



# TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 12 June 25, 1987

Deadline is Monday, July 6, 1987

Cost: Priceless

## COMMAND CHANGE

Today VU 33 Squadron, based at CFB Comox, holds a Change of Command parade. During the ceremonies the outgoing Commanding Officer, Maj A.R. Nielsen, will hand over command to Maj E.R. Arsenault.

Guest of honour at the parade will be the Commander of Maritime Air Group, Brigadier-General C.M. Curleigh. Presiding officer will be the Base Commander, Colonel J.E.H. Gibbon.

Major Nielsen departs the Squadron after only one year on promotion to Lieutenant-Colonel to assume the position of Senior Staff Officer Fixed Wing Readiness at Maritime Group Headquarters, Halifax.

Major Arsenault comes to VU 33 from MR880 Squadron where he served as Operations Officer. Prior to flying the Tracker from CFB Summerside Major Arsenault served extensively on jets, flying the T-33 Silver Star, T-38 Talon on exchange duties in the USA, and CF-101 Voodoo with 416 Squadron.

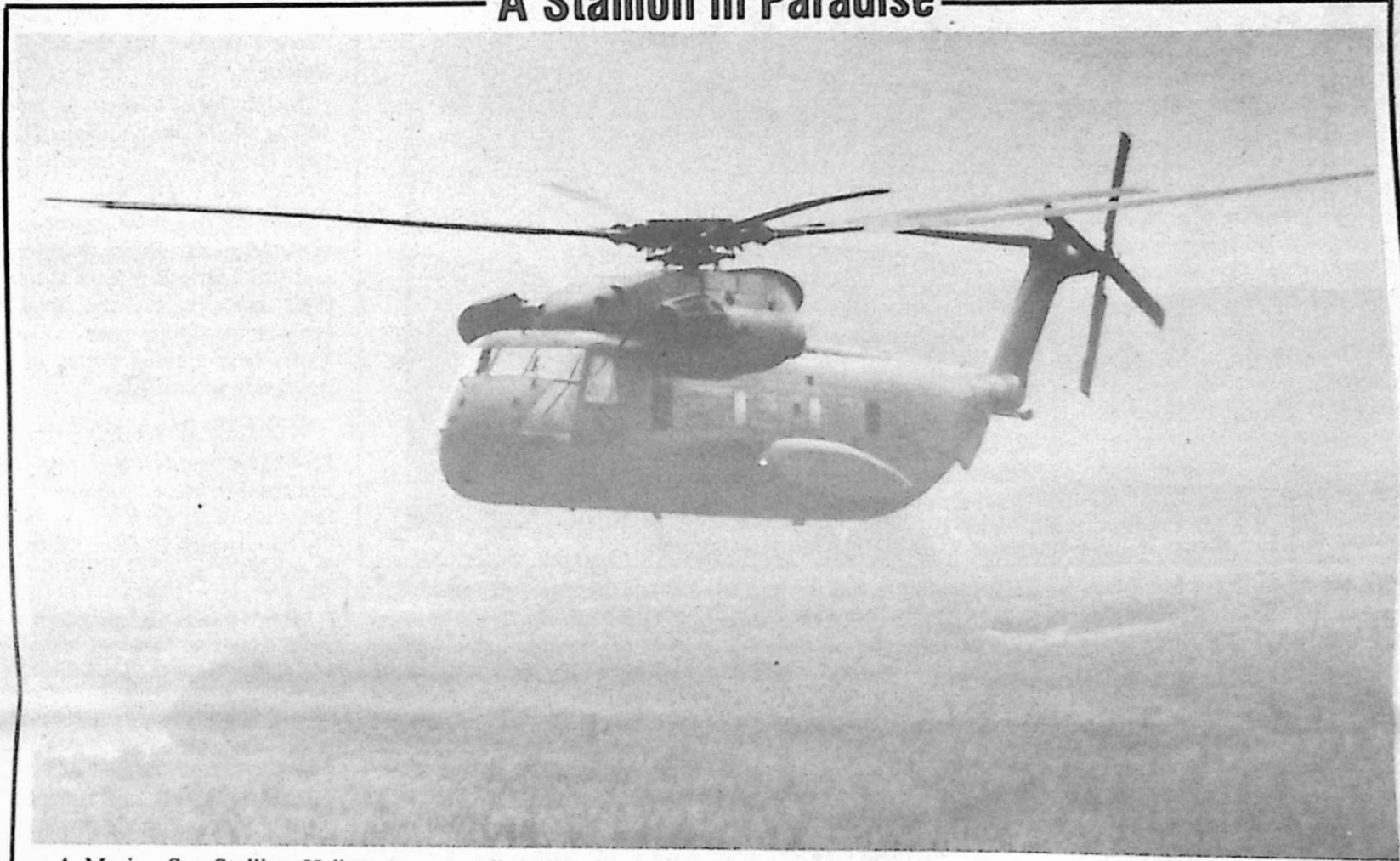
## PLAN FOR DEPENDANTS

This is to advise all personnel that after lengthy negotiations Treasury Board has approved the Canadian Forces dependants Dental Care Plan.

It is intended that this new dental care benefit be in place as quickly as possible after 1 October 1987. With the exception of some special opt-in/opt-out provisions that are necessary to meet our frequent posting requirements, the plan will parallel the coverage and the government shared premium structure that applies to the recently introduced Public Service Dental Plans.

Administrative instructions for the implementation of the Dental Care Plan and information booklets are being finalized and will be distributed to the field in early September 1987. In addition, the personnel newsletter will feature an article on the plan later this summer.

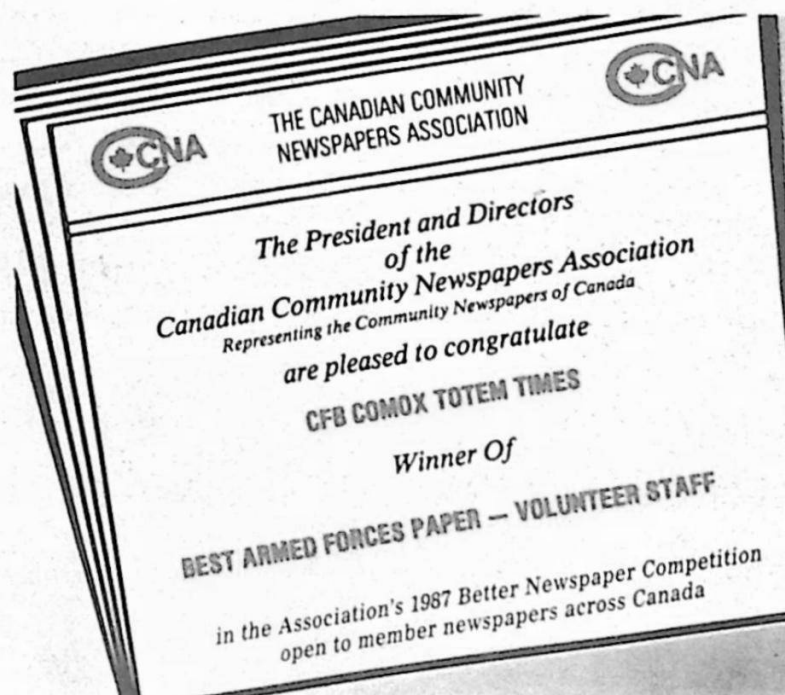
## A Stallion in Paradise



A Marine Sea Stallion Helicopter gets a little lift time over Vancouver Island on a recent Marine deployment to CFB Comox. The chopper was here as part of Helicopter Squadron 772

Detachment A (HMH-772 Det A). The Marine reserve unit from California spent a wonderful two weeks in PARADISE and according to popular opinion enjoyed it immensely. Cheers gang!

# Hooray for us... we're # 1



We're back and we're the best.

The Totem Times has been chosen by judges of the Canadian Community Newspapers Association as Best Armed Forces Newspaper with a volunteer staff. We've won some before but we've been away for awhile and it's nice to be back.

The Fishwrapper was followed by the CFB Petewawa Post and the CFB Montreal Parapet.

In the paid staff division the winners for the first time ever was the Cornwallis Ensign followed by the CFB Gagetown Gazette and the Der Kanadier of CFB Lahr.

Judges of the competition look for several points of excellence in deciding upon the winners of this competition, from editorial content and layout to picture excellence and quality of advertising layout.

## A Special Feature:

SALUTE TO NORAD PAGES 14-15

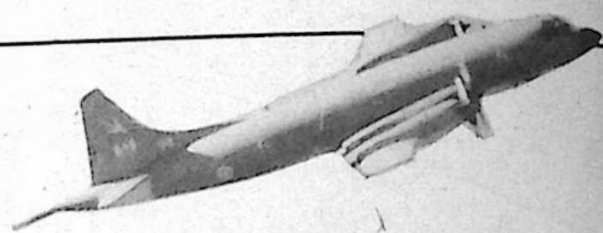
# NEXT DEADLINE JULY 6





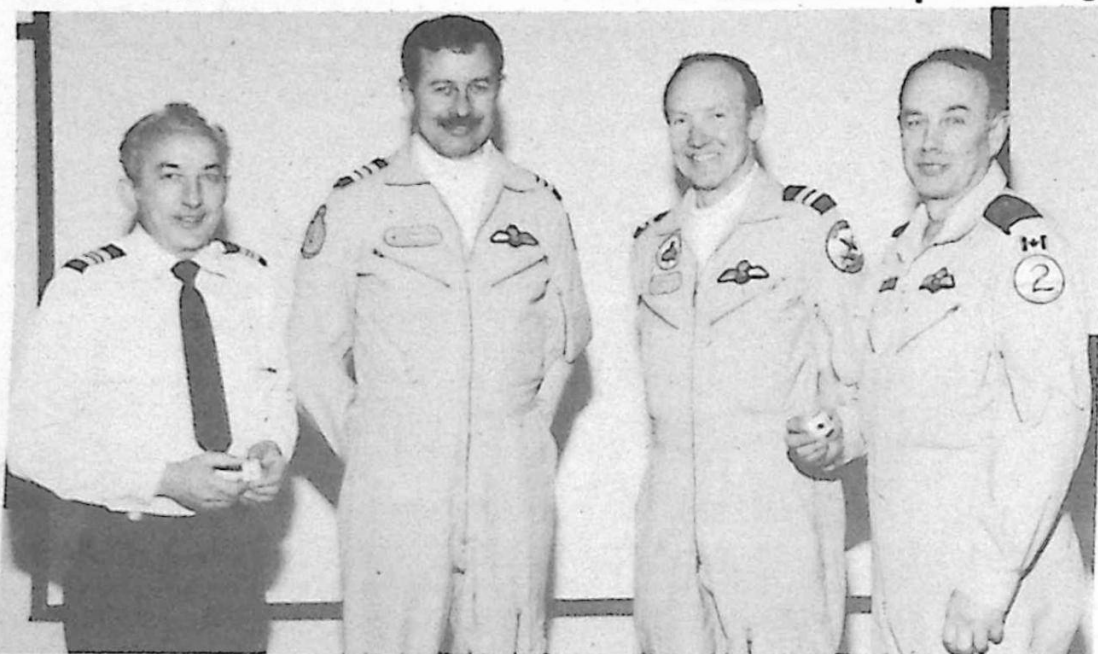
## SECTION NEWS

## Demon Doins



2500 - Hour Pins.

LCol Sutherland presenting.



L-R: Maj. Mazey, LCol Sutherland, Capt Goldie, Sgt MacCulloch.

In case it has gone unnoticed by anyone Sqn Ops tried and was nearly successful in deploying every single crew on the Sqn. When interrogated on the topic Capt Pat "I live to schedule" Murphy admitted that he only did it so he could see the Orderly Room hold standby.

A few crew changes have taken place with Lt Pete "Lips" Lipohar being cut by the Sledgehammers who stated and I quote "He was too sensitive he didn't fit in." This being the case he was shipped off the Crew 6 Terminators in exchange for 3 Bobby Vinton albums and some deodorant. Crew 5 Vikings taking advantage of Lt Larry "Blackbeard" Arnold's absence at sea traded him to Crew 2 Cowboys in exchange for Capt Dave "Whadya say" Nurse. Then they also picked up Lt Ken "P.V.T." Westerveld from Crew 2 in exchange for some back issues of Chataleine and a dog's bowl. Asked why they picked up Lt. Westerveld, Capt Steve "Greenwood's Great" Nichol replied "Well, gosh he's just so damn cute." Crew 4 then went shopping and bought Capt Alex Raiche-Marsden from Crew 3 Subbustors for \$1.99 (marked down).

Crew 5 Vikings returned from 20 days in Greenwood (ugh!) where they were marooned and omsing. When asked how they like it their comments were well thought out and concise but fortunately must be censored. However their most longed for diversion to the sun of Bermuda did materialize,

unfortunately it was from 0200 local to 0300 local. Again when asked to comment on this they shocked the censor. Whilst Crew 5 was in Greenwood and minding their own business Crew 3 Subbustors arrived and they were so happy to see each other they stayed up to the wee hours in the Demon Den quietly discussing tactics and such in hushed tones being so professional they were able to block out the sounds of the Demon Den residents whom were sleeping quite noisily.

Crew 6 Terminators were off to sunny California for a Readix and Lt Mike "It wasn't my turn to carry it" Baumert decided it was best to leave their nav bag on the transport aircraft. Capt A.J. "It was only for C of G" MacKay impressed all by spitting an impressive tally of sonos. Said Capt MacKay "It's much easier for SRS to position them when they are in the water." A man in touch with his equipment. Capt Ken "Mario" Rodzynnyak displayed an aversion to the colour red whilst driving for the crew. He also thought that the \$64 worth of hubcaps they lost must have been defective and as such had nothing to do with his skill at cornering at sub-light speeds.

Lt Larry "Sea Puppy" Arnold returned from his navy stint and was so happy to be back that he volunteered to go to Greenwood. What a guy!

A fond farewell to Capt Kevin Marray and wife Lorie who are probably PUFO as you read this. Nuff said.

did manage to achieve something...a nice sunburn which by Sunday forced him to wear a long sleeve shirt and carry a parasol for the last 5 holes.

MCpl John Clevett is enjoying one of our luxurious TD trips to Moffett. We hope he is not working too hard.

Two of our new members posted in, Sgt Brian Buttner and Cpl Lorrie Roy have spent their gratuity of one week looking for homes here in the Valley before being posted in. Both were successful.

WO Cote is finally getting used to his new office. It comes equipped with a window to look out of to keep an eye on his bike (which is often in the trunk of his car).

Hi there again people.

Great effort was made to get out of writing this article because of the large amount of information that MCpl Matson gave us in the last article, but no such luck...once again it's noticed by all, that some of our personnel are in "the posting slump mode." To cheer them up we had a party on the 12 June at the Glacier Greens Golf Course. We celebrated those many promotions we had in Photo and sadly said goodbye to some of our techs.

The golfing duel continues between WO Cote and Sgt Lawless. Unfortunately in the latest tournament Sgt Lawless lost again...leaving WO Cote to win 4th low net. Sgt Lawless

their "honeymoon night" was one they will remember... "We The first star of the game was our own MCpl Terry Wood who finally caught a ball. Let's hope that this is the first of many wins for the slow pitch team.

hope." Best of luck and happiness to both. Last but not least the Armament Slow Pitch Team "With the help of our skilled Photo Techs" won a game against VU 33 Sqn scoring 19 runs to a measly 9.

## 3 CREW

It's my turn to do the article and there is tons of gossip this week. First of all congrats are in order on July 1 because there will be a MCpl Dufour, a WO Moreau, and a WO Roche. Also a sad farewell is presented for we have lost long standing 3 Crew member Frank (Don't call him Francis) Boyer to Maintenance. Hey Frank, who is going to look after the 649 Fund now? As well, it seems we are losing half the crew to Cool Pool. Bob Roche, Marcel Blais, and Wayne Fast are all Alberta bound. Hey Wayne, is it Cold Lake or Victoria? Inquiring minds want to know.

Baden bound is one of my mentors, Russ (How to make a rabbit do 140 MPH) Anderson.

We know he wants to go because he has been on his posting slump for about seven months now. Have fun Russ!

CONTINUED ON PAGE 25

## Promotions at 407 Squadron



Promoted at 407...LCol Sutherland CO 407 (MP) Sqn (centre) presents promotions to 407 personnel. From left to right: Sgt Paul, Sgt Watts, WO Moreau, WO Styles, WO Waldron, and MCpl Netherly.

## AROUND THE BASE



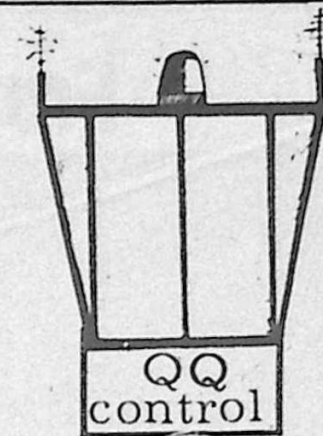
## From The Top Rung

Col Ted Gibbon

Once again the Base distinguished itself in hosting a large number of visitors over a lengthy period of time. We have a reputation for hospitality and I know many go to great lengths to ensure it is maintained and improved. To all those who assisted in making the Marines feel comfortable and at home, both professionally and socially, I extend my thanks and appreciation. A special mention to all those in the support services who produced the meals, delivered the fuel and provided the essentials to keep the operation running. Although frequently ignored you are never forgotten.

I would be remiss if I did not compliment the members of MAG 42 for their conduct and deportment during their deployment. Each and every one of the 280 who spent nearly two weeks in the Valley were outstanding representatives of their Units, the Corps and the United States of America. There was not one reported incident of objectionable behaviour to blemish this enviable record. The most rewarding aspect of being a good host is having good guests, the young men and women of MAG 42 were the finest kind.

The 10 A-4 Skyhawks and 5 H-53 Sea Stallions served notice to the Valley that aviation is alive and well here at Comox and very possibly startled a few who have arrived since the departure of the Voodoo or had forgotten the sounds of jet engines reverberating from the hills. While we received a few noise complaints I am convinced that just as MAG 42 demonstrated social responsibility on the ground their air discipline was of an equal high standard and their operations did much to prepare the local populace for the arrival of the Hornets.



## As The Beacon Turns

Hi Ya'll! Just thought I would keep in tune with all the American Marines who seem to have invaded our base over the past few weeks. Finally, good old Comox ATC gets a taste of what being busy is all about.

It's good to see our American Allies utilizing our superb military facilities. Over the past few weeks we have seen a managerie of F15s, A4s, KC135s, Ha53s, and some guy calling himself "Ocean Lord," well I guess in this business anything can happen. It was good to get some heavy traffic again, thanks to the Marines.

In keeping with the welcoming spirit I would like to mention something we should all keep in mind as we quickly approach the "Active Posting Season." First impressions are the most important and long lasting. This section prides itself on being one of the most friendly, closest knit units around so as new people get posted in, extend a warm hand, a big smile, and let that impression last. Don't forget you were new here once yourself and everybody appreciates a little kindness. In the traditional manner I would like to welcome a couple of new people to the section. First a big welcome to our new BATCO Major John Stariha and his family, who comes to us from Penhold, Alberta. Rumour has it he is around and in the process of moving his wagon train into a mansion in Royston. I guess we will have to remove the "For Rent" sign off his office. 2Lt Nicole Boutin has come over to ATC from the Language Training Centre and quickly took a months leave; come on Nicole, we are not that bad, are we!

Welcome also the three new Ptes fresh out of Cornwallis -- Barry Norris, Kim Pruden and Bruce Coles.

On June 6th the ATC section had a party titled "Spring Ball 87." I don't know where they dug up that name; I didn't see any spring or ball for that matter but rest assured everybody did have a great time. The food was terrific, the band was good and the Entertainment Committee did a great job and should be commended for their efforts, especially the Entertainment Chairman Sgt Tony Huntley. A few birthdays were celebrated as well at this party: Cpl Marty Doile, Pte Jim Fuller and Pte Sandra Vermeulen; by the way Sandra, how old were you anyway?

Good old Comox must be on someone's best seller list because we recently received a couple of nice items to add to our equipment collections. Our ATC simulator finally arrived all in one piece. Major Les Almolkly will be here around the end of the month to ensure that it gets installed properly and to show those standard guys how to use it. Also the installation team from Trenton is here to install the new CCS Bypass Switching System (CBSS). Of course they have to use one of our techs as a consultant.

Well, the rumours have finally been put to rest. The following promotions are effective 1 Jul 87: MWO Sam Kincaid to CWO, WO Dale Campbell becomes MWO and MCpl Frank Johnson becomes of course Sgt Johnson, and on the techs' side WO Ray Uhl becomes MWO. Congratulations to all. I know they were well deserved.

Capt Dave McLeod seems to be walking around all smiles; rumour has it it's because he sold his house in preparation for his move to Cornwall, Ont. but I think it's because his right hand man Sgt Dave Garipey is on leave "Again." Speaking of smiles, there are a few people smiling in the section as the day

soon approaches when they will be tying the proverbial knot.

Two people will be saying "I do" shortly although not to each other as Capt Joe Pacowski and Cpl Heather Walsh plan marriages soon.

Speaking of Heather, I meant to ask you if you have seen any mice over your shoulder lately.

Seems Heather has fallen victim to the section's practical joker, I didn't know anybody could scream that loud. Who was the "Criminal mind" behind this hideous joke? Stand by for future editions to find out who this could be!

Not too much is happening in the world of sports these days. The baseball team is still slugging away (no pun intended). Since the beginning of the year the team has only lost once; not bad for a bunch of rank amateurs. Most of our victories can be attributed to luck, and superb pitching by Russ Parker and Mel Swan.

Just before I go, a couple of late breaking news flashes that will be old news by the time this article hits the stands.

Congratulations are in order for Pte Tom Banks who recently qualified in the Tower B Stand position, and I would also like to welcome his family from Goose Bay as well, which I neglected to do last article. Sorry about the oversight, Tom, and also welcome back to 2Lt Adams on his return from the TRACS Course.

That about wraps it up for another exciting edition of "As The Beacon Turns." Tune in next time when you'll hear a controller say "no you can't be no. 11 on approach - I ran out of fingers!" Til next time see ya!...Paul Fleury

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NEXT DEADLINE JULY 6



## EDITORIALS



## COMMENT

Gord Kruger

## A TIME FOR THANKS

Remember the story about the little train...the one that said I think I can...I think I can! Well the Totem Times staffers feel a bit like that little train right now...for we though we could!

Several fortnights and a number of moons ago I came back, not too sure that I really wanted to but nevertheless back. I'd been here before and knew the many hours of labour required to turn out a quality base newspaper. Around me I gathered a small dedicated group of individuals and we went to work.

We made some rather radical changes during that time, going from a full size broadsheet newspaper to a "tab" as it's called in the newspaper circles. We felt it was a positive step and you our readers agreed and told us so.

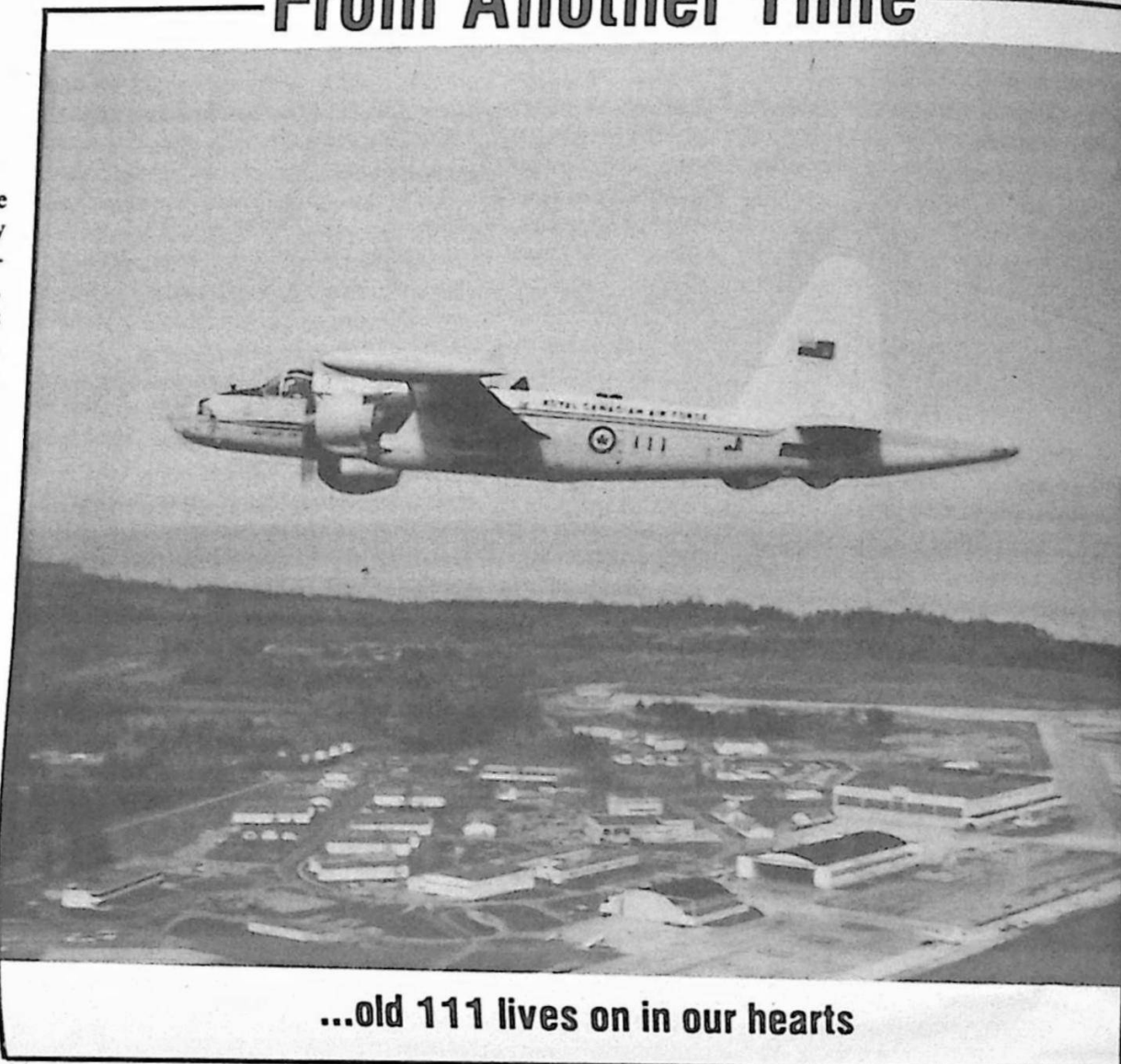
Some people came and others went but always it was a small dedicated staff that worked long and hard to put out what we hoped was a number one newspaper.

It worked! Last week the Canadian Community Newspaper Association announced its annual awards. The old Fishwrapper was picked tops in its class, the Armed Forces division using a volunteer staff.

I am justifiably proud of these people who have helped me so much. They have given me their dedicated support, sometimes under rather trying conditions. For fear of missing someone who helped and has since gone I will not begin to mention individuals. They all deserve the credit and to them all I say thank you. We had a goal to be the best and we did it. Hooray for us!

There are other people who also should be mentioned. The advertisers who support us, the E.W.Bickle organization for doing such a masterful production job and our readers, probably the most important people of all. To all of you - thanks. We're happy and I hope you are all happy for us. Thank you and good night.

## From Another Time



...old 111 lives on in our hearts

## Publisher's Message

As publisher I am basking in a great deal of reflected pride following the recent announcement that the Totem Times has won the Canadian Community Newspapers Association annual award for the best Armed Forces newspaper produced by a volunteer staff.

It is the editor of course who controls the quality of the newspaper and Gord Kruger is justifiably proud of the "Fish Wrapper." His efforts together with those of a small band of dedicated associates who are listed on page four, have earned the credit that the Association's award represents and I congratulate them all on behalf of their readers.

The key word in this award is volunteers. The volunteer staff of the Totem Times continues to produce a quality newspaper despite the pressures inherent to the undertaking and the impositions on their personal lives. It is a labour of love but now not one devoid of tangible rewards. I'm sure they are all very proud of their accomplishment and would, in their usual magnanimity, be willing to share their success with anyone who harbours a desire to become involved with a successful newspaper. Lord Thompson, Rupert Murdock - move over; the volunteers are sailing past Fleet Street. BRAVO ZULU.

...Colonel Ted Gibbon



TOTEM TIMES

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



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

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CARTOONISTS: Ian Murray and Scotty Hart

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## EDITORIALS



## Lightside

Norm Blondel

## SAND DOLLARS

"I want to go to the beach," Wife said plaintively. "I've been digging post-holes for weeks. If I have to do another one I'm going to jump in it and stay there. I need a break from all this pioneer stuff."

Since Wife isn't plaintive very often, I paid immediate attention. "You had a break last week. We went to Campbell River, had a Big Mac and spent over an hour in K-Mart."

(Translated), Wife replied, "Surely you jest."

She continued: "I want sand between my toes and the smell of seaweed in my nose. The only sea breeze I ever get is when you blow on your clam chowder."

This talk of the beach stirred memories. My kids' formative years were spent in the Comox Valley, so, seldom did we miss an opportunity to enjoy the beaches at the Spit, Kin, Kye Bay, Airforce and Miracle.

As part of their work ethic training our kids had to collect an ice cream pail full of white stones for our shrubbery before starting on their sandcastles--"Work before Play," I would intone--and they humoured

Dad by dutifully collecting his crummy stones.

Our favourite was Goose Spit, because to get home we had to pass the Dairy Delight which once stood at the corner of Anderton Road and Comox Avenue.

"I.C.E. C.R.E.A.M." were among the first words they learned to spell. Wife and I would introduce them into our (muted) front seat conversation as we drove away from the Spit, but no matter how quietly intoned, the words would produce joyous turmoil in the back seat.

Happy Days. We took relatives to Wickinish Beach one hot summer, returning with sand dollars, starfish and assorted debris. We forgot to unload the trunk, and drove to the Driftwood Mall the next day, wondering why, when we came out the parking lot was empty around our car. Getting closer, our noses told us the reason.

"I remember only too well," Wife said, "We had to wash to car out with aftershave, and you went around afterwards telling everyone we had English Leather upholstery."

## LETTERS WE GET

We extend a heartfelt thank you to all of the caring people of the Comox Valley. Through the dedicated work of volunteer area captains and canvassers, and your generous response, we have exceeded \$50,000 in our annual April Campaign.

The Canadian Cancer Society provides funding for Patient Services, Education, and Research. These services are only possible through the donations of concerned people. Volunteers working

through our local office can continue to serve the needs of Comox Valley patients and their families. Education programmes can be implemented, and your donations assure our part in making money available for continuing research.

Together we continue to work toward the goal of conquering cancer.

The April, 1987 Campaign Committee: Kay Kerr, Betty Gravelle, Ardythe Crawford, Ed Hale, Ken Durrant.

## ABOUT TRIVIA

Over the last few months many of our readers have sent in additional and in a few cases first hand information on a few of our Trivia photographs. Our readers have a wealth of knowledge on aircraft of yesteryear so just to see if you

are up on non-RCAF types, we are submitting for your scrutiny, this four plane formation of USAF aircraft. How many aircraft can you identify by name and specific sub type? One hint, the large aircraft is not a B-29.

## Museum Opens Soon

## Major Art Exhibit Planned

If you have passed by the old theatre lately you may have noticed a flurry of activity as the Comox Air Force Museum is slowly taking shape. All the pieces are falling neatly into place and the first major exhibit will be arriving soon. On July 25th the doors open and forty paintings selected from the Canadian War Museum collection will be unveiled. This exhibit represents only a preliminary example of greater things to come.

The exhibit is divided into

two parts. In 20 of the paintings well known Canadian artists present images of the Spitfire. These paintings examine the aircraft both in action and from behind the scenes of day to day maintenance during WWII. The other twenty paintings were originally part of a major 1984 Canadian War Museum exhibit commemorating the 60th anniversary of the RCAF. Many of Canada's most well known artists have worked towards building this collection of

works which represent the First World War, the Second World War and the Post War periods. Members of the Group of Seven and The Canadian Group of Painters such as Arthur Lismer, Edwin Holgate and William Ogilvie are represented in this exhibit.

These paintings will be on exhibit for just one month from July 25 to August 22. The museum urges one and all to come in and view this fine collection of paintings on Air Force's history and heritage.

## Eagles to gather

The people organizing the Fifth Commonwealth Aircrew Reunion in Winnipeg in September 1988 hope it will, in some ways, be a gathering of eagles. The Wartime Pilots and Observers Association is particularly interested in contacting as many former members of Eagle Squadrons as possible.

These were squadrons made up primarily of Americans,

who served with the RCAF and RAF until the United States entered the war following Pearl Harbor. The theme of next year's reunion Sept 14 to 18 will be the British Commonwealth Air Training Plan, under which many of these American pilots trained.

This reunion, like those in previous years, is being supported by Air Command

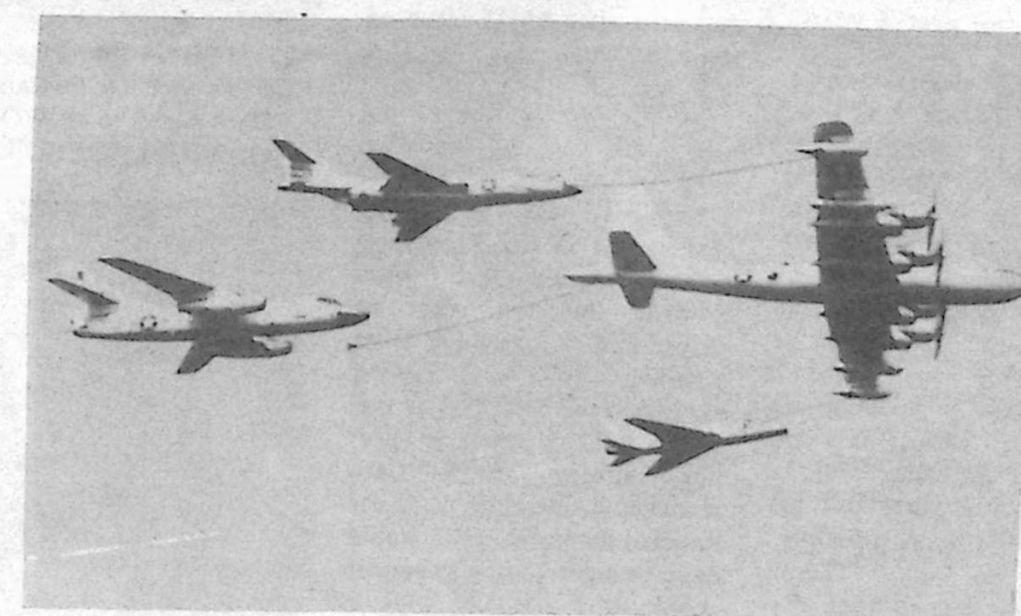
headquarters in Winnipeg. Last year, more than 4,400 veterans attended, from a large number of Commonwealth countries.

For more information write to:

Fifth Commonwealth War-time Aircrew Reunion Committee

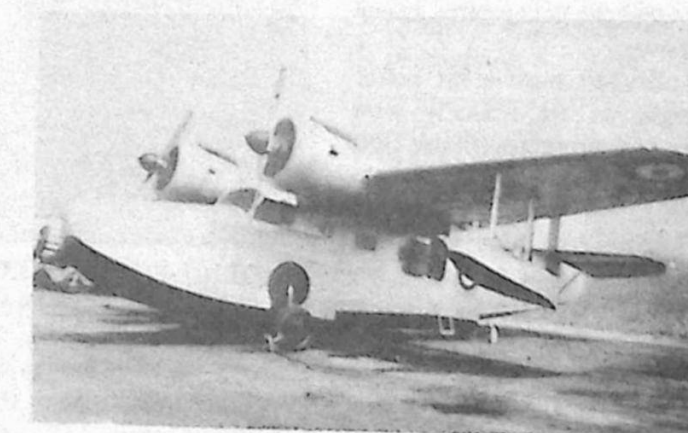
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## Air Force Trivia



what  
where  
why  
when

## Answer from Last Issue



## TRIVIA ANSWER

A Grumman Goose - Serial 926, of RCAF Station Mount Hope seen at the Station June 1941.



## SECTION NEWS



## BAMSO

**TEAM EFFORT.** One more piece of AMSE or GSE equipment in Sgt Dave Paquet's life recently was apparently Sgt Wayne Keefe's motorcycle. It was reported that the motorcycle battery had "flamed out" on Wayne so the back up system (Dave) had to be called up.

**BULLS EYE!** Many of the shop people know Sgt "Pedro" Parent quite well through AMMIS or UCR tech data work; a few more people know "pedro" is a licensed pilot who often flies on weekends as a hobby; few people, however, know that at a fly-in breakfast on 14 Jun at Campbell River "Pedro" won the (flour) bombing contest. It may be reminiscent of a WW I technique (throwing the "bomb" out of the aircraft) but it still works!

## BASE PHOTO

It's that time of year, already, again. Luckily, in our shop, we haven't had to say goodbye very often. The five of us have been happily working together for the past 3 years.

All good things must come to an end however. So, it is with great sadness in our hearts, we say goodbye to Tammy and Gilles. Tammy is off to Cold Lake (419 Sqn) to finally live with her husband. So, best of luck in any future endeavours Tammy, and you will be missed. And then there's Gilles. Gilles is moving his family off to Moose Jaw and his colour expertise will be welcomed, I'm sure. But hey you guys, it's never goodbye - it's only "so long." There's always bonspiels to look forward to - right gang?

On the brighter side of things, out with the old, in with the new. A great big Comox Valley welcome to MCpl Gerry Fairbrother, who comes to us from Cold Lake. He loves the Valley so much, he thinks he'll stay - in fact, he already bought a house. He's going to get his wife and kids at the beginning of July. Also joining us is Cpl Dawn Nickerson, who's coming from the Photo Unit in Ottawa. You're going to notice a big change in pace from the Whitehouse, Dawn, but I'm sure it will be a welcome change.

We had a major blow out at the Sartori residence. Thank you Nancy and Attilio for hosting such a bash. Maybe there will be an accompanying photo - if we give it to the Editor on time. That's about it for now. Keep those CF315s coming.

## NAVCOM LABS

If you were unlucky enough to take the stairs down from the Lab two weeks ago you would have had your senses assailed by a vision right out of 'Dante's Inferno.' Poor tortured souls, their calloused hands bleeding, nails cracked and torn from scraping at the stone walls and floor, dust caking their ragged hair, struggling away at seemingly impossible tasks in the steaming, caustic air. The sounds of wailing and gnashing of teeth were everywhere and an evil sense of foreboding pressed in at you from every corner. Yes, the most hellish, darkest of nights had fallen upon our poor shop and we were mortally afraid that we would never be able to break its iron grip...pre-AMIT clean-up was underway.

On the lighter side of life here's the rest of the shop news.

Navcom was very well represented in the Participation challenge last week, however the first event we played in didn't go quite as we planned. In what sports analysts have described as one of the flukiest upsets in sporting history IE/IS Labs managed to slaughter us on the baseball diamond. Who would have thought that a group of people who tried to buff a concrete floor would understand the intricacies of softball. A current theory suggests that fan support may have been the determining factor as our only fan spent the entire game asleep in his van.

Volleyball went a bit better though, as we actually won three or four games (thank God all of the supply techs are short!).

Golfing had the most interesting turnout from the lab with our 407 "Exchange Student" Bruce MacEachern showing up in cleated shoes and a single glove! Even Bob, our resident pro, quaked with fear; he'd never played against

someone who owned real "Golf Stuff." Warren didn't scare anyone but the fashion experts as he arrived in a stunning crimson and purple ensemble that suggested anything but golfing prowess. His

golfing style was like something out of a physics class gone mad and their basic theory goes like this... "I swing the club with such force as to cause the club head to be accelerated to super-sonic velocity. The resulting

vortex caused by the club's passage through the surrounding air will envelope the ball and lift it from the ground and force it, almost, into low earth

CONTINUED ON PAGE 27



BTSO BRANCH PROMOTIONS AND CD PRESENTATION

Front row (l to r): Capt Van Gelder - MSEO, LCol Bowes - BTSO, Capt Sobieralski - D/BTt/O  
Back row (l to r): WO Pearce - BSUP, Sgt Halbersma - BAMSO, Cpl McElhinney - BTpt (CD presentation), WO Carlson - BCE, MCpl Collier - BTpt, Lt Cook - CE Eng O.



MOBILE SUPPORT EQUIPMENT OPERATOR AWARDS

Cpl Logan, Cpl Rowe, Cpl Porter, and Cpl Bernard, MSE operators in the Base Transportation Section, were the first four drivers on this base to receive the qualification of Airfield Support Operator. LCol Bowes the BTSO their Commanding Officer, presented the certificates.

Sgt Ken Sullivan of the winning IE/IS Lab happily watches the Avionics Warrant Officer, WO Al Gray, present the losers "Avionics Challenge Broom" to the NAVCOM Lab representative MCpl Anne Davey.

## SECTION NEWS



## Supply

## Signals

Here we are again with another chapter in the never ending saga of Base Supply - CFB Comox style.

We start our editorial with thanks to the seven people recently promoted who sponsored a recent Beer Call. Everyone had a great time. Also, two more people (Jim Bulmer and Sandra Belanger) just recently took than BIG STEP up the Ladder of Progress. Congrats to you both. A warm welcome home goes to MCpl Debra Burns upon return from her packaging course, fully qualified? Shipments should be safe? ...guaranteed?...Right? Canadian Tire should have her working for them.

A major move is taking place again in Supply. New faces appear and old ones disappear in various sections. In some cases the faces will totally disappear from the Base as the posting season comes into effect once again. On June 17th a farewell

gathering was held for those who are leaving this month. A warm welcome was also given to those new personnel who have just arrived in Base Supply. Goodbye and good luck to those who are leaving. Welcome and enjoy to those who have just arrived in Comox. Comox offers much in every aspect in life.

A rumour has it, Supply has a "PGA" contestant who is trying for the Base Team in golf. You'll make it with no trouble Karl. Good Luck.

A fishing derby was held on Saturday, June 20th. The winners will be announced at a later date. Even though the weather wasn't very good for the actual fishing, the hot tub party which followed at "Chez Earl's" was an overwhelming success. I heard certain rules of the hot tub after 12 midnight were observed and carried out with full enthusiasm. Oh, if only the surrounding trees could talk.

In Clothing Stores, the new uniform issue is in full swing. The staff from Clothing and miscellaneous other personnel from other groups/areas of Base Supply are putting in many hours to ensure that everything runs smoothly and efficiently. Great work to all!

Upon closing, I'd like to say...What?...You're kidding!!!...Excuse me, a note has come in from the tower. Apparently there's a UFO flying around the Base...but I'm told it's only flying from General Stores to MPO and back again...Just one minute...more coming...It has been identified as ..."Super Woman"! Amazing! She is employed at two different Sections and running them smoothly. Hooray for Super Woman!!!

Trivia - What's in the story of Daniel and Lucy's wild weekends? Answer: EVERY WEEKEND!!!



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## STRESS

## PREPARATION FOR A STRESSFUL EVENT

This article is the seventh 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

Most of us have had the experience of knowing about an impending event that we would find extremely stressful. Some examples of typical events are marriage, death of a family member, starting a new job, and encountering a barking, angry German Shepherd if you are fearful of dogs.

If handled poorly, such stressors could easily trigger a multitude of stress reactions well before the occurrence of the event itself. Mulling over the event and allowing yourself to become preoccupied with the idea could lead to harmful effects.

If you have kept yourself generally prepared to handle mild stress by exercising regularly and being conscious of your health, the next step is to concentrate on dealing with specific stressful events.

"Stress inoculation" is based on the same concept as medical inoculation. The body and mind (in this case) are "taught" to adapt to increasingly difficult situations until, finally, the main stressful event can be dealt with without major difficulties. Moderate stressors can sometimes be "defused" simply by re-evaluating the situation and concluding that it is not quite so difficult as previously imagined. The common extreme example is reducing a "snake phobia" by gradually becoming comfortable with various levels of contact with snakes. Levels could begin as low as thinking about being near a live snake and progress through to actually touching a non-poisonous snake.

An extreme stressor, such as one related to phobia, takes a long time and much practise to defuse. The most important aspect of each level of progress is relaxation, since it is very difficult to be stressed while relaxed.

Various methods can be used to help you to relax. The easiest is relaxation breathing, which basically involves breathing slowly and regularly, right from the depths of your abdomen. Try relaxing while holding your deep breath for five seconds and exhaling slowly through your mouth. It might help to also count in your head as you breathe in, to help clear your mind of other thoughts.

A more elaborate method of relaxation involves Progressive Deep Muscle Relaxation (PDMR). PDMR is a systematic tensing and relaxing of the major muscle groups of the body. Self-scanning is also useful. This involved mentally surveying muscles from head to toe to locate tension to be released.

Relaxation is the key, no matter what method you find works best. Practise relaxing at work, or at home for 10 to 15 minutes at a time. The more spontaneously you are able to throw off tension, the easier it will be to combat stressors by keeping relaxed.

For a little more information on relaxation training, a good book is: *Personal Strategies for Living with Less Stress*, by Richard A. Stien, M.D., (John Gallagher Communications Ltd., New York, 1983).

More indepth coverage of techniques is in: *Controlling Stress and Tension: A Holistic Approach*, by Daniel Girdano and George Everly, (Prentice-Hall, Englewood Cliffs, New Jersey, 1979).

Part 8 will take one final look at stress and put things into perspective.

## Reunion

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

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





## SECTION NEWS

## Anker Klankin'



## CO'S MESSAGE

Now that my time at VU 33 is drawing to a close, I would like to express a few of my thoughts in print. I have had a very short and hectic tour, but also a very rewarding one. I have seen VU 33 grow and mature considerably during my time here. For this, I pay tribute to you the men and women of the Squadron. You have supported me well, you have contributed much to the growth of the Squadron, and you have taken the initiative to get things done that needed to be done. You have made my job easy, and I thank you for your support.

On behalf of all Squadron members, I bid the new Commanding Officer, Maj E.R. (Roger) Arsenault, and his family a most sincere welcome to the best Squadron there is. I am very proud of the state of VU 33; and I can say with confidence to my successor that he is getting an excellent command.

Both Carol and I regret to leave VU 33, this fine Base, and the beautiful Comox Valley. We will miss you all. FINIS CORONAT OPUS.

A.R. Nielsen  
Major  
Commanding Officer

All Anker Klankers, and most of CFB Comox are aware that Thursday 25 June 87 is a special day for VU 33 Sqn. Today at our Change of Command parade Maj Nielsen will hand over command of the Fighting 33rd to Maj E.R. (Roger) Arsenault.

The ceremonies will begin at 1315 hrs on the north ramp of 7 hangar. The Guest of Honour is the Commander of Maritime Air Group, BGen C.M. Curleigh, OMM, CD. Presiding Officer is the Base Commander, Col J.E.H. Gibbon, OMM, CD. The dress for all military spectators is S2.

Maj Nielsen and his wife Carol and family are leaving VU 33 and the Comox Valley after only one year to return to the East coast.

Maj Nielsen has been promoted to Lieutenant Colonel and will assume the position of SSO FW at MAGHQ in Halifax. Fortunately this new job will provide him with ample opportunity to return to the West Coast to visit the Sqn. We look forward to seeing you on those occasions, Sir!

Maj Nielsen has had a very good year at VU 33 and we regret that he is leaving so soon. We will all miss you and Carol, Sir. Our congratulations on your promotion and our best wishes to you and your family in Halifax.

VU 33 takes pleasure in welcoming our new CO, Maj Arsenault, and his wife Rejeanne to Comox. Maj Arsenault came to us from MR

880 Sqn, CFB Summerside, where he served as Operations Officer.

Maj Arsenault, who is a native of P.E.I., joined the RCAF in 1963. After initial service in the ranks he applied for pilot training and received his wings and commission in August 1967. Maj Arsenault spent three years in Moose Jaw instructing on the T-33. Then followed a posting to Vance AFB, Oklahoma as a T-38 instructor pilot. In 1973 he was transferred to 416 AW(F) Sqn at CFB Chatham where he flew the CF-101 Voodoo. After three years in Chatham he was posted to 1 RSU, CFB St. Hubert, Quebec flying Single Otters. In 1980 he was posted to 410 Sqn, CFB Bagotville flying T-33s; and from there he moved to Fighter Group HQ in 1982 on promotion to Major as Group ICP. In 1984 he was posted to MR880 Sqn flying the Tracker.

Maj Arsenault is a very keen golfer and curler and it likely won't be long before his presence is felt in local competition in those sports.

All members of VU 33 and their families will have an opportunity to meet Maj and Mrs. Arsenault at the reception following the parade.

All the excitement and preparations surrounding the parade have effectively served to distract us from the return to the fold of J. R. Capt Reimer disappeared from the Sqn two

months ago under mysterious circumstances. It was rumoured that he was on a secret mission to negotiate the release of Middle East hostages. The truth, however, is more mundane: he was attending Staff School. There's nothing wrong with that, John, and you didn't need to hide it from us. A friendly word of advice, though. Don't do everything in your first tour.

Leave something for the next 25 years of your career.

## TECH SIDE VU33

Lots of activity on the line this past while with visiting A4s, 18s and T-33s.

On Friday 19 June VU 33 held a Mug Out for those retiring or transferred. MCpl Niel Black was presented with a plaque by Maj Kightley. Niel, an IE Tech, had retired awhile back and returned to the scene on C class status. Due to this being his first employment after retiring from the regular force Niel is happy to point out that he is now eligible for full UIC benefits. Must be nice Niel. Lots of luck. Next to receive a plaque, Dave our Safety Systems MCpl is on transfer to CFB Portage:

NOTE TO MAJ KIGHTLEY FROM DAVE — MY GOGGLES MAY HAVE LOOKED FUNNY BUT AT LEAST I COULD SEE ENOUGH NOT TO CRASH.

CONTINUED ON PAGE 27

## Suggestion Awards



In 1985 Corporal Beasley, an Airframe Tech on VU 33, received an award of \$690 for suggesting a modification to the CT 133 external canopy access door. This year he was granted a supplementary award of \$345 for second year savings. His commanding officer, Major Nielsen, made the presentation to MCpl Beasley. (Base Photo).



Corporal Ashcroft, an Airframe Tech on VU 33, received \$300 for his suggestion that storage racks that he designed be provided for CT 133 flight controls when they are removed from an aircraft during maintenance actions. His proposal reduced damage to the controls and reduced the possibility of personnel injury. Maj Nielsen, his CO, made the presentation. (Base Photo).

## Partying with VRC-30 Sqn



...are there hot tub parties in Summerside

## PROVINCIAL

## Your M.L.A.

—Stan Hagen



British Columbians are unanimous in their admiration and respect for the outstanding feat of wheelchair athlete, Rick Hansen and his Man in Motion Tour. Rick has touched the hearts and minds of all those who have witnessed his single-minded determination and dedication to the cause of raising funds for spinal cord and rehabilitative research. He has inspired people throughout the world, and given hope and increased self-confidence to many who are confined to wheelchairs or who suffer disabilities which may restrict participation in a full and active life.

Half a million North American suffer from spinal cord injuries. Each year, another 25,000 have accidents that paralyse them. More than 50 percent of those injured are between the ages of 16 and 28. Before the second world war most spinal cord injuries proved fatal. Today, advances

in research and rehabilitation have provided new hope for those injured in this manner. Their life expectancy has improved to a point just slightly below the average for the able-bodied.

Many people who suffer from disabilities overcome their handicaps in outstanding ways and work hard to improve the lives of their families, neighbours and colleagues. Such a person is one of our own Social Credit MLAs, Doug Mowat, who has served as MLA for Vancouver-Little Mountain since 1983. Mr. Mowat is currently Parliamentary Secretary to the Minister of Health and the Minister of Social Services and Housing - key areas of concern to the handicapped community.

Mr. Mowat was one of the first people to believe in Rick Hansen's dream and concentrated all his efforts into making that dream become a reality. He is currently Director and Chairman of Finance Committee to the Man in Motion World Tour and has been actively involved in the

Tour serving as Chairman until 1986. Mr. Mowat's many achievements include, Member of the Order of Canada, Foundation Director of the Canadian Wheelchair Sports Association, Executive Director of the Canadian Paraplegic Association for the B.C. Division since 1960, Provincial Director of the International Year of Disabled Persons during 1981/1982, Commissioner of the B.C. Human Rights Commission, Founding Director of Aurora Society and Dogwood Lodges, Director of the Lower Mainland United Way, and Chairman of the Rick Hansen World Tour until 1986.

As Director and Chairman of the Finance Committee of the Rick Hansen Man in Motion Tour, Mr. Mowat joined the Premier, myself and thousands of other British Columbians in the celebrations to welcome home Rick at B.C. Place Stadium on May 23. Rick surpassed his \$10 million goal and has raised several million in British Columbia. This amount will be matched by our government as promised by the

Premier when he met Rick at the B.C./Alberta border in March. Fifty percent of the total amount raised will go to spinal cord research and fifty percent to rehabilitation, awareness, rehabilitative research and wheelchair sport.

Rick's incredible journey has served to heighten public awareness and support for the needs of people with disabilities. His goal is not just to raise money, but to change public attitudes toward the disabled and increase awareness of what disabled people can contribute to society. We need to see disabled people as people first, people who have a lot to give, people who overcome physical barriers to participate in the every day activities that abled-bodied people take for granted.

It is a staggering fact that one in every seven Canadians has a disability associated with ageing or a permanent physical disability and this percentage will continue to increase because the average age of our population is increasing. B.C.'s top quality health care system

boasts many world-class physicians, researchers and technical staff. The quality of work they do is enhanced by the availability of the latest and most advanced high technology equipment. Our government is committed to continue to invest in further research to improve the lives of those who are stricken by physical disabilities.

We recognize that many people with disabilities cope with daily difficulties in an incredible or challenging way. Let us make a determined effort to assist disabled people in our province by recognizing them as useful and contributing members of society.

In his travels, Rick has become one of the most effective and admired ambassadors of goodwill British Columbia has ever seen. We salute Rick Hansen and all those among us who face daily and surmount their disabilities with fortitude and determination.

Courtesy The Honourable Stanley B. Hagen, Minister of Advanced Education and Job Training.



TOM PROCTER

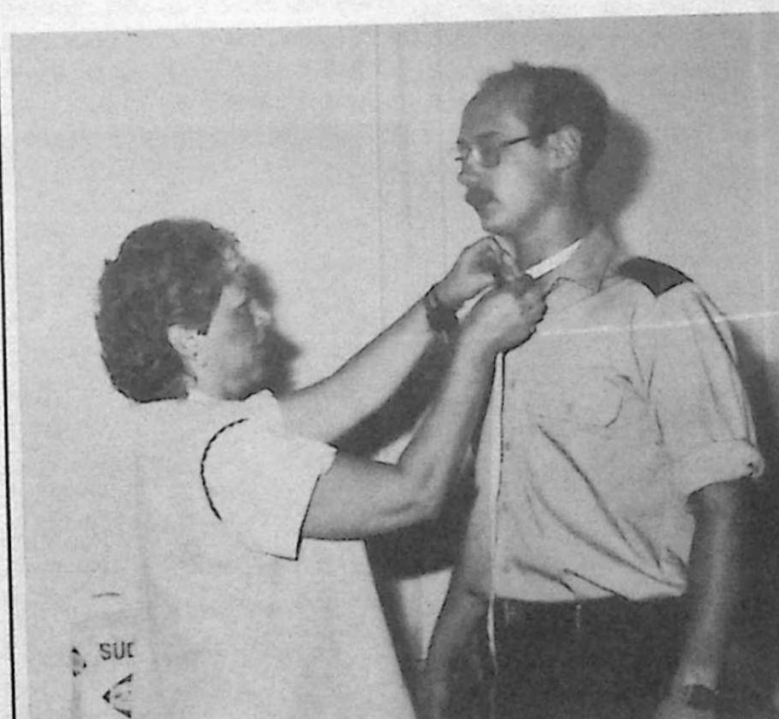
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## SPORTS &amp; RECREATION

## Sports Shorts

## BALL HOCKEY

Are you a Wayne Gretzky in running shoes? Are you already longing to play ice hockey again? Are you looking for an exhilarating way to keep fit?

Have we got a deal for you! Everything necessary for a summer ball hockey league is available and ready to go! All that's missing is you. Dates and times will be prepared as soon as enough of you decide to join. (Tentative START date: July 6) "ANYONE" interested in playing should contact either Cpl Rob Turgeon or Pte Dan Lefebvre at loc 8229 a.s.a.p.

## CFB COMOX SOCCER TEAM

The Base Soccer Team is starting practices for the 87/88 season. Practices will be: Mon 1800 hrs - Wed 1800 hrs at the soccer field behind Canex.

John Koidhis will be coaching the team and Pte Dave Devries will be the assisting coach. For more information contact the Rec Centre at loc 8315.

## CFB COMOX MINI TRIATHLON

CFB Comox Base Rec Centre will be hosting a mini triathlon on Sun 9 Aug 87, consisting of a .5 km swim (in the Base Pool), a 10 km cycle and a 4 km run. Categories will be as follows:

Mens Open 18 yrs plus  
Womens Open 18 yrs plus  
Mens Pre-Master 30-39 yrs  
Womens Pre-Master 30-39 yrs  
Mens & Womens Masters 39 yrs and over  
Mixed Team

Entry fee will be \$15 per person and \$30 per team. The Triathlon will be open to anyone 16 years and over. Anyone interested in participating is to contact the Base Rec Centre local 8315 prior to 31 Jul 87.

Note: A number of course marshalls are required during the race to help with timing, traffic control, water stations, etc. If you are interested in assisting, please contact the Base Rec Centre local 8315.

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## Party at Moisie

1988 will mark the 35th anniversary of CFS Moisie. To celebrate the anniversary and pending station closure, a closing party has been organized for October 9-11 1987.

All former personnel and their guests are cordially invited to attend the closing ceremonies. Please be advised that attendance is limited and early reservations will facilitate in the planning of this event.

Events include a get together, concert by the RCA Band, Oktober Fest Night, Communal mass and a closing brunch. For more info or reservation, contact Lt Mario Houde, GP 622-4272.



## Pipe Smoke

Gerry Gerow

This week another horsey book. *Long Distance Riding*, by Marcy Drummond, Howell Book House, New York. US \$16.95.

This is essentially a text book for individuals who are into the sport of endurance riding. The author, after defining her sport and covering its history, describes the ideal endurance mount, its daily care and feeding and then she goes into the vitally important subject of foot care.

There are chapters on equipment for horse and rider, training the horse, rider physical fitness and horse and rider relationships.

Drummond gives excellent advice on such subjects as planning for competition, completing the distance, and veterinary judging.

This 144 page hard cover guide is superbly illustrated with 70 photographs and diagrams. It is fully and excellently indexed. Hot off the press, it should be in book stores and tack shops soon or you can order it from the publisher.

XXXX

M-I-C-K-E-Y M-O-U-S-E.  
This was again the case in a British Columbia court room recently. An American visitor was allowed to get away with paying a \$600 voluntary payment for being a non-resident hunter without a guide, hunting without the required licences and carrying a loaded firearm in his vehicle. He was fined another \$400 for carrying an illegal hand gun. All told a fine of \$1000 for flagrantly and knowingly violating this country's game laws. In my opinion he should have had to hitch hike back to the American border with only the clothes he was wearing. Instead he drove back with all his equipment, no doubt bragging to his friends that breaking game laws in Canada is cheaper than buying the required permits.

Three Canadians were charged in the same incident and also received minor penalties. They should never be allowed to hunt or carry firearms again. Anyone can make a mistake, or

perhaps do something stupid on the spur of the moment, but when there is flagrant, deliberate violation of the law, penalties should be severe. I firmly believe that there should be no fines or jail sentences for fish and wildlife law violations. Simply remove the individual's privileges for the rest of his life. It wouldn't take long to clean up the act of these individuals.

XXXXX

The latest issue of *Outdoor Canada* contained a story by Dick Brown in which he describes an interview with Farley Mowat, a noted Canadian writer, on wolf kills. Fortunately my library doesn't contain any Farley Mowat Books, so I don't have to throw them out, because that's the way I feel. As friend Ralph Shaw pointed out in his weekly column recently, society condones the killing of surplus dogs and cats, but not surplus predators such as seals, sealions, and wolves. These animals aren't in any danger of becoming extinct. In the days when there was a bounty on them, their numbers were controlled, but they never became endangered.

The Province of Alberta has a rat control program in which government exterminators patrol the Saskatchewan border, sparing no effort to find and eliminate any rat entering Alberta. It is strange that the Mowats and the Watsons never complain about this. Of course a rat isn't cute and cuddly, but what has that got to do with its right to live and thrive where ever it wants to?

I am thoroughly convinced that most of the bleeding heart protesting is done for the simple reason of personal gain to the protestors, either financially or through publicity. It is time to stop this nonsense including statements by ministers of the government that a seal hunt would be political suicide. It just might work in reverse.

## Getting his wings



"Mr. John Haughton of 888 Wing RCAFA, accepts AESOP Wing from CWO Steve Bale and MCpl John Knapp on behalf of all CFB Comox AESOPs, 11 Dec 86." (Special thanks to C.E. Electrical for dimming the lights to keep forehead glare to a minimum).

Parlez-vous Anglais...Base Commander Col Gibbon congratulates a graduate of Basic English Course 8601. The "Boss" is accompanied by the now "retired again" Maj Bud Fauberton in his inspection of the graduating class.

## SPORTS &amp; RECREATION

Fitness  
with Debbie

Now that you are all firmly entrenched in a "rigorous," or at least regular fitness program it may be time to consider what to do in the event of an exercise related injury. Injuries can be caused by trauma, overuse or fatigue.

At the first sign of pain or even discomfort it's time to ease up and take some time off. The old adage of "no pain no gain" doesn't mean you should suffer through sprains and strains in order to achieve "fitness." When your body is in need of rest and relaxation it will let you know by sending out distress signals.

When you start getting these messages from your legs, back, neck or wherever, think RICE. This doesn't mean sit down and fork down some Uncle Ben's;

RICE stands for Rest, Ice, Compression and Elevation.

Rest means immediately lay off the painful area. If you are out running, don't try to plug out an extra five miles on an already injured knee. Likewise in the weight room, don't feel you have to finish your last set of bench presses if your shoulder feels like a bed of hot coals.

To apply ice, wrap it in a plastic bag and towel and rest it on the injured area. (A bag of frozen peas works as an excellent ice pack). Ice the area for about 20 minutes, and keep reapplying every few hours as long as there is any pain and swelling.

Compression entails keeping a reasonable amount of

pressure on the injured part. A swollen knee or ankle for example should be wrapped in a tensor tightly enough to apply pressure without cutting off the circulation.

An injury should be elevated to just above the heart level. An arm can be rested on a pile of pillows, a leg should be propped up on a table or stool.

Most injuries are a simple result of doing too much too soon and then not taking time off when necessary. So while it is quite true that undertraining (or not training) is detrimental to say the least, overtraining or working through pain is senseless. So exercise a little moderation and you should make it through the summer injury-free.



## SAILING SPLATTER

## CFB COMOX SAILING CLUB

loop of the couch potato. Call one of the Executive and tell him when you would like to race. If Sunday at midnight is right for you, tell us about it! Enuff said.

Even as you read this, I'm probably sailing! And if I'm not, then I'm at least thinking about it in one form or another. And as I write this article, I can't help but wonder where all of our dinghy racers are. Some of the finest weather and winds of the summer are upon us and no one wants to race on Sunday afternoons. It's a mystery to me.

Every Sunday at 1230, racers gather at the Spit to pit their skills against the elements and other equally enthusiastic people. But participation in this year's races has been disappointing to say the very least. Where are the likes of Larry, Warren, Mike, Jeff, Pete, Ed, Rob, Bob, Kenn, Jamie and Donna, Don, Bill and Brian, Brian and Kathy and all of the rest of you who enjoy sailing, a slice of competition and a Sunday afternoon of fun in the sun? If Sunday afternoon is poor timing, let us know and we'll revert to Wednesday evenings. We want your body to fill a boat and revel in the spirit of having broken the seemingly endless

The course members involved in the present week of fun seem to be enjoying the lovely weather of the past three days. Excitement abounds every time we go near the water and it seems to be contagious.

Upcoming events we are preparing for include an invitation to the Comox Bay

Sailing Club's Summer Regatta on 28 June. Races will begin at 1100 sharp. Since we are limited to 7 entries, call Capt Dave Nurse at local 8473 to enter your team. Boat draw will be held at 1000 precisely followed by a skipper's briefing on the jetty at 1040. Results from this day's races will be included towards our regular series scoring. Expect a total of 15-20 boats including our seven. Thanks to Dave and Dive our fleet is entirely race-ready and prepared to wax some butt. We expect to better last year's fine showing by CFS-A boats.

I know that you haven't forgotten this summer's other coming attractions. The single-handed race is expected to run in July and rumour has it that this race will include an afternoon series for the dinghy crowd followed by a barbeque at an undisclosed location where the keel boats will finish. The annual Rum Race is slated for mid-August and again will have both a dinghy and a keel section. Included in this venture is the overnight rendezvous at Tree (Sandy) Island. Last but certainly not least is Major Thain's baby: the Stag Cruise Phase II. Stay tuned for further details almost live.

Got a question you think we

## Officers Mess

FRIDAYS JULY 3, 10, 17, 31

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.

WEDNESDAYS JULY 8, 15, 22, 29

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

WEDNESDAY JULY 22

MIXED DINING—IN FOR R/Adm R.D.Yanow

FRIDAY JULY 24

MIXED SOCIAL NIGHT: Will feature steak on the menu. Food will be served at 1800 hrs. LIVE entertainment show at 1930 hrs (ESP demonstration) followed by hypnotism by the hypnotist, Mesmer at 2030 hrs. Dancing to DJ. Cost per couple: Members \$10 Limited Retired and Guests \$15. Dress - Casual. Reservations by 20 July.

COOK YOUR OWN Steaks available at the Bar for \$3.50. Condiments provided.

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.

## ENTERTAINMENT COMMITTEE

ENTERTAINMENT OFFICER Lt S.L. Neil (local 8556)

A/ENTERTAINMENT OFFICER MESS COMMITTEE

PMC Maj M. Hart (Local 8246)

V/PMC

SECRETARY Capt S.R. Foley (Local 8429)

SPORTS OFFICER Capt E. Duguid (Local 8229)

BAR OFFICER Capt A. Shuppe (Local 8808)

HOUSING OFFICER Lt M. Cowie (Local 8448)

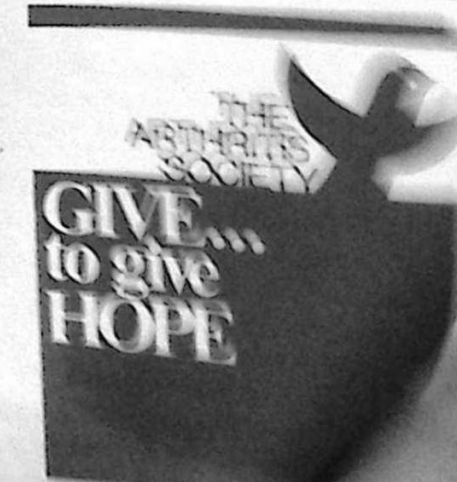
MESSING OFFICER Lt S. Sauter (Local 8804)

MESS MANAGER Sgt P. L. Leaman (Local 8804)

BASE SUPERVISOR Maj P. Perron (Local 8808)

can't answer, a witty comment we won't laugh at or some useless suggestions we can ignore, please call us. We'd love to hear from you. Especially you absentee and delinquent dinghy racers!

Maj Thomas - 8407  
Capt Bolton - 8538  
Maj Small - 8321  
Lt Baumert - 8573  
Richard Ohl - 338-5264  
Capt Nurse - 8573





## SPORTS &amp; RECREATION

## Comox Underwater Club

## CLUB TAKES A DIVE

After a few false and hesitant splashes, the Comox Underwater Club was finally off and swimming with the final approval and signature by the Base Commander of our constitution. With this in hand the Club started its first SCUBA course on June 7th. The students on the first course number only six students which may seem small to non-divers but in reality is just about the right size, enabling the instructor to ensure that maximum skill and safety standards are met.

For qualified divers out there our first dive is already history. On June 19 we journeyed to Campbell River for a fun-filled day on the "Vicki C." Initially we thought King Neptune was not on our side. After being the last car to drive onto the ferry we turned around to watch our extra air in Mike Hopkin's van fade into the distance still waiting in line for the next ferry. Fortunately Mike Richmond of Abyssal Diving Charters (Vicki C) augmented our supplies enough to make our first dive off Steep Island. Smiles and sunshine were the

order of the day. We took a break and tied off to a log boom and some of the group visited the local harbour seal population, actually even shaking hands (fins?) with some of the braver ones. Others on the crew just laid around soaking up the rays and killing time waiting for the next slack tide.

Our spare air finally caught up with us in time for the last dive at a place called "Row or be damned." Many people claim that there is more sea life in these waters than many tropical destinations and there wasn't a person on board who disagreed. After the dive we were guests at Mike's place on Quadra Island for a feast of three meals in one. At any one time the BBQ was full of ling cod fillets, steak and hamburgers. Everyone tried to burn off the extra calories in the hot tub and even though it was only partially successful we were left with a sense of well being after a full day, tarnished only by the thought of leaving paradise and the long drive home.

The next day, a large number of Club members, both old

timers and divers-to-be, met at our chief instructor's house to listen to the tall tales of the previous day's dive and to discuss in general upcoming dive events. All agreed that the dive was well worth the time and expense and a date was set for the next club dive, which will take place on July 11, and we are looking for an even larger turn out of Club members and potential future SCUBA divers. We can take a limited number of non-divers with us but due to space limitations we are restricted to no more than four.

The executive for the Underwater Club is Capt Chris Smith at 8538, Lt Mike Baumert at 8538, Lt Chris Halliday at 8224, MCpl John Bradley at 8436, and Mr. Ted Jordan at 339-6281. If you are interested in the next Basic SCUBA course we are planning to start the next one in early Fall. All classes are held at the Base Rec Centre with the pool work being done in the Base Pool. For more complete information on the course content and requirements, please contact Mr Ted Jordan, the CUC Chief Instructor.

## Party of the week



Bags were in order to protect the innocent at the recent Photo Section party. Goodbyes were said and tears were shed and a wonderful time was had by all.

## CFB COMOX GOLF PLAYDOWNS

The 1987 CFB Comox Golf Playdowns to select a team to represent us at the Pac Region Golf Championship 21 - 23 Jul 87 at McChord AFB was recently held at the Glacier Greens Golf Club. A total of seventeen golfers competed this year for the five positions. After all the driving, chipping and putting was over the team of Bud Englund (151), Doug MacArthur (151), Jean Charbonneau (153), Ted Sauve (158) and Karl Cameron (158) was selected to represent CFB Comox. Congratulations to all five on their excellent performance and we wish you all the best in your quest for the championship at McChord.

## Promotions at the Hospital

Maj McDonald presents...



MCpl Jakielaszek to Sgt



Cpl Caron to MCpl



Cpl Savageau to MCpl

## LIFESTYLE

Clean sweep for the losers.



NAVCOM's MCpl Ann Davey accepting, WO Gray presenting, IS/IE's Sgt Sullivan gloating.

## Pedaling for dollars

By pedaling 121 km in the 7-11 Stores Bike-A-Thon, Jean Louis Des Rosiers of the Canadian Forces Base Comox, personally raised \$1,082.10 with 219 pledges for the Canadian Diabetic Association. (see attached\*). The Bike-A-Thon, sponsored by the 7-11 Stores Ltd., was held Sunday June 14th between the hours of 8:00 A.M. and 1:00 P.M. This was a province wide event, and all funds raised by pledges go directly to the Canadian Diabetic Association for research and education.

Locally, the Bike-A-Thon started and finished at Lewis Park, Courtenay. Many diabetics and non-diabetics participated. Approximately \$2,500 was raised, and a fun time was had by all. Tyler Cowan, who developed diabetes at the age of 14 months participated with his mother and sister. Ethyl Bryant president of the OAP organization entered the Bike-A-Thon on behalf of her nine year old granddaughter who has recently been diagnosed as a diabetic. Gary McWilliams of Comox holds the record for the greatest distance, with 131 km.

The Comox Valley Branch of the Canadian Diabetic Association wishes to sincerely thank all the participants, all who pledged, and the Bike-A-Thon sponsors 7-11 Stores Ltd. Their efforts made our event a tremendous success.

\*This is the first time Jean Louis has participated in an event such as this. He is being transferred to CFB Moose Jaw, Saskatchewan June 27, 1987 after 5½ years at CFB Comox.



## Legion Log

## Entertainment

## BRANCH 17 - COURTENAY

Fri June 26 *TGIF Draw at 6:30*  
Fri & Sat June 26 & 27 *Dance to WESTWIND at 9*  
Sun June 28 *BARBQ*  
Fri & Sat July 3 & 4 *Music by the NEW COUNTRY CLUB*

## \*\*\* Regular Activities \*\*\*

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

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

SUNDAYS - SING-A-LONGS 2 p.m. to 5 p.m.

\*\*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 \*\*\*

July 3 *Music by WESTWIND*  
July 10 *Music by MILLER TIME*  
July 17 *Music by ALLEYCATS*  
July 24 *Music by PRIME TIME*

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 \*\*\*

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.

## FORBIDDEN

MOUNTAIN SKY RIDE  
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C'MON UP

## The Fox



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

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- \*rural hospitality
- \*reasonable prices
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- \*brewing our own natural Leeward lager

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11AM - 10 PM &  
good times!

\*RESERVATIONS ARE  
SUGGESTED FOR LARGE GROUPS

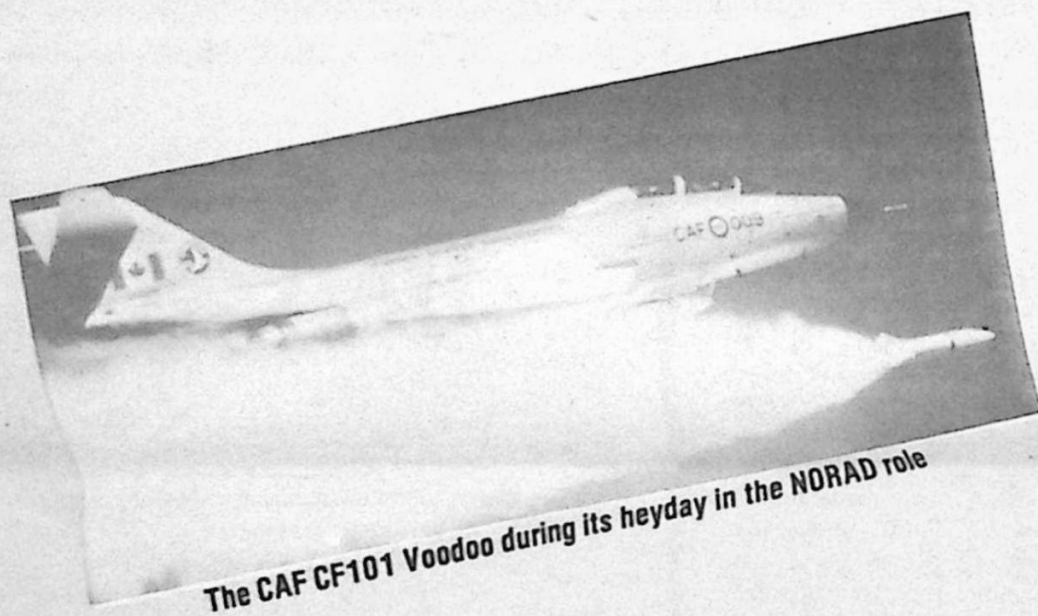
649 ANDERTON RD., COMOX 339-5400





# NORAD

## North American Aerospace Defence Command



The CAF CF101 Voodoo during its heyday in the NORAD role



**THE FIRST BLAST** -- During June 1961 excavation began for NORAD's underground facility deep inside Cheyenne Mountain, south of Colorado Springs. The complex became fully operational in February 1967.

COLORADO SPRINGS, Colo.-- September 1987 marks the 30th anniversary of the continent's only binational defence command -- North American Aerospace Defence Command. On Sept. 12, 1957, the United States and Canada solidified their partnership for the mutual air defence of North America. Since then, this partnership has provided the collective security of the two countries.

When the command was first formed, NORAD was strictly in the air defence business to counter long-range bombers. The air defence mission was important then, and it is still important today, but NORAD's responsibilities have evolved and expanded to include space surveillance and missile warning missions. Reflecting the broadened responsibilities, the command's name was changed with the signing of the NORAD Agreement in March 1981 from North American Air Defence Command to North American Aerospace Defence Command.

The Commander in Chief of NORAD is a United States Air Force officer -- General John L. Piotrowski -- and the Deputy Commander in Chief is Lieutenant General Donald M. McNaughton of the Canadian Forces. U.S. Air Force, Army, Navy and Marine Corps, along with Canadians, man key positions in the headquarters and the Cheyenne Mountain Complex, both at Colorado Springs, Colo., as well as throughout the command.

### WARNING TIME IN MINUTES

The rapid development and deployment of improved Soviet intercontinental ballistic missiles and the introduction of the BACKFIRE bomber and the BEAR H bomber with a cruise missile capability have made it essential that NORAD continually update its concept of operations for strategic defence. Warning time, once measured in hours, is now a matter of minutes.

From the era of the off-shore radar platforms, nicknamed "Texas Towers," and air and sea radar picket ships of the 1950s and 1960s, NORAD's capabilities have evolved into highly computerized detection systems that keep constant watch over North America.

There are many mainstay systems like upgraded BMEWS, the Ballistic Missile Early Warning System, which provide warning against polar missile attack; the Distant Early Warning (DEW) Line that guards against bomber penetration of the Air Defence Identification Zone (ADIZ); the sea-launched missile detection radars off our coast; and the space detection and tracking system that monitors more than 6,000 man-made objects in space.

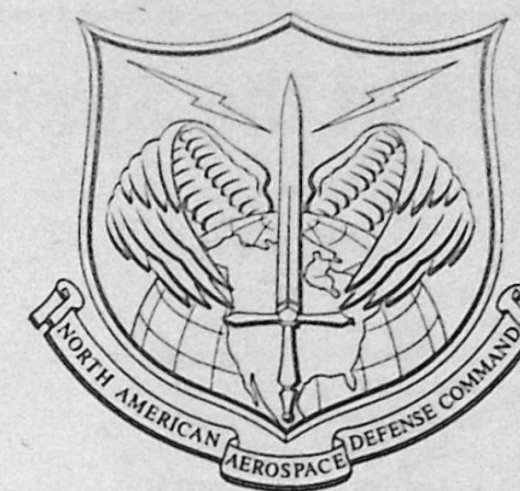
Upgrading and making improvements to aerospace detection systems is an ongoing process.

### THREE WARNING SYSTEMS

To confirm ballistic missile launches in the western hemisphere, NORAD utilizes a formidable missile warning network consisting of one space-based and two ground-based systems-- all of which are operated by the Air Force Space Command. The space-based system is a detection system known as the Satellite Early Warning System or SEWS. These satellites constantly monitor known ballistic missile launch areas as well as the world's broad ocean areas. These satellites provide the first indications that ballistic missiles have been launched.

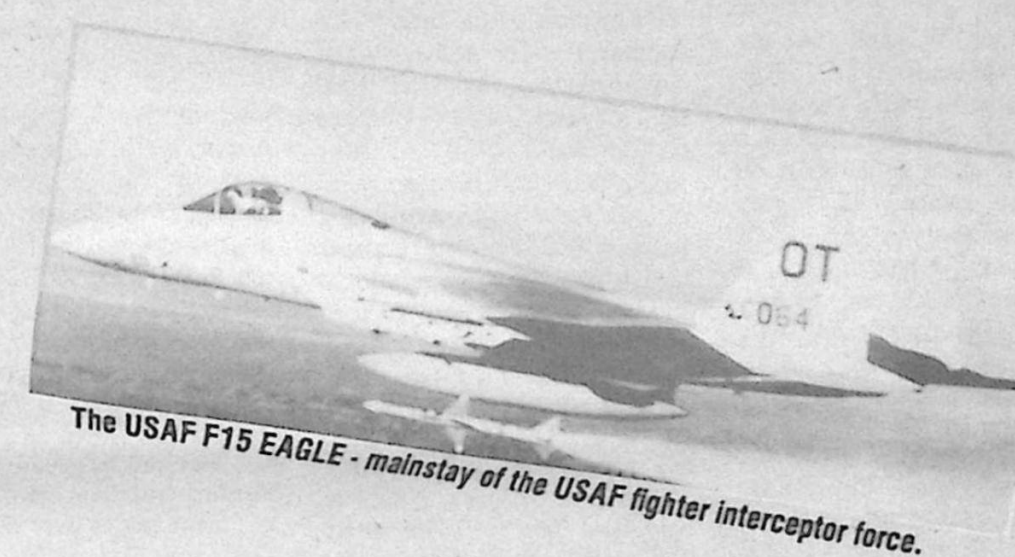
The first of the two ground-based systems is known as the Ballistic Missile Early Warning System, commonly referred to as BMEWS. This system's radars typically consist of large, stationary detection arrays that use moving radar feeds to scan a wide range of azimuths a few degrees above the horizon. Objects detected are then "handed off" to large steerable parabolic dish antennas that provide more detailed tracking information. Ballistic Missile Early Warning System radars are located at Thule Air Base in Greenland, Royal Air Force Flyingdales in the United Kingdom, and Clear Air Force Station in Alaska. The Thule and Clear Ballistic Missile Early Warning System radars are operated by Air Force Space Command personnel -- the Flyingdales radar by Royal Air Force personnel.

The second of the ground-based and last of the dedicated missile warning systems does not employ mechanical motion to steer radar beams as does the Ballistic Missile Energy Warning System, but rather uses thousands of dipoles to electronically aim the radar beam by properly phasing the energy emitted from the radar's surface. These systems, known as phased array radars, can split energy into several directions at once, switch targets in milliseconds and provide vastly improved tracking information compared to their mechanical predecessors. Five phased-array radars are presently operational and three more are under construction. The operational radars are located at Shemya Air Force Base, Alaska; Cavalier Air Force Station, N.D.; Eglin Air Force Base, Fla.; Otis Air Force Station, Mass.; and Beale Air Force Base, Calif. The last two radars are part of the PAVE PAWS (Precision Acquisition Vehicle Entry Phased Array Warning System), which provides warning of submarine launched ballistic missiles off the U.S. east and west coasts respectively. These two existing PAVE PAWS radars will be supplemented by two new phased array radars presently under construction at Robins Air Force Base, Ga., and Eldorado Air Force Station, Texas. The third phased-array radar presently under



# 30TH ANNIVERSARY

## 1957 - 1987 30 Years of Dedication



The USAF F15 EAGLE - mainstay of the USAF fighter interceptor force.



**CANADA'S SPACE CAMERA** -- Canada contributes one sensor to NORAD's space detection and tracking system. This Baker-Nunn camera at CFB Chatham, New Brunswick, is capable of photographing the light reflected from an object the size of a basketball fifty thousand miles in space.

construction is located at Thule Air Base, Greenland, and, when finished, will replace the existing mechanical detection and tracking radars.

These systems, along with the operation of the E3A Airborne Warning and Control System to improve air defence fighter interceptor control, and development of the over-the-horizon backscatter radar, will give NORAD the detection capabilities required for the 1990s and beyond.

Current NORAD weapon systems include U.S. Air Force F-15 Eagles, F-16, and Canadian Air Force F-18s.

### SPACE SURVEILLANCE

In addition to providing missile warning and air defence for North America, NORAD has a space surveillance mission.

Because Soviets have an ongoing massive military space program and have launched four to five times as many as the western world has in the last few years, NORAD and U.S. Space Command detects, tracks and catalogs all man-made objects in space. To maintain surveillance of some 6,000 objects in orbit around the earth, about 30,000 observations a day are made.

The U.S. Space Command's space surveillance network consists of three broad categories of systems--dedicated, collateral and contributing. Dedicated space surveillance systems are those that are operationally assigned to the command and have a primary mission of space surveillance. They include the Naval Space Command's Naval Space Surveillance System and the Air Force Space Command's Ground-based Electro-Optical Deep Space Surveillance System and the AN/GPS-10 mechanical tracking radar located at San Miguel in the Philippines.

The Naval Space Surveillance System is a radiometric interferometer space surveillance system that is headquartered at Dahlgren, Va., and consists of three transmitters and six receivers located along a great circle from Georgia to Calif. The three transmitters emit a "fence" of continuous radio energy approximately 5,000 nautical miles long, which extends beyond 15,000 nautical miles into space. The Earth's rotation causes the orbital planes of satellites with inclinations greater than 33 degrees to penetrate the system's fence at least twice daily. Satellites penetrating the fence cause energy to be reflected back to one or more of the six receiver locations. When two or more of the locations receive reflected energy, the angles at which the reflected energy is received intersect, allowing the satellites to be precisely located.

The Ground-based Electro-Optical Deep Space Surveillance System is an electro-optical system that is used to detect and track space objects in deep space. The system consists of two 40-inch primary telescopes, each with a two degree field of view, and a single 15-inch auxiliary telescope with a six degree field of view. Three such systems are currently operational--at Socorro, N.M.; Taegu Air Base, Korea; and on Maui in Hawaii. A fourth system is under construction at Diego Garcia in the Indian Ocean and should be operational in January 1987. A fifth site is planned for Portugal.

Collateral space surveillance systems are those that are operationally assigned to the U.S. Space Command but have a primary mission other than space surveillance. The Satellite Early Warning System, Ballistic Missile Early Warning System and phased-array radars previously discussed are included in this category.

### CONTRIBUTING SYSTEMS

The third category of space surveillance systems are the contributing systems. These are systems that are not operationally assigned to the U.S. Space Command and do not have a primary mission of space surveillance, but which are under contract or agreement to support the space surveillance mission on a part-time basis. Systems in this category include Lincoln Laboratory's Millstone and Haystack radars collocated on Millstone Hill near Bedford, Mass.; the U.S. Army-operated Altair and Alcor radars located on Kwajalein Atoll in the Marshall Islands; the Maui Optical Tracking and Identification Facility located atop Mt Haleakala in Hawaii; and radars located on the islands of Antigua and Ascension in the Atlantic Ocean.

Data from these NORAD and United States Space Command sensor systems is eventually funneled into the Cheyenne Mountain Complex's Command Center deep inside Cheyenne Mountain near Colorado Springs. The communications and computer systems, both internal and external to the complex, and the worldwide connecting sensors form the largest and most complex command and control network in the free world. In the event of attack, the Command in Chief of NORAD would give national command authorities, and it required the President of the United States and Prime Minister of Canada, a strike assessment, and then direct continental air defence efforts.

For 30 years, NORAD has watched over North America and today dedicated Canadian and American military and civilian men and women at site locations across the continent and other locations around the world are still watching and waiting. NORAD is ready.



## AROUND THE BASE



## Origins of the Species

John Bradley

405 (Bomber) Squadron

No. 405 (B) Squadron had three distinctions during World War II. To begin with, they were Canada's first Overseas Bomber Squadron and they were the only squadron of eleven that flew the Vickers Wellington to utilize the Merlin engined version. Lastly, 405 was the only RCAF unit to be part of the RAF's No. 8 Group, the Pathfinders.

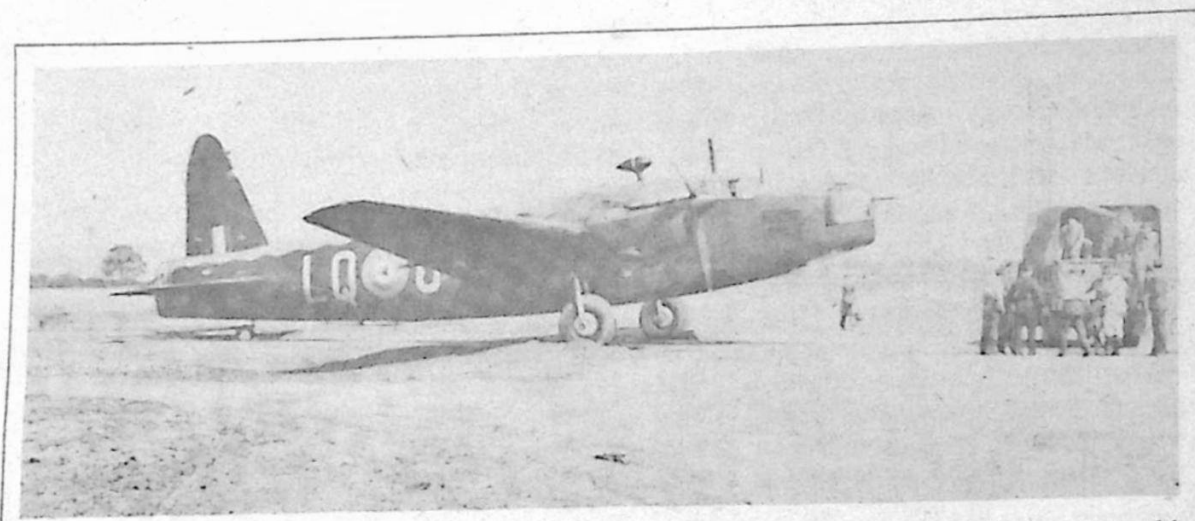
405 Squadron was formed at Driffield, in Yorkshire, England on 23 April 1941 under the command of W/C P.A. Gilchrist, who was a Canadian in the RAF. The first flight in a 405 Wellington took place on 15 May when Wellington W5490 piloted by S/L D.G. Tomlinson, departed for a quick trip to Linton. In less than one month from this flight, on 12 June, four Wellingtons of the unit departed for the RCAF's first bombing raid of the war. The attack was leveled against the railway marshalling yards at Swerte.

The aircraft first utilized by 405 was as mentioned earlier, the Vickers Wellington Mk. II. These particular aircraft were unique to the RCAF as they had the liquid cooled inline Rolls Royce Merlin X engines. The installation of these engines radically changed the appearance of the Wellington, which in the long run also helped to contribute to a never ending problem. The new engines had been mounted on the original but now modified engine nacelles of the previously mounted radial engines. The engine mountings were never quite strong enough for the weight they had to carry and on numerous occasions

aircraft went unserviceable putting heavy demands on the already harried groundcrew. In spite of this chronic failing, neither the air or groundcrews lost faith in the Merlin Wellingtons and were reported to be quite sorry to see them replaced in April 1943 by the Handley Page Halifax B. Mk. II. The Wellingtons and all subsequent squadron aircraft would carry the LQ fuselage code.

Shortly after they upgraded their aircraft to the larger four engined Halifax, 405 saw itself departing on the first 1000 bomber raid against Cologne on the night of 30/31 May 1942. With this mission completed, 405 had been the first RCAF four engined bomber unit to go on an operational mission. Night after night they continued to join other Bomber Command units in the night bombing offensive. This came to a rather abrupt halt when they were loaned to Coastal Command between October 1942 and March 1943 where they were to fly anti-submarine patrols to help protect the convoys travelling back and forth from the North African invasion. For this period they were placed under No. 18 Group and were transferred to Beaulieu in Hampshire. During this period they were credited with damaging U-263 in the Bay of Biscay. In February, the unit adopted the nickname "Vancouver" and was adopted by the City of Vancouver and the Vancouver Women's Canadian Club.

405 returned to Bomber Command in March 1943 and were placed under No. 6 (RCAF) Group at Topcliffe, Yorkshire. They quickly moved



Aircrew arrive to take LQ-Q, W5537, on another mission on 16 July 1941. Eight days later this aircraft was lost while attacking the Gneisenau at Brest. (CF PL 4369).

on, in April, to Gransden Lodge, Bedfordshire to become part of No. 8 (Pathfinder) Group. Only the best units and aircrew found their way into the Pathfinders as it was their job to fly to the target ahead of the main force, find it, mark it and have it illuminated for the following bomber stream. The first mission flown as Pathfinders was on 26 April with 11 Halifax bombers sent out to mark the target over Duisburg, Germany. Ten aircraft marked the primary target and one aircraft was shot down. The Halifax was not the best aircraft for this duty so in August 1943, they were replaced with the Avro Lancaster Mk. I and II.

405 continued with the Pathfinders until war end and flew their last mission on 25 April 1945 when 13 Lancasters departed Gransden Lodge. Nine of these aircraft attacked Hitler's villa at Berchtesgaden and the remaining four bombed gun positions on Wangeroo Island. In spite of the cessation of hostilities in Europe, 405 was not disbanded but sent to Canada for training

as part of the Tiger Force that was preparing to move to the Pacific. They proceeded to Greenwood, Nova Scotia where they picked up their new Canadian built Lancaster Mk. X bombers. They did not keep them long as the war ended before they departed for the Pacific and on 5 September 1945 were disbanded at Greenwood. 405 had been the first unit to fly the Mk. X Lancaster. This was not the first time 405 had this version of the Lancaster as they had received KB700 christened "Ruhr Express" and carried the code LQ-Q. They retained the aircraft between 30 October - 20 December 1943 before the aircraft was transferred to 419 (B) Squadron. While with 405, the aircraft had been on duty on only two missions.

405 Bomber Squadron flew 4427 sorties which include 349 with Coastal Command and 41 airlifting POWs back from Germany. They dropped 12,856 tons of bombs and were credited with 6 destroyed and 4 damaged enemy aircraft as well as a damaged U-boat. Casualties to the squadron in-

cluded 175 aircraft destroyed, with 167 of this total on operational missions. Aircrew losses included 1,082 personnel of which 352 were killed, 28 presumed dead, 415 missing, 133 POW, 14 interned in Sweden, 26 who evaded capture and 14 wounded.

Honours to individuals and to the squadron included 9 DSOs, 24 Bars to DFC, 161 DFCs, 38 DFCs, 2 CGMs, 2 BEMs, and 11 Mentioned in Despatches. Battle Honours include Fortress Europe 1941-1944, France and Germany 1944-1945, Berlin 1941; 1943-1944, German Ports 1941-1945, Normandy 1944, Walcheren, Rhine, and Biscay 1942-1943.

405's Badge was authorized by King George VI in September 1946. The central device is an eagle's head facing to the right holding a sprig of maple in its beak. The motto is *Ducimus* which means *We Lead*. The motto refers to the fact that this was the first RCAF bomber squadron overseas, and the only RCAF Pathfinder squadron. The eagle's head suggests leadership, and is itself derived from the Pathfinder badge.

## INTERESTED IN DARKROOMS???

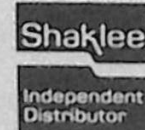
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## AROUND THE BASE

## Community Service Awards



PMQ Mayor Wayne Bowerman presents to Eileen Harvie for herself and husband Lindsay.



PMQ Mayor Wayne Bowerman presents to Al Rice.



PMQ Mayor Wayne Bowerman presents to Kay and Gerry Galway.

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## Another Intercept

NORTH BAY, ONT. -- United States Air Force jet fighters under the operational control of the Canadian NORAD Region intercepted two Soviet military aircraft off the East coast of Canada in the early hours of this morning. According to the North American Aerospace Defence Command (NORAD), the aircraft were tracked by U.S. Air Force Airborne E-3 AWACS (Airborne Early Warning and Control System) aircraft before entering the Canadian Air Defence Identification Zone without notification.

Two United States Air Force

F-15 fighter interceptors were scrambled from Loring Air Force Base in Maine. The pilots of the interceptors intercepted and identified two Tupolev-95 Bear Fs. The Bear F is the long-range Soviet aircraft used for anti-submarine warfare. The flight path of the Soviet aircraft brought them within 150 miles (240 kms) of St. John's, Nfld.

The incident marked the sixth time in 1987 and the second time in one week that military aircraft of the USSR have been intercepted, identified and tracked off Canada's shores by fighter interceptors under the

## ...more bears in the air

operational control of NORAD. In all cases these aircraft have remained over international waters.

Air Defence fighter interceptor aircraft, which stand on 24-hour alert, are ready for immediate scramble if an incoming aircraft is detected by radar and cannot be correlated with a flight plan. The fighter interceptor force carries out the NORAD task of controlling access to sovereign airspace of Canada and the United States in peacetime and would provide defence against an attack from bombers and cruise missiles in the event of hostilities.

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STARGAZING  
JULY

## About the Map

Unlike a map of the earth, east and west seem to be reversed on a star map, with east on the left and west on the right. This is because a map of the sky is designed to be held against the sky. If you face south and hold the map up vertically with "southern horizon" at the bottom, east and west on the map will lie in the appropriate direction. The same will be true if you face north, and hold the map up with "northern horizon" at the bottom. An unfamiliar surroundings it may be wise to locate the compass points before darkness falls. Note where the Sun sets, for example. When you face the sunset north is close enough to your right, and south to your left for our purposes.

## Noctilucent Clouds

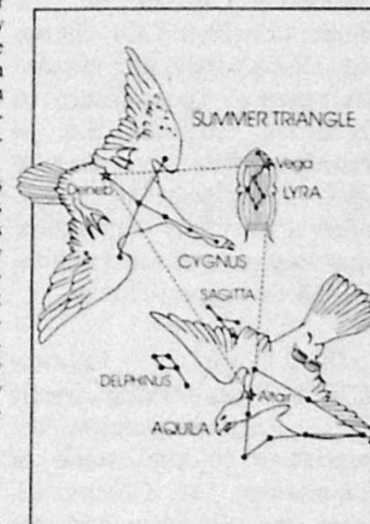
A fairly rare type of coloured nighttime cloud called noctilucent clouds can sometimes be seen from Canadian latitudes (i.e. north of 45°) around this time of year. They occur very high in the atmosphere (about 80 km) where they can be illuminated by sunlight after the Sun has set and the sky is dark. They take many different forms and are usually pearly blue in colour — almost iridescent — sometimes with a golden tint nearest the horizon. Noctilucent clouds tend to occur in the northern part of the sky after sunset and, occasionally, in the south before sunrise.

## Planets

Saturn, currently the only planet in the evening sky, is in Ophiuchus. It is in the southeast at sunset, and sets about six hours later. Quite unmistakable due to its brilliance, Jupiter highlights the morning sky. Rising about four hours before the Sun, it is well up in the southeast at dawn. Venus, too, is in the pre-dawn sky, but so close to the horizon that it is almost impossible to see.

## Calendar

d h (Universal Time)  
4 01 \*Earth at aphelion  
4 09 First Quarter Moon  
5 06 Spica 0.6° S. of Moon  
8 14 Antares 0.1° S. of Moon  
9 01 Saturn 6° N. of Moon  
11 04 Full Moon  
17 20 Last Quarter Moon  
18 05 Jupiter 4° S. of Moon  
24 00 Mercury 8° S. of Moon  
25 21 New Moon  
29 03 S. 8 Aquarid meteors  
\*152 101 840 km now separate the Earth and Sun, compared to 147 099 590 km when the Earth was at perihelion on January 4.



far away as Deneb it could be seen only with the aid of a large telescope. (One light year is the distance light travels in a year, and is equal to 9 460 536 000 000 000 meters.)

## The Milky Way in Summer

When a clear moonless sky is viewed from a dark location — one that is far from the glow of city lights — the faintly luminous band of the Milky Way can be seen. At this time of year it arches high across the vault of the heavens from north to south, sweeping through Cassiopeia, Cepheus, Cygnus, Aquila, Delphinus, Sagittarius and Scorpius. Likened to milk through the centuries and referred to by some early peoples as a celestial river, records reveal that its real nature was suggested by early Greek scholars. It was not until the invention of the telescope, however, that it was confirmed that this beautiful cloud-like feature is the combined glow of billions of very distant stars. We now know that they are all part of our Milky Way Galaxy the centre of which lies in the direction of Sagittarius.

## Summer's Brightest Feature

The Summer Triangle is high in the east in the late evening. Its brightest star Vega is in the constellation Lyra "the Lyre." Next in brightness is Altair in Aquila "the Eagle," followed by Deneb in Cygnus "the Swan."

Although Deneb is fainter than the other two (it is the 19th brightest star in

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Canada

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Ottawa, Ontario  
K1A 0M8

Curator, Astronomy



## AROUND THE BASE



## From The Fire Chief's Office

### POSTINGS

With the upcoming APS, the Fire Department will be losing many personnel. May we wish them all the best in their future endeavours.

Terry Muldoon will be relieving Barry Gougeon as Fire Chief at CFS Moisie, Quebec. Barry will be coming back to Comox in the summer. Can Barry teach Terry parlez vous francais in a one week change-over?

Ron Pennell is being transferred this summer to CFS Goose Bay, Labrador. Due to the weight restrictions, Ron is undecided whether to leave behind his fishing equipment, his hunting equipment, or his personal luggage.

### PROMOTIONS

Congratulations to Neil Reid on his recent promotion to MCpl. Well deserved. Ron Oakley received his letter for future promotion to WO. Cold Lake anyone!!

### GET WELL SOON

We hope that Wally Johnsen is feeling well after her recent knee surgery. Have heard rumours that she is spending her recovery time pacing the floor waiting for Fred to come home. Fred (DFC) has been attending an Arson Investigation Course in Nova Scotia.

### FIRE DEPARTMENT NEWS

The Fire Hall Ladies Club will be holding a Fun Golf

Tournament on Friday, July 3 for Fire Hall personnel and wives. For more info see Fire Hall notice board.

### CONDOLENCES

The Fire Department staff wish to extend their sincere condolences to Ron and Michelle Bennett on the recent loss of a close family member.

### FIRE DEPARTMENT TELEPHONE NUMBERS

Fire Hall - business - 8250  
Fire Prevention Office - 8552  
CE Section after duty trouble calls - 8250

### EMERGENCY

Fire Only (on Base) - 8333  
Fire Only (off Base) - 339-3333



## CE HAPPENINGS

The CE Section wishes a fond farewell to Maj Bill Eggleston, BCEO leaving for Cyprus on a two-year accompanied on 22 Jun 87. Our new BCEO will be Maj Corriveau from Aircom arriving 7 Jul 87. June Waite, the BCEO's secretary must feel she can't handle any more new BCEO indoctrinations. After 16 years with CE she is retiring on 23 Jun 87.

Leaving shortly will be MWO Bill Baker for CFB Edmonton, Sgt Cam Asher for NDHQ Ottawa and MCpl Cathy MacPhee for French Language Training at CFB Esquimalt for one year. Warrant Officer Larry Carlson would like anyone who knows for certain where and when he is posted this summer to give him a phone call.

Congratulations on promotion go to MWO Baker who will be a Chief Warrant Officer on 1 Jul 87, Warrant Officer Larry Carlson promoted 1 Jun 87, Master Corporal Cathy MacPhee promoted 1 May 87 and Master Corporal Les Gramlich who will be promoted Sergeant on 1 Jul 87.

Welcome is extended to MWO Ron Buck, the new CE Adm O, posted in from Shearwater. Cpl Jobin, RM Tech, posted in from CFB Cold Lake and Cpl Eby from Chilliwack. Returning from course are Cpl Longpre, Cpl Huard, MCpl Evans, Pte Mann, Pte Cyr, Sgt Hunter and off to Golan Heights for 6 months is Cpl Johnson.

...so what's it all about

## DAPP

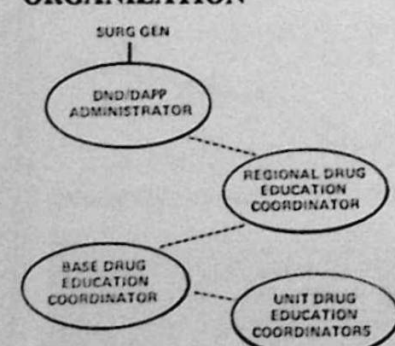
### SO WHAT'S THE DAPP ALL ABOUT?

**PURPOSE**  
DAPP... The Drug and Alcohol Prevention Program deals with preventive education: it has nothing whatsoever to do with treatment, administration, or discipline. There is a well-known adage that it's more cost-effective to close the barn door before the horses escape than to have to round them up and get them back once they have gone. Using this analogy, the DAPP deals with reasons for keeping the door shut, and ways of doing so.

### APPLICABILITY

The DAPP is applicable to all DND personnel, both military and civilian, and to their dependents. In other words, DEC's have access to educational information which can be of help to you not only as a supervisor, but also as a friend, colleague, spouse, or parent.

### ORGANIZATION



As the diagram shows, the DAPP has several levels, but these are brought together in the form of a network, rather than an administrative hierarchy. No Drug Education Coordinator (DEC) works for any other DEC. They all work in liaison, in support of leadership, and subject to the requirements of their own commanding officer or commander. With the single exception of the Regional DEC's, all DEC's perform secondary duty functions. The extent to which the potential of this system is realized depends to considerable extent on the degree to which CO's choose their DEC's wisely, and demonstrate their own commitment to preventive education, i.e. to educating their personnel to want to do what is correct, rather than simply telling them what they must or must not do, or expecting them to know.

There are 7 full-time DEC's, each working directly for the Regional Surgeon, but responsive to the needs of commanders of Commands, bases, and stations within that region. Each of the thousand or so units within the DND has its own UDEC. In addition, because of its different organization, in NDHQ there is a Group DEC for each Group, and a number of Senior DEC's

in some of the divisions and branches.

### ROLES

In addition to being responsive to the preventive education needs of various Commanders within his region, each RDEC helps provide human and material resources to base, station and unit DEC's. He or she also acts as a consultant and resource person and, in some cases, as a teacher.

Although each BDEC or UDEC works in response to the perceived needs of the DND authority to whom he or she is responsible, all across the DND two generic sorts of training are offered, as coordinated by the appropriate DEC's:

- General Awareness Training (GAT); and
  - Supervisor Training (ST).
- In addition, specialized sessions are offered for senior management, under such names as "Senior Supervisors" or "Senior Officers' Workshop."

### REPORTS

Once a year, each DEC submits a report on the work done within his jurisdiction to the next senior DEC in the network. Eventually, in this way each RDEC is able to report on activities throughout his or her region for the entire year.

These reports are quite comprehensive, and include such items as attendance by rank at training sessions.

In addition, as of this year, shorter reports are required for the periods 1 Apr - 31 Sep and 1 Oct - 31 Mar. These reports eventually are forwarded to the Treasury Board, whose targets specify that 50% of all personnel are expected to receive GAT each year, while 25% of supervisors are expected to have ST annually.

Some commands and larger bases also require additional reports for their own internal purposes.

### TRAINING

It is expected that every DEC will receive, as soon as possible after nomination, the Basic In Service Preventive Education Course (BISC), which is offered a total of four times per year, in both official languages. This course prepares the DEC to organize and oversee GAT and ST sessions at his or her level of responsibility. Within NDHQ, which has about 90 work units, the latest available figures show 127 persons at all rank levels, both military and civilian, who have had the BISC. In addition, a number have had intermediate-level training out-

side the DND, and five have had the Advance Drug Education Course for Educators.

Although completion of the BISC does not qualify a DEC to be a competent and confident instructor, it does train him in how to set up training plans at his level, and how to obtain competent persons to deliver the training. That is why it was stated on the front page of this bulletin that the DND has probably a greater potential capability for preventive education than any other group in this country. All that remains now is to ensure that this potential is, in fact, utilized.

Drink and drive?



Sounds fine to me.

## HOME &amp; FAMILY

## About The House With Lorri



I only have one recipe this week as I am working on a large submission next article on canning tips.

This is a nice recipe though and is very flexible. Molds are just the ticket for summer eating be they the jellied coleslaw type or another family favourite, any type of jello with a drained can of fruit cocktail. I really think that the most appealing of them all is the dessert mold. I use almost anything around.

There are the usual Tupperware molds, any glass dish, etc. I always spray the container I am using with Pam first. To unmold place your container in warm water for a minute only, turn over to unmold on your serving dish and gently remove the mold. Garnish as desired.

### CREAMY STRAWBERRY MOLD

### UTENSILS

A container to use for a mold or; individual serving dishes (this would probably serve 8)

Big glass bowl  
Large spoon  
Beater/Blender

### INGREDIENTS

1 85 gr (small jello powder)  
1 C boiling water  
2 C strawberry ice cream  
2 C mini marshmallows  
10 sliced strawberries cut into bite sized pieces

### METHOD

Dissolve the jello in one cup of boiling water. Add the ice cream. (I just dissolved the jello in my blender and blended in the ice cream). Stir till melted and then chill until mixture is thickened. When the mixture of ice cream and jello is quite thick (45 mins) add in the chopped up berries and the marshmallows. Pour this into your mold, or con-

tainers and chill until set (about 2-3 hrs); usually I make this the night before. I garnish the unmolded dessert with fresh berries and whipped cream. The whipped cream will hold a nice shape for you if you use the Oteker stabilizer product. This is available in packet form anywhere. Pipe the whipped cream using your pastry bag in rosettes or just swirls just before serving.

### SERVING TIP

This recipe makes about 4 cups, I have tried it using chocolate ice cream and garnishing with chocolate curls. I would think that you could use any combination of fruit ice cream and jello you like. Have a good time with this. It's great to take to a baby shower, bridal shower, pot luck supper, etc.

Note: For chocolate use unflavoured gelatin; follow package directions.

## 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 WOMEN'S 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.

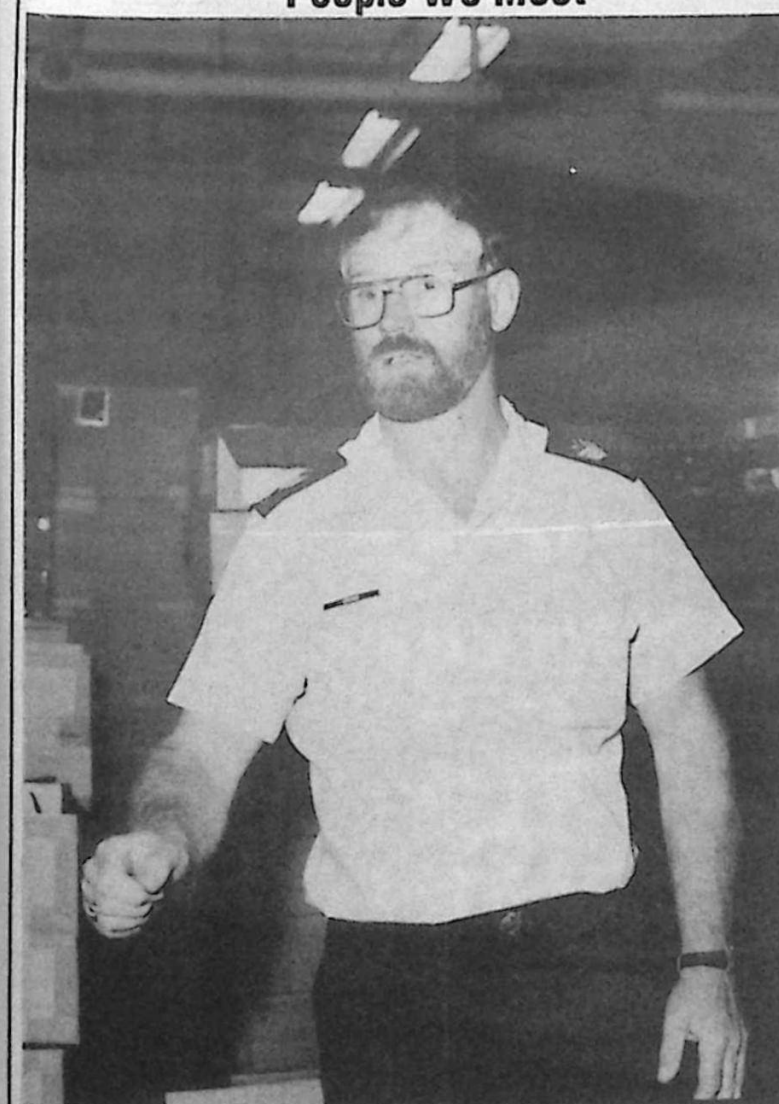
SUNDAY SCHOOL - 1000 - 1100 hrs, pre-school at 1100 hrs. For further information contact Superintendent Mrs. Pam Hart, Telephone 339-4133.

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.

### People We Meet



ALAN HEMINGWAY  
RES: 339-3908

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## AROUND THE BASE

### Dining in Canada

## With the Marines

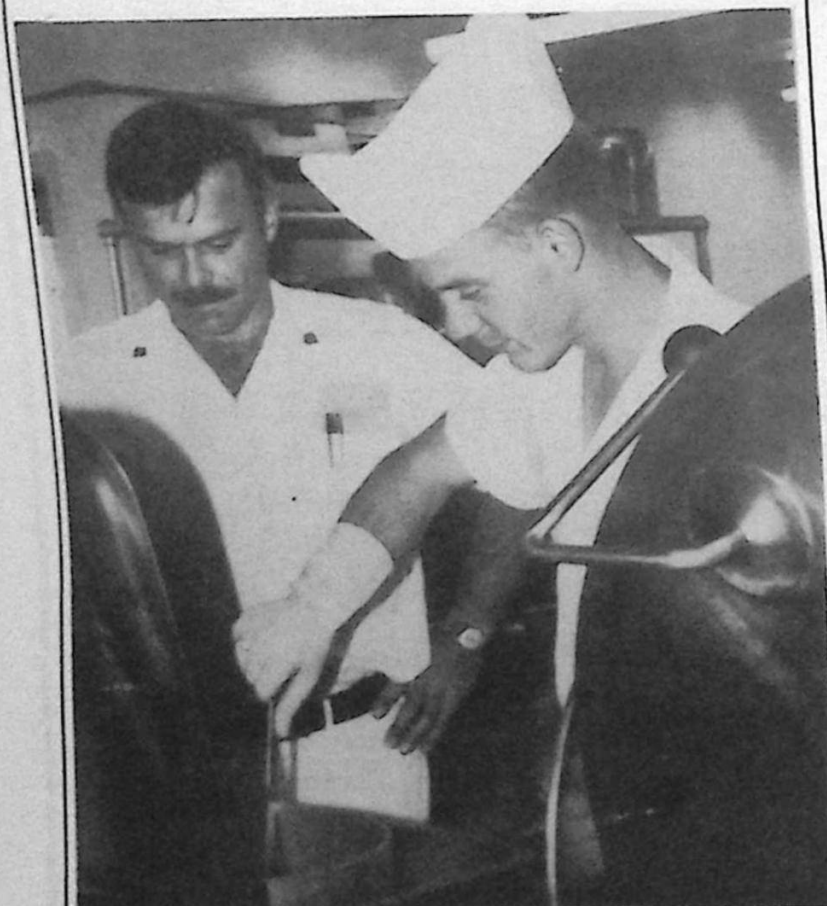
#### Ed Note:

The Marines have come and gone. For the last couple of weeks Marine Aircraft Group 42 from Alameda, California exercised right here in good old Lotus Land. It appears that they enjoyed themselves and it was thanks all around to the

Canucks for a tremendous hosting job. We enjoyed having them and hope to see them all again in upcoming years. Sgt Lyndon Smith wrote a piece on the "feeding process" and we pass it along for your digestion!



CFB Comox, B.C. - U.S. Marine Reservist PFC Richard Lingbaoan (right) assists Canadian civilian workers Pat McMillan (left) and Anne Horsman (middle) with making bag lunches. PFC Lingbaoan is one of 250 Marines attached to Marine Aircraft Group-42, NAS Alameda who are participating in training exercises at CFB Comox, B.C. (USMC photo by SSgt Don Mattos).



CFB Comox, B.C. - U.S. Lance Corporal Shiloh Hayes stirs the soup of the day as Canadian Master Corporal Richard Pesant of Marabel, Quebec critiques cooking procedures. LCpl Hayes of Sacramento, Calif is one of 250 Marines attached to Marine Aircraft Group-42, NAS Alameda participating in training exercises at CFB Comox, B.C. (U.S. Marine Corps photo by SSgt Don Mattos).

#### CANADIAN FORCES BASE COMOX, B.C. -

Preparing meals for a military mess hall is normally a rather routine task, unless you arrive for work and there are 250 hungry people waiting outside the facility with looks of starvation on their faces.

That is what happened to the mess hall personnel at Canadian Forces Base Comox, B.C. when American Marines used their facility for two weeks.

Actually, the Canadians did know well in advance that the Marines would be arriving and therefore stockpiled the necessary foodstuffs to provide adequate nourishment.

American forces train at CFB Comox at least once annually and as one would expect, the mess hall is always one of the busiest places on base.

Marine Aircraft Group 42 (MAG-42) is the latest American military unit to use the mess hall. To help feed the increased number of patrons, the Marine unit provided additional mess men and cooks to assist the Canadian cooks and food service handlers in serving over 900 meals a day.

"We would like to see Americans more often. They are very helpful to us and we all get along very well," commented Warrant Officer Fred Connell, the NCM in charge of the Combined Mess. "They all do their jobs very well and are fast learners," he said.

Marine Lance Corporal Shiloh Hayes of Alameda, who was tasked with keeping the pots and pans in 'tip-top' shape, echoed the same thought. "The first day they told us what and how to do it and the second day we were hard at it." The cooking process is basically the same according to Lance Corporal Pamela Pree of El Cerrito. She did say, however, the Canadians spend a little more time in preparation, whereas the Marines have a tendency to sometimes just throw things together. A comment one Marine made was that he had never seen a larger variety of desserts. There are usually six to eight different selections each day.

"Six hundred eggs are served everyday and over 3000 pieces of fruit weekly," said Canadian Master Corporal Norman Martin. The milk consumption runs about 160 liters (62 gallons) per day.

The variety and types of food are also very similar to American military chow. "A couple times in the past, Americans have shown us the 'real way' to make tacos," smiled Warrant Officer Connell. "And also a pizza recipe or two that we still use," he obligingly inserted.

The California Marines found the Canadians very polite and always willing to lend a hand.

No one really enjoys mess duty, but the congenial atmosphere that existed in the CFB Comox dining facility made it all very pleasant.

Working side by side with foreign military provided both

the Canadians and Americans the opportunity to exchange ideas and knowledge on cooking techniques and dining facility management.

In addition to long hours and hard work, the leadership and dedication exhibited by the Canadians and Marines contributed to the success of the mess operation. If the statement "the way to a man's heart is through his stomach," is true, then the same statement can be applied to good troop morale.

Judging from the long lines at chow time, smiles and satisfied appetites, there's no question the chow at CFB Comox has exceeded all expectations.



CFB COMOX, B.C. - U.S. Marine Reservist Lance Corporal David Santos helps Canadian civilian worker Yvette Hutmacher set up the food serving line. LCpl Santos is from Antioch, California and is one of 250 Marines participating in training exercises at CFB Comox, B.C. (USMC photo by SSgt Don Mattos).



CFB Comox, B.C. - Lance Corporal Pam Pree (right) helps Canadian Corporal Daniele Marion serve culinary creations to the troops at the enlisted dining facility. LCpl Pree of San Leandro is one of 250 Marines attached to Marine Aircraft Group-42, NAS Alameda, participating in training exercises at CFB Comox, B.C. (USMC photo by SSgt Don Mattos).

## LIFESTYLE



music reviews and syndicated columnist

### ANNE MURRAY - HARMONY HIT & TOUR SPELL SUCCESS

With her first ever cross-Canada tour heralded as a full-blown success, Anne Murray is now able to watch as her latest album, "Harmony" (Capitol ST-12562) begins its long climb toward the top.

"Harmony," produced by Jack White, is a 10-track set that clearly defines Ms. Murray's position in the pop world. Filled with middle-of-the-road and adult contemporary sounds, it is without doubt Anne's most slickly produced outing to date. Along with the international flavour of this elpee, Anne displays an emotional side that was often lacking in past efforts. An example of the stark reality of life coupled with emotions running loose is the debut single "Are You Still In Love With Me." In this song Anne shows vulnerability mixed with the fear of losing that special someone.

Set against a backdrop of horns and percussion this lark delivers a solid vocal workout on "Natural Love" and reflects on a love losing ground via "Anyone Can Do The Heartbreak." Throughout this set the Nova Scotia native paints a kaleidoscope of human feelings that range from the broken romance of "The Great Divide" to the tale of "Tonight (I Want To Be In Love)." Ms. Murray has assembled a strong cast of session players and background singers and should have little trouble in being able to catch top ten across-the-board with this album. Because of the strength of such songs as "It Happens All The Time," "Perfect Strangers," a duet with Doug Mallory, and the title track there should also be at least three and possibly four hit singles come from the "Harmony" album.

Anne's acceptance has been truly international in that she has garnered four Grammy Awards, 22 Junos, three American Music Awards, three Country Music Association Awards, nine gold albums, two platinum albums, one triple platinum and two gold singles. Her numerous TV appearances include four of her own network specials, she was the first non-American to host the CMA Awards, sharing the duties with Willie Nelson and then repeating her co-hosting chores with Kris Kristofferson.

Perhaps Anne Murray's acceptance as a performer can be summed up in one sentence...her 1981 album, "Anne Murray's Greatest Hits," has sold in excess of six million copies.



## Fincastle

...what it is

The Fincastle Competition will be held at CFB Greenwood from Oct 2nd to 14th. The Demons are preparing for battle and a team of trained killers will do battle with the other Canadian Squadrons soon to decide a Canadian Fincastle representative. Now...what is Fincastle?

The Fincastle Trophy came into being in 1960 when the late Mr. and Mrs. Aird Whyte presented the Trophy in memory of their son, Sergeant Nairn Fincastle Aird Whyte, who was killed in action in 1943 while serving as an air gunner in Royal Air Force Coastal Command.

Over the years the nature of the competition has undergone several changes. Between 1961 and 1969 it took the form of a simple annual bombing competition between anti-submarine crews of the RAF, Royal Australian Air Force (RAAF), The Royal Canadian Air Force (RCAP) and the Royal New Zealand Air Force (RNZAF).

The four competitors flew over their home waters and sent the results to an adjudicating committee in London who then selected the winner. During this initial period, the RAAF

won five times, the RCAF twice and the RNZAF and RAF once each.

In 1970 the competition was extended to feature a wider range of anti-submarine warfare (ASW) skills including pinpointing and attacking a submerged submarine.

The RAF won the trophy that year.

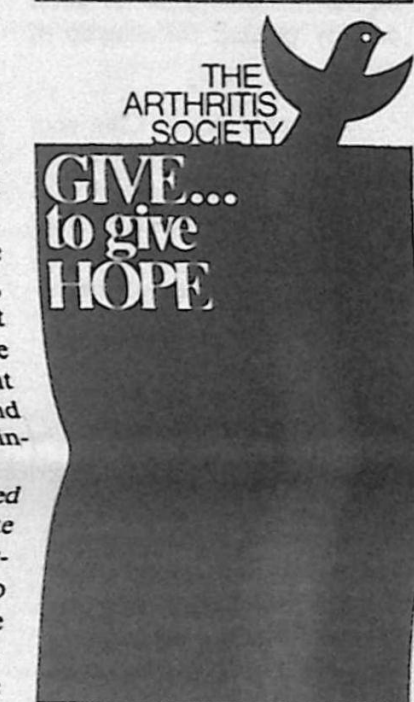
From 1971 onward the competition has been hosted annually by one of the competing nations with each crew completing a day and a night ASW sortie. Until 1982 the day sortie allowed each aircraft to employ all its sensors to detect, classify, pinpoint and attack the submarine, while the night flight was shorter controlled radar-homing and night photography exercise.

Between 1971 and 1981 the RAAF won four times outright, the RAAF three times outright and the RNZAF once while the RAAF and the CAF were joint winners on one occasion and the RAF and RAAF joint winners on one occasion.

In 1982 the format changed again to include a 30-minute combined anti-submarine exercise within the day sortie and to make the night sortie follow the same pattern as the day flight. The winners in 1982 under the

new format were the RNZAF.

The competition is controlled by the Fincastle Committee comprising one member from each of the competing nations. The Committee meets five times a year in London to monitor competition arrangements and to produce the rules and planning guide. The Committee also convenes at the competition venue to oversee events, brief and advise officials and competitors and adjudicate the result.



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## HEALTH AND WELL BEING

info  
health  
Dr. Bob Young

## VOODOO DRUGS

I guess it happens about twice a month, and when it does I almost always have to say "I don't know."

This response, which no longer embarrasses me, is required when a patient brings in an obscure herb, powder, or liquid, or the name of some crudely printed on a scrap of paper.

"Doc, this Devil's Claw root (or honeysuckle leaf tea, or whatever) is supposed to be good for asthma, arthritis, high blood pressure" - any or all of the above plus many others - "does it really work?"

While it is nice to be considered to be the village guru in health matters, if the truth be known I, and I suspect most other doctors of the MD variety, know little or nothing about folk or herbal medicine. A few have studied the subject and know a lot.

Early in my career my quick response was likely to be that the stuff was useless, perhaps, harmful, and probably outrageously priced. I think that I was mildly insulted that the patient would consider using medicine other than what I had prescribed.

Now I say "I don't know." While I am aware that there are a number of primitive or folk medicines that are effective, and a few widely used and well-recognized drugs are prepared from plant material, I and my colleagues feel that most of the hundreds of varieties of folk medicines are useless. Some may contain an active ingredient but in minuscule amounts.

And some may be harmful. Most are sold without having been studied scientifically, - they do not have to pass any food and drug review. Their effectiveness is based on testimonials rather than controlled studies. Their use may delude a person and delay needed legitimate treatment. They may, and frequently do, make existing diseases worse.

They are usually sold by individuals who are strong on salesmanship and weak in knowledge. Is it sales enthusiasm, faith, gullibility, or perhaps even the ingredients that occasionally make the patient feel better?

I don't know.

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

## Immunization

...keep it up to date

It seems that many of us, military and civilians, tend to take it for granted at times that the immunizations we received ten or so years ago will continue to magically protect us. We get the feeling that there is no need for requirement to give the matter any further thought. We say to ourselves and spouses - "Isn't Science Wonderful?" "There hasn't been an epidemic of any of these old diseases in years!"

The Canada Diseases Weekly Report Volume 12-26 of 1986 backed by case histories was largely devoted to the requirement of keeping immunizations up-to-date. For example: Serological Surveys indicated that large numbers of the population between the ages of 18 and 39, and as high as 62% of adults over 60 years of age lack the circulating levels of antitoxin required to prevent such diseases as diphtheria and tetanus. Both the Canadian and the United States expert committees on immunization recommended that boosters of tetanus and diphtheria toxoid should be given at ten year intervals in adult life.

The above information was provided as an example of the need to keep up with all immunizations. As you are no doubt aware the Queen's Rules and Orders make it the members' responsibility to comply with the CF requirements. We are happy also to urge retiring forces members to ensure they bring their immunizations up-to-date before departing.

Immunization Parades for forces members are held at the base hospital between 1230 and 1330 hours every Tuesday. Yellow Fever vaccine is given on the last Tuesday of the month. See you there! And yes "science is wonderful."

.....Sgt K.I. Paulsen

ASK YOUR  
PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,

## ANTACIDS NOT ALWAYS THE SOLUTION

So you've overdone it at a party or the family dinner table. Okay, sometimes we just can't help ourselves, especially when we're having a good time.

Deciding how to relieve that heartburn or acid indigestion won't be easy because you face a choice of more than 8,000 different antacid preparations on the market including tablets, powders, gels, liquids and gums. These medications are not to be taken thoughtlessly because the various forms and ingredients act in different ways for each person's body chemistry.

Your first step should be to consult your pharmacist. He or she will want to know some details about the problem and your medical history. If a non-prescription remedy is recommended, your pharmacist will probably warn you against using it for too long or too often.

If problems persist, consult your doctor.

All antacids have inevitable long or short term side effects. They may cause constipation or diarrhoea; or a toxic buildup of an ingredient. Regular use of antacids is reserved only for the relief of ulcer pain. However, the product must be prescribed by a professional who is fully aware of the patient's problem and medical history.

Some antacids should not be used by people on low-sodium diets, others interfere with the action of such drugs as tetracycline, or aggravate existing problems of, for example, faulty kidneys. Only your pharmacist or doctor can safely match the treatment to the user.

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

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## CANADIAN FORCES UPDATE

## COLDEX

Northern Air Exercise tests NORAD Capability

Six CF-18 aircraft based at Canadian Forces Base Bagotville, Que., will deploy to Iqaluit (Frobisher Bay, NWT) in the first test of Forward Operating Locations (FOLS) announced by Defence Minister Beatty in March.

During the Iqaluit deployment, 425 Squadron and 437 Squadron will practice air-to-air refuelling in an Arctic environment and will take two CF-18s and a Boeing 707 tanker to the North Pole.

FOLS are airfields designed to increase the operational effectiveness of NORAD interceptors by reducing transit time from their home bases to far northern regions and by increasing the range at which intruders can be intercepted.

On Sunday June 14 the emphasis will shift from evaluation of FOL operations to participation in a major NORAD exercise called Amalgam Chief 87-2.

New CWO  
for CF

OTTAWA -- The Chief of the Defence Staff, General Paul D. Manson, has announced the appointment of Chief Warrant Officer John D. Marr, MMM, CD, as Canadian Forces Chief Warrant Officer effective June 26, 1987.

The Canadian Forces Chief Warrant Officer acts as an adviser to the Chief of the Defence Staff and senior commanders regarding the conditions of service for members other than officers.

Chief Warrant Officer Marr has served with The Royal Canadian Regiment in West Germany, Cyprus, Canadian Forces Base Gagetown and Canadian Forces Base Petawawa.

In May 1979, he was appointed Regimental Sergeant Major 1st Battalion The Royal Canadian Regiment in London, Ont. In September 1979, he became Force Sergeant Major of the Special Service Force at Petawawa, Ont. until June 1984. Since May 1985, upon completion of French Language training, he served as Base Warrant Officer at CFB Gagetown, New Brunswick until August 1986. He was then appointed the Command Chief Warrant Officer of Mobile Command.

His wife, Anne Elizabeth MacKinnon, is a native of Saint John, New Brunswick.

Amalgam Chief is conducted periodically to exercise personnel throughout the radar network, fighter interceptor squadrons, region operations control centers and missile-tracking sensors under the operational control of the North American Aerospace Defence Command.

Amalgam Chief 87-2 coincides with Global Shield 87, an

annual major Strategic Air Command exercise. NORAD's defensive forces will intercept and identify target aircraft simulating a realistic bomber threat against the North American continent. All three NORAD regions will participate in the exercise. The Canadian NORAD region with headquarters at North Bay, Ontario; Alaskan NORAD

region at Elmendorf AFB; and Conus NORAD region at Langley AFB, Va. Elements of the Canadian Air Command as well as US forces with about 275 aircraft and 5,600 personnel will take part in the exercise.

Nine E3 sentry airborne early warning aircraft will operate within the three NORAD regions.

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Westhede dealerships available for their full line of sundeck, waterproofing, vinyls. Small investment required with good return. Write #1 - 1115 Gordon Drive Kelowna, B.C. V1Y 3E3. (604)860-1200.

Market investors, our sale market potential is enormous. Bondell Industries Inc. is engaged in environmental cleanup. For our company information, write: Box 753, St. A - Vancouver, V6C 2N8.

Family Business - retail children's furniture. Nets in excess of \$75,000/yr. Proven location in greater Vancouver. Ready to franchise. \$60,000 down will carry balance of \$30,000. Remax Sabre Realty, Sandy Brown, John 1-936-0422.

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Free 1986 guide to study-at-home correspondence Diploma courses for prestigious careers: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel, Granting, (TA) 1055 West Georgia Street #2002, Vancouver, 1-800-268-1121.

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Dealership has opening for licensed - automotive service technician preferably with Ford experience. Paid ongoing training. Truesman Ford Mercury Ltd., Box 670, Hanna, Alta. T0J 1P0. Phone (403)854-3600.

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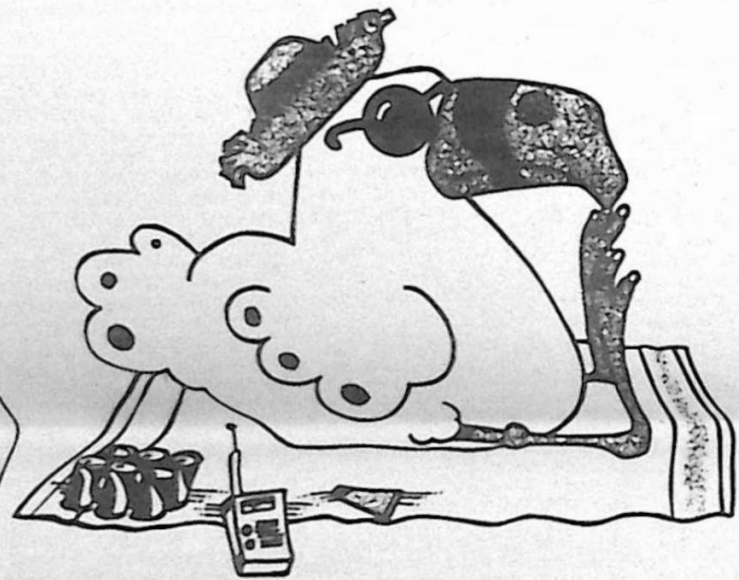
## Give the Gift of Life

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.

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Recreation Centre

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

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P.M.Q.  
Community  
News

Summer is coming at long last. We are gearing down for the summer too. T-ball finishes up very shortly with a big bash at the school for all the youngsters and their coaches.

The Street Dance was a smash hit, and the evening was enjoyed by all. I'll just bet that Capt Logan really did enjoy Pot Luck after all. The DJ was great, and the Mayor and Deputy Mayor really can do public speaking. They did a super job of presenting our Community Service Awards and Letters of Appreciation. Community Service Awards were presented to Al Rice, Mike Hurley, Eileen and Lindsay Harvie and Kay and Jerry Galway who are leaving CFB Comox this summer. We wish them well in their future endeavours and thank them for all their time and work in helping to make our community a better place to live. Letters of Appreciation were given out to Wayne Moore, Roy Lambert, Lorrie Lourie, Darlene MacDonald, Marlene Allott, Bill March and Luc Guibord for all the extra effort they have put in working with our community over the last year. All the hard work Darlene MacDonald's committee did paid off as there was a super turnout and a good time was had by all. Rumour has it that we may have another Street Dance later on in the year.

Registration for the Children's Summer Program is presently going on. Call Wayne Thompson or Linda Rose at local 8571 for more details to register for Day Camp and Swimming Lessons. The Most Beautiful PMQ Contest is still being held. The Final Judging will take place in late August, with other judging taking place all summer.

Upcoming events also will be the Wallace Gardens Family Day. Watch your home delivery and Totem Times for further news.

## SAFETY NEWS

Our Community Council is well aware of the importance of good safety and to enhance that we offer some cautionary news and advice.

Recent reports of children playing too close to traffic and on or near garbage trucks are real cause for concern. Perhaps we take our community and its inherent shelter too much for granted but it is important to realize that unnecessary accidents will occur if we are not aware of these dangers.

Crosswalks have recently been painted and your Community Council has also taken action to have more signs posted to warn motorists of the School Zone as well as indicate clearly that Wallace Gardens streets are not throughfares. Shortly, signs

will be posted that direct motorists "Only Local Traffic" is permitted, so that residents, when possible use Ryan Road and Little River Road entrances and exits instead of travelling through PMQs to get to their destination. Although it may appear that these are less than direct routes to travel, it will greatly reduce the unnecessary traffic.

We have also received reports of careless bikers and skateboarders who are not operating their vehicles safely and with due respect for pedestrians or other traffic. It is everyone's responsibility to ensure these kinds of situations are corrected. There are no substitutes for supervision, common sense and caution in the community and with appreciation of these considerations, Wallace Gardens will be a safer place to live.

In closing, we would certainly like to solicit your assistance in all safety matters and suggest that if you have any comments or suggestions, please feel free to contact our Community Council Safety Representative, Capt John Logan at 339-8560 (day) 339-6802 (evening) or contact your ward representative.

Have a safe and enjoyable summer.

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## SECTION NEWS

## ...more Demon Doins

On loan to our crew for a while is Pte Al Young, an Engine Tech. By the way Al, what's that "blemish" on your neck? Talk about golf balls through a garden hose! New to the crew, on a more permanent basis, is Pte Travis Commandeur, a CRS Tech. Hooray!! I finally got my very own private.

On the social front, we recently had a farewell bash at Red Longval's. A good time was had by all. Everybody had a chance to say goodbye and Bob Roche gave a long, long, looong speech.

Lastly, is Travis still out looking for a gallon of prop wash? I haven't seen him for awhile.

P.S. Are there wedding bells in Guy Gauthier's future?.....Al (Soon to be killed) Brown.

## DEMON TECH

Aurora Maintenance/Engine Bay bids farewell and best wishes to all Demon Techs leaving us this summer. Good-bye and good luck to MCpl Bob Saunders, and MCpl Dave Ronaldson, both transferred to Edmonton; MCpl Kevin Buell, and Cpl John Desrosier, both posted to Moose Jaw. Happy landings!

Inter-section transfers during the summer include: WO "Stew" Cameron to 2 Servicing Crew Chief, MCpl Neil Duffy to Tech Research, and Cpl Guy Belanger to 2 Servicing Crew. This list is always open to amendment, and is changed verbally every morning at the ten o'clock rumour.

Welcome to all the new guys! Sgt Ron Brouillard, MCpl Duane York, Cpl Frank Boyer, Cpl Glen Awalt, Pte Craig

Howland and Pte Sylvain Alarie. Keep up the good work and remember that old saying, "I want that &?!%?&!! airplane run-up by 3:30 Friday, or we'll work the weekend."

In other news: Cpl Dan Labbe recently returned from his wedding and honeymoon in Quebec. Some guys will do anything to get out of OPEVAL, eh? Anyway, congratulations, Dan!

Congratulations and well done to John Desrosier who completed 121 km in the recent bike-a-thon, and collected pledges totalling over \$1,000.

Sgt Paul Ervin spent a week at "Fort Fumble" recently, only to return disillusioned again. Good PERs but no money in this year's budget.

The topic of discussion at many morning coffee breaks is Pte Al Young's love life...his

neck looks like a testing ground for Hoover Vacuums. Of course, Allison denies everything; says she doesn't even own one.

MCpl Juan Buell will be attending a mandatory locksmith course. His present methods leave a lot to be desired.

MCpl Juan Trescher is off to Borden to instruct Air Cadets this summer. What could "Spic" possibly teach a group of sweet, young, innocent girls...and boys, too?!

MCpl Fred Crocker has been busy lately designing and building a tow bar for WO "Stew" Cameron's new Aerostar van. Stew's old beater didn't run very well either...maybe it's finger trouble...?

Free beer and congratulations to Pte Rob McKay who is now Cpl Rob McKay, and Pte Colin Winter-

burn who received his first hook. Colin's Pet Peeve is: "It's not 'Colin,' it's 'Colon'." Whatever!!

Points to ponder: The CP140 Aurora aircraft still attracts large crowds of sightseers whenever visiting foreign countries; it is recognized as the most effective ASW aircraft flying today, foreign aircrews gather and stare in total amazement. What is the attraction??? Is it our aircrew's superior sub hunting ability, or the advanced electronic equipment maintained by highly skilled trades people?? NO!! It's a "flush potty" in an operational aircraft. How soon we forget the days of the CP107 Argus.

Here's wishing everybody a safe and happy summer. Sam Safety says: "Never smoke in bed while you're out camping."

CONTINUED FROM PAGE 2

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# AIDS affects everyone

Many people believe AIDS is strictly a crisis for the homosexual community. However, about 15% of the AIDS disease in Canada, and a higher percentage in the United States, occurs in heterosexual men and women. In Africa, where the epidemic is at a more advanced stage, the incidence of AIDS in the heterosexual community is higher still. 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. Copies of this new layman's guide to the disease are available at participating Coles Book Stores and W.H. Smith's.

Today we present the final segment of excerpts from AIDS: What Every Responsible Canadian Should Know.

## Q: Is there a cure for AIDS?

A: No. Currently there are no drugs available anywhere that have been approved and that have been shown to cure AIDS, although the search for an effective treatment is being pursued vigorously. Best estimates suggest that a cure or a vaccine for AIDS will be several years forthcoming.

Some drugs have been discovered that inhibit the action of HIV (AIDS virus) such as a drug known as A.Z.T. (Azidothymidine). This is a prescription drug that is derived from the sperm of herring and has been approved for use in the United States. It is currently being provided in Canada, free of charge, for trial purposes which began in Vancouver in December, 1986.

In January, 1987 a California drug company announced that a drug already approved for treatment of children's infections could also prevent some people exposed to HIV (AIDS virus) from developing the disease. The anti-viral agent, Ribavirin, also known as Virazole, has shown itself effective in clinical trials on patients with Lymphadenopathy Syndrome (a disease known as LAS that often precedes the development of AIDS). However, this drug is still being tested and evaluated.

Beware of health frauds concerning AIDS. There are no anti-AIDS formulas, disease fighting douches to protect against AIDS, or health foods that can prevent AIDS or protect against the AIDS virus. Despite what you might hear or read in catalogue or magazine advertisements, there is no cure or AIDS preventative product. Any breakthrough concerning a treatment or cure for AIDS will be announced by Health and Welfare Canada.

## Q: Should I donate blood? Are blood transfusions safe?

A: By all means feel free to donate blood. There is NO possibility of contracting HIV (AIDS virus) from the needle used when you donate blood. A new needle is used for each donor. If, however, you feel there is any remote possibility that you could be an HIV (AIDS virus) carrier, you SHOULD NOT donate blood.

Since November 1, 1985, the Red Cross has been screening all blood donations for HIV (AIDS virus) antibodies. Blood that tests positive for the antibody is not used for transfusions.

Do not donate blood for the purpose of determining whether or not you are an HIV carrier. This will put others at risk. Consult your physician regarding testing. If the Red Cross finds these antibodies in your blood, your results will be reported automatically to the local health authorities.

## Q: Can insects such as mosquitos carry the AIDS virus?

A: No. Insects such as mosquitos do not transmit AIDS. Mosquitos only spread diseases that use the insect as part of the disease's life-cycle. Malaria, for instance, has to spend part of its life in an anopheles mosquito in order to mature, before mosquitos can spread the disease.

However, bloodborne diseases such as syphilis, hepatitis and AIDS are not spread by biting insects. Also, mosquitos don't go immediately from person to person. A mosquito will usually bite and feed about once every 48 hours. Even if the virus were there, it would be in minute quantities and would die before the next bite.

If mosquitos were transmitting AIDS, we would see many more cases of AIDS in those parts of the world where mosquitos are most common, and in all age/sex categories in their countries, not just young adults.

## Q: What are the tests for AIDS?

A: There are three types of tests that may help in diagnosing AIDS or AIDS-related conditions:

- A blood screening test for HIV (AIDS virus) antibody
  - A test of the immune system
  - A test which identifies HIV (AIDS virus) itself
- The blood screening test for the AIDS virus antibody is the most popular currently being used. When a virus gets into a person's blood, the body reacts by producing specific antibodies. For HIV (AIDS virus), these antibodies do not destroy the virus, but serve as an indication of its presence in the bloodstream. An antibody test is not called "positive" until the test is repeated and the initial results confirmed.

If HIV (AIDS virus) antibodies are found in a person's blood, it doesn't necessarily mean that the person has AIDS or will go on to develop AIDS. Nor does it mean the person is immune to AIDS. (Usually antibodies protect a person from a disease, but this is not the case with HIV antibodies).

If antibodies are found, it simply means that at some time in the past, the virus has entered the person's bloodstream. Although it is a very debatable issue at the moment, it is variously estimated that between 10% and 50% of those people who have the antibodies will actually develop AIDS. Some people have the virus in their bloodstream for a number of years and never develop symptoms of AIDS. Others develop AIDS after the virus has been present in the blood for a few months.

The HIV (AIDS virus) antibody test has been found to be the most reliable indicator of exposure and infectiousness, and is the most widely used.

People with AIDS have many severe problems with their immune systems. A doctor can order immune system tests, special studies of the white blood cells and antibodies of the immune system in people with suspicious symptoms — if the doctor thinks these tests are necessary.

The HIV (AIDS virus) test is a very specialized procedure used in research which identifies the actual virus in a person's blood. These tests are not yet widely available for diagnosing AIDS. Researchers are currently working to develop simpler ways to test for the presence of the virus in the blood.

## Classification of AIDS cases in Canada\*

	ALIVE	DEAD	TOTAL	(%)
<b>ADULT cases by risk category</b>				
Homosexual/bisexual male	406	392	798	82.6
Intravenous drug abuser	1	3	4	0.4
Recipient of blood or blood products	13	21	34	3.5
Heterosexual partner of a high-risk individual	10	13	23	2.4
Person from an endemic area	19	42	61	6.3
Other/unknown	14	13	27	2.8

## AIDS cases reported in Canada by province\* (Total 966\*\*)

B.C.	213 cases or 22% of all AIDS cases
Alberta	53 cases or 5.5% of all AIDS cases
Sask.	13 cases or 1.3% of all AIDS cases
Manitoba	17 cases or 1.8% of all AIDS cases
Ontario	373 cases or 38.6% of all AIDS cases
Quebec	274 cases or 28.4% of all AIDS cases
N.B.	6 cases or 0.6% of all AIDS cases
N.S.	16 cases or 1.7% of all AIDS cases
P.E.I.	0 cases or 0% of all AIDS cases
Nfld.	1 case or 0.1% of all AIDS cases

\* As of April 6, 1987  
Of this figure, 40% or 51% are deceased  
Source: Laboratory Centre for Disease Control

## Q: How can I help someone I know with AIDS?

A: The same way you would help anyone you know who has a fatal disease. While you may experience a feeling of helplessness, your frustration will not be as great as that of the person with AIDS (PWA). Fear of the unknown and isolation seem to be the biggest factors affecting the AIDS patient.

Your demonstration of support, compassion and understanding will never be more appreciated. The above question was posed to a PWA in Vancouver. Here is his response:

"It is important that people understand that the person with AIDS does not want to be treated as a social outcast or thought of as a 'victim' or 'leper'. It is vitally important to our mental health and physical being that we be allowed to maintain hope, think positively and 'get on' with our lives.

"It is inappropriate for people to be constantly asking 'How are you feeling?' or 'Has there been any new developments?' It is particularly hurtful when meeting someone for the first time and they turn away or cover their mouth when they discover I have AIDS. What they are forgetting is that it is my immune system that is destroyed. There is more likelihood of me catching something from them than the reverse."

## Q: Will immigrants with AIDS be allowed into Canada?

A: No. In 1985, Canada added AIDS to the list of diseases (which includes tuberculosis, syphilis and leprosy) that can bar prospective immigrants from coming to this country. The federal government has indicated that there are no plans for mandatory AIDS testing of would-be immigrants. Instead of tests, Canada relies on the medical records of an applicant compiled in the country of origin, which may or may not include the AIDS test.

Health and Welfare Canada has three conditions concerning AIDS which it applies to newcomers:

- A person diagnosed as having AIDS cannot be admitted;
- Someone with AIDS-related complex (ARC) in which some symptoms of AIDS are present, cannot be admitted;
- A person with a medical history indicating the presence of HIV (AIDS virus), but are medically stable, may qualify for a 'conditional' admission.

## Q: Why should women be concerned about AIDS?

A: In North America, most people with AIDS are men. As of April 6, 1987, there have been only 54 cases of women with AIDS in Canada. However, because AIDS is a sexually-transmitted disease, women can become infected and infect others. They can carry the virus and pass it to their babies before or at birth, or in rare instances, through breast-feeding.

While it is possible for women to become infected with AIDS, it is also easy for them to protect themselves from the disease. To prevent the spread of the disease, to understand its effects and reduce their risk of exposure, women should know all the facts about AIDS.

## Q: Can people be fired because they have AIDS or are infected with the AIDS virus?

A: People who have AIDS or who are infected with HIV (AIDS virus) are not a health risk to co-workers so there is no medical reason to dismiss them. There is legislation in all provinces to protect Canadians from illegal discrimination.

In the province of Ontario, for example, the Ontario Human Rights Code prohibits discrimination in employment based on a disabling condition.

If a person were fired because he or she either:

- had AIDS
- was infected with the HIV (AIDS virus), or
- was suspected of having AIDS — there could be a violation of the employee's rights.

An employee who feels that his or her rights have been violated may file a complaint with their local Human Rights Commission. In addition, the employee may be able to sue the employer for wrongful dismissal.

## Q: Can I get AIDS from an infected co-worker?

A: There have been no cases of AIDS being spread in the workplace through non-sexual contact with persons with AIDS. There is no evidence that being in the same office, working on the same assembly line or using the same equipment as someone with AIDS — even for a long period of time — puts you at any risk of becoming infected with the virus.

## Q: Can I get AIDS from eating in a restaurant where someone handling the food has AIDS?

A: No. No cases of AIDS have been transmitted through food preparation or food handling. HIV (AIDS virus) is very fragile and survives for only a short time outside the human body. Even if the virus were present, it would be killed by the standard public health cleaning practices required of all restaurants or businesses handling food.

## ...more BAMSO

orbit without the club head ever contacting the ball." Tests results: 65 strokes over nine holes; 'nuff said. (Good news and bad news - the good news was that as the losers of the Participation Challenge, NAVCOM won the trophy; the bad news was that they also "won" IE/IS's turn at hangar cleanup).

Happiness is eluding Sheila's life too, as her hubby's been away in Greenwood for a long, long time now. Sure wish he'd come home, just for our sake.

Even a jolly fellow such as Perry can't find happiness. He went coastal sailing last week and couldn't get out of the harbour. It wasn't the three meter waves that discouraged him but the fact that he couldn't get through the fishing fleet that was scurrying in from

the storms.

Speaking of nautical stuff, Barry Whillans had better take one last, long look around at our beautiful shores as there's nothing like this where he's going...AETE in Cold Lake. By the way get some studded tires for your ten-speed, we hear that they get a little snow from time to time up there.

## THE LAST WORD

As this is the last issue of the Totem Times that will be published while I am BAMSO, I want to get one "last word" in.

First, a thank you to Capt Bob McPhail for his faithful commitment to lead-ins for the column. Most of you don't realize it, but those Norse Myths he wrote about were not really myths. Bob was there.

CONTINUED FROM PAGE 6

Second, there is absolutely no truth to the rumour that Bob is going to loan himself to the Comox Air Force Museum when he retires. We do need someone to replace him in honchoing this column though. Any volunteers from the top floor?

On a more serious note, and without dragging this out, as I hate long goodbyes, I want to thank everyone in BAMSO for your outstanding work over the past three years. Our BAMSO motto and aim is SUPPORT and I couldn't have asked for better, through many exercises, MARCOTS, three OPEVALS and two AMITS. You may be second line, but as technicians and service members you're in first place. My best to all...R.E. Monahan, BAMSO.

## ...more Anker Klankin'

CONTINUED FROM PAGE 8

MCpl John Domock and Cpl Glen Litchfield who have now returned to Base Arm also received plaques and thanks for a job well done.

The turnout for this mug out was excellent. John Johnson remarked that it was the first time that four electricians had been seen together.

Bosses Night at the Club was enjoyed by as many as could make it. Over a brew or two "Weiner" Levigne had us chuckling about the good old days he, Merv, "Coop" among others had during their days at Gagetown.

Away on course we have Cpls Vince McKernan and Ivan Carpentier. Both are off to CFB Borden to learn about

avionics and non-stationary radars.

The slow pitch team is having an up and down season so far with two defaulted games (one for - one against). John Johnson says that the team is improving at short stop

O.C. FRAMCOIS is proving to be an all around star performer with good batting and fielding abilities. "Weiner" is doing a long stretch at first.

Sgt Ted Kaler who is on transfer to 440 Sqn CFB Edmonton also received his plaque.



## Classified

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

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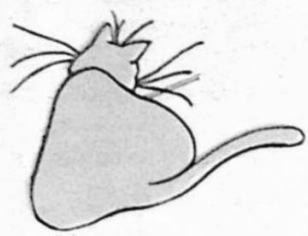
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## Tails from Duke's Diary

### HARTMANN'S LAW

*Fighter Pilots don't take money from other Fighter Pilots*

Capt Kevin Ferdinand, on the staff of AFIS, is actively building up an excellent library of books dealing with aircraft, war, and men who took part in flying operations, both Allied and enemy. Recently one of the books acquired was "The Blond Knight of Germany" by Tolliver and Constable which tells the story of Erich Hartmann of the Luftwaffe.

Erich Hartmann is recognized as the world's outstanding fighter pilot, being credited with 352 victories. A very modest individual, there might even be more, but 352 "kills" were confirmed under rigorous scrutiny by Luftwaffe

intelligence officers. Allied intelligence officers who analyzed German combat reports after the war were impressed with their accuracy and insistence on confirming evidence.

Capt Ferdinand wanted to have the book autographed, and enlisted the aid of Duke Warren who is a personal friend of Hartmann, having served with him at Waffenschule 10, Oldenburg, Germany, (Similar to 1 F OTU, Chatham) from 1957 to 1960. A money order for \$10 drawn on the Royal Bank was enclosed with a letter to Erich and the book was sent to Germany

with a request that he autograph it with a suitable salutation to the new Air Force Museum. The purpose of the money was for the return mailing, since it would be imposing on his friendship to pay the cost of posting the book back to Canada.

The book was returned by Erich Hartmann, duly autographed, and wishing success to the Air Force Museum venture. Also returned was the Royal Bank draft with the notation in Erich's handwriting on the back...**FIGHTER PILOTS DO NOT TAKE MONEY FROM OTHER FIGHTER PILOTS!**



Squadron Leader Duke Warren and Major Erich Hartmann...a postwar friendship between tigers.

### Do you know this place?



A place you should recognize...do you?

## The Blond Knight of Germany

...a review

**THE BLOND KNIGHT OF GERMANY**, by Tolliver and Constable. Published by AERO division of TAB books, Blue Ridge Summit, PA 17214 USA. \$15.95

This book is a biography of the most successful fighter ace of all time, Erich Hartmann. With 352 confirmed "kills" to his credit (all having been achieved on the Eastern Front during World War II), no fighter pilot in history every approached his score, with perhaps one exception.

The book starts off with Erich's boyhood travels with his family and his flying experiences with his mother who was also a pilot. World War II had already started when he graduated from school and joined the Luftwaffe. Pilot and fighter training followed naturally for this natural marksman.

Arriving on the Eastern Front as a Second Lieutenant at the age of twenty, Hartmann's superior ability as both a leader and a pilot saw him receive Germany's highest military decoration in less than two years and after just one promotion. By war's end he had commanded an element, a squadron, and a group and had been promoted to the rank of Major at the age of twenty-three.

The author's story of Erich's war exploits, anecdotes, and encounters with many other famous German aces has an underlying theme that is consistent throughout the book. The support of his fiancée (and later wife) is reinforced again

and again. Nowhere is it more poignant than in the relating of Hartmann's post-war incarceration at age 23 by the Soviets for 10½ years as a war criminal. His wife was a constant in a world of variables, none of which he could trust. His leadership abilities showed through again in his conduct under the Soviet NKVD interrogations and in a prison camp revolt. He remained steadfast in resolve through attempts at brainwashing, solitary confinement, and force-feeding by his captors to negate the effects of his own self-induced hunger strike.

Release to the West eventually came, and with it a homecoming to the woman he loved. Still a pilot at heart, he could not resist the offer to join the new West German Air Force shortly after returning home. After refresher and jet training, he was assigned to the German Fighter Pilots School and then to command Germany's first all-jet fighter wing. Retirement and civilian life soon followed, and with it the desire to slow down.

Through the use of an engaging and easy-to-understand writing style, the reader is shown what it was like to fly fighters in combat. With many interesting photos, a vast appendix, and a comprehensive glossary, the book underscores the theme of Erich Hartmann's military and civilian life. He tackled life head-on, and still managed to maintain his integrity in both peace and war.

### Honorary Demons



Josie Muzychka and George Sand receive ball caps from LCol Sutherland.





# TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 13 July 9, 1987

Deadline is Monday, July 27, 1987

Cost: Priceless

## Groups Applaud White Paper

Four of Canada's national maritime interest groups announced their unanimous support for the new White Paper on Defence.

In Halifax for their annual briefing with the Maritime Commander, the groups expressed particular pleasure with the plans to acquire batch two of the Canadian patrol frigate program; of the recognition given to the three ocean reality; of the plans to revitalize and re-equip the Naval Reserves; and of the plans to acquire a fleet of nuclear powered submarines.

The four groups are: The Naval Officers Association of Canada, which represents retired regular force and reserve officers; The Navy League of Canada, which supports Sea Cadet and Navy League programs from coast to coast; The Royal Canadian Naval Association, which represents retired non-commissioned members, and The Maritime Defence Association of Canada, which represents reserve officers. Together, the four groups represent more than 40,000 members from coast to coast.

"The White Paper on Defence has been eagerly awaited for almost three years," said Merritt Chisholm of Calgary, spokesperson for the four groups.

"As most Canadians realize, the navy was rapidly approaching the point where it would rust out, and be incapable of defending our sea lines of communications, which are so essential to our economic well being," continued Mr. Chisholm.

"The White Paper outlines quite specifically how the Canadian Navy will be re-equipped so that once again it can accept its responsibilities both in sovereignty matters, and as a full member of NATO," he said.

"Insofar as the nuclear powered submarine fleet is concerned," said Mr. Chisholm, "we are convinced it is the most effective way to carry out the varied responsibilities assigned the Navy in the Atlantic, Pacific and Arctic Oceans."

## On Guard For Thee



A formation of CF18s in Canadian skies.

## New Skipper for Anker Klankers



MAJOR ROGER ARSENAULT

Clear blue skies and warm temperatures were the order of the day, as VU 33 Squadron exchanged Commanding Officers, on Thursday, 25 June.

After less than a year as CO, LCol Art Nielsen signed over the Comox squadron to Maj Roger Arsenault.

LCol Nielsen is posted of MARCOM. Maj Arsenault was Operations Officer for MR880 Squadron at CFB Summerside, prior to his posting to Comox.

CFB Comox Base Commander, Col Ted Gibbon officiated at the signing over ceremony and the Guest of Honour was BGen Curleigh, Commander, Maritime Air Group.

A reception for the Squadron and guests followed, at which Major Arsenault and his wife Rejeanne were bid a warm welcome to VU 33 and the Comox Valley.

*In this issue...*

**COMOX AIR FORCE MUSEUM**

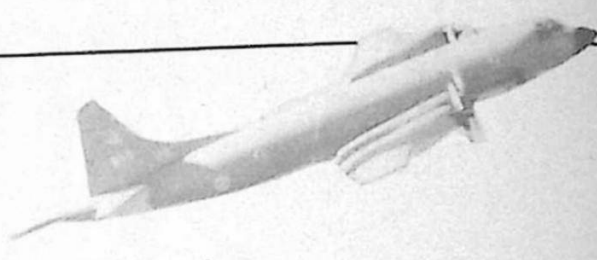
SEE PAGES 14 AND 15





## SECTION NEWS

## Demon Doins



## Promotions at 407 Squadron



New promotions L to R: Capt Neil Kinley, Maj Jim Loring, LCol Sutherland (not new), Capt Pete Levigne.

## 407 AIRCREW

The summer quiet season has descended on the Squadron which means two of the crews will always be on leave for the next while. As a result the remaining crews are a little busier to meet the workload. However with Crew 4 Sledgehammers and Crew 7 Moosemen on leave a quick poll has revealed that most think the capability of the sqn has increased. Unfortunately this absence of crews reduces the amount of happenings, stories and basic good all round juicy dirt being promulgated for prompt publication. So this scribe will just make do or if necessary make it up.

Maj Boivin recently displayed those keen management skills that make him flight commander by enlisting the help of Crew 6 Terminators with his move. However in order to keep his beer costs down he made sure that they were the standby crew. shrewd!!) Crew 6 Ter-

minators also wished to mention something about 3 landings for the price of one approach and that Maj Reame would know what it meant.

Feeling left out of the last issue Capt Stu Cox felt it necessary to insist that it be mentioned that he is no longer with Crew 4 and is now with Crew 7 in a swap with Capt Bob Coulter. Another quick poll revealed to Stu that on one cases.

The boys at the Double Bula Ranch, Lts Hill, Cutland, Wightman and Westerveld

threw a bit of a volleyball tournament/party with the home team winning (natch!). Then they proceeded with a display of the innovative use of furniture for dancing purposes. Our Commanding Officer who witnessed the event was apparently misquoted as saying he was quite impressed. Whilst speaking about the members of this household it has been

Included are Demurs, Pepin and Neumann Who've decided to join the ranks of our crewmen. Clevett and Wadams, two more who have come

To the honourable task of being Crew One. Goddard to Trenton, Carruthers who's out, Hackett to Cold Lake (you can still hear him shout). Brown's gone to 3 Crew and Tanner...who knows? Is he Greenwood or Comox? His confusion shows.

Farewell to the masters, they're finally leaving! I'm sure all their techs are certainly grieving.

Fear not! The fine fellows who will take their place, Brazeau and Moreau, can keep up the pace.

The results from our AMIT are finally in "We did a damn fine job!" SAMO says with a grin.

We hope we managed to keep your attention Although we had obviously little to mention, So we come to the end of our brilliant rhyme, That's all folks until next time!!

I Crew

And now a few notes from your friendly 407 Armt Section. Firstly, the Berlin Wall complete with concertina wire is now erected. Jim says his torp techs don't want to defect anyway.

Goodbyes were the order of the day at our last fishing derby. Stu Waldron has left us and will take up residence in Borden while Dev 'slam-dunk' Reynolds is off to the Black Forest in Germany. Kevin 'the CHICKEN MAN' Robertson is

off to Borden for 2 months to learn how computers work.

With the odd couple both gone, B.C. Tel will notice a shortfall in revenue and Mothers, it's now safe to let your daughters out again.

Our fishing derby was a huge success with Art collecting all the money for his 11 lb salmon while our resident fishing expert Dave 'Crocodile' Colquhoun got skunked. Dave, see Ray Michell for a few tips.

Congratulations to Ann Warren on receiving her MC-pl. The section will never be the same.

The first Armament Reunion has come and gone with over 200 participants from as far away as Newfoundland. In attendance were two Armourers who joined in 1938 - those muzzle loaders must have been hard to clean. The youngest Armourer was our own Todd Giles who joined in 1986.

Everyone enjoyed the festivities including a dinner and dance under starlight at the Washington Inn on Saturday night. On behalf of all the Armourers, we would like to express our appreciation to all the organizers and volunteers for a very successful and memorable reunion. Well done.

Last but not least, a few words from our roving sports reporter Sandy Leibel. The Armt/Photo ball team is enjoying a very successful year with 5 wins, 2 ties and only 2 losses. The credit must go to their new pitching ace Ann 'the Crow' Warren. Keep up the good work, champs.

That's all from the world of 407 Armt, so until next time, shoot straight.

## AROUND THE BASE



## From The Top Rung

Col Ted Gibbon

The DEU (Distribution Environmental Uniform) is now appearing at Comox and as I prepared to don the third different coloured uniform of my short service career, fifth if you count the summer hues that were part of the initial issue, it struck me that this was an opportune time to once again commit myself to wear it with pride and to conform to the dress and grooming regulations associated with it.

The general public has expressed great interest in the Canadian Forces returning to uniform colours that identify the element in which an individual serves. It is up to us to ensure that we maintain the integrity of the new uniforms and resist any temptation to modify or amend them to accommodate personal feelings or previous service affiliations. Only those accessories detailed in the appropriate dress manuals are acceptable and no deviations will be permitted.

On the matter of personal grooming, the regulations are simple and easily obeyed. It is up to everyone of us to conform and ensure ourselves and our uniforms are complementary. Each of us should strive to set a personal example that those who are unfortunate not to serve can be proud of and one in which we in turn can also be proud. We are all the invigilators of this requirement, it is not the sole purview of the Base Warrant Officer.

## Thanks Dave



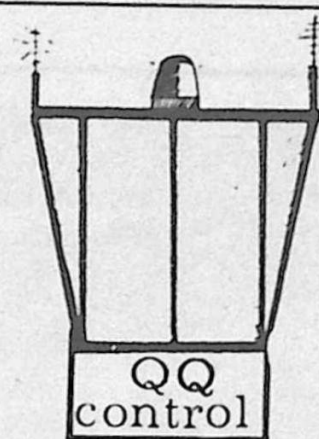
WO DAVE GIBSON

Losing Dave Gibson from the Totem Times is like losing the leg off a chair. For longer than any of us here can remember, Dave has been our picture-man working his high-

tech machine in the back room, processing the photographs of many sizes and colours we receive at the Fishwrapper. In the early morning, late at night, often on short notice, Dave has cheerfully responded to the Editor's call. Many of his spare hours have been spent training other camera operators.

Dave and Catherine (our former Girl Friday) are posted to MARPAC HQ in Victoria, where Dave will work in Cadet Liaison.

Thank you Dave, your professional approach has been an example to the rest of us here at the Fishwrapper. We wish you well.



## As The Beacon Turns

Due to the abundance of sunshine over the past couple of weeks nobody has been hanging around the section after work long enough to give me any juicy gossip to pass on.

I do know however that the fish are biting and the golf courses are green. Speaking of golf courses, is the story true that a certain Capt who shall remain nameless beat our possible future CC Tower during a round of 18 holes? I wonder who could be spreading that rumour.

I see by the calendar on the wall that it is once again approaching vacation season and I, for one, am taking the opportunity to recharge the old batteries and get the juices flowing once again. As most of you are aware, through constant inconvenience, that I have been attending school in my spare time (lots of it now), you will be happy to hear it is now over and I would like to thank everybody in the section for helping me to complete the school year. I'll have my marks back soon (and by the way, what comes after an F?).

Everyone contributed, from shift changes to verbal support, so once again, thanks. It is because of this release of burden that I speak to you at this very moment from the vacationland of Alberta, Cold Lake (at least that's what my travel brochure said). There has been a nasty rumour being spread around that I am up here scouting for a couple of psychiatrists for Sgt Dave Garipey who will soon be here at Cold Lake on his second tour. Let me dispell those rumours immediately because they are simply not true. I guess you'll never rest until you're rid of me Dave. With the postings out and the postings in there will definitely be a shakeup in the ATC section Chain of Command, as key figures are posted out. We recently got together at the Gravel Pit II complex to say goodbye to those section members who will be off soon to conquer new horizons. The food was good and the speeches were well prepared. Here are a few

highlights: CWO Sam Kincaid was presented with a container of buttons by Capt Dave McLeod because of his obvious obsession with the "Buttoned pocket appearance." We also heard Dave phoned ahead to Cornwall and the entire staff was busy sewing on loose and missing buttons in preparation for his arrival. CWO Kincaid will be missed by all and his job has been left in the capable hands of MWO Dale Campbell. WO Al Collins came prepared as he delivered a speech congratulating Sgt Frank Johnson on his recent promotion. He also touched on the highlights of Frank's stay in QQ including his trip to the Sinai. Sgt Tony Huntley, our resident computer expert, was also mugged out and it's been rumoured he taught WO Collins everything there was to understand about computers and we heard it only took five minutes. Sgt Huntley is an excellent man to work for and will be an asset to the school at Cornwall. With his departure comes a vacancy which will be tough to fill.

His year as Entertainment Chairman was a job well done, many thanks Tony. As mentioned earlier, Sgt Dave Garipey was also mugged out with Capt Dave McLeod delivering the speech. Capt McLeod has had the pleasure (or misfortune) of working with Dave over the past year.

He often wonders how the mythical Sgt Garipey was constantly on leave and never around when needed. Those who know Dave will surely miss his kind nature and friendly smile. Good luck Dave. I guess I'll have to find somebody else to pick on.

Lorraine Comeau was mugged out next with Sgt Don McLean doing the honours. Lorraine recently became a civilian to go back to school and it was remarked that with all her training over the last couple of years that she will be able to stand sentry duty over the girl's dormitory. We hope to see you around the section a lot, Lorraine with your pending marriage. Cpl Karen Scott is departing as well because she

is going to Ont to reside. Karen was always a pleasure to work with and always had a smile and took the time to say "Hi." Sometimes we had to wonder exactly who was working for whom, but we know the real answer, don't we Chief? Capt Dave McLeod was next with Capt Hopp taking a few shots.

Capt McLeod was most recently the ATC Standards Officer and no matter what the occasion, always had a story to tell, sometimes even two or three, right Dave? He is also making his way to Cornwall, Ont this summer. Last but not least Sgt Randy Hume spoke on behalf of two technicians who are departing this summer.

Cpl Real Labelle will be off to Moose Jaw. Word has it he's hoping for Trenton as he has spent a lot of time there on TD recently. Speaking of Trenton, OCDT Dorion must also love Trenton because he was mugged out next and Randy remarked how he was constantly taking calls from women who were interested in his whereabouts but were unable to track him down. Mo (as he is called) was recently selected for UTPM and will be attending college in the fall.

Congratulations and good luck in the future. Well, that just about wraps it up for the giant mug out. Just one last note goes out to Lorraine Comeau who should be thanked for that delicious watermelon fruit surprise, but you could have strained the seeds out.

Just a short note on the sports aspect of ATC. The fastball team seems to be on a slow descent to the basement of the league as they have dropped crucial games by a few runs due to errors. Come on guys, let's have fun out there, especially you Barry. One last trivia question before I go. Which ATC MWO was rumoured to have been seen driving on Pritchard Rd in Military uniform with no visible rank badges on or about the 31st of June 1987?

P.S. On a last note, a big welcome goes out to our new secretary, Pte Susan Bennett who is from Ottawa and will be with us until September.

## Highland Honour Roll 86/87

<b>HOUSE I</b>	Rob Emmerson	Jennifer Stevens	Mary Rickson	Kari Fraser	Nyla Patrick	Shannon Emmerson	Sheila Holmgren
Tony Bale	Annie Hart	Daryl Taylor	Donna Shaw	Marnie Grant	Teresa Rennie	Cameron Isenor	Sylvia McAvany
Doug McComber	Laura McLaren	Greg Walton	Jamie Fournier	Shanna Isfeld	Brent Stoeckel	Michael Patrick	Kevin Muir
Kathy Young	Danielle Monahan	Lynne Anderson	Matthew McIntyre	Ron Reade	Lynne Weaver	Monika Schroeder	Paul Battle
Marci Bailey		Simon Smith	Drew Anslow	Chrissy Tarras	Mike Wilford	Andrea Clarke	Melissa Bruigom
Debbie Dennis	<b>HOUSE II</b>	Troy White	Laurie Gibbons	Stephanie Taylor		Christy Clarke	Cathy Fright
Sherry Floyd	Deana Grinnell	Adam Zambilowicz	Brian Rogers	Justine Thomas		Scott Clarke	Frank Baker
Noel Fox	Donna Grinnell	Guy LeMasurier	Brooke Finlayson	Michelle Webber		Craig Moore	Bridget Boley
Wendi Friesen	Make Lawless	Shannon McCormick	David Hughes	Nancy Bailey		Robin Siddons	David Dawson
Kevin Harrison	Mike Lawless	Penny Praine	Ann Jackson	Collette Beaudoin		Daniel Ayers	Jocelyn Hines
Scott Inglis	Trisha Oakley	Ron Smith	Greg Koster	Caroline Penhale		Judith Boisseau	Ben Hopp
Chantale Pelletier	Cam Blair	Lisa Taylor	Raphael Wagner	Jeff Hillard		Kevin Cochrane	Alisdair Boraston
Matt Rees	Marnie Ellis	Jody Wilson	Trish Sauve	Stacey Hovind		Shawnett Coe	Karen Burr
Brandon Welsh	Michelle LeRoss	Les Black	Sandy Kostiuik	Shannon Poole		Troy Cunningham	
Carole Esterer	Justin Olsen	Deavlan Bradley	Laurel Taylor	Tanya Thorne		Amanda Gibbs	

CONTINUED ON PAGE 23

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## EDITORIALS

## A GUEST EDITORIAL

## An inadequate way to celebrate the end of 20 years of debt

I first became aware of mortgages when, as a small boy, I heard the older members of my family using phrases such as *getting behind* in the mortgage, *mortgaged to the hilt*, *foreclosing* on the mortgage and *paying off* the mortgage.

I never did understand what they were talking about because - like sex, divorce, and cancer - it was a subject discussed in hushed tones, certainly not with or in front of "the boy."

This was the hungry 1930s when, next to food, mortgage payments were the greatest single worry of most families. To get too far behind could mean they lost their home, and many did.

So it was not surprising the word mortgage was used often in sorrow, even anger. But not always, and that confused me somewhat.

Once in awhile someone burned the mortgage. Apparently that was good. If the church burned its mortgage, that was even better. It was a happy occasion, which led me to believe a mortgage had some religious meaning. Yet, because the joy was in the burning, I thought it must be evil, perhaps an instrument of the devil.

There are those, I suspect, who still hold to that belief. But most hold a more enlightened view of mortgaging today.

The mortgage market is a sophisticated one with a great variety of financing available to home buyers. Whereas it was once a very private matter (like one's salary) not to be men-

tioned among even close friends, the subject is now freely discussed.

In fact, some folks wear a mortgage like a badge of honour, particularly if it represents a lot of money, because financing can, and often does, relate directly to the market value of a property.

Others get their kicks from paying off the mortgage and boasting that at long last they own their home "free and clear of all encumbrances," which gets me back to the business of burning.

My wife and I took out a mortgage 20 years ago when you could get one for that long a term at a good rate of interest. It recently matured.

How to mark the occasion? Why, burn the mortgage, of course! That's what everybody does, is it not?

But how? Invite a bunch of people to a mortgage-burning party? Sounded a bit pretentious. Go out to dinner and burn it at the table? Even more ostentatious. What's more, seven legal size pages could set the restaurant on fire.

As we talked, the rationale for doing nothing grew stronger: "After all, it is only a figure of speech. You can't burn a mortgage; you can only burn the document containing the details of the agreement." So, we ended by tossing the whole thing in the fireplace and toasting the flames. Took a minute and a half.

Still, it somehow seemed an inadequate way to celebrate the end of 20 years of debt.

Courtesy John Allison, *The Independent*.

## High Speed Intercept



Nanoose, B.C. -- Sergeant Doug Carter, 40, (front), and Master Corporal Richard Brewster, 31, maintain a high level of safety procedures as they patrol for intruder vessels within the range area of the Canadian Forces Maritime Experimental and Test Ranges.

Having two new police zodiacs will improve surveillance capabilities and readiness at the Nanoose Bay facility. (C.F. Photo by Sgt J.F. Smith)

## Defence Industrial Preparedness Advisory Committee formed

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.

# NEXT DEADLINE JULY 27TH



# TOTEM TIMES

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

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## EDITORIALS



## New Defence Initiatives

## A NAVY IN THE MAKING

"We are a three-ocean country with a one-and-a-half ocean navy on the verge of rust-out." That's what Perrin Beatty, Minister of National Defence, said at a recent Ottawa news conference on defence policy.

"The first key role in our new defence strategy is the creation of a three-ocean Navy to protect our three ocean country," said the Minister when tabling the White Paper.

The White Paper affirms that the Government will pursue a vigorous naval modernization program. The goal will be greater flexibility, a better balance among aircraft, surface ships and submarines and a re-orientation of Canadian naval forces towards an effective capability in the Atlantic, Pacific and the Arctic oceans.

Such a fleet will be created by continuing current programs and initiating others. The four newest destroyers now in service the TRIBAL class (on average, 15 years old), are being modernized under a program announced in June, 1985. They will provide an area

air defence capability and command and control for our anti-submarine warfare task groups. This modernization will enable these destroyers, the *Algonquin*, *Athabaskan*, *Huron* and *Iroquois*, to remain effective beyond the turn of the century.

To strengthen naval capabilities in the Atlantic and Pacific, the program to replace obsolete surface warships will continue beyond the six Canadian patrol frigates currently under construction with a second batch of six frigates. These ships will carry modern helicopters to extend the distance and speed at which they can seek out and engage submarines. The Sea King helicopters now in service are rapidly approaching the end of their useful life and a process to select a new shipborne aircraft is currently underway. To ensure our ports and waterways remain open, mine counter-measures vessels and equipment will also be acquired.

In all three oceans, underwater surveillance is essential to

monitor the activities of potentially hostile submarines. Greater emphasis will be placed on underwater detection by continuing to develop Canadian sonar systems, by acquiring array-towing vessels to provide an area surveillance capability in the northeast Pacific and northwest Atlantic, and by deploying fixed sonar systems in the Canadian Arctic.

Submarines are needed to complement these surveillance systems and to meet current and evolving control requirements in the Atlantic and Pacific as well as in the Arctic. Nuclear-propelled submarines provide the best option for Canada.

For Canadian maritime roles, submarines capable of operating at sustained high speed are essential. With three oceans to patrol along the world's longest coastline, the ability to position a small submarine force rapidly is of great strategic importance.

A nuclear-powered submarine (SSN) is operationally

three times as effective as a diesel-electric submarine, because of its combination of high submerged speed and unlimited endurance. Speed is also important tactically in closing or evading an opponent. Diesel-electric submarines are capable of high submerged speeds only for very short periods - approximately an hour. Also, a major disadvantage faced by a diesel-electric submarine is that it must expose its mast to recharge its batteries, at least once a day. That precludes operating freely under the ice and makes it much more vulnerable than a SSN.

Once very noisy at high speed, today's nuclear propulsion systems are as quiet as modern electric propulsion plants. The type of SSN suitable for Canadian roles will cost roughly 1.6 times that of a diesel-electric submarine, or approximately the same as a modern anti-aircraft frigate.

Public discussion of SSNs for Canada has focused

narrowly on Arctic applications. But the capability represented by the SSN is necessary to defend our seaward approaches in all three oceans.

In looking to the turn of the century and well beyond, nuclear-powered submarines offer the best choice for Canada in response to evolving long-term strategic trends. Such submarines would complement surface ships and maritime aircraft and are the most cost-effective means of achieving an effective operating capability in the three oceans that border Canada.

A fleet of 16 modern frigates and 10 to 12 SSNs will provide Canada with a far more capable and more effective Navy than would have been the case had we simply continued to clone the existing balance. It will be a Navy more sensitive to Canadian security requirements and better able to protect Canadian interests. Courtesy CF ClipSheet.

OTHERWORLDS  
international science briefs

## China's one-child families

3 China's population growth patterns are changing more quickly than was ever thought possible. In just 20 years, birthrates have dropped from 5 percent to 2.1 percent. That means the population growth rate of 1.17 percent is now about the same as Europe's and North America's.

The dramatic drop in China's population growth is due mainly to the country's vigorous family-planning program. The goal is to stop population growth at 1.2 billion by the year 2000.

Also important is the fact that China's population figures are now reliable. Since 1982, surveys and a census have provided accurate information, a first for the country. The most recent information comes from an in-depth fertility survey carried out in 1985 with assistance from Canada's International Development Research Centre (IDRC) as

well as Norwegian and Danish donors.

The new survey covered both rural and urban areas and concentrated on getting detailed information on families' attitudes towards children and birth control. The researchers found that families were smaller in the city where family planning efforts were concentrated. More of the families who had adopted the government's policy of one-child families were city dwellers and more of them were the parents of boys. Child mortality rates were also lower in the city where there are better health services.

The researchers noted that more health and family planning services will need to be located in rural areas if China is to reach its ambitious population goals. And people will need to be further convinced that girls are just as good as boys.

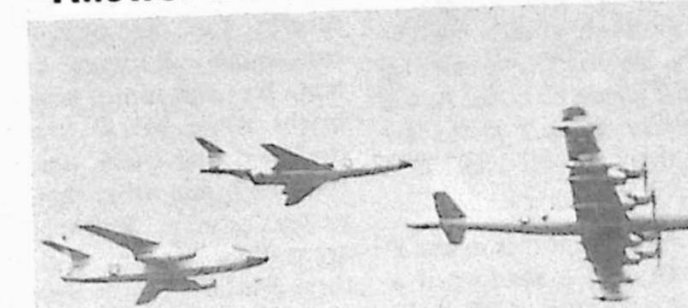
Norm Blondel's *LIGHTSIDE* is in Summer Fallow.

## Air Force Trivia



what  
where  
why  
when

## Answer from Last Issue



## TRIVIA ANSWER

For those of you who may have been stumped the aircraft are clockwise from the right: a KB-50J tanker, an F-100D single seat fighter, an EB-66 bomber/EW aircraft and a single seat F-101C fighter. Photo taken Aug 1959 over England.



## SECTION NEWS



## BAMSO

**COMINGS AND GOINGS.** Shortly after this article hits the press our new BAMSO Maj Kightley will be on site and picking up loose pieces such as getting our AMIT responses together. Between being coordinator for the AERE PPT (Practical Phase Training) and the CF technical coordinator for the Abbotsford airshow this summer, it may actually be late Aug before Maj Kightley is firmly seated in the BAMSO, "Hot Seat"...meanwhile welcome sir to the "Pen-house." On the other hand we've got to say goodbye to Carol St. Germain as she heads off to the Base Orderly room for a change in employment experience. Carol will be missed as she always worked so hard and was so pleasant, (except when she laughed at my horrible handwriting)...just kidding Carol...best wishes from us all...we'll miss the cookies, cakes and pies as well as your dental support. Not far behind Carol is her boss, "Moe" (Sergeant-Maj) Mousseau whose C-class contract time runs out early July. "Chez Mousseau" (BAMSO Orderly Room) has been a super operation with Moe at the helm. We hope you enjoy retirement (again) Moe, and that your new house meets all your expectations.

Later in this issue Kelvin says goodbye to his MSO gang as he's heading off to AETE Cold Lake. Best wishes Kelvin and Anne from all of us in BAMSO.

**AMSE**  
A lot has happened since the last AMSE article. First the section had a get together at MCpl Helpard's to say a last farewell to Sgt Dave Paquet and Cpl Al Wessel. A fine time was had by all. (By the way I've heard that your neighbours had a great feed of homemade Chili Sunday morning following the party. The Chili burglar strikes again.)

So Al and Dave, one last thank you from the guys in the shop for a job well done. Pte Ray (Pit Bull) Levine and Pte Mike (Hamburger Helper) Hambley were seen embracing each other just recently when they found out they were starting their ATAT rotation. Good Luck guys and we'll see

you in three months. We know they will be fine representatives of the AMSE shop as long as VU33 has lots of dog biscuits for Pit Bull Ray....Grrr, and a weight room for muscle between the ears Hambley.

Last but not least, the AMIT inspection is over and we passed with flying colours thanks to the hard work of everybody. Last thing I heard when the inspection team went through the IE shop was Cpl Linda Cornish saying that the sweater she was knitting was actually a battery warmer....we believe you Linda.

## REFINISHING

The best time of the year has finally arrived, but so has the Posting season. For some it's a time of sadness, a time to say farewell to new found friends and a time to move on to another part of the world, for better or for worse. But for us in the refinishing world, everyone loves the place so much that we've decided to stay together one more year (or more) so bear with us.

Sgt Wayne 99 Keefe is getting his motorhome ready to pay a visit to his old pals in Moose Jaw for a reunion. Brownie decided to dig up his money and set his roots in the Valley in a newly built house; way to go Herb! Cpl Harvey is on his way to Quebec to get the scoop on wedding bells. (He didn't have to travel all those miles...he could have asked one of us. Who knows his turn may be next eh Beaker?!) The Refinishing shop challenged the workshop in a Golf round during the Fitness week. What I can't understand is why everybody made such an effort to stay OFF the greens. Oh well, I assume the guys liked the woods better. After that humiliating defeat we decided to join forces with workshops in a Softball match against Supply. Surprise!...we came up on top 2 games to none. As the old saying goes, 2 shops are better than one.

## IE/IS LABS

The AMIT report is in and it proves beyond a shadow of a doubt THAT WE ARE THE BEST IE/IS LABS ON BASE. In fact, NAVCOM Labs has been sending over a specially trained, "Cool Tough Dude" to find out how we manage to sustain such a high level of

coolness. We have sent emissaries over to give them cool lessons occasionally but it seems a fruitless venture. In other news Sue McKay just returned from her house hunting trip in Shearwater. Apparently she and her husband Moses managed to bag one. I wonder what kind of rifle they used. Sue said it was like a second honeymoon but on her way back she developed an allergic reaction to something.

Mary Penney managed to get a water hole dug on her new estate, so I guess you could say, All is "Well" with her.

For some reason Sgt Gauthier is checking haircuts and practicing drill. A new fetish perhaps. Only time will tell.

Dan Lefebvre and Rob Turgeon are working feverishly on a Ball Hockey league. They would greatly appreciate anyone interested to phone them at local 8229. So far, they say things are looking better than originally hoped for.

The Golf Tournament was a welcome afternoon for most of us. We had a very good turn out. Some won prizes and some didn't but all had a good time. But of course, I James Scally (I love to see my name in the paper) won the most important of prizes, cherished by all who played...the elusive "most honest Golfer."

Other than that, the IS Techs were ISing and the IE Techs were IEing, and the Sgts and WOs...well without them we would all be suffering from drinking too much coffee and excessive exposure to TV. In conclusion I would like to say "Flange."

## FROM THE MSO

"Sir, Sir, Only one cavity!!!" It appears MWO Dryden is a shoe-in for the next Crest commercial. Rumour has it that for sometime now the bright white MWO has had perfect dental check ups ever since he began using that blue paste stuff. Further investigation also revealed that these excellent results were due to the fact that prior to MWO Dryden using a toothbrush and cleaner, a finger and water scrub were the norm. One last point however, a very good dental check up cannot be used on MWO PERS; sorry Wyn.

As this paper goes to press this Capt is going to Cool Pool! My short duration as the MSO has introduced me to some outstanding individuals and I have greatly appreciated the chance to work with you all!! The greatest challenge that faces the MSO organization is the im-

pending Sea King and CF188 detachments. These visitors will keep us busy but by working as a team the obstacles will be overcome. It has been a short but sweet story and I look forward to seeing you all sometime in the near future....K.E.Hamilton, MSO.

## Awards &amp; Promotions



Awards...Cpl Dunn, CE Section - CD, Cpl Scott, CE Section - Suggestion Award, LCol Bowes, BESO, Mrs June Waite, BCEO secretary - retirement, Pte Bailey, Supply - top student on TQ 3 course.



Promotions...MCpl MacPhee - CE, PO1 Olsson - Supply, LCol Bowes - BESO, MCpl Reid - CE.



Sgt Wayne Keefe is being presented the DDC Instructor Achievement Award by Capt Hamilton. Sgt Keefe has been involved in instructing both motorcycle and vehicle safe driving techniques and has trained a considerable number of Comox personnel. Well done Wayne! (Base Photo)

## SECTION NEWS

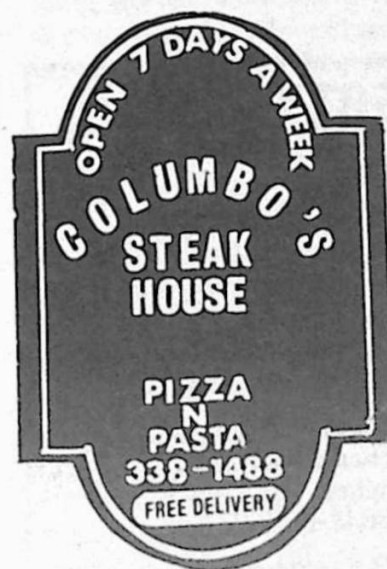
## Supply Signals



...So she says, "\$2.50 same as downtown..."...oops, forgot where I was for a sec, oh yeah, the Supply column due in tomorrow...Lotsa news this time, for instance: Dave Brewster's "mobile in-basket" seems he's in limbo until a desk becomes vacant in Customer Services...lotsa work, just no desk available. Poor mufin...as for parties coming up, there's a combo Supply Olympics/Promotion Party planned for July 16th at the beach, and it should be a gooder with three sailors wetting down their rates! Hearty congrats to PO2 Bill Watts, and MS Ray Bailey. (I already patted myself on the back...) But this year I'm not entering any games that you can fall down in, especially with the duty camera recording it all!

Recent moves within the branch see Martine Veldhuizen going over to 6 group, Jack Picard moving to CE's 5 group, and Bill Watts taking over from Cathy Olsson in 5 group. And speaking of Cathy "ask-me-how-many-days-I've-got-left-before-I'm-a-civvie" Olsson, I must admit that I was very proud of her recently at her Mess "mug-out." She broke into an impromptu version of "You ain't nuthin' but a hound dog" after being handed the mike to say a few parting words...Can't hardly tell her Dad and her husband are both sailors eh?

By the way, anyone looking for lessons on how to make rice the easy way, in sufficient quantities, should first contact



For Aerobic Excellence...MCpl Dave Brewster was recently presented an Aerobic Excellence Award by the BSUPO, Maj Blakely. Dave has now completed his second level (4,000 KM). (Base Photo)

Bill Bailey's lovely wife Kathy for a detailed step-by-step briefing on how not to! Final word: Kathy-0 Rice-5...the stuff on the metal sticks was good tho...and from the rumour factory this issue - word has it that after "setting up" an innocent matelot for a nasty promotional surprise to be sprung on him while he was napping (like during the Grad Parade) Lt Dave Jones is anxiously/nervously awaiting the "payback" that he knows is inevitable...what hasn't occurred to him yet is that paybacks can be sent from long distances, and there is no time limit...heh heh heh...wait for it trapper....

Another little buzz that's making the rounds is that two "ex-Comoxians" from the Supply world recently announced their engagement from somewhere in Ont. I guess it just took a while for the idea to strike them both at the same time. We all wish them good luck, and feel certain we'll see them soon. 140 miles isn't that far is it Cam?...and now for our mystery input: Q - What really happened so long ago to R.P.'s car, and just how big was that tree Ron? Can anybody reading this get the answer out of him? (submitted with love, on the occasion of my departure: B. Cotton).

Also, Dan Martin was finally able to find an Expedition

Leader for Supply's Venture Training Canoe Trip, and as a result the "Cruise" is scheduled for Aug 16 to 18. Anyone interested (of the Supply persuasion) should contact Dan for details and to sign up...And speaking of signing up...I see we managed to grab Tim Bailey for the newest stogie on the base...a good catch since he just got presented "top overall" award for his basic trade course! Let's see how long it takes him to realize he's just entered the Twilight Zone!

You've gotta admit, things are a little different here in the Valley. Seems like I'm just getting used to it and it's time to move on again...and to a place where they get snow and everything! Yech! Cathy and I aren't the only ones venturing East tho...Doc Fleming and his family are off soon to CFB Winnipeg, Bob Cotton and all the little pickers are headed off to join Wolfgang Theurer in Germany, and the PPCLI boys will never be the same when Sean Price hits Workpoint Barracks in Esquimalt. The only thing I can't figure out is who is going to pop in and wake Gord Trevena periodically after I go? Poor Gord, senility and combat fatigue just seem to sneak up on him all the time...oh well...take care you guys, it's been real....

## STRESS

## WHERE TO GET HELP

This article is the eighth 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

Since stress is such an influential part of our lives and affects much of what we do and how we do it, a good deal of attention ought to be paid to stressors. Once they are identified and we realize that something has to be done, where do we go to get help?

Many things can be dealt with on our own. Books are available on nutrition, exercise and physical health in general. Libraries are often a good source of indepth reading material. A new concept in home learning is cassette and video lessons on relaxation exercise, assertiveness, etc. These tapes and videos are relatively inexpensive and easy to use. A point to remember is that you must not expect grand results right away or if you don't use them regularly. These things take time and practice, but it will be well worth it.

Military members have the PERI staff available for physical fitness testing (as they know all too well around their birth month) and should attempt to take full advantage of the skilled guidance and advice available to them through this medium. Dependents and other civilians could consider joining a fitness club, enrolling in aerobics classes or joining a local recreational sports team. Consider enrolling in a course at a local post secondary institution. Most colleges and universities offer workshops or courses in assertiveness or stress management. They also usually offer individual and/or group counselling service for individuals with difficulty managing stress.

If problems have already developed or are foreseen in the near future, one of the easiest methods of alleviating stress is to talk about it. Close friends or family members who are good listeners are invaluable. However, if you don't feel comfortable talking with them about it, consider approaching your family physician or a padre in your area. If they feel that you require more guidance, they might refer you to a social work service in the area, or some other individual or group known for aiding in Stress Management.

DND employees are reminded that the Employee Assistance Program has been set up partially for just this purpose and offers guidance on a variety of subjects. Call the EAP Committee Chairman in your area for more information.

On most bases, military members and their dependants can contact Social Work Services. They provide individual guidance dealing with mostly job related stress, and also conduct workshops and seminars in stress management. These are open to civilian DND employees as well. Base Hospitals offer, to military members, referral services and guidance concerning physical difficulties relating to stress (such as ulcers and elevated blood pressure). They also can provide advice on weight control, health and fitness, especially if an individual has been under extreme stress and has to start back at "Square one" in health program.

Whomever you choose to speak to, or especially if you decide to guide yourself through a stress management program, remember that it will take time, practice, and perseverance to acquire the skills necessary to greatly reduce the effects of stress in your life. This is especially true if you already feel highly stressed when you set out to do something about it.

Whatever you do, prepare yourself to relax, practice, and don't give up on the fight!

## Reunion

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

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



## SECTION NEWS



## Anker Klankin'



## Maj Arsenault takes Command



SIGNED, SEALED AND DELIVERED



NEW BOSS LEADS HIS TROOPS



THREE CHEERS FOR ART

The highlight of the last two weeks here at VU 33 Sqn was our Change of Command parade held on Thursday 25 June. Under a clear, blue sky the Fighting 33rd paraded in a very sharp and professional manner as LCol Nielsen handed over command to Maj Arsenault. Hopefully all hands enjoyed the parade because there probably won't be another for quite a while. When Maj Arsenault addressed the Sqn he promised to work hard for VU 33 and, in return, asked for the Sqn's support in the next year, the year after that and two years after that!

During the ceremonies LCol Nielsen thanked the Sqn for the support he had received during his tenure as Commanding Officer. As well expressed his regrets at leaving such a fine Sqn and the Comox Valley after only eleven months.

Speaking for all members of VU 33, Maj Arsenault thanked the outgoing CO for his hard work on the Sqn's behalf and wished him every success in his new appointment.

At the reception following the hand over ceremonies the Sqn and our guests had an opportunity to personally welcome Maj Arsenault and his wife Rejeanne to Comox. We're confident they will have an enjoyable and fulfilling tour here.

If the Change of Command parade was the highlight of the last two weeks then the upcoming postings of two of our aircrew is definitely a low point. This week VU 33 Sqn bids farewell to Bob and Louise Ouellette and Dave and Catherine Gibson.

Bob is one of those guys whose wit and energy leave an indelible mark wherever he goes. He has done an admirable job for us in many capacities, not least of which

has been his performance in his latest position as Sqn OpsO. Even though he has successfully orchestrated the daily flying of the 33rd All Weather Tactical Maritime Reconnaissance Sqn (his words) for quite a while now Bob prides himself on other noteworthy achievements. He has, for example, mounted a singlehanded onslaught against T-33 flying hours. Fortunately for us he has also proven to be a catalyst for impromptu aircrew parties.

Always ready to accept a "challenge" Bob and Lou are off to Colorado Springs to work for NORAD. We're hoping to get down there to visit (and ski), guys, so you haven't seen the last of us yet!

For as long as anyone can remember WO Dave Gibson has been the DOpsO at VU 33. (In that capacity he has worked with the aforementioned Capt Ouellette in the Sqn 'nerve centre'). Gibby is something like a government mandarin; one of those senior officials who really runs the place through successive changes of leadership. A man of understanding and patience, he has often run the show when Bob pencilled himself into the schedule for a T-33 pilot trainer and was nowhere to be seen.

After years in the Argus, Sea King and Tracker business Gibby is a formidable source of knowledge on matters related to maritime aviation. This, combined with his remarkable sense of humour will make him sorely missed.

Finally, the only member of the Sqn who can challenge the CO for VU 33 golf supremacy, Sgt Clark, celebrated a birthday this week. Happy 5-0, Andy!

TECH SIDE VU 33

The VU 33 maintenance and servicing personnel donned dress

uniform and medals to participate in the Change of Command Parade on the 25th of June. Maj Nielsen (now LCol Nielsen) with us only one year, will be missed. All the best in your new position, Sir.

MWO "Coop" Cooper seemed to strut around the troops with physical and professional ease. Seems that he has been exercising on his 10 Speeder lately. It's rumoured that when asked what he thought of the parade he remarked that it was a gas.

The last laugh in maintenance is on our new Sgt Hogarth. It seems that during our last renovations Ralph decided to close in the window in Wayne's office when Wayne wasn't around. Well, the last laugh is on Ralph because Wayne is on leave and Ralph is moving into the office better known as the "Sweet Box," for the next few weeks. Who knows, it might work for him and then the "Beach Ball" will want to use it.

A former Sqn member, Rolly, was up getting his new unibag and decided he'd rather have a skirt but the colour clashed so he decided against it.

The canoe trip attended by Maj Accorn, Lt Chaulk, Sgt Hay, Pte Bovin, MCpl Black, Pte Jones, Pte Micki-Martin and others was a very successful outing.

RARE SIGHTINGS - Wayne Southward and Ray Webber in coveralls. Some working supervisors will resort to almost anything to get in on the action.

Pte Lorna Oliver has returned from a three day detachment to Prince George, B.C. Lorna was selected as the ground crew member of the CP 121 Tracker A/C Crew.

MESSAGE FROM RONNIE - HIMOM.

MESSAGE TO JACK AND DORIS - Enjoy the trip.

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## PROVINCIAL



## Your M.L.A.

Stan Hagen

## TRIUMF/KAON

We in British Columbia are proud to be the home of the world-renowned national research laboratory for subatomic physics. Based at the University of British Columbia, the TRIUMF facility attracts the top scientists from all over the globe to work on research projects in our province. TRIUMF is a major partner in a global network of accelerator laboratories and is at the forefront of research in their area of specialization. TRIUMF is jointly operated by four universities, the University of British Columbia, Simon Fraser University, The University of Victoria and the University of Alberta, and is funded by both the provincial and federal governments.

TRIUMF uses a world-class cyclotron to provide intense beams of very short lived subatomic particles which are used for experiments to investigate the building blocks of nature. This pure research has resulted in substantial high technology benefits to the people of British Columbia. Many jobs have been created in the ongoing operation of the facility.

High-tech spin-offs include pioneering development of equipment for medical purposes making B.C. a world leader in health technology for cancer treatment. The TRIUMF Biomedical Facility is one of two in the world able to use pion radiotherapy as a treatment for inoperable tumours of the brain and the pelvic area. 150 terminally-ill B.C. patients have benefitted from this painless treatment which appears to be more effective than the conventional treatment because it does not damage the healthy cells surrounding the tumours. Some patients with brain tumours have been restored to a normal brain function and the prospect of a healthy life.

The Positron Emission Tomography (PET), also developed at TRIUMF, is the best new scanning technique in medical research. The PET scanner produces computer-processed images of the brain. We are now able to detect the early signs of disease in the

brain for the first time in medical history.

What could be termed the greatest single breakthrough in science is being tested at TRIUMF by scientists from Bell Laboratories. Superconductors will revolutionize the transmission of electricity by eliminating the 20 percent energy loss which occurs as the electric current encounters resistance in copper wire. The incredible savings in energy will have undreamed of rewards.

The proposed upgrading of the TRIUMF facility into the world's first KAON factory for advance research in subatomic physics will continue to increase the prestige and ability of the centre to attract high-tech industries and increase employment opportunities for British Columbians for several decades.

The KAON Factory accelerator will encircle the present TRIUMF facility and create many varieties of subatomic particles in large numbers. This unique facility will create a link with a planned worldwide network of large subatomic particle accelerators, keeping Canada at the forefront of particle physics research. We will utilize the existing TRIUMF accelerator, as well as other TRIUMF facilities and trained manpower, providing Canada with a cost effective world class scientific laboratory.

The economic and employment benefits of this proposed project are clear. Construction will create 18,700 person-years employment and will generate \$1.2 billion in industrial production through direct and indirect economic activity. When operating, KAON will result in 960 direct and 2,000 indirect jobs and generate \$161 million per year in industrial production. It is projected that over 10 years the KAON Factory will bring over \$900 million of direct funding for goods and services into the province.

High-tech is currently the fifth largest industry in the province and our government is actively promoting growth in this sector. The benefits from KAON can not be realized without support from the Federal government.

It is estimated that it will cost \$535 million over five years for the capital construction of the KAON facility. Our province is traditionally responsible for scientific research construction costs and this will amount to \$87 million over 5 years. The federal government traditionally funds the equipment and the ongoing operating costs through the National Research Council. Federal assistance to operate

KAON would be considerably enhanced. The world importance of this facility and the quality research it makes possible is demonstrated by the fact that foreign governments and companies are hoped to contribute between \$75 and \$125 million to its construction.

Expo '86 placed B.C. on the world stage as a first class tourist destination. The TRIUMF facility has already

put us on the world stage in the area of science and technology. The KAON facility will be the window of opportunity which will ensure that B.C. maintains and enlarges its international leadership role.

Courtesy The Honourable Stanley B. Hagen, Minister of Advanced Education and Job Training.

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## SPORTS &amp; RECREATION

## Sports Shorts

## CFB COMOX MINI TRIATHLON

CFB Comox Base Rec Centre will be hosting a Mini Triathlon on Sun 9 Aug 87, consisting of a .5 km Swim (in the Base Pool). A 10 km Cycle and a 4 km Run. Categories will be as follows:

- 1 - Men's Open 18 yrs - ,
- 2 - Women's Open 18 yrs - ,
- 3 - Men's Pre-Master 30 - 39 yrs,

- 4 - Women's Pre-Master 30 - 39 yrs,
- 5 - Men's and Women's 39 yrs and over
- 6 - Mixed Team

Entry fee will be \$15.00 per person and \$30.00 per team. The Triathlon will be open to anyone 16 yrs and over. Anyone interested in participating are to contact the Base Rec Centre, local 8315 prior to 31 Jul 87.

Note: A number of Course Marshall's are required during the race to help with timing, traffic control, water stations, etc. If you are interested in assisting, please contact the Base Rec Centre, loc 8315.

## CFB COMOX SOCCER TEAM

The Base Soccer Team is starting practices for the 1987/88 season. Practices will be:

- 1 - Mon 1800 hrs;
- 2 - Wed 1800 hrs at the Soccer Field behind CANEX.

John Koidhis will be coaching the team and Pte Dave Devries will be the Assisting Coach; for more information, contact the Rec Centre at loc 8315.

## BALL HOCKEY

Are you a Wayne Gretzky in running shoes?

Are you already longing to play ice hockey again?

Are you looking for an exhilarating way to keep fit?

**HAVE WE GOT A DEAL FOR YOU!**

Everything necessary for a summer Ball Hockey League is available and ready to go! All that is missing is you. Dates and times will be prepared as soon as enough of you decide to join. (Tentative start date: 6 Jul 87). "ANYONE" interested in playing should contact either Cpl Rob Turgeon or Pte Dan Lefebvre at local 8229 ASAP.



## Pipe Smoke

Gerry Gerow



Finally after quite a lapse of time, a new breed book has come my way. This one is a real gem. *The New Complete Brittany*, by Maxwell Riddle, Howell Book House, New York, US\$17.95.

This is a rewrite of the original Complete Brittany which was published in 1974. Everything you've ever wanted to know about the Brittany Spaniel, including why the name was changed to Brittany in the United States is here.

Riddle starts out with a history of gun dogs, Spaniels and Brittany's. He then goes on to discuss the early history of the breed in France and America. There is a complete chapter on the Brittany in Canada, in which he discusses the fanciers, trainers, handlers and dogs that brought the Brittany to prominence in this country.

All the attributes of a good breed book are here in this 45 chapter, 300 page, hard cover edition. The photographs are excellent and clear, showing the great dogs of the breed, past and present.

My library contains quite a number of breed books and this is as good or better than any of them. It is nice to see that the publishers are able to keep the price down on breed books, so that they are within easy reach of all dog owners.

If you own or are thinking of owning a Britt, you need this book. It's just published and should be available soon.

XXXXXX

The controversy over the Pit Bulls gets stronger every day. Due to the publicity given to pit bull attacks, the macho, he-man set, has

espoused the breed. You know the type of individual I'm talking about. Black leather jackets, bare biceps, usually tattooed, scraggly hair and beard, often rides a motorcycle. Now they don't consider themselves fully in costume unless they have a pit bull. These guys are SICK.

The individuals selling them the dogs are even sicker. Of course, the general attitude towards society of these Rambo types dictate that their dogs will be vicious. This leads to more attacks, with more publicity, and more of these sickos becoming obsessed with obtaining a killer dog.

This weird cult of people know they can get into a lot of trouble if they carry guns or knives, so they are turning to dogs. In my opinion, if the owner of any dog which injures another animal or person is treated exactly as they would have been had the injury been caused by a weapon in their hands, the problem will disappear, or at least abate considerably.

Legislating against ownership of pit bull terriers is just plain stupid. How can you prove that an unregistered dog (and all pit bull terriers are unregistered, except by their own unrecognized association) is any specific breed.

Recently in the course of a day's work, several of us entered a rural yard and were greeted by the home owners dog, in a friendly manner. Despite above average familiarity with most dog breeds, I am still not sure if this dog was an American pit bull, a Staffordshire bull terrier a bull terrier or a cross breed. So again I ask, what is a pit bull? *Shorthairs are definitely it, Frank.*



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JAMMERS: join us Sundays from 2:30 p.m.

IF YOU BRING THIS AD IN WITH YOU, YOU'LL RECEIVE A 10% DISCOUNT ON ALL FOOD ITEMS FOR YOUR TABLE.

## Glacier Greens Ladies

The 14th Annual Invitational Tournament was held under cool, cloudy skies. 74 ladies turned out for this very popular event and all enjoyed themselves.

Field Low Gross and Championship was won for the second time by Karen Todoruk of Campbell River. She was presented with the trophy, a replica and a prize by Edie Trapp representing Comox Credit Union. Field Low net was Sandra Galloway of Sunndale. She also was awarded a trophy, replica and prize, this time by Harry Holland of Holland Associates. Following in low gross, low net are other winners.

## A Flight

Judy Berkel, Frankie McCaffrey, Eileen Milsom, Francis Shaw, Teri Sleight, Betty Richardson, Mary Canning, Pat Verchere, Cassy Cessford, Fran Henderson, Marg Zaruk and Marg Morris.

## B Flight.

Jackie Wilkie, Kay Banks, Val Masterman, Esther Dodds, Darlene Clark, Barbara Carter, Diane Hing, Rita Dalby, Inge McArthur, Trudy Berger, Joyce Aylward and Rose McCleish.

## C Flight.

Roberta Morris, Peggy Clark, Anna Sutton, Lori Cameron, J. Kozeletski, Mona Ledgard, P. Hobenshield, Lovella Dooe, Maggie Miller, Judy Felbaum, Rona Cox and Edie Norton.

Each club is invited to enter a team of four and once again this year the host club won. Members were Peggy Clark, Barbara Carter, Judy Felbaum and Kay Banks.

Longest drive went to Shiela McCuish and closest to the pin on holes 2 and 7 winners were Bonnie Kindlaw and Kay Banks.

Several door prizes had been donated and those ladies who were non winners had their names put in a hat and drawn for.

## SPORTS &amp; RECREATION

## Fitness

with Debbie



'Tis the season to be lazy! It seems that the scorching hot weather, the general mood of the summer and coolers full of refreshments has left many people with a somewhat lackadaisical attitude toward any unnecessary physical movement. Hammock swinging, body watching and working on a suntan are about the most strenuous exercises most people aspire to at this time of year.

Granted, in this heat all you have to do to work up a sweat is open your eyes, so who wants to partake in any vigorous activity? Believe it or not however, it is possible to maintain a modicum of fitness even during a desert heat wave.

Try getting out for an invigorating walk or run early in the morning while the air is cool and fresh. If you are a confirmed late afternoon exerciser, experiment with cross-country running. Find some shady trails to jog along and don't be afraid to get your Nikes wet in a refreshing stream!

If you happen to find yourself happily parked by the water, don't feel you HAVE to imitate a beached whale for

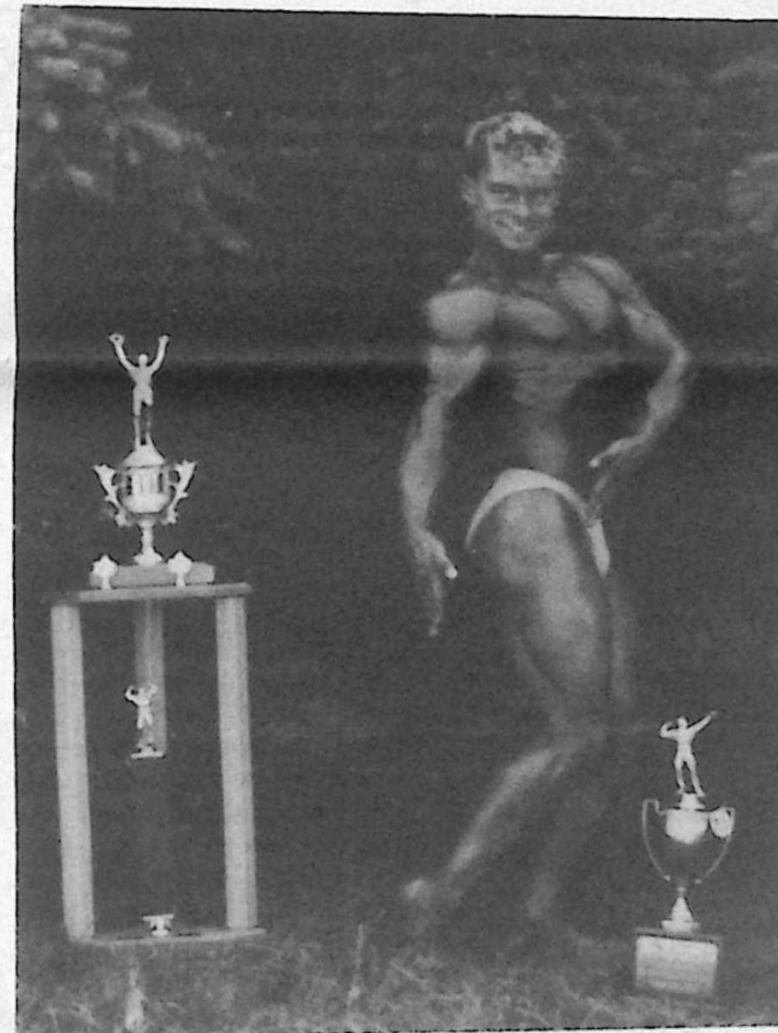
the whole day. That great big ocean or lake staring you in the face isn't just for floating around on an air mattress. Get out and paddle around using your own motor power without artificial assistance. Throw a frisbee around or start a rousing game of beach volleyball in the water.

Even a weight work-out can be enjoyed on a sweltering day. Put a few ice cubes in your water bottle, drink often, and

make sure the room is well ventilated. Stationary cycling in a stuffy gym probably seems unappealing, so haul out the wheels and go for a real ride. (The downhill coast is worth the sweaty effort!)

By making sure you keep up a certain level of activity, you can afford to partake in other favoured summertime pleasures such as barbecued burgers, ice cream, a cool, crisp brew!

## Steve's a Winner



Congratulations! Steve Kneitl, an Aero-Engine Tech at 407 Sqn, placed second in the Golds Classic Body Building Championship held May 23 and June 27, 1987. Steve started weight training in 1984 to improve his strength in competitive cycling. He plans to continue his strenuous body building routine while posted to Baden in Aug 87.

## 8TH CANADIAN HUSSARS TO LAHR

OTTAWA -- The first of a new series of armoured unit rotations for Canada's army brigade group based at Lahr, Federal Republic of Germany, will take place this July.

For the past 17 years, the Royal Canadian Dragoons (RCD) have been assigned to the 4 Canadian Mechanized Brigade Group in Central Europe. This summer, the

Dragoons, will be brought home in order to restore the Regiment's Canadian roots. The 8th Canadian Hussars from Canadian Forces Base Petawawa will replace them and have the opportunity to gain European theatre experience.

Over two hundred members of the Hussars, under the command of Lieutenant-

Colonel Greg Taylor, will replace the Dragoons. The remainder of the unit will be made up of members of the 8th Canadian Hussars who have been prepositioned in Europe over the past two years. Lieutenant-Colonel Bob Meating, Commanding Officer of the Royal Canadian Dragoons, will be bringing his Regiment back to its home base

of Petawawa.

Canadian armoured regiments have been serving in Europe since the mid 1950s. In concert with other land and air forces, their mandate has been to provide the Supreme Allied Commander Europe with a combat-ready force to meet Canada's NATO commitments.

## Officers Mess

WEDNESDAYS JULY 8, 15, 22, 29

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

FRIDAYS JULY 3, 10, 17, 31

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

WEDNESDAY JULY 22

MIXED DINING—IN FOR R/Adm R.D. Yanow

FRIDAY JULY 24

MIXED SOCIAL NIGHT: Will feature steak on the menu. Food will be served at 1800 hrs. LIVE entertainment show at 1930 hrs (ESP demonstration) followed by hypnotism by the hypnotist, Mesmer at 2030 hrs. Dancing to DJ. Cost per couple: Members \$10 Limited Retired and Guests \$15. Dress - Casual. Reservations by 20 July.

COOK YOUR OWN Steaks available at the Bar for \$3.50. Condiments provided.

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.

## ENTERTAINMENT COMMITTEE

ENTERTAINMENT OFFICER Lt S.L. Neill (local 8556)

## A/ENTERTAINMENT OFFICER

## MESS COMMITTEE

PMC Maj M. Hart (Local 8246)

## V/PMC

SECRETARY Capt S.P. Foley (Local 8423)

SPORTS OFFICER Capt E. Duguid (Local 8223)

BAR OFFICER Capt A. Sharpe (Local 8308)

HOUSING OFFICER Lt K. Cook (Local 8458)

MESSING OFFICER Lt F. Bercham (Local 8304)

MESS MANAGER Sgt R.T. Lambert (Local 8324)

BASE SUPERVISOR Mr. B. Perron (Local 8323)



## SPORTS &amp; RECREATION

Block Bros. Glacier Greens  
Men's Open

## BLOCK BROS GLACIER GREENS MENS OPEN GOLF TOURNAMENT

The Mens Open Tournament was held on the 6th and 7th of Jun 87. Our thanks to all the players who participated and helped to make it another successful Open. The results are as follows:

The Open Champion and winner of the Block Bros Trophy - Lorne Compton - 138 (Campbell River GC).

Field Low Net - Doug Slaunwhite - 130 (Glacier Greens)

"A" Flight Low Gross - Dave Ronaldson - 143 (Glacier Greens)

"A" Flight Low Net - Ron Stephenson - 133 (Comox GC)

"B" Flight Low Gross - Fred Schaugnessy - 153 (Campbell River GC)

"B" Flight Low Net - Stan Petrow - 131 (Comox GC)

"C" Flight Low Gross - Rick Verbeek - 165 (Glacier Greens)

"C" Flight Low Net - Larry Blais - 134 (Glacier Greens)



OPEN CHAMP - Lorne Compton of Campbell River GC being presented with the Block Bros. Trophy by Block Bros. manager, Art Meyers.



OPEN FIELD LOW NET WINNER - Doug Slaunwhite of Glacier Greens being presented with trophy by Block Bros. manager, Art Meyers.



## Masonic Lodge Constituted

Newest Masonic Lodge in B.C. Constituted in Courtenay, B.C. as COMOX LODGE No. 188.

An event of considerable Masonic significance took place in the Courtenay Masonic Temple, 361 - 5th Street, on Friday evening June 26th, 1987. Comox Lodge which had been under dispensation since August 16, 1986, was presented with its Grand Lodge Warrant of Constitution and granted the number 188 as the latest Freemasons Lodge to be established in the province.

The impressive ceremony of Constitution and Consecration and the installation of the lodge officers was conducted by Dennis G.J. Marsh, from Vernon, B.C. Grand Master of all

Freemasons in the B.C. jurisdiction.

Most Worshipful Bro. March was assisted by over thirty-five other Grand Lodge officers from all parts of the Province as well as Alberta. The ceremony was witnessed by an overflow crowd of two hundred and twenty officers, members and visitors.

The Installation of Officers of Comox Lodge followed the Consecration when B.K. "Bud" Tarling was invested as Worshipful Master. Other Officers installed were:

W.F. Osborne Imm. Past Master  
E.R. Wilson Jr Warden  
E.R. Wilson Sr Warden  
A.V. Simonson Jr Warden  
C.A. Behan Treasurer

R.H. Hammond Secretary  
W.H. Vincent Chaplain  
B.J. Roberts Sr Deacon  
A.C. Conner Jr Deacon  
C.H. Smith Dir. of Ceremonies  
P.C. Lewington Sr Steward  
D.G. Knight Jr Steward  
C.R. Nelson Organist  
L.R. Hammett Historian  
R.D. Weber Innerguard  
M.W. Dempsey Tyler

Light refreshments were served after the meeting and the Lodge Banquet Bar-B-Q was held on Sunday evening at the Griffin Pub, Comox. Comox Lodge takes its place beside the other two Comox Valley Lodges Hiram No. 14 and Cumberland No. 26. All three are part of the world wide fraternity.

CFB COMOX  
PROUDLY HOSTS

THEIR 1st

MINI-TRIATHLON



5 km SWIM

REGISTRATION

ENTRY FEE \$15.00

\$30.00 per TEAM

DEADLINE FOR ENTRY FRI 31 JUL 87

CATEGORIES:

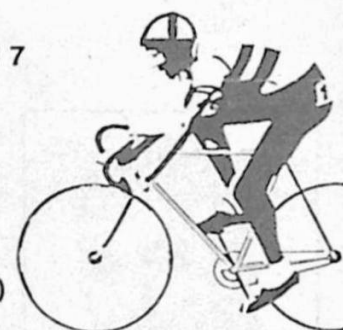
Military Open (Non Generic)

Masters 35 Yrs &amp; Over (Non Generic)

MIXED TEAM

NOTE: Registration Forms

May Be Picked Up At Rec-Center.



10 km CYCLE



4 km RUN

FOR FURTHER INFO CONTACT:

M/CPL DESCOTEUX

CPL SHANKS

CPL LECLERC

BASE GYM LOC 8315

## LIFESTYLE

## In The Mags

WHAT'S NEW ON THE NEWSSTANDS



EVER WONDER JUST WHERE YOUR DOCTOR GRADUATED FROM MEDICAL SCHOOL?

Doctors have been held in awe for years, and in many cases, rightfully so. Still, however, a myth persists that only doctors educated in the United States or Canada are trained well enough to be able to provide appropriate diagnosis and care.

John Langone of Discover magazine does an excellent job of exploring this myth in this month's issue with "The Outcasts From The Caribbean." It's a detailed, and quite informative, look at how budding physicians are trained at St. George's University School of Medicine on the island of Grenada.

How long do you think you could survive on a monthly income of \$6,593, with expenses of \$8,416?

If you're like freelance writer Margie Taylor and her businessman husband, quite a while. At least until the business and personal debts mount up to a whopping \$167,650!

Says Margie: "It seemed that bankruptcy was our only alternative. Still, the idea of giving up and walking away from our debts bothered us."

That must rank as the understatement of the year, as did the solution to the problem that Margie and her husband came up with -- they bargained their way out of debt!

For all the details about how they went about taking this unique approach to money

problems, read "Let's Make A Deal" in the June Your Money.

If you're interested in the world's most magical metal, gold, then take a peek at page 40 of the same issue of Your Money. It's packed with the kind of trivia that will make you a conversation-stopper at any party! For example: one ounce of gold can be stretched into a wire five miles long!

Says the June You, Canada's Beauty Magazine: "If you are chronically overweight, don't blame your appetite or your metabolism. Chances are it's your temperament!"

"Stress Can Make You Fat" is interesting (and non-weighty) food for thought that may give you some new insights into how your emotions, and your responses to emotional situations, can lead to your packing on the pounds. There's also a neat little test you can take, right in the privacy of your own home, that might just start you down that new and slender pathway!

If sports is your bag, there's a new magazine on the market that's tailored perfectly for you! It's called Sports History, and it's jam-packed with a wonderful collection of historical sports stories and anecdotes, along with some of the toughest trivia in town.

The premier issue of this neat little book, which has a remarkable Time-like look, hits the highs and lows in basketball, baseball, football, golf,

and auto racing.

My favourite is the hair-raising tale of Italian race driver Tazio Nuvolari, who not only survived what must be a record 18 crashes, but who also drove a Ferrari quite literally to pieces in the 1948 Mille Miglia (a move which included throwing his own seat out at more than 100 miles an hour, and racing on while sitting atop a bag of oranges and lemons!). All in all, a terrific inaugural issue!

Fascinated by Harold Ballard? You might even be more intrigued by son Bill Ballard after reading "Like Father, Like Son?" in this month's issue of TO magazine.

Never one for always standing in line behind his famed father, Bill provided a key indication of his future when he founded CPI, the largest concert promotions company on the continent, with two guys he found above a Chinese restaurant. And, if that weren't enough, he claims he and his siblings will inherit the Gardens, while Harold says he'll leave it to charity.

What's next for this magna cum laude Osgood Hall grad? You've got to read it in the June TO to believe it!

Every month a superb little magazine called Prevention hits the newsstands. For my money, it's one of the best two-buck buys around, especially when it comes to health news and information.

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# THE COMOX AIR FORCE MUSEUM

## THIS IS YOUR MUSEUM

Gradually the interior of Building 11 is looking less like the old base theatre and more like the new Comox Air Force Museum. To date, the interior has been completely drywalled and sanded. Electricians have re-routed and installed new outlets for display lighting and painting is in progress. Soon the new floor will be laid and gift shop completed to end the construction phase.

The Museum staff, both military and civilians, are quite busy researching the base and squadrons' history, accessioning donated artefacts, and interviewing many military and ex-military personnel. In addition, the staff attended a one-day workshop on planning and preparation of museums and display design by Robert Graham of the B.C. Sports Hall of Fame. Included in the staff's agenda is preparation for the month-long art exhibit commencing July 25th. Works displayed will feature images of the Spitfire during WW II and a collection representing the WWI, WW II and Post War periods of the RCAF. Once the art exhibit is completed on August 22nd, the paintings will be removed and museum exhibits will be set up in time for the official grand opening on September 12th.

The Museum would like to thank all of those who have made personal donations of old uniforms, photos and other memorabilia. A special thanks goes to 888 Wing RCAFA for their generous monetary contribution. Anybody still wishing to make a donation may do so at the Museum from Monday to Friday. All items are appraised and receipts issued for tax deduction.



## MUSEUM IS SEEKING VOLUNTEERS

Construction of displays and dioramas, painting and model building are just a few of the tasks which volunteers can partake in at the Comox Air Force Museum. All types of talents and abilities, both military and civilian, are needed to build and maintain the Museum. Discovering new skills by trying new things in a friendly, positive atmosphere where criticism is minimal or non-existent and encouragement is abundant is just one of the benefits from volunteering. In addition, museum work can be educational, interesting and fun says assistant curator Andrew Best.

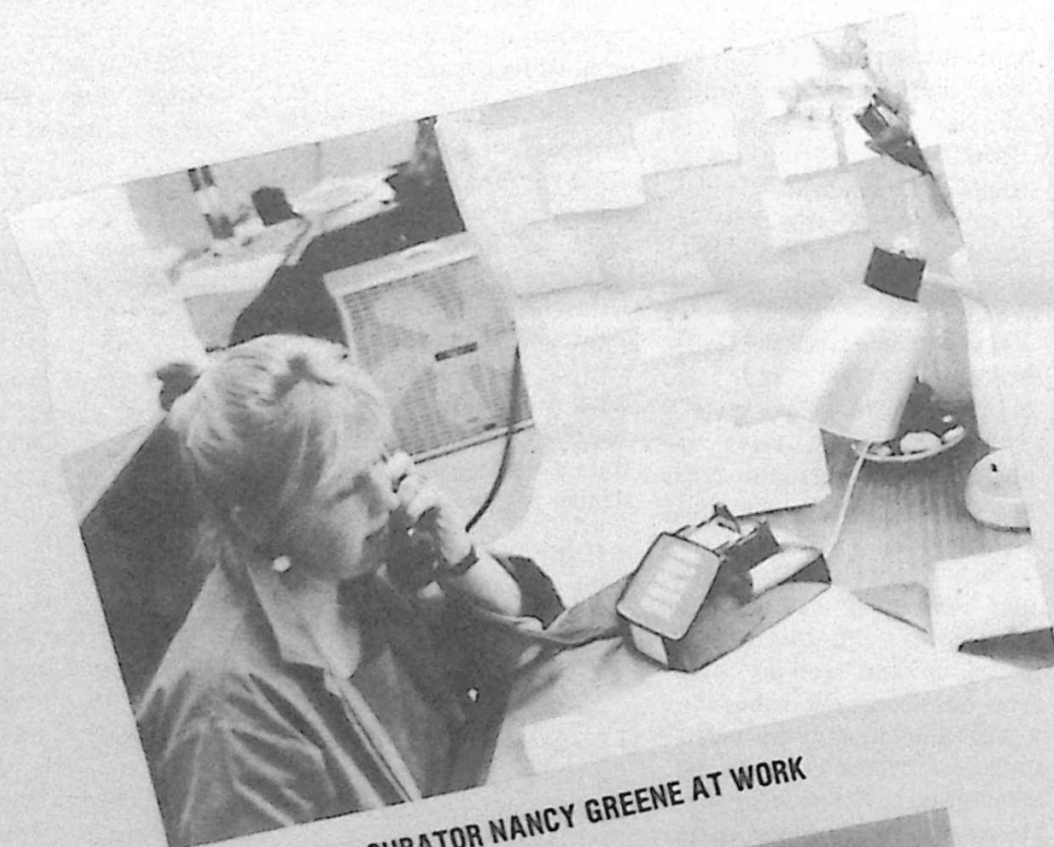
The Museum will focus on the general history of RCAF Station/CFB Comox since its construction in 1943 to the present and spotlight the history of the squadrons that have been stationed at Comox.

There is much to accomplish before the grand opening on September 12, 1987 and many volunteers are required. If you have some time to spare, either regularly or on an occasional basis and you are looking for rewarding volunteer work that provides an opportunity for job experience and a chance to meet new people, contact Andrew Best at 339-8635.

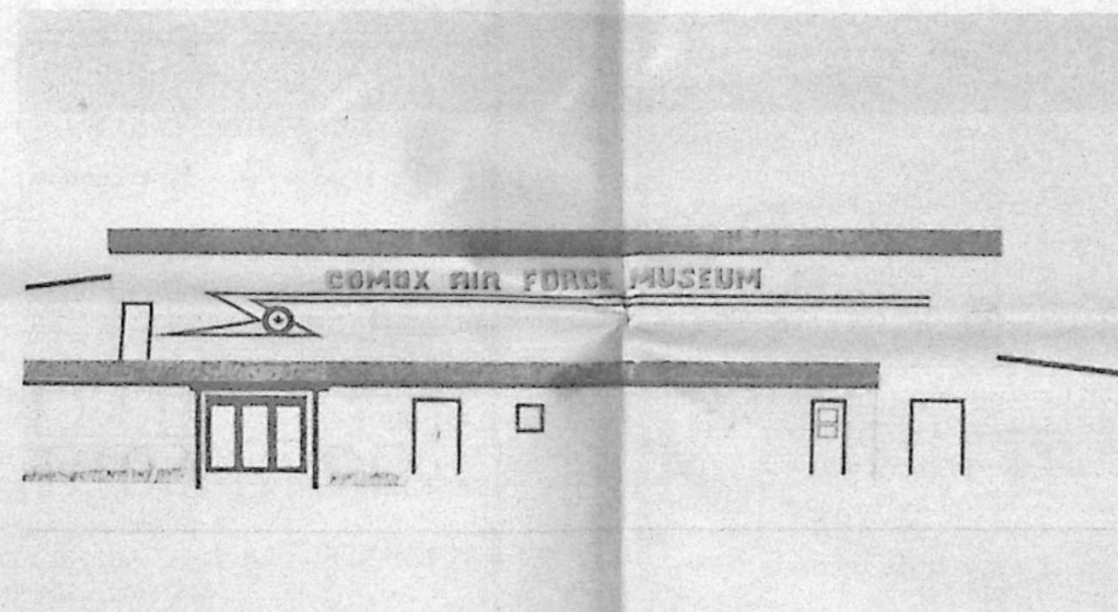
## WANTED

The Comox Air Force Museum is looking for donations of DISHES. We need plates, cups, etc in complete place settings or individual pieces with RCAF insignia. If you have any of these items gathering dust, we certainly could use them in our display.

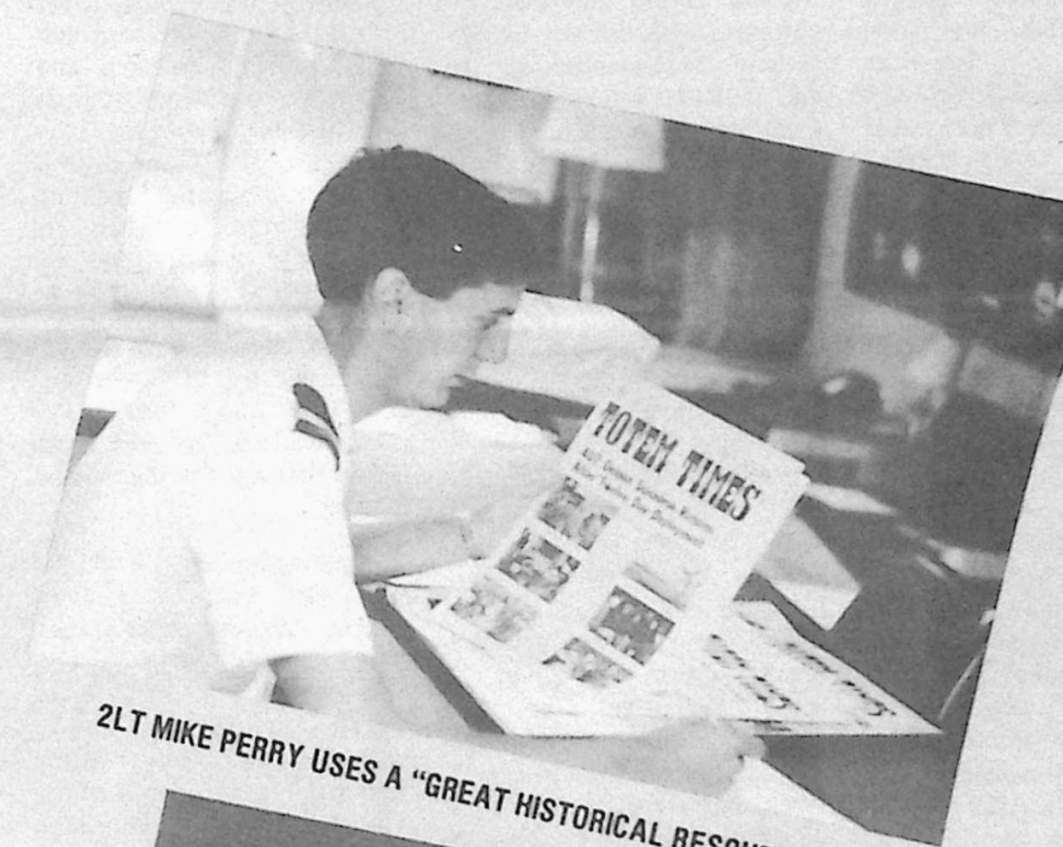
Please call Nancy Greene at 339-8635.



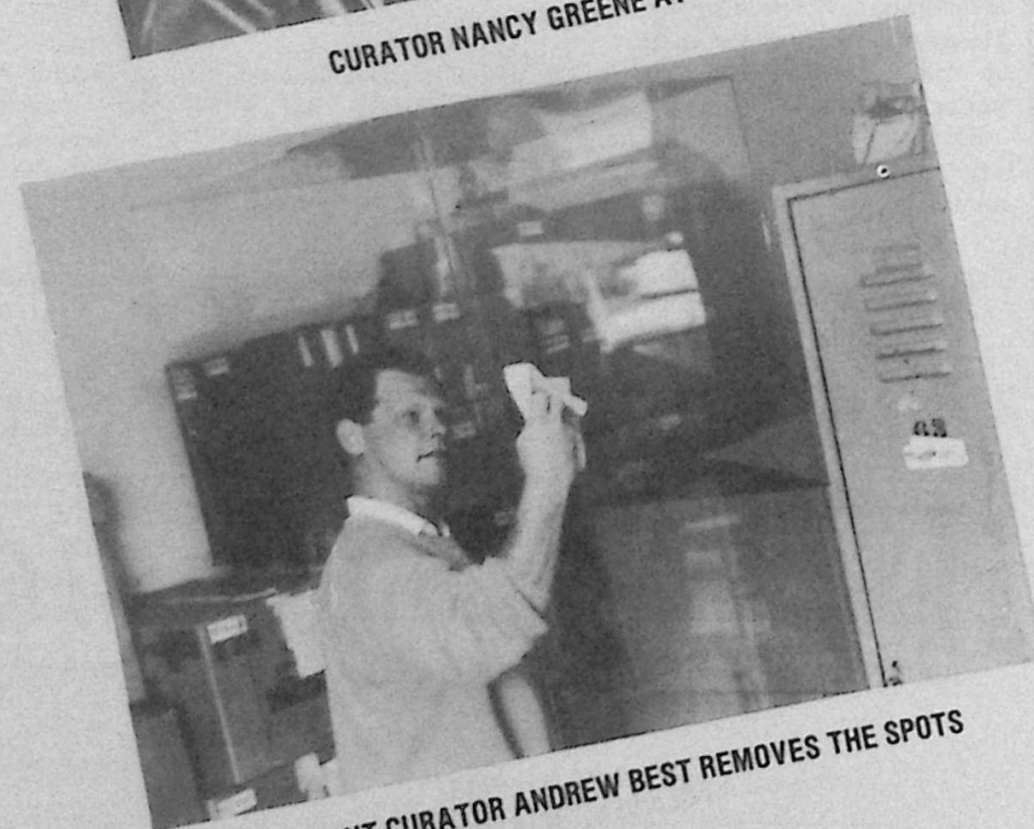
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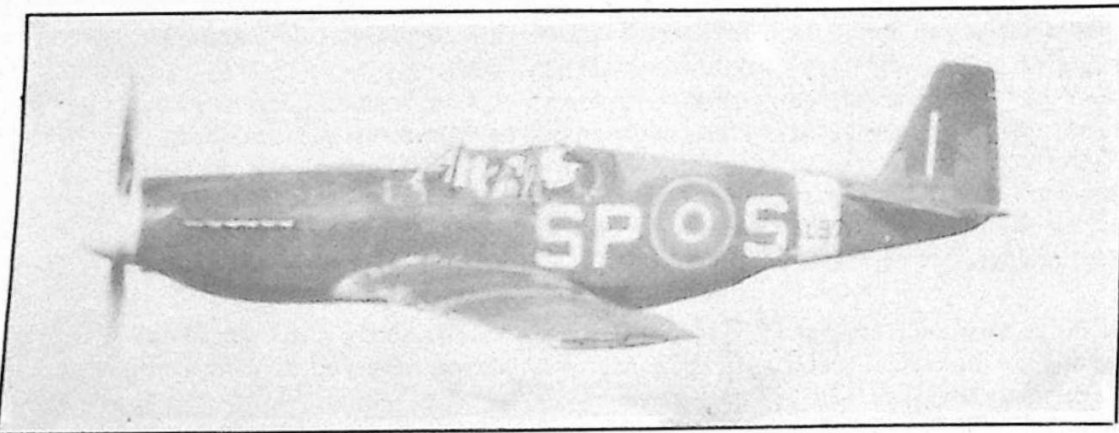
DONATION OF \$350 FROM 888 WING  
PRESENTED BY RCAFA PRESIDENT DOUG McQUEEN



## AROUND THE BASE



### —Origins of the Species— John Bradley —



Allison engined Mustang I AL971 SP-S of No. 400 Squadron over England, 1942.

#### No. 400 SQUADRON

No. 400 Squadron originally started life as No. 10 (Army Co-operation) Squadron (Auxiliary) at Toronto on 5 October 1932. They were unable to commence flying training until October 1934 when they received their first aircraft, four DeHavilland DH-60 Moths. By April of 1935 they had been adopted by their home town and the title "City of Toronto" was officially added to their designation.

The Permanent Air Force changed the method of designating all squadrons, both regular and auxiliary, during the Fall of 1937. No. 10 Squadron was now designated as No. 110 "City of Toronto" Squadron (Auxiliary) as of 15 November 1937. By this time they were still flying the Moths as well as the Fleet Fawn Mk. Is and within a few short weeks would also add the Avro 621 Tutor. War clouds were forming on the horizon and it was felt that war was inevitable.

No. 110 was mobilized on 10 September 1939 and was assigned to the Canadian Active Service Force for duty with the 1st Division soon to be sent overseas. While in preparation, they proceeded to RCAF Station Rockcliffe for training on the Westland Lysander Mk. IIs which carried the fuselage code AY. Upon completion of their training the unit proceeded to England in February of 1940 where they came under control of No. 22 Group of the RAF's Army Co-Operation Command at Old Sarum in Wiltshire. Upon their arrival the unit was given the new code SP to put on their aircraft.

With the Fall of France the unit was relegated to further training after having taken part in some of the first actions on

the continent. During this training period they were re-equipped with the MK.III version of the Lysander. By the end of 1940 it was realized that Commonwealth Squadrons on England carried, in some cases, the same squadron numbers of the RAF units. A decision was reached and the RCAF was allocated the 400 to 449 block of numbers. No. 110 was renumbered to No. 400 (Army Co-operation) Squadron on 1 March 1941 at Oldham in Hampshire.

No. 400 (AC) Squadron turned in their Lysanders in April 1941 for Curtis Tomahawk Mk. Is and carried on with their training throughout the summer and was declared operational in November of that same year. The first operational mission was flown by two Tomahawks on 6 Nov when they were sent off on a reconnaissance of Le Treport and Courtai. The mission was not successful due to insufficient cloud cover to hide their flight. It was almost a year to the day before the unit would score its first victory against an enemy aircraft. On 7 Nov 1942, F/O F.E. Hanton flying in Mustang AG660 coded SP-W, was returning from a ground attack mission over France. He was attacked by a Bf. 109 five miles from the French Coast near Caen. He turned the tables on his attacker, inflicted heavy damage, and was credited with one enemy aircraft probably destroyed. It should be noted that the unit had turned in their Tomahawks for the more powerful North American Mustang Mk. Is during June of that year. These particular Mustangs carried the original Allison engines that had yet to be replaced with the more famous Rolls-Royce Merlins.

The first ground victory occurred twenty days later when F/O F.M. Grant in Mustang AP173, SP-M, attacked and destroyed three locomotives on the Cherbourg Peninsula. F/O Grant was also credited with the first enemy aircraft definitely destroyed when, on the night of 13 April 1943, in Mustang AP259, was flying a night ranger mission from Dunsfold. He joined the circuit of an enemy night flying school near Paris and proceeded to shoot down a Do. 217 night fighter that was coming in for a landing.

Within a few short weeks the unit was redesignated as a Fighter Reconnaissance unit on 28 June. Its main mission was Photo reconnaissance for the planned invasion of Europe and later, to collect "before and after" photographs of the German V-1 Rocket launching sites. To assist with this new type of mission, the unit was to retain its Mustangs until Feb of 1944, and the Supermarine Spitfire P.R.Mk. XI as of Dec 1943. In addition they received and flew the DeHavilland Mosquito R.R.Mk.XVI between Dec 1943 and May 1944. The Mosquitos were used for high level photo work and between 26 March and 2 May 1944, forty-three missions were flown with this aircraft.

After D-Day, 400 Squadron proceeded to the Continent as of 1 July 1944 when they arrived as Base 8 at Sommer-vieu, France. The unit followed up behind the advancing armies all of the way across Northern Europe moving into ten different locations. During this period they were providing photo-reconnaissance for the British Second Army. After the end of the war the unit would move twice more including a

two week stay at Base 160 just outside of Copenhagen, Denmark. On 2 Aug 1945, they returned to Germany at Base 156 located at Luneberg where they were disbanded as of the 7th of that month. 400 Squadron had previously flown its last operational mission on 8 May when two Spitfires were sent out on a sea patrol from Luneberg.

During the war the unit had amassed a total of 3,000 sorties that accounted for 4833 flying hours. The non-operational flying hours totaled 13,907.

They destroyed 9 aircraft, 2 probables, 9 enemy aircraft damaged, 15 destroyed locomotives, 1 probably destroyed, and 75 damaged. They also accounted for 34 trains and 23 other miscellaneous targets damaged. They did not go unscathed as they suffered 12 pilots killed or missing and 2 wounded on operational missions while 19 were killed in non-operational accidents.

Squadron members received a total of 10 DFCs, 1 Bar to DFC, 1 BEM, and 3 Mentioned in Despatches. The unit itself was awarded Fortress Europe 1941-1944, Dieppe, France and Germany 1944-1945, Normandy 1944, Arnhem, Rhine, and Biscay 1942-1943 as its Battle Honours. They had also received their Badge in Sept 1942 when King George VI authorized the design of an eagle's head superimposed on two Tomahawks with the motto Percussuri Vigiles (On the Watch to Strike) as the unit emblem. The eagle's head indicates the squadron's role as a reconnaissance unit on army co-operation work; the tomahawks indicate the type of aircraft with which it was once equipped.

### Admirals Medal Anyone

Do you know of someone who has made an outstanding or significant contribution to maritime affairs? If so, that person could be a recipient of the Admiral's Medal.

Nominations are now open for 1987. The Admiral's Medal Foundation in Ottawa says the award ceremony will be held in November, and nominations close on Sept 1.

The foundation, and the medal, were established in 1985, the year Canada's navy celebrated its 75th anniversary. They exist to recognize publicly significant personal contributions to maritime affairs.

Any outstanding achievement, whether through science, technology, academic studies or the application of practical skills may be considered.

The medal bears the names of three distinguished admirals of the Canadian navy: Rear Admiral Victor G. Brodeur (1892-1976); Vice Admiral Edmund Rolo Mainguy (1901-1979); and Rear Admiral George Leslie Stephens (1889-1979). RADM Stephens was a founding member of the Royal Canadian Navy.

Nominations and all correspondence related to the Admiral's Medal should be sent to:

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The Admirals' Medal Foundation  
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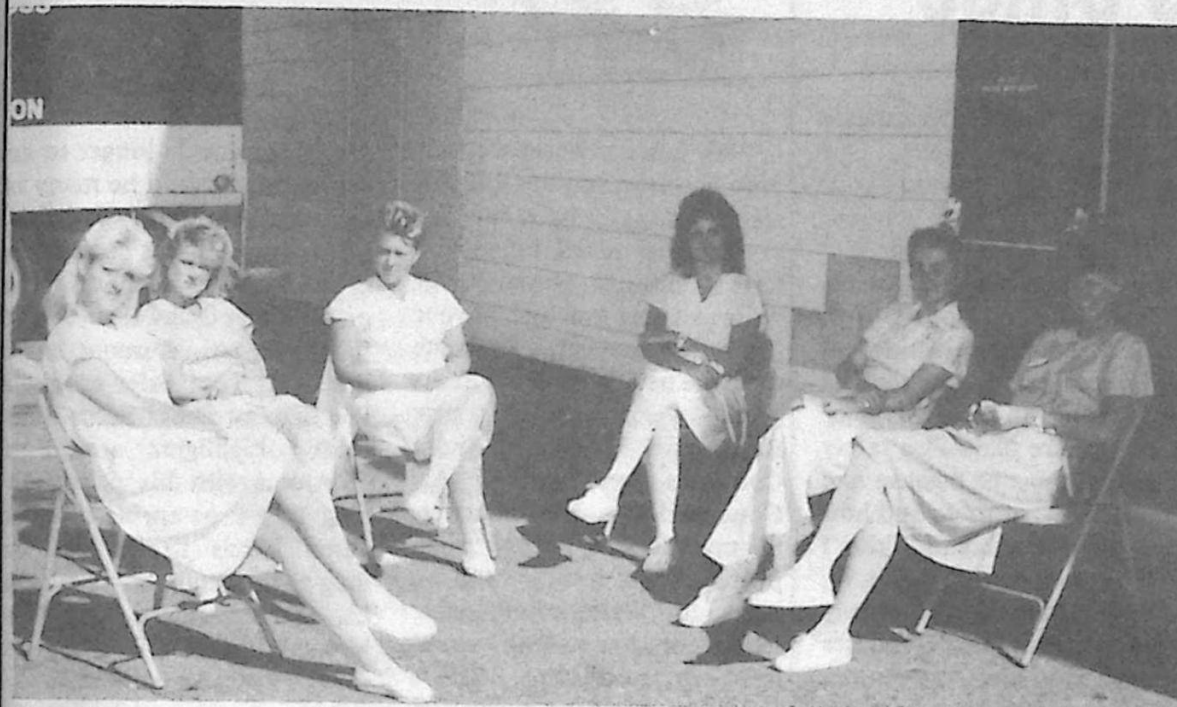
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## AROUND THE BASE

### Blood Donor Clinic... a success

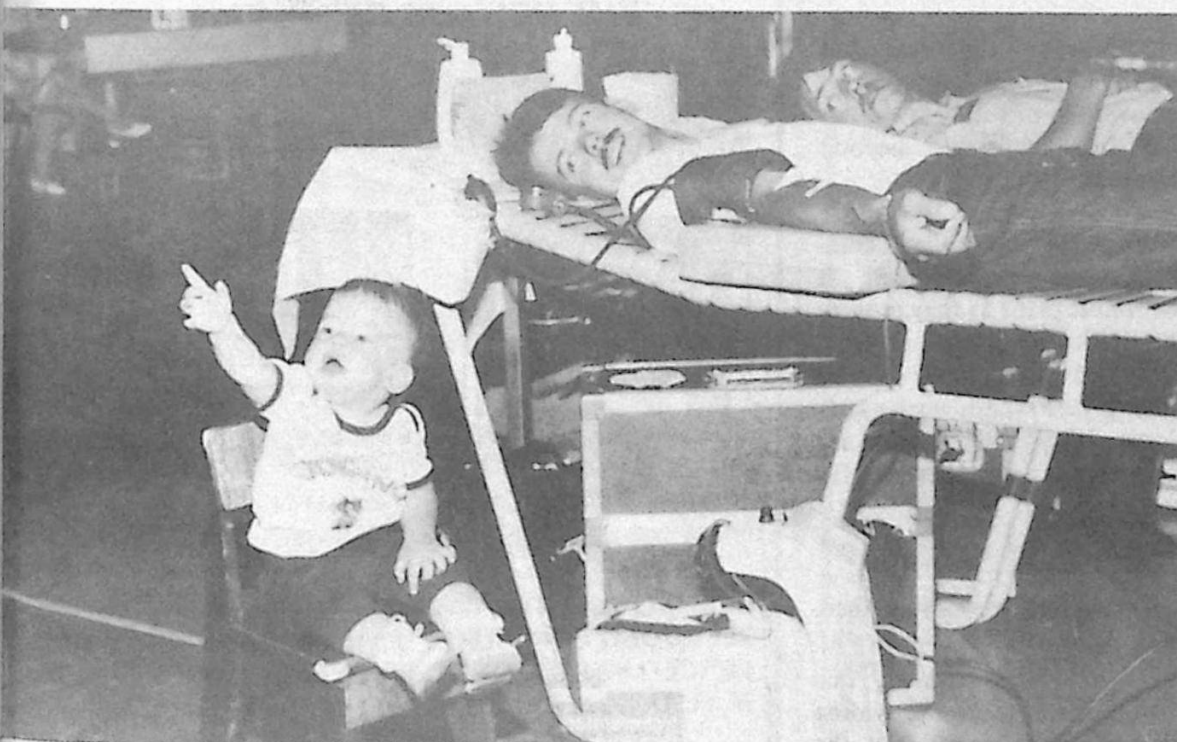
The Blood Donor Clinic on 26 Jun 87 was a great success - 164 people attended with a yield of 148 units of blood obtained. Thank you CFB Comox for your outstanding generosity. Red Cross will be in the area again in November.



...So what's the big attraction?



...Whaddya mean no Club Z points



...Hey lady...I'm next!

### Officers Wives Club

The last OWC function for 1986/87, a farewell dinner held on May 20, turned out to be a surprise Hawaiian dinner. We would like to say a special thank you to Col Gibbon, LCol Sutherland and all of the servers for making the luau a complete success. We would also like to thank our entertainer DAVID VAN CLEAVE and our surprise hula dancer Ken Westerveld for adding the finishing touches on our evening.

On the same evening, the elections, for the 1987/88 executive committee were held.

The new committee members are:

President	Jill Sutherland
Vice President	Not Filled
Secretary	Cathy Smart
Treasurer	Andrea Verville
Entertainment	Waltrud North
Welcoming	Scottie Sponder
Telephoning	Cindy Kinley
Publicity	Julie Lavigne
Bridge	Pat Black, Mary Goski
Refreshments	Gloria Clements

The election for a Vice President will be held during the first meeting this fall. The newly elected committee look forward to serving the OWC during the upcoming year.

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## AROUND THE BASE



## From The Fire Chief's Office

The problem of children "playing" with fire is a common cause of severe burns and the loss of life and property. Parents find themselves in a state of extreme apprehension, living with the fear that their child may start a fatal fire. "I have tried everything," is a common comment that is heard when parents seek help. Unfortunately, parents have not tried "everything."

All children, at one time or another, express an interest in fire. Some children simply watch fire or persons using fire but others experiment with fire. This interest in fire is healthy and considered to be a normal activity of children. However, this activity must be carefully guided in order to prevent the tragedy of a fire and/or burn.

Children should be made aware of the use and function of matches and fire. The match should be presented as a TOOL having a specific function (lighting candles, starting camp fires, lighting a fire in a fireplace, etc.) and the use of a match for purposes other than those for which it was designed

should be presented as being improper use of the TOOL. The match is not a toy and to use it as a toy would be the same as attempting to drive a nail with a saw or cut a board with a hammer. A tool has a specific purpose and should be used only for that purpose.

The statement "Do not play with matches," gives no positive information and does not explain the functional purpose of a match. Children become so familiar with "Don't," "never," and "shouldn't" that they do not listen and may consider the specific forbidden activity to be more desirable since it is now forbidden fruit.

A child's curiosity is generally what causes the child to play with matches. The child is told "don't play with matches" and yet adults continue to use matches without apparent ill effects. The child questions the idea that adults use matches so why can't he. He reasons, I will be careful and not get burned. A match offers considerable fascination to most children and there

develops a desire to investigate this mysterious object. One minute you can carry it in your pocket and the next you can produce a fire, heat and light.

Fire has a very important and necessary role in our lives and the earlier a person learns the proper use of fire the less likely there will be any type of match or fire play. Fire safety education must be positive and emphasize what to do and how to do it. Telling a child "don't play with matches" gives no positive information and rarely prevents match play. Good fire safety and fire prevention habits practiced by adults are the best examples for children to follow. These three basic steps will help parents achieve this objective:

- 1) take matches away from toddlers and preschool children and always keep matches out of their reach;
- 2) older children should be allowed to use matches only when grownups can watch and help;
- 3) emphasize to children: matches are tools not toys.



## CE HAPPENINGS

With summer warmth comes posting season and this year CE seems unusually hard hit. We say farewell to all those who have so faithfully served in past years and wish you luck in your future engagements. Welcome to all the new faces in CE and a special welcome to our new BCEO, Major Andre Corriveau fresh out of Air Command Headquarters. Summer is also a time when people choose to retire and we wish June Waite an enjoyable retirement after so many years' loyal service as the BCEO's secretary. After years working for CE in many facets with estimating, contract inspection and runway maintenance Len Martin has retired. We know you will be missed by all Len, and we hope your retirement is as good to you as you have been to us.

Summer is also the time for vacation and if you are wondering why your work orders

are taking a little longer to get processed, it could be many of our staff are on vacation. When the fishing is good many of the CE staff can be seen out on the water doing their best to fill the freezer. Rumour has it that even Tom Esler caught a few fish last week! Some other fishing highlights are; Paul McAloon with his prize winning 22lb 9 oz spring salmon, Jason Evans fishing just as long as the candy holds out for his two daughters, and Ron Maximick and family who have quite a cache of salmon in the freezer. A calm night usually finds Marj Boguski and Walter out on the water and following them is as cheap and reliable a fish finder as you can get.

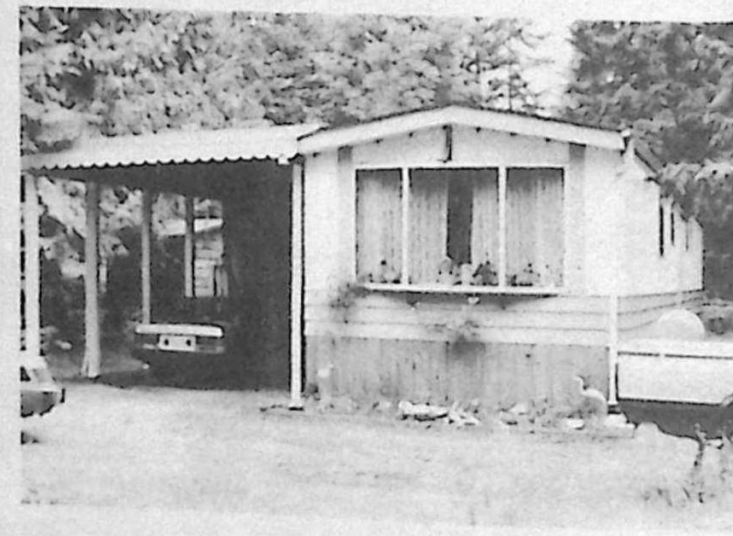
Best of luck to all the fishing minded in CE and hopes for a great summer vacation. In closing does anyone know where Larry Carlson is being posted? He would like to know!

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Considering the length of time the runners had spent at sea over the previous few months, they performed beyond their expectations.

When the venture was complete, the sailors felt a justifiable pride as they crossed the finish line. They had set a goal and given their all to achieve it. Perhaps next year's Coors Island Relay will see more ships' teams meet the fitness challenge.

## Sailors excel in run

VICTORIA, B.C. - Ten Sailors of HMCS Qu'Appelle distinguished themselves by running more than 200 kilometres around Vancouver Island in two days last May.

The Coors Island Relay was held between May 16-17, 1987.

In order to complete the run,

The competitors set out on their arduous run from Courtenay to Nanaimo on the first day and 210.8 kilometres later they reached their destination at the Mill Bay side of the Malahat Drive.

### Safe Driving Award



Seen here accepting the Safe Driver of the Month Award from the B Tn O, Maj Tilley, is Mr Arnold Epp. A driver with C.E. Road & Grounds, Mr Epp received the award for being observed by MSE Safety for displaying good Defensive Driving techniques.

## HOME &amp; FAMILY



## About The House With Lorry

Well I must say I really enjoyed my holiday, but am glad to be home doing all this dirty laundry. (This is a lie). This recipe is one that is good for really cool days, like the last few we've had when you don't mind having the oven on for awhile.

### INGREDIENTS

¼ cup cocoa  
½ tsp baking soda  
¾ cup vegetable oil  
½ cup boiling water (measure accurately)  
1 tsp vanilla  
¼ tsp salt  
2 cups sugar  
2 eggs  
1½ cups unsifted all-purpose flour

### UTENSILS

13 x 9 baking sheet or two 8" pans  
electric mixer  
spatula, spoon  
measuring cups and spoons

### METHOD

Stir the cocoa and baking soda in mixing bowl, then

blend in the ½ cup vegetable oil. Add the boiling water; stir until mixture thickens. Stir in the sugar, eggs, and remaining ½ cup of oil and blend until smooth. Next add the flour, vanilla, and salt; blend completely. Pour into your pans and bake at 350° for 35 min for the 13 x 9 sheet or 30 - 32 min for the small pans. Cool and if desired frost with your favourite frosting.

Next time my column will be about jam and jelly. Take care till then.

## Party at Moisie

1988 will mark the 35th anniversary of CFS Moisie. To celebrate the anniversary and pending station closure, a closing party has been organized for October 9-11 1987.

All former personnel and their guests are cordially invited to attend the closing ceremonies. Please be advised that attendance is limited and early reservations will facilitate in the planning of this event.

Events include a get together, concert by the RCA Band, Oktoberfest Night, Communal mass and a closing brunch. For more info or reservations, contact Lt Mario Houde, GP 622-4272.

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Parents Signature

### SOMETHING FISHY GOIN ON!

Welcome to Vacation Bible School. We're gathering together newly posted in kids with the "old-timers" just before school starts. We're offering stories, songs, crafts, games and snacks. It's still summer and we're still laid-back, so come to the Protestant Chapel in casual clothes.

Our theme is "Fishermen of Comox."

Pre-register to avoid disappointment. Drop your form and fee at: 22 Cedar, the home of Cheryl King Chaplain's office at headquarters, or With the Chaplain on a Sunday morning. For additional information or offers of help call Pam Hart at 339-4133.

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## AROUND THE BASE

## Quadra Update

Eight hundred members of the Ship's Company of HMCS QUADRA celebrated Canada's 120th birthday when cadets and officers from all parts of Canada participated in events onboard Quadra and in the Comox Valley.

A staff cadet guard, the senior band, and a colour party took part in the Canada Day Parade in Courtenay. The ship's colour party paraded the flags of Canada, the provinces in the Northwest Territories. Parade Commander was LCdr Bil Wrathall, HMCS QUADRA's Training Officer. The Sea Cadets and their officers, sharply attired in dress uniforms, were well received by those lining the route of the parade.

At exactly high noon, the Gunnery Department of HM-

CS QUADRA, using quick-firing twelve-pounder saluting field pieces, fired a twenty-one gun salute from the sea wall onboard HMCS QUADRA. The salute by the Sea Cadets of HMCS QUADRA thundered across the Comox Harbour, enchoing similar salutes fired by other military artillery across Canada.

Throughout the day, members of the ship's company not involved in the parade carried on with regular training activities, but after evening classes the cadets and officers mustered in casual attire for onboard Canada Day activities. Three-legged races, a water balloon toss, wheelbarrow races, a comical air band competition and a movie were included in the evening's festivities. Later in

the evening, all hands enjoyed a barbeque on the parade deck, and devoured a birthday cake baked in the ship's galley, a fitting conclusion to celebrations of Canada's 120th Birthday Party by the Ship's Company of HMCS QUADRA.

## AMERICAN SEA CADETS TRAIN AT QUADRA

A detachment of 24 United States Naval Sea Cadets and two officers are presently using the training facilities aboard Her Majesty's Canadian Ship QUADRA. The cadets, who come from as far away as Illinois, are reported to be enjoying their stay in the Comox Valley.

The escort officers are Lieutenant-Commander Chris Cope and Ensign Carol Cope. The husband and wife team are

both cadet officers in the Diablo Squadron of the United States Naval Sea Cadet Corps, located in Concord, California.

The American Sea Cadets are taking part in the total Royal Canadian Sea Cadet training programme. They love the training experiences in which they are participating. The training will consist of sailing, rifle range, wilderness hike, overnight sail, parade training, and the confidence course. The cadets will also spend a day and a half with the staff cadets in the various departments throughout the ship.

One of the training activities involving the American cadets and their officers is abandon ship drill. They have completed this aspect of their training with flying colours. Lieutenant-Commander Cope and his wife, Ensign Cope, in true cadet officer fashion, lead their cadets in the abandon ship exercise and were the first ones into the briny deep. All the cadets and their officers have earned their Quadra Wings, a feat of which they can be justifiably proud.

During their two week stay in the Comox Valley, the cadets will spend half a day's short leave in Courtenay and Comox. They will also spend a day and a half in the Victoria area visiting the different points of interest.

LCdr Cope, in an interview, stated that the cadets selected to be on the exchange go through an extremely competitive selection process. Most of the American Sea Cadets are in the 16 to 17 year old range, and have been to two American Sea Cadet Summer Camps.

The Canadian liaison officer during the stay by the American detachment is Lt (N) M. Smith, of Sidney, B.C. Lt (N) Smith is the Commanding Officer of RCSCC Admiral Budge.

It is interesting to note that, at this present time, an equal number of Royal Canadian Sea Cadets and two naval CIL officers are taking United States Naval Sea Cadet training on the American west coast.



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music reviews and syndicated columnist

## EARL'S "EXIT O" FOLLOWS GUITAR TOWN

One year after its release, "Guitar Town" is still firmly entrenched in the top 20. That's the kind of success the charts reflect when an album goes to No. 1 and earns a gold record. "Exit O" (MCA-5998) is a broad collection of 10-tracks that, much like Springsteen's music, draws an evocative picture of a rural life-style and, mainly due to Earl's ability to write emotional lyrics, a look at the problems of the everyday man.

Set against a backdrop of jangling guitars, bass, synthesizer, organ and drums, Steve takes the listener on a mind trip through middle America as he tells about "Nowhere Road," which is not a highway but a road that really doesn't go anywhere. He sings the praises of union labour and how good it is to know that when imported cars are part of that great metal scrap-heap, he'll still be driving his "Sweet Little '66."

The crumbling economy and plant shutdowns are at the heart of "No. 29," a song that anyone who has lost their job because of closures will certainly be able to identify with. While songs like "Angry Young Man," "San Antonio Girl" and "The Rain Came Down" are well delivered examples of a young man at the peak of his career, songs like "The Week of Living Dangerously," "I Love You Too Much" and "It's All Up To You" have a bit more of a commercial sound. Overall top tracks, at least to these ears, "Nowhere Road," "Sweet Little '66" and "No. 29" would probably be best shots for singles release.

Steve Earl is one of the new breed of singers who is neither pop nor country. His music is that of the common man and because of his ability to write so effectively he will probably be a chart mainstay for years to come.



STEVE EARL

**NEXT DEADLINE**  
**JULY 27TH**

## Language School Graduation



Parlez-vous Anglais...Base Commander Col Gibbon congratulates a graduate of Basic English Course 8601. The "Boss" is accompanied by the now "retired again" Maj Bud Fauberton in his inspection of the graduating class.

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## HEALTH AND WELL BEING

### info health

Dr. Bob Young



#### LIVER TRANSPLANTS

Do you shudder a bit when you read about yet another liver transplant? I know that I do, especially if the recipient is a young child. When a failure occurs I sometimes think that the doctors should leave transplanting to the gardeners.

My impression of liver transplant surgery, like yours, comes from seeing reports in newspapers and on TV. These tend to emphasize either drama or disaster; the patient who survives the "critical but stable" condition is no longer newsworthy.

Eight medical centers in the U.S. performed 680 liver transplants in 1986, while 10 other hospitals performed an unknown number of additional ones. The University of Pittsburgh alone did 344 - one almost every day of the year. Finding this number of donor livers must be a challenge.

Current levels of survival are encouraging. Almost seven patients out of 10 are alive after one year, and 55 out of each 100 are alive five years after their operation. Since the operation is generally done as a desperate measure it is safe to assume that virtually none of

these people would have lived even a year without the transplant.

The operation can be used to treat various forms of liver disease. Patients with some diseases do better than those with others. Those with cancer of the liver do poorly, those with viral cirrhosis (chronic hepatitis) do better.

Surgeons are reluctant to accept patients with alcoholic cirrhosis because these people usually start to drink again.

Some transplants are done to correct inborn or inherited errors of metabolism - usually in children, where the survival rate approaches 75 percent. A condition called biliary atresia is by far the main reason for liver transplantation in infants. The 65 percent or so who survive go on to live normal lives.

So liver transplants are well beyond the experimental stage, and instead of 100 certain deaths the result is 50 or 60 living people after five years - probably better than you thought.

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

### Summer Sun

#### WHAT CAN YOU DO?

Getting out into the summer sun is an obsession for many Canadians. A few short months are all we have to wear our summer apparel and work on our tans. Most of us know to protect our skin from too much sun, but did you know that the same rays that give us a golden brown tan also contribute to the development of cataracts in your eyes?

Those tanning rays, called ultraviolet (UV) radiation, have been linked to cataract formation and corneal damage by a number of recent studies. So just as you put cream and lotion on your skin to avoid the damaging effects of sunburn, you should also take steps to protect your eyes.

Just shading your eyes from the sun with a cap or visor is not sufficient to block out all the ultraviolet radiation. A great deal of this radiation is reflected off ground sources such as concrete, sand or water. So when you're out playing tennis, for example, remember that UV radiation from the sun is being reflected from the playing surface and because it is invisible, you don't even notice its effects. Ultraviolet radiation is also reflected from sand and water so when you're spending time at the beach or by the pool, be careful to protect your eyes.

Although we don't like to limit out time in the sun, we should at least take steps for protection. If you wear contact lenses or are considering them, soft and hard lenses are now available with a built-in UV filter. The soft lenses, called Permaflex UV, are available in Canada from CooperVision Inc. An extra molecule in the plastic, not a coating or a tint, absorbs the UV - so they look and work just like regular contact lenses.

Good UV-absorbing sunglasses are widely available and they don't necessarily cost more than you are used to paying. However, be careful to read the label before you purchase - not all sunglasses block ultraviolet radiation. And those that don't, fool your pupils into enlarging, allowing even more UV radiation to enter the eye.

So whether your summer schedule has you out on the tennis court or spending time by the pool or beach, make sure you protect your eyes from harmful ultraviolet rays as well as your protect your skin.



### ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

#### THERE'S NOTHING MYSTERIOUS ABOUT EPILEPSY

The term epilepsy is derived from a Greek word meaning "a condition of being overcome, seized or attacked." It is not a disease or some form of "possession," but a symptom of a disorder of the nervous system causing seizures that vary in frequency, intensity and duration from person to person.

It's not commonly known that many famous people over the ages had the condition. Included are the artist Vincent Van Gogh, writers Charles Dickens and Dostoyevsky, musicians Beethoven and Tchaikovsky and politicians Julius Caesar and William Pitt. About one in every 100 Canadians has epilepsy. Half the cases can be completely controlled by medication and another 30 percent much improved.

The three most common types of seizures are Tonic-Clonic, Absence and Partial. In Tonic-Clonic, the person loses consciousness (with or without warning) usually falling to the ground, sometimes with a cry or groan.

Anyone witnessing such an attack should keep calm. Let the seizure take its course. Move hard or sharp objects away, but don't interfere with the person's movements. Place

something soft and small such as a sweater underneath the neck and loosen tight clothing. Don't force anything between the person's teeth. Once the convulsions have stopped, roll the person over to the side to help clear the airway.

In Absence seizures, there is only a momentary loss of consciousness, after which the person resumes normal activity. Absence seizures occur primarily in children and tend to cease with age.

A Partial seizure is just that - a specific area of the brain is involved and there is only a brief, minor sensation. Some Tonic-Clonic victims have a Partial seizure as a warning signal first.

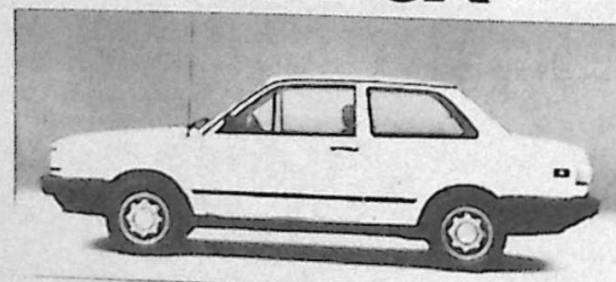
Epileptics have enough trouble with the unpredictability of their problem without having to suffer from discrimination of neighbours and employers.

If you know an epileptic, but hesitate to deal with him or her, discuss your concerns with your pharmacist or local epilepsy association. They can help increase your awareness and answer any questions you may have.

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## CANADIAN FORCES UPDATE

### OTHER WORLDS international science briefs

#### ...and other leafy fuels

A lot of people scoffed back in 1975 when Brazil set out to become energy sufficient by turning sugar cane into fuel. Today, however, the alcohol fuel program is no laughing matter. It has virtually changed the landscape and economy of the country, as 400 sugarcane farms-cum-factories churn out 14 billion litres of the alcohol fuel a year. More than 90 percent of the country's passenger and lightweight vans run purely on alcohol. Brazil saves over US\$1 billion a year on fuel imports and even exports its renewable fuel.

Following Brazil's lead, a number of oil-importing countries, from Kenya to the U.S.A., are experimenting with making fuel from excess agricultural products.

One promising plant is Bangladesh's "venna" tree (jatropa curca). The fast-growing shrub produces large crops of seeds that yield a high-quality oil. The oil, now used for lighting, is readily soluble in diesel and gasoline and burns cleanly. Automobile engines can use it without modification. The Bangladesh government is encouraging farmers to grow the backyard fuel plants to supply their tractors and household needs.

### HIGHLAND ROLL CONTINUED FROM PAGE 3

Louise Carvalho  
Monica Forest  
Jamie McPhail  
Sean Moran  
Donny Symes  
Shawn Taylor  
Richard Brown  
Pat Claydon  
Liz Ling  
Neil Albrecht  
Gerry Anderson  
Lisa Anderson  
Tammy Johsson  
Grey Rivett  
Shawna Williamson  
Kevin Cooper  
Sue Hartman  
Ginny Steele  
Colin Welsh  
Michael Wrightson  
Christine Zanussi  
Thomas Boivin  
Chris Campbell  
Terri Field  
Tracy McLellan  
Tracy McQuillan

### GRADUATES

Summer Youth Employment students graduated recently from their basic training program. The graduates are now employed at various sections around the base. Congratulations people!



The graduates (plus the friendly giant).



Maj Rose inspects the troops.

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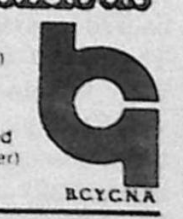
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# CANADIAN FORCES UPDATE

## New Defence Initiatives

### RENEWING THE RESERVES

The Minister of National Defence believes Reserves are the most effective method of sustaining Canada's defence commitments.

Breathing new life into the reserves as Perrin Beatty announced in the defence White Paper is a big challenge. The minister often says that for too long, they have been considered poor relations to the regulars.

During the late 1950s and early '60s, the relatively robust post-Second World War reserve force in Canada commenced a steady decline. This occurred because of the lack of clearly defined and meaningful roles for reserves under a military strategy of massive nuclear retaliation. It was anticipated future wars would be short, with no time for reserve mobilization. Eventually, the primary reserve lost its capability for wartime operations, decreasing in strength from about 50,000 to its present level of some 21,000. Over the past decade, the horrors of nuclear war and the resulting reluctance to resort to the use of nuclear arms have revived the concept of sustained conventional operations.

However, Canada's reserves are incapable of providing the trained manpower essential to such circumstances. Although some improvements were applied in the reserve in the '70s, they have fallen far short of the requirement in terms of strength, equipment and training standards. As an illustrative comparison, based on numbers alone, Canada's reserve to regular ratio is approximately 0.3 to 1. Other NATO nations are well above that level, with most in the 1 to 1 range, and several as high as 3 to 1.

"If the Reserve Force is to be used fully and effectively, the distinction between regular and reserve personnel must be greatly reduced," says the White Paper. "Their responsibilities must be integrated into a total force concept." Readiness, rather than terms of service will be the dominant criterion. Complex modern weapons systems and short warning times call-up the need for large standing forces, backed by well trained reserves. The size of Canada's reserves will, therefore, have to be significantly increased, and their training and equipment substantially improved to meet these new requirements.



"The Reserve Force will be developed not only to augment the Regular Force but also to take on other specific tasks," says the new defence White Paper. (IEC 86-380-26)

At present the Reserve Force is divided into a number of subcomponents. The largest of these is the Primary Reserve, which comprises formed units that train frequently. Another subcomponent, the Supplementary Reserve is made up of former regulars and primary reservists, who may serve voluntarily or be placed on active service in an emergency, but are not required to take continuous training. The Supplementary Reserve must also be revitalized to permit it to make up most of the balance of reserve requirements beyond the Primary Reserve.

The other two elements of the reserves are the Cadet Instructor List, and the Canadian Rangers. The size and role of the Cadet Instructor List, which provides the command

structure and most of the instructors for the sea, army and air cadets will remain as they are. However, while the role of the Canadian Rangers will remain basically unchanged, their significance as a surveillance force and as a visible expression of Canadian sovereignty in the north requires expansion and an improvement in equipment, training and support.

In a total force structure, the Reserve Force will be developed not only to join with the Regular Force, but also to take on specific tasks in its own right. The Naval Reserve will have two wartime functions of its own: Naval Control of Shipping and Maritime Coastal Defence, including the clearing of mines. The Militia will contribute to defence

operations in Canada and elsewhere in North America, and will train replacements for land forces deployed overseas. The Militia will also establish a relatively large force of lightly-armed guards to protect military vital points, and make a major contribution to the logistic and medical organizations required to support our consolidated European commitments. The Air Reserve will be most closely associated with the regular air force through the establishment of a number of integrated Regular-Reserve units. The communications Reserve will continue to contribute to the provision of strategic and tactical communications. All of this will, of course, require a significant increase in strengths as well as new and improved equipment.

In the longer term, it will be necessary to implement a complete reserve force development plan, increasing reserve strength to about 90,000, a

level roughly equal to the number in the Regular Force. This will require a larger pool of trained officers. For this reason, it may be necessary to revive university training programs such as the Canadian Officers Training Corps, the University Reserve Training Plan, and the University Naval Training Divisions.

The White Paper also says that, in order to achieve these objectives, pay and benefits will have to be improved, increased recruiting efforts will be required, terms and conditions of service must be altered to make it easier for members to serve, and employers will be encouraged to support reserve service by their employees.

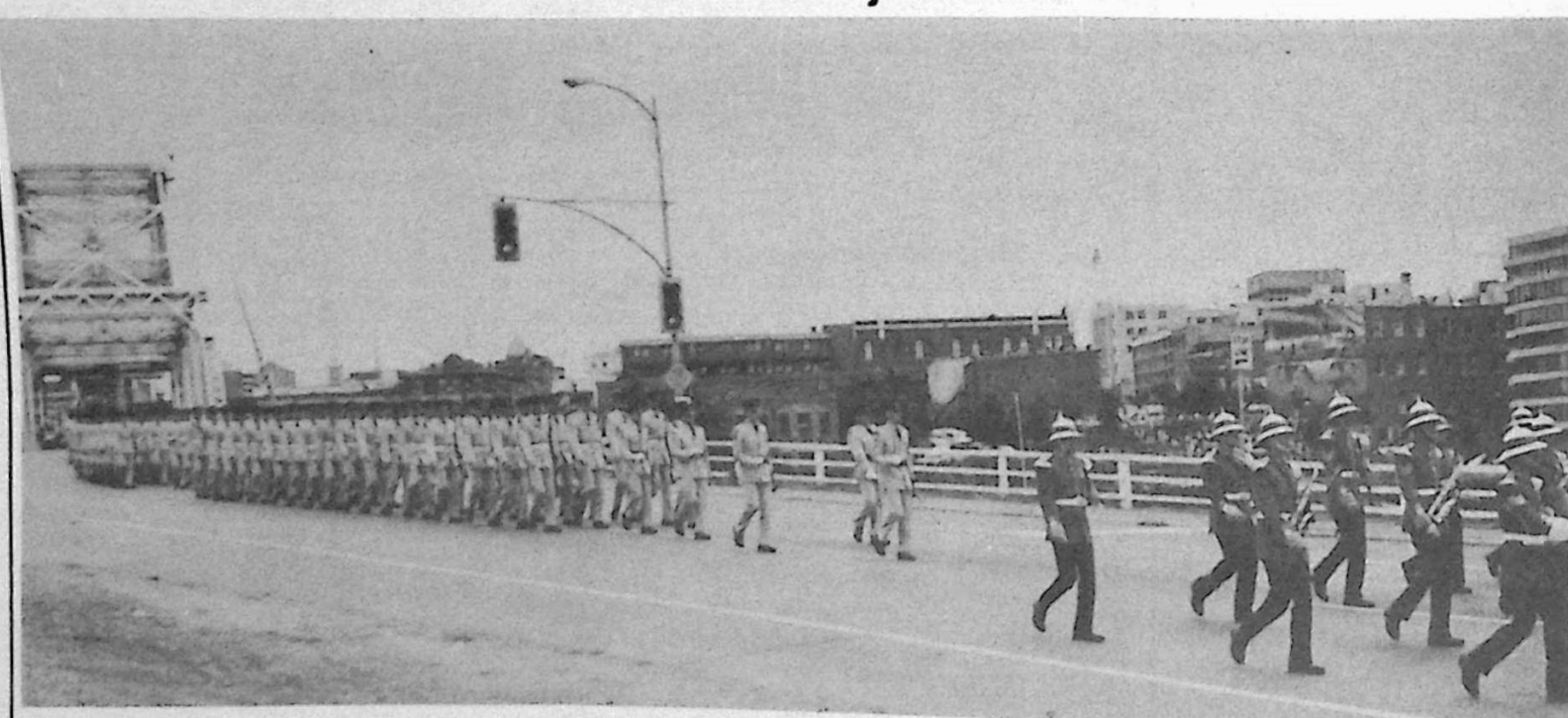
This program of reserve rejuvenation, the minister says, "will enable Canada to meet and sustain its defence commitments, at sea and within NORAD, in Canada and in Europe."

Courtesy Clipseet.

## 408 SQUADRON 1987 REUNION 22 - 26 JULY

Former members and spouses as well as members of units and organizations that worked in close collaboration with the squadron, e.g. Photo Establishments, JPIC, DRB.

### Freedom of the City exercised



VICTORIA, B.C. -- The Third Battalion, Princess Patricia's Canadian Light Infantry (3 PPCLI) exercise their Freedom of the City as they parade through Victoria on June 20th. The 3 PPCLI are based at Work Point Barracks which is part of the CFB

Esquimalt complex.

The parade was an opportunity for the battalion to publicly parade in the new summer uniforms of Mobile Command. (C.F. Photo by Sgt J.F. Smith)

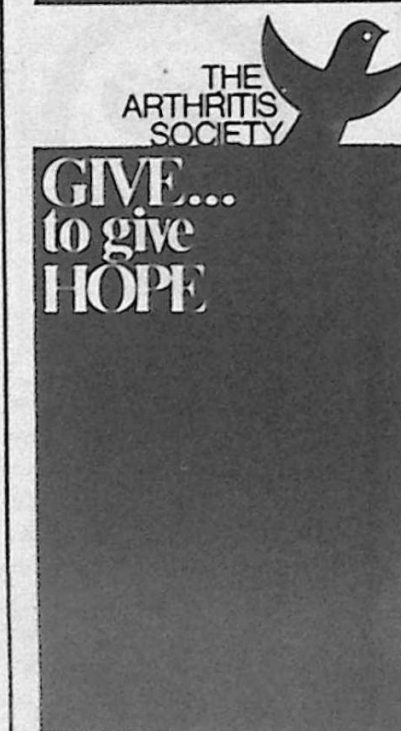
### Congratulated on their promotions by BAdO



Richard Pesant to Sgt



Jamie MacDonald to MCpl



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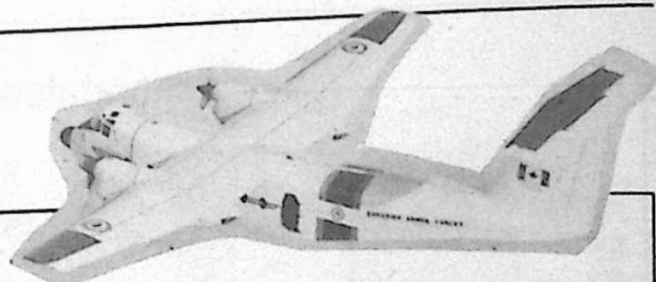
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## SECTION NEWS



## 442 Squadron

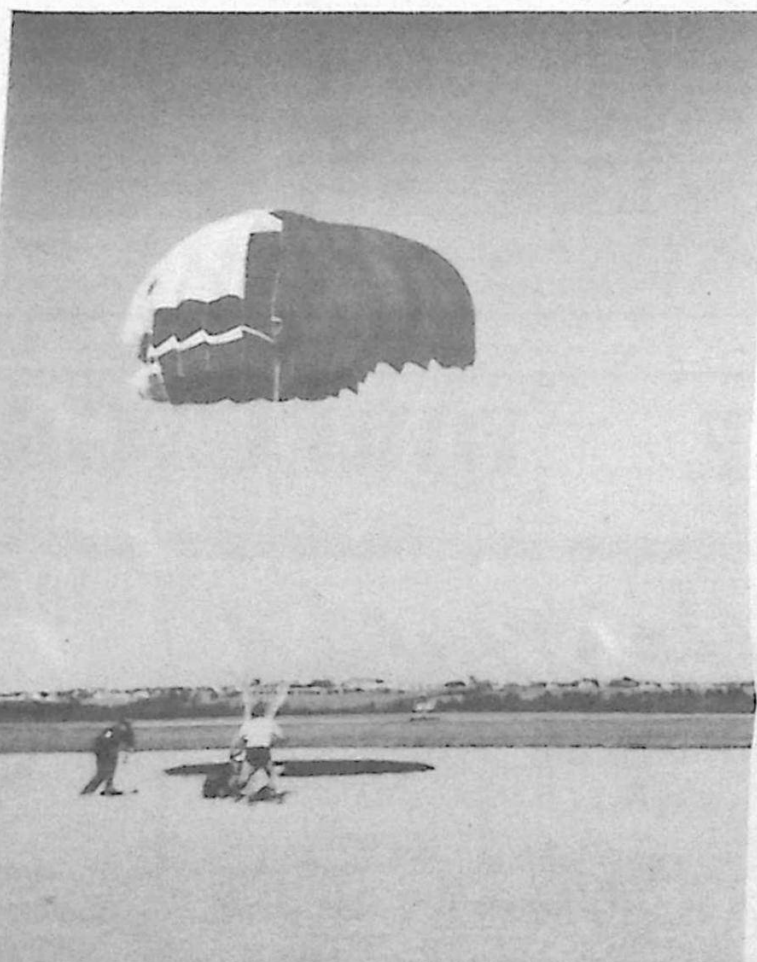


With the posting season now upon us. We look for new faces in the crowd, and say goodbye to many old friends. And as life goes on with squadron business we take time to reflect on the past, and those people who stood out as members of the fighting 442nd. One of those people who will be missed is Capt Grant MacDonald, now on a house-hunting trip in Ottawa, and will soon be hanging his hat at NDHQ. For the past while Grant was responsible for writing these articles in the Totem Times, keeping everyone informed on the squadron happenings, and, as the new "reporter," I hope that I will be able to fill his shoes to the same standard.

Along with all of his other duties, though, Grant also took on the onerous task of writing the text for the soon-to-be-published Squadron History Book. And because of his dedication to duty I am confident that this book will be second to none. Thanks for all your good work Grant, you will be surely missed.

Someone once said "It's not whether you win or lose, it's how you play the game." Well, they should have included "and as long as you learn something." This seems to be the main theme of the International SAREX Competition which was held at CFB Summerside this year. Might I suffice to say that although 442 Squadron didn't pack home the hardware, SAREX 87 was an excellent learning experience

## Falling into Summerside



MCpl Jack Gaudreault on landing in "the peas" at SAREX 87 held at CFB Summerside.

for the entire crew, and they are commended for their efforts. CFB Summerside and 413 Squadron have already received accolades from the Commander ATG et al for their hard work in hosting a very well organized exercise.

Back here at home, SAR business has been steady as usual. The squadron deployed to Kamloops on SAR Whitehead during the last week

of June and although the search for the Piper Super Cub on floats did not prove successful all crews are commended for their efforts, along with Major Blair and the SAR HQ Staff, for a well run operation.

On Saturday, July 4th, the Squadron took time out to get together for a bash at Air Force Beach. The food was excellent and the music went on til the wee hours of the morning. A

## Taking care



MCpl Jack Gaudreault and Cpl Rob Walker attending a patient during the Medical exercise.

good time was had by all. Thanks go out to all those organizers (and drivers) who made this event a complete success.

And finally, on July 17th, 442 Squadron will go on parade to honour the Squadron Change of Command. LCol Dave Lett will relinquish command of the Squadron to LCol Ed Jay who is joining us from Air Transport Group

Headquarters in Trenton. LCol Lett is moving to Montgomery, Alabama to take up studies at the United States Air War College. Good luck in your future endeavours, Sir.

The Change of Command Parade will be attended by BGen M. Trudeau. Col Gibson will be the presiding officer for the parade. Family and friends are welcome to come out and watch.

## Veteran Leads Reserves

WINNIPEG—A 33 year veteran of the Naval Reserve in Winnipeg, Waldron Fox-Decent, has been promoted to Rear Admiral and will be appointed Chief of Reserves for the Canadian Forces on July 1, 1987. He will be the first Manitoban appointed to this position.

His responsibilities will include advising the Chief of the Defence Staff on all matters related to the reserve components of the Armed Forces.

The Reserves comprise some 24,000 people in 200 land, sea and air units across Canada.

Admiral Fox-Decent, in civilian life, is a Professor of Political Studies at the University of Manitoba. He is chairperson of the Advisory Council on Workplace Safety and Health, and the Construction Industry Wages Boards.

He will continue to reside in Winnipeg. He is married to Joan Fox-Decent, and they have two sons.



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## CANADIAN FORCES UPDATE

## Promotion at Base Hospital



WO Gerhard Dieser to MWO effective 1 Aug 87. WO Dieser is off to CFH Oromocto where he'll sport his new rank for the next few years. He'll be sadly missed by the Base Hospital Staff. Good luck Gerry and congratulations.

## Suggestion Award



When Master Corporal Greene was in our Construction Engineering Section, he suggested that electric driven pumps be used to remove and replace oil in gear housing and rotary drive gear boxes at our radar site. Lieutenant Colonel Holmes, the Commandant of the CF School of Military Engineering, where he is now an instructor, presented him with a certificate and a \$300 cash award.

## PROGRESS

It helps to remember some very real progress that Canada has achieved in the battle against cancer.

The Canadian Cancer Society would like you to know that:

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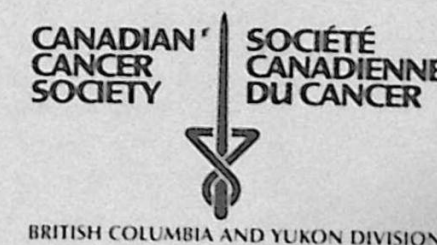
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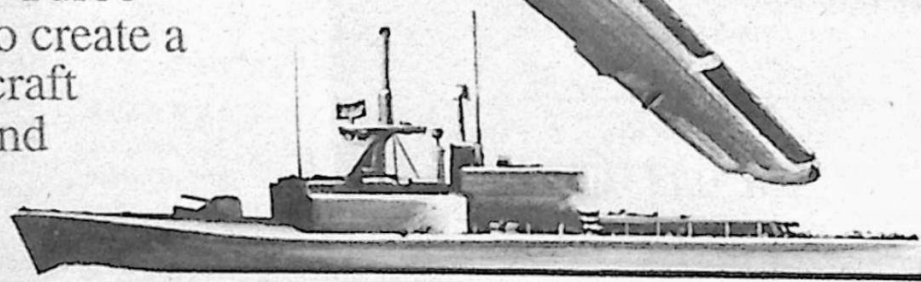




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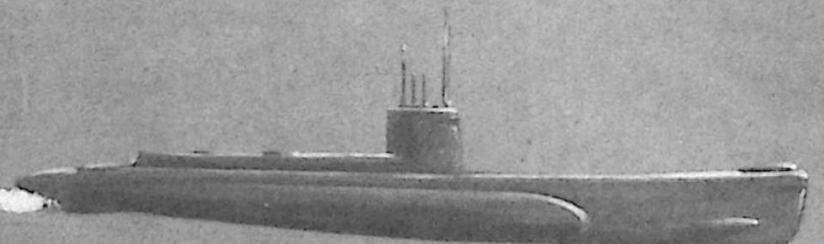
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