



# TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 11 June 11, 1987

Deadline is Monday, June 22, 1987

Cost: Priceless

## White Paper tabled

In the global rivalry between East and West, Canada is not neutral. Our values, such as our belief in freedom and democracy put us alongside other western nations. Over the next 15 years, the Canadian Armed Forces will receive major increases in people, money and equipment to better defend Canada, and meet our commitments to our allies.

Defence Minister Perrin Beatty tabled a White Paper on June 5th which calls for more ships, aircraft, tanks and helicopters, and for nuclear-powered submarines. It also calls for cancellation of the commitment of the CAST Brigade to Norway, replacing it with a stronger, more efficient defence force in Central

Europe. The reserves will grow closer to their regular comrades in training, organization and role.

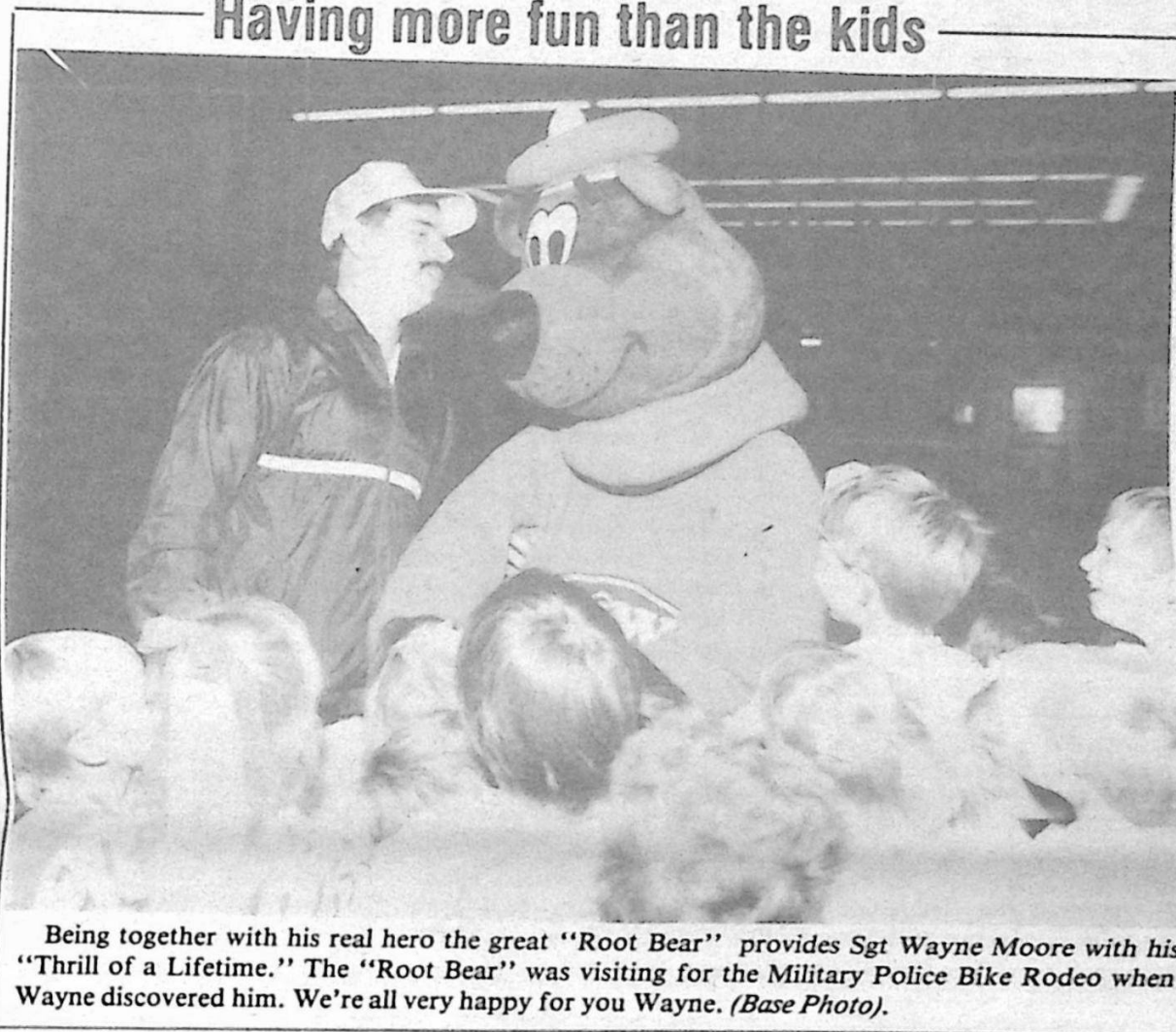
The White Paper says Canada must have a three-ocean navy, with twelve new frigates and modernized destroyers, minesweepers and new helicopters. A fleet of ten to twelve nuclear-powered submarines will enable us to patrol the Arctic, Atlantic and Pacific. Arctic surveillance will also be increased by installation of an underwater detection system beneath the ice. Use of the Arctic Ocean by foreign submarines raises both sovereignty and security concerns for Canada. In addition, our growing interests in Asia

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## OPEVAL 87 Update

...SEE PAGE 15

## Having more fun than the kids



Being together with his real hero the great "Root Bear" provides Sgt Wayne Moore with his "Thrill of a Lifetime." The "Root Bear" was visiting for the Military Police Bike Rodeo when Wayne discovered him. We're all very happy for you Wayne. (Base Photo).

# The Marines have landed

## ...invasion at CFBComox

COMOX, B.C. -- Strange aircraft have once again invaded Comox, Canada. And yes, it is more aliens. But the invasion force is a friendly lot from the United States and you may detect them primarily by their camouflaged uniforms.

U.S. Marines arrived in the pre-dawn hours on June 5th for a two-week training exercise here in British Columbia.

The foreign contingent includes 250 Marines and four

Naval medical personnel. Marine Aircraft Group 42, commanded by Col R.M. Ondrick, is from the Naval Air Station, Alameda, California which is located in the San Francisco Bay area.

The MAG is composed of a Headquarters staff and five Reserve units, four of which are involved in this deployment at Comox. Marine Attack Squadron 133 (VMA-133) has 1 TA-4 Trainer and 9 A-4 fixed wing Skyhawks. Marine Heavy Helicopter Squadron 772 Detachment A (HMH-772 Det A) will be using 5 CH-53A Sea Stallion Helicopters during the deployment. The balance of the Marines includes maintenance and support personnel from Headquarters and Maintenance Squadron 42 (H&MS 42) and Headquarters and Maintenance Squadron 49 Detachment C

(H&MS-49, Det C). Det C is supporting the exercise from Whidbey Island, Washington.

The primary objective of this deployment is to better qualify aviators and enhance the Military Occupational Skills of enlisted personnel. All training conducted by MAG-42 is to provide qualified units and individuals for active duty in a time of war or as national security may require.

The Marines will also receive Nuclear Biological Chemical warfare training and Drug/Alcohol Abuse Schooling.

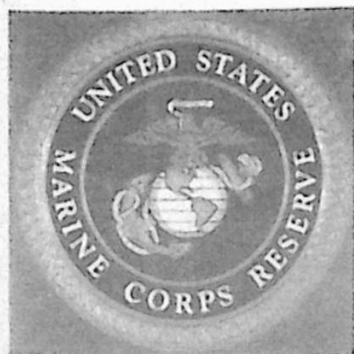
MAG 42 Marines primarily are from the Bay Area with others from Utah, Oregon and other parts of California.

MAG-42 was formed at North Island, California

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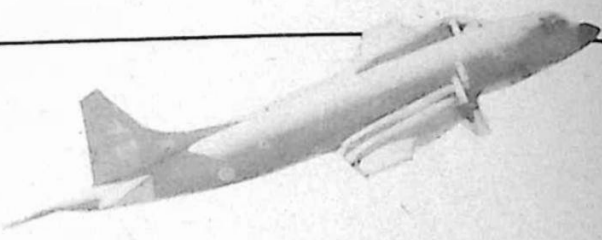
The Marines have landed! U.S. Marine Reservists from HMH 772, CH-53A Helicopter Squadron, NAS Alameda, Calif. unload equipment from a helicopter. The Marines landed at Comox, along with more than 250 Marine reservists to participate in training exercises with the Canadian Air Force during their two-week annual training duty. (Photo by SSgt. T.C. Nguyen).



SECTION NEWS



Demon Doins



The question afoot at this moment concerns which of our aircrews will be attending the all-night luau at the Officers Mess. The Crew 2 Cowboys and the Crew 6 Terminators have flown South. They are off "exercising" with our friends on the other side of the border. Crew 5, the illustrious Vikings, have travelled to the far East to rape, pillage and blunder. The Annapolis Valley may never be the same again. Crew 3 Sub-busters and Crew 7 Moosemen will also be setting their watches ahead four hours and back forty years as they make their way into the land that time forgot. Rumour has it, that Wednesday night at the Top Hat beats Miramar hands down. It is definitely the setting for a fine gentleman such as the reputable Ping Holst. Bad news Pete, your driving influence (Steve) will be present. So that leaves Crew 4 to stay behind to organize, host and clean-up after the Hawaiian night. Lock up your women and children, the Sledgehammers will be in town. Speaking of the Sledgehammers, Kevin Murray will soon

be going to print with a new SOP for all crews. He has devised an effective method of clearing all foreign Nationals, ie Japanese, off the aircraft ICS. It should serve him well working with the Aussies. Staff positions are quickly changing hands. Major Bill Mazey is now in charge of Training and Standards. An AESOP smoking and drinking a coffee will soon be a thing of the past as new performance objectives are generated for their benefit. The new flight commander, is Major Pierre Boivin. Expect your computer numbered name tag in your box any day. His deputy, Captain Jean Langevin is busy trying to find personnel to hold standby or fly. Nominations for XO and SOPSO will be accepted but first you must answer a skill testing question. How many crews can be up flying at one time to maintain our MFR yet not exceed budgeted costs. (NONE) Those who are around these days are busy flying. Eyes are fixated on the calendar, counting the remaining days until their summer leave starts. The

Demon Night on 23 May was a success. While on a mission, FE Bob Knox unhappily discovered that two Acoustic Operators had made a salad in his box lunch. To add insult to injury, there wasn't any left for him. If it is understood that 3 out of the 4 people dwelling at the Double Bula Ranch are very socially oriented. The fourth is a recluse and does not so much as eat, drink or sleep near the others. Nuff said. 407 ARMAMENT OPEVAL IS OVER!! Isn't that great! Word has it that 407 Arm't did extremely well during the exercise. We must have, because the day after, the CO came downstairs with three promotions; Steve Watts gets to change messes and join the ranks of the "three strippers" on 1 Jun, Chris Stoyles and Stu Waldron get rid of their stripes and put on some crowns effective July 1st. Congratulations, guys. Our little Lady Sandy Leibel put on her first hook on the 29th of May. I think she was happy about that.

We have three guys leaving our lovely section for a three week holiday in the sun., to that fun place, Moffett, California. Leo Henwood, Jean LaPointe, and Jocelyn Chaput. Have fun, guys! Does anybody remember our slow pitch team last year? If you do, don't remind us about it, please. But, this year we are definitely going for the gold. Our aim is to win at least twice as many games this year as last. That works out to approximately...hmm...two. But, seriously folks, our team is going to do well this year. We even tied our first game at 13-13 against the language centre. I just hope 13 isn't our unlucky number. The three stars for that game go to: Rick "Leapfrog" Bonin (left field); Johnny "Double-play" LaPointe (short stop), and Tony "the Walker" Wells (first base). Sadly, this summer you are going to see quite a few of us leaving. Our "old" Warrant, Art Johnson, is leaving us for that wild and wonderful place on the east coast, beautiful Greenwood. Have fun, Art.

Our two "new" Warrants are also both leaving us. Chris Stoyles is going to have fun in BFC Bagotville while Stu Waldron gets to teach the "couth and culture course" at teh CFLA, Boredom, Ontario. We hope you both enjoy your new places of employment. Ray Steil is also leaving us for Chatham; we're really going to miss you, Ray. Two of our troops are going across the pond to Baden: Dusty Burros has already left, and Dev Reynolds will soon be joining him. Sprechen Zie Deutsch, you guys? Finally, we have two more people leaving us, this time for Cool Pool, Alberta. Bill Johnston is going back, again, with Pam McKee following him two weeks later. Better get used to the snow and cold, eh? We will also be receiving a brand new armorer straight out of Borden at the end of June, by the name of Blair Kennedy. Well, that's all for now. Stay tuned in two weeks for further adventures from the "Land of Wonder," 407 Arm't.

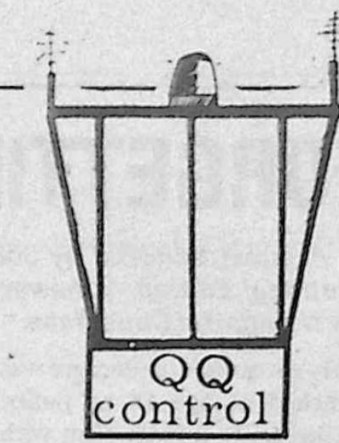
AROUND THE BASE



From The Top Rung Col Ted Gibbon

This is the first edition since OPEVAL week but already that event seems to have taken place ages ago. The mind is remarkable, it remembers the good times and recalls every happy incident to be retold endlessly with increasing embellishment while it forgets unpleasantness and unhappiness with equal effectiveness. OPEVALS aren't meant to be good times, although the weather misled a few, but they should be memorable and ours was no exception. We demonstrated our capability and achieved satisfactory results in all areas. We also learned we were a long way from perfect so it is important that we plug the lessons learned into the memory circuits, to be recalled in the future when our professional expertise is required. You all can be justifiably proud of our achievement. Of particular note was the OPEVAL team's recognition of outstanding individual performances. Capt Pat Wolfe-Milner was recognized for competence in the execution of his duties as the On Scene Controller during the major disaster exercise. WO Gerhard Dierer was noted for training the medical staff and establishing Hospital SOPs that contributed significantly to the awarding of an "excellent" assessment to the Section. Sgt George Wedge of our military police section was identified for his contribution to the training of the Base Defence Force. Sgt Wayne Hay of VU 33 was recognized for his actions in response to two T-33 emergency scenarios that clearly demonstrated his technical knowledge and leadership ability. Finally the Base Air Traffic Control Section was also awarded an excellent rating for its performance throughout the exercise. And me? Well I was recognized as being the luckiest son of a gun in the Canadian Forces - Commanding a great base in a great location and blessed with great people. The future won't be easy, every section has an enviable reputation to uphold and that takes work. Welcome the Marines!

As The Beacon Turns

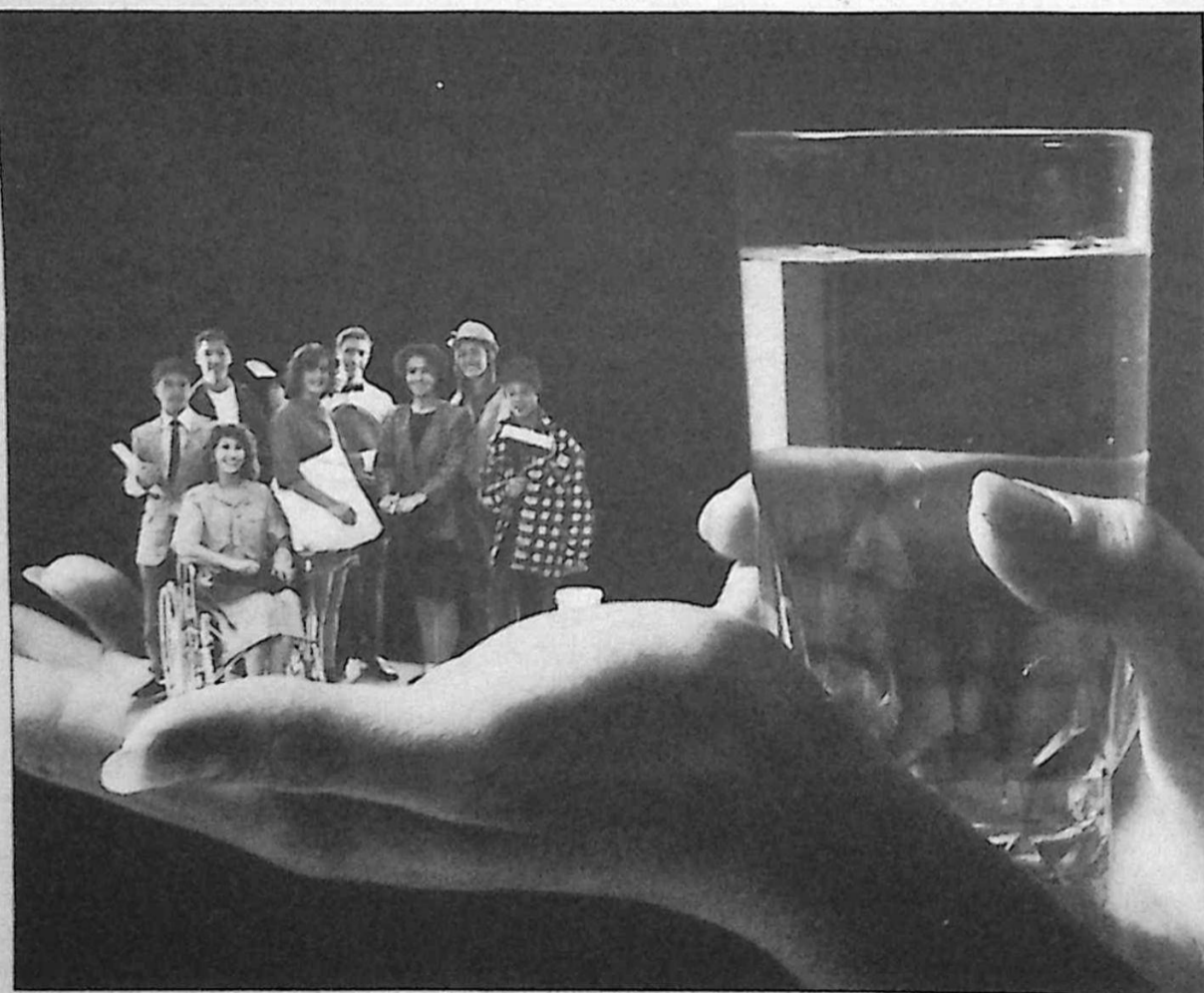


Well, it's been an exciting couple of weeks at the good old ATC section. Sorry about not submitting an article in the last issue but I was unable to meet the new deadline. I know some of you missed my article because I had many inquiries as to why it was missing. I didn't realize I had such an impact (or that anybody even reads this stuff) but like Bartles and James "I thank you for your support." Since my last article we had the opportunity to say goodbye to a few people in the section - the first being our leader, Maj Larry Harker. He and Capts Rick Champagne, and Jim Hutton were mugged out on 21 May 87 with a great turnout. Dapt Dave McLeod came well prepared for the occasion getting in his final digs before the Maj heads out on his posting to Ottawa. Also giving speeches were Capt Joe Pacowski on behalf of Jim Hutton and Capt Lothar Hopp on behalf of Capt Rick Champagne. Both speeches were well executed and summed up their stay here at CFB Comox. I would like, on behalf of ATC, to wish all three the best of luck in the future. Welcome back goes out to WO Dale Campbell who has returned after a few easy weeks of camping at Camp Wainwright and to Cpl Heather Walsh who had a glorious holiday on the JLC course. We hope you both had fun but now it's back to work here in the real world where we have planes to control and lives to save. I would also like to welcome to the section Pte Tom Banks from Goose Bay Labrador which would definitely qualify for a contrast of postings award, and to Pte Guy Pepin fresh out of basic training. I guess the section times that right, just in time for baseball season. Well, I guess it's time to discuss the inevitable OPEVAL 87. Again, as in the past, ATC has proved that whether it be real or simulated we are ready, willing and able to defend our work environment to the degree needed. The section did a great job right from the OSC clear down to the UDF and it certainly was evident in our rating of excellent and special mention by the Base Commander. Again, congratulations to all, especially Capt Wolfe-Milner for outstanding OSCAR duties. Now it's time to turn to sports. Finally the baseball season has commenced and the team is all fired up for another season. As you are aware, ATC won the league championship last year so we'll be busy defending our title. Already with two games under our belts the BOPs team (due to expansion) has one win and one tie. The tie came in a controversial game in which we apparently scored the winning run but it was not entered on the scoresheet so we failed to get credit for the win. I was not there so I can not verify this but that's water under the bridge. The second game though was certainly not without its exciting moments. We played Supply who had a two to nothing lead in the second inning due to a comedy of errors by the BOPs team. It took us a few innings to get our act together (and what an act it was). There were definitely highlights to the game as Pte

Doug Godden made a spectacular catch out of the glove of Cpl Denis Lewis who caught the ball and decided to toss it to Doug just to make the play look good. Tom Banks hit the game's winning RBI to win 3-2, a truly exciting game. If you find yourself free some night why not come out and watch a game. We could use the fan support and you may even enjoy yourself, see you there. I see Sgt Dave Garipey is getting excited about his posting to Cold Lake, Alberta, as I heard about him practicing his ice fishing. I also heard he got real wet because he forgot about the "ice factor." Way to go Dave! MWO Sam Kincaid is getting ready for his posting to Cornwall, Ont. Believe me, he will be missed by all and it leaves us to wonder who will take his place. Could it be WO, soon to be MWO, Dale (more work on those uppers) Campbell. I would like to thank you for volunteering to pay your entertainment dues. It sure has been getting easier running my collection agency. No broken legs, etc. As far as promotions are concerned, a big congratulation goes out to MWO, soon to be CWO Sam Kincaid as of 1 July 87 and also to WO, soon to be MWO Dale Campbell - I'm not sure of his date. Pte Tom Banks has also started wearing his first hook, congratulations Tom. Well, I guess that's about all for now. I can't think of any more interesting stuff and nobody seems to be volunteering any, so see ya next time! (Paul Fleury)

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Jr. Ranks Club ENTERTAINMENT

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

## FORGETTING NAMES

A guest editorial by John Allison of the Independent National Edition - A newspaper for thoughtful Canadians by thoughtful Canadians.

My career in architecture was launched at age 18 as junior draftsman in a large firm with several partners. I met them briefly on my first day, before being assigned my own drafting table.

From then on, I seldom caught a glimpse of those august gentlemen except for a certain ritual performed by the senior partner. He occasionally took a swing through the room on his way to the washroom. Beaming, he would greet each man by name as he made his way among the drawing boards, which were allocated strictly by seniority.

"Morning, Archie," to the chief draftsman; "Morning, Ray," to the head designer; "Morning, Charlie,"; "Morning, Bill" - name after name in the pecking order until he got to me. A puzzled look would cross his face, then, in an extra loud voice, as if to mask his failure to identify me, he would boom, "Mornnnnnn-g." He would hang on to that last syllable until safely around the corner and out of sight.

I don't remember how long it was before he used my name, but I was pleased when he finally did. It was a beneficial procedure because use of names means giving recognition engendering a sense of belonging, which is important. People like to hear the sound of their own names.

Years later, when teaching, I provided name cards for two reasons. One was so everyone's name would be correctly used. The other was to protect myself other was to protect myself because I find it difficult to practise what I preach.

For example, I have in mind the attempt to make an introduction when one's mind goes blank. There are two choices - tell the truth or try to cover up. It is embarrassing to admit you have forgotten someone's name, so you may wish to try one of these:

"Do you chaps know each other?" The hope is that one will come forward with his name so the other fellow will respond with his name.

Or this variation - "I don't believe that you've met Frank, have you?" Luck may be with you. Frank may volunteer his last name.

Or, perhaps if you feel up to it, "I'd like you to meet Mr. and Mrs. Pergeemershery..."-being careful to have your voice drop to a murmur while trailing off into unintelligible syllables. This requires considerable practice to get it just right. Even then, there is the danger that you could be asked to repeat the name. Game over.

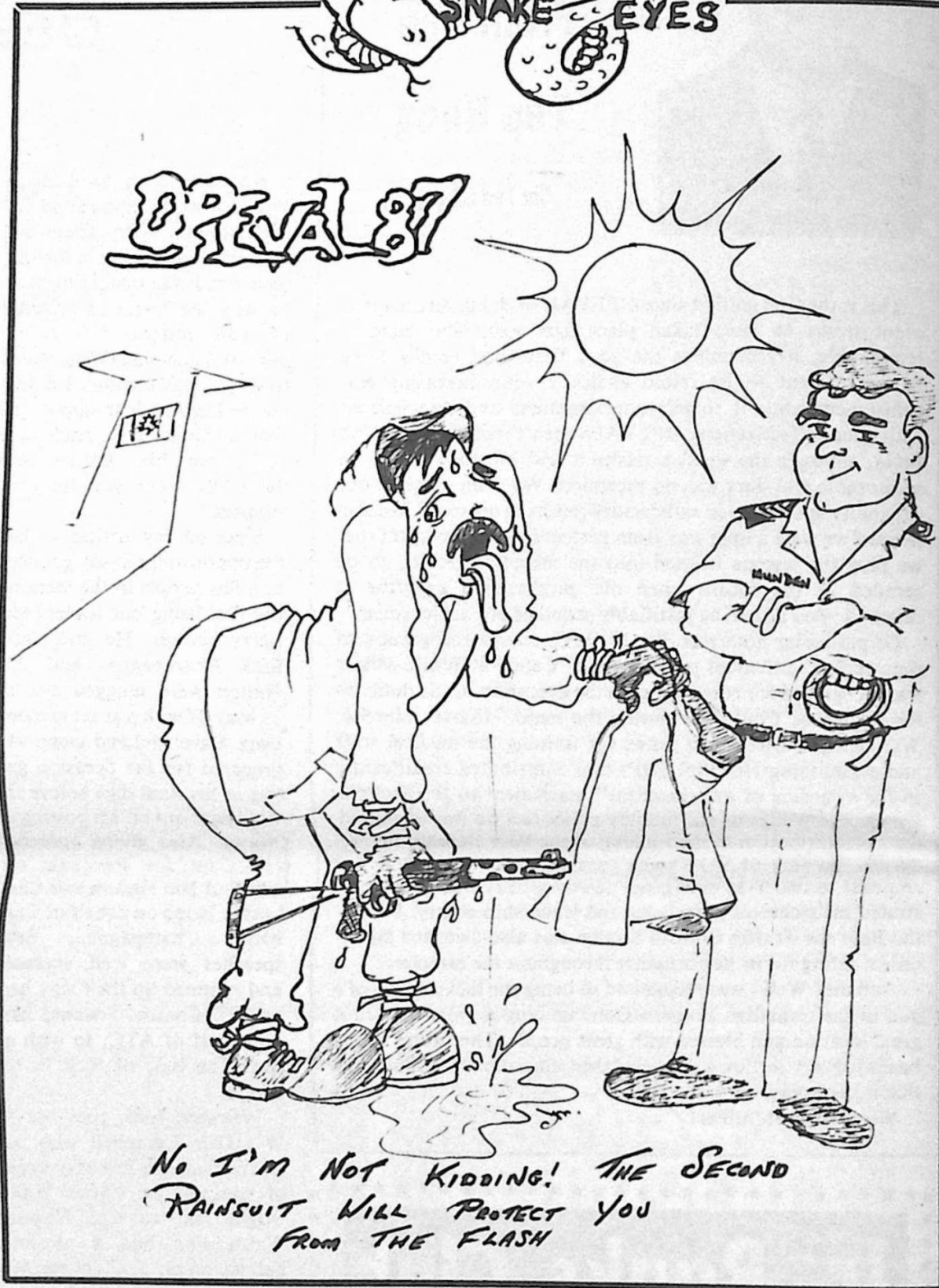
It is really a matter of concentration. They say that when meeting someone for the first time, you should look that person in the eye, repeat the name aloud, and imagine it etched across the person's forehead. Like carrying your own branding iron, metaphorically speaking.

I should have been carrying mine the time I called a good customer by the wrong names - the first and second - not once but several times. Had she not been gracious about it, I could have lost an important sale.

You would think I would have known better considering what I went through when I was 18.



OPERA 87



No I'm NOT KIDDING! THE SECOND RAIN SUIT WILL PROTECT YOU FROM THE FLASH

OUR NEXT DEADLINE - JUNE 22



# 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

### THE EVERLASTING FENCE

"Procrastination is the Thief of Time." -- Edward Young

It seems such a simple task, putting up a fence. You stick poles in the ground and string page-wire along them until you end up where you started, then you put in a gate.

Hah!

First, there's Geography: our property line changes twelve times. You have to brace the poles at each change, or when the fence wire is tightened the poles lean in or out, giving the neighbours the impression you were on something when you built the fence.

Then there's Topography: our place goes up and down a

lot. This puts kinks in a page-wire fence, so your humps have to be shovelled into your hollows, just so your fence can stay level.

Then there's Geology: we have large rocks, spaced every ten feet, just under where we want to put our poles.

Then there's Botany: we have several trees straddling the property line. Which side do you put the fence on?

Finally, there's Ophthalmology: our place is surrounded by eyeballs, watching every move.

The Blondel Fence, intended to repel dogs, deer and small humanoids from our patch,

began in December when Wife and I cut, peeled, dried and preserved 66 poles. The first post-hole was dug on March 20, the next on May 1. In between, I recovered from back-strain and caught up on my reading.

During this convalescence, which I stretched an extra week, I would respond to Wife's "What about this (or that) job which needs to be done?", by replying, "Put it on the list."

The list is now longer than my fence will be, if it ever gets finished. I suppose the fence will burble along to some kind of conclusion eventually but, supporting my procrastinatory

attitude to the project, there are some historical parallels: the Great Wall of China, erected to keep out the Mongol Hordes and provide photo-opportunities for politicians, was never finished. Hadrian's Wall, built to keep out the Scots and preserve the English language, was poorly finished - it fell down a lot, perhaps because too many slaves were mixed in with the cement.

Schubert's Symphony was unfinished. So is the Island Highway.

I hate that fence. I wish it would finish itself. Wife, (who dug the other 65 post-holes) refuses to tackle it alone, so there it sits, a monument to procrastination.

Wife is cagey though; she knows all she has to do to make me put down my book is to suggest I get on with the fence.

My reply, invariably, is "What else is on the list?"

Is procrastination the Thief of Time? Not around Wife it ain't.

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## LGen Rene Gutknecht

...PREMIER SPEAKER

When William Shatner and Rene Gutknecht were dramatic arts students together at McGill University more than 30 years ago, they little imagined that one would go where no man has ever gone before, and the other would become a general in the army.

LGen J.A. Rene Gutknecht laughs when he considers the way things turned out, and openly demonstrates the personality and character that makes him one of the foremost speakers about the Canadian Armed Forces role in the defence of the country.

"I believe I have something to say, and that it needs saying," he insists. "There is now a concern right across the country about war, defence, sovereignty, and whether Canada is doing enough, or if it is even doing the right thing."

As a premier member of the National Defence Speakers Bureau, Gutknecht spends a great deal of time on the road, taking part in seminars, panel discussions, and conferences on defence, peace, and nuclear disarmament. He retired from the Forces in 1986, and is now commandant of the Ottawa Division of the Canadian Corps of Commissionaires.

The general has not undergone a sudden conversion on his retirement; he has always felt this way. "I believe in it, and I like people."

He speaks at high schools and universities, to service clubs and business groups. He has faced hostile audiences and friendly ones, and those made up of every opinion in between.

"We should be trying to reach the middle audience," he says. "There is a great majority whose minds are not made up."

Gutknecht says the Forces suffered for a long time from an association people made between the Vietnam war and the military in general. He says that is no longer the case, and it was an exercise in community relations that had a lot to do with it.

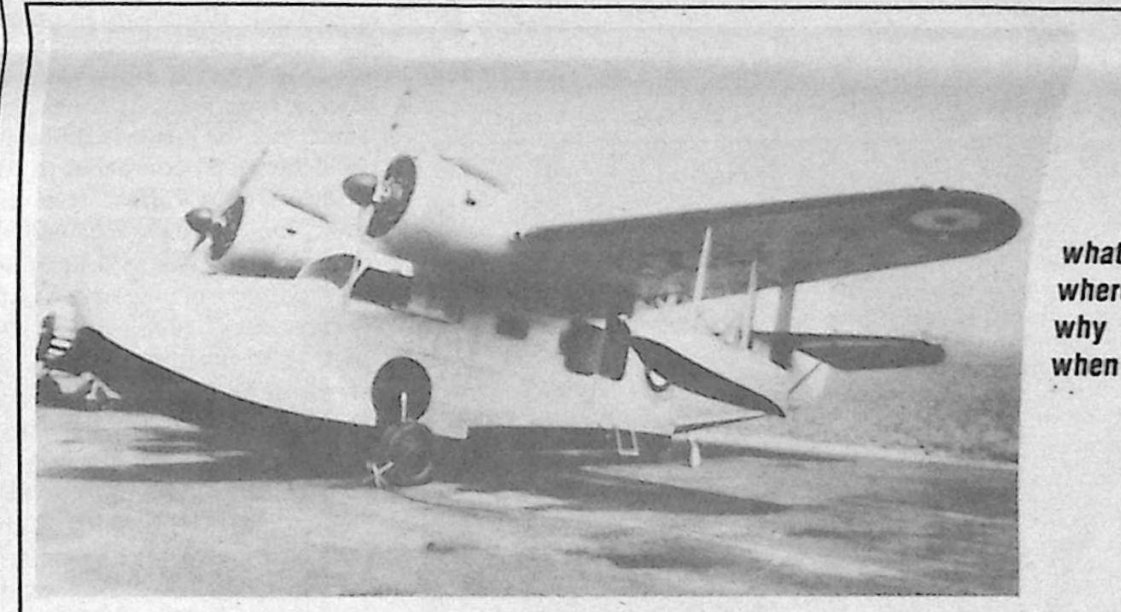
"The 1976 Olympics were a wonderful thing," he says. "All of a sudden people realized that the soldier on the corner was not a baby burner and napalm-dropper, but the neighbour's son doing a job to help his country."

Gutknecht says steps must be taken to add to that true picture of not just what the Canadian Forces are, but WHO they are.

"Now we have to really prepare and train people to go out and speak in the community; we have to give them the information and the techniques needed to deliver it."

Courtesy CF Clipsheet.

## Air Force Trivia



what where why when

### Answer from Last Issue



Answer to the last Trivia question  
This Anson II was on strength of 9 Air Observation School at RCAF St. Jean, Quebec. Photo taken mid 1942.

## SECTION NEWS



## BAMSO

"SMOKEY" BASQUE. Lt Dari Basque has been assisting Maj Kightley prepare for the influx of AERE trainees. With only one typist in the BAMSO Orderly Room Dari has undertaken to do a lot of typing himself. Apparently one day Dari had the typewriter going at such a furious rate that Ron Fisher brought in a fire extinguisher in case Dari's machine overheated. After this incident both Dari and I had "hands-on" fire extinguisher training, so I can honestly say that Ron can stand down now as Dari is fully qualified to do his own fire fighting.

**PLUGGING THE HOLES.** No this is not about someone leaving the drain hole plug out of his boat. Welcome from all of BAMSO to 2Lt Mike Keller, an AERE trainee, who will be working with the MSO on an ABDR (Aircraft Battle Damage Repair) project...hence the "plugging the holes." Mike has spent recent years

## Makin a MCpl



LCol Bowes, our Base Technical Services Officer, presented MCpl Cheney, of the BTelO Telecom Ground Shop, with his promotion prior to his departure for a course in the USA.

## Promotions at BTSO



BTSO Promotions - Warrant Officer Chris Locke of Base Workshops and Warrant Officer Blain Allen of Base Armament.

going through Royal Roads followed by Royal Military College, Kingston. Mike has an electrical engineering background and calls Toronto his "hometown." As Mike has some knowledge of the island from his Royal Roads days, he'll probably be one of the unofficial guides for the rest of the AERE trainees.

## GUNSLINGER GLORY!

During our recent Op Eval a lull in the action occurred simultaneously with some people being short on sleep...at which time one of our pistol packing members mentioned he was suffering from "a pain in the A-." As his holster had slid around toward his rear it was suggested that repositioning of his holster toward his front would likely relieve the pain. Another "Dead Eye" suddenly appeared with his "iron" slung low on the hip...it was stated that it was proper indeed for a weapon to be slung low

specially if one's knuckles easily reached the floor under normal circumstances. Kelvin wasn't picked on above but I believe at one point when returning to retrieve his pistol from "safe keeping" he found it in pieces (of course he had been spouting off about his field stripping skill).

**NOW YOU SEE IT...NOW YOU DON'T.** Kelvin's date to leave BAMSO is fast approaching...perhaps the reason why Al Gray is intensifying his "attacks" at coffee time. Al's latest salvo involved Kelvin's arrival at work sans mustache...naturally Al asked Kelvin if he had a cold...sneezed...and blew off his upper lip. (It's easy to see why we try to hide Al in an out-of-the-way office!)

## NDT

It's time for another peek into the world of N.D.T. Since our last report, we've been kept fairly busy. We finally received our new oil analysis spectrometer (S.O.A.P. machine) after a long wait. It looks the same, but the inside is the latest in electronics, compared to the "late Arnold Ziffle" (our old machine). A few weeks ago we received an IBM XT personal computer which is designed to practically run our new S.O.A.P. machine. It all looks fairly hi-tech to us right now, but soon we'll be playing space invaders on it.

The latest news has our new Sgt (Bill Gosse) arriving at the end of July to take command of the facility. We are looking forward to a fully, 4 man (person?) complement, and perhaps a little much needed R & R considering we've been operating shorthanded for the past eight months.

Cpl Rick Farine from AMSE has just completed his NDT - 1 course at AMDU and will be attached to our shop until August. Then it will be time for Rick to bid farewell to our lush green countryside for browner pastures at sunny CFB Moose Jaw. We know you'll like the work Rick and hope you have a good tour.

The last bit of news is that our downstairs shop renovations have been finalized and the contract is going out for tender. With any luck we'll have a new face-lift before the summer is out, and it's good because I think we are really starting to show our age.

## SAFETY SYSTEMS

Here we are again with all the news from the Safety Systems shop. Things have pretty much quietened down in the last month now that the Lightweight SKAD trials have been completed. All of the drops down in Nanoose Bay went really well and we should have our first operational SKADS delivered to us by Fall.

The season is upon us when we again have to say goodbye to friends and co-workers. Bud Peters, our man at the Spit, and his family are going to Lahr, Germany. Anita Wilson and family have left for Trenton and Gil Bullock is making the big move to VU 33. We wish everyone all the best at their new Bases and it's been great working with you.

Of course, with people moving on, we also have others coming in and so we'd like to welcome Randy Desjardine from Borden, Cory Cooper from Edmonton and Lonnie

Holowaty and his family from London. We hope you all enjoy your stay here!

Debbly Bull has returned from 3 weeks in Borden where she attended the TQ6A course. She is now a veritable fount of useful information, we hope. Bob Frizzell was also in Borden, for a week, where he took the Helmet Fitting course. Now all the aircrew with funny shaped heads can come to the shop secure in the knowledge that they can be fitted.

Ed Ransberry is on his way down to Moffatt with 407 Sqn for a week or so. Let's hope he gets a couple of days off from his busy schedule to see some of the sights. Other than Moffatt and Ian's trip to Victoria/Vancouver, which Debbly so graciously accepted, there hasn't been an awful lot of TD come our way.

I guess that's it for our shop this time around. One last thing though: Wasn't The Great One great on Sunday, Bill?

## BTSO Retirements



BTSO Retirements - Mr. Harshey, a Tradeshelper in CE and Mr. Coates, a Carpenter in CE.

## CDs for the troops



BTSO CD Presentations - Master Corporal Veldhuizen of Base Supply, Sergeant Haugen of BAMSO, and Corporal Rochon of Base Telecom.

## SECTION NEWS



## Supply

Very belated congratulations go out to Capt Russell and his wife on the newest addition to the family, a daughter, Tayrn, on 7 Apr 87. Talking about new additions, 5 Supply Group has a new civilian, Tommy Thomson, welcome aboard Tommy.

Sgt Bob Cotton's posting message finally came in for Germany, much to the relief of the MWO. Bob heads across the big pond to spend four years in Baden this August. Meanwhile, Cpl Wolfgang Theurer will be getting Germany ready for Bob's arrival, as he is off very soon. Good luck overseas to you both.

We welcome back J.P. from a successful JLC, and Rosie with her new computer training to LPO. Sgt Pat Bolton is delighted both have returned, as Cpl Debbie Smith is on course now, then posted to Toronto.

Rick Olsson will be giving lessons on how to do "Navy" Drill in the Trg Room shortly.

Seems he made a few (?) errors in his drill on the graduation parade from SLC, when he received his promotion to PO1. Congratulations on the promotion, Rick. Meanwhile, Ron Pearce received his A/WO at the same time and is now off on his course. Good luck on course and congratulations, Ron.

Clothing stores is really moving now, getting the scene ready for the new uniforms. We are all anxiously awaiting the initial issue of our favourite colour.

Sgt Cathy Olsson must have a pretty god job over in CE Supply as she certainly is getting a fabulous tan.

If anyone knows where you can buy a coffee mug on a rope, please notify Sgt Gord Trevena, as his keeps getting misplaced. Another wanted item is bicycle lessons for a certain Lt.

During Fitness Week, we are happy to report there was a good turn-out by Supply per-

## Signals

sonnel. From Sgts Pat Bolton and Maxine Vander Kooy instructing the SAR Techs on Aerobics to a certain female (Sgt) from MPO almost throwing a big golf challenge for looking too good on the course.

For all you Oiler fans, Edmonton won the cup and Larry Potter lost everything he owns (except his posting here in Comox).

Upcoming events in Supply include a beer call on the 12th to celebrate promotions to Cpl for 7 Supply Techs. The 20th of June is the fishing derby, which will be followed by a terrific, fun-filled fabulous hot tub party at "Chez Earl's." This is the one party of the year you won't want to miss. Bring your wet suit and a towel.

Lately, there are so many people coming and going in Supply these days, nobody knows where anyone is at anymore. So if you know where you are at, please let the SAO know.

## STRESS

## ARE YOU PREPARED?

This article is the sixth 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.

The best way to avoid stress-related illness and other hazards would be, of course, to avoid stress altogether. Unfortunately this is not possible. Stress in some form is always a part of our lives, and our lives would be extremely dull without some change and excitement (which are important stressors).

Since it can't be avoided, it must be managed. The management of stress involves preparation and practise. But before specific management techniques can be attempted, we must first be prepared generally. This preparation involves being healthy and rested, and having a positive, realistic attitude.

Nutrition is especially important as is physical fitness. Regular exercise and a well-balanced vitamin-packed diet based on the four major food groups (dairy, meats and complete proteins, fruits and vegetables, and bread and cereals) will help ward off the stress reaction toll.

Physical exercise is a stressor per se but also is both a treatment for stress in that it can alleviate stress accumulation, but also because it has the effort of prevention. Physical fitness is not merely a description of a person's state of health but a measure of performance effectiveness in life activities. Physical exercise, that is progressively more demanding but not overwhelming will make a person more resilient to all stressors. The essential fitness components are cardiorespiratory stamina and muscular responsiveness, including flexibility, strength, speed and endurance. Aerobic exercises can increase self-confidence, help attain and maintain ideal weight, improve the cardiovascular system, improve appetite, digestion and elimination, improve sexual appetite and performance, help a person to feel younger, tougher, look better and be more content.

Intake of nicotine and items such as caffeine, alcohol, refined sugar and flour, and salt should be minimal. During short-term periods of high stress, consumption of proteins such as red meat and dairy products should be reduced, while carbohydrates (found in bread and pasta) should be consumed more. During long term stress periods, protein intake should be increased. Also, vitamins A, B, and C are significantly depleted during periods of stress and prolonged stress can result in mineral loss.

A healthy, fit body can more easily withstand the effects of both chronic (long term) and traumatic stress.

As for a healthy attitude, an individual must be realistic about his or her goals, capabilities, and inadequacies. This is important because many events occur that would not be as stressful if they were not interpreted as "horrible" or "absolutely wonderful." For example, if not landing a job through each job interview undertaken is seen as horrible, then each it happens that a job does not result from a contract, the individual could feel like a complete failure. It is essential to remember that events happen to a person, they are not the person himself (i.e. just because you "failed" the interview does not make you a failure.)

With a positive attitude and realistic expectation of ourselves and those with whom we interact, the lessened internal pressure will ease the burden we bear (let some rocks out of the backpack) and let us devote our energies more effectively to managing events which truly are worth being concerned about.

## Recommended Reading

*Stressed & Coping: An Anthology*, Monat & Lazarus, New York: Columbia University Press, 1977.

*Aerobics Program for Total Well-Being*, Kenneth H. Cooper, M.D. M.Ph., New York: Bantam Books, 1982.

In Part 7 we will discuss stress-management techniques for dealing with a particular anticipated stressful event.

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SECTION NEWS



# Anker Klankin'

In the last issue of the Totem Times you read in this space about the meticulous preparations underway as VU 33 prepared to host VRC 30, our sister sqn from NAS North Island. The action packed program had something to suit all tastes. However, we were forced to demonstrate the inherent flexibility of air power when the weekend weather proved poor for salmon fishing and golfing. (When Sgt Andy Clark doesn't go out for a round of golf on a weekend you know the weather is bad).

The disappointing weather created an unexpected bonus though. Barry Van Dusen's competing attraction, a "Mid Island Scenic Tour and Pubs Crawl," enjoyed better than anticipated attendance. Our visitors from San Diego were impressed by the selection and character of the local haunts.

Special thanks are due to BVD for hosting a hot tub party and several other memorable gatherings at his house. Have

you got the place cleaned up yet Barry?

Bravo Zulu to all Sqn members who enthusiastically supported all the events and invited our guests out on Sunday for personal tours of the area. That kind of attitude is what makes this Sqn such a great place to be.

The same Sqn spirit was much in evidence at the annual Spring Fling which was well attended by a majority of the Fighting 33rd. Unbeknown to most of you the Sqn orderly room was besieged the following day with calls from outraged paparazzi who had not been invited. As a result of this unfortunate oversight the world's leading magazines will not carry pictures of wild Katie Wylie dancing up a storm. Also glimpsed under the glittering lights were Mad Mike and Wicked Wanda. Strangely absent was Barry "I wear my sunglasses at night" Van Dusen.

The evening was a light-hearted prelude to another Sqn event that is taken very seriously by some Anker Clankers: The Tree Island Picnic and Fishing Derby. Grown men who can share a cockpit or office quite amiably suddenly become steely-eyed, secretive and downright brusque when they have a fish pistol in their hands. Functioning in this highly-charged, ultra-competitive atmosphere has been proven to exact a greater toll from a man than a night carrier deck landing in a battle-damaged F-14 at bingo fuel with thunderstorms raging in all quadrants. Who emerged victorious (besides the fish)? Leading the pack was Lt Randy Chaulk in the boat skippered by Maj Rollie Acorn. Capt Mike Cummings, fresh from a spectacular performance at the Officers' Mess Derby, was a close second, ably assisted by crewman Capt Richie "pass me the dynamite" Clements. Maj Nielsen's party, led by local salmon fishing guru Capt Wayne Cuthbert, was held scoreless.

In preparation for his upcoming posting as SSO FW at MAGHQ Maj Nielsen has been dusting off his copy of the Aurora AOIS. This week he will fly a couple of pilot trainers with 407 Sqn. Show 'em how it's done, Sir! Just don't scare them by taxiing at a reasonable speed; exceeding 45° of bank or demonstrating how you used to land a Tracker on the Bonnie.

This past weekend Capt Martin "have T-33 will travel" Baggaley completed his solo odyssey from Comox to Shearwater and return. Flushed with excitement with this previously unknown freedom he's been seen planning his next trip. Rio, anyone?

### VU 33 TECH SIDE

All went along in fine fashion on the VU 33 line the past while with the routine servicing of our T-33s and Trackers and non-routine handling of a bevy of CF18s and a Buccaneer. The Cool Pool types are still trying to find out how we do so much with so few how we do so much with so few. Only the fiery crews know.

Well, it was all true. "Weiner" Levine said that an evening at the W. Tower restaurant would be a worthwhile occasion and it really

was. The dinner, a variety of Greek dishes was very good and there was lots of it. For many it was a rewarding experience and a first opportunity to try many of the items on the restaurant's menu. After the wining and dining "Weiner" trying one of his latest jokes but got it screwed up due to being so full and all, but the crowd came on with a good laugh anyway. Still later Disco Mike took first place in the swiftest man on the floor contest.

The Annual Tree Island outing was enjoyed by all. Ron Fortin did his usual excellent job of overseeing the building of a BBQ pit and being chief barbecuer. The hamburgers were great.

Prizes were given for record fish. Fred Kay had the second largest Spring Salmon at 12½ pounds. Oscar Grubwieser and Al Nantel had a busy morning by limiting out on Coho salmon by 0800 hrs.

Just before the beach session broke up, Ron Fortin decided that it was time for "Weiner's"

annual saltwater bath. Ron and four helpers made the big drag to the water. Only two escaped joining him.

Ralph Hogarth our MCpl of Maintenance has been promoted to the rank of Sgt effective 1 July. Congratulations Ralph and Ursula.

New on the VU 33 scene is Cpl Ivan (Ho) Carpentier, who is soon to be CRS Tech remustering from Heavy Radar and Cpl Martin (Shorty) Levigne (another Levigne!) an AF Tech. VU 33 extends a warm and hearty welcome to wives Johanne Carpentier, Marlene Levigne and Julia McKernan (Vince McKernan arrived in an earlier issue). Away on course we have Pte (Dave) Sabourin learning about T-33s at CFB Shearwater and MCpl (Ted) Town on ABDR at CFB Borden.

Cpl (Dave) Maloney and wife Maggie are proud to announce the arrival of their first child, a son. Dave has taken two weeks leave to rest up.



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Wayne Cuthbert receives his stripes from Maj Nielsen on being promoted to Captain.

### For high grades



Pte Trevor Jones receives honours ATAT Certificate from Maj Nielsen for achieving a grade of 98% in TQ4 exams.

## FINANCIAL UPDATE

# Canuck Buck

### New Dollar Coin Available Soon

CANADA'S NEW ONE-DOLLAR COIN ROLLS OFF THE PRESSES

WINNIPEG -- Canada's new one-dollar coin made its public debut at a striking ceremony recently at the Royal Canadian Mint (RCM) facility in preparation for the July when 100 million of the coins begin circulating across the country.

The coin features a portrait of the loon, and is only slightly heavier and larger than a 25-cent coin. Its eleven-sided shape and yellow-gold colour easily distinguish it from other coins. And its benefits far outweigh those of its paper counterpart. The new dollar coin will gradually replace the one-dollar bill which will be phased out by the end of 1989.

For transit companies, the coin is a boon. Individual transit companies spend thousands of dollars every year to unclog fare boxes that have become jammed with rolled and crumpled dollar bills. The Canadian Urban Transit Association (CUTA) forecasts savings of \$4 million per year with the introduction of the coin. These savings will be passed on to the passenger in the form of better and faster service.

In addition, with the introduction of a one-dollar coin, vending machines will be able to have expanded product lines. The idea has also received praise from organizations for the visually impaired whose members appreciate the coin's distinctive shape.

The Government has long been considering the benefits of a one-dollar coin. Each year 300 million dollar bills -- which last only a year -- are distributed at a cost of \$16.6 million. The new coin, however, has a lifespan of 20 years, and over that time will enable the Government to save over \$175 million in production and distribution costs.



The coin bears the simple and beautiful loon design by renowned Canadian artist Robert-Ralph Carmichael on one side, and Arnold Machin's portrait of the Queen on the obverse. It was engraved by the Mint's Terrence Smith.

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## Your M.L.A.

### JOBTRAC PROGRAM

streamlined to incorporate all government employment and training initiatives under one umbrella. As the Minister of Advance Education and Job Training, I have a lead role in coordinating the eight ministries involved in JobTrac. By improving the coordination between Ministries, the government will establish a simplified approach for those wishing to take advantage of this excellent program and ensure a more efficient and direct access to individual training programs that will stimulate community growth.

Our Social Credit government is showing its commitment to provide new job opportunities from British Columbians and to strengthen the provincial economy by expanding the already successful JobTrac Program. The expanded program will have an \$80 million budget, double that of 1986 and will provide about 17,000 jobs (more than twice as many as 1986) for British Columbians who have had difficulty getting a foothold in the labour market.

JobTrac will assist income assistance recipients, the unemployed, the disabled, young people, students, recent graduates, women looking for jobs not traditionally held by women, and other job seekers who need extra help in finding employment or who need training programs provided by the provincial and federal governments.

The program has been

The JobTrac Program will help people receiving income assistance to get on-the-job training and vital work experience by providing employers with 50 percent of the new employees wages for a specific period of time.

JobTrac will help the unemployed to develop job-finding skills and will provide financial assistance to help them get the training they need to become more employable. Income assistance recipients can also make themselves more marketable by taking advantage of vocational assessments, referrals and educational upgrading to make the transition to the labour force.

Forestry JobTrac for example, provides an excellent opportunity for income assistance recipients to work in silviculture and forest enhancement programs. Forest companies and silviculture contractors will select JobTrac work crews for six months - giving income assistance recipients valuable work experience while enhancing our forests.

Income assistance recipients will also benefit from the new Community JobTrac initiative.

The program will fund eligible wages and support costs for community projects in heritage preservation, tourism, recreation, and sports and culture for registered non-profit organizations.

The Ministry of Environment JobTrac is designed to help income assistance recipients, students and young people by providing training and work experience in B.C. parks and fish and wildlife resources. Approved projects will be administered by non-profit societies and will be fully funded by the program. Projects will be interesting and varied - such as bridge building, trail clearing and improving moose habitat.

The Vocational Rehabilitation Service program will make it easier for disabled persons to find gainful employment through counselling, assessment, referral, education, training and work experience programs. The Training Program for disabled persons will pay 50 percent of the wages for employers in the private sector and 100 percent, plus benefits for non-profit employers. Disabled people

will be able to develop new skills making them valued employees.

Business JobTrac embraces a broad range of eligible applicants, student, young people, science and technology graduates, post-secondary school graduates, women who seek non-traditional jobs, people who are unemployed or disabled and employees who want to upgrade their skills. This program encourages employers to hire people by offering wage subsidies and funds for improving the delivery of on-the-job training.

JobTrac is an innovative example of cooperation between the government and the private sector to open up job opportunities for young British Columbians, the disadvantaged and those individuals who need the most help to get back into the work force. JobTrac provides an essential link between employees, employers, communities and government. Well-planned and cost effective, JobTrac shows that working together pays off for all of us.

—Stan Hagen

## SPORTS &amp; RECREATION

## Sports Shorts

## CFB COMOX GOLF PLAYDOWNS 18, 19, 22 JUN 87.

The Pac Region Golf Championship will be held at McChord AFB 21-23 Jul 87. In order to select a team to represent CFB Comox, a base playoff will take place 18, 19 and 22 Jun 87. Any military personnel interested in participating in this playoff are to register with the Base Rec Centre, Local 8315 prior to 15 Jun 87.

## TAPING CLINIC 25 JUN 87

The BPerO staff will be conducting a taping clinic on the 25 Jun 87 from 0800 - 1600 hrs. The clinic will provide information on the proper use of ice, taping of injuries and the immobilization of injuries. Any personnel interested in attending this clinic are to contact the Base Rec Centre, Local 8315 prior to 22 Jun 87.

## BASE SWIMMING POOL

The Base Swimming Pool is presently open for family swimming on the following times:

Tuesday 1930 - 2100 hrs.  
Wednesday 1930 - 2100 hrs.  
Thursday 1930 - 2100 hrs.

## CFB CHILLIWACK SHORT COURSE TRIATHALON 27 JUN 87

CFB Chilliwack will conduct a short course triathlon on 27 Jun 87. Distances 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. T-shirts will be given to each finisher. Any personnel interested in participating in this event should register with the Base Rec Centre, Local 8315 prior to 12 Jun 87.

## CO-ED AEROBIC CLASSES

Co-ed aerobic classes will be held every Mon, Wed and Fri from 1200 - 1245 hrs in the Base Gymnasium. Classes are open to all military personnel, DND employees, and full time NPF employees.

## CFEXPRES PRE-EVALUATION INSTRUCTIONS

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

1. Exercise the same day
2. Consume alcohol for at least six hours
3. 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.

## COORS LIGHT TRI K TRIATHALON

The Coors Light Tri K Triathlon will be held on Sunday 19 July 87 at the Comox Lake. Weekend activities include:

- Sat 18 Jul 87  
1300 - 1700 hrs.  
Race registration and mandatory bike check at the Westerly Hotel  
1700 hrs - ?  
Pre race meeting and carbo party at the Westerly Hotel  
Sun 19 Jul 87  
0800 - 0900 hrs.  
Race check in at Comox Lake  
1000 hrs  
Race start - Awards and beach party to follow end of race.

For further information contact the Comox Tri K Triathlon Society, 274A Anderton Rd., Comox, B.C. or phone 339-5121 or 24 hour hotline 338-7741, or drop into the Base Rec Centre and pick up a registration form.



Children's Writers of Canada

## Pipe Smoke

Gerry Gerow

I just received an excellent doggie book. *Pet Owner's Guide To Dogs*, by Kay White, Howell Book House, New York. US \$9.95.

This is a convenient little book in a 4 1/2" x 8 1/2" size with hard covers and 160 pages which are excellently illustrated with colour photographs of most of the breeds covered in it.

Many of the most popular dog breeds are covered, with information about their origin and original purpose. Such details as good points, bad points, health problems to expect, the best type of home for the breed, the life span, amount of grooming required, and other data is given for each one.

There is an excellent chart on the various breeds of dogs, covering their suitability to urban life, whether they are good with children, exercise required, abilities, grooming and health care.

White goes into every detail that should concern someone who is acquiring a pet. Her book is easy to understand and excellently indexed. I can highly recommend it to anyone who is thinking of getting a dog or who has recently obtained one. It's just printed and should be in book stores soon or you can have them order it from the publisher.

XXXXX

The recently announced decision to permit the harvesting of several Perigrene Falcons from the Queen Charlotte Islands certainly bears

rethinking. The falcon chicks are to be turned over to British Columbia falcon breeders for use in their programs.

The sport of falconry began long before the invention of gun powder and has persisted to the present day. Basically, when a hunted species is located a trained falcon is released to kill the prey. I don't quarrel with falconers and their sport, but let them get their birds domestically, and not from wild stock. At least as long as Perigrenes are an endangered species. If there are surplus birds in the Charlottes, then they should be used to refurbish wild stocks in other locations and not turned over to breeders.

According to newspaper reports the breeders are to pay \$200 apiece for these falcon chicks. In some parts of the world, notably the arab states, a falcon will bring prices well into five figures. If anyone believes that some of these birds, or at least their offspring won't be spirited out of the country I have some excellent residential waterfront lots for sale cheap in Florida.

You won't often find me siding with the bleeding hearts, but this is one time when I'm on their side. Let's hope this ridiculous decision will be reversed. Just the publicity that there are a number of Perigrenes in the Charlottes may have done a lot of damage. It is fully to be expected that poachers will make an appearance there and try to take some birds. Anyway, I prefer my shotgun, Frank.

## Weight Training Tips

Before you start get a physical from a doctor, stick to one program and keep a record of your training programs.

What will a general conditioning program do for you? It will develop muscle tone, improve circulation and start building strength and endurance. It will also start replacing fat with muscle. After a few months you will start to develop the capacity to work out harder and feel great after the workout.

When you start warm up and stretch. Take it easy at first, don't try and keep up with all the other body builders. You will be in so much pain the next day, you'll never want to look at another weight! Pay attention to previous injuries, if you have bad knees don't do squats.

How often should you lift? Rule of thumb says three (3) times a week for 45 - 75 min. Don't skip the rest day, the body needs the rest day to recover from the previous day. How many sets? When you are just starting you should only do 1 - 3 sets for best results. How many reps? To start stick to 10 reps (except for abdominals).

How much weight? Rule of thumb: use as much weight as is comfortable for 10 reps. When to increase weights? Once you are able to do more than 10 reps, increase the weight. Remember these two types of lifting:

LOW REPS/HIGH WEIGHTS — STRENGTH  
HIGH REPS/LOW WEIGHTS — ENDURANCE.

For any more info or if you wish to start a program contact Cpl Shanks at local 8315.

## Red Cross Swimming Lessons

## DAY CAMP AT BASE POOL

Wallace Gardens Community Association is sponsoring this years Red Cross Summer Swim and Day Camp programs. The summer schedule includes four sessions, each two weeks in length beginning on the 29th of June. Registration begins on the 15th of June by phone or by person.

The cost, just ten dollars for PMQ residents and fifteen

dollars for others. All levels of the Red Cross program will be offered, from Yellow to White, as well as a Mom's and Tot's. Swimming lessons begin at 8:30 a.m. and end at 11:30 a.m., Day Camp runs from 1:00 p.m. to 3:30 p.m. Monday through Friday. If you have any questions or require any information please contact Wayne Thompson at the PMQ Council Office - Phone 339-8571.

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## SPORTS &amp; RECREATION

Fitness  
with Debbie

By now the big fitness movement has made everyone aware that they should be exercising. Participation songs are continuously lauded on the radio, fitness advertisements jump out from posters, papers and park benches. Your doctor hounds you to shape up, your

relatives pinch your "love handles" and your neighbour scorns smugly as he jogs past in the morning.

You know you have to do some kind of regular aerobic activity to keep your heart and lungs healthy. You're aware that your bones will become

brittle and fragile if you don't put a little stress on them. You fully realize that your muscles will reduce to weak and flaccid jelly without a workout.

But you're a busy person, right? With no time to waste sitting on a stationary bicycle going nowhere. You can't fritter the hours away lifting weights only to put them down again. And why go out for a run if you're only going to turn around and run back?

Well, believe it or not, those precious hours you invest in exercise can save time in the long run. Engaging in intense physical exercise causes the

brain to release endorphins - a natural chemical with subtle morphine-like properties. Endorphins are actually a survival tactic; their function is to deaden the pain of exercise. However, they are also responsible for that elusive "runner's high" which leaves you keen and energetic for several hours after your work-out. And because of this extra boost of power, you can work faster, harder and more efficiently, thus saving time.

Think of all the other ways that physical exertion can save time (and money). Since exercise strengthens muscles, bones

and improves the old cardiovascular system, you are less susceptible to colds, flus and other bugs. Building a stronger body means you will be better able to handle day to day stresses - both physical and mental. This means you will be spending less time nursing injuries and sitting around recovering.

So if you are one of those people who doesn't have time to exercise, create some energy by expending energy. You'll find you won't have to "waste" time on too much sleeping, vegetating and recovering!

## Officers Mess

FRIDAYS JUNE 5, 12, 19, 26

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 beaconing 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 / Currie 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

FAHRSERS 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 sport jacket and slacks.



## SAILING SPLATTER

all racers were adamant about a wet debrief following the opening round of three races. And suffice to say that all who attended Open House 1987 enjoyed a great day of conversation and participation.

Of course, by now you know I'd rather be sailing! That's the old news. The real news is that the CFB Comox Yacht Club has survived another well-attended Open House. The combined crowd of new and old faces, keel and dinghy enthusiasts alike made for a sensational social event and a formidable beginning to our humble dinghy racing program.

To recap the days activities, we take you almost live to the very spot at Quadra where the hectic day of activities unfolded themselves. The first Learn To Sail course of 1987 concluded its formal training program in the morning. Informal graduation ceremonies prevailed around the barbecue.

And as the anxious dinghy racers devoured what remained of the food and assorted beverages before taking to the water, the devout keel boat types discussed the upcoming cruising season with great fervour. A slight delay to the opening round of the dinghy races was incurred while the Dynamic Duo of Dave and Dive came to the aid of some less fortunate souls having equipment troubles on the dock. After mass and utter confusion, it became quite clear who the dinghy racers would have to contend with and defeat in order to qualify for the national championships. But I also understand that the team of Sponder/Small received some sound advice about not peaking too early in the season. Remember the old adage about the tortoise and the hare! Needless to say,

The second round of Spring Series racing occurred on the following Sunday, the 31 May. Winds were much more brisk and attitudes had been realigned after the eye-opening lesson taught the rest of us by Sponder/Small. The course was lengthened to more closely approximate a true racing environment. And after the cap-sized vessels had been bailed dry, the end results more closely resembled what is likely to be a very competitive series. The author, true to form with an unbiased opinion, shall refrain from any commentary as to who shall represent CFB Comox at the Nationals this year. Frankly, it's too early and too close to call.

The Dinghy Fleet Captain is planning to conduct another informative Learn To Sail course from the 22-27 June 87. All of you couch potatoes/land lubbers/golfers who want a real challenge and thrill would do well to consider taking this course. It will run Monday to Thursday evening and all day Saturday. You can learn everything you need to know about sailing in ten minutes. The duration of the time is spend honing your skills in the waters surrounding the Spit. If Larry Arnold can learn how to sail then so can you. In fact, he was so keen on sailing that he volunteered for three weeks aboard the HMCS Terra Nova recently. We can't promise you three weeks on a destroyer after you finish the course, but ask Larry how much fun he's been having! Everything but enthusiasm is provided for the course for a

measly \$20. Contact Capt Dave Nurse at Local 8538/8473 or leave a message at his home number 339-6794. Details about the course are provided free of charge!

The aforementioned course is scheduled to enable you to enjoy the fantastic weather the Club has ordered for the summer and will allow you to partake in the full range of activities planned for the duration of the summer: Racing every Sunday at 1230 Annual Singlehanded Race TBA

Commodore's Rum Race 16-17 August

Fall Stag Cruise TBA

Rumours have been circulating that this year's Rum Race is to involve all keel boaters as well. I guess that means that although last year's winner will be providing a suitable treasure for the dinghy racers, a suitable sponsor will be sought out to provide an appropriate pot of gold for our keel boat participants. More to follow.

With all of these plans ahead, you can see that it's not too late to get in on a great summer we have planned! I heard Pete Holst mention to LCol Rogers the other day that learning to sail was as easy as falling off of a dock!! Check it out with any Club member or better yet, call one of the Executive and ask them not what you can do for them but what they can do for you!

Commodore, Maj Denny Thomas, 8407

Vice Commodore, Capt Dave Bolton, 8538

Rear Commodore, Lt Mike Baumert, 8473

Sec/Treas, Mr. Dick Ohl, 338-5264

Harbour Master, Maj Terry Small, 8223

Dinghy Fleet Capt, Capt Dive Nurse, 8473

SPORTS & RECREATION

Keeping them safe ...restraint seats for all ages

PROTECTING THE UNBORN CHILD

Because studies have shown that the most frequent cause of death in car crashes for the unborn child is the death of the mother, the best way to protect the child is to protect the mother. Pregnant women should always wear the lap and shoulder belt when riding in a car. It's important that the belt be worn low so that it pulls downward over the pelvic bones and not against the abdomen. It should be as snug as possible without being uncomfortable.

THE CHILD SAFETY SEAT

Toddlers 9 to 18 kg (20 to 40 lbs)

There are a number of child safety seats on the market for children weighing between 9 kg and 18 kg. They are usually forward-facing and must be installed according to the manufacturer's instructions, preferably in the back seat.

The seat has a harness to spread the impact force of a collision over the strongest parts of the child's body. The child safety seat is anchored to the car seat by an adult lap belt. A tether strap prevents the top of the seat from flying forward.

Check the manufacturer's instructions for methods of installing the tether strap in your vehicle.

The tether strap must always be securely attached to a bolt installed in the rear shelf of a car, or on the floor of a van, station wagon or hatchback. Some automobile manufacturers provide pre-installed anchorage locations.

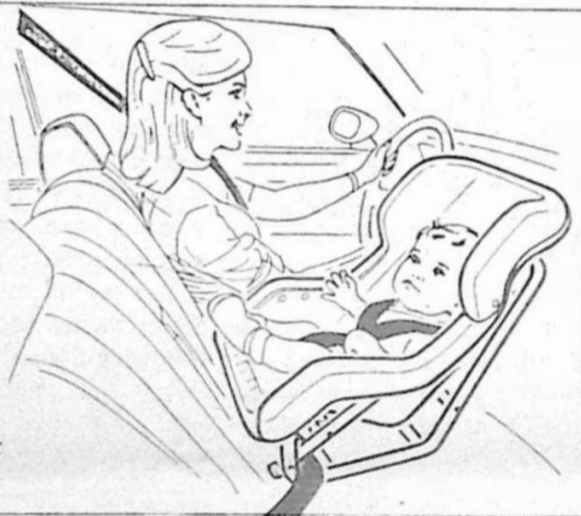


THE INFANT CARRIER

Children under 9 kg (20 lbs)

Infant carriers especially designed for children from birth to 9 kg, the baby faces the rear of the car and is securely held in the seat by the harness. The seat itself is anchored by the car seat belt to prevent it from moving during an accident or sudden stop.

Although as a general rule children should always ride in the back seat of a car, the rear-facing infant carrier may be used in the front seat when you are travelling alone. This allows you to check on the child without taking your attention off driving.



LAP BELTS AND BOOSTER CUSHIONS

Children who have outgrown their child seats.

For small children, a booster seat will improve their view and help position the lap belt properly over the hips. Booster cushions meeting federal government safety regulations will be available for sale in Canada in 1983.

Make sure that your children always ride in the back seat and take care to position their lap belts snug and low on the hips; not against the tummy.



Province of British Columbia

ROYAL COMMISSION ON ELECTORAL BOUNDARIES

Order in Council No. 690

The Commissioner, the Honourable Judge Thomas Kemp Fisher, will hold hearings in the following places on the dates and times specified:

- LANGLEY**, Monday, June 22nd, 10:00 a.m. to 4:00 p.m., Langley City, Conference Room #1, Best Western Langley City Motor Inn, 5978 Glover Road
- DEWDNEY**, Tuesday, June 23rd, 10:00 a.m. to 4:00 p.m., Maple Ridge, Albion Room, Best Western Maple Ridge Motor Lodge, 21735 Lougheed Highway
- CENTRAL FRASER VALLEY**, Wednesday, June 24th, 10:00 a.m. to 4:00 p.m., Abbotsford, Frontier Room, Davy Crockett Motel, 1881 Sumas Way
- NANAIMO**, Monday, July 6th, 10:00 a.m. to 4:00 p.m., Nanaimo, Malaspina Room, Coast Bastion Inn, 11 Bastion Street
- SAANICH AND THE ISLANDS**, Tuesday, July 7th, 10:00 a.m. to 4:00 p.m., Victoria, Court Room, Courtyard Inn, 850 Blanshard Street
- VICTORIA**, Wednesday and Thursday, July 8th and 9th, 10:00 a.m. to 4:00 p.m., Victoria, Court Room, Courtyard Inn, 850 Blanshard Street
- RICHMOND**, Monday and Tuesday, July 13th and 14th, 10:00 a.m. to 4:00 p.m., Richmond, Fraser Room, Richmond Inn, 7551 Westminster Highway
- DELTA**, Wednesday and Thursday, July 15th and 16th, 10:00 a.m. to 4:00 p.m., Ladner, Terrace Room, Delta Town and Country Inn, 6005 Highway 17 at Highway 99
- KAMLOOPS**, Monday and Tuesday, July 20th and 21st, 10:00 a.m. to 4:00 p.m., Kamloops, Conference Room #1, Sandman Inn, 550 Columbia Street

- CARIBOO**, Wednesday and Thursday, July 22nd and 23rd, 10:00 a.m. to 4:00 p.m., Williams Lake, Room 301, Fraser Inn, 285 Donald Road
- OKANAGAN SOUTH**, Monday, July 27th, 10:00 a.m. to 4:00 p.m., Kelowna, San Remo Porto-Fino Room, Capri Hotel, 1171 Harvey Avenue
- BOUNDARY-SIMILKAMEEN**, Tuesday, July 28th, 10:00 a.m. to 4:00 p.m., Penticton, Pine Room, Sandman Inn, 939 Burnaby Avenue West
- BOUNDARY-SIMILKAMEEN**, Wednesday, July 29th, 10:00 a.m. to 4:00 p.m., Grand Forks, Phoenix Room, Grand Forks Motor Inn, Highway Three
- VANCOUVER**, Tuesday, Wednesday and Thursday, August 4th, 5th and 6th, 10:00 a.m. to 4:00 p.m., Vancouver, York Room, Georgia Hotel, 801 West Georgia Street

The hours of hearings are 10:00 a.m. until 4:00 p.m. and are open to the public. If these times are inconvenient please contact Mr. Terry Julian, Chief Administration Officer (phone 660-4169) to see if an alternate time may be arranged.

Any persons wishing to make an oral submission to the Commissioner are asked to give advance notice to the Commission Office at 660-4169. Priority at the hearings will be given to those having submitted a written brief on or before June 12, 1987.

Submissions in regard to contiguous single member ridings are welcome.

Forward written submissions to the Honourable Judge Thomas K. Fisher, 580-625 Howe Street, Vancouver, B.C., V6C 2T6.

LIFESTYLE

The little boy who never was

...caring cards being burned in Scotland

NOT FUNNY...A woman from Air Canada called yesterday but before she could finish what she was saying I stopped her.

She had started to tell me about an internal message that had been received through the computer from Air Canada's head office in Montreal. This is what it said:

"A little boy in Scotland is dying of cancer and would like to be included in the Guinness Book of World Records for receiving the most postcards...If you would like to make a little boy happy...."

The message included a postal station box at Paisley, Renfrewshire, Scotland.

Presumably, the Air Canada employee from Winnipeg was about to ask me to mention the little boy in the paper so more people could send him cards, but I never gave her a chance. "It's a hoax," I told her.

I explained that late last year I had read the same story in a church bulletin that a reader had dropped in the mail. I don't know why I was suspicious at the time, but I let the story sit in the get-to-later pile on my desk.

A couple of weeks went by and the phone rang. It was Michelle Harrison from the local Rainbow Society, a non-profit organization that grants the wishes of terminally ill children. Harrison told the same story about the dying boy from Scotland and wondered if I could spread the word.

I asked Harrison if she had verified the story and she said she had.

I don't know why but, again, I didn't write about the anonymous boy and his dying wish.

A short while later, Harrison called back. A contact in Alberta had been in touch and there was no dying little boy from Scotland. But the postal address was real enough. That was the problem. During the past four years thousands upon thousands of postcards have been pouring in.

Finally, according to Harrison, the post office simply began taking the mail and burning it.

Harrison said no one knew who had started this mutant form of another social sickness: the chain letter.

"Why would anyone be so cruel?" the woman from Air Canada asked.

Obviously, there was no way of tracing the person who conjured up the hoax, but I was curious about how the airline came to hear about it.

I asked the woman from Air Canada if the computer message had mentioned verification. She said yes, Jim had done so through someone at British Airways.

"Who's Jim?" I asked.

"I don't know," she said.

Instead, she gave me the name of the Assistant Editor of employee communications for Air Canada, Linda Sutherland, who had sent the message.

By the time I reached Sutherland yesterday afternoon she already knew about the boy who never was. She had been contacted by three people who told her it was a hoax. One of them was 'Jim. But Jim who?

Sutherland didn't know either. Jim was just a computer sign-on name from Air Canada Toronto. Nor had she any idea who at British Airways verified the story.

"It's pretty demented," Sutherland said.

Sutherland sent out a correction yesterday morning, but in the meantime ticket agents

from VIA Rail and flight attendants from Toronto had let her know they intended to get together and send cards.

"I felt badly," Sutherland said.

Yesterday, I spoke with The Rainbow Society's Michelle Harrison again and told her the story had resurfaced. She had news for me. It's been making the rounds in Alberta again, usually through church bulletins and company papers.

"The idea of a child that age wanting something so simple that anyone can help is so appealing," Harrison said. "It's

so inconceivable someone would make a joke out of it."

"And no one knows how to stop it," Harrison added. "How do you stop it?"

Well, maybe you fight mail with mail. Maybe you clip this column and circulate it to churches and hospitals and through the business community.

There are too many people in genuine need to waste time on the figment of some sick mind's imagination.

Courtesy Winnipeg Press, May 14, 1987.

P.S.- We got duped too. (editor)

BLANKET CLASSIFIED ADVERTISING

These Ads appear in the more than 70 Newspapers of the B.C. and Yukon Community Newspapers Association and reach more than 900,000 homes and a potential two million readers.

\$129. for 25 words (\$3. per each additional word) Call The TOTEM TIMES at 339-2541 to place one.

**AUTOMOTIVE**  
87 F-250 4x4's \$269/mo. 48 months TP - \$12,912. 1-800-663-6933. DL 8196.  
Hundreds in stock, ready for immediate delivery. Easy payments, nothing down. OAC Buy or lease any Ford truck. Call Jim or Tom collect. (604)294-4411. FL8105.  
Ford trucks, big or small, we lease or sell them all. Easy payments, nothing down. OAC Call Nick or Dan collect. (604)294-4411. Free delivery. DL8105.

**BUSINESS PERSONALS**  
I require \$30,000, immediately for the schedule of repayment within a 24 month period. Write or call Lowrie Campbell, Box 647, Cache Creek, B.C. (604) 457-9187.

**EDUCATIONAL**  
Auction School - 15th year, 1400 graduates. Courses April, August & December. Write Western Canada School of Auctioneering, Box 607, Lacombe, Alta T0C 1S0 (403)782-6215. Evenings, (403)346-7916.  
Free: 1986 guide to study-at-home correspondence Diploma courses for prestigious careers: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel Granton, (1A) 1055 West Georgia Street #2002, Vancouver, 1-800-268-1121.  
Diploma correspondence. Free calendar. High School up-grading, accounting, management, administration, secretarial, computers. Established 1964, National College, 444 Hobson, Vancouver, 688-4913, toll free 1-800-387-1281, 24 hours.

**EQUIPMENT AND MACHINERY**  
ERS 6 cylinder Lister Diesel, 720 RPM, driving 375KVA 300 KW GE generator under 1000 hours. Sale, lease, rental, purchase. (604)434-8069, (604)923-6215 after 6 p.m.

**FOR SALE MISC.**  
Lighting Fixtures, Western Canada's largest display. Wholesale and retail. Free Catalogues available. Norburn Lighting Centre, 4600 East Hastings Street, Burnaby, B.C. V5C 2K5. Phone 1-299-0666.  
Montreal Military Surplus: Workshirts \$2.75, workpants \$3.50, workboots \$15. For catalog, send \$2. (reimburse first order); Military Surplus Box 243, St Timothee, Quebec, J0S 1X0.  
Jetboat 14' Hamilton Steel two stage 170 HP Mercur products. E.P.A. Tested, F.A.A. Accepted, unlimited profit potential. Call: (604) 522-8836 or write P.O. Box 60129, Burnaby, B.C. V5H 1K5.  
Travel Agency Lower Mainland I.A.T.A. appointed. Mail location with five year lease. Reservac equipped. Fast growing community. Annual sales \$700,000. P.O. Box 247, Maple Ridge, B.C. V2X 2G1.  
Barbie - Ken doll clothes. Buy direct and save. 100 assorted styles, dresses, blouses etc \$9.95 and \$2.50 postage and handling. R&B Products, #651 - 1755 Robson, Vancouver, V6G 3B7. Money back guarantee.

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Pre Engineered Steel Buildings erected in British Columbia. Sawmill building 255' length x 105' width x 24' height. Lumber Sorter building 180' length x 30' width x 30' height. Ready to dismantle-move with all lights, electrical trays & cable, air & water lines, steel walkways & steps. Phone (705)472-6477 days. Telex: 067-76113. Phone (705)472-6569 evgs-wknds.  
Westcoast Cedar Home Kits, Prestige homes 500 - 5,000 sq. ft. R-40/60 roof R-20 wall systems. Established 25 years. Shipped worldwide. 65 model plan available. 65 model plan book \$4. B.C. freight free until June 30. Linwood Homes Ltd., 8250 River Road, Delta, B.C. V4G 1B5. 1-604-946-5421.  
Arrow Tipi - Custom made tipis for living, camping, horse packing, or base camps - 12 ounce 15' tipi, \$344.24. Box 115, Burton, B.C. V0G 1E0. 265-4998.  
Precious Moments figurines, plates, ornaments (some discontinued). Save 17% to 27%. Send Sale for complete list to: The Homestead, 3905 Route 147, Lennoxville, P.Q. J1M 2A3 or telephone between 7-8 a.m. when rates are cheapest. Quebec's largest collectible store featuring collector plates, figurines, wildlife prints at discount prices.  
Fresh water storage tanks - molded fibreglass, 200 gallon, \$329, 150 - 350 gallon septic tanks. ABC Shower Stall Co., #3, 18544 - 97 Ave. Surrey V3T 4W2 888-1614.  
Make a Will! Protect loved ones! Easy instructions. To obtain your will kit, send cheque for \$15 to: Royal Wills, Box 2260, Fairview, Alta. T0H 1L0.  
Trousers/Slack legs stay clean with vinyl leggings, ideal golfers. Men/Women \$15.95 pair. "Can-Go" Sales, P.O. Box 937, Kelowna, B.C. V1Y 7P7. (Internationally Patented).  
From importer brand name 35mm camera built-in flash carry case \$49.95 plus \$3.00 shipping & handling. 6-8 weeks for delivery: RVF Systems, Box 1247, Delta, B.C. V4M 3T3.  
Personal protection devices. Is your life worth a 36c stamp? Free information. Write now to MVE International, 4517 Parker Street, Burnaby, B.C. V5C 3E1.

**GARDENING**  
Greenhouse & Hydroponic equipment, supplies. Everything you need. Best quality, super low prices. Greenhouses \$169., Halides \$105. Over 3,000 products in stock! Send \$2 for info pack & Free magazine to Western Water Farms, 1244 Seymour St., Vancouver, B.C. V6B 3N9. 1-604-682-6636.  
**HELP WANTED**  
Printer/Pressman required for twice-weekly community newspaper with web and job shop. Must be reliable; have pre-press prep., quoting. Web as well as multi-experience an asset. Good benefit package after probation period. Apply with references to Creston Valley Advance, Box 1279, Creston, B.C. V0B 1G0.  
People required to handknit sweaters of my design in their own homes. All patterns and materials provided. Interested? Please call Jacquie 1-438-9978.  
Housewives, Mothers and interested persons needed immediately to sell Toys and Gifts for National Home Party Plan. No investment, deliveries or money collection. Call (519)258-7905.  
Rocky Point Services requires immediately experienced cedar shake block cutters. Town and camp areas. (604)284-6622.  
Overseas Positions. Hundreds of top paying positions. Attractive benefits. All occupations. Free details. Overseas Employment Services, Dept. CA, Box 460, Mount Royal, Quebec H3P 3C7.  
**NOTICES**  
Advance Notice - Unreserved antique auction, Saturday, June 20. Buggies, cutters, hearse, antique cars, trucks, tractors, steam engines, guns. Stock reduction for expansion. Reynolds Museum, Wetaskiwin, Alta. Phone Auctioneer Bud Haynes, 1-403-347-5855, Red Deer, Alta.

**PERSONALS**  
Girls in Philippines willing & anxious to meet/write Canadians. Send \$5. for introduction brochure to: Rachel Menil, EMC #40, 1330 Taft Avenue, Ermita, Manila Philippines.  
Dates Galore. For all ages and unattached. Thousands of members anxious to meet you. Prestige Acquaintances. Call Toll Free 1-800-263-6673. Hours: 9 a.m. to 7 p.m.

**REAL ESTATE**  
30 1-10 Acre lots, ideal for gardening or hobby farms, just off Hwy. 1 West of Kamloops on the Thompson River. Call 373-2282.  
12.5 acre farm 10 miles from Vanderhoof on pavement. Four-bdrm. home, outbuildings, year round creek, good well, ideal hobby farm. Asking \$58,000. phone (604) 567-4114.  
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Cathy Resort, Kye Bay, Comox, Vancouver Island. Modern family resort. Beautiful safe sandy beach. Salmon, oyster, clams. Golf and tennis nearby. Daily/weekly rates. Collect 339-6227.  
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When in Vancouver, Burnaby, Richmond "The Most Beautiful Breakfast in the World" is a must!!! Huge Dutch Pancakes. Only at Dutch Pannekoek Houses. Seven locations.  
"Travel Club for Mature Singles" Vacations designed for the single person. Contact The Travel Den, 330 - 2950 Douglas St., Victoria, B.C. V8T 4N4 (604)388-4201.  
"Summer Camp". Three exciting programs. Horse, Motorcycle and Sailboard camp. Transportation from most major cities. For more information call Circle "J". Ranch - 791-5545, 100 Mile House, B.C.  
Summer Special - Greater Vancouver, \$59.95/double. Totally furnished rooms. 10% discount with this ad. The New Royal Towers, New Westminster, B.C. 1-800-663-1818. Skytrain two blocks.

blanket classifieds one call does it all

# The Bicycle Safety Rodeo

## 3rd annual event hosted by CFB Comox Military Police

On 30 May 87, CFB Comox Military Police hosted its 3rd annual Bicycle Safety Rodeo. Over 100 dependent children and their guests, between the ages of 4 - 12, partook in the event. Fun was had by all and at the same time bicycle safety and riding skills were learned.

The success of the Bicycle Rodeo was mainly due to Cpl Guibord and his organization with the support of the PMQ Council, Pedal Pusher, Courtenay Texaco, Overwaitea, Coca-Cola, A & W Restaurant, Ryan Vending and Island Honda. These generous sponsors donated a total of \$1,500.00 worth of prizes and refreshments.

The day's events included a safety film, a thorough safety check of the bicycle and advice on how to bring the bicycle to the required safety standards and the most important, the children were tested on their riding skills.

The Bicycle Rodeo wasn't all work and no play. To ensure that the children were entertained, video movies were available, the bowling lanes were opened and the Root Beer Bear was present to the delight of the kids. The children were also served a lunch of hot dogs and coke.

A special thank you to the sponsors, the Military Police and all the other volunteers who participated and ensured that this event was a success.

Last but not least "PARENTS, IT'S UP TO YOU TO ENSURE THAT THE LESSONS STAY LEARNED."



Accompanied by A & W Root Bear and Cpl Luc Guibord, Coordinator, Mr. Bob Heron, Island Honda, presented two trophies to the Best Overall Safety Equipped Bicycle to Mark Bosse and Jenney Drover.



Ms. Sandra McCormick, Pedal Pusher, donated and also presented two bikes to Joshua Longpre (5 yrs old) and Cindy Foley (8 yrs old) accompanied by A & W Root Bear, Capt Cossette, BSecurO and Cpl Luc Guibord, Coordinator.



Sorry Colonel, unless you can prove that you belong to this age group, I am going to have to disqualify you.

## Suggestion Award Winners



Master Corporal Bull, A Safety System Tech in BAMS0, suggested that the CF use a S.K.A.D. disassembly check list that she compiled. They accepted her proposal and granted her a \$300 award. LCol Bowes, our BTSO and her CO, made the presentation.



Private Froese, an Air Weapons Systems Tech on 407 Sqn, received a \$280 award for his suggestion to change the maintenance procedures which reduced the failure rate for CP140 Aurora pressurized sonobuoy launch tube doors. Major Clarke, the Squadron Aircraft Maintenance Officer, made the presentation.

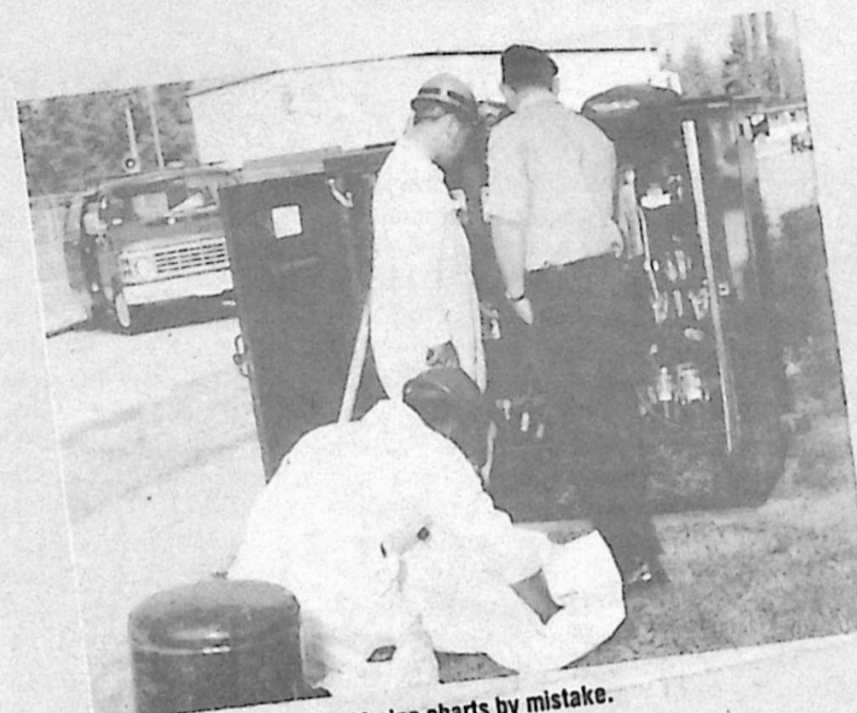
## Be Water Wise

You can help a drowning person even if you can't swim. Extend a towel, a stick, **anything** that will lengthen your reach.

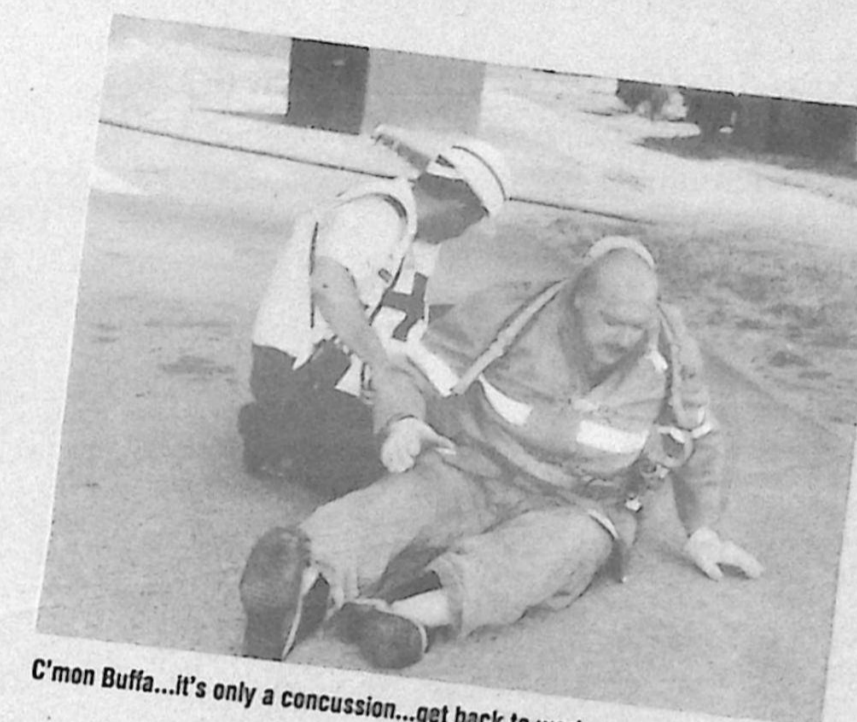


# OPEVAL 87

## they came...we conquered...they left



Hey guys...I brought the Marine charts by mistake.



C'mon Buffa...it's only a concussion...get back to work.



A lot of experts...no cause to worry.



Gawd I can't stand the sight of blood.



Op Eval? ...what OPEVAL



I think it's the carburettor...but don't worry I had a first aid course in high school.

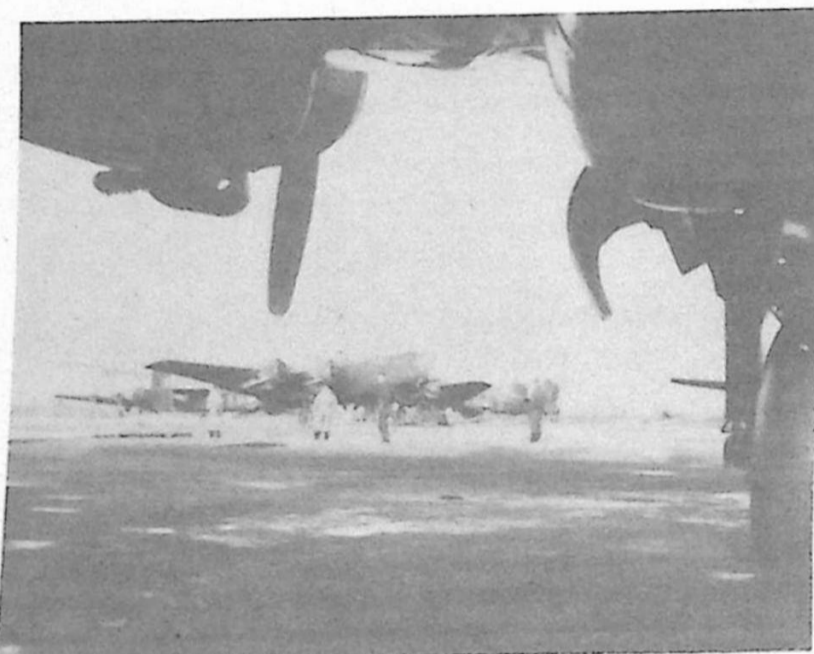
## AROUND THE BASE



### Origins of the Species

John Bradley

425 (Bomber) SQUADRON  
One of the most unique formations within the wartime RCAF was No. 425 (Bomber) Squadron. It had been decided by RCAF Headquarters that at least one squadron was to be made up of and designated as "French-Canadian." The entire RCAF was combed to find French-Canadians and they were asked or if need be, cajoled into joining the new unit.



425 Sqn Halifax bombers preparing for a raid. (PAC Photo).

The squadron was formed on 25 June 1942 at Dishforth, in Yorkshire, England, with W/C J.M.W. St. Pierre as the first Commanding Officer. They were Canada's fifty Bomber Squadron and the twenty second to be formed Overseas. They acquired the Vickers Wellington B. Mk. III twin engine bomber as their first operational aircraft type. As the majority of both air and ground crews had been posted in from other training and operational squadrons, the unit required less than four months to become operational. The Wellingtons and subsequent types would carry the KW fuselage codes for the war's duration.

The unit was declared operational by the beginning of October 1942, and at the same time the unit adopted the nickname "Alouette." On the evening of 5/6 October the first operational mission took place when five Wellingtons departed Dishforth to bomb Rachen, four of these aircraft struck the target and the fifth bombed what they believed to be Aachen. From this point on they added their weight to Bomber Command's night time bombing offensive over Western Europe.

425 flew their last mission on 25 April 1945 as 18 aircraft bombed gun positions on the Island of Wangerooge. The unit then turned in their Halifax bombers for the Avro Lancaster B. Mk. X four engine bombers as they had been selected to be a part of the Tiger Force that was being prepared to help with the huge bombing offensive against the Japanese home islands. They proceeded to Debert, Nova Scotia for training on 15 June but were disbanded by 5 September as the war had ended before they had a chance to contribute anything to the Pacific theatre.

In January 1945, King George VI approved the squadron crest which was a Lark in flight and had the French Motto "JE TE PLUMERAI," which translates to I Shall Pluck You. The motto came from the well known French Canadian folk song and the Lark in the hovering position is depicting a bomber over the target about to strike the enemy. Just after the squadron badge was approved, the squadron was adopted by both the La Presse Newspaper Auxiliary in Montreal and by the City of Quebec, in March of that year.

425 Squadron flew a large number of missions and total hours. They had a total of 3,694 sorties for a total of 20,231 hours. Of this total, 741 sorties were flown from North Africa. Total tonnage dropped on the enemy was 9,152 tons. The unit's air gunners accounted for seven enemy aircraft confirmed destroyed and one damaged. The enemy as well had their share of attacks on 425 aircraft with 55 aircraft destroyed, and 345 aircrew as casualties. Of this total, 37 were killed, 153 missing and presumed dead, 91 POW, 7 interned, 53 who evaded capture, and 4 missing. Non-operational accidents accounted for 11 aircraft destroyed and 64 personnel killed, 8 injured, and one member who died of natural causes.

Squadron honours included 2 MBEs, 63 DFCs, 4 Bars to DFC, 2 GMs, 18 DFM, 1 DFC(USA), and 4 Mentioned

in Despatches. The unit itself was awarded the following battle honours; English Channel and North Sea 1942-1943, Fortress Europe 1942-1944, France and Germany 1944-1945, Biscay Ports 1943-1944, Ruhr 1942-1945, Berlin 1944, German Ports 1942-1945, Normandy 1944, Rhine, Biscay 1942-1943, Sicily 1943, Italy 1943, Salerno. Up until 1 January 1943, 425 Squadron had been under the operational control of the RAF's No. 4 Group. On that date they came under No. 6 (RCAF) Group that had just been activated. Coming under No. 6 (RCAF) Group went along way in putting forth a united RCAF effort and for 425 Squadron, it meant that they wouldn't quite feel so left out amongst the RAF Squadrons. They continued their missions over Europe until May of 1943 when they started to prepare to leave for Tunisia to help take part in the bombing of Sicily and Italy for the upcoming invasions.

The groundcrew were dispatched by ship on 16 May and arriving on the 27th of that month. The aircraft departed Dishforth on June 5. On route to Africa one aircraft was shot down in the Bay of Biscay and the entire crew was interned in Portugal for the duration. The first airfield to be occupied in Tunisia was located at Kairouan/Zina where they remained until 29 September. On 30 September they moved to Hani East Landing Ground. They remained at this location until 17 October. While in North Africa 425 came under con-

trol of No. 331 (Medium Bomber) Wing which was made up of 425 and 420 Bomber Squadrons. The first mission with No. 331 Wing was flown on 26 June 1943 as 5 Wellingtons from 420 Squadron and 10 from 425 flew to the Italian airfield at Sciacca, Sicily. Results of this raid included 11 aircraft that hit the target, 1 that bombed the town, 2 aircraft that had to abort, and one 425 Squadron aircraft that was shot down. With this portion of the offensive over in October 1943, 425 headed back to England and on 5 November arrived back at Dishforth.

They remained at Dishforth until the beginning of December when they moved to Tholthrope and at the same time turned in the Wellington B Mk. Xs that they had acquired

for their posting to North Africa. The unit now flew the Handley Page Halifax B. Mk. III four engine bomber bringing them up into the "big leagues." They were now able to fly the long range missions into the heart of Germany as well as flying support for the upcoming D-Day invasion. It was during this period that led to the Halifax bombers of 425 being the most photographed of all RCAF units. Beside the unique distinction of being the only French RCAF unit, their aircraft sported many forms of nose art as well as each aircraft having a large Lark or Alouette painted on the tail fins. Another interesting footnote is that Gilles Lamontagne, a future National Defence Minister was a pilot with this unit.

**- Can Cancer Be Beaten?  
You Bet Your Life It Can!**

### Chapel Chimes

**OUR LADY OF THE SACRED HEART CHAPEL (RC)**  
**BASE CHAPLAIN (RC) -** Maj J.T. Dabrowski  
**CHAPEL -** Our Lady of the Sacred Heart (on Base).  
**OFFICE -** Headquarters, Bldg. 45, 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.

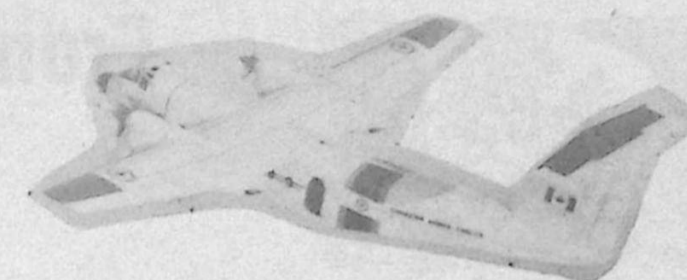
**SENIOR CHOIR -** Practices 1830 hrs. - Tuesdays at 612 Pritchard Rd., Comox.

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

## AROUND THE BASE



### 442 Squadron



#### Suggestion award



Private May, an Aero Engine Tech on 442 Sqn, received a minor award for bringing a safety problem to light that required alternative corrective action to that which she proposed. LCol Lett, her CO, made the presentation.

PEPEX season is here again at 442 and most weekends find a Buffalo destined for points in the interior to conduct training with local volunteers of the Provincial Emergency Program under the auspices of CASARA. Capt Harv May and Sgt Gerry Boucher, our resident Pepexperts (new word), have been busy throughout the early spring preparing lectures and visual aids for their visits. The

scheduled itinerary includes Smithers, Kamloops, Fort Nelson, Prince George, and Sandspit. Training at these sessions will comprise the spotter course (for volunteer aircraft spotters), and navigation and flying techniques in search operations (for pilots and navigators). The personnel of the PEP/CASARA organizations have proved indispensable in the past year on SAR Meshberg, SAR Dorsey

and SAR Inglis, and without their able assistance, these operations would have lasted considerably longer.

Another seasonal event in the life of 442 Squadron is the annual SAREX competition, this year to be held in Summerside, PEI. From June 19th until the 26th, Capts John Allott, Terry Strocel and Terry Wheadon, Lt Dave Vanderpek, MCpl Bud Taylor, and SAR Techs Sgt Bob Toulouse, MCpl 'Jack' Gaudreault and Cpl Rob Walker will 'Strut their stuff' on the little island, and hopefully bring home the gold. Whenever possible lately they've been practicing paratroops into the pea gravel bowl, and getting their intercom and crew procedures down pat for the competition. The Squadron team will fly their own aircraft east, making for an interesting transit both ways, and a rare transcontinental flight for west coast Buffalos.

Operationally, here at the Squadron it's been relatively quiet over the last couple of weeks, and with any luck the pace will remain so for the rest of the summer, allowing members to get some golfing, fishing and general relaxing done prior to the push to upgrade new personnel in the fall. Already, two of our new

Navs are away on the Buffalo OTU in Trenton, along with two new pilots and our new CO. Capt (soon to be Major) Pete Howe, the new Nav Leader, and our "Aussie" Nav, Lt Duane Fletcher, as well as Lts Muldoon and Roberts, two newly-arrived pilots, together with Maj (soon to be LCol) Ed Jay, our incoming CO, are all enjoying high humidity, hot weather and the nagging of 426 instructors as they learn the ins and outs of Buff flying.

Speaking of a new CO, our change of command parade is scheduled for July 17, and in the meantime, Snake 60 is being "prepped" for a new owner. (I spoke to LCol Lett the other day and he said that the new CO doesn't know about "Snake 60" yet!) He probably does know about the Reunion he's inheriting, which is shaping-up to be quite a party. In case anyone out there has been "missed" in the fan-out of Reunion '87 mailings, here's the address for enquiries/registrations:

REUNION '87, c/o Capt D. Hutchison, 442 Squadron, CFB Comox, Lazo, BC, V0R 2K0. Drop us a line or phone 339-8422 during business hours, for all the 'gen.' In other Reunion news, our "Alumnae Draw" winner of

\$978.00 was Robin Ross of Burnaby. Robin served with 121 KU during the late 60s, and has been a contributor of photographs for the Squadron history book now going into publication. By the way, if you're interested in obtaining a copy of this book, it's hardcover, 152 pages (16 in full-colour), with over 250 photographs, covering the stories of 14 (F) Squadron, 442 (F) Squadron, 442 (Auxiliary) Squadron, 123 Rescue Unit and 121 KU, over some forty-five years. Pre-production price is just \$16.95, and orders can be placed with Capt Hutchison at the above address. This is truly a BARGAIN, compared with other Unit histories.

A couple of promotions recently: Sgt Gord Kehoe was promoted to WO effective June 1st, and just today (even as I write), Cpl Doug Leadbeater received word of his appointment to MCpl, also June 1st. Effective August 1st, Sgt Jake Dyck puts up the WO crowns. Congratulations and well done!

That's about it for this issue (I said things were quiet, didn't I?), except to mention the upcoming Squadron Beach Party on the 4th of July (sounds like we're holding it for Garry Daniel, doesn't it!) 'Til next time....Snakes, out!

### Peace



"There is only one way to deal with a power like Russia and that is the fearless way."  
Karl Marx

beginning of a three-year effort to publish a book no one at first seemed much interested in.

Wallace, who retired from the RCAF in 1963, knew little about the peace movement, but considered himself very much a man of peace. When the conference was over, he took the cassette recordings of the proceedings, and set about spending his own money and time transcribing, editing and re-organizing the words of the speakers and their questioners into what is now entitled "Peace and the Management of Fear."

When Bruce Wallace was asked to help with a two-day conference on peace at the National Library in October, 1983, he little realized it was the

first of that money came from his own pocket, however, Wallace received sponsorship from the Canadian Council for Peace in Freedom, and assistance from the Department of National Defence.

David Code, head of Defence policy information, says he and his staff provided Wallace with help and advice for three years, until the book finally saw the light of day last year.

"He's a very persistent guy," Code says. "Although some of the figures are of course somewhat out of date, most of it is pretty durable stuff."

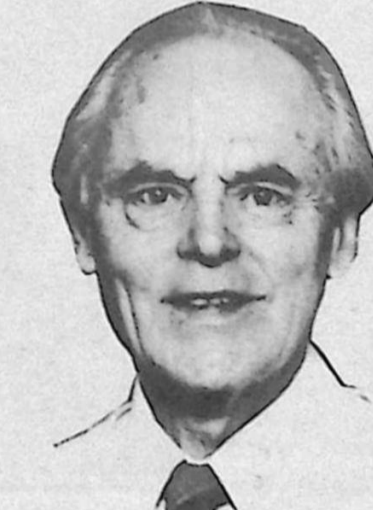
Not content with merely publishing, Wallace is actively involved in promoting the book, and has begun distributing it to schools.

"I read letters in the newspaper from children, telling of how they are afraid of the possibility of nuclear war," he says. "Teachers and principals tell me they really appreciate having the book to show the children both sides of the story."

The distinctive cover shows a human head in profile, filled with rolling clouds. From this, a dove rises, bearing an olive branch.

"It's supposed to illustrate how, from turmoil and confusion, we can achieve peace," Wallace says.

The book is not being used actively by DND in its information program, but is readily available from private sources.



BRUCE WALLACE

Copies are \$9.95 each from The Canadian Council for Peace in Freedom, Box 15818, Station F, Ottawa, K2C 3S7.

Courtesy CF Clipsheet.

## AROUND THE BASE



# From The Fire Chief's Office

FIRE SAFETY TIPS FOR TRAVELLERS

Posting time is here again and everyone should prepare themselves for the possibility of a fire. Fires are always a traumatic experience and can be especially so in a hotel because most of the guests are not familiar with the building. The following can be used as a guide by all persons who are staying in a hotel for one night or for an extended period of time before a fire emergency arises.

### WHEN YOU REGISTER

-always ask for hotel fire safety information when your register

-read the supplied information and the fire safety instructions posted in your room; particularly note the Fire Department emergency telephone number  
-check the location of all stairways, exits and fire alarm stations; if the reliability of any fire safety equipment is questionable, report your concern to the management.

### IF YOU DISCOVER OR SUSPECT A FIRE CONDITION

-do not use an elevator  
-leave the fire area  
-activate the fire alarm system

-notify the Fire Department  
-if possible, proceed to the street level via a stairwell, closing all doors behind you  
-advise the hotel management or the arriving Fire Department personnel regarding the fire location.

### IF YOU HEAR THE FIRE ALARM — PLAN A

-do not use an elevator  
-prepare to evacuate; take your room key with you  
-before opening your room door, feel the door knob and the top of the door to ascertain if they are hot; if the door is hot, refer to PLAN B.  
-if the door is not hot, open

it cautiously; if the hallway is clear, proceed to leave the building via the closest exit  
-close, but do not lock, all doors behind you  
-if you encounter unbearable conditions during your egress, take refuge in an uncontaminated area or return to your room and refer to PLAN B.

**REMEMBER:**  
-know where exits are located  
-learn how doors swing and where stairs lead  
-know corridors that are "dead-end;" avoid them in case of fire

**AREAS OF REFUGE ARE:**  
-temporary places of shelter  
-certain floors or portions thereof may be refuge areas  
-check to know such areas  
-exit stairways are suitable areas of refuge since they are enclosed by solid walls

### IF YOU HEAR THE FIRE ALARM — PLAN B

-do not use an elevator  
-if the hallway or exits are contaminated by smoke, taking refuge in your suite may be your only alternative; unlock your room door—turn off air conditioning unit  
-a closed suite door will provide reasonable protection against fire and smoke; if

smokes does seep into your suite, seal the cracks around the openings to inhibit smoke migration  
-if possible, notify the switchboard of your location  
-move to the least contaminated area of your suite, open a window and signal your location with a flashlight or by waving a sheet  
-wait to be rescued; panic will only lessen your chances for survival  
-remember, heat and fire gases rise; in a densely contaminated atmosphere, the air closest to the floor may still provide sufficient oxygen for survival; in smoke or heat, crouch or crawl close to the floor.

**REMEMBER:**  
-if possible, notify switchboard of your location  
-if in smoke or heat, stay low  
-if trapped, close doors, wait at window, signal for help.

**USEFUL EQUIPMENT TO HAVE WHEN TRAVELLING SHOULD INCLUDE:**  
1. a battery operated smoke alarm  
2. flashlight and fresh batteries  
3. roll of wide masking tape

CFB COMOX FIRE DEPARTMENT

## GUESS WHAT

We're cold and frothy at the Lorne Hotel

..Announcing the opening of the first cold beer and wine store in the Comox Valley  
..We offer good and cold selections of B.C. Wines. Also some B.C. Specialty Wines available for that special occasion. And, yes, our beer is always cold. Remember a cold beer goes a long way on a hot day. We are located right behind the LORNE HOTEL PUB

Hours of Operation:  
Monday to Saturday - 11 a.m. to 11 p.m.  
Sunday - 10 a.m. - 11 p.m.

Lorne Hotel

1770 Comox Avenue  
Comox, B.C.  
Phone: 339-5422



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



DAVE HAS A DEAL FOR YOU

### JUNE SPECIALS

OUTBOARD MOTOR OIL 2.49 LITRE  
OUTBOARD MOTOR OIL 1.49 500 ML

RHY'S DAVIS BAIT 2.00 package  
SUPER HERRING STRIP

WE ARE SORRY WE CANNOT SERVE PROPANE ON SUNDAYS OR HOLIDAYS

## HOME & FAMILY



# Legion Log Entertainment

BRANCH 17 — COURTENAY

Fri Jun 12 TGIF Draw at 6:30  
Fri & Sat Jun 12 & 13 COUNTRYMEN at 9.  
Fri Jun 12 WINE & CHEESE 8 - 9 pm  
Sat Jun 13 60TH ANNIVERSARY DINNER/DANCE \$7.50 per person 6:30 pm  
Sun Jun 14 11 a.m. CHAMPAGNE LIGHT BRUNCH  
Fri & Sat Jun 19 & 20 Dance to tunes of MILLERTIME

COMING EVENTS:  
General Meeting Tues Jun 23 - 7:30 pm. New members welcome.  
BarBQ, Sun Jun 28

+++ Regular Activities +++  
BINGOS...Mon., Thurs., Fri., Sun. at 7:00 PM  
TUESDAY - Pub Darts  
THURSDAY — Fun Darts

FRIDAY - TGIF & MONEY DRAW at 6:30 p.m.  
SATURDAY - FUN BRIDGE at 12:30  
"MORE PLAYERS WELCOME"  
Phone 334-4322 (days) for more information.  
NOW OPEN SUNDAYS...1 - 7 PM  
\*\*Dress Code in effect 8 PM Fri. & Sat.  
(NO JEANS OR T-SHIRTS)

BRANCH 160 - COMOX

New Hours  
SUNDAY HOURS: 11:00 AM to 5:00 PM  
+++ Entertainment +++  
Jun 12 & 13 Music by MILLERTIME  
Jun 19 & 20 Music by COUNTRYMEN  
June 26 & 27 Music by PRIMETIME  
NOTE: During July & Aug, music will be provided on Fridays only. Band schedule for July & Aug will be in next issue of Totem Times.

+++ 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.  
(Note: No General Meetings in July or Aug)

FRIDAYS — MEAT DRAWS: 2:00 to 6:00 PM Dance (normally downstairs unless advised.)  
SATURDAYS — MEAT DRAWS: 2:00 to 6:00 PM. Dance (June only, see note above)(normally Downstairs unless notified.)  
+++ SPECIAL EVENTS +++

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

June 20, Saturday - INSTALLATION OF OFFICERS. North Island Central Zone. Qualicum Beach (Lighthouse Centre). Tickets available at Office.

June 21, Sunday - LADIES AUXILIARY FATHER'S DAY WINE & CHEESE PARTY. Members & Guests. 2:00 to 4:00 p.m. Lower Hall.

July 18, Saturday - STEAK NIGHT. 5:00 p.m. Lower Hall. Buy your steak here for \$3.00. We supply the cooking and trimmings.

August 9, Sunday - LEGION GOLF TOURNEY. Branch & L.A. Members. Registration \$10.00 at 1:00 p.m. Low Net & Gross. Established and Calloway system handicaps. Comox Golf Club.

August 15, Saturday - 5:00 p.m. FISH FRY. Members & Guests. No charge. Lower Hall.

August 23, Sunday - LEGION ANNUAL PICNIC. Kin Beach. Members & Guests. Branch & L.A. & Families. 1:00 p.m. Hamburgers, hot dogs, corn on the cob. Games and competitions. Beer Garden.

# About The House



With Lorri

It's really too hot to cook these days and meals are salads and cold meat; or the barbeque, so desserts are mostly jello or ice cream. I can't believe that people still want us to bring a pan of squares to these farewell dinners and stuff, anyway these two are just great and don't have to go into the oven.

PEANUT BUTTER RICE KRISPIES  
INGREDIENTS  
1/2 Cup sweetened condensed milk  
1/4 cup peanut butter  
1/4 cup light corn syrup  
1/2 cup brown sugar  
4 cups rice krispies  
UTENSILS  
9 x 9 pan  
saucepan, microwave dish  
spoons

METHOD  
Really easy, cook the first 4

ingredients in the pan till well mixed and thickened, stirring constantly or it will burn and stick. Remove from heat and stir in cereal. Pour into the greased pan and cool. Cut into squares when set. This really does not need icing but if you would like to;

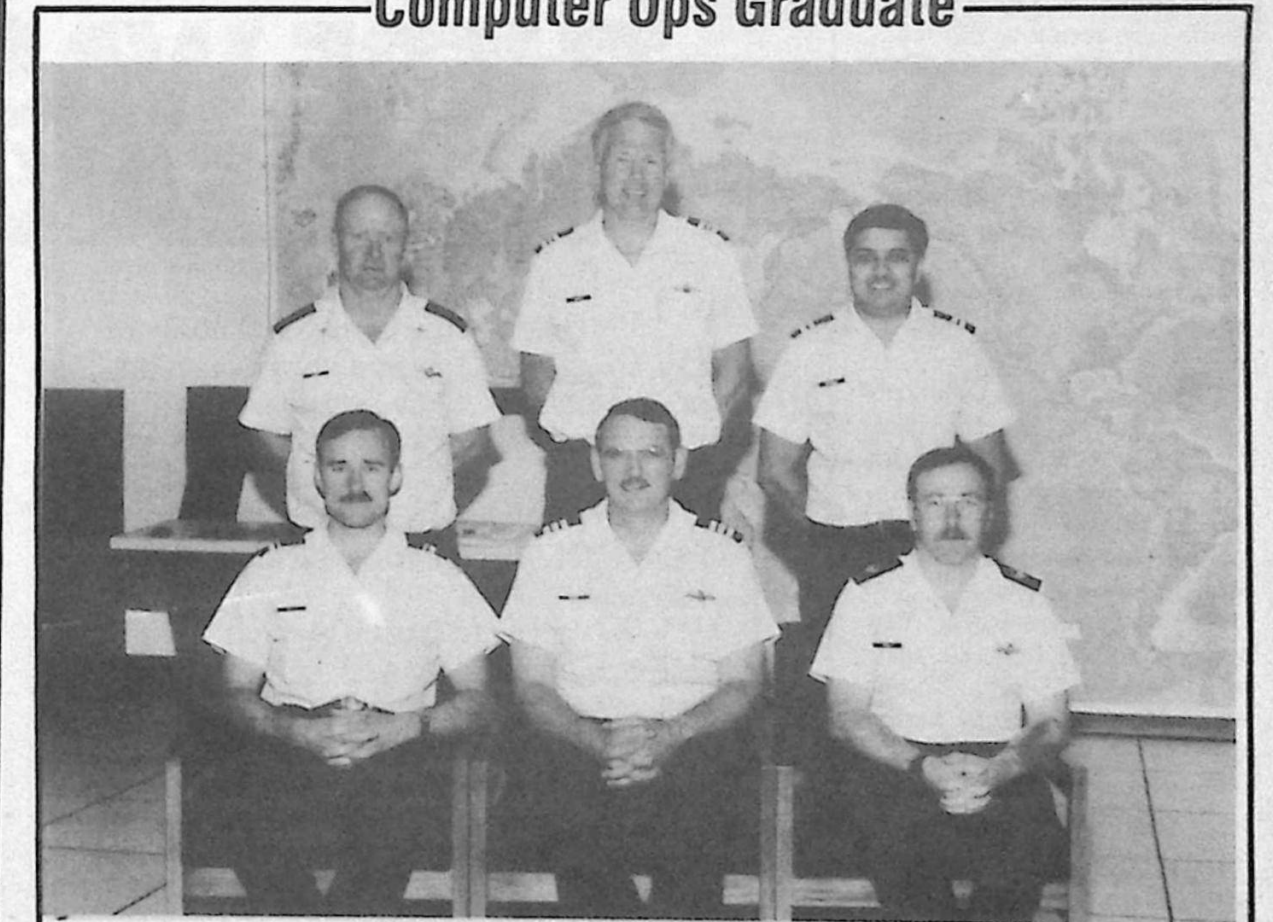
ICING  
1/2 cup chocolate chips  
2 T peanut butter  
Melt chips and peanut butter over a very low heat and spread over bars.

CHOCOLATE ROLL  
INGREDIENTS  
1 cup semisweet chocolate chips  
2 T of butter  
1 egg  
1 cup icing sugar  
2 1/2 cups minis (coloured)  
1/2 cup maraschino cherries, quartered  
1/2 cup walnuts

UTENSILS  
Saran Wrap or wax paper  
bowl  
spoons  
saucepan

METHOD  
Melt butter and chips in the pan over low heat. When this is still a bit watery add the egg, sugar, marshmallows, cherries and nuts. Cool till warm after giving it all a good stir. This is the good part, the mixture in the bowl is supposed to be a log roll. It is way too warm just at first so give it 5 minutes in the fridge. Dust the top of the counter with coconut generously, shape mixture into a log and roll the log in the coconut. Wrap in plastic and refrigerate; when very well chilled cut in 1/4 inch wide pieces and serve.  
\*\*\*\*\*

## Computer Ops Graduate



On Thursday 21 May Computer Operator Course 8701 graduated. The DIAC is happy to announce that there was a 100% pass rate. The course was run from 11 May until graduation 21 May 87 of Lt Paul Carter and MCpl Tony Healy. Lt Carter will be taking over the reins as the DIAC Services Officer (DSO) sometime in mid summer from the powerful Capt Push Godbole. MCpl Healy, who immediately upon completion of course placed himself on a trip to California with 407 (MP) Squadron before switching over to Base Operations Centre (BOC) to work in the DIAC as a Computer Operator. We hope your last fling with 407 is a good one Tony.

# OUR NEXT DEADLINE JUNE 22

## AROUND THE BASE

Glacier  
Greens  
Ladies

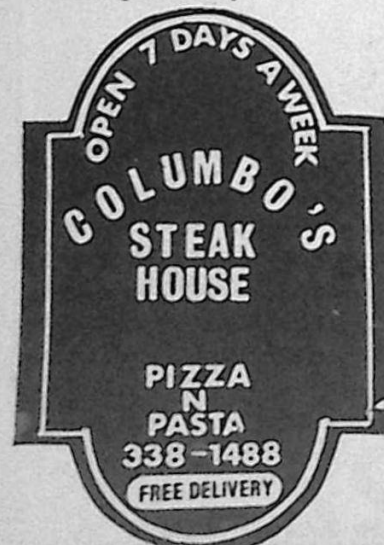
Our club recently hosted the Annual Grandmother Tournament. This was open to members of all 14 clubs in the District 6 area. Coming in with low gross prizes were - in order: Helen White, Nanaimo, Edith Albrecht, Comox, Cassie Cessford, Sunnydale, Carol Peterson, March Meadows, Carolyn Janasch, Mount Brenton, Ida Wickham, Mount Brenton, Trudy Newman, Comox, Mary Twy, Nanaimo, Clem Toban, Eaglecrest and Marjorie Jefferson, Nanaimo. In the low net category were Anna Sutton, Glacier Greens, Audry Haughn, Comox, Katherine Salter, Glacier Greens, June Berry, Pacific Playgrounds, Eileen Tooke, Eaglecrest, June Gilry, Comox, Penny Spencer, Pacific Playgrounds, Beth Dreger, Glacier Greens, Lois McNichol, Comox and Ester Dodds of March Meadows. The framed print winner was Don McDonald, Mount Brenton. Everyone enjoyed themselves and there were very complimentary comments on the state of the course.

Our own ladies' group paid their annual inter-club visit to Sunnydale, results as follows: - low gross Pat Verchere, Inge McArthur, Millie Legg and Vi Willander. Low nets Irene Marshall, Rose Jacobson, Dolly Pearson, Katherine Salter with low putts going to Mona Ledgard.

This past Tuesday was the turn of Comox ladies to visit us.

In low gross and then low net were Trudy Newman, Betty Richardson, Edith Albrecht, Daphne Payne, Kay Macbeth, Norrie Whittle, Yvonne Hall, Joan Hildebrand and low putts was Bernice Sutherland.

Our ladies were Pat Verchere, Trudine Burger, Jackie Wilkie, Kay Banks, Franky McCaffrey, Inge McArthur and low putts Judy Felbaum.



## NEXT DEADLINE JUNE 22

# THE COMMON GOOD FOR ALL BRITISH COLUMBIANS MUST COME BEFORE SPECIAL INTERESTS.

Economic renewal is necessary for all of us. It will take co-operation. It means working together. As British Columbians, we have to take a team approach to create new jobs and achieve a new level of prosperity. Bill 19 is part of a positive program to create more opportunities here in British Columbia.

We listened to unions, business, and individual British Columbians and together, we've made good legislation even better.

## THERE WAS NO NEED TO BREAK THE LAW.

We changed the Industrial Relations Commissioner's role and powers to ensure accountability for key decisions lie with the Minister of Labour and other elected officials.

We eliminated a clause that left the impression "firings without cause" could take place.

We moved to prevent workers hired during a labour dispute from voting on a collective bargaining issue.

We're making sure hiring of trainees and apprentices in the union sector is covered by collective agreements.

**"Bill 19. Let's make it work. For all of us."**



Lyle Hanson,  
MINISTER OF LABOUR  
AND CONSUMER SERVICES



It all adds up to a more positive way to achieve industrial stability and secure jobs for our people. We can only succeed if we all pull together. That means co-operation, not confrontation.

Yet some special interest groups saw fit to break the law, inconvenience their fellow British Columbians and exact a heavy toll on our economy.

We've guaranteed access to grievance and arbitration procedures for employees facing discipline for refusing a back to work order.

We've clarified a clause that was seen to infringe on unions' rights to legitimately discipline their members.

Bill 19 will bring us industrial stability, new investment and most importantly, new and more secure jobs for British Columbians if only special interest groups would put your interest - the public interest - first.

## LIFESTYLE



music reviews and syndicated columnist

## PRIDE IS BACK

After a hiatus from the recording scene, Charley Pride is back and it's like he was never away. A brand new record contract with the newly formed 16th Avenue Records has led to yet another hit. The album, "After All This Time" (16-70550) has led to Pride's return to the No 1 spot with "Have I Got Some Blues For You" and with enough potential hit material in the grooves to keep him in hit singles for the rest of the year, Pride's return is even more gratifying considering he asked for a release from his previous record company contract when he felt the company was putting the emphasis on the new breed of recording artist.

Worldwide, Pride has scored a total of 31 gold and four platinum albums (including one quadruple platinum). He was recipient of Australia's "Gold and four platinum 'Golden Opal' award for record sales and is listed in the Book of Lists as one of the top 15 all-time world record sellers.

In his latest offering Pride shows a warmth through his recorded product and displays the style that has made him one of the top sellers. The title track, a Tommy Collins penned opus, gives way to such guitar-laced gems as "Next To You I Like Me" and "If You Still

Want A Fool Around," both of which offer a reggae flavour. One of Pride's strong points is his ability to deliver believable sounds on diverse subject material. An example of this is his sincerity in the hanging-in as he does in the "fool" track which is counter-balanced by his 'almost persuaded' approach to "On The Other Hand." He covers Randy Travis' hit with such a sure-fire sincerity that it rivals the original. Other top tracks include the Judy Rodman duet "You Took Me There" and the true love lyrics of "Look In Your Mirror."

I had the opportunity to catch Charley Pride in concert during his recent Ontario tour and spoke to him after the show. His on-stage performance is a slickly produced 90-minute musical happening that covers the musical spectrum from "The Snakes Crawl At Night" through his Hank Williams' cover material to "Jamaica." He not only looks like he's having fun, he is making the strenuous job of working the road, a fun time. Backed by a bevy of instrumental sounds and augmented by a pair of background vocalists Pride, in his own words is "back in the saddle and competing again." Welcome back, Charley!



CHARLEY PRIDE



Washington Inn

Your Mid-Island  
Resort Hotel  
1001 Ryan Rd., Courtenay  
338-5441

A SHORT STAY OR A LONG ONE...  
A Great Place To Stop - Our Staff Will Welcome You  
& Treat You Right

THE MEXICANA PUB Open 12 noon to 2 a.m. \* Monday to Sunday  
Open Pool Tables - 12 Noon - 6 p.m.

GOOD TIMES DANCE TO D.J.  
CHECK OUT OUR "SPECIALS"

ANY NIGHT OF THE WEEK

JAM SESSION

SATURDAYS

2 p.m. - 6 p.m. PRIZES

Come & join in with the musicians from all over "The Valley"



RESTAURANT

OPEN - 7 DAYS 6:30 a.m. - 10 p.m.

BUFFET LUNCHES

A REAL VALUE FOR YOUR DOLLAR

11:30 a.m. to 2 p.m.

KIDS ONLY \$3.95 \$6.95

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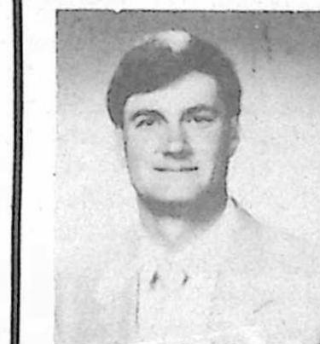


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## HEALTH AND WELL BEING

### info health

Dr. Bob Young



#### THE HEALTH CARE INDUSTRY

"Where d'ya work-a, pal?" "Down at T'ospital."

Because of the endless discussion and lament about rising health care cost we tend to forget the other side of the story - the number of people who earn their living providing service in the health field.

The health care industry (a term I dislike) is a major employer, and although people tend to think that all the money goes to doctors, this is, of course, far from the truth. What is surprising is the variety of occupations that are involved in keeping the system running.

Health care is very labor intensive. Hospitals, for example, employ, directly or indirectly, five or six people for every patient occupying a bed. It is easy to recognize the nurses, technicians, nurse aides, orderlies and other professionals who hold positions that must be filled two or three shifts per day.

Behind the scenes are the cleaners, medical records clerks, admitting officers, food workers, laundry staff, and dozens of others.

Outside the hospital are the ambulance drivers and helpers

and their dispatchers and mechanics. In the community we find the pharmacists, home care nurses, physiotherapists, nursing-home workers, and podiatrists. Private laboratories and x-ray offices employ many people.

Many of the above employ office staff - receptionists, bookkeepers, and other essential personnel. Every doctor and dentist employs at least one person, and usually more.

Easily overlooked are those involved in manufacturing drugs, pacemakers, electronic equipment, and even uniforms.

In general these jobs are longterm, not seriously affected by the marketplace, and as a result lay-offs and utilization of UIC and other benefits is less than average.

Money spent on health care does not just evaporate, although it seems to sometimes. Most of it provides careers and jobs for the thousands of individuals who are proud to be part of the health care team.

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

### The Road to Independence

New solutions for old problems are helping people with stiff, swollen joints retain their independence. Share these hints from The Arthritis Society with someone you know.

#### Carry-Along "Easy Chair"

For many people with stiff hips, rising from a regular-height chair can be difficult, if not impossible, without help. If it's your favourite chair at home, you can make or buy a four-inch frame and fasten it under the chair. If you're going out, take your own "easy chair" with you -- a two-to-three-inch-deep square of hard foam disguised by a pretty cover with a carrying "strap."

#### Toothsome Tidbit

Squeezing the toothpaste up the tube getting you down? Put the tube in a cup with the cap end up and leave it there. Gravity will force the bottom of the tube to fold up as it is used, and you won't have to squeeze up from the bottom any more. Or--easier still--treat yourself to the new pump-style toothpaste.

#### Bed-Making Made Easy

If the twist-and-push of bedmaking is too hard on tender joints, use an ordinary wooden or plastic household ruler to help push those sheets between the springs and the mattress.

#### Beating the Backyard Blues

Foam insulation, like that used on hot water pipes, can be a boon to the disabled gardener. Already split along its length, the foam insulation can easily be slipped onto the handle of a rake, broom or lawn-mower and taped into place.

#### Zipper Helpers

When that awkward zipper is on a purse or briefcase, a plain, round key-ring on the zipper tab will help. All you need to do is hook a finger through the ring and pull.

#### Soapy Solution

Many people have already discovered that liquid soap in pump dispensers is the answer to slippery soap tablets in the tub or basin. Make it work in the kitchen too! Next time you have an empty liquid soap container, fill it with your favourite dishwashing detergent and leave it on the kitchen counter. All it takes is a push on the pump!

*Courtesy The Arthritis Society and the Totem Times.*



### ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

#### COSMETICS CAN BE DRUGS TOO

Cosmetics are part of everyone's daily routine from the newborn's baby powder to grandfather's aftershave. Close to \$500 per household is spent each year in Canada on the purchase of beauty preparations and grooming aids. Many are cosmetics and many, to our surprise, are really drugs.

A cosmetic is a product which cleans, improves or alters the appearance of skin, hair or teeth. Familiar examples include make-up, hair spray, nail polish, toothpaste and soap.

But the beauty product or grooming aid we would classify as a cosmetic becomes a drug when it claims to modify body functions or prevent or treat disease. For example, a deodorant is a cosmetic when it covers body odour; it becomes a drug when a special ingredient is added to deter perspiration.

Whether a grooming product is a drug or cosmetic, regulations under the Food and Drug Act and the Consumer Packaging and Labelling Act require it to carry the appropriate directions, warnings and cautions for safe use.

These instructions are important in protecting your family from injury and illness. You should read and follow them carefully. If you don't understand the messages on a cosmetic product, ask your pharmacist for help.

Like many other household products, cosmetics are safe and helpful when used as directed, but potentially dangerous to health if misused. For best protection, carefully observe all instructions.

Finally, we all know many cosmetics have pleasing colours and scents. These properties can be attractive to small children, often with tragic results. Children frequently want to eat anything that looks or smells good.

Many cosmetics contain chemicals which can cause serious injury if swallowed. For your own sake, keep cosmetic preparations out of their reach.

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



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## AROUND THE BASE

### Western Canada Military Police Golf Tournament and Fishing Derby

Between 14, 15 and 16 May 87, the CFB Comox Military Police Section hosted the 4th Annual Western Canada MP Golf Tournament and Fishing Derby. The Base Commander, Col Gibbon, gave the official nod for the tournament to take place which saw 78 golfers on the Glacier Greens Golf Course. The military participation included CFB Comox, CFB Esquimalt, CFB Chilliwack, SIU Vancouver, SIU Victoria, PDSIU, OSIMChord AFB and CFS Nanoose. Retired members showed up from Chilliwack, Vancouver, Edmonton, Courtenay and Comox. RCMP members from Campbell River and Courtenay helped to round out the field.

The weatherman gave us some well deserved sun except on Saturday, 16 May, when he included a little bit of wind which reduced the number of entrants in our Fishing Derby to 20. Regardless of the wind and the elusive spring salmon, the fishing derby was also a success.

The Meet 'N Greet took place at the MP Lounge (Post 13) on Thursday and this allowed both old and new acquaintances to be rekindled and tell war stories. At 0745 hrs, 15 May 87, Capt Ray Cossette (BSecurO) and LCol Terry Rogers (BOPsO) officially welcomed the golfers with LCol Rogers hitting the first drive which turned out to be the most explosive drive of the day. When the weary participants finished their gruelling 6 hour golf game, they headed for the Air Force Beach Pavilion to attend a BBQ and await the final results.

The long awaited standings were finally posted and the Canadian Military Police Association (CMPA) Team Trophy was awarded to Team Comox with a low net average of 72.5. The four low net team winners were Sgt Ted Sauve (71), Cpl Jean

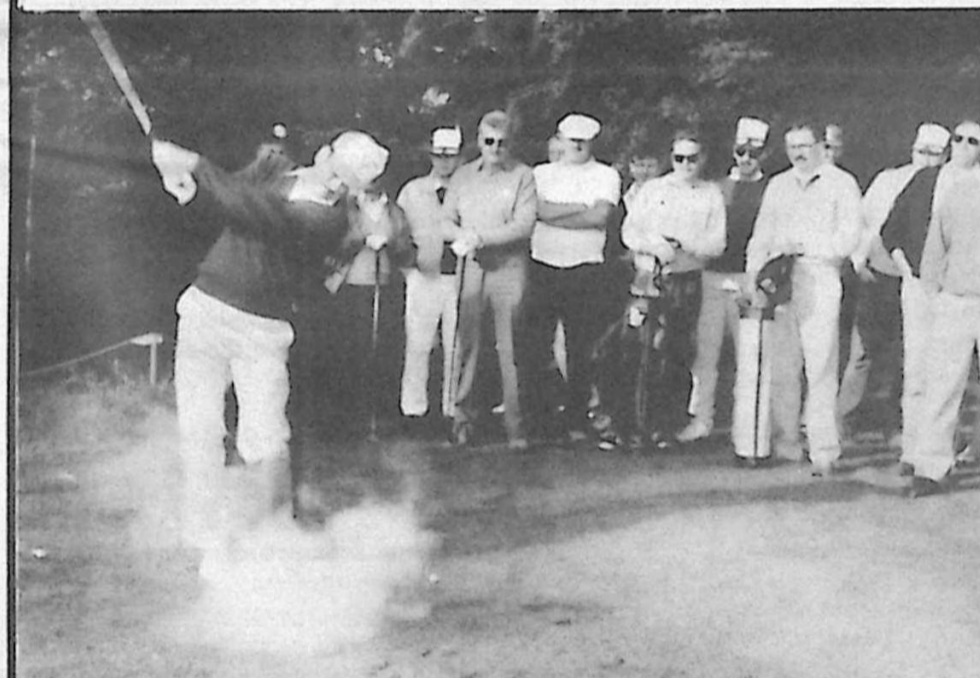
Charbonneau (73), Cpl Luc Guibord (73) and Cpl Kevin Lamorie (74). Individual awards were presented to Sgt Ted Sauve, CFB Comox for low gross (77), Cpl Jean-Marc Mathieu, CFB Chilliwack for Low Net (71), Longest Drive also went to Cpl Mathieu and Closest to the Pin went to Cpl Scott Trappnell of CFB Comox for the second year in a row. Guest Low Gross (81) went to Cst John Beckett, RCMP Campbell River, B.C., and Guest Low Net (72) went to Cst Myles Mascotto, RCMP Courtenay.

Results of the fishing derby were: Largest Salmon - 11 lb, 2 oz. Ex WO Ed Shymko from Edmonton, Total Weight - 22 lb 8 oz MCpl Ernie Kolmel, CFB Comox, and Largest non salmon - 9 lb cod went to Mr. Stephen Beckett of Campbell River. Door prizewinners included a one-week fishing trip for two to the Northwest Territory donated by Echo Bay Mines Ltd., won by Ex CWO Eric Mason from Chilliwack and a trip for two from Air BC, won by Ex WO Gale Lang also from Chilliwack. A great time was had by all and the visiting golfers and fishermen expressed their appreciation for a well run tournament and made it known that they would definitely be back for next year's gathering.

The Military Police Section at CFB Comox would like to take this opportunity to inform all Western Canada Military Police and Retired Members that we will again be hosting the 5th Annual Golf Tournament and Fishing Derby in late May 88. Plan to attend and make it another successful branch event.

A special thanks goes out to the Comox, Courtenay, Royston and Campbell River Merchants who contributed towards our prizes and also to Echo Bay Mines of Edmonton for their sponsorship and the donation of the N.W.T. Fishing Trip for two.

#### A Thundering Start



LCol Rogers tees off with an explosive drive to start the tournament.

#### Team Trophy Winners



From L to R...Sgt Ted Sauve, Cpl Luc Guibord, Capt Ray Cossette presenting trophy, Cpl Jean Charbonneau, Cpl Kevin Lamorie.

### Defence industrial preparedness advisory committee

OTTAWA The Honourable Perrin Beatty, Minister of National Defence has announced the formation of the Defence Industrial Preparedness Advisory Committee.

"The preparedness of industrial resources to support the Canadian Armed Forces in time of crisis is a matter of national importance," Minister Beatty said.

This committee will act as a

forum from which the Minister of National Defence can seek advice on matters of mutual concern to the Department of National Defence and the Canadian business community. The committee holds no executive power and membership will be by invitation of the Minister of National Defence for a set period of two years. The majority of committee members will be selected from companies who are recognized

contractors for or suppliers of defence products.

"This committee of business community representatives will meet regularly with me to exchange views on industrial preparedness issues affecting my Department," Beatty said.

Committee members are expected to be confirmed shortly.

COUNTERATTACK  
DRINKING DRIVING

### R.C.A.F. LANGAR REUNION

The 2nd Langar Dependants (circa 1956-62) Reunion will be held in Ottawa, Ontario in July 1988. Three action packed days in Canada's capital to reminisce with old friends and relive your overseas youth.

All PMQ Brats (parents also welcome) from Radcliffe on Trent, are cordially invited to attend and renew old acquaintances. Plan now and write for your free information kit to:

Mr. Wyck Bradley  
1064 Normandy Cres.  
Ottawa, Ontario  
K2G 0L6

(613) 567-8733

(613) 745-0159 (home) (work)

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AROUND THE BASE

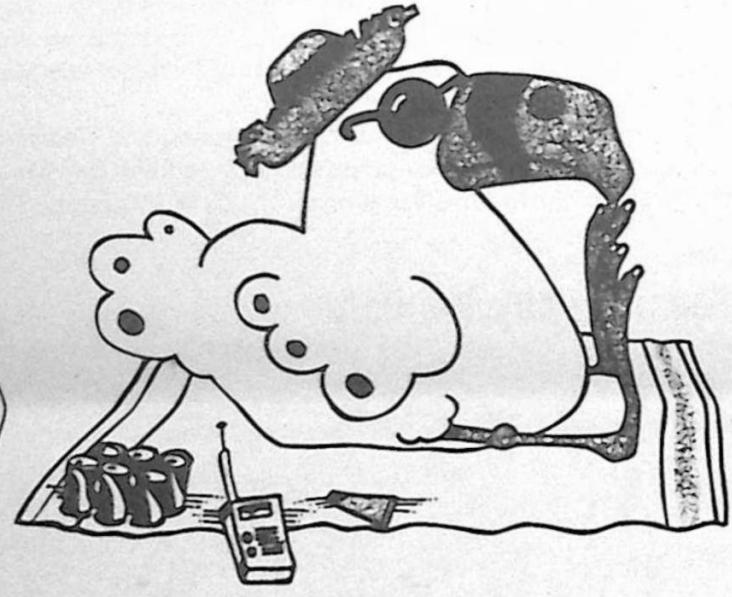
Give the Gift of Life

Red Cross has again approached us for a Blood Donor Clinic. It will be held on 26 Jun 87 at the Recreation Centre. CFB Comox has an excellent reputation now, as a result of the superb response to the United Way Campaign, for helping others in their time of need. Once again, you are being asked to give, now from your most intimate self, not from your wallet.

The summer months are known to be the most critical months for serious accidents that cause major injuries requiring the use of blood to support life and as a result, there is always a shortage at Blood Banks across Canada at this time of year. In particular, Red Cross is looking for the "O" and "A" types, Rh negative and positive. Other types will not be turned away, but major shortages of "O" and "A" type bloods are occurring now.

We have been asked to give, in the same fashion we did for the United Way. Previous clinics at this base have yielded less than 100 units of blood and Red Cross is hoping for at least 350 units from this base at the clinic on 26 Jun 87.

Please come out on the 26th and give blood. The gift you give may be yours to take one day. Coordinator: Capt N.F. Carriere, Base Hospital local 8268.



The summer blood donor is a rare bird.

Be one.

BLOOD DONOR CLINIC AT:

COMOX

CANADIAN FORCES BASE  
Recreation Centre

FRIDAY, 26th JUNE

10:00 a.m. - 2 p.m.



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P.M.Q.  
Community  
News

SECOND ANNUAL MOST  
BEAUTIFUL MARRIED  
QUARTER CONTEST

Where: Wallace Garden  
Married Quarters

When: Starting now,  
Judging will take place in late  
August.

Entry Fee: Nil  
Prizes: \$100.00 First Prize  
75.00 Second Prize  
50.00 Third Prize

Spruce up the yard and enter, while making our Community a better, brighter place to live.

Come one, come all to our first annual Married Quarter Street Dance. This dance is to be held at Airport School on the 13 Jun 87 commencing at 8 p.m. and terminating at 1 a.m. This is an event open only to MQ residents. The admission fee is your favourite dish, or whatever you would like to bring. The music is being done by Tom Maxted. The dance will be moved into the gym if the weather turns bad. Refreshments will be served at a nominal fee to include pop, coffee, wine and beer. Please come out and support your

association. A small note here - it is a constant complaint that we never have anything for the adults in our area, only for the children. I have also heard complaints about the chosen location for this dance. (I happen to live right directly in front of the proposed site). I cannot believe that for one evening for the adult community to have a few dances and socialize that you would complain. No one has complained about Santa or the Easter Bunny and no one didn't want the Christmas Tree burn, but we had them anyway. The work to set something like this up is staggering and the other events were not exactly a cake walk either. We as members never have enough help, it takes us hours to do all these things and about the only thing we ever hear from our constituents is a complaint, never a thank you. I really think that for one night of fun and for the community to say hello, and goodbye that it just won't hurt a bit. Those of us who are leaving the community will be receiving their their community service awards. Please come

out with your spouse and join us for a great night.

Upcoming community events are the Street Dance, the Summer Program: swimming and day camp, the continuing success of Tee Pee Park, and maybe our Christmas Bazaar and the most beautiful MQ contest.

For those of you who missed the last article we are thinking of having a Christmas Bazaar. If you or your club would be interested in having a table please contact Lorraine Lourie at 339-0136. We would like to know as soon as possible because if there is no interest we will not organize a bazaar.

The last order of business is the Tee Pee Park Campground area. The speed limit is only 15 km per hour, if you are in some kind of hurry don't be here. This area is a family playground. There have been many complaints about individuals using the Beach Pavillion for family picnics and not cleaning it up. If you do not have the pavillion booked and are only having lunch please take the time to clean it up.

ASK ABOUT THE FOREST



NATIVE TREES OF B.C.

British Columbia is a province with considerable diversity in climate and topographic conditions. Thus, it follows that the province's forests are also diverse. Some trees, such as yellow (ponderosa) pine, grow only in the southern interior. The giant Sitka spruce is found only in the coastal rain belt. On the other hand, some tree species, such as western hemlock and western red cedar grow in both coastal and interior forests.

A count of the different native trees reveals some 22 conifers and some 37 deciduous species in British Columbia. The coniferous species range from the mighty Douglas fir

and western red cedar to the short and stubby yews and junipers. Estimating the number of deciduous trees is more difficult as this involves differentiating between small, bushy trees and the larger brush type species. For example, while red alder, aspen and black cottonwood are well known, the total of 37 quoted above includes twelve different species of willow.

MAPLE SYRUP IN B.C.

Maple syrup production is generally restricted to the forests of eastern Canada and northeastern U.S.A. In these areas it has become a significant local industry with most activity taking place on small, privately-owned woodlots.

In the later winter or early spring, the maple trees are "tapped" and the liquid collected. To reduce the water content it is then "boiled-down" to end up as a delicious breakfast table treat.

In British Columbia, a maple syrup production has been frustrated by the fact that in general a cold climate is necessary to producing quality syrup. A few have tried to make syrup from the province's Big Leaf Maple. But, this tree unfortunately grows in the milder temperatures on the lower coast region only and will not survive in the colder climate of the interior. For this reason, the development of a maple syrup industry in this province is unlikely.

AROUND THE BASE

...more Marines

CONTINUED FROM PAGE 1

January 1, 1943 and throughout the balance of World War II remained stateside as a training unit.

Originally formed with only two aircraft and a small group of men the Group burgeoned to 272 officers, 2135 enlisted and 102 aircraft in November 1944. The Group was deactivated October 31, 1945, two months after the Japanese surrender.

During the War, however, VMA-133 had extensive combat activities in Bougainville and New Britain areas and provided air support throughout the Philippine campaign until August 1945 when deactivated.

On September 15, 1946, Marine Reserve Aviation first arrived in the San Francisco Bay Area and in 1949 both the Attack Squadron and Helicopter Squadron were moved to Alameda where they currently train each month.

The Reserves are also involved in many community activities, best known for the annual Christmas Toys for Tots program where they collect approximately 12,000 toys each year to be distributed to local needy children.

So whether it be hard at work improving combat skills or distributing toys, MAG-42 continues to be among America's finest displaying itself a credit to community, country and Corps.

Courtesy Sgt Lyndon Smith,  
Marine Aircraft Group 42



ASK ABOUT THE FOREST

THE CEDAR SHAKE TAX

The 35% tax levied by the U.S.A. on the import of British Columbia-produced shakes and shingles was bad news for this province. Unlike the much publicized 15% export tax on Canadian lumber which remains in Canadian coffers, the shake and shingle tax is levied and retained by the U.S.A.

From the resource point of view, B.C.'s important red cedar shake and shingle industry primarily uses non-sawlog material - chunks and shells that would otherwise end up as waste.

There are, however, a few positive aspects. The B.C. cedar shake and shingle producers are highly competitive and productive. At the

same time, the U.S. red cedar resource is limited, as the major proportion of the species grows in B.C. Undoubtedly, this is one of the reasons why the B.C. government reacted to the 35% tax by immediately banning the export of red cedar logs to the U.S.A.

For the present, the B.C. shake and shingle industry is able to maintain its competitive niche in the U.S. market. However, in the long term the increased costs of getting the product to the market and resulting price increases, could bring about a consumer shift to a substitute roofing material. If this happens, shake and shingle manufacturers in both countries will be the losers.

SERVICE DIRECTORY

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# Join the attack on AIDS

In many ways, the new epidemic of AIDS has become the ultimate challenge to public health. In five years, it has grown from a trickle of rare illnesses with no known cause or even a name, to become a tidal wave of disease that has shocked us all.

In the interest of public education, the Canadian Public Health Association, in conjunction with the Toronto SUN Publishing Corporation, has recently published AIDS: What Every Responsible Canadian Should Know, written and compiled by James D. Greig.

Today, we are in the first phase of an epidemic which is spreading rapidly throughout the world. It will take years to develop effective medical treatments and vaccines, and mount a global program that will effectively contain the disease. In the meantime, we must put Prevention Through Education in the forefront of the attack on AIDS.

Copies of this new layman's guide to AIDS are available at participating Coles Book Stores and W.H. Smith's.

We present here excerpts from the book, from the chapter The Most Commonly Asked Questions About AIDS.

**Q: What is AIDS?**

A: AIDS (Acquired Immunodeficiency Syndrome) is caused by a virus that attacks the body's immune system, leading to its collapse and thus leaving the person vulnerable to a number of infections or cancers. These infections or cancers are very unusual in anyone whose immune system is working normally. But when they occur in a person as a result of the AIDS virus, he is said to have AIDS.

This virus which causes AIDS is found in the blood, semen or vaginal fluid of an infected person, and is spread when any of these substances enters another person's body (bloodstream).

The virus has also been isolated in the laboratory from tears and saliva of some infected individuals. However, in over 45,000 known cases of AIDS worldwide, not one is known to have contracted the disease from these bodily fluids.

**Q: What causes AIDS?**

A: AIDS is caused by a virus that has been given various names by different groups of researchers: Human T-lymphotropic virus, type III (HTLV-III); lymphadenopathy associated virus (LAV); or AIDS-related virus (ARV). Internationally, it is most commonly called the Human Immunodeficiency Virus (HIV).

If this virus gets into the bloodstream, it infects and destroys white blood cells called helper-T cells. These white blood cells are very important to the body's immune system because they help direct the fight against disease. Once the cells are infected, the immune system cannot function properly.

Infection with this virus does not always lead to AIDS, and researchers are investigating whether other co-factors may be necessary to trigger the disease. However, even though some people infected with HIV (AIDS virus) may appear to remain in good health for a long time, it is not yet known how many people will go on to develop illnesses, some fatal, in the years to come.

In 1986, the U.S. National Academy of Science estimated that between 25 to 50 percent of those infected with the virus will develop AIDS eventually. The Centers for Disease Control in Atlanta estimate that between 10 to 30 percent of those infected will go on to the final stages of AIDS within 10 to 15 years.

As more groups are studied over a longer period of time, this issue will be clarified. Presently, we can only say that an increasing number of people who are infected go on to fully develop AIDS with time.

**Q: How does the AIDS virus spread?**

A: HIV (AIDS virus) is found in the blood, semen or vaginal fluid of an infected person, and is spread when any one of these enters into another person's body (bloodstream). This can happen through:

- a) Sexual contact with an infected person. In Canada, this is the most common means of transmission.
- b) Sharing contaminated needles or syringes for the abuse of intravenous drugs.
- c) An infected mother who transmits the virus to her baby before or at birth, or through breast-feeding.

d) The transfusion or injection of infected blood or blood products. Since November 1985, the Canadian Red Cross, which handles all blood donations in Canada, tests every unit of blood collected for HIV (AIDS virus) as well as taking other increased precautions. The tests are extremely sensitive, and any contaminated blood is discarded.

There is no evidence that AIDS can be transmitted through air, water, food or casual body contact. Although the AIDS virus has been found in very small traces in tears and saliva, there have been no cases to date of anyone becoming infected from contact with these bodily fluids. The amount of virus present may be too small to cause an infection.

Not everyone infected with HIV (AIDS virus) has AIDS or may develop AIDS. Some people having been exposed to the virus, carry it in their bloodstreams and exhibit no symptoms. This is perhaps the most concerning characteristic of the virus, since other people can then acquire the infection if they engage in risk behaviors with the infected person.

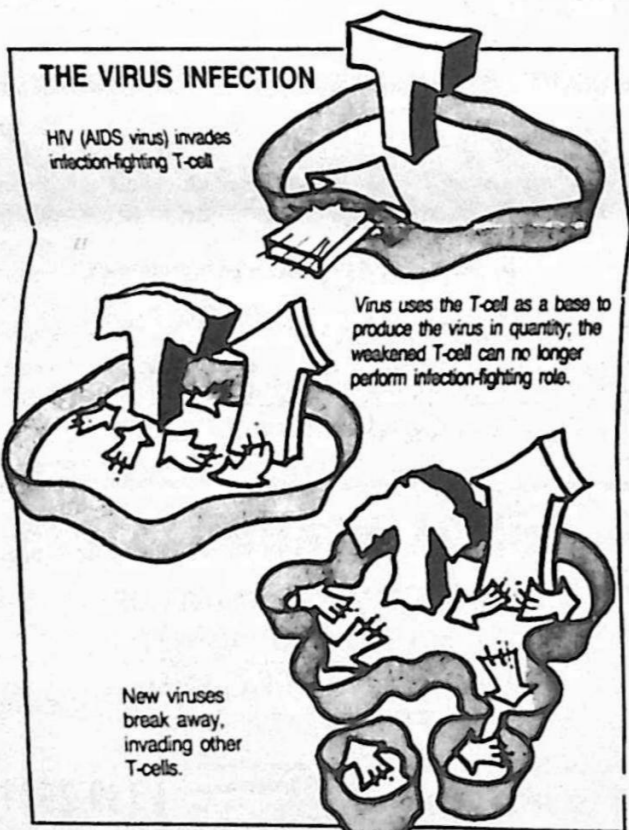
While some people may develop mild symptoms, others might have more persistent symptoms known as PLS (per-

sistent lymphadenopathy syndrome) or ARC (AIDS-related complex).

**Persistent Lymphadenopathy Syndrome** is a condition closely related to AIDS, characterized by persistent swelling of the lymph glands. People diagnosed as suffering from PLS may later develop many of the symptoms of ARC and about 10 percent go on to acquire ARC and AIDS. Most people with PLS have been infected by HIV (AIDS virus).

**AIDS-Related Complex** is the term used to describe common symptoms that occur in some people with HIV infection. It is used to describe any combination of symptoms such as swollen lymph glands, night sweats, diarrhea, fever, fatigue or weight loss. ARC may occur as the HIV infection worsens and more damage to the immune system results.

The fatal form of HIV (AIDS virus) infection is then defined as AIDS when immune system damage is so severe that other life-threatening infections, cancers or brain injury occurs.



**Q: What are the symptoms of AIDS?**

A: Some symptoms of AIDS or AIDS-related illnesses are not specific, and it is important to understand that the following list resembles the symptoms of other diseases. Many of them may be purely symptoms of stress:

- Unexplained, persistent fatigue
- Unexplained fever, shaking chills, or drenching night sweats lasting longer than several weeks
- Unexplained weight loss greater than ten pounds that cannot be attributed to dieting
- Swollen glands (enlarged lymph nodes usually in the neck, armpits or groin) which are otherwise unexplained and last more than two months
- Persistent diarrhea
- Unexplained bleeding from any body opening or from growths on the skin or mucous membranes

Other symptoms may indicate specific conditions associated with AIDS:

- Pink to purple flat or raised blotches or bumps occurring on or under the skin, inside the mouth, nose, eyelids or rectum. Initially, they may resemble bruises but do not disappear. They are usually harder than the skin around them.
- Persistent white spots or unusual blemishes in the mouth. This is known as "thrush" — a thick, whitish coating on the tongue or in the throat which will be accompanied by a sore throat.

- Persistent dry cough (that cannot be attributed to smoking) which has lasted too long to be caused by a common respiratory infection, especially if accompanied by shortness of breath.
- Headache, weakness or numbness in arms or legs, poor concentration, confusion

A doctor will try to make a diagnosis based on these symptoms, a past history of risk behaviors and supporting physical and laboratory tests.

**Q: Who is most at risk of contracting AIDS?**

A: In theory, anyone can get AIDS — it depends on your behavior.

Any sexually active person who is not maintaining a mutually monogamous relationship (both partners faithful) and does not take precautionary measures to exercise safe sex practices is at risk of contracting AIDS.

Homosexual and bi-sexual men who engage in the practice anal intercourse without precautions are at very great risk and represent the highest percentage of AIDS cases. In Canada, this group represents over 82% of all reported cases, while in the United States, it represents 66% of reported cases.

Intravenous drug abusers who share contaminated needles or syringes are the second group to be most concerned and represent 17% of the AIDS cases in the United States. This group, however, only represents 0.4% of the AIDS cases in Canada.

The low rate of cases from drug abuse in Canada is a similar pattern to other countries such as Australia. The difference from the United States may be due to a smaller drug abuse problem, but more importantly it may stem from the fact that needles and syringes are more readily available here, and thusly not shared as frequently. They can be purchased at most pharmacies over the counter, while in the U.S. a doctor's prescription is usually required. Nevertheless, drug abuse by itself is dangerous in any situation, particularly if equipment is shared.

- Other risk groups include:
- Those who have heterosexual relationships with people who may be in the high risk groups.
  - Persons who have received blood transfusions of infected blood or blood products prior to the Red Cross screening of all blood donations in November 1985
  - Children who contract HIV (AIDS virus) from an infected mother, before or at birth

**Q: How can I reduce the risk of getting AIDS?**

A: The following is a list of precautions that can be taken by the general public and by persons in special risk groups to eliminate or reduce the risk of contracting or spreading AIDS:

- Abstinence from sex, or maintaining a mutually monogamous relationship with a partner who has not been exposed to the HIV (AIDS virus) are the surest ways to eliminate risk.
- Don't have sexual contact with any person whose past history and current health status is not known.
- Exercise safe sex practices at all times
- Don't abuse intravenous (IV) drugs.
- Don't share needles or syringes (boiling does not guarantee sterility).
- Don't have sexual contact with persons who abuse IV drugs.
- Use of a condom during sexual intercourse will decrease the risk of AIDS.
- Don't share toothbrushes, razors or other personal implements that could become contaminated with blood.
- Health workers, laboratory personnel, funeral directors and others whose work may involve contact with bodily fluids should strictly follow recommended safety procedures to minimize exposure to AIDS, Hepatitis B and other blood-borne diseases.
- Persons who are at increased risk for AIDS or who have positive HIV (AIDS virus) anti-body test results should donate blood, plasma, body organs, sperm or other tissue.
- Persons with positive AIDS antibody test results should have regular medical checkups, and take special precautions against exchanging bodily fluids during sexual activity.
- Women who have positive HIV (AIDS virus) antibody test results should recognize that if they become pregnant their children are at increased risk of contracting AIDS.

## CANADIAN FORCES UPDATE

### ...more White Paper

CONTINUED FROM PAGE 1

and the Pacific Rim must be protected.

Six more long-range patrol aircraft will be purchased, the Trackers now used for surveillance will be modernized, and new radar equipment will be placed in existing aircraft. The research and development of satellite surveillance and communications will also be promoted.

The Rangers will get better equipment and training, and the Militia will be organized into Brigades similar to those in the regular army. A training centre to support Arctic operations will be set up in the High Arctic, and new equipment provided. The White Paper says the distinction bet-

ween reserves and regulars will shrink, and specific wartime tasks will be given to reserve units.

The White Paper says our defence policy will remain based on collective security within NATO, including our common defence of North America with the United States. It says the Canadian Forces will also continue to undertake realistic peacekeeping missions.

The White Paper describes the commitment of a brigade group to Northern Norway, along with two rapid-reaction fighter squadrons, as inefficient and unsustainable. It says instead, equipment and supplies will be stockpiled in

West Germany for 5 Groupe-Brigade Du Canada which in time of crisis or war will join 4 Canadian Mechanized Brigade Group, to form a division. Prepositioned equipment will also be provided for the Canadian Battalion Group currently assigned to the Ace Mobile Force (Land) with commitments to Northern European Command. The two rapid-reinforcement squadrons will have a fly-over role to join the existing CF-18 squadrons in Europe to form an air division. There will also be an increase in the number of military personnel stationed in Europe.

The White Paper stresses that it will take time to implement all these changes. But

it says the Government hopes to have them all substantially in place in fifteen years.

Throughout this time, there will be a real growth in defence spending of not less than two percent per year. More money will have to be spent from time to time as major programs are started.

Other plans outlined in the White Paper include more roles for women in the Forces, and efforts to recruit ethnic minorities. The War Measures Act is to be scrapped, and replaced with new legislation; and a Civil Defence Agency, Emergency Preparedness Canada, will be created.

The government is commit-

ted to restoring credibility of Canada's contribution to the deterrence and defence needs of the Alliance, The White Paper says. History teaches us the need for prudence and preparedness. Countries which do not look to their own military forces often become the victims of the forces of others.



## Classified

### RATES

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

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# Pacific Rim National Park

## ...final boundaries confirmed

Final boundaries for Pacific Rim National Park on Vancouver Island, including the spectacular Nitinat Triangle wilderness area, were confirmed under an agreement signed recently in Vancouver by the environment ministers for Canada and British Columbia.

At the signing ceremony, federal Environment Minister Tom McMillan presented a cheque for \$8 million to B.C. Environment and Parks Minister Stephen Rogers. The money is the first installment in a payment of \$25 million, honouring a federal commitment to pay 50 percent of the cost concerning timber rights associated with the establishment of the park.

"Many thousands of visitors from across Canada and around the world have experienced the grandeur of Pacific Rim during the years this agreement has been negotiated," said McMillan. "It is very gratifying to have achieved this final step in establishing the park as part of the heritage of all Canadians."

"British Columbia is proud of an agreement that will preserve an area of unrivalled beauty and outstanding ecological value," said Rogers. "Pacific Rim is a major contribution towards establishing conservation areas in British Columbia and the rest of Canada."

The agreement calls for final land transfer to Canada by December 31, 1987, and for

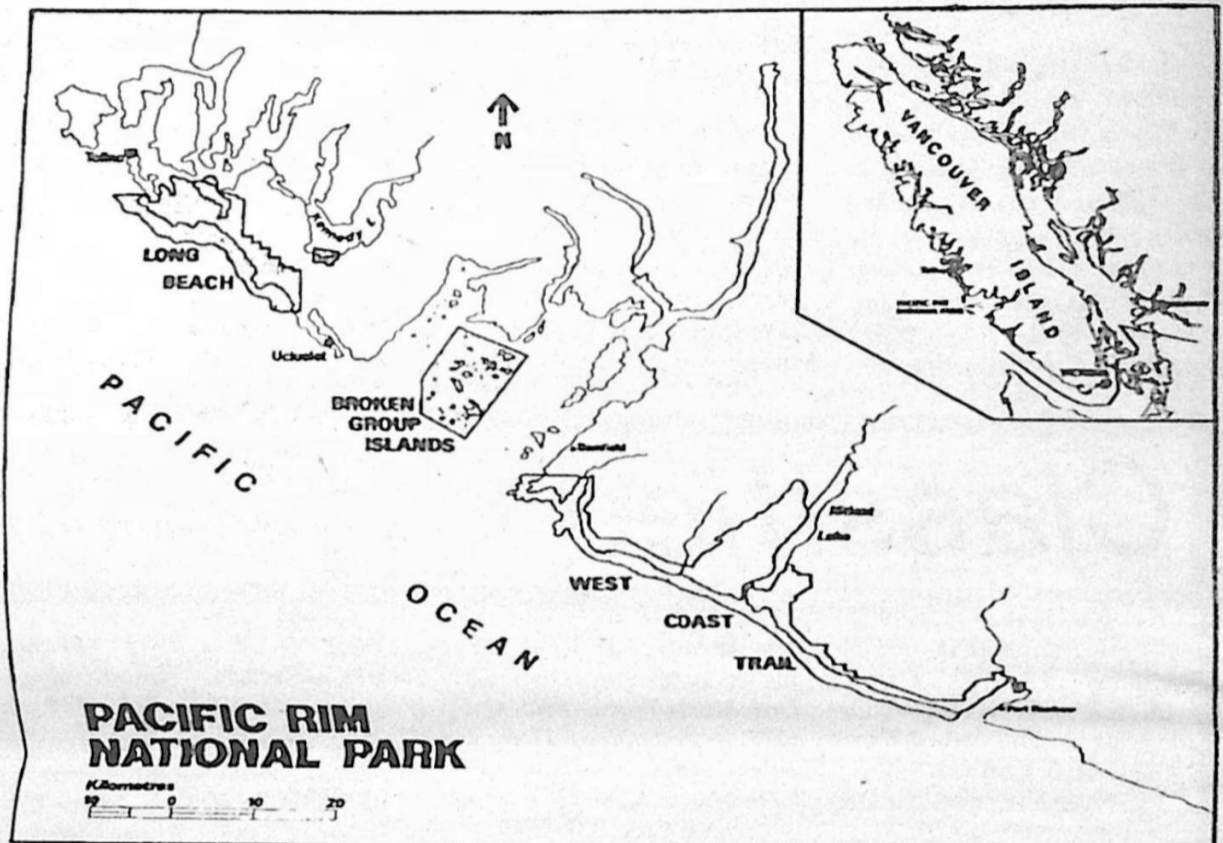
payment by the federal government of the remainder of the \$25 million, plus any interest, by March 31, 1989.

The document signed today is the final amendment to the original 1970 agreement, by which the federal and provincial governments created the national park on the west coast of Vancouver Island. The park

comprises three distinct components: Long Beach between Tofino and Ucluelet where visitor facilities are concentrated; the Broken Group Islands and surrounding waters; and the West Coast Trail between Port Renfrew and Bamfield, to which the Nitinat Triangle wilderness has been added.

Rogers said the province would move quickly to acquire clear title to the areas under Tree Farm Licence Tenure and subsequently turn these lands over to federal administration.

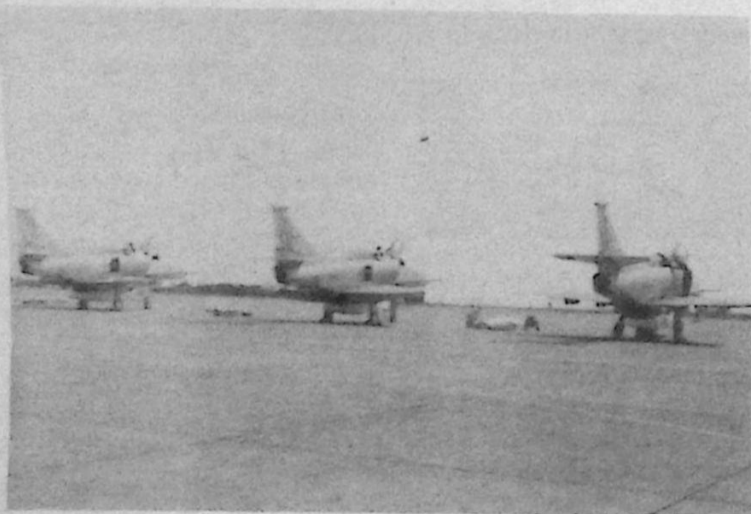
Following transfer of the remaining lands to Canada, Pacific Rim will be formally established by Parliament under the National Parks Act.



### Marines in Action



U.S. Marine Corps Reserve Sgt Phillip Giordano of HMH 772, a CH-53A Helicopter Squadron takes an oil sample of the engine during a 30-hour post flight maintenance check. Sgt Phillip Giordano is one of more than 250 Marine Reserves from Marine Aircraft Group-42, NAS Alameda, CA doing their annual training duty at Comox, Canada. (Photo by SSgt. T.C.Nguyen).



Marine Aircraft Group-42 A-4 Skyhawks await preflight inspection here at CFB Comox flightline prior to taking off into the British Columbia skies. (Photo by SSgt. Don Mattos).

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