



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 10 May 28, 1987

Deadline is Monday, June 8, 1987

Cost: Priceless

CFB Comox Fitweek



Let's Get Moving



C'mon...Let's Get Moving

IT'S YOUR MOVE CFB COMOX

Make your next move count! Lace up those sneakers and kick up your heels. Participate in CFB Comox's Fitweek, June 1 to 5, 1987.

Starting Monday June 1 everyone is invited to put on their sneakers and officially kick-off to CFB Comox's Fitweek, a celebration of activity, a kaleidoscope of fitness games, challenges and events.

Let's join the action. This year the Rec Staff has planned a week of activities to get everyone involved.

Join your family, friends and neighbours during CFB Comox's Fitweek, and help get CFB Comox moving. For many, Fitweek could be the start of more regular participation in physical activity and heightened awareness of the many benefits and special satisfaction of improved fitness.

There are several events in which Base personnel will be able to participate. Join in the fun. See pages 14 and 15 for details.

More Bears in the air

NORTH BAY, ONT. — Canadian Forces jet fighters intercepted two Soviet military aircraft off the East coast of Canada in the early hours of April 28th. According to the North American Aerospace

Defence Command (NORAD), the aircraft were tracked by U.S. Air Force E-3A AWACS (Airborne Early Warning and Control System) before entering the Canadian Air Defence Identification Zone without

notification.

Two CF-18 fighter interceptors of the Canadian Forces 425 Tactical Fighter Squadron were scrambled from Canadian Forces Base Bagotville, P.Q. The pilots of the interceptors

intercepted and identified two Tupolev-95 Bear Fs. The Bear F is the long-range Soviet aircraft used for anti-submarine

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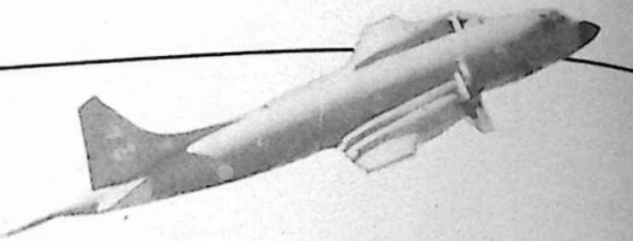
OPEVAL UPDATE

At press time the results are not in but the old Fishwrapper will provide full coverage in the next issue.

SECTION NEWS



Demon Doins



Base Commander's Commendation



Sgt Cal Jefford accepts a Base Commander's Commendation from Col Gibbon. Cal is accepting on behalf of Crew 1. The crew was responsible for prompt and thorough procedures in over-coming a wiring fire in an Aurora starboard landing light. The fire broke out during A/C refuelling and could have had grave consequences. Other members of the crew included MCpl Serge Peters, MCpl Cecille Blanchette, Cpl Sheldon Stotz, Cpl Ed Ransberry, Cpl Christine Tremblay and Cpl Debbie Eckert. Congratulations gang. (Base Photo).

407 Aircrew

This year kick the summer off right with the 407 sponsored Hawaiian Night complete with dancing girls, Mai Tais, Hawaiian shirts, and if rumours are true we may even see a Moose in a grass skirt. It all happens at the O club on the 13 Jun 87. See you there.

Crew 3 Tubbsters returned safely from a subex in San Diego. Chris Kettelapper preferred the company of some of the locals in one of the class establishments in Tijuana over that of his crew mates. He left Bill Bowers and Dave Armstrong to fend for themselves and sat for hours, contented of course, absorbing the Mexican way of life.

The first major schism in Demon history may be taking place. Now there will be those who pay homage to the board outside Chief Bale's office, namely Crews 1 through 4 and those of the old school who still give their daily respects to the board in the traditional spot. Of note is Maj Mazey of Crew 1 splitting with tradition, does this mean he will no longer heckle the American triple T team with calls of "Old ways are best"?

Crews 5 and 7 turned Friday into a sports day in anticipation of the National Fitness Week. The Vikings wanted to play rugby or have burn and pillage contests, but the Moosemen thought it would be prudent to avoid injury. The indignant Vikings said "Are you Moose or are you Meese?" We're not sure how they answered but they ended up playing golf.

Our visitors from 415 have been enjoying their stay in paradise and have managed to get one extra day here so far. Sqn Leader "Spock" Jones, their British Exchange Tacnav, was glad to be out here for the Victoria weekend. I don't think he made it to Cumberland for Empire Days, or at least Dave Thomson didn't see him there.

Darren Skuja wants it to be known that he is involved in the community. The Sqn is geared up for the upcoming OpEval. Put us in coach, we're hot. Nuff said.

407 PHOTO

It appears that nothing ever stays the same. After last

posting season, our organization had seen no changes. This year, however, a significant turn-around is in the offing. So far, we are saying farewell to five personnel, through postings and releases. AT the top of the chain, WO Ray Evans is retiring on the 27 May completing twenty-six years. Cpl Debbie Eckert is released as of the 5 Aug, stating that it's her husband's turn to put her through school. Good luck Debbie, and don't be afraid of sticking people with those (large) needles. MCpl Joanne Paul is one the move to Cool Pool this July. Somewhere in the maze of REMAR positions in the pool there is one for Joanne, but it seems to be lost. Hopefully, it will have been recovered by the time she arrive. Cpl Mike Giroux is anxiously waiting his posting to Ottawa, where considering Mike's abilities, he shouldn't get lost amidst the largest collection of photo techs in a single building. At least not for too long. And then there is MCpl Serge Peters, who upon getting to Halifax, will have to learn such Navy habits as saluting the Quarterdeck. What is a "dog" watch? And, have you ever been to sea, Billy? If you listen very carefully, in a quiet room, you will be able to hear the melodious ringing of wedding bells. In the not too distant future, Serge and his lady (Jan), will be tying the knot. Congratulations, in advance and Bonne Chance to you both. Cpl Jennie Labelle is moving to Moose Jaw. Jennie and her hubby (Real) have recently enjoyed a prairie spring for the purpose of acquiring a domicile in the Moose Juice area. And the proverbial pot overfloweth in 407 Air Photo. If postings were not enough, we've promoted five of our 22 members as well. As of July 1st, MCpl Paul elevates to the senior level as a Sgt. Chris Tremblay, and Bernie Lambillon acquired their Maple Leafs and become MCpls, again as of July 1st. And not to be outdone, Jennie Labelle collects the big bucks as a Cpl, effective 6 May. Congratulations to you all.

Who will be replacing all these happy people, you ask? The first lucky 407 Sqn enrollee

is MCpl Gerry Fairbrother, who is affectionately referred to as "Bones," will be arriving the weekend of the 20 May from Cool Pool. Next up, Cpl Frank Jahrig from Chilliwack and Cpl Guy Tardif from Greenwood, both as of the 8 Jul. Sometime this summer, after July and hopefully before September, Sgt Brian Buttner will join the throng to take control of Air Photo. I wonder if the time spent in Germany, will create any language retraining. Brian back to English or us to German? Time will tell. Cpl Laurie Roy, from 434 Sqn Chatham, posted here sometime in August.

Of special interest, congratulations to MCpl Peters, Cpl Tremblay, and Cpl Eckert for the Base Commander's Commendation recognizing their actions in saving a multi-million dollar aircraft and nearby hangar space from a potentially dangerous fire during a fuel job. Well done, guys. Cpl Jean Plante recently returned from holidays in Hawaii. How did

you like body surfing, Jean? MCpl John Clevert seems to be exhausted these days. The Comox Fire Department has John on a hose laying competition scheduled for May 17 during Cumberland's Empire Days. The practice times wouldn't have anything to do with it, would it, John? Cpl Rick Bonin was seen taking his pride and joy, "Jeep," home in the middle of the day. The fact that it was raining and there was no top on "Jeep" are considered to be the reason for his concerned expression.

Some internal transfers have taken place recently. WO Jean Cote is now WO I/C Photo. MCpl Joanne Paul has assumed NCO I/C Air Photo. MCpl Rod Mattson moves from 1 Crew to NCO I/C Air Photo Maint. MCpl John Clevert takes over 1 Crew Photo Servicing. WO Evans has now become A/D/AR-MPO until his retirement. Cpl Mike Giroux is on another northern patrol. MCpl Pete Veldhuizen is presently learning the intricate operation of

the Aurora Photo System on the 2nd line maintenance course in Greenwood. Standby for more internal moves in the near future as the new promotees will be changing jobs.

Some social activities coming in the near future. WO Ray Evan's Mugout at the Leeward (also, an anticipated w/downdown of the new ranks), 1200 on the 22 May. All photo techs will attend or you're fired. The 13 Jun is the tentative date set for those who are leaving, to get their plaques, gifts, and speeches. Speech preparation would commence now, one person can write it but you all will be able to deliver it. Only the names and dates need changing. Right! See you at the gathering of the clan!

SERVICING

Posting season is upon us once again, and 2 Crew is no exception, as we are losing our fair share of co-workers. We're giving up two fitters, Gord Thiessen, who is posted to

CONTINUED ON PAGE 3

AROUND THE BASE



From The Top Rung

Col Ted Gibbon

The APS, Active Posting Season to our comrades in NDHQ but the Annual Personnel Shuffle for those in receipt of a departure message is fast approaching. In fact some have returned from their HHT and are easily recognizable by the expression of shock, disbelief and dismay on their faces - although I have to admit some look forward to leaving our Base and communities for locales east of the bow of a north bound BC Ferry. I'm sure all of us have friends and associates that we have grown particularly close to during our tours at Comox and regret their departure but remember part of the entitlement, and commitment, of living here is having somebody to call in the dead of winter to provide the sounds of the throaty roar of a struggling lawn mower. You are remiss if you don't do that because you can bet your bippy someone will do it to you in the future if they get the opportunity.

As we say farewell to those who are leaving we will retain memories of their friendship and their contributions to our professional and social lives. As we greet their replacements, and there had better be one or we all work a little bit harder, try to remember that each of us is an individual with a particular talent to offer our sections and communities and we should be grateful for the opportunity to meet a broad spectrum of our military society and Canadian culture that the service provides. Those of us who are staying must welcome the newcomers and ease their resettlement so they quickly become the valued members of the team that those who are leaving have proven to be. Now is the time to add more names to your Christmas card list, remember them as friends and think of this whole annual exercise as expanding your list of contacts when you're bumped from the Service Flight.

Farewell to all and thank you for making my life that much more enjoyable, may you always enjoy fair winds and following seas (same as a tailwind and a smooth ride). Thanks Amie!

...more Demon Doins

CONTINUED FROM PAGE 2

Moose Jaw and Steve Kneitl, who is going overseas to Baden. Going East (way East) is Serge Peters who will enjoy the water once again in Halifax (Base Photo). Dave McLaughlin isn't going quite as far east, but more north of our favourite base of CFB Cold Lake. (Brrrr.)

Getting on to a happier subject, we are proud to announce the promotion of Cpl Mike Nethery to MCpl as of July 1st. Martin Landry received his promotion to Cpl, congrats to both, Good work!

Digging deeper into the nitty gritty of things, we'd like to inform our CO LCol (Suds) Sutherland that if he keeps killing our birds, it will be our duty to report him to the National Wildlife Association, Orders are Orders!

James Wilson recently went down to Vancouver to enter a vehicle noise contest. He was so overwhelmed and ashamed, he had to come back to "Fantasy Land" where his stereo will be more appreciated.

Don McCauley had the pleasure of attending the National Volleyball Championships in St. Jean. Although the team did not emerge totally victorious, Montreal will never be the same. (The Old Munich Restaurant was a mess!!!)

Kim Devries and hubby Rudy went down to Mexico only to be accosted in their own room by a drunk who insisted they were hiding someone in their room. Only they know what was really going on.

John and Dee Plante went down to Hawaii to get a head start on their summer tans. John was lucky to return still alive as he got crushed by a 20 foot (so he says) wave, trying to

"body surf." To no one's surprise, he ended up in the sand. Fun eh John??

As I mentioned earlier our very own "Baby Platz" Steve Kneitl is posted, but before he leaves this country, he's vying for the "Golds Classic Bodybuilding Championships" competition. Although he does eat some pretty "different" foods, we did have to put up with him when he was on his "no carb" diet and couldn't eat much more than a couple of cans of tuna a day. (Talk about a cranky Hulk!!!). Thank goodness that part of it is over. Best of luck Steve from everyone on the crew. Personally, with your body, I'm sure you'll knock 'em dead!!!

Our Sweetheart, Theresa McIsaac is back from a short trip home to visit her Mother. As she arrived there, she landed into a snow storm!! Surprising weather for open season fishing. Welcome back to the sunshine, Sunshine!!!

We're sure Dave Lamarre will never host another card party with the guys of 2 Crew as they cleaned him out. Sorry, Dave that's the way it goes sometimes. We suggest you make a longer visit at the Instant Teller the next time you make such a challenge!!!

Dave McLaughlin is probably really glad inside that he's posted to Cool Pool, as they can't take away a Dog Sled licence and he will have some type of positive transportation. By the way Dave I hear Huskies are the best for the job!

Paul Tehonchuck has had a bit of a hard time this past month, so he's growing his beard back, looking meaner and has taken over our coffee fund. His smooth talk and gentle force has some people so nervous, they're paying for

coffee they haven't even consumed yet. Keep it up Paul, we wouldn't want to lose you as a Buddy!!

Aye, Leading Seaman McKay, have you ever been to sea?!? Captain Highliner doesn't think so, rumour has it he personally requested your presence on his next excursion. Don't be late the next sailing is Mid July. Best of Luck Buddy, and remember, the beer is cheap!!

While I'm on the subject of posting again I would like to remind Gord Thiessen that the price for being posted to Moose Jaw is not only having the pleasure of dealing with our budding new pilots, but more importantly, to buy Stacey a Fur Coat! (and don't be cheap!!)

Being the "Hip and In" crowd of people 2 Crew have the reputation of being, I have a couple of gathering events to report.

First, Martin Landry and Theresa McIsaac arranged a nice party at the "Griffin" to say a final goodbye to Sgt Campbell and MCpl Peter Gregoroff. We had a few "clowns." (I won't mention any names, Tod, Barry, James and spouses) to brighten up our evening. We got a taste of partying with Pee Wee Herman, Herb Tarlick, and your typical car salesman that evening. A lot of fun as had by all.

Then, just when we began to relax a bit, Sue McKay and a couple of her Lab buddies challenged us to what was supposed to be a softball game, last Saturday afternoon. Serge!! I'm really glad we won't have to rely on you as a Right fielder any more...The only person I know who throws the ball from the right to centre field to try to make a play!!!! Have another beer!

Jr. Ranks Club ENTERTAINMENT
JUNE 6 LOBSTER NIGHT
Lobster and BBQ Steak.
Cost- \$10 per person
Advance Ticket sales at Mess Mgr/PMC office before 1300 hrs on 29 May.
Dance to DJ 35 years plus
June 12 HAWAIIAN NIGHT
Band - 3RD DEGREE
The Paul Lotta Hawaiian Dancers - plus The Samoan Fire Dancer. Admission: \$2.00 if dressed up and \$3.00 if not.
JUNE 19 BOSSES NIGHT
1530 Hrs - Buy your Boss a drink
JUNE 27 DJ
Come out and dance to the versatile sound of 35 years plus
*NOTE: 3rd July JRM Golf Tournament
SNACK BAR: 339-4333

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EDITORIALS

COMMENT

Gord Kruger

FEELING GOOD AND LIVING RIGHT

Have we begun to lose sight of the most important of human virtues - the dignity and physical well being associated with working for a living? It is the most revered of human needs and generates our self sufficiency.

The key to a long and healthy life is acquiring the discipline of working regularly at a job. It exercises body and mind and provides for that most needed commodity - a pay cheque.

Now I am by no means some pseudo socialist or bleeding heart liberal but there is no doubt that we do need some way to save people in distress. There are those amongst us who do deserve a handout due to circumstances beyond their human control. But it's the others, the able-bodied lazies who should concern not only us, but themselves.

The most important help that can be given to people who are down and out is to put them to work. If public assistance is what they are after then they should contribute their labours in return. It is utter nonsense to say otherwise. We do no one any favours by rewarding idleness.

We should believe in the work ethic. Every successful society has one. To see our young idle and in many cases enjoying it is an absolute shame.

Now, we all like to be just a little lazy every once in a while. We put our feet up and do nothing. We may derive the greatest of pleasures from just puttering around, sort of stopping to smell the roses, I would guess.

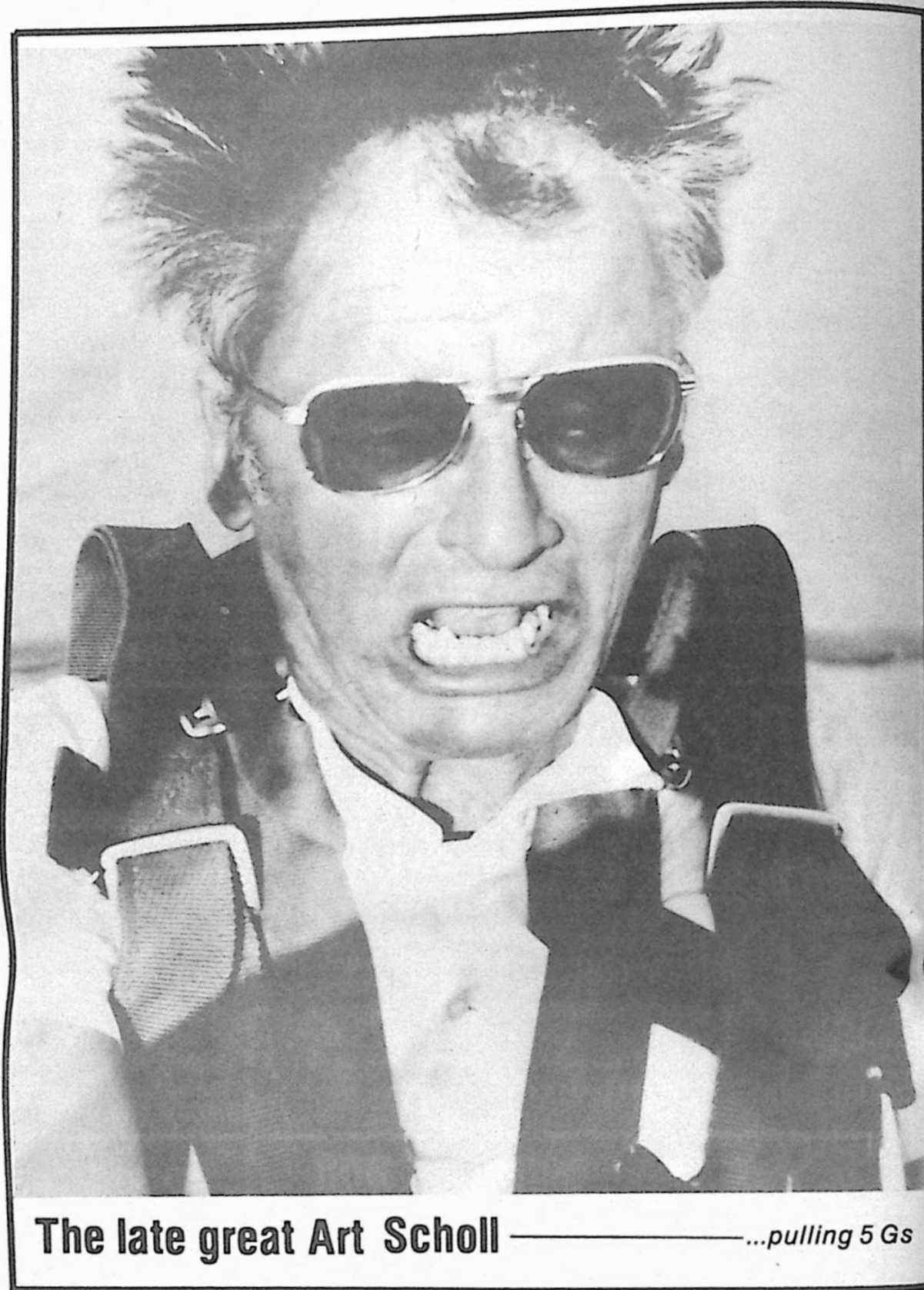
Yet I for one would soon tire of doing nothing if it were my full time occupation. And come to think of it, there would be no roses to smell if I did not work toward creating them.

Idleness is a threat to our very well being. Sitting at home and spending the UI cheques is no answer. We end up losing the economic contribution of good Canadians, but worse than that we are risking their permanent loss as contributing citizens. The human mind and body need regular and useful exercise. The effects of prolonged idleness are extremely difficult to overcome.

I think we need a whole new approach to welfare programs. Those in society who need help should be given help but better still they should be given a job, not just a cheque. There is no shortage of public works that could be done using the services of people who are temporarily out of work.

It is unfortunate that misguided politicians have taken the easy way. Money is handed out freely to those who need work and those much needed public jobs become permanent positions where workers strike for higher wages.

Yes, the work ethic is down for the count but we must get it to bounce back. Feeling good and living right are well worth it. G.M.K.



The late great Art Scholl — ...pulling 5 Gs

DEADLINE — JUNE 8TH

TOTEM TIMES

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

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EDITORIALS



Lightside

Norm Blondel

APOCALYPSE ACRE

We are separated from our neighbours by some trees, bush and a small winter creek.

Their houses have been there longer than ours, all their landscaping is complete: nothing much is left for them to do but sit and watch the grass grow, sip stuff out of tall, frosty glasses, and wonder what the heck the new guy is up to now.

Our place is set in pure B.C. jungle and my efforts to let the sunlight in have probably caused some alarm, locally. At times it sounds like MacBlo is in there doing a clearcut.

Wife is a bit worried about the effect upon our neighbours.

"I distinctly heard an expletive drift through the trees when you took your chainsaw out the last time," she said, "You can't really blame them; it seems every time you step into the yard, a tree falls down."

She also feels I'm a little too aggressive where the weeds are concerned. "Must you yell, 'Mecaprop the Mothers' when you spray the dandelions?"

(Mecaprop is a vegetation killer). "And as for that getup of yours -- white coveralls, gas mask, fireman's boots and those biker's gloves -- you look like a cross between the Man from Glad and Darth Vader."

People get nervous just looking at you. And as if that wasn't enough, do you have to swoop around the yard humming 'Flight of the Valkeries,' pretending to be a Huey Helicopter?"

I think Wife is overreacting.

If you let one dandelion spread its noxious gospel-seed, it will eventually subvert your whole yard. Like dominoes, your neighbours' yards will topple and before you know what, the whole world will be covered in dandelions.

Oh, how I love the smell of 2-4-D in the morning!

Conflict Seminar Slated

An academic conference on the theme "High and low intensity conflicts since the Second World War" will be held in Montreal 13 to 19 August 1988. This seminar, called a colloquium by its organizers, the Canadian Commission of Military History, will be held in three languages: English, French and German.

Anyone wishing to present a paper on the theme may submit proposals in the form of two-page typed summaries, no later than July 1, 1987. Papers may include such subjects as terrorism, highjacking, civil wars and revolutions.

Proposals should be submitted to:

- Jean Pariseau, President
- Canadian Commission of Military History
- Directorate of History
- National Defence Headquarters
- 101 Colonel By Drive, Ottawa, Ontario K1A 0K2

ABOUT TRIVIA

Dear Sir, Regarding your Air Force Trivia in the May 14th issue of Totem Times - the aircraft shown is Canadian built Lancaster Mk 10-0-the "O" standing for Orenda - FM 209. This was the test bed for the Orenda engines - the engines being mounted in both No 1 and No 4 positions.

The first flight was made, from Malton, in July 1950.

You are asking about the USAF C-47 in the previous issue - this was a machine that was attached to the US Embassy in Ottawa and the C-47 was flown by a USAF crew but was intended for the use of the three - US Navy, US Army and US Air Force-Attaches. I do not know the exact meaning of the CCS but it stood for something along the line of Combined Staff or something.

The machine was based in Ottawa. I do not recognize any of the buildings in the background.

Yours sincerely, H. Maxwell

Many thanks to Mr. Maxwell for the information on both of these aircraft, especially the C-47. With the obvious wealth of knowledge our readers have, why not share some of it by lending us your old Air Force photographs.

Trivia Editor

LETTERS WE GET

Dear Editor:

The exciting project of relaunching the Canadian Warplane Heritage Avro Lancaster bomber has captured the imagination and enthusiasm of over 2,200 Lanc Support Club members world wide. This support continues to gather momentum each day.

Lancaster FM 213, dedicated to the memory of Pilot Officer Andrew Mynarski V.C., is slowly being restored by members of the Lanc Club with the goal of once again seeing it soar among the clouds. At present two engines have been mounted.

To help underwrite the enormous cost of the Lanc's restoration, the Canadian Warplane Heritage Lanc Support Club was formed. For instance, a reconditioned Merlin engine costs about \$25,000 in US funds, and we need four and a spare. To join the club, send your name and address along with \$10.00, preferably more (average membership

donation this year is about \$30.00) to:

C.W.H. Lancaster Support Club
PO Box 35
Mount Hope, Ontario
L0R 1W0

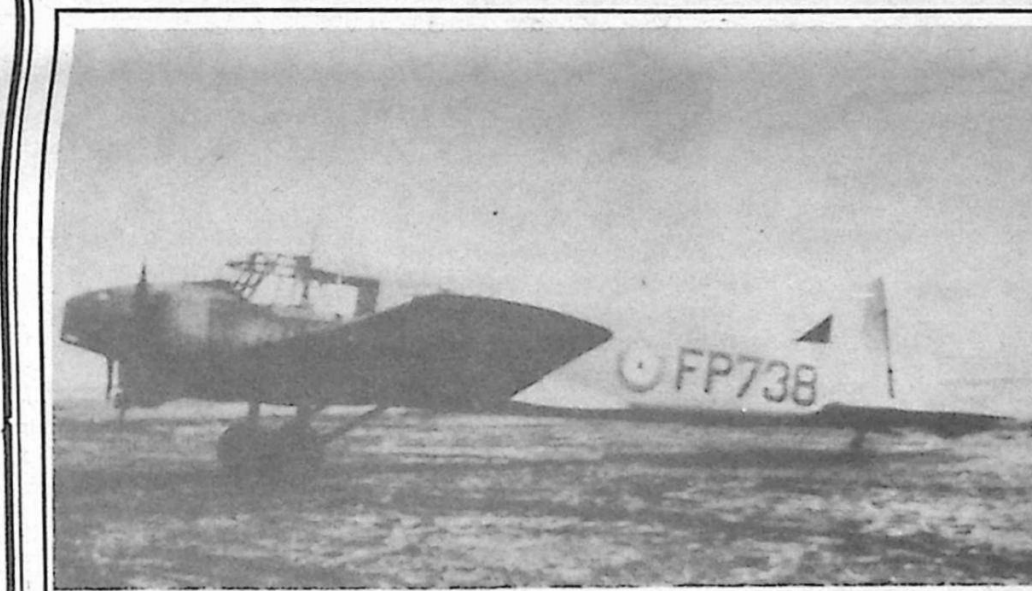
Members receive an official membership card, a periodic newsletter, and will be notified when the first public flight takes place and as a bonus, there will be draws and rides in the Lanc.

We invite you to participate in this historic endeavour. When you see and hear the old war bird roaring down the runway, even if only on TV, you will have that great feeling of pride and satisfaction, knowing your donations helped to make this possible.

Yours truly,
Karl Coolen
P.R. Co-ordinator
Lancaster Support Club

P.S. - If you want a periodic report or article on Lanc FM 213 please contact me. We may be able to assist.

Air Force Trivia



what where why when

Answer from Last Issue



TRIVIA ANSWER
This Lancaster Mk 10 was the flying test bed for the Orenda Engines later used on the CF-100 aircraft. See attached letter for a more complete answer.

SECTION NEWS

BAMSO



NO "MOE" BUTTS!

Congratulations are in order to Sgt "Moe" Mousseau for his staunch efforts at "butting out." Moe has been all alone in the BAMOR, which is perhaps a good thing at this time as he is so darn busy he gets rid of his nicotine desires etc by typing harder and faster (I suspect he also does the mail run at a jogging pace rather than a walking pace).

CONVERSATION PIECE

Sgt "Pedro" Parent has now got his masterful map hung on the wall outside the BAMSO OR. If you don't know how the Comox Valley relates to Vancouver Island or the mainland, take a look at the map. The fishermen have already "decorated" the map with a few salmon pictures - their version of graffiti.

OPERATION CAN-DLE-ONE. The TWO followed his checklist letter-by-letter and successfully pulled off his coup on 15 May...this was not the type of coup recently carried out in Fiji. At coffee break on "B-Day" we celebrated Marion's birthday.

Mike Symes arranged for a cake and since a lady's age is hush-hush, it was simulated by one candle. We all wish Marion many more happy birthdays.

(We would have liked to have celebrated Kelvin Hamilton's birthday too but he was not around, nor was Mike Anderson here to help clean up the cake icing and crumbs).

AMSE

Here we go again, some things never seem to change nor do they fade away. First it starts with a "Totem Times memo" and a guaranteed phone call one day prior to the cut off day. I must admit as the editor (Cpl Wessel) I really appreciate these reminders as Sgt Paquet relays them to me for I realize for a very short period of time just how many people are depending on me; or are they? But, I love it!

Pte Ray LeVigne is now back on the floor in full force and was observed taking out a knot on a strap assembly used to raise a maintenance stand. He

had a firm grip on both ends and the knot lodged in his mouth. When looked upon again the knot was no longer there. Well done Ray (PIT BULL) LeVigne!

MCpl (carburettor) Levy now has his truck in full working condition. His dedication and determination has paved the way (get it "paved the way") for another trouble free summer of fun n' relaxation. If you keep this up you'll never get that new Mercedes of your dreams.

Cpl Yvon Tremblay is our new man in the mechanical shop, sure hope this army man can handle the pressure of working alongside air types for if not the string of men will get longer and longer.

IE/IS LABS

On the weekend of May 3-4 members of the IE/IS section flexed their physical muscles and competed in the 87 Snow to Surf race. A more hardy or determined team has never been put together for this prestigious event. Our skiers, Claude "Oops where's my pole" Ouellette and Claude "Beep, Beep, Bye Mike" Pepin got us started off well. Runners Bob "But I only trained for 4 miles" Turgeon and Don "Where the h--- is Steve" Merpaw slipped their way down Mt Washington to hand over to the cyclist Steve "Who talked me into this" Lazar. Our aquatic champions Dan "I'm just here for ballast" Lefebvre and Kent "Shut up and bail" Storie are still undefeated thanks to a shortened race.

Trainers for this well oiled machine were Sue "Anybody want a donut" McKay and Mary "Freeze you fools" Penney.

On other matters the shops passed both Pre-AMIT inspections with only minor observations and we are now waiting for the big test in June.

Despite horrendous weather conditions, a superhuman effort by all team members enabled the IE/IS Lab Rats to finish a respectable 82nd of 125 entrants. This was much to the chagrin of the captain of the Geritol Generals (alias Mike Gauthier) whose team was trounced by the Lab Rats and his subsequent contribution to our training fund for next year was greatly appreciated.

Rumour has it James Scally is having a good time in Greenwood on his DATS Maint Crse.

That flashing blur reported seen in the lab was discovered to be Ken Sullivan looking for his DA items. Lastly, in closing, we hear the IS Techs are looking over their shoulders now that WO Gray has found out who put the shoe polish on his phone receiver.

REFINISHING

Well it's that time of year to tune up the old grass cutter and oil the fishing gear. Sgt "99" Keefe has been busy working on his outboard motor trying to get it running in time for when the wind stops blowing.

MCpl "Bert" Brown is ready, just waiting for the right weather. "Bert" is all finished with the Service in Sep (rumour has it that he is getting a new abode built somewhere in Comox). MCpl "Jacque" Plante is keeping busy just trying to keep up with all the work and has taken up his summer pastime of softball.

Cpl "Chef" Roger is rapidly losing weight trying to keep up in the paint and fibreglass shops. Cpl "Beaker" Harvey has come out of hiding with his newly purchased truck to try camping on the weekends. Pte "Fozzie" Behmer is trying hard to get his harem back together with his newly grown cookie duster! (Trying to look older with a mustache). Pte "Scooter" Gervais has not come in with any road burns yet after purchasing his new Suzuki.

DIAC MAINTENANCE AND TRAINING

First of all we would like to congratulate Gord Halbersma on his promotion to sergeant effective 1 Jun 87.

We can all relax for awhile now that OP EVAL is over, but not for long. AMIT begins in two weeks! Hope this doesn't cramp our style as Mug Out Time rapidly approaches for Jean Louis Cloutier and Marty Wohlgemuth who are posted to Greenwood and Cold Lake respectively. The DSO Capt Godbole will also be leaving in the not too distant future for post-graduate studies. His replacement, Lt Carter has started his climb through the ranks with a bang as he was

only here one day before receiving a promotion.

In the Snow to Surf Race, Roger Skidmore seems to have fared the best among all the DIAC entrants. We understand Roger was the first competitor to complete the grueling climb up Mt Washington to begin the downhill run. His efforts contributed to an overall 5th place finish and first among military entrants for his team.

The FTAS course is beginning to wind down with less than two weeks left to go. The students and staff will be glad to see this one over and gain some rest before the next round begins in September.

Congratulations from the BAMSO to all BAMSO members who participated in Snow to Surf, including the canoeists. "They also serve who do but stand and wait."

Pioneer Olympics at Comox

Seniors from the Comox Valley and Campbell River areas wheeled into action at the Base Gym during the Pioneer Olympics, held 23 Apr 87. This is an annual event, hosted by CFB Comox.



...a smiling Dave Durrant referees the action



...Howdy partner...LCol Jackaman welcomes one of the dudes.

SECTION NEWS

Supply Signals



I would like to start out by congratulating Deanna Graham and her husband on the birth of their new baby boy. It's good to see Bill Watts back on the job after his Hot and Humid course at CFB Borden.

General Stores had a few of their employees off the job for a few days due to illness. Stan now has his hand all wrapped up, no golf for awhile. Moe thought he had a sprained ankle or was he kicked by Lucy? Turned out he had a touch of the Gout, caused by rich food or rich women, which one Moe? General Stores would like to thank everyone who helped out during the massive renovations which were carried out. Hopefully, everything is pretty well back to normal and we can get back to giving everyone the service they deserved. For those not

familiar with the new entrance to General Stores, it is on the West side facing the parking lot.

Supply's mini golf tournament at Longlands was a real success with Jack Picard's team coming in first. Surprised not to see Jack with a stroller for his wife who was playing on his team and is soon to be a mother. Hopefully they will be proud parents by the time this issue hits the streets. The after-golf party was at Diane Earl's place, lots of refreshments followed by hot dogs and hamburgers. DO NOT forget our annual Fishing Derby to be held on June 20th depending on the weather. Coordinator is Darrell Sears.

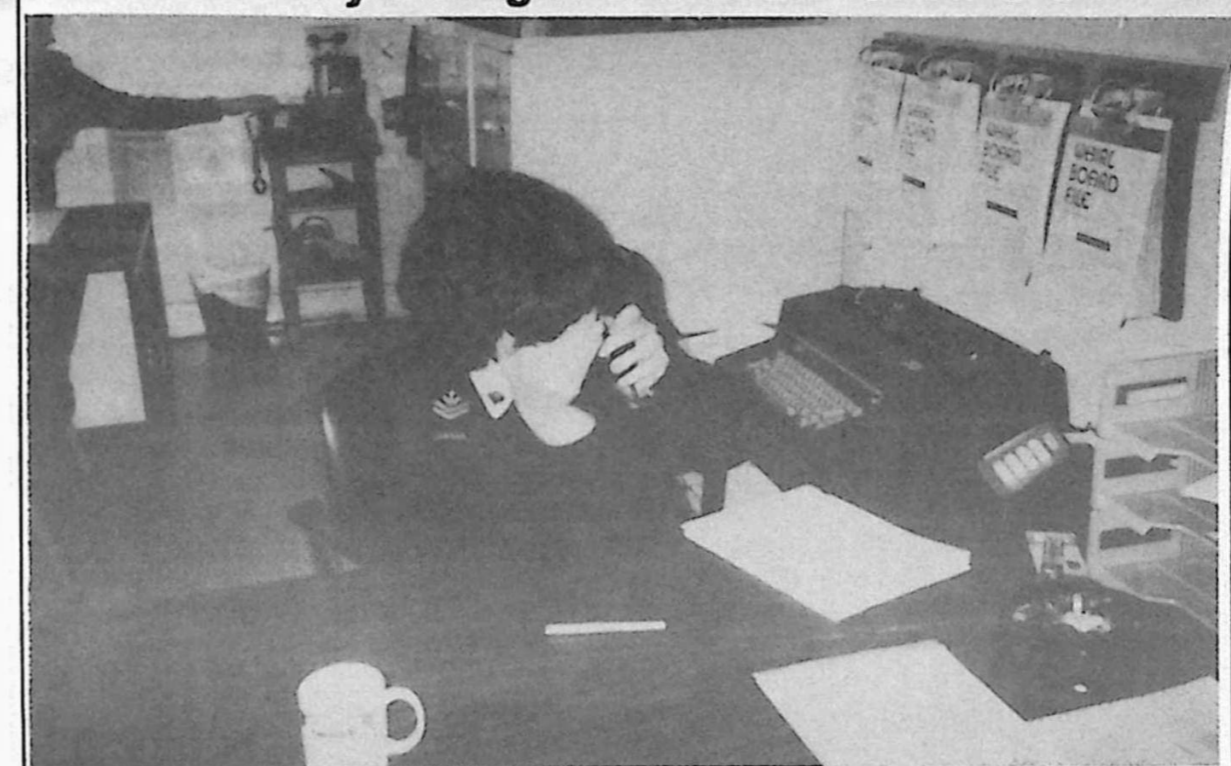
6 Supply Group are finally able to move some of their stocks into their new bulk warehouse building. I'm sure

Lorena will have it all done by the time Linda comes back off her holidays. Doc Fleming is into his pre-posting slump and now has two IN baskets. One is his and the other is Barry's. Can you guess which one is full and which is M.T.

We would like to welcome aboard Cpl Dan Lampron from HMCS Yukon who is now working in 1 Supply Group. The rumour is he is well known by the name of "Dumpy" by his shipmates. Dan must be colour blind from the clothes he wore at our golf tournament as it would have lit up a Christmas tree. Good to see someone has some class.

Last but not least, Lucy had another birthday and we hope her cake will never go to her chest.

Your Unyielding R & D Staff for APS 87



Where did you say you were?
You want to go CAL ha, ha, ha...
HHT when!
Imposed restriction!!!

Hewter Room Restaurant Everything for your dining pleasure
EUROPEAN CUISINE
FRIENDLY SERVICE
498 ISLAND HWY., 334-4401
Excellent Dining • Steak & Cordon Bleu Specials
\$6⁹⁵ — \$8⁹⁵

STRESS

WHAT ARE THE WARNING SIGNS?

This article is the fifth in a series of eight articles on stress written by Miss Mardie Creed, Personnel Selection Research Assistant, in association with Major Phillip Le Gras, Command Personnel Selection Officer, CFTSHQ. Queries and comments should be directed by mail to Major Le Gras, CP-SO, CFTSHQ, Astra, Ontario, K0K 1B0.

Every person reacts to individual stimuli and stressors differently. Those with a very high stress threshold experience few side effects from the constant bombardment of stress-inducing events and environmental factors. In fact, some people are stress seekers while others suffer from over-stress. There are biochemical addictive properties associated with stress. Natural opiates exist in the brain and stress releases these opiates. Some people become "stress junkies" and suffer withdrawal when stress levels are low or absent. Stress seekers are frequently motivated by the desire to obtain this "natural high."

Individuals with a low threshold suffer from severe stress symptoms with the slightest provocation. Most of us, however fall somewhere in between the two extremes, occasionally experiencing a few regular symptoms, but usually happily oblivious to the barrage of the possible provokers.

Sometimes persons can suffer the damaging effects of stress without knowing what the source of the distress is, or while confusing the stress symptoms with the actual cause of the stress. Often one is not conscious of stress symptoms unless someone else provides feedback, and ignorance of the warning signs can be dangerous and result in serious physical as well as mental illness. (Severe reactions can sometimes cause death).

There are many early warning signs of the damaging effects of stress that a person can learn to recognize. The greater the number of warning signs noticed, and the more frequent, intense and long-lasting their occurrence, the more serious will be the deterioration of the systems involved. As was pointed out in the first article in this short series, just as stressors can be physiological or psychological, so can the reactions one experiences.

Listed are a few common stress warning signs, while these may all occur individually with no stress as provocator, any number of these occurring in combination point to a distinct possibility of harmful stress levels being experienced.

INDIVIDUAL STRESS WARNING SIGNS

Physiological	Psychological & Behavioural
Acne, hives, inflammation	Accident Proneness
Backache, rheumatoid arthritis	Aggressiveness, hostility
Chest pains, breathlessness	Agitation, nervousness, guilt
Chills, hot flashes, trembling	Confusion, indecisiveness
Constipation, Diarrhea	Depression, oversleeping
Elevated blood pressure	Feeling "out of touch"
Fatigue, drowsiness, weakness	Forgetfulness, procrastination
Grinding of the teeth, headaches	Frigidity, impotence
Irregular or rapid heart beat	Inability to relax, frustration
Missed menstrual cycles	Lack of enthusiasm or appetite
Muscle tension, spasms, tears	Low self-esteem, defensiveness
Numbness, tingling, skin sensitivity	Moodiness, irritability
Sensitivity to light, noise, foods	Nightmares, insomnia
Ulcer, nausea, stomach cramps	Preoccupation, compulsion

Stress symptoms are indicative of the accumulation of "more rocks in the backpack." The collection of too many "rocks" can be taxing, and may lead to more serious effects. Extreme examples include heart attacks, suicide and family violence, and temporary paralysis. Each frustration factor, from the mother-in-law, to the noise of an acid rock group, can add to the stress level until a person "breaks" under the load. A person should also be aware that reacting to one stressor has a "carry-over" effect to activate responses to other potential stressors, i.e. a ripple effect or chain reaction. One must become aware of the cues and symptoms that are synonymous with stress. If a person can identify personal stressors, it is possible to learn how to self-control the stress responses.

Semi-Technical Recommended Reading:
The Stress of Life, Hans Seyle, New York: McGraw-Hill, 1956; Revised Ed., 1975.

Part 6 of this series on stress will discuss what can be done once symptoms are recognized.



SECTION NEWS

Anker Klankin'



ANKER KLANKIN

VU 33 received some good news this week when we learned that VRC-30, our sister squadron from NAS North Island, is planning a road show to come and visit us. They'll be arriving at the end of May in a C-2 "Greyhound" and a T-39 Sabreliner. The links between VU 33 and VRC-30 were formed several years ago when VRC-30 flew the C-1 Trader, (a passenger/cargo version of the Tracker) in the aircraft carrier on-board delivery (COD) role. Even though their C-1s are now retired they still like to remember that they once flew real airplanes and we get together whenever we can to party and trade stories.

Plans and directives are flowing from the DCO's office as the Sqn works to ensure our guests will be feted in grand style. Mike says a proposal submitted by Barry Van Dusen for a parliamentary style debate on "Free Trade as it affects the Auto Pact" is not in his plans. Try again, BVD.

The intrepid crew of Baggaley, Chaulk and Larson journeyed south to Eureka, California last week to transport some MARPAC types to a meeting. Much satisfaction was expressed by our pax (one of whom is ex-407) and it is hoped that they'll call on us again when they require courteous, rapid, efficient and reliable transportation.

If Dave Bekolay was still our DA holder we would have a Lear 35 for our executive transport role.

HMCS MacKenzie begins her workups this week and, like other discerning warships who frequent these waters, she has enlisted the assistance of the Fighting 33rd. We will provide expert Trackex, Firex, Adex and Shadowex services to help in bringing her crew up to speed. There's a lot more to this sqn than meets the eye!

A major event in the life of the Sqn will take place on 25 June 1987. At 1330 hrs on that day Change of Command ceremonies will begin during

which Maj Nielsen will hand over Command to Maj E.R. Arsenault. Maj Arsenault comes to us from MR 880 Sqn, CFB Summerside. Watch this space for further details.

Ankr 97

VU 33 TECH SIDE

Early on Sunday the 10th of May VU 33ers were Yo Ho Hoing and off to sea going as three of the boats scheduled started out on a sail to Princess Louisa Inlet on a wind swept rolling sea. It was definitely a day for experienced sailors as veteran tackers Ray (Gusty) Morrison and Wayne (Windy) Southward, Gene Myers, Ted Town, Dan Dureau, Al Ashcroft, Dick Ohl, Paul Nolan, D. Hall down the strait to the south end of Texada Island where they held up at Scotty Bay on Lasqueti Island due to weather and engine problems. Well, come Monday morning the

weather had grown worse and looking out to sea two black lines were spotted indicating very rough water. So it was off to Deep Bay on Vancouver Island where they managed, eventually to dry out and get warm. The highlight of Deep Bay was at the local restaurant where all had a hearty hot breakfast. So all was not lost, the weather was looking up, and as they sailed back up the strait Ray Morrison caught a mini shark and Ted Town (playing skipper), upon overhearing Wayne saying that the boat was due for a re-paint took advantage of the Goose Spit by letting it sand the bottom and keel as he passed, not over, but through it.

By now you're wondering about the fourth boat, right? Well, right it was as luck would have it the Wayne Cuthbert, Major Thain and Pete Wybenga saga was definitely a tar's delight. Pete (was he the one in the flight jacket?) says, "It's simply a lesson in tactics. First ya takes an extry day to get detailed weather info while listening to yer favourite tune

"Smooth Sailing." Then next mornin' ya beats across the strait, ya makes a right, then ya tacks on down the mainland coast, then ya makes a left at the entrance to Princess Louisa Inlet byes. Then ya has one hell of a good week of it. So there you have it byes. Ya hauls yer anchor and it's rub-a-dub-dub, three men in a tub, out on the ocean blue."

What's happening at the 5th Ave on Thurs eve? Lorna and Michelle have invited all female techs and member wives to a fun time on male stripper's night.

The CE types are at it again. Through the dust it looks as though we're getting some fire-proofing gyproc all around the avionics area. Hopefully we'll all be here, safe, when the dust settles. Merv says he hasn't seen Ray Webber all week.

Al Ashcroft has let it be known that he was the other member on the VU 33 maintenance Snow to Surf Team. Seems we managed somehow to get someone else's name in the last issue. Sorry about that Al.

Association Francophone de la Vallee de Comox

OUVERTURE OFFICIELLE ELECTIONS

Le 7 mai 1987, L'Association Francophone de la Vallee de Comox a eu le plaisir d'inaugurer son nouveau local, situe au 493C Puntledge Road, a Courtenay.

Plusieurs membres se sont retrouves ensemble a cette occasion et quatre de nos invites faisaient parti du groupe fondateur de notre association. Il s'agissait de Jean-Marie Bosse, Nicole Cantin, Suzanne Racine et Francois Sibierski.

L'ouverture officielle de notre local a ete fait par la presidente actuelle, Mlle Jocelyne Lecompte. Nous voulons remercier tous ceux et celles qui nous ont encourage et supporte au cours des dernieres huit annees et nous invitons tous ceux et celles qui seraient interessees a joindre notre association a nous contacter au 334-4419 ou a venir nous voir au 493C Puntledge Road a Courtenay, le jeudi soir de 19:00 hrs a 22:00 hrs.

Jeudi le 21 mai 1987, l'Association Francophone de la Vallee de Comox a élu son nouveau comite d'administration pour l'annee 87-88 lors de l'assemblee generale annuelle de ses membres. A la presidence, nous retrouvons Mme Suzanne Racine, Mme Louise Ravu est elue vice-presidente. Mlle Jocelyne Lecompte remplira le poste de secretaire-tresoriere, et Mme Louise Vondra et M. Mark Rogers agiront comme directeurs.

Le nouveau comite d'administration aimerait recevoir des suggestions de tous ses membres afin de planifier son calendrier d'activite pour l'annee 87-88. La prochaine reunion du comite d'administration aura lieu le 28 mai a 7 heures au local. Venez nous rencontrer et nous donner vos idees. Nous sommes ici pour vous servir. Merci!



La coupure du ruban a l'ouverture officielle du local de l'Association Francophone de la Vallee de Comox. De gauche a droite: Louise Rabu, Major Sandy Tilly representante CFB Comox, Louise Vondra, Suzanne Racine, Jocelyne Lecompte et Jean-Marie Bosse.

NEXT TOTEM TIMES DEADLINE — JUNE 8

FINANCIAL UPDATE

WHICH INVESTMENT IS BEST?

Many people have money to invest. But invest where?

Confusion, or a lack of understanding, about the various investment vehicles available often stops many people from achieving the best possible results with their extra dollars.

So they simply plunk their money into the bank. Or buy Canada Savings Bonds.

Bank savings accounts and Canada Savings Bonds are among the safest investments of all. Bank deposits are insured to a maximum of \$60,000 a person, while CSBs are guaranteed by the Government of Canada. These two investment vehicles are low-risk, but they only provide low or medium returns on your investments.

What other possibilities exist for the first-time or unsophisticated investor?

Well, there are term deposits. These are generally purchased as guaranteed investment certificates. A GIC is bought for a fixed term, and at a fixed rate. Longer-term GICs will yield a higher return, but you may have to pay a penalty if you suddenly need the money.

So choosing a term deposit depends on many factors, including your short and long-term requirements.

Perhaps you would rather plunge into equity investments which are designed to make your money grow rather than give you a regular income.

Growth stocks are usually available from companies that are increasing sales and earnings at a faster pace than the growth in national population and business in general. These stocks pay little or no dividends and their value is in their appreciation on the stock exchange.

Real estate investing can take two forms. You can buy a property and hope that its value will increase so you can sell it for a profit. Or, you can buy real estate and rent it to provide current income while waiting for it to increase in value.

Tax shelters are investments which normally provide a tax write-off in the current year greater than your original investment. A tax shelter, which can take many forms, may or may not return the original investment plus profits in the



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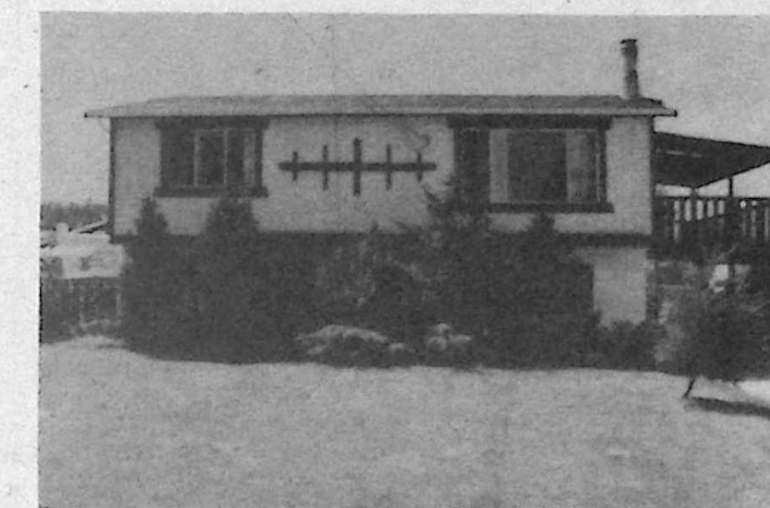
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(SW Corner 6th & England, across from the court house)

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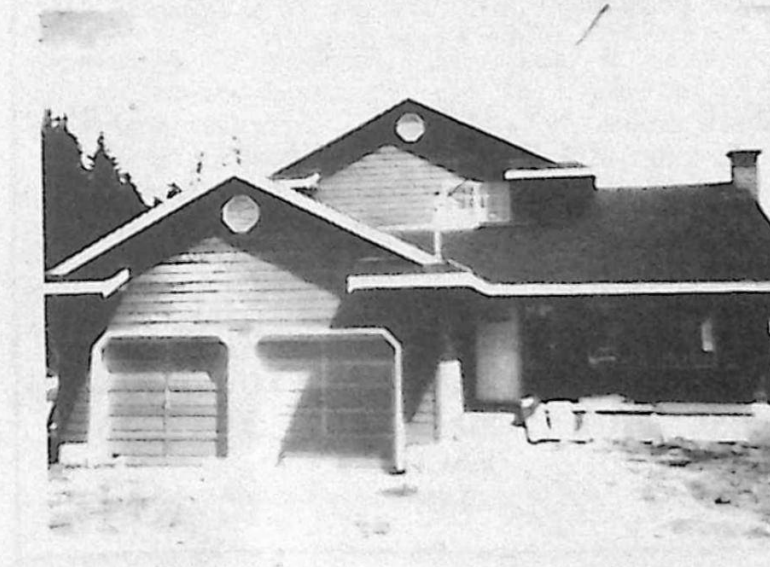
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BRAND NEW — MOVE RIGHT IN ON JUNE 1ST! Another Fine Home By NAPP CONSTRUCTION. 2 Storey, 3 Bedrooms, 2 1/2 Baths, Large Kitchen With Centre Island & More. \$89,900. BRUCE TRAINOR — RES. 338-0740

CONTINUED ON PAGE 25

SPORTS & RECREATION

Sports Shorts

PRE-EVALUATION INSTRUCTIONS FOR MEMBERS

- In order to ensure accurate evaluation results, members are to be informed that prior to their appointment that they should not:
 - exercise the same day;
 - consume alcohol for at least six hours;
 - eat, smoke, or drink tea or coffee for at least two hours.
- Additionally, members should be dressed in light running shoes, loose fitting shorts and a T-shirt or a shirt. Women may wish to wear the top part of a two-piece swim-suit as a substitute for the T-shirt or shirt.

PAC REGION GOLF PLAY-OFF 18, 19, 22 JUNE 87

The Pac Region Golf Championship will be held at McChord AFB 21-23 Jul 87. In order to choose a team to represent CFB Comox, a play-off will take place 18, 19 and 22 Jun 87. Any military personnel interested in participating in this play-off are to register with the Base Rec Centre local 8315 prior to 15 Jun 87. All non CFB Comox Golf Club members will be responsible for their own green fees.

CFB CHILLIWACK SHORT COURSE TRIATHLON 27 JUN 87

CFB Chilliwack will host a short course Triathlon 27 Jun 87. Distance will be as follows: 1 KM, 45 KM and 10 KM swim/bike/run. A shorter course for beginners of .5 KM, 15 KM and 5 KM will also be held. Entry fee is \$10.00. A T-shirt will be given to each finisher. Any personnel interested in participating in the Triathlon are to register with the Base Rec Centre local 8315 prior to 12 Jun 87.



Outdoor Writers of Canada

Pipe Smoke

Gerry Gerow

This week a book for the equestrians. *Dressage*, by Kate Hamilton, Howell Book House, New York. US\$16.95.

Hamilton is an English dressage competitor and professional instructor. This book is essentially a text book for dressage students. Its 160 pages are well indexed and contain over 130 photographs and line drawings.

The author starts out by giving detailed advice on the selection of a suitable horse for dressage work, and then moves progressively through the levels of dressage competition, detailing specific training programs and explaining the work and movements required at each stage.

Hamilton has added an appendix covering the equipment required and the techniques for using lunging and longreining as a training tool.

I haven't ridden for many years, but if I was to ride competitively I would want to read this excellent book on the subject. It's just off the press and should be in book stores and tack shops soon.

XXXXXX

Last issue I expounded on some dog breeds that have been referred to by some people as vicious. Let's look at a breed that has gained an undeserved reputation.

Because of the similarity of the breed name, the bull terrier has suffered greatly from the infamy of the Pit bull. Was the bull terrier developed for fighting like the pit bull? The answer is yes and no. Early in the 19th century bull dogs and terriers were crossed for the specific purpose of bull baiting and pit fighting. These dogs were known as the "bull and terrier." They were distinct crossbreeds and were not stabilized as a breed.

When bull baiting and dog fighting were outlawed, bull and terrier fanciers turned their attention to breeding for the show ring. A gentleman by the name of James Hinks crossed his best bull and terriers with English terriers and dalmatians to produce an all white breed. He stabilized them and named them bull terriers. It is thought that later the blood of Greyhounds and Spanish pointers was added to the breed. Today bull terriers are a loving show dog and not the least bit vicious. Bull terriers have been registered in Canada since the inception of the Canadian Kennel Club in 1888.



SPORTS & RECREATION



Fitness

with Debbie

While summer brings hot weather, longer days and more opportunities for getting outdoors and moving around, you have to be careful about the hazards of overheating while exercising. Things to be concerned about include fluid and mineral loss, accelerated heart rate, and extreme discomfort!

Exercising in any conditions require that you keep up your fluid intake, but this becomes even more important as temperatures rise. Just as heart rate increases during exercise, it will automatically increase when the body is exposed to heat. This packs a double whammy on the old circulatory system if you exercise on a hot day. Therefore you have to make sure you have an efficient cooling system so your body won't overheat.

The most important thing to remember is to drink water every 20 to 30 minutes. Forget the old wives' tale that drinking water while exercising will give you cramps; this happens only if you let yourself get dehydrated and then guzzle a gallon of fluid. By regularly sipping cool water you will keep all your cells and muscles happy and hydrated.

If you let yourself get dehydrated during a hot workout, blood volume will increase causing a rise in blood pressure and heart rate. People who

take salt tablets in order to retain water during heat are placing an excessive amount of stress on their system. Since exercise raises heart rate, heat induces dehydration, and salt raises blood pressure; excessive salt only compounds an overheating problem.

Since water is the most abundant nutrient found in the body (your body weight is about 2/3 water) you should be concerned about keeping your water level up at all times. Since fruits and vegetables abound this time of year, try to make them a vital part of your diet. These foods are not only high in water content, but also contain vitamins and minerals that are depleted when you work up a good sweat.

Vitamin C can be replaced by eating oranges, grapefruit, strawberries and tomatoes. Potassium, which is essential for regulating water balance and normalizing heartbeat, can be found in bananas, potatoes, leafy greens and whole grains. So don't use hot weather as an excuse not to exercise, just remember to feed your thirsty cells the fluids they need. Stay close to the watering hole, replenish lost vitamins and minerals and have a wet, wonderful work-out!

Weight Training Tips

STRETCHING BEFORE LIFTING

Proper technique will improve performance, minimize workout time, speed up improvement and help prevent injuries.

When you start, be sure to warm up and stretch. Stretch before lifting, to prepare the joints for motion, to extend the range of motion of the muscles and to help avoid injuries. Stretching after lifting is just as important as before lifting. Because you taper off the stress on muscles, relax the muscles and it will reduce soreness also.

How to stretch? Stretch until you feel a slight tension. Hold a position for 10-20 seconds. Relax a moment, then extend

the stretch slightly farther for another 10-20 seconds. Breathe normally during the stretches and relax. Don't bounce or jerk. When you stretch, hold the stretch so that there is no pain. Back off if it starts to hurt. If the stretch is painful you'll actually tighten up the very muscles you're trying to loosen. A good book on the subject is *Stretching* by Bob Anderson, 1980.

Now that you are well warmed up and stretched you can start into your weight training program. Which will be the next article, "Getting Started in Weight Training."

Courtesy Cpl Al Shanks



Legends of Golf

Now we've all heard of Hogan, Snead, Palmer and the like but have you ever met the "real" Legends of Golf. Well here they are after burning up Glacier Greens during the recent MILE Golf Tournament. Pictured left to right: LCol Bowes, Col "Slammin' Ted" Gibbon, BGen Woods and Boss Beaver Maj Eggleston. (Base Photo).

DND Assists Fox Run

From Moscow to Masset, from Warsaw to Winnipeg, from Ankara to Alert, more than 11 thousand people took part last September in Terry Fox runs organized by or assisted by DND. In 1986, more than \$174,000 was raised or pledged in memory of the one-legged cancer victim who died in 1981 before he could complete his epic run across Canada.

There are as many stories in reporting last year's fund-raising efforts as there were people involved, but here are a few which stand out.

In Geilenkirchen, West Germany, there were 590 international participants, with approximately \$15,500 pledged. This was the best performance overseas. In Canada, the run at CFB Winnipeg is the clear winner, with 2,750 participants and \$21,000 raised.

The smallest run was at Diyarbakir, Turkey, where two members of the liaison staff raised \$50.00.

At CFB Cornwallis, N.S. things got a little wet as members of the scuba club played checkers underwater for 72 hours to raise money. They were among more than 700 people who took part, to raise more than \$3,300.

Most of the money goes to the Canadian Cancer Society, although some raised overseas remains with national cancer groups in Bermuda, West Germany, Britain and Japan.

Master Warrant Officer Lorne Windsor co-ordinates the various events for the Directorate of Physical Education, Recreation and Amenities. He says participation by CF personnel, DND civilians and dependants seems to grow each year.

"We either see more money raised by fewer people, or more people taking part overall," he says. "It's quite amazing the way this one young man's dream is being kept alive."

The run in Moscow was sponsored by the

Canadian Embassy for the fifth year in a row. A Siberian Husky named Patouf ran with his master and raised more than \$200.

In 1986, 70 runners from the diplomatic staffs of Canada, Britain, France, and other countries ran ten kilometres along the Moscow River embankment. The event was covered by Soviet news media, whose writers were at pains to explain to their readers who Terry Fox was, and how a charity run works.

"How does one make a million?" Yelena Khanga asked in Moscow News. "One of the most effective and widespread methods in the West today is the marathon run. The runners besiege their friends with requests, entreaties or 'threats' to induce them to subsidize them."

In Sovietsky Sport, journalist A. Melik-Shahnazarov wrote: "Terry Fox...the name of this young man, who died in 1981 at the age of 22, is well known to every Canadian."

Before you co-sign...

If you are approached by a friend or relative to co-sign a loan, be sure you are fully aware of what your responsibilities will be.

As a co-signer, you are being asked to guarantee the debt. If the borrower doesn't pay, you will have to. You may also have to pay late fees or collection costs, which will increase the total amount. In some areas, the creditor can use the same collection methods against you that can be used against the borrower—suing you, garnishing your wages, etc.

Remember, as a co-signer you are being asked to take a risk that a professional lender will not take. Be sure you can afford to pay the loan if need be!

COURTESY COMOX CREDIT UNION



WOs & Sgts Mess

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

SUNDAY EVENING DINNERS

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

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Hockey Quicky Quiz with Wayne

- What player holds the record for most consecutive appearances in the Stanley Cup Play-offs: Gordie Howe, Jean Beliveau, Brad Park or Henri Richard?
- Montreal has not only won the most Stanley Cups, but also has appeared in the Stanley Cup Finals A League High 29 times. Which team has made the second most appearances: Toronto, Chicago, Detroit, or Boston?
- Guy Lafleur had six 50-goal seasons. Ironically, one goalie yielded Lafleur's 50th goal on three different occasions. Who was that goalie: Don Edwards, Tony Esposito, Rogie Vachon or Denis Herron?
- Who was the first NHL player to sign with the Quebec Nordiques in the World Hockey Association: J.C.Tremblay, Rejean Houe, Dale Hoganson, or Serge Bernier?
- Which are the three oldest NHL arenas?
- In 1979-80 the "Triple Crown Line" set a Los Angeles Kings record for most goals by one line in a season with 146. Who were the members of that line: Marcel Dionne, Butch Goring, Mike Murphy, Dave Taylor, or Charlie Simmer?
- Who were the members of the 1951-52 Detroit Red Wings' "Production Line": Sid Abel, Alex Delvecchio, Gordie Howe, Frank Mahovlich, or Ted Lindsay?
- Who was the last player to score 100 points in a season for the Detroit Red Wings: John Oerodnick, Marcel Dionne, Gordie Howe, or Mickey Redmond?

Answers - Call Sgt Wayne Moore-loc 8315.



OUR NEXT DEADLINE JUNE 8

SPORTS & RECREATION

ABBOTSFORD INTERNATIONAL AIRSHOW

1987 VERSION

The 26th annual Abbotsford International Airshow presents one of North America's largest flying displays of 1987. Military aircraft from North America and overseas, military aerobatic teams including the Canadian Armed Forces Snowbirds and Brazil's Esquadilha da Fumaca "Smoke Squadron," plus civilian aerobatics, wing walkers, warbirds, airliners and vintage aircraft.

1987 is the 40th anniversary of the birth of commercial and military helicopter operations in Canada. In honour of the helicopter and its unique contribution to the history of aviation in Canada, Abbotsford '87 will salute this important milestone with a large product demonstration and display of private, military and commercial helicopters. Between 20 and 50 helicopters will be featured, plus numerous helicopter-related exhibits. ABBOTSFORD PRESENTS ANOTHER SPECTACULAR AIRSHOW IN 1987. ABBOTSFORD, BRITISH COLUMBIA...The 26th annual Abbotsford International Airshow takes off August 7, 8 and 9th with an all-star flying display, unrivalled in North America.

This three day extravaganza will feature military and civilian flying performers from throughout the Western Hemisphere, backed up by one of the largest static aircraft displays on the continent.

Headlining Airshow '87 are two military demonstration teams from Canada and Brazil. These teams are backed up by the Ray Ban Golds civilian aerobatic team, numerous high performance jet fighters including the vertical take-off and landing McDonnell Douglas AV-8B Harrier, and as an added attraction, a large display of helicopters of all models. For the first time, Airshow '87 also features Smoke-N-Thunder, a novel "drag race" between a high performance aircraft and a jet powered car.

"The Abbotsford Airshow has built an international reputation for imaginative and innovative flying events," said Airshow President Peter Alpen. "We will enhance this reputation in 1987."

In 1986, a record breaking 300,000 people attended the Abbotsford Airshow, drawn to

see unprecedented performances by over 100 aircraft from eight nations, including the Soviet Union.

"...North America's biggest and best Airshow of 1986..." was how FLYING MAGAZINE summed up last year's Airshow in a feature article in their January 1987 issue.

The same split second timing and airmanship that made Airshow '86 an outstanding success is in store for audiences in 1987. One of the top attractions of this year's billing is a show by the United States Air National Guard's F-4 Phantom demonstration squad along with the "TOPGUN" squadron, stars of the highly acclaimed motion picture of the same name. From their home at California's Miramar Naval Air Station, Fighter City, U.S.A., several high performance F-14 Tomcats, A-4 Skyhawks and F-16 Fighting Falcons complete with the F-5 Talons fighter aircraft featuring Russian markings will be on full public display.

Accompanying the aircraft is Capt Steve Collins, the naval fighter pilot who was stand-in for actor Tom Cruise during the filming of Top Gun.

Precision aerobatic teams return to Abbotsford in 1987. The Brazilian Air Force Academy's "Esquadilha de Fumaca" (Smoke Squadron) made their North American debut at Abbotsford in 1985. They return again in 1987 with their thrilling red painted Embraer EMB-312 Tucano turbo-prop trainers. Joining the Brazilians are the thrilling Canadian "Snowbirds" with finely polished performances in their jet powered Canadair CT-114 Tutors.

High performance aircraft are no stranger to Abbotsford and several will be featured, including the unique AV-8B Harrier, a fighter aircraft that can land and take-off vertically and hover like a helicopter. Also on the bill is the Canadian Armed Forces CF-18, a rising star on the Airshow circuit and an aircraft on the leading edge of aircraft technology.

The year, 1987, also marks the 40th anniversary of the introduction of commercial and military helicopters to Canada, which forever changed the way visitors travel to the many remote and inaccessible areas of this country. In honour of this anniversary year, Airshow '87 will feature a large display of various helicopters, both large and small, including the heavy lift Sikorsky Skycrane.

With this 40th anniversary in mind, Abbotsford will be holding a Trade Show focusing on the rotary wing aircraft. Companies, large and small, from various countries have been requested to attend Abbotsford and display their goods. It is the intention of this organization to present a "full blown" Trade Show beginning in 1989 and bi-annually thereafter.

In addition to the participating military and civilian performers already confirmed, Airshow '87 expects several surprise participants from other parts of the world. Last year's Airshow featured military aircraft from Britain, France and Italy, plus the Soviet Union's Antonov AN-74 and the Antonov AN-124 transports. Each of these nations have expressed serious interest in attending Abbotsford in 1987, but final details await written confirmation.

Airshow attendance will remain strong in 1987. In response to numerous spectator requests, several changes are in place for 1987. For the first time, advanced tickets are available for quick access, guaranteed parking for 4,000 cars each airshow day. These \$25 per carload tickets allow use of a rapid access entrance at the south end of the airport.

Complimenting the easy access tickets, Airshow '87 will also feature box seating along the aircraft flightline. These private seats, which offer a superb view of the show, are available for groups of four people, together with the rapid access, guaranteed parking for just \$65. Each additional seat costs \$10.



Be Water Wise. Play it Safe.

Boating and alcohol are a deadly mix. 50% of all boating accidents involve alcohol.

The Canadian Red Cross Society

CANADIAN FORCES UPDATE

C.F. Helps Red Cross



Sgt Gilles Bertrand, a loadmaster from 429 Transport Squadron, adjusts seat belts for members of the Red Cross Mobile Blood Donor Clinic as they board the C-130 Hercules for Thompson, Manitoba to conduct their annual clinic. (Canadian Forces Photograph by Sgt J. Blouin, DND/OI, Winnipeg)

WINNIPEG -- CF HELPS

RED CROSS -- The Winnipeg-based Red Cross Mobile Blood Donor Clinic travels throughout Manitoba and Northwestern Ontario collecting pints of 'life' year-round. For their annual spring run to their most northerly clinic, Thompson, Man., the unit asked the military for help in getting there.

The result - the 14-member unit and all its gear were transported to Thompson via a C-130 Hercules aircraft.

The unit's charge nurse, Elaine Friesen, said the clinic travels with their own supplies,

"Everything from cotton swabs to the beds the donors use." Friesen explained that being able to hitch a ride on a Herc was really a big help because the huge cargo plane can accommodate all their gear and the entire staff. The latter consisted of three nurses, eight clinical assistants, two transport people and a volunteer supervisor.

The Thompson run was made by 429 Transport Squadron from CFB Winnipeg and the Squadron's commanding officer, LCol Robin Barnes, agrees that the Red Cross did indeed 'hitch a ride.' "We had a student navigation training detail planned for that

general area anyhow, so giving the Red Cross a hand was really no problem, and a nice gesture as well," he said.

The mobile clinic has managed to make use of similar training flights in the past. On the way back from Thompson they 'hitched' a ride with CFB Winnipeg's 402 Air Reserve Squadron who had incorporated the mission in their training schedule.

The mobile clinic spent two days in Thompson running clinics at a local Royal Canadian Legion building and Inco Mines. The charge nurse said they brought home some 500 pints of blood.

Meritorious Service Cross to be presented

An officer who helped evacuate people from the capital of Uganda during a coup there in 1985 is the fourth member of the Canadian Forces to receive the Meritorious Service Cross.

Col John Loughton Frazer, of Kamloops, B.C., will be decorated by the Governor General at an investiture June 3. He is now retired from the Forces, after serving for the past three years as military attache in Kenya.

On July 27, 1985 the civilian government of Uganda was overthrown by the military. Col Frazer was on a routine visit to Kampala at the time, and began working with allied embassy staffs and with the

Canadian High Commission in Kenya, in an attempt to organize an evacuation.

On occasion he had to face up to the Ugandan military to resolve what are described as "potentially life-threatening situations."

Col Frazer's award follows that to Lt-Col Donald S. Ethell of Calgary, who was honored at an investiture in 1986 for arranging the exchange of prisoners of war between Syria and Israel in 1984. While serving as acting chief of staff of the United Nations Disengagement Observer Force in Damascus, he organized the exchange of more than 300 prisoners, under

threat of armed intervention by both sides.

The first two people to receive the new medal were a security officer and a military policeman who were serving with the Canadian embassy in Beirut. Lt-Col Bill McGill and Sgt Doug Abbott were two of 30 CF members in the city immediately following the Israeli invasion.

The Meritorious Service Cross was created in June, 1984 by the Queen, for performance in an outstanding professional manner and of such rare high standard that it brings considerable benefit to or reflects great credit on the Canadian Forces.

Bravery Twice Recognized



Winnipeg, Man. - Pte Robert Burns of 3rd battalion, The Royal Canadian Regiment, is congratulated by the mayor of Winnipeg, Bill Norrie, as he receives the city's certificate of merit. Burns was honored by Winnipeg for saving the life of a fellow soldier in a fire late last year. He also received the Priory of St. John Meritorious Certificate for Lifesaving in a ceremony presided over by Manitoba lieutenant-governor George Johnson. Burns used his issue respirator to enter the burning apartment after two other men tried and failed to rescue the man inside. After pulling his unconscious comrade to safety, Burns then joined others in fighting the fire with hand-held extinguishers.

Plan for Naval Artefacts

The CFB Esquimalt Museum has begun a study to develop a five-year plan for making the most of its collection of naval artefacts and its limited space. With the aid of a \$26,000 grant from the National Museums of Canada, the museum has engaged Vancouver consultant Henry Howthorn to find ways of helping it to become a place where the story of West Coast naval history can be told in an accurate and interesting way.

"We have funding from various sources, to help us determine where we are going and how to get there," says Ernie Colwell, the museum's curator. "We believe each display should be built around a theme, and a visitor should learn something while walking through the years of naval history."

The museum is an exhibit in its own right, being the former officers' ward of the Esquimalt Naval Hospital, built in 1891. Its first major exhibit was a

travelling show for the 75th anniversary of the navy in 1985. The first permanent exhibit now being built includes the dress uniform of Vice-Admiral Sir William Henry Bruce, who helped establish the Royal Navy in Esquimalt, and a case of medals of the wars from the Crimea to Korea.

A recent acquisition was the ensign of HMCS Oakville, a Second World War corvette which rammed a German U-boat while escorting a convoy near Haiti. Hal Lawrence, a member of the corvette's crew who boarded the submarine, was on hand when the ensign was presented to the museum by Ron Crawford of the Esquimalt Chief and Petty Officer's Association.

The museum also has a famous wartime poster which depicts the boarding of U-94 by Lawrence and another member of the Oakville crew, Arthur Powell. Both men were decorated for their part in the action.

HIGHLAND GRAD AUCTION

WHERE: HIGHLAND SCHOOL GYM
WHEN: JUNE 3RD - 7 PM

Donations by Comox Valley merchants sponsored by Highland Parent's Committee.



CFB COMOX SPORT
PARACHUTE CLUB

The C.F.B. Comox Sport Parachute Club started off the 1987 skydiving season last may long weekend when they descended upon Kamloops for the 20th Annual Sport Parachute Meet, one of the longest running competitions in Canada. The Club has been gearing up for the 1987 season after hosting Vancouver Island's first ever "paraski" meet (combination giant slalom skiing and parachuting accuracy) in January of this year.

The meet in Kamloops saw over 150 sport parachutists competing in eight different categories. Among the competitors were national and world champions, as well as four members of the "Skyhawks" Canadian Forces Parachute Team.

Competing for CFB Comox were Capt Al Sharpe, MCpl Mark Howarth, Cpl Clive Webb, Debbi McCoy, Ron Dionne, Reid Wharton and Brian Wnuk. Capt Sharpe won the silver medal for the senior style event, while Reid Wharton took the gold medal for

junior accuracy. Debbi McCoy of the Base P.E. Department was awarded the 2nd place novice trophy, and Brian Wnuk won the bronze medal for Junior accuracy. After an impressive show of expert skydiving, Ron Dionne was declared a qualifier in the infamous "Pops" competition and was presented a trophy.

The club will start jumping in Comox on May 30th. Anyone wishing to try this exhilarating sport should call local 8588 or 339-5720 for details about a first jump course. All you other skydivers be at the drop zone that weekend for a few hot dives. Blue skies!!



TOTEMS MEN'S FASTBALL

The Mens Fastball Team is now into the regular season of the Bill Moore Fastball League. We started slowly with a couple of losses to Mountain Meadows and D.S.J. Electric. On Wednesday night it all came together against the Texaco Reds. Pat Armstrong threw a four hitter to lead the Totems to a 6-3 victory. Gary O'Brian helped the cause with his inside the park home run bringing in two RBIs. The team came together defensively with players like Steve Tinker grabbing a line drive, 4 feet over his head. Guy Plante also had a very strong game in centre field.

The team will be involved in

a tournament at Willow Point the weekend 23-24 May. We will let you know how we made out in our next report. We would also like to remind everyone of our upcoming Men's Fastball Tournament that we will be hosting the weekend 13-14 June 87. This will consist of some of the top teams in the Valley and throughout B.C.. Teams are scheduled to be here from as far away as Kamloops and Victoria. The team would also like to welcome back Al Rice as our coach until he is posted this summer.

"Come Out and Support Your Totems."



CFB COMOX FITWEEK

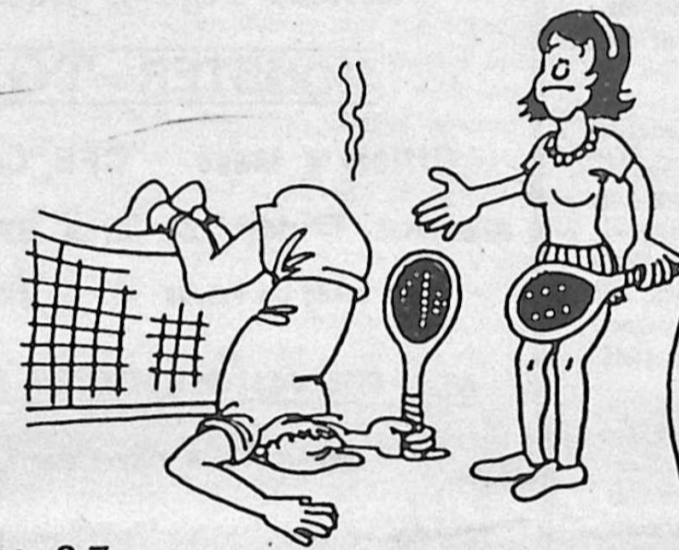
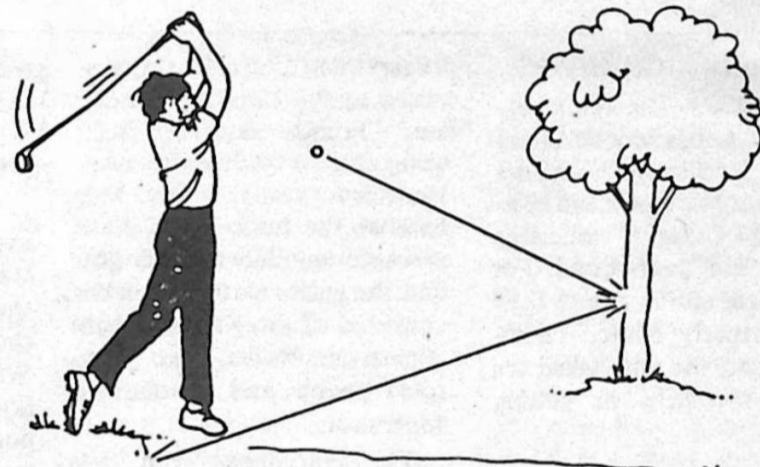
1ST → 5TH JUNE 87

3 JUN 87

(WED)

GOLF

1200 - 1530 hrs



2 JUN 87

(TUE)

PICKLE BALL

1200 - 1530 hrs



1 JUN 87

(MON)

AEROBICS

1145 - 1245 hrs



4 JUN 87

(THU)

SOFTBALL

1200 - 1530 hrs



GET INVOLVED

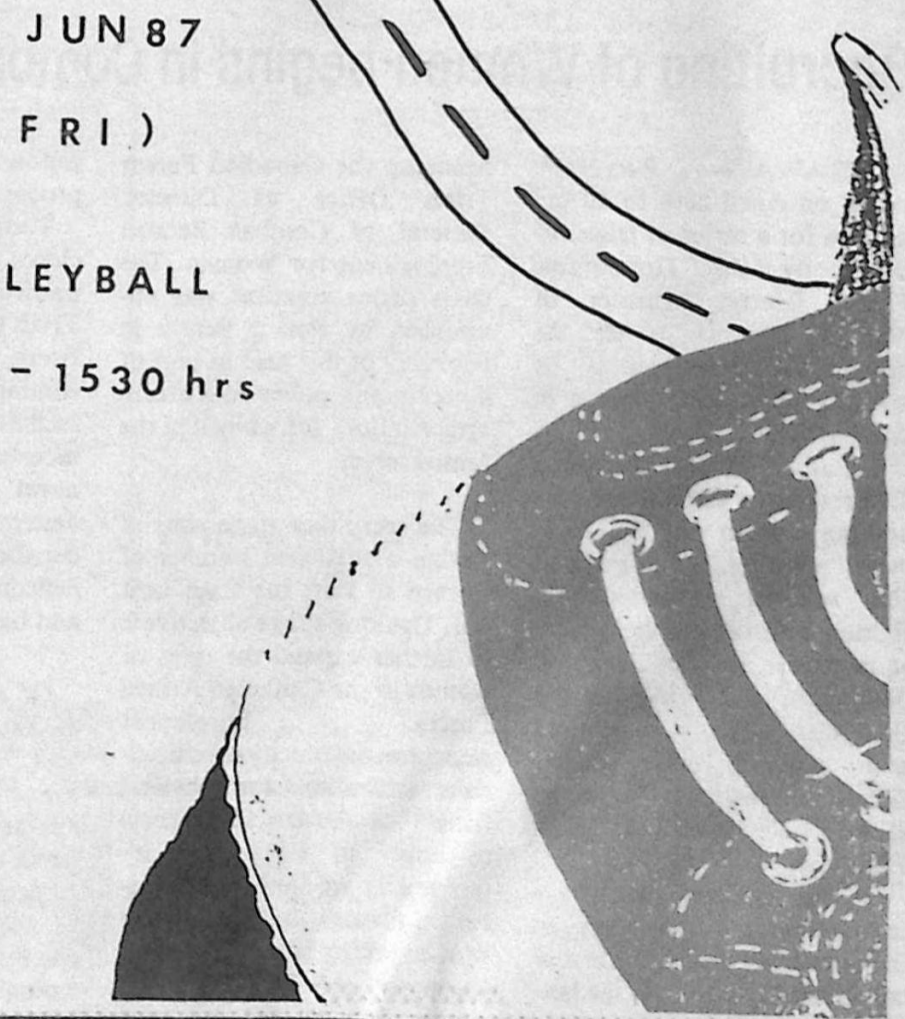
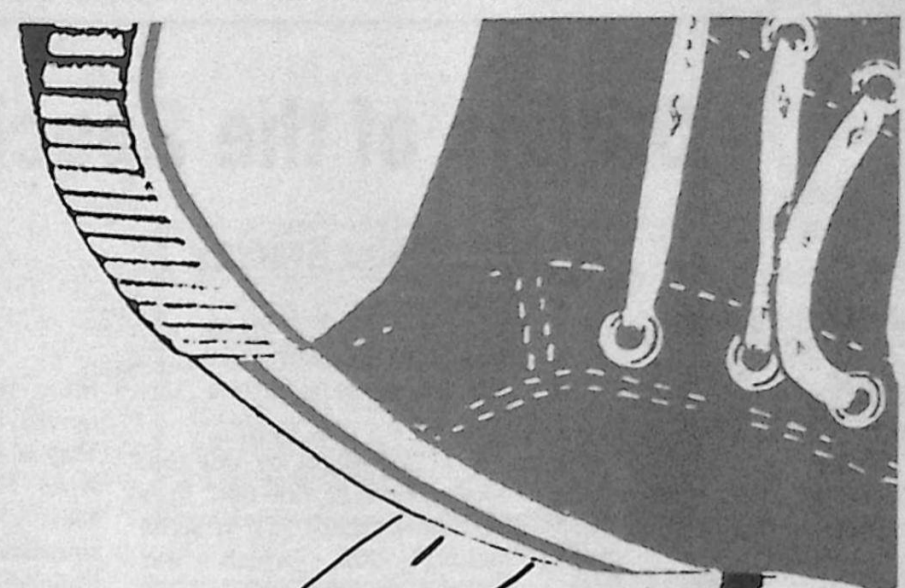
FOR MORE INFO CONTACT REC CENTRE (LOC 8315)

5 JUN 87

(FRI)

VOLLEYBALL

1300 - 1530 hrs



AROUND THE BASE



Origins of the Species

John Bradley

122 (K) SQUADRON

122 (K) Squadron was formed at Patricia Bay, B.C. on 15 December 1941 with the amalgamation of Western Air Command's Coast Artillery Co-Operation, Communications, and Target Towing Flights. This one unit would now provide all three of these services on the West Coast.

As a result of the joining of the various Flights, the unit was soon to acquire a large and varied number of diverse aircraft. Aircraft on strength with 122 (K) Squadron included the Blackburn Shark Mk II and III, Noorduyn Norseman, Grumman Goose, Westland Lysander, Lockheed Electra, Bristol Bolingbroke Mk IVT, Avro Anson Mk V, Lockheed Venture and the Lockheed Hudson Mk III.

One result of this rather diverse collection of aircraft was that the unit had their aircraft in three distinct colour schemes. It was quite common for example to see a fully camouflaged Noorduyn Norseman sitting beside an aluminum painted Grumman Goose which in turn was alongside a Yellow and Black striped Blackburn Shark target tug. The unit code was AG, but

not all aircraft carried this designator.

The first flight by this unit occurred on 10 Jan 1942 by a Blackburn Shark Mk II serial number 502, which was believed to have been piloted by the Commanding Officer, S/L G.G. Diamond. Affairs at the squadron were kept to a more less leisurely but hectic pace as the first few months were spent in transporting personnel and towing aerial targets for the anti-aircraft artillery gunners.

In late May and early June 1942 the squadron was brought up to full Alert status in a direct response to the Japanese invasion of the Aleutian Islands. Various aircraft including the brightly painted Yellow and Black Sharks were fitted with machine guns and loaded with small bombs to help stem the impending Japanese fleet. The pressure was relieved by the end of June and the unit returned to its normal duties.

By 15 March 1943, the Communications Flight had moved to Sea Island where they remained until 14 July 1943. They then became inactive and on 16 September, were reformed into No 166 (Transport) Squadron. At about the same

time, the Calibration Flight moved to Port Hardy on 14 May where it remained until 30 April 1945. The next day, 1 May, the remainder of the squadron joined the Calibration Flight at Port Hardy. Shortly before this, in November 1944, 122 (K) Squadron added an Air-Sea Rescue Flight, when two specially modified Lockheed Hudsons with detachable airborne lifeboats arrived at Pat Bay.

122 Squadron moved back to Patricia Bay on 27 August 1945 to prepare for disbanding under their last Commanding Officer, S/L W.G. Gardiner. With the cessation of hostilities, 122 Composite Squadron stood down on 15 September 1945.

During the war they had adopted the nickname "Flying Joe Boys" in a parody of the expression "Joe Boy" which was the name given to someone who was expected to perform a wide variety of menial tasks.

The unit amassed a total of 23,778 flying hours and suffered three aircraft destroyed with six personnel killed and five injured. Total awards to squadron personnel included one Air Force Cross and one George Medal.

Recruiting of Women begins in Combat Trials

OTTAWA — Recruiting began on April 28th to attract women for a series of trials ordered by the Honourable Perrin Beatty, Minister of National Defence, to test the operational effectiveness of military units with women in combat roles.

Canadian Forces Recruiting Centres across Canada are now seeking women for the trials which will eventually see women join selected anti-submarine, fighter, and tactical helicopter squadrons, go to sea in destroyers, and soldier in the field with infantry, armoured and artillery army units. Women currently serving in the armed forces are also eligible to volunteer.

"It is necessary to have enough women take part so that the trials will be fair and consistent," says Brigadier-General L.W. MacKenzie who

heads up the Canadian Forces Trials Office as Director General of Combat Related Employment for Women. The trials office creation was announced by Perrin Beatty in February of this year as part of a continuing policy to increase opportunities for women in the armed forces.

The recruiting stage aims at having a sufficient number of women to start the trials next fall. The long-range objective is to further expand the roles of women in the Canadian Armed Forces.

Enrollment requirements such as citizenship, education and physical fitness standards will continue to apply to all recruits interested in serving with the armed forces including the women taking part in the trials. Currently, the Trials Office is determining where and how

gender free trails can best proceed.

Those occupations currently closed to women and which will particularly be examined by the Trials Office number six for officers, 27 for non-commissioned members, and include infantry, artillery, armoured, field engineering, naval occupations in destroyers, and air force occupations in anti-submarine helicopters, tactical helicopters and fighters.

Of a regular force total of 86,000 Canadian Forces members, 7,800 or 9.08 percent, are women. The proportion of military occupations in which women could participate was 19 percent in 1971. As a result of the trials, this percentage could increase significantly from the current 75 percent.

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Tactical Fighter Squadron

MONSTER TGIF

Officer's Mess CFB Cold Lake

Friday 26 June 87

441 Stand Up Parade ----- Friday A.M.

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WEAR YOUR CHECKERS!

COMOX VALLEY BIATHLON

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Program of Comox Recreation Commission

Sunday, June 7th, 1987, 10 a.m.

10 km Run - 40 km cycle

BLACK'S CYCLE RECORD

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PROVINCIALY

Your M.L.A.

Stan Hagen

Minister of Advanced Education and Job Training



Editor's Note

Because of the transient nature of our lifestyle many of us pass through for a few years then move on. In many cases we are never really aware of the other people around us, the ones who make this beautiful area function in this most beautiful of provinces. One of those very important people is the Honourable Stanley Hagen, Cabinet Minister and MLA for the Comox constituency in the provincial government. Mr. Hagen has a constituency office in Courtenay and is always interested in meeting with his constituents. I have provided for you an insight into the man "Stan."

G.M.K.

An accountant, a businessman and now an MLA, the Honourable Stanley Hagen brings optimism and enthusiasm to the newly-created portfolio of Advanced Education and Job Training. His new responsibilities include the Women's Secretariat (formerly Women's Programs) and the B.C. Youth Advisory Council.

Mr. Hagen pursued a course in pre-seminary studies at Pacific Lutheran University in Washington State, before taking up accountancy. A thirteen-year career in the asphalt paving industry followed. Prior to entering politics, he was President and owner of Comox Valley Ready Mix Ltd.

He has held a variety of positions in the community, sitting on boards and committees dealing with city planning, business, economic development, health and education. Community T.V. and the role of choir director are among his interests.

"Looking back over the community activities that I've

been involved with, one that has opened my eyes to the plight of single mothers in particular is my experience with Big Brothers," says the Minister. Six years experience on the Comox School Board and preparation for a pre-election meeting at the Women's Resource Centre in Courtenay also convinced him that "women's issues is an area that needs to be addressed. I did a significant amount of research into what, in fact, the status of the programs for women are, and what the government has been doing," he says. He is familiar with the progress that has been made - "but that's not to say that we've achieved a plateau or that we won't have to do any more."

"I actually asked for the Women's Secretariat to be transferred to this Ministry," he says. "It seems to me that many of the questions that are dealt with pertain to either jobs or training or re-training, in conjunction with jobs and education."

Mr. Hagen has set personal goals. "My objective is to continue to improve the situation for women in accessing jobs, management positions, education and retraining, and to see if we can eliminate barriers to women in accessing education programs and job training."

The Ministry has set goals too. An immediate task is re-organization. "In the restructuring, the Women's Secretariat and Youth Council have received very high profile," says the Minister. The Executive Director of the Women's Secretariat will be part of the Ministry's executive committee. "I think that shows that we take women's issues very seriously," he says.

Consultation will remain an important part of the process for Women's Secretariat. "I would be happy to meet with any group that invites me," says Mr. Hagen.

"I am very pleased that Isabel Kelly is my Deputy Minister. I will look to her past experience as Deputy Minister of Women's Programs for help with this particular part of the Ministry, as well as in linking education and training to provide skills for life for all our citizens."

The Minister and his wife, Judy, have five children ages 8 to 17; three are girls. "My desire for all my children in the future is that they can lead happy, fruitful lives and that they will accomplish what they want to accomplish."

"I like to brag about her," says Mr. Hagen about his wife. She completed her B.A. in History through an education program that included distance learning. "She did that while not only giving birth to but caring for our children. At the same time, she was involved as a Brownie and Guide leader was active in a women's group at the church, and also doing a weekly T.V. show interviewing pioneers in the area. She's involved with the local museum, historical society, is a member of R.E.A.L. Women and a past member of the National Board of Directors of the Coalition for Life."

The Hagens have lived in Courtenay for nearly 20 years. In his new role as Minister, Mr. Hagen is very optimistic about the future developments in this new portfolio. "Not to discount what's been accomplished in the past, I think there are great strides that can be made."

"I think we can look forward to accomplishing a great deal."

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

WEDNESDAYS JUNE 3, 10, 17, 24

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.

SATURDAY JUNE 13

HAWAIIAN NIGHT - The Trade Winds are once again beaoning as we bid farewell to the shores of Comox Harbour for a trip to the balmy South Pacific for a luau on the beach of Waikiki. Departure from the Officers' Mess at 1800 hrs. Hawaiian Buffet will be served at 1900 hrs.

MENU

- HAWAIIAN STYLE CHICKEN
- TEMPURA SHRIMP
- Sweet & Sour Sauce/Carrie Sauce
- POLYNESIAN PORK & VEGETABLES
- Sweet & Sour Sauce
- ORIENTAL FRIED RICE
- FLUFFY RICE
- CARIBBEAN SALAD
- KANABOCO CRAB
- FRESH VEGETABLE TRAY with Dip
- ASSORTED JELLY SALADS

DESSERT

- ASSORTED FRESH FRUITS
- Strawberries
- Watermelon
- Kiwi Fruit
- Cantaloupe

VANILLA ICE CREAM

Watch a SPECTACULAR Hawaiian Cabaret Floor Show by the Paul Latta Dancers and a Samoan Fire Dancer. Double Feature: Two shows at approximately 2100 hrs and 2245 hrs. Cost per couple: Members \$25.00 Limited retired and guests \$30.00. Reservations to Mess Manager by 8 June. Dress Hawaiian or casual.

SUNDAY JUNE 21

FATHERS DAY BBQ 1700 to 1900 hrs. Barbecued steaks for the adults and burgers for the children will be served with baked potatoes, salad, etc. Cost per person: Adults \$7.00 Children \$3.50. Reservations by 15 June.

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide. NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function. DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with spot jacket and slacks.

DRINKING DRIVING COUNTERATTACK

AROUND THE BASE



From The Fire Chief's Office

COOKING SAFELY OUTDOORS

When cooking outdoors, flammable liquids near live coals cause explosions and burns. In addition the following precautions should be taken.

The safest starters are chemicals in cake form or a charcoal electric starter (approved by a nationally recognized testing agency); never use gasoline, naphtha, or other such flammable materials.

Never add fire starter after you have started your barbecue; to speed a slow fire or

rekindle a dying one, tuck dry kindling under the charcoal.

Keep small children away from the barbecue.

Make sure the barbecue is level and steady and keep a container of water handy.

After cooking, soak the coals. Coals that seem "dead" can re-ignite a day later.

The use of barbecues on apartment balconies is a most dangerous practice due to the confined space and the hazards involved in the use of starting fluids. They can also produce poisonous carbon monoxide

gas in the apartment as well as a smoke nuisance to your neighbours and to yourself.

Charcoal-burning barbecues should never be brought inside of the house, a tent or a recreational vehicle because of the danger of carbon monoxide poisoning in a sealed or confined area.

Never keep damp or wet charcoal in an unventilated area due to the dangers of spontaneous combustion which can result from the drying process.

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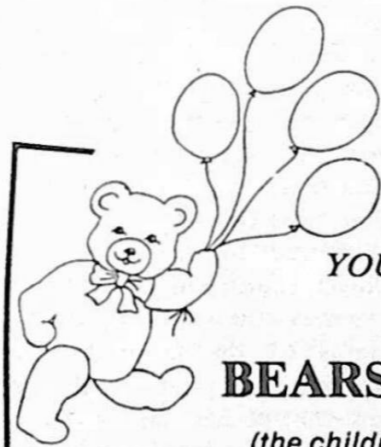
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CHAPEL - Our Lady of the Sacred Heart (on Base).
OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8274.

MASS SCHEDULE:
Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

CATHOLIC WOMENS' LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Mary-Anne Stagg, Telephone 338-6214.

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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

OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8273.
SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.
SUNDAY SCHOOL - 1000 - 1100 hrs, pre-school at 1100 hrs. For further information contact Superintendent Mrs. Pam Hart, Telephone 339-4133.

JUNIOR CHOIR - Practices 1530 hrs. - Thursdays at the Chapel.

SENIOR CHOIR - Practices 1830 hrs. - Tuesdays at 612 Pritchard Rd., Comox.

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



SUMMER HOURS — COMMENCING JUNE 1ST
8 AM — 6 PM



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HOME & FAMILY



About The House

With Lorri

Well I do believe that summer has arrived here at last. I must apologize now for the shortness of this article this time. It's mostly because it's a week early and I forgot about an early submission.

This first recipe is called FROSTY NO DRIP POPS and it can also be found in most ladies magazines this month. I have some ideas of my own as far as adding fruit to this one but I have just not had the time to try. The kids love to make this one. Be sure if they help with this one that you pick a day that you also really want to wash the floor.

INGREDIENTS
1 pkg jello jelly powder(85g)
1/2 cup white sugar
2 cups boiling water
2 cups cold water

METHOD
Dissolve jelly powder and sugar in boiling water. About two minutes; this takes a bit to dissolve because of the sugar. Add cold water. Pour into molds, paper cups, ice cube trays, and of course the usual little plastic molds that you buy and children lose. These take a couple of hours to freeze. I find that they take less than the 6 to 8 hours

suggested in the recipe. You should get a fair number of pops from this and the kids just love them. They are a bit on the sweet side but the texture is much nicer than just plain frozen kool aid.

CHEWY CHOCOLATE COOKIES

(mixes in 5 minutes)
This cookie is really unusual. It is very tasty though. Only use a teaspoon of batter because they really spread. They are really I think more of a wafer as they come out so thin, but look nice with afternoon tea, or with a child and a glass of milk.

UTENSILS
Cookie sheet, medium bowl, please preheat oven to 350°.

INGREDIENTS
1 1/4 cups butter or margarine (softened) - I used 1/2 butter and 1/2 shortening and it was just fine.
2 cups white sugar
2 teaspoons of vanilla
1/4 cup cocoa
1 teaspoon baking soda
1/2 teaspoon salt

2 cups unsifted all-purpose flour
1 cup finely chopped nuts, optional (I didn't use any and they have a nice taste to them anyway).

Cream butter and sugar in a medium mixer bowl. Add the eggs and vanilla. Blend really well. Combine flour, cocoa, baking soda and salt; blend into the creamed mixture. If you desire add the nuts in here. Drop by teaspoons onto greased cookie sheet. They should bake for about 8 - 9 minutes. (Do not overbake.) These cookies will be soft and puff during baking, they flatten really thin on cooling and don't take them right off the cookie sheets at once, let them sit for about 3 minutes or they fall right apart.

NOTES - I just put all the dry ingredients in one after the other, for this recipe it's just fine. These cookies really spread well, but they are really fragile right out of the oven so give them a couple of minutes to set a bit. I used a food processor to mix this up and it's quick with a minimum of mess.

FREEDOM OF THE CITY



CFB ESQUIMALT — Royal Roads Military College was granted "Freedom of the City of Colwood" on Sunday, May 10. After the college Commandant Capt (N) Anthony Goode received the Freedom of the City on behalf of RRMC, he escorted the Mayor of Colwood, Mr. Geoff Dunn, on an inspection of the cadets on parade. (Canadian Forces Photo by Sgt J.F. Smith)

Legion Log Entertainment

BRANCH 17 — COURTENAY

Fri May 29 TGIF Draw at 6:30.
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Jun 5 & 6 Music by ALLEYCATS

Jun 12 & 13 Music by MILLERTIME

Jun 19 & 20 Music by COUNTRYMEN

June 26 & 27 Music by PRIMETIME

+++ Regular Activities +++

MONDAYS - L.A. Drop-In Bingo. 7 p.m. Men's Dart League closed until fall.

TUESDAYS — Mixed Dart League closed until fall.

WEDNESDAYS — Navy League Drop-In Bingo - 7 PM

THURSDAYS

1st Branch Executive Meeting - Upper Hall. 8:30 pm.

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 +++

June 6, Saturday - LOBSTER NIGHT. 8:00 p.m. Upper Hall. Tickets \$10.00 (2 lobsters per ticket). Advance ticket sale of 100 tickets, available at Lounge.

June 7, Sunday - FISH DERBY. Registration \$3.00 at Lounge in advance. Weigh-in of fish, gutted and gilled from 12:00 noon to 5:30 p.m. Absolutely no weigh-in after 5:30. Prizes for heaviest Salmon, Cod or Dogfish.

June 13, Saturday - LADIES AUXILIARY STRAWBERRY TEA 2:30 p.m. \$2.50 per person. Upper Hall.

June 20, Saturday - INSTALLATION OF OFFICERS. North Central Zone. Qualicum Beach (Lighthouse Centre).

June 21, Sunday - LADIES AUXILIARY "FATHER'S DAY" Wine & Cheese Party. 2:00 p.m. Lower Hall.

July 18, Saturday - STEAK NIGHT. \$3.00 per steak. 6:00 p.m. Upper Hall.

Aug 15, Saturday - FISH FRY. Details will follow.

Aug. 9, Sunday - LEGION GOLF TOURNAMENT — COMOX GOLF CLUB — Legion & L.A. Members. Low Net and Gross. Details will follow.

Aug. 23, Sunday - LEGION ANNUAL PICNIC - Kin Beach - 1:00 p.m. Legion and L.A. members and families. Hamburgers, hot dogs, corn on cob. Games and competitions. Beer Garden.

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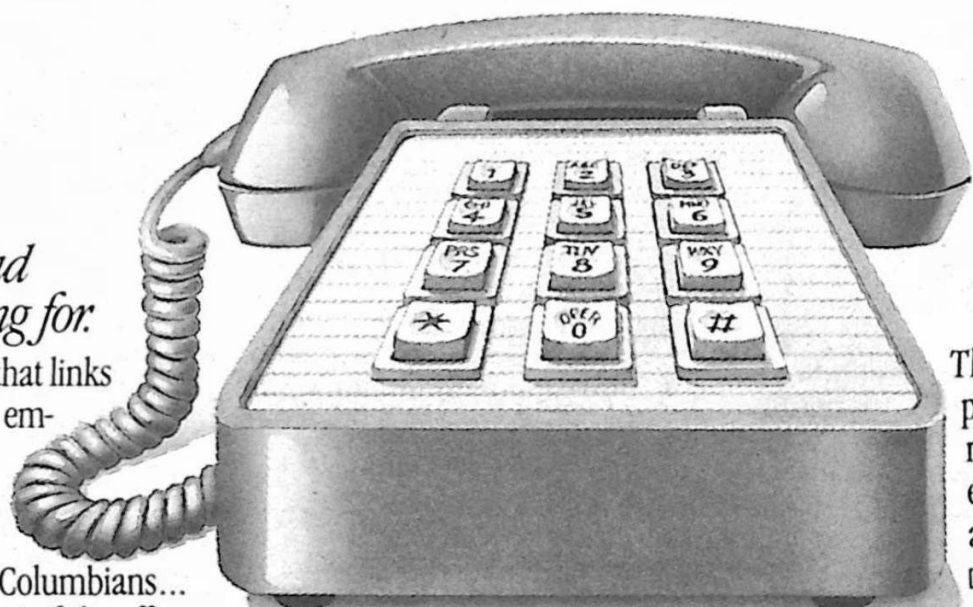
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- Vocational Rehabilitative Services

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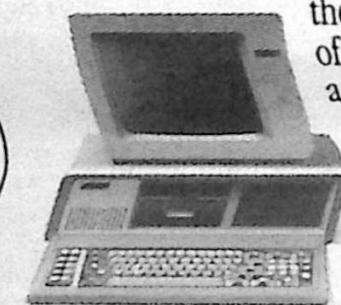


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BC



LIFESTYLE

BIKER BITS



VINCE LAMB

Well, here we are again with another article from Biker Bits. The weather sure has cooperated (Edmonton, eat your heart out!). How many "Macho Bikers" have you noticed since the last article, wearing cool clothing but leaving a lot of exposed skin subject to road rash and wind burn. But enough for past history. Quiz time again. Circle your most accurate answer:

If your motorcycle is stored outdoors and/or around areas highly subject to being tampered with, do you do a quick walk-around inspection daily before riding?
 Never Seldom Often Always
 Do you know where ALL switches and levers are located on your bike and can you operate them without having to look down at them while doing so? (This includes fuel cock valve).

No Yes
 Do you include the following in your inspection: Tire Pressure/wear, Cable operation/wear, battery level, oil level, all lights working, air filter?

Never Seldom Often Always
 Do you do a thorough inspection weekly, or prior to each long riding session (if travelling 400 KM or more)?

Never Seldom Often Always
 When taking on a passenger to ride behind you do you ensure he/she is wearing proper protective clothing (as discussed in the first article)?

Never Seldom Often Always
 Do you instruct your passengers on how they are expected to behave while on the back of the bike (ie keeping still, no hand signals, no waving their hands)?

Never Seldom Often Always
 If you answered NEVER, SELDOM or NO to any of the above you are leaving yourself open for a higher risk of having an accident.

If your answers were OFTEN, ALWAYS or YES you have taken a step towards proper care and mental attitude

towards cutting down on the odds of having an accident.

I like to think of a bike the same way a pilot would of his aircraft. I want to know for sure that I have done as much as humanly possible to ensure that my bike is fully functional and that I will have fewer surprises (broken clutch cable or throttle cable) during my riding periods. It is no time to find out while in the middle of heavy traffic on a four lane super slab when it could have been discovered just as easily during a few minutes inspection prior to riding away. I start from the front and work my way around from one side or the other and do a thorough check of everything visible. Once I am confident the bike is as mechanically sound as possible then it is time to fire it up and ride off.

Well, it is official again, the courts have upheld a decision that the Minister of Transport does indeed have the authority to decide what constitutes a helmet and therefore the BC helmet law is again in effect. Anyone apprehended riding a motorcycle or riding as a passenger on a motorcycle is subject to a \$100.00 fine. I am sure all military personnel are aware that helmets MUST be worn on all DND establishments. I have also contacted the AJAG in Esquimalt and was informed that Service personnel involved in a motorcycle accident as either a rider or passenger who was not wearing a helmet at the time of the accident COULD have career implications so far as pensions and other benefits are concerned. FOREWARNED IS FORE ARMED. I will be doing an article at a future date on Helmets. Your experiences, personal opinions and/or questions are encouraged and should be sent to Sgt Lamb VW at Nuclear Defence Section and these will be included in this future article.

That's all for this time. Have a safe one and remember "RIDE TO BE SEEN."

NEXT DEADLINE JUNE 8th

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Dr. Bob Young



ORGAN DONATING

How do you feel about you having your heart, your liver, or your kidneys live on after you have gone? More people are giving this some serious thought as transplantation of these and other organs becomes more common.

The media tend to stress the dramatic or heart-rending aspects of transplantation, highlighting the plight of a child awaiting a liver, or the dramatic reliance on an interim artificial heart until a human one becomes available. Transplant failures make headlines, the successes are mentioned on the back pages or not at all - and a large and increasing number are successful.

The decision to give your organs if you die in an accident or from a medical catastrophe such as a stroke is a personal one. No common religion prohibits its members from donating organs. A few do not allow their adherents to accept organs.

Your decision to donate your organs should be made in writing, and discussed with family members. In some provinces stickers are available for attachment to drivers Licenses, stating that you are a

potential donor. Things go much easier if you have made your wishes known.

There is something slightly macabre or eerie about moving human body parts from person to person, and an occasional recipient has trouble dealing with this. Donors, too, may have disturbing feelings about leaving part of themselves behind when they die.

The first "organ" to be transplanted was blood, now almost universally accepted. Corneas (from the eye) followed, and skin was not far behind. Transplanting inner organs is more complex, but we are learning fast, and within 10 years the procedure will be commonplace and mundane.

The need will probably always exceed availability. Society will decide, sometime in the future, that healthy human organs are too valuable to be committed to the grave or crematorium; it is conceivable that organ donation may eventually become mandatory.

In the meantime the choice is yours - and what better gift can you give to your fellow man? Info/Health is brought to you by the British Columbia Medical Association and the Totem Times.

The Rites of Spring

Spring is almost upon us and a lot of people can hardly wait to get out to their gardens.

But just a minute! For many it has been a long winter indoors, with not much physical activity, and a rush to answer the call of spring could be very harmful. The B.C. Chiropractic Association offers these dos and don'ts before you start digging:

*Prepare for any physical exercise with a few minutes of stretching leg, arm and back muscles.

*Wear proper clothing that will keep you warm but not hot. Make sure your back is covered and shirt tucked in.

*Don't take on too much too soon. Start off with the little jobs and work yourself into condition.

*Don't remain bent or stooped for long periods. Use long-handled tools to save you from pushing or pulling while bent over.

*When weeding, get down on all fours, or kneel, using one knee at a time and changing frequently.

*Switch hands frequently when raking, hoeing or shovelling. This distributes that load evenly instead of putting all the effort on one side of the body.

*Use your legs, not your back, to take the strain when shovelling or lifting.

*If joint or muscle soreness occurs, take a break. An icepack applied to the affected area every 15 minutes can be helpful.

Courtesy British Columbia Chiropractic Association.



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

THE SILENT KILLER

High blood pressure, or what doctors call hypertension, is one of the country's major health problems. Nearly 2 million Canadians have blood pressure which is much higher than it should be.

Many people think hypertension and nervous tension are the same thing and that simply "keeping your cool" will prevent or control high blood pressure. This just isn't so. While the exact causes of hypertension remain a mystery, such things as heredity, smoking, obesity and some diseases play a major role in its onset.

Your neighbourhood health care team -- doctor, nurse and pharmacist -- all understand the importance of using the right medication in the right way to control high blood pressure. Unfortunately, often the most difficult thing for the hypertensive patient to accept is the need to take daily medication when he or she feels "just fine."

A person on long term medication needs reassurance and "re-inspiration" to keep taking it. Your neighbourhood pharmacist is qualified to provide any information or advice the hypertensive patient may need with regard to his or her prescription, so don't hesitate to ask for help. Ask Your Pharmacist is brought to you by Shoppers Drug Mart and the Totem Times.

One high blood pressure reading doesn't mean a person has a chronic problem; three

separate readings should be taken. Early diagnosis can head off more serious conditions. By following your doctor's instructions about treatment, hypertension can be safely and easily controlled.

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Reunion

From 04 to 06 Sep 87, 51 Service Battalion will be holding a reunion to mark its 15th anniversary since being amalgamated from elements of RCEME, RCOC, RCASC, CPROC and RCMC militia units of the Montreal area. It will take place in Hangar 2, CFB Montreal, St Hubert, Quebec.

Reunion committee address as follows: 51 Bataillon Des Services Du Canada, St Hubert, Que. Tel (514) 443-7560.

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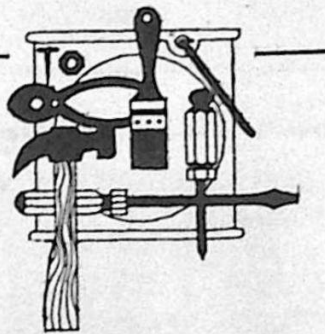
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AROUND THE BASE



CE Happenings



As usual, everyone here has been busy lately. In fact, we're so busy getting ready for Op Eval and fishing season that our article for the Totem Times is going to be very short and sweet. Well short anyway.

Summer is fast approaching and most of the shops have been working on projects that can be done during fine weather. For instance, the Paint Shop is repainting all the crosswalks; the labourers from Roads and Grounds are fixing up the baseball fields and making sure all the lawns and gardens are at their best and all the other shops seem to be working frantically at their various projects.

Congratulations are in order for Cpl Ben Rave and Mr. Ed Menard from the Plumbing Shop, as both have won their yellow belts in the local Karate

Club. A hearty well done is due for Cpl Victor (Bruce Lee) Hazelden for making the difficult transition from blue to brown belt. Now that the plumbers are in their new shop, they say things are easier to find as everything is spread out on the floor in plain sight. They share a telephone extension with the Paint Shop through a little hole in the wall and Tom we hate to say this, but that Eau de Varsol Cologne has to go! Now that the Plumbing Shop is full of Karate experts, maybe you should take note, Tom.

Think kindly of the Plumber, The Captain of the gutter. Remember that your excrement Becomes his bread and butter

Speak softly when he's toiling,

Amid your fecal muck, Or next time the john is plugged You may be out of luck.

The Electrical Shop is finally at full manpower with the return of MCpl Jason Evans. Are you going to stay awhile this time, Jason? I realize that duty calls, but really do you have to leave so often?

The Production Cell would like to welcome back Kathryn Perry. She will be working as the production Scheduler while Cpl Sue Limoges takes maternity leave during the summer.

It really couldn't have been planned better. To be able to take the whole summer off must be rough, but someone has to do it. Don't groan yet, you guys. I'm sure taking care of a newborn will occupy most of my time. I would like to thank everyone for being so

supportive during my pregnancy. I hope you all have a great summer and I'll be sure to drop in with my little bundle of joy.

To all the ladies in the front office who are weight conscious, I hope these two clippings will help you keep up the good work:

This will be the last article I write for awhile, so in the meantime, don't work too hard and give Ian Cameron some competition for the best tan in the Valley. Ciao.



10 1977-1987
A DECADE DOWN A SAFER ROAD
COUNTERATTACK DRINKING DRIVING

Evergreen
Mobile Home Community

Transferred to Edmonton?
Rent with nothing to show for it? House mortgages out of the question? Think about this. What's an average posting? Four years? If you're buying a house, you're transferred while still paying JUST the interest.
But by buying a used mobile home at say \$15,000, you can, by your next transfer, have it paid off and sold. You've lived rent free for four years and have some left over. And if you decide this is a good idea I'll throw in four months' free rent.
For a service family it makes good sense to me - and I paid rent for 12 years when I was in the service.
Think about it - 10 minutes from the base - your own home - an investment!
Give me a call at 403-973-7511 and ask for Chico
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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:
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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.

AROUND THE BASE

A "Real" Officer Now



Maj Faubert Officer Commanding of the L.T.C. presents 2Lt Gray with his Commissioning Scroll.



P.M.Q. Community News

The main news is the upcoming Street Dance. I am sure that everyone will just have a smashing time. The date for this is 13 June at the Airport School. There will be a DJ. Look for the flyer that will be delivered to your door in the next week or so. Let's all try to attend and we will have a good time.

We are also proud to announce the 2nd Annual Most Beautiful and Well Kept Married Quarter Contest. The prizes will be awarded sometime in August. More details will be available after our next council meeting; there will be a flyer mailed out to all residents as well. The prizes to be awarded are as follows: 1st prize - \$100.00; 2nd prize - \$75.00; 3rd prize - \$50.00.

Due to the overwhelming success of our garage sale we have decided to see how you, the community, would feel about a Christmas Bazaar. Having said this, we know it's a long way off but there is a great deal of work to plan and set up this type of event. This kind of

advance notice also gives groups and organizations plenty of time to make crafts, etc. If you are interested please call the PMQ Community Association office at local 8571.

Unfortunately we will not be able to have a softball league for adults and older children this summer. There was not enough response to warrant an attempt to organize it. Also, the youth softball league did not get off the ground as there were just not enough youngsters who registered. At least the T-Ball is going good for the younger children.

The last of my news is just plain depressing. Last Saturday evening, 16 May, in the early evening, three motorcyclists in the TeePee Park were driving at excessive speeds and one of you forced the child off the road and into a ditch. This time luck was with you and no injuries occurred, but you obviously never even noticed the incident as you didn't stop to

see if the child was all right. The reason you haven't been spoken to by the Military Police is easy; the child's parent was trying to fish his kid out of the ditch and couldn't get your plate numbers. This could have been anyone's child, including mine, and my heart stops and I have to take a deep breath here. I cannot imagine life without my children. You people abuse your right to drive any vehicle and are totally irresponsible. How dare you endanger the life of anyone, especially our precious children. I am angry and other parents are angry, to say the least. You can believe me that the traffic signs are coming for the TeePee Park area soon but my feelings are that anyone with even a reasonable amount of intelligence could figure out that where there are families and children playing in a CAMPGROUND they should be reducing their speed and using extra caution when driving in this area. Please use your head in the future.

Comox Valley Realty Report

TOM PROCTER

January to April 1987

1987	347
1986	278

An increase of 69 sales or 24.82%.
Dollars spent:
1987 \$15,930,724
1986 \$13,402,462
An increase of \$2,528,262 or 18.86%.

The greatest increase in the number of sales is in the price range \$40,000 to \$80,000 price bracket up from 115 in 1986 to 169 in 1987, an increase of 54 sales or 46%.

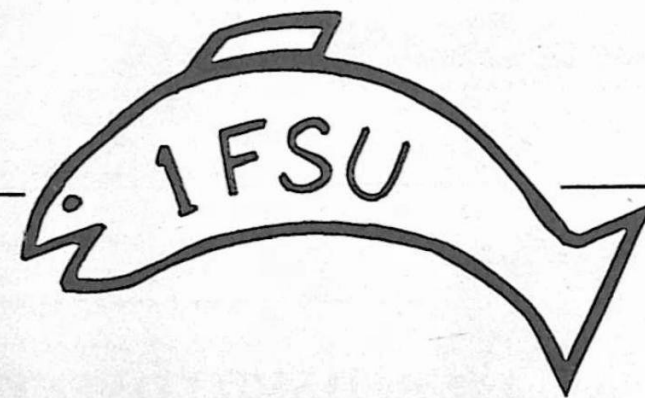
The average price for a residential home at the end of April 1987, as reported by the Vancouver Island Real Estate Board to be \$61,120 up from \$59,369 or 2.95%.

An encouraging note for the owners of higher priced homes, \$100,000 and upwards while no significant change in the Land

Registry figures show in the first four months of 1987 over 1986, the latest indications from the realty industry show increased sales and higher prices at the \$100,000 plus level. This increase will be reported in the next quarter Land Registration Figures. In summary:

The realty market can be expected to remain strong and bullish for the next year with steady increase in the number of sales, and prices as people realize the best housing buys in Canada today are available right here in the Comox Valley.

Tom Procter, the writer, has worked continuously in the realty industry in the Comox Valley for the past 12 years and presently works for Remax Ocean Pacific Realty in Comox.



1FSU's typical luck holds! The greeting of 441 Sqn personnel scheduled for 01 Jun has to be pushed back to 01 Aug. But don't forget your checklist of handy items to sell when the "Q" reopens.

1-suitcase (no handle and torn side).
2-Roloids or Tums.
3-Deck with 51 cards; and all the answers to trivial pursuit.
4-Do-it-yourself divorce kit with names and dates left blank.

Don't forget to congratulate Allain Ladouceur on his posting...to COLD LAKE...to 441 Sqn!!! where he will try a new and unique style of living.

All free and gratis he will spend two weeks in COMOX and travel home then travel back to COMOX for two weeks then...etc.
Jean Marc Gagnon's new baby is a cute little charmer. Good thing she looks like mom!

Bill Ouellette has no stomach for travelling (or anything else since his operation).

Willy Williams has a horse for sale or even a gift to the right person. Who do you hate the most!

Remember our next section deadline is Jun 89, keep those cards and letters coming.

No Thain in Scottie Bay



Yes Don "The Terrible" Thain, (and other associated reprobates, neer-do-wells and outright scoundrels), there is a "Scottie Bay." Due to the inability of certain CFB Comox Yacht Club members to maintain a "float plan" and achieve navigational expertise, a rerun of the "boy's cruise" will take place in mid September (destination to be announced)! It is hoped that "The Terrible" and his associates will be able to achieve success in their attempts to achieve their goals and be where they said they would be!

AROUND THE BASE

386 Air Cadet Sqn Report

It gives me great pleasure in announcing the cadets selected by the Air Cadet League for special training; WO2 S. Baker-powered flying, F/S R. Murphy, Sgt S. Grimm and Cpl B. Hopp - Glider pilot and Sgt S. Dube - Technical Training.

Annual inspection is on 30th May at 1300 hrs. with the Base Commander, Col J.E.H. Gibbon as reviewing officer, Mr. R. Hammond representing the Air Cadet League and WO S. Fullbrook - Pacific Region Cadets. The parade will take place in No 3 Hangar and refreshments will be served at the Squadron quarters by the Ladies Auxiliary of 888 Wing, R.C.A.F.A. (Sponsoring Group) after the inspection.

Lt C. Martin has officially joined 386 Sqn and will be a glider pilot instructor at Princeton this summer. Welcome to 386 and the Comox Valley Cheryl.

Two of the Sqn Officers received promotion to Lieutenant; Marty Cunningham and Kim Forsyth. The Cadet promotions will be announced on June 4th.

Capt. D. Forsyth
Commanding Officer
No 386 Squadron

P.S. - The Royal Canadian Air Force Assn. wishes to thank all those residents of Comox and Courtenay who contributed towards the ongoing operation of the Cadet Sqn by purchasing chocolate bars during their fund drive.

...more best investment

future. So you should consider investment quality first and the tax shelter second if you're planning to put your money into a tax shelter.

Mutual funds have become a popular form of investing in the 1980s. A mutual fund is simply a portfolio of stocks invested in a variety of companies.

When you buy into a mutual fund you get so many units at a price based on the value of the fund and the number of outstanding units. The fund is managed by professionals who charge a fee.

The advantage of mutual funds is that they allow an investor to participate in a diversified portfolio even if he or she does not have much money.

You can see there is probably an investment vehicle which

will suit your needs. A CA can help you make your choice.

The Institute of Chartered Accountants of B.C.

Aerobic Award



"Sgt J.A.R. Montmarquet being presented with the CF Physical Fitness Award for Aerobic Excellence by the BOpsO, LCol T.B. Rogers. Sgt Montmarquet received the white seal which represents the member's second level of achievement and over 4,000 aerobic points in total.

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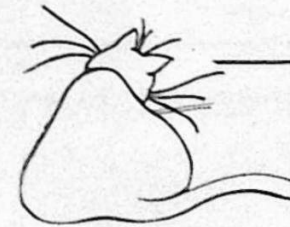
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AROUND THE BASE



Tails from Duke's Diary

A LETTER FROM LONDON

During the war many servicemen, although they felt that "it can't happen to me" realistically faced the possibility that it might happen to them, and that they would lose their life while serving their country. It was only natural that the closer one was to combat, on land, sea, or air, the more the possibility of one becoming a casualty was brought home.

Depending on one's personal beliefs, or premonitions, or knowledge of future operations, letters home were frequently written with the intention of the writer that the letter be read by loved ones after the writer's death. Some of these letters were short "Farewells," others were more lengthy often leaving instructions or wishes concerning personal property or relationships.

Recently such a letter, composed in London by a RCAF observer on operations, to be delivered to his family in the event of his death, was sent from Calgary to the undersigned by a sister of the writer.

It will be of interest to those presently serving their country to read the thoughts of man serving his country in WWII, on air operations and routinely exposed to great physical danger. To some, reading it from the outlook of 1987 and thirty-five years of peace after the Korean War, it may seem melodramatic, but the writer was not that sort of person. The letter follows.

The letter was sent to me by Eileen Parker, sister of Laurence Parker, the writer. Laurence Parker was a graduate of Queens University, he survived the war, and went on to become a highly respected educator in Alberta. His wartime service was with 424 RCAF Bomber Squadron, both in Europe and Africa. Obviously more articulate than many, during the war Laurence Parker wrote an essay "Why Do I Fight" which won special mention in a contest sponsored by Canadian Press Overseas.

Eileen Parker, to whom we are very grateful, sent the letter to me because she knew I was interested in such matters, and wished to give the letter publicity as a tribute to her brother Laurence.

Duke Warren

London, England
May 17, 1943.

To My Family:

It has long been my intention to write a "last" letter to you but for one reason or another, it has always been postponed. I am leaving instructions that in case of my being listed as "Killed" or "Missing, believed killed" which amounts to the same thing - this shall be sent to you by registered mail.

Although it is still my sincere hope and expectation to be reunited with you after the war nevertheless, the type of work I am called upon to do, makes it quite obvious that life may be terminated very quickly, and without warning. Indeed, I have no more right to live - rather, much less right to live - than many of those fine chaps now gone, whom I was proud to count as my pals. When I consider that out of the twelve of our G.R.course who came across together, only five of them are still alive, it brings home, all too clearly, the uncertainty of life. I know that there is nothing I can do to reduce that uncertainty - and I am content to leave it in God's hands.

If my life is spared, I shall try to live in such a way as to justify that sparing. If I am called upon to die, it shall be with the knowledge that I have served a just cause, and helped to prepare the world for the time when force shall be subjugated to reason, and the welfare of mankind as a whole, shall be placed above the welfare of individuals or nations. National pride must give way to international understanding.

It is going to be very hard, after this struggle is over, to expel from our minds the bitterness and hatred which has developed towards those who were our enemies. But that is the prerequisite to any sort of international amity. We must consider our vanquished enemies as potential friends - only thus can the foundation be laid for a world federation.

I do not hate Germans - I do not hate Italians. Yet I have done my best to destroy them, and their works - and God knows they have done their best to destroy me. But, after this is over, I must be ready to look upon the individual German and Italian as a fellow

man, who with liberal education and meted justice, strongly tempered with mercy, will be able to take his place in a world brotherhood. Hitler's children must learn that they are God's children, - and we, too, must not forget that.

It is hard to say farewell to life - especially to a life that has been so pleasant. There is so much to live for - but thank God, there is much to die for, too.

I thank God that I have grown up in a Christian family - that I have been taught the worth of a wholesome belief in God, and the faith in a life after this one has ended. I thank God that I have learned the value of temperance - that I have been privileged to have so many good friends - that I have learned to appreciate the beauties of nature, and the goodness of an outdoor life - that I have had the benefit of a good and noble father, a generous and understanding mother, and two kind and loving sisters. I have always had the most tender fondness and affection and sincere admiration for my family.

My greatest regret is that I may not have the privilege of taking any part in building that fine new world which must rise from the ruins left by this conflict. If, however, my sacrifice, and that of the hosts of other young men and women who have died, will help to bring about the desire and determination for international understanding which alone will guarantee a lasting peace - then I am content.

And so "farewell" - be brave and keep the faith that God will bring us all together again. I am grateful to you all for your devotion, loving thoughts and prayers. May God bless and keep you all -

Lawrence,
Son & brother

COUNTERATTACK



A DECADE
DOWN A
SAFER ROAD
SPRING ROADCHECKS

Driving Safely

Safe Following Distance

SPECIAL SITUATIONS

LOADING

Whenever a vehicle is towing an object, like a trailer, add 1 second following distance for every three metres (10ft) of additional length.

TRACTION AND VISIBILITY:

When driving conditions become adverse, increase the following distance. Rain and fog can make roads slippery and reduce your ability to stop. So add more seconds to the original following distance, giving yourself enough time to react to other highway users. One of the most dangerous times to drive is when ice is at 0°C (32°F). For this condition keep especially alert and maintain a long following distance, as much as 12 seconds, behind the vehicle ahead. Or better yet, avoid driving altogether. While you may be able to handle your vehicle, allowing for the other drivers' errors becomes next to impossible.

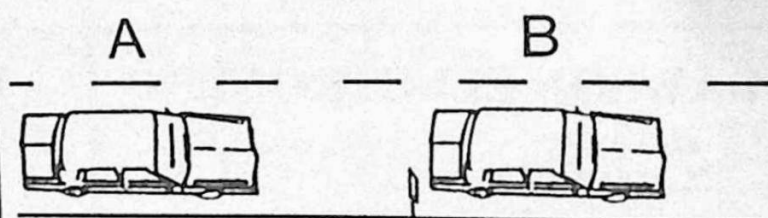
TAILGATERS:

Slow down, make it easy for any tailgater to pass. If the driver does not pass, at least you have created a safer following distance for yourself.

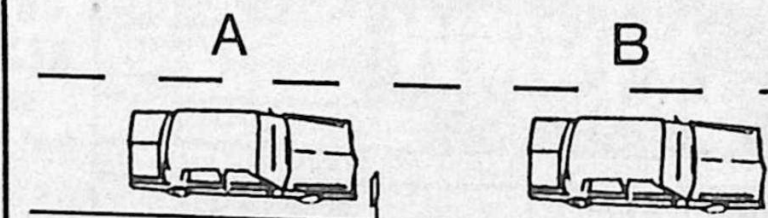
FATIGUE:

You may become increasingly tired when driving long distances. This slows perception and reaction time. In this case increase the following distance from 4 to 6 seconds. And remember, pull off the highway and stop for a rest break every hour.

Many two-vehicle crashes are rear end collisions: This type of crash can be prevented by using a safe following distance. Safe arrival at your destination depends on your safety cushion.



When the vehicle you are following passes this object begin timing yourself by counting "one thousand and one, one thousand and two", until you pass the same object.



THE SAFETY CUSHION

A safety cushion can be determined very quickly and easily by using the time interval method. The time interval method is a formula for determining the distance between your vehicle and other traffic ahead. It is superior to other systems because it is self-adjusting for vehicle speed. To use it select an object ahead - an overpass, a traffic sign, or even a crack in the road.

Under ideal daylight driving conditions, never follow any closer than two seconds. Driving during less-than-ideal conditions will require an increase in this time creating a larger safety cushion. Extra attention and caution must be exercised if light, weather, road, traffic, vehicle or driver conditions are adverse.

Courtesy,
MSE Safety Section

CANADIAN FORCES UPDATE

...more Bears

CONTINUED FROM PAGE 1

warfare. The flight path of the Soviet aircraft brought them within 150 miles (240 kms) of St. John's, Nfld.

The incident marked the fourth time in 1987 that military aircraft of the USSR have been intercepted, identified and tracked off Canada's shores by fighter interceptors under the operational control of NORAD. The previous three intercepts occurred February 17 over the Beaufort Sea, February 27 and March 26 off the coast of Newfoundland.

Air Defence fighter interceptor aircraft, which stand on 24-hour alert, are ready for immediate scramble if an incoming aircraft is detected by radar and cannot be correlated with a flight plan. The fighter interceptor force carries out the

NORAD task of controlling access to sovereign airspace of Canada and the United States in peacetime and would provide defence against an attack from bombers and cruise missiles in the event of hostilities.

Moose Jaw shows off

What is billed as the largest event of its kind in western Canada, the Saskatchewan Airshow '87, will take place 11-12 July at CFB Moose Jaw. In addition to military and civilian aircraft in both flying and static displays, there will be hot air balloons, a fly-in for private pilots, and several novelty acts. Admission is \$4.00 for adults; \$2.00 for children under 16.

Visitors to the second annual Quinte International Air Show this year will see up close what

Battle of Atlantic Ceremonies Held

OTTAWA — The annual commemoration of the Battle of the Atlantic took place on Sunday, May 3. A national memorial ceremony was held at the Sailors' Memorial in Halifax, N.S. while special parades and church services

were held at naval units across Canada.

The Battle of the Atlantic was Canada's longest battle, lasting from September 10, 1939 until the end of the second World War in 1945. Allied

navies and air forces were engaged in a constant struggle against German submarines to keep the vital sea lanes open between North America and Europe.

The Chief of the Defence Staff, General Paul Manson said, "This is the day on which we pay tribute to our sailors and airmen who fought so long and so hard to preserve democracy and freedom. These memorial ceremonies provide the opportunity for us to honour those who served, and especially those who died, for the cause of freedom."

The Battle of the Atlantic was fought by naval and air units operating from both sides of the Atlantic.

RATES

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

Classified

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

Apartments For Rent - Furnished bachelor suite - \$250. Unfurnished one bedroom - \$275. Rent includes: Heat, hot water, cable. Close to Base. Greenwood Apts 1751 Greenwood Cres. 339-4445.

DRIVER WANTED-to drive truck & camper to Fredrickton, N.B. by July 25. Contact Dr. J. Keresztesi at 339-7290

MARRIED COUPLE looking for furnished accommodations for June and July. Mike Perry 339-8434

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WANTED: All of those Air Force mementos that you've had stored in boxes for years. If you don't want them anymore and they are just taking up space, why not donate them to your new COMOX AIR FORCE MUSEUM? Don't hesitate - those old mementos may be more important than you realize. Call Comox Air Force Museum at 339-8635. Ask for Nancy Greene, Curator.

EMPLOYMENT OPPORTUNITY

POSITION - Non-Public Funds Systems Auditor, Canadian Forces Base Cold Lake. Responsible for review of all Non-Public Funds financial, administrative and personnel systems and records. Applicant requires auditing experience, knowledge of Non-Public Funds accounting regulations and procedures, and ability to write and collate comprehensive reports. OPEN TO: Current Non-Public Funds employees and military personnel. Submit applications and resumes to: Box 2650, Medley, Alta. T0A 2M0. ATTENTION: Non-Public Funds Personnel Officer. CLOSING DATE: 1 June 1987



Beautiful new log house south of Winnipeg. 2,200 sq ft living area. Walking distance to schools, churches and conveniences. 3 bedrooms, 2 bathrooms, garage - 24 x 24, surrounded by oak trees, large lot 200' x 100'. Adjoining lot also negotiable. Sgt Tilley (Wpg) local 6061. Home 1-204-736-4481

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.

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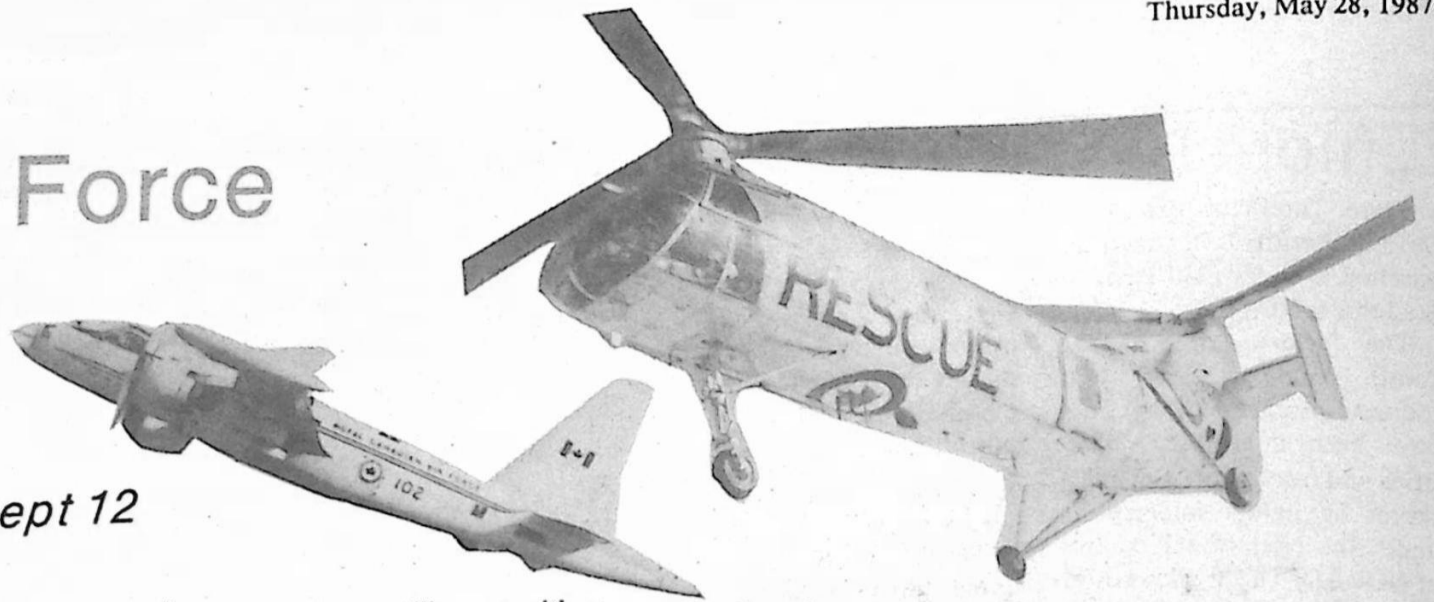
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Comox Air Force Museum to open soon

...open for business on Sept 12



The new Comox Air Force Museum will officially open its doors to the public on September 12, 1987 and the Comox Valley will at last have an exciting representation of Military Aviation here on the West Coast.

The Museum will focus on the general history of RCAF Station/CFB Comox and will spotlight the history of the squadrons that have been stationed at Comox.

Our membership program will offer a fascinating lecture and film series in our theatre here at the Museum. Whenever possible, we shall have as guest lecturers colourful characters who have served in our squadrons in the past.

A permanent outdoor exhibit adjacent to the Museum

features three heritage aircraft: an Argus, a CF-100, and a Voodoo.

Needless to say we have much to accomplish before September 12 and on the top of our priority list is the acquisition of artifacts and archival material for our major display which will highlight the history of the base. To lend a dynamic and exciting dimension to our squadron display, we hope to gain support from Squadron members, current and retired. We are looking for donations of memorabilia, old photos, documents, uniforms, equipment, and keepsakes. We can offer tax receipts for donations based on assessed values and will certainly give these items a good home. We intend to bring back some fond memories!

Our doors will open with a preview exhibition this summer on July 25, and our Museum will feature a showing of military aviation art on loan from the Canadian War Museum in Ottawa. Two displays of forty paintings will be shown: "SPITFIRE," the aircraft and the men who flew it and "PER ARDUA AD ASTRA," a history of the RCAF.

Museums are a storehouse and display area for our colourful history but they cannot exist without the support of those who were involved in this history. Please dig into your attic and support us!

Donations will be assessed for their current market value and an official tax receipt will be issued to each donor.

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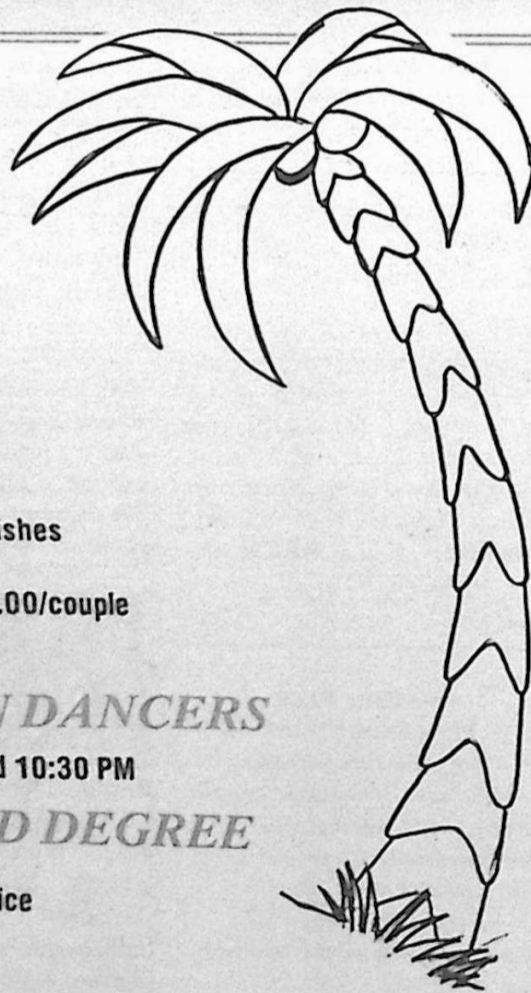
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