was informed that they would be a part of the British Air Forces of Occupation (Germany). The unit was stationed at three former Luftwaffe air fields located at Soltau, Fassberg, and Utersen. It was at Utersen that they flew their last training flight on 11 March 1946 and on 21 March, were disbanded and the Squadron members proceeded to England to be processed for the return to Canada.

416 (F) Squadron was credited with a total of 75 air-

craft destroyed, 3 probables, and 37 damaged. They also dropped just over 65 tons of bombs which helped destroy, along with ground strafing, 286 motor vehicles, 28 horsedrawn transports, 13 locomotives, and 13 other undetermined targets. They are also credited with damaging over 600 ground targets. The unit did not escape unscathed as they suffered the loss of 42 aircraft and 35 pilots of whom 19 were killed or missing, 13 taken POW, 1 who evaded capture and 2 who were later proved safe and in hiding with local resistance fighters. Unit Personnel were awarded 11 DFCs, one Bar to DFC, 1 DFM, 1 DFC (USA), and 1 Flying Cross (Netherlands). Battle Honours included Defence of Britain 1942-1944, English Channel and North Sea 1943, Fortress Europe 1942-1944, Dieppe, France and Germany 1944-1945, Normandy 1944, Arnhem, and Rhine.

Glacier Greens Ladies

Our friends from Sunnydale Golf Club were here for their yearly interclub with our ladies. Results were as follows:

SUNNYDALE

1 L gross Mary Canning, 1 L net Kay Morey, 2 L gross Bev Aitken, 2 L net Doris Squires, 3 L gross Cathie Cessford, 3 L net Fran Henderson, Best putter Inga Smith.

GLACIER GREENS

1 L gross Rose McCleish, 1 L net Beth Drager, 2 L gross Pat Verchere, 2 L net Trudine Burger, 3 L gross Martha Campbell, 3 L net Vi Wilander and best putter Katherine Salter.

Our catering ladies looked after us well with some nice hot soup and sandwiches which were very much appreciated by everyone.

Another very cool day greeted the ladies for the President's Cup. Irene Marshall took with her a very nice trophy as winner of the field. 1 L gross was Pat Verchere, followed in order by Martha Campbell, Inga McArthur, Chris Busch, Millie Legg and Rose Jacobson.

Our golfing family has a new member this year. Holland and Assoc Realty Ltd have very kindly agreed to sponsor the Field Low Net trophy in our Invitational Tournament.



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Always wear a Personal Floatation Device when on the water.

The Canadian Red Cross Society

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LIFESTYLE

BIKER BITS



VINCE LAMB

Welcome to the two-wheeled motorized world. This column although primarily geared towards the motorcyclists should be read by everyone who operates a motor vehicle. It will help make you more aware of the biker and of the total concentration required by the bike operator to travel safely on 2 wheels.

For those who don't know me, I am an Air Defence Technician (Scope Dope - as the former RCAF used to say). I have 22 years in the service and am currently working out of trade in the Nuclear Defence Section. I have over 20 years riding experience and currently hold a Chief Instructor's Certificate with Canada Safety Council. I am also assisting with the on-base Motorcycle Safety Awareness Course put on my MSE Safety, therefore I feel I have some qualifications to support this article. Your comments/articles/biking anecdotes, which will help enhance this column, would be appreciated.

I would like to start by stating that this column is not going to be used as a preaching platform. My concern is to simply make you more aware of the facts and if it makes you think a lot more about your own personal safety then I will have accomplished my aim, and you will probably be spending more days on your metal steed rather than in bandages or in a bed in a hospital. So let's give the throttle a twist with the following quiz; circle your answer and be honest with yourself:

1. Do you ride a motorcycle (as a rider or passenger) with your helmet on?
never seldom often always
2. Do you wear protective clothing even during warm/hot weather?
never seldom often always
3. Do you wear protective gloves and footwear (running shoes/sandals not included)?
never seldom often always
4. Do you wear some form of eye protection (face shield, goggles, etc.)?
never seldom often always

If you answered as honestly as possible and circled never or seldom to any of the above you could be headed for a world of hurt and/or a visit to the hospital.

If you answered often or always you are a smart operator aware of the consequences of bare skin in direct contact with concrete or asphalt. Think about it.

So you see, already the biker must be thinking more about personal safety than the automobile rider just to help protect himself in the event of an unavoidable collision with the hard surface called ground.

Watch this column for more biker bits and until the next time keep the rubber side down and above all "Ride to be Seen."

Vince Lamb



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HEALTH AND WELL BEING

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THE "PORT" PROGRAM

It is 4 am on a Saturday in Kamloops, and a 25-year-old man is severely injured as he drives to work when his car is hit by a drunk driver. The victim makes it to hospital, but is declared brain dead two days later.

In Vancouver, a 30-year-old diabetic with rapidly failing kidneys is have renal dialysis, desperately in need of a kidney transplant. The Kamloops man's kidneys are fine, and his wife tells the doctor that her husband had expressed a wish to donate his organs "if anything happens to me."

Will the availability and the need be matched in time?

A new retrieval program, Pacific Organ Retrieval for Transplantation (PORT) underway in British Columbia, will greatly increase the availability of donor organs, improve their transport, and facilitate organ distribution to patients in need.

The logistics are awesome. The source patient must, of course, be unsalvageable, dead but for the use of life-support systems. He or she must be free of a variety of diseases or infections. The family must be counselled. The local doctor might need help identifying a

good donor, and assistance in harvesting the organ. The kidney, heart, liver or other organ must be stored correctly and transported rapidly.

At the other end the recipient must be identified and perhaps moved to the hospital. Tissue matching must be performed, surgical and laboratory teams mobilized, and emergency operating room time found. Often all this must be arranged with very little notice.

The BC system has all this in place. Trained teams can be sent to confer with the family. Doctors and nurses may be sent to outlying hospitals to help with the organ retrieval. Emergency transport using military and government jets or helicopters is always at the ready, and the program coordinator is available 24 hours a day.

Expertise for the technical aspects of the transplantation is also on constant call. The 25-year-old driver's kidneys have an excellent chance of providing a better life for the diabetic.

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

Snake
Oil

"Yes sir, ladies and gentlemen, just one swallow of this fabulous elixir cures boils, the flux, indigestion, runny noses, lethargy and a host of other ailments." This and other testimonials like it were the standards of the travelling medicine show which has disappeared except for the occasional scene in an old cowboy movie.

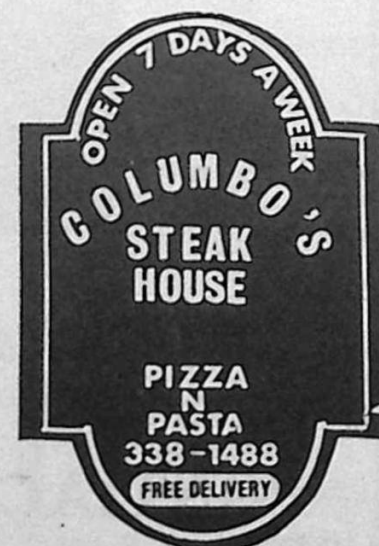
The medicine show and its usually alcohol-laced products were finally put to rest with the passage of the Proprietary and Patent Medicine Act by the federal government in 1908. Since then, exotic mixtures with imaginative names and wild claims of healing properties have been banned.

You can still find proprietary medicines on your drug store shelf, but their contents and advertising are controlled by laws and regulations designed to protect the public.

The medicines can help in the treatment of various ailments as long as the package directions are followed carefully. However, sometimes non-prescription drugs don't work because the user may be sensitive to one ingredient or another.

Your pharmacist is a good source of information about non-prescription drugs. He or she has extensive training and experience identifying drug ingredients, their proper use and possible side-effects when combined with other medication. If you're not sure about the effects of combining prescription and non-prescription drugs, ask your pharmacist or doctor.

Courtesy of "Ask Your Pharmacist."

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

LIVING WITH GOUT

The ancient Greeks called gout "podagra," meaning pain in the foot. Gout is now known to be a disorder of the body's chemistry, marked by abnormal levels of uric acid in the blood.

An acute attack of gout is very painful and is associated with redness and swelling in and around the effected joint. Frequently, the attacks occur in early morning and are first noticed as the gouty sufferer steps out of bed. The attacks may last from a few days to a few weeks and are followed by intervals of varying length, during which there is no discomfort or obvious sign of disease.

Gout appears much more frequently in men than in women. It rarely appears before the age of 40. Gout tends to run in families, and some of the male relatives of a gouty person will themselves develop gout.

The array of men reputed to have suffered gout is truly impressive. The victims included Alexander the Great, Isaac Newton, Benjamin Franklin, Martin Luther, Goethe and Francis Bacon.

Acute attacks of gout can be prevented by using drugs to reduce the level of uric acid in the blood. However, the disease is not cured, as the patient will soon find out if he neglects his treatment regimen.

To keep gout under control and prevent future attacks, sufferers must continue their prescribed medication, quite probably for the rest of their lives. If you suffer from gout and have any questions about the medication your doctor prescribes, ask your pharmacist.

There is a widely held belief that gout is caused by rich foods, alcohol and high living. Gout occurs among people who eat the plainest foods and have never had anything stronger than tea to drink.

Nevertheless, the incidence of gout seems to be influenced by living standards and eating habits, and the disease has become particularly common in affluent North America.

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



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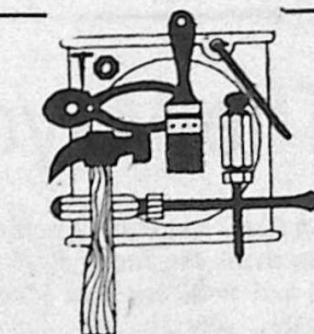
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AROUND THE BASE

CE Happenings



The Utilities Section have certainly been on the road since the last issue. MWO Bill Baker and Mr. Don Dunham were on an Energy Management Course in Toronto. The two Cams, Sgt Cam Asher and the instructor and Mr. Cam Hayward the student were at a UPS course in Cornwall, Ont. Mr. Wayne Erhardt will be away at an UPS maintenance course at CFB Trenton by the time this issue hits the street.

Speaking of MWO Bill Baker, he finally has donned his new specs. Are they bifocals or trifocals, Bill? Do you notice any difference when you read your bedtime stories, or does it still take as long?

Should you see Lt Ken Cook (formerly 2Lt) and MWO Baker (bespectacled wonder) and find that their eyes are kind of puffy, it is because big elephant tears were shed after the Toronto Maple Buds went down in defeat at the hands of the Detroit Dead-Lings.

The peak period has hit for Roads and Grounds. Nine new members have joined the flock and one person, Mr. John Harshy, is retiring. All the best in future endeavours John. The shop has been busy cutting and picking up the grass as well as helping to beautify the MQ area. Also a crew has been clearing the outer fence line of debris, etc. "Just 16 more miles to go guys!" If that isn't enough, we have the additional honour of the complete maintenance of the softball diamonds. Maybe next year we

can clean the base pool. Just a pun folks. Brian DeVries, the shop foreman, is still recuperating from knee surgery and is expected back to work shortly.

It seems Mr. Russ Burns from the plumbing shop has been seen fishing for the big springs. However, perhaps someone should tell him he should fish in the ocean instead of beside PMQ fire hydrants. Karate has caught on in the plumbing shop. Presently Mr. Ed Menard, Cpls Vic Hazeldon and Ben Rave have enrolled. As a matter of fact, CE's version of the karate kid Vic Hazeldon is studying for a brown belt. What's the matter guys, the MQ occupants getting a bit rough on you or what. Cpl Wally Taylor has taken a small trip to Reno. He must be trying to recoup his losses from buying 649 tickets. We have some safety tips on lawn mowing. Please read and adhere to them. As they say on a popular TV show "Let's be careful out there."

SAFETY TIPS ON LAWN MOWING

At last! Spring must be here, or at the very least, it must be just around the corner. Why else would we begin to see the annual 'take care' articles in the various media on activities such as boating, trailering, bicycling, motorcycling, camping and lawn mowing? Or could it be the authors of these articles are simply following that old saying, "speak of something and it's sure to ap-

pear." If so, and since green grass is normally considered an indication that spring has arrived, how do a few safety tips on lawn mowing suit you? I mean, if they will help to grow grass and thereby herald the arrival of spring, why not?

Own a lawn mower? Have kids who use it? Have Steep banks? If so, read on. The do's and don'ts for safe power mower use are simple and straight forward and, like so many other safety tips, are basically common sense. Problems arise when we forget these rules or take the lawn mowing task for granted.

Lawn mowing is a simple task and people rarely get injured using a lawn mower, you say? Right on the first count, wrong on the second! The rotary lawn mower is considered the most dangerous piece of equipment used by home-owners. In fact, approximately 150,000 people in North America are injured each year by power mowers, with most of the injuries resulting from contact with the blade tip which is whirling at up to 200 miles per hour. To avoid the more common pitfalls, follow these basic rules:

1. Periodically perform a maintenance check on your mower, for example, blade security, gas line, power cord, etc.
2. Avoid UFOs. Check the lawn well before the first cut of the season for stones, sticks, wire, dog bones, etc.
3. Once you begin to mow,

never walk backwards pulling a lawn mower. Failure to follow this basic rule could result in a rather violent pedicure. Should you trip and fall, you could pull the mower over your feet. This is also a good reason for wearing leather footwear as well.

4. Avoid mowing wet grass, always a NO-NO with electric mowers. Wet grass also has a tendency to pack under the mower and clog the chute. Should this happen, disconnect the spark plug or power before clearing. An accidentally started lawnmower can be a very unforgiving machine.

5. Several years ago, a MQ occupant suffered a serious foot injury when he slipped and fell on a wet hill, releasing the machine which ran downhill. He slid down after the mower and one foot slipped under the still-running machine.

6. Mowing slopes requires special care. This point is important to some of MQ residents, especially those who live in the lower MQ area. Never mow up and down a slope when using a walk-behind mower. Generally, you should cut horizontally along slopes as this will help prevent your feet from slipping under the mower should you lose your balance and fall.

Exception: do just the opposite - mow up and down with a riding mower or tractor to reduce the risk of tipping. Another way of mowing a steep slope is to attach a cord to the handle and let the mower roll

down the hill under restraint while you stay at the top.

7. Miscellaneous do's and don'ts - Do refuel a gas mower out of doors and allow one which has run out of gas to cool before refuelling.

Do use grounded power cords on electric mowers. Don't leave mowers running unattended.

Do mow during daylight hours only, unless you have excellent artificial light.

Do take time to properly instruct your teenage children in these basic safe handling tips.

Don't make the mistake of assigning the lawn mowing chore to too young a member of the family. Younger children may not handle a power mower safely, nor can they be expected to cope with certain emergency situations.

In yester-year, there used to be two ways to cut the lawn: turn the sheep loose or reach for the scythe. Today a power mower does it quicker, easier, noisier, and probably neater, but it requires a lot more caution.

PMQ residents are reminded that golf is meant to be played on the golf course and not the soccer and softball fields. In the past complaints have been received at the CE Section regarding holes in the fields. In order to keep the fields in the best shape possible we need your help.

Officers' Wives' Club

March and April have been very good months for O.W.C. with both club functions being well attended. The March Make-Over by Cream of the Crop was enjoyed by over 40 ladies, many of whom went home with a new look.

Special thanks to the staff at Cream of the Crop for sharing their expertise. Congratulations to Shirley Acorn and Kathy Marquis who went home that evening double winners, being the recipients of the door and raffle prizes.

The April Fashion Show was also a tremendous success, with over 135 ladies enjoying the performance of the models from the club, Serendipity and

Scotch 'n' Soda. Special thanks to the merchants and all of the models who put on a fabulous show. Special thanks also to Shelley Lunsford who planned and coordinated the entire event. Congratulations also going out to the door prize winners: Donna Wolfe-Milner, Del VanHereweghe, Rosemary Gibson and Karen Wolfe-Milner; and the raffle prize recipients: Edna Sinclair and Helga Jones.

The final function of the year is now upon us. The May Farewell Dinner and Elections will be held Wednesday May 20th 7 for 7:30 PM. While much of the evening is shrouded in mystery, Barb has

revealed that the meal will include an 8 oz New York steak. Complimentary wine will be served and entertainment is to be provided. The cost of the event is \$12.50 for members and guests. Tickets are available in advance from Barb Vermette (9-6439) and Cindy Reimer (9-4693). Don't delay in getting your tickets for this event as Barb has promised us an extra special evening...one not to be missed.



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Spring
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AROUND THE BASE

The Mayor's Corner

The PMQ community would like to thank the Junior Ranks Mess and WO's and Sgts Mess for the support we have received from them as a result of the bingos they have held.

I would now like to spend a few minutes talking about something that involves all PMQ residents. *Community Spirit and Involvement*.

We have increasing numbers of complaints about pets running loose - problems with parking and people driving over grassed areas in row housing - speeding and traffic problems - and other assorted problems. However, these are just that - *PROBLEMS* - and both your council and Base authorities are working on rectifying them.

Community Spirit and Involvement, even though partially associated with some of the problems, is a different matter and must be addressed separately.

I have only been your Mayor for a little over two months now but with the number of things going on and the new responsibilities that your PMQ Association Council is involved in, it feels like it's been a lot longer than that.

You have a lot of good people on your council who are working their butts off to provide activities for the PMQ residents and improve overall conditions in PMQs.

We have identified one area that is weak. This is the number of activities that are available for adults and older children; and are working on rectifying it through attempts to get a PMQ baseball league going and trying to organize a Street Dance. Just for starters.

The response to the baseball league survey has been poor with only about a dozen replies coming back. It is still not too late to get a league going, so if any husbands, wives, or older children are interested in participating please pass your name to your Ward representative or contact Gwen Bowerman at 339-7625 after 5 pm.

We are hoping the Street Dance that we are attempting to get organized will result in better participation from PMQ residents.

Remember, your community is only as good as the effort put into it by you, the residents. Don't sit around complaining about things. If you have complaints or worthwhile suggestions, please pass them

on to your Ward representative or any other member of the council. Also, if you are willing to help out with organizing and/or running any activities, by all means please give us your name. We do not like spending *YOUR* money on things that are not supported, so please let us know what you want.

PMQ ASSOCIATION COUNCIL

Wayne Bowerman, Mayor, PMQ 79, local 8376/339-7625.
Roy Lambert, Deputy Mayor, PMQ 72, local 8324/339-7671.
Kim Rochester, Ward 1, pmq 6, 339-7214.

Kim Lambillon, Ward 1, PMQ 101A, local 8295/339-7219.

Tanya Mattson, Ward 2, PMQ E2, 339-7746.

Barry Silk, Ward 2, pmq E5, local 8283/339-7763.

Wayne Moore, Ward 3, PMQ 42, local 8315/339-6838.

Jean Marie Bosse, Ward 3, PMQ 36A, local 8374/339-3060.

Albert Camphuis, Ward 4, PMQ 52, local 8419/330-6610.

John Jorgensen, Ward 4, PMQ 26, local 8524/339-7533.

Lindsay & Eileen Harvie, Ward 4, PMQ 59, local 8467/339-6481.

Joanne Zotek, Ward 5, PMQ 68A, 339-7725.

Dave Jones, Ward 5, PMQ 78A, local 8249/339-7308.

Mike Verville, Ward 6, PMQ 90A, local 8538/339-0561.

John Logan, Ward 6, PMQ 100, local 8332/339-6802.

Lorrie Lourie, Ward 7, PMQ 103A, local 8112/339-0136.

Dick Hillard, Ward 7, PMQ 103D, local 8359/339-7618.

Ron Bennett, Ward 8 PMQ 106A, local 8250/339-4203.

Ted Ratte, Ward 8, PMQ 117B, local 8250/339-7778.

Darlene MacDonald, Ward 9, PMQ 116F, local 8521/339-0108.

Harry Weeds, Ward 9, PMQ 112A, local 8505/339-6702.

Luc Guibold, Teen Coordinator, PMQ 18, local 8218/339-6964.

Ward 1 - Block A & B, 1 to 101A, 119 to 122.

Ward 2 - Blocks C-D-E & F, 12 to 17A.

Ward 3 - 18 to 25A, 34 to 48.

Ward 4 - 26 to 33, 49 to 65A.

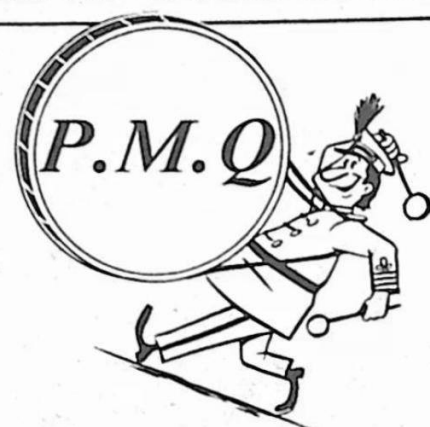
Ward 5 - 66 to 83A.

Ward 6 - 84 to 100A.

Ward 7 - Blocks 102-103-105-107-108.

Ward 8 - Blocks 104-106-109-113-115-117-118.

Ward 9 - Blocks 110-111-112-114-116.



P.M.Q. Community News

It seems like just yesterday that I wrote the last article. We sure are a busy group these days. We were only just beginning to recover from Easter, elections, and then we have a garage sale.

The Garage Sale was a smashing success, we had a very rainy and windy day for it, but we managed to raise \$200.00 for the PMQ community. Many thanks to everyone who sent a baked good or made a donation to our White Elephant table. Certainly the committee deserves a big thank you, too. The ladies who worked hard to make this a go were Diane Lambert, Lorrie Lourie, Tanya Mattson, Darlene MacDonald and Joanne Zotek. Also a thanks goes out to the husbands who also helped out by carting tables, setting up tables, driving here and there, sweeping floors, answering phone, etc., etc. Thanks everyone including the PMQ residents who pitched in and helped; and particularly Lorrie Lourie who's organizing and hard work made the Garage Sale a success.

With spring in the air and summer on the way we are pleased to announce the 2nd Annual Most Beautiful Married Quarters Contest, so get your spades and sweet peas out and get gardening. As CE has promised that any scheduled work concerning MQs won't start until the fall, everyone can go ahead and beautify their residences. Stay tuned for further details.

Just a small note here. It is rumoured (actually almost the truth) that we may have a community street dance in PMQs on 13 Jun 87. This is in the planning stages at press time so once again stay tuned for further details.

The latest concerning upcoming events is - T-Ball starting - the MP Bicycle Safety Rodeo - and, of course - the beautification project.

Now let's talk about pets. We seem to have a little bit of a problem here.

Do dogs and cats have to be registered? Yes, \$10.00 payable at Base Housing Office.

Does my dog have to be tied up? You betcha. This includes the big black dog with the red collar who has a rap sheet a mile long and who is on everyone's hit list.

Do we have an Animal Control Officer at present? No, not since our last one left us last year, but we are working on the problem and hope to have one in the not too distant future.

There are a great many animals running loose so keep in mind you are responsible for your own pet. Recently there has been an increase in complaints with regard to pets running loose and tearing up trash, etc. Once we get our Animal Control Officer on line, fines will be issued to anyone who lets their pets run loose.

Please control your pets. The ball fields, school woods, playground areas and your neighbour's yard are not free toilet spots.

On the other side of this, parents please don't tell your children to go and pet the nice doggie that you don't know. Most pets are always tied and only occasionally do they escape. However, all animals get ticked off when children hit them with sticks, rocks, etc. in their own yard. Let's all try to respect each other's right to have or not have pets; and petowners, let's all be a little more responsible in cleaning up after our pets and keeping them confined to our own yards.

TEEPEE PARK NEWS
TeePee Park Campgrounds is off to a booming start. I can't tell you how lovely it is to have a spot on the beach, where the speed limit is 15KPH not 50 KPH.

We campers have recently enjoyed tremendous weather and lots of great company. Many families are installed

there already for the summer season. Our children are riding bicycles everywhere, they and entire families are out hiking the beach, or walking the campground at all times; and really enjoying themselves. Len is also back for another year, welcome back Len, the children love to buy freezies from you. Speaking of buying things, the use of the boat ramp is not free. If you have not yet purchased your boat ramp decal, please do so, so that your use of the ramp is legal.

Recently, as our Base Commander pointed out, some twits punched out the windows in the Beach Pavilion. There are also some idiots who are driving up and down the beach at low tide, too. You fellows have a great deal of nerve, and lack of intelligence. People! This is a facility not open to the general public and authorized DND personnel and their families are trying to enjoy the beach. No one has the right to do things that might possibly injure other people. Driving on the beach is unsafe and irresponsible and should not be done. All users of this area are requested to report violators to the Military Police.

You know, on Saturday evening there were several families enjoying an evening at the beach, a nice walk along the beach at the end of the day. The kids were screaming with delight as they found live crabs, shells, broken bits of anything. The bald eagles were in flight and the entire scene was lovely and peaceful. Everyone felt privileged, and so alive just being there. All we are asking of you is to please drive slowly and stay off the beach with your vehicles. You can be assured that if you are found abusing the facilities at the beach in any way, you will be reported. This includes you speeders as well. We are so lucky to have this facility, please care for it.



1977-1987
A DECADE DOWN A SAFER ROAD
COUNTERATTACK
DRINKING DRIVING

LIFESTYLE

CREW CONTINUED FROM PAGE 1

final decision. The minister of national defence says we must be honest with the Canadian people about the results of the trials. If it doesn't work, we'll say so."

Once he gets out from under the immediate job of setting up the trials schedule and recruiting enough women, MacKenzie will go on the road to speak to members of the CF about CREW.

"I want to stress the difference between these trials and the employment of women in near-combat units such as service battalions, field ambulances and MP platoons. The latter is policy, the former is a trial. There must be no confusion between the two."

The employment of women in near-combat roles began last

year, including search-and-rescue flights, anti-submarine air patrols, and service aboard operational support ships.

In February, the minister of national defence appeared before the parliamentary standing committee on human rights. Perrin Beatty told the members that every Canadian must have equal rights and responsibilities in the defence of Canada. The minister said updated DND policy rests on five main points:

*women must have equality of opportunity for service in the Forces;

*acceptance must be based on gender-free physical standards;

*valid scientific trials must be conducted as soon as possible to determine how, when, and in which jobs remaining restric-

tions can be removed; *operational effectiveness will not be threatened; *and the government will report honestly to the public if any part of the policy does not work.

"The Canadian Forces stand among the top few military forces in the entire world in the employment of women," the minister said. "I intend to maintain the momentum that has kept the Canadian Forces in the forefront of equality for women, both internationally and within Canadian society."

"We must continue to press for the full realization of equality...making sure that we maintain an effective force...We cannot ignore the fact that without national security, the rights of all Canadians could be put in jeopardy."



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AROUND THE BASE

Wings Won



Recently Flight Engineer's Wings were presented to graduates of 442 Sqn. OTU course 8701. L to R are Cpl Greg Forsyth of CFB Winnipeg who is posted to 103 R.U. (Rescue Unit) at Gander. Centre is LCol D. Lett, Commanding Officer of 442 Sqn. and right is Cpl Paul Dennis of 103 R.U. Gander who is joining 424 Squadron Labrador's FEs. (Base Photo)

ANNIVERSARY BALL
RCAF ASSOCIATION

The 808 "Thunderbird" Wing (Nanaimo) RCAF Association will hold their 21st Anniversary Ball at the Coast Bastion Ballroom in Nanaimo on Saturday June 6, 1987, commencing with cocktails at 1830 hours.

The dinner begins at 1930, and the dance at 2100 hours. Dress for ladies and men is formal (men-blazer and grey flannel).

Valley Calendar
Published

Local photographer Richard Farrington has produced what he believes is a first for this area: a full colour scenic calendar exclusive to the Comox Valley. The eighteen-month calendar (July 1987 through December 1988) contains nineteen colour photographs including a spectacular sunset on the cover, and a good representation of nature scenes and recognizable local landmarks. Farrington operates a stock photography agency from his home in Comox and has an extensive collection of nature photographs of the Comox Valley and Vancouver Island. The calendar will be available for sale at local retail outlets this month.

Tickets are \$45.00 per couple, and dancing is to Sounds Unlimited.

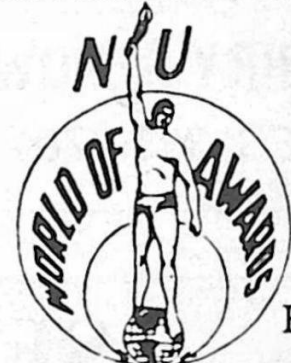
For tickets, please contact Mary Barr (754-4753) and Bar-

bara Easton (756-7929), or obtain them at the bar, 808 Wing in Nanaimo.

The cut-off date for tickets is 30 May 1987.

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A HUMAN INTEREST STORY

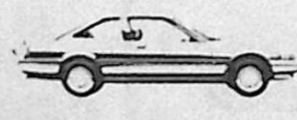
Jim Pringle of Toronto sends along this message to everyone: A little boy in Scotland is dying of cancer and would like to be included in the Guinness Book of Records for receiving the most postcards. Jim verified this story with a BA manager so if you'd like to make the little fellow happy you can send a postcard to: Little Buddy, P.O. Box 76, Paisley, Renfrewshire, Scotland.

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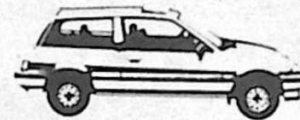
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AROUND THE BASE

As The Beacon Turns

CONTINUED FROM PAGE 3

make a "fashion statement." I also heard via the grapevine that Phil Robinson has another career option in "Broadcasting." (Boy, put a guy in front of a camera!). The race was an overall success with the exception of the weather. The team would once again like to

thank Courtenay Honda for their sponsorship. To end with a couple of trivia questions. Which MCpl is going to be getting a better view of the Aurora Borealis? Which Cpl is now expecting his second in a series of children in January?

P.S. Don't forget the ATC/NavAids Spring Ball the 6th of June 1987 at the Comox Golf Club (in Comox). Live music (country theme). Full course meal. Flyer to appear soon! Watch for it! (Paul Fleury)

Zeke Sez



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FINANCIAL EXCHANGE



We really don't know the story behind this one but it looks like a small exchange of cash between the "Birdman" and the BATCO - either a wager or a down payment on the old red truck. (Base Photo)

Classified

RATES

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

FOR RENT-

OTTAWA - Four bedroom single house, Blackburn Hamlet. Family, dining rooms, garage, private yard. Available August. LCol Brown NDHQ 992-7582 or 837-6692

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Male University student looking for either shared accommodation or room & board preferably within 15 km of the Base for the period 4 May to 21 Aug. References available. 339-2346.


LOCAL PIPE BAND URGENTLY NEEDS Base Drummer or students willing to learn. Ph Bill 339-6444 or Chris 338-8781. FOR SALE: Several Air Force Tartan Kilts. Youth sizes. 338-1813 or 338-8781.

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