



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 14 July 30, 1987

Deadline is Monday, August 17, 1987

Cost: Priceless

COMMAND CHANGE AT 442

On 17 July, 442 Squadron paraded behind their Battle Honours to say goodbye to departing Commanding Officer LCol Dave Lett, and to welcome new CO, LCol Ed Jay. After two years as Squadron Commander, LCol Lett will be taking up studies at the United States Air War College in Montgomery, Alabama.

Base Commander, Colonel Ted Gibbon was the Presiding Officer at the change over ceremonies. The Squadron was also very pleased to have as the Guest of Honour, BGen M. Terreau, Commander of Air Transport Group.

It was a sincere pleasure for the Squadron to have on parade, the members from the 560th USAF Band who learned the air force march past in a matter of hours. And contrary to popular weather reports, the sun also co-operated to make the parade a complete success.

Admiral says Farewell

Admiral Yanow, Commander of Maritime Forces (Pacific), paid a farewell visit to Her Majesty's Canadian Ship QUADRA on July 8th. The Admiral is retiring after 36 years of service in the Canadian Navy. He has been a strong supporter of the cadet movement during his term as the Commander of Maritime Forces (Pacific). It should be

noted that he started his naval career as a Royal Canadian Sea Cadet in Saskatoon, Saskatchewan with the Jervis Bay Sea Cadet Corps.

The Admiral arrived at QUADRA aboard the Captain's Ceremonial Motor Sea Boat. When he stepped onto the floats his flag was broken

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LCol Jay accepts the 442 Squadron Standard from Colonel Gibbon during Change of Command Ceremonies.

Women in Fighters

Out of the kitchen and into the cockpit

OTTAWA -- Perrin Beatty, Minister of National Defence, announced recently that, effective immediately, women will be eligible to fly in CF-18 fighter squadrons and Army tactical helicopter squadrons. This is the result of the elimination of previous restrictions on the employment of women within Air Force units.

Last February, the Minister announced the creation of a trials office to conduct trials with women in combat roles. The decision to lift all restrictions in the Air Force is a result of the preliminary work in developing the trial proposals.

"The criteria governing our efforts to attain equality of opportunity for women in the

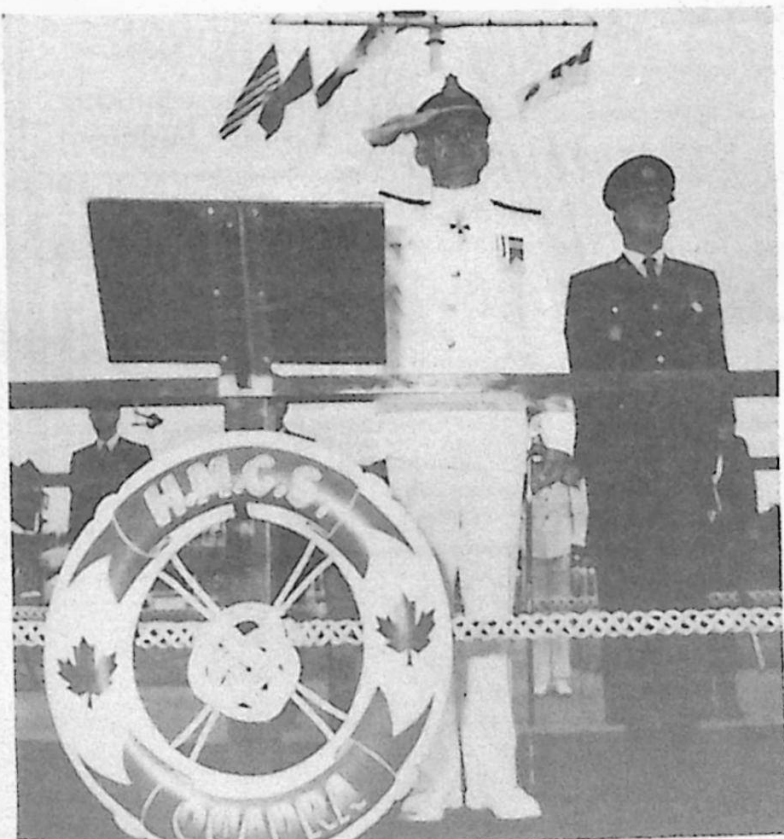
Armed Forces have been that the operational effectiveness of units must not be impaired," said Beatty. "In the Air Force, experience has shown that mixed-gender crews are now working effectively in maritime aircraft patrol, reconnaissance units and within air transport group. Therefore, we believe that the time has come to place women into fighter and tactical helicopter squadrons," Beatty added.

The elimination of restrictions for women in these squadrons was recommended by the Chief of the Defence Staff, General Paul Manson, who has also approved plans for evaluating mixed-gender employment in the combat

ships of the Navy and combat units of the Army.

Trials will go ahead for women in combat roles on the Navy and Army. For the Navy, 25 percent of a destroyer ships company will be made up of service women by 1989 at which time a two-year evaluation to measure the impact of mixed-gender employment on operational effectiveness will begin. Because women flying anti-submarine helicopters would be based on a destroyer, mixed-gender employment in anti-submarine warfare helicopters will be part of the Navy trials.

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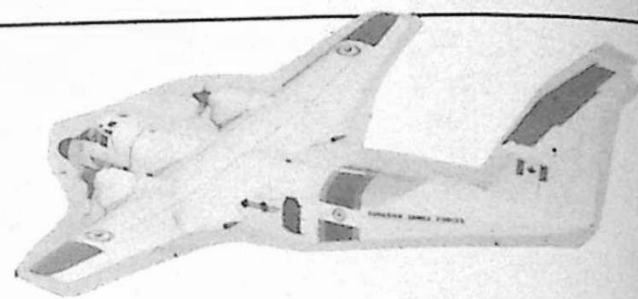


Admiral Yanow takes the salute



SECTION NEWS

442 Squadron



LCOL JAY TAKES COMMAND



THE OLD, THE NEW & THE KING OF THE CASTLE.



A FIRST HAND LOOK AT THE TROOPS.



SNAKE 60 PASSES ON TO YET ANOTHER OWNER.

Over the past few weeks 442 Squadron has gone through some major changes, with of course the big one being the change of command at the top. LCol Ed Jay is now the proud owner of SNAKE 60, the slightly more than conspicuous yellow and black SAR-mobile that graces the One Hangar parking lot. Welcome to 442 Squadron, Sir, we hope that your tenure as CO will be an enjoyable one.

Other shakedown in the squadron include Major Paul Drover setting up shop as the new Squadron Ops Officer, and Major Pete Howe taking over as the Squadron Aircrew Leader. Major Don Blair was placed on waivers and picked by the Buffalo Flight in the free agent draft pick.

And now from the Buttons, Bangles and Baubles department we have the latest list of those squadron members who have received accolades in the recent weeks. I know it reads more like the squadron nominal roll but it is the evident testimony that 442 Squadron personnel go the extra distance with pride and dedication to duty. Here goes:

Base Commander's Commendation to Cpl J. Trepanier; CO's commendations to MCpl Bud Taylor and Cpl Wisyniowski; Aerobic Excellence Award to Cpl Ridgway; Canadian Forces Decorations were received by Sgt C. Tardif, MCpl P. Blouin, Cpl G. Graham, Cpl G. Philie and Cpl G. Scott; Certificates of Service to WO McClusky

and WO Christensen; Certificate of Military Achievement to MCpl Benard; Boeing Rescue Citations to WO Clements, MCpl Cutler and Cpl MacKay; Suggestion Awards to Sgt Murray, MCpl Martin and Pte May; 1000 Hour Buffalo pins to Capt Allott and Capt McClure and; 1000 Hour ATG Award to MCpl Ainslie.

A final note to all Squadron members that the August 15th deadline is quickly approaching to buy your tickets for the Squadron Reunion. And rumour has it that the squadron history book is selling like proverbial hotcakes. Remember, what costs \$16.95 now, will cost \$19.95 during the reunion weekend. Be There.

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AROUND THE BASE



From The Top Rung

Col Ted Gibbon

Last Friday the Comox Air Force Museum opened its doors to the public for the first time, featuring an aviation art exhibit on loan from the National War Museum in Ottawa. This is a truly significant occasion for the Base and the Comox Valley as we have now established an official repository for memorabilia and artifacts associated with west coast military and civilian aviation. The idea has been around for some time but it has only been a few short months since approval was obtained and the first visitors entered the museum. The people who contribute to this remarkable achievement are many and varied but with the leadership of the museum committee their talents and sense of commitment led to the timely opening. We all owe those involved a debt of gratitude for bringing it together in commendable fashion.

The next milestone for OUR museum is the official opening on 12 Sept and the work towards that event continues. I would like to acknowledge the support received from local businesses whose interest in this project has been outstanding, reflecting the close association this base has with the local communities. It is essential that it is clearly understood that this is the Comox Air Force Museum, not the CFB Comox Museum and as such is a community endeavour. Our aim is to make this facility an enjoyable and educational attraction for our visitors and residents. If you have an artifact that you feel might be appropriate for exhibition please contact the curator but in any event please drop by and see what we've done with the old theatre. Remember admission at THIS museum is still by voluntary donation.

Take Care, Get There

Planning a motoring holiday in B.C. this summer? Then as part of your preparations, make it a point to pick up a copy of "Take Care, Get There," a new brochure designed to help make your holiday fun and safe.

"Take Care, Get There" helps you get ready with useful service tips for your vehicle and safe driving tips for the open road. Plus, you'll find general information on driving laws and weather and road conditions in B.C. The brochure also features a list of some of this year's major summer events across the province.

The brochure was inspired by the award winning "Take Care, Get There" traffic safety series in the Vancouver Province

by reporter Keith Morgan. It was produced by the Insurance Corporation of B.C. and the B.C. Automobile Association with assistance from Tourism B.C. And the B.C. Ministry of Highways and Transportation.

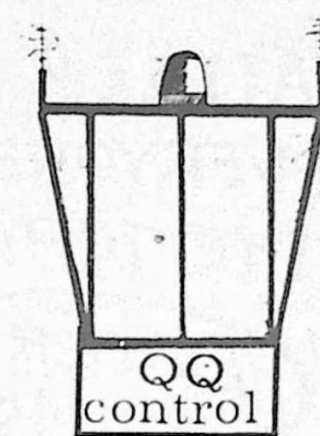
"Take Care, Get There" is available free throughout B.C. at Tourism Info-Centres, ICBC Claims Offices and at all BCAA Service Centres and approved repair garages.



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As The Beacon Turns

I'm back. Normally the response I get to that statement is "Why, were you gone"? It seems that nobody missed me but at least a few were kind enough to ask how my trip went. Seriously, Cold Lake is a nice place to visit but as for being there, I'll leave it up to your imagination. I visited the ATC Section and some busy traffic patterns and it was a good experience since Comox is my first posting. It sure gave me a new respect for those controllers who have survived Cold Lake and Maple flag. I guess Dave Gariepy will haunt me forever because as soon as I got back he called to tell me of my posting to Cold Lake (not funny Dave).

The ATC Section has undergone a change of face lately as people continue to come and go at a tremendous rate. Recent departures include Capt Dave McLeod, CWO Sam Kincaid (which is rumoured to have made MWO Campbell's life easier) and Sgt Tony Huntley all off to Cornwall, Ont. Sgt Dave Gariepy went to Cold Lake, Alta and Sgt Frank Johnson to Petawawa, Ont. Sgt Pat Hudson also left us to retire from Class "C" service. Pat will be missed by all and it will be most difficult to replace his expertise. Sgt Hudson has amassed over 25000 runs during his military career

and that is a feat that will not be easily duplicated. Good luck on your second retirement Pat.

Since ATC is a continuing educational experience, we have recently had a couple of controllers check out. Congratulations goes out to Capt Pete Foley who qualified as a terminal controller and also to 2Lt Kin Adams who qualified as a tower controller. Both have added a unique style of controlling to Comox. Congratulations guys. Cpl Diane Hicks finished her Radar course in Cornwall and was posted to Chatham, N.B. Good luck on your check out.

I see a few new faces around the section, sometimes it's hard to tell who is visiting and who is posted in. I have been able to track down a few people who will temporarily make Comox a permanent residence. Welcome goes out to Capt Gerald McLellan and Sgt Al Munday both from Cornwall, Ont., also Sgt Dave Tack joins us from Trenton, Ont. A warm welcome also to all new family members and we know your stay in Comox will be most enjoyable.

While I was away Cpl Heather Walsh became MCpl Heather Swan (the hand is quicker than the eye) actually she becomes MCpl Swan as of 01 Aug 87 and her marriage was the 4th of July. So

congratulations is doubly in order to you Heather. I hope the wedding went well and good luck in the future.

Rumour has it Maj Stariha is all moved in and has taken up tree topping as a hobby. Not a hobby he is too impressed with (nor having much luck at). I guess not a retirement career, eh Sir. How's the hand?

Turning now to sports. The BOps baseball team is presently on a winning streak thanks to a 7th inning, 2 run homer to win a game by Pte Barry Norris. It was his second homerun that night. The whole team is playing well under the superb guidance of Capt Pete (the hammer) Foley. We are down to one pitcher now but Russ Parker seems to be handling the pressure quite well. Rumour has it that Pte Tom (consistant) Banks has been asked to give batting practise to Pte Kevin (strike 3) Young, it this true KY?

I see through recent events we have a new media star in our midst. Capt Jan McQuade recently gave an interview to the Vancouver Sun on the role of women in the Forces. Rumour has it that she has been receiving phone calls from Canada AM. On that happy note, I'll stop for now and we'll see you next article. Until then, take care.

Gunplumbers Say Thanks

Dear Sir:

On the 26th June 87 a first ever Gunplumbers Reunion was held at Comox, B.C. For three days, Gunplumbers had a chance to renew acquaintances and talk over old times. From Meet and Greet, the golfing, fishing and barbecue to the dinner and dance, an excellent time was had by all.

On behalf of all the Gunplumbers who attended from the Cold Lake area I would like to thank the Comox reunion committee of Ed Kew, Ken Greer, Gary Clarke, Jim Clark, Al Rice, Ted Forget, Jim Zotek, Art Johnson and Leo Henwood who made it all possible.

I would also like to take this opportunity to thank the Washington Inn for their hospitality and excellent service.

John Barkmeyer
CFB Cold Lake, Alberta

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EDITORIALS



COMMENT

Gord Kruger

LIFES IMPROBABLE DREAM

Was talking to my old pal Newt the other day and found out he'd quit. He was always such an avid player, going to many great extremes to devise new methods of winning and now - just like that he up and quits.

"Too many horror stories about the impending disaster" Newt said. "Do you really think you could stand the suddenness of it all," he added. One day a common working stiff and the next day a big shooter with bucks to burn. "No - no more," said Newt - "just gonna accept my every day working man's pay and live like I like to live."

It got me thinking. Like Newt I play the big lottery games all the time hoping for that pie in the sky dream we all have when we lay down our money. Dreaming about how the money will solve all of our problems and make life worth living.

But will it? All of a sudden there you are with friends and relatives you never even knew existed. The con artists, the fast buck entrepreneurs, the hustlers, the high tech investment counsellors - all wanting a piece of the action. And hey - how about the ex. You'd certainly once again play an important part in her life.

And that's not all. There would be no more end of April last minute tax form completions. Now it would be a personal every hour of every day accountant and Lord yes, a lawyer - maybe even a complete legal firm to take care of your financial undertakings. You might be wise to hire other accountants and lawyers to keep tabs on the first bunch. Can't be too careful you know.

And how about the nice little family home you've been so happy and comfortable in. Well it's down to the wrought iron shop to see about an eight foot fence around the property. One with shards of glass along the top just to discourage those who might not object to the eight feet of iron. Wouldn't want to end up a rich hostage up for grabs in this crazy world we live in.

Oh - and one more thing! Dogs - you might need a couple of Dobbies to help get the message across to all of your new friends. Might even get a Pit Bull to round out the pack.

The more I think about it the more unnerved I get - kind of scary. Think about it for a moment - would you really feel comfortable with all that instant wealth. You might be wiser to take your couple of bucks a week and put it on the Canucks - no fear then.

Ah but what the heck. I'll take the chance and continue life's improbable dream. Hey, isn't that Newt talking to the gal at the lottery machine?G.M.K.



Anything I can do She can do better

Next Totem Times Deadline

August 17th



TOTEM TIMES

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



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Second Class mail registration is 4098. Office Phone: 339-2541

EDITOR: Gord Kruger 339-8111

EDITORIAL STAFF: Norm Blondel, Sandy Reber, Chris Halliday.

BUSINESS MANAGER: Ron Fisher - 339-8484

CIRCULATION MANAGERS: Shawn and Susan Johnson 339-0580

SECRETARY: Judi Hooze 339-6210

CAMERA OPERATOR: Katie Wylie

PHOTOGRAPHY: Base Photo

CARTOONISTS: Ian Murray and Scotty Hart

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EDITORIALS

What did the 1986 Census of Canada tell us?

One of the questions most often asked of Statistics Canada when in the process of taking a census is "Why do we need all this information?" And while there are various Acts of Parliament that require that census information be used to support program decisions, one of the most compelling reasons for carrying out a census is the fact that the information draws an accurate picture of Canada and its people. Census information enables all Canadians, undertaking a variety of projects requiring information on the population of Canada, to focus on their target. Today, Statistics Canada is pleased to announce the second major release of data from the 1986 Census of Canada. Now available is basic demographic data collected from all households in Canada. The data encompass information on demographic characteristics like age, sex and marital status, as well as information on households, families and language.

Just what do we now know about Canadians and British Columbians in particular? Did you know that in 1986

*British Columbia had the highest median age in the country at 33.1 years as compared to 31.6 nationally;

*in Canada there were 138 women aged 65 and over for every 100 men in the same age group;

*one out of 12 Canadian couples reported living as husband and wife outside formal marriage; this represents a 38 percent increase in the number of common-law unions since 1981;

These are just a few highlights from today's data release. On hand in the Pacific Region Reference Centre in Vancouver are summary tables of data for Canada, the provinces and territories and the two census metropolitan areas in British Columbia, namely, Vancouver and Victoria. Information on smaller geographic areas, such as individual municipalities, will be available in machine readable form in September 1987.

If you would like more information or a copy of the Statistics Canada "Daily" which contains highlights of today's release please call the Statistics Canada Reference Centre in Vancouver as follows:

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WHAT EVERY DOG OWNER SHOULD KNOW

Recently, the number of reports of attacks by dogs has increased dramatically. As a pet owner, you should know what the legal consequences could be if your dog were to harm someone.

If you are sued by someone who has been bitten, you will be civilly liable if the victim can prove that it was your dog that caused the injury, that your dog had a mischievous propensity (i.e. had bitten someone before) and you fail to establish that you were not aware of this propensity.

If the victim petted the dog, knowing it was vicious, then you, as the owner, would not be liable since the victim had

voluntarily assumed the risk of being bitten.

You can be found liable in negligence even if your dog has no known vicious or mischievous propensities if you fail to exercise enough care in controlling your animal. You might, for instance, be found liable if your Saint Bernard knocked over an elderly person in the park while out for a walk with you without a leash.

You can also be charged criminally if your dog harms someone. If you instruct or deliberately permit your dog to attack another person you could be charged with assault.

You can be charged with criminal negligence if you fail

to control an animal you own with vicious or mischievous propensities.

Criminal negligence causing bodily harm is punishable by up to 10 years imprisonment and, if your dog kills someone, you could be liable for up to life imprisonment.

The adage that every dog is entitled to one bite is folklore. If your dog injures someone, he can be ordered destroyed.

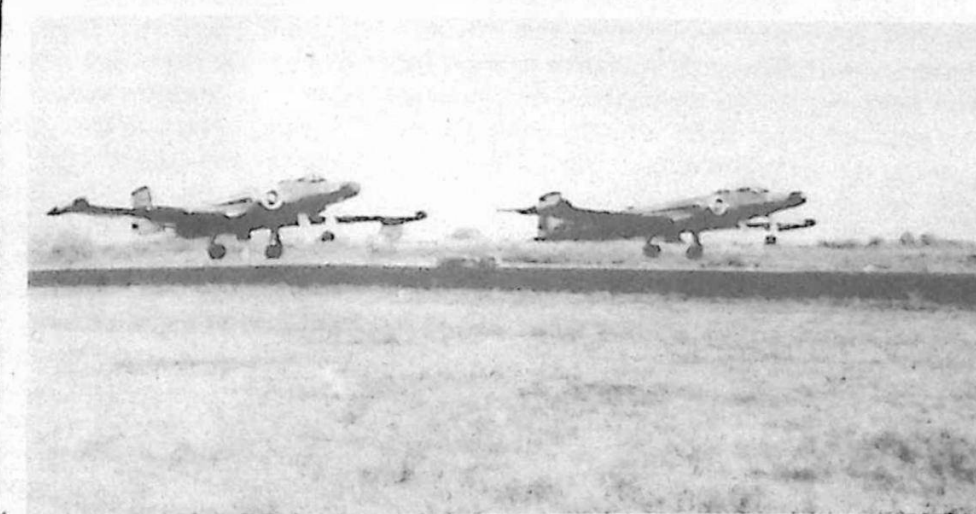
It is in your best interest as a pet owner to ensure that your dog does not bite anyone. If you know that your dog is prone to bite, keep it away from people and put up signs warning unsuspecting visitors.

Courtesy the Law Society of B.C.



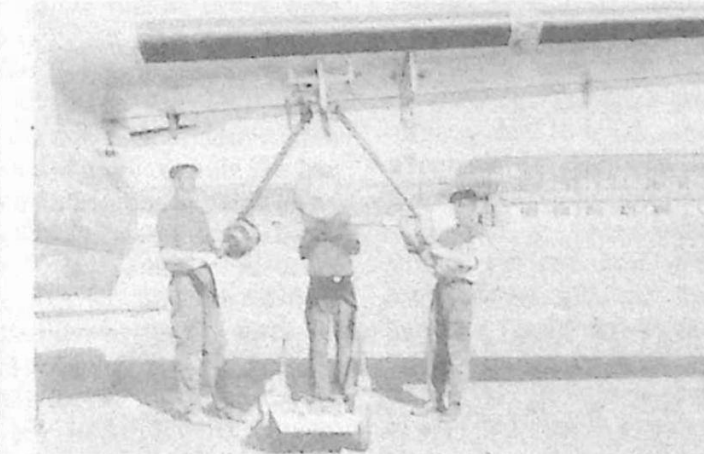
DRINKING DRIVING
COUNTERATTACK

Air Force Trivia



what
where
why
when

Answer from Last Issue



From L to R - L/S Jerry Mottle, Bernie Arseneault, and Stu Waldron loading a M, 54 Depth Bomb onto a Tracker at HMCS Shearwater 1967.

SECTION NEWS



BAMSO

THE BAMSO IS DEAD, LONG LIVE THE BAMSO!!

I am very pleased to have recently assumed the reins of the Base Aircraft Maintenance Support Organization and having spent the last year as a recipient of your fine services, I look forward to our closer association. We, in BAMSO, are in the unenviable position of supporting all 3 Base Squadrons and the 441 Detachment but never getting to see the fruits of our labour in action. Our jobs are not as glamorous as a servicing crew for example, but we are in every way as important to the safe and efficient operation of the Squadrons' aircraft as their own maintainers. From personal experience, I know that your support is vital to the squadrons and I am sure that you will continue to give your utmost to your assignments.

I have not had the opportunity to visit all the shops since I arrived officially on 13 Jul but minor personal taskings like the Abbotsford International Air Show and AERE Practical Phase Training keep getting in the way. I am a firm believer in the philosophy of LBWA (and if you don't know what it means and you belong to BAMSO, you aren't reading the ROs) so I will appear in the strangest places at the oddest times. So if you see me appear at your shoulder, you're probably not in trouble, I'm just being nosy.

The Officers and SNCOs have responded to the Junior NCO's challenge and our choice of sports is Slo Pitch. Our team has been secretly practicing for weeks now and just to let you know where you stand, Win Dryden has been clocked at 4.50 from home to first base (of course, that is 4.50 mins). Once the time and date have been set, I hope that all the non athletes in the organization will come out and be athletic supporters and watch old age and treachery overcome inexperience and exuberance. And if that doesn't work, we'll cheat!...J.R. Kightley, Major BAMSO NEWS

CHEZ MOUSSEAU RENAMED JIM'S JOINT. The service is still there in the BAMSO Orderly Room, however with a big change in staff. Sgt Jim Minaker comes

to us from RSS Pacific Vancouver and Cpl Lorry Laurie comes to us from the Base Hospital Orderly Room. Welcome to BAMSO Jim and Lorry, we hope you'll have a good tour with us aircraft maintainer types.

PARTING SHOT(OR IS IT PARTING HAIRS). WO Gray has had an on-going "moustache campaign" with Capt Hamilton -- starting with Kelvin's initially feeble moustache start-up and finally when Kelvin shaved off the moustache. As you all recall, Kelvin Hamilton has left on posting to AETE Cold Lake, and since Al Gray wasn't around at departure time, Kelvin left his "calling card" on Al Gray's desk...a moustache (a drawing of one)! RANK DOESN'T RATE PRIVILEGES.

BAMSO's office renovations were well behind the rest of the renovations underway in the old RS Lab. The Major's office did look sick with all the tiles scraped off the floor so a few enterprising front office members showed initiative and laid out a patch work floor covering of carpet remnants. (Can't deny that initiative is good for PERS -- maybe this could also be used as an example of "problem solving"....).

SAFETY SYSTEMS

The shop is into its late summer rotation. Ed and Gaetan have moved off to the land of 407 Servicing and Percy and Sylvie are back in the main shop. Les has gone to chutes and LOX while Bob will be in visiting the outlaws in Germany. I can hardly wait to see what happens in the Fall rotation.

Bill has been out trying to hunt down the elusive salmon, and has managed to capture a few of the little devils, including a monstrous twenty-six pounder. Kind of puts your little fifteen and three-quarter piece of bait to shame, doesn't it Jamie?

Percy and Ian are getting geared up for Abbotsford already. Never have I seen two grown men so excited about going to an airshow! It must be their new T-shirts that they're getting so worked up over, it couldn't possibly be anything else.

We got the news the other day that the Great One will be playing in the Canada Cup. Bill was so happy when he heard, you wouldn't believe it!!

I guess that's about it for this time around as there hasn't been any TD or courses since our last column. Stay tuned for all the news from Abbotsford in the next one. If nothing else, we'll have found out if the T-shirts were worth it.

NDT

Welcome to the secret world of NDT once again. Our shop has been quite busy for the past month with a lot of work from the squadrons and other sections. We had to X-Ray one of the Buffalo aircraft as part of a recent inspection at 442 Sqn. Our trusty film processor, "Betsy" just held on long enough to safely develop the 90 radiographs from our X-Ray job before she decided to stop circulating one of the solutions in the machine. To say the least, it took a bit of fixing before we were able to get a nice, clear image on the film. VU 33 squadron keeps us regularly supplied with T-Bird parts to check out while brake and wheel shop has kept a steady stream of Aurora, Tracker and T-Bird wheels coming through the shop. A lot of the 'extra' wheels came through the shop while the OCDs were here, so they learned and helped out in the shop at the same time. We recently held our bimonthly NDTAF luncheon and "technical" meeting at one of the local public establishments, where many points of varying interest were discussed.

The biggest event of noteworthy mention to be happening here soon (very soon, we hope) is the major renovations to our shop. The biggest change to the shop will be a mezzanine over half of the shop. This will enable us to have a much larger work area and will allow enough room for an enclosed, darkened area for liquid penetrant inspection. A welcome part of the renovations will be the addition of a positive ventilation system in the shop which should remove some of those (cough) chemicals we use in everyday work. When

CONTINUED ON PAGE 27

Suggestion Awards



Corporal Scott, a Water Sewage and Pol Tech in the CE Section, suggested a method of reducing a traffic hazard in married quarters. His proposal was not adopted but did prompt the authorities to take alternate corrective action, and LCol Bowes, his Commanding Officer, presented him with a cheque and certificate.



Captain Fred Goldie, the 407 Squadron Flight Engineer Standards Officer, received an award from LCol Sutherland, his commanding officer, for his proposal to rescind the CP140 Aurora functional check flight list, which is now duplicated by other documents. Happy retirement Fred.



When WO Chartrand was the Aux Power Plant Supervisor on this base he suggested that all aux power units at Comox be fitted with external running indicator lights to permit rapid visual locating of units that had failed to reset after base power failures. Colonel Diamond, the CFB Trenton Base Commander, presented him with a certificate and a \$200 award.

SECTION NEWS



Supply Signals

Hello to everyone out there from your friendly Base Supply Section. Summer is well on its way and with it we bring you some more interesting news on the happenings within the Supply World.

Clothing Stores is still undergoing renovations and the issue of the new Air Force winter uniform is nearing its completion at CFB Comox.

As for General Stores, the rewarehousing and renovations are still progressing and the place has a total new look. All the work being done around the Base is sure keeping 5 Supply Group extremely busy. Kathy and Rick Olsson have left to head for Toronto. They will both be missed by all of us. Apparently they mentioned being back here in 2 1/2 years to live. And for anyone who cares, Wally Berger has told us that he prefers to be called "Walt." We never, never knew, Walt!

The beach party and Supply Olympics was a knock out. It's been a long time since we have so much fun and the people didn't leave at 3:30 PM as is normally the way it goes. People stayed and enjoyed it to the max. We said our goodbyes to Deanna Graham, Luc Lapointe and Rick and Kathy Olsson.

Mary Jo safely returned from her TQ5 course. She had an interesting first day back when she helped a distressed Cpl who was running around BB 6 in a towel trying to get into his room through a window. Needless to say she got a key and helped him out. Welcome back Mary Jo and also a welcome goes out to Cpl Mona Rogers in 1 Supply Group and Cpl Kim Franke who is in 5 Supply Group. Both Mona and Kim have both just arrived at CFB Comox.

We also heard that the Supply Ball Team is doing very well with a record of 6 wins, 2 losses.

Little Qualicum Hatchery Expansion

VANCOUVER -- Major expansion of the Little Qualicum hatchery on Vancouver Island will result in increased chinook production for the Strait of Georgia, Fisheries and Oceans Minister Tom Siddon announced today.

"Expanded facilities at Little Qualicum will help us conserve our precious chinook stocks," the Minister said. "Once fully operational this hatchery will produce up to four million chinook smolts annually - up from its present capacity of 1.7 million smolts."

The Minister said the \$400,000 expansion -- which calls for the construction of two new concrete rearing channels -- is already under way and should be complete by October 1, 1987.

The expansion of Little Qualicum hatchery, situated on

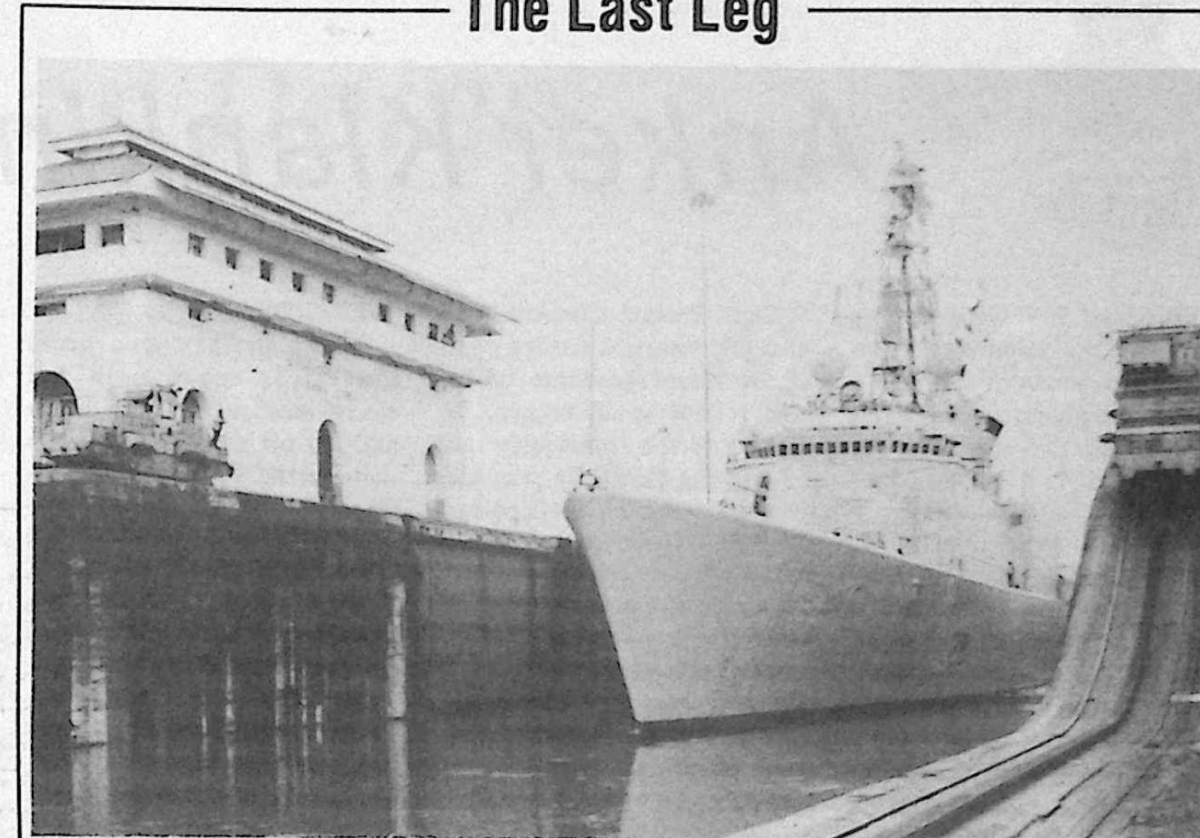
the Little Qualicum River near Parksville, is part of DFO's integrated plan to increase and protect chinook stocks in the Strait of Georgia, the Minister said.

On June 23, 1987, the Minister announced additional funding to stabilize the Salmonid Enhancement Program (SEP) at more than \$40 million per year.

"This government has made an unprecedented commitment to this program. It will put an end once and for all to the piecemeal funding which has plagued SEP. I made it my goal to set SEP on a sound financial footing over the next five years and beyond, so I am particularly pleased to be able to make this announcement today," the Minister said.

The contractor is Hub Excavating Ltd. of Nanaimo.

The Last Leg



PANAMA....HMCS Huron passed through the last series of lock chambers in the Panama Canal as she transited from the Atlantic to the Pacific on July 10. The Huron and her 311 member crew are enroute to CFB Esquimalt to provide a balanced fleet for the West Coast. (CF Photo by Sgt J.F. Smith).

NEXT DEADLINE...AUG 17

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SECTION NEWS



Anker Klankin'

You read last issue in this space of the departure from VU 33 of some of the Sqn's finest members. Men who exemplified the spirit of the Fighting 33rd. Who, you may ask, are we selecting to follow in their footsteps? It's not an easy task but after lengthy deliberation the Sqn is pleased to welcome the first of this seasons crop of new aircrew, AESOP MCpl Gary Mickelthwaite. Even those who can pronounce his name cannot fit it into their logbooks or the CF 774. Consequently he's becoming known to all of us as "Mick..." A veteran of MR 880 Sqn, Gary comes to us fully trained and up to speed. Welcome aboard!

Speaking of "fully trained and up to speed," Maj Arsenault has just returned from his week-long T-33 refresher course at 414 Sqn, North Bay. Being a consummate pilot and a veteran of several thousand hours on the jet the Major completed the course in record time. Now you're back, Sir, you'll probably want to retrieve your firewood from Randy's truck before it's junked!

Capt Richie Clements has also just returned from a course. A recent graduate of the ICP school in Winnipeg, he returns to the formidable task of running Sqn OPs. For our part we've missed a skilled participant in the Friday afternoon Form trip and his wry sense of humour and enthusiasm. Welcome home 'Richard.'

Since coming to the Sqn Capt Greg McQuaid has surprised no one with his rapid progress. He has just become the Sqn's newest Crew Commander thus rivaling the legendary John Reimer for the record of upgrading in the quickest time. The experts had said that the race was too close to call. With the imminent departure of John to 415 Sqn Greg now becomes Tracker Standards O.

Not all the action has been on the home front, however. Last weekend Capts Cummings and Baggailey took a couple of T-33s to McChord AFB for Ex Felix Brave. Demonstrating the qualities characteristic of all VU 33 Sqn pilots they handled the same jobs in their 30 year old airplanes that it takes two civilian pilots in a sophisticated Lear jet 35 to accomplish.

TECHSIDE

During the past two weeks the VU 33 engine techs and electricians put in extra hours and put off thoughts of things to do on the weekend due to extra work load.

All reports are good on this year's West Coast Trail Coast Trail adventure train. On the first day out, Monday, 6 July, the day began with a boat ride. At the end of the boat leg two of the adventurers noticed the approaching 300 ft (vertical) ladders and having heard of the upcoming 8 mile portage, hid away on the deck and cruised around instead. After all it was only the first day and they had hardly gotten their sea legs yet. Must have been over-tired fitters.

On the second day out the weather turned wet and it was muddy trekking. Chris Shelly, whilst wading across a creek in full dress complete with back pack, did a comic ballet on the slippery, submerged rocks. His marks were 5.1, 5.2, 5.1, 5.3, etc. The Russian judge offered a 6.0.

In the 3rd day they hiked 13 miles to Tusiat Falls; there they

R & Rd for the afternoon. Fred Kay noted that the viewing was exceptional.

The 4th day had Pte Herle walking an extra three miles. He was found wandering around saying "where the hell is Michigan Creek."

NOTABLES — McQuaid got his \$180.00 GOK - TEX boots into scuffed and muddy shape.

"Weiner" can climb steep hills and slurp beers at the same time without spilling a drop. (remind you of SADQ).

Janice Bull wanted fillet of sole. He couldn't catch any so his hiking boot was sacrificed at the campfire.

Janice Bull runs out of rations on 2nd to last day.

At trail's end they all headed for the restaurant in Bamfield, the home of the now famous Trail Burger. Janice of course, was leading the pack.

Dave Maloney went numb numb at Nim Nim when his borrowed ten speeder blew a rear brake. He managed a sliding hold before running out of straight down slope. Only a few scrapes and bruises says lucky Dave.



SECTION NEWS

Demon Doins



Promotions at 407



SGT DUGAS

LCOL SUTHERLAND PRESENTING



MCPL BLOVIN

LCOL SUTHERLAND PRESENTING

There is nothing better than a couple of away trips to produce a veritable plethora of stories, happenings and quality Demon dirt. We'll start with Taz and the boys from Crew 6 Terminators who were off to Winnipeg and Moose Jaw to motivate future navigators and pilots. Apparently Alistair Mackay and Herbie Lightfoot both seemed to shed years in their appearance. Alistair, because he shaved off his moustache to enter a Wally Cleaver look-alike contest and Herbie just because he was breathing that good prairie air again. Ken Rodzinyak always the innovator combined cycling, diving and swimming when he took his "Ride For Life" to the bottom of a handy pool. Jeff Hill suffered a minor wrestling injury and was so grateful to the nurse who treated him that he provided her with lunch and dinner. Crew 6 would also like

Maj Gary Reaume to fess up that his middle name is "Milo."

Crew 3 Subbustors took a trip up to Frobisher Bay to do some high profile stuff and Mark Wisted thought he would be able to meet our minister of national defence. Unfortunately when he asked the minister's press secretary where Warren Beatty was she wasn't impressed. Good heads up play there Mark. Steve Amo has been seen driving around town sporting a T-shirt that says "I drive a bitchin Jeep" and supposedly the passenger was wearing one that said "I ride in a Bitchin Jeep." Gosh that's cute.

New man on Crew 2 Capt Richard Szigedewicz (pronounced 'Shag') showed them his stuff on a MAD COMP the other day and Buddy McKeigan was so impressed he redecorated the NASO-2

Station. Quote of the week goes to Buddy who said "It felt like it was going to just be a little burp."

Any rumours in this column regarding the impending marriage of Ken 'P.Y.T.' Westerveld must now be considered false as he has come out of the closet and moved in with Graham Edwards.

Nuff said.

407 PHOTO

Hello again from 407 Sqn Photo. It seems like these articles are turning into summer reruns. All there is to talk about is who's leaving and who's arriving.

First let's see what's happening in photo servicing this month. MCpl Lambillon has returned from the Great White North and word is he enjoyed himself!! MCpl Chris Tremblay left 1 Crew for 2 Crew on the 14 July. Chris will also get to see the Great White North on the 26 July. MCpl Mattson figures the Great White North is this years summer resort haven and has requested a trip too. Come the 10 Aug, Rod, you will be on your way.

Cpl Joanne Parker left 2 Crew for 1 Crew on the 14 July, her compensating trip for the inconvenience is six fun filled weeks in Borden on her XG course.

A big welcome to Cpl Frank Jahrig who is one of the first new people to arrive. Seems Frank wasn't in a great rush to get here so he took the two day scenic route from Chilliwack.

Also a welcome to Cpl Tardif who came to us from CFB Greenwood. Guy will spend a few weeks here then he is off on his 9L course.

In the processing lab there is a fad going around. Pte Rob Granger started it by having a cast put on his left leg. MCpl Terry Wood liked it so much he had a flashy fibreglas cast put on his left arm. Pte Lynn Fralick not to be outdone has decided on an ankle bracelet type cast for her fall wardrobe.

In the Golf War, Sgt Stan Lawless jumped ahead of WO Jean Cote by winning the C division of the Crown Life Golf Tournament. WO Cote was not available for this tournament as he was attending the GOLF Maintenance Managers Course in Greenwood.

Cpl Lauder will be joining the processing team on Aug 04

Promotions

WITH 407 SAMO MAJ CLARKE



SGT LONGVAL

MCPL BLAIS



MCPL WARREN

MCPL LEBLANC



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SPORTS & RECREATION

Sports Shorts

PAC REGION SOCCER CHAMPIONSHIP

CFB Comox Base Soccer Team will be participating at the Pac Region Championship in CFB Esquimalt on 10-14 Aug 87. We would like to wish them good luck.

TOTE MENS SOFTBALL

In preparation for the Pac Region Servicemens Softball Championship to be held at CFB Chilliwack 11-14 Aug 87, the mens softball team participated in the Bill Moore League Tournament 17-19 Jul 87. The team lost their first game against Whistler 2-1 in extra innings, but won their second game against DSJ 10-3. Newly acquired Dan Dupuis hit a home run in this game to assist in the win. Sunday morning saw the team up against Mountain Meadows and after the dust had cleared, the boys had won their second game of the tournament 5-2. Their next game pitted them against Hamilton Logging, a win would put them into the prizes. But this was not to be. Although Bill Talbot hit a home run, the boys lost 5-4 in extra innings. Honourable mention goes out to Mick Hatch and Guy Plante for their superb play throughout the tournament. Congratulations to all members of the team for their excellent performance and sportsmanship throughout the tournament.

TRI-K TRIATHLON

Comox Lake was the scene of the 4th Annual Comox Valley Tri-K Triathlon in which 138 competitors took part.

In this Triathlon the triathlete must swim 1500 meters, bike 40 kilometers and run 10 kilometers. In order to complete this event one must be in extremely good condition!

Of the 138 competitors taking part in the race a handful of competitors came from our CFB Comox Yves Carrigan and Maurice Robert, SAR Techs from 442, Roger Skidmore from DIAC Training, Ken Westervall from 407 and Lloyd Barrel on loan to Comox from CFB Winnipeg.

Westervall was the first one of the base pers to pull himself from the Cold Lake that resembled an ocean more so than a lake. He was followed by Robert, Carrigan, Skidmore then Barrel. On the bike portion Robert overtook Westervall and looked as if he would be the true victor of the base, however Skidmore passed Robert in the last 3 kilometers of the run with an all over time of 2:23:35.

Moe Robert	2:25:17
Ken Westervall	2:34:13
Yves Carrigan	2:36:55
Lloyd Barrel	3:00:40

CINDY A WINNER

Pte Cindy Dickson recently participated at the Gold Classic Body Building Championship in Victoria where she placed 3rd, and most recently represented Vancouver Island at the B.C. Body Building Championship held at Vancouver where she placed 1st. As a result of her win she now will represent B.C. at the Canadian Western Championship to be held next year.



Pipe Smoke

Gerry Gerow

This week I'm going to review a breed book of one of the lesser known breeds of dogs. *The New Complete Keeshond*, by Carol and Ron Cash, Howell Book House, New York. US\$17.95.

I found the book intriguing, especially the historical part. Here I discovered that Kees is a Dutch nickname for Cornelius, and the breed is named for the Dutch patriot Cornelius de Gyselar. So the name simply means Cornelius' dog. It is pronounced Kays-hawnd. An ancient breed, the Keeshond goes back to at least 5000 B.C. The Cashes have been breeding and showing Keeshonds for many years and are undisputed experts on the breed.

They have included a full chapter on the Keeshond in Canada.

All too often this is omitted in breed books written in the United States.

Everything necessary in a good breed book is here, and more. Training, obedience, and showing are all covered in individual chapters. Breeding, care, and puppy raising. It's all here, specifically tailored for the Keeshond.

Anyone owning or thinking of owning a Keeshond will find this book indispensable. It is a 304 page hard cover edition, which contains

many photographs to illustrate the text. It's hot off the press and should be available soon.

XXXXX

So the premier of Alberta gave fur coats to the Prince and Princess. Every bleeding heart in Canada reacted as was to be expected. Then they went straight home and sat down to a meal of beef, pork, poultry, fish or the flesh of some other animal. Talk about your hypocrisy. Trapping is no longer cruel, as it once was, and the great majority of furs today come from domestically raised animals.

XXXXX

I caught an interesting documentary on the boob tube, recently. It was on alligators in the southern United States. It seems the conservation action taken when the reptiles were endangered have been too successful. Now they have a serious alligator problem in some areas and are going to allow controlled hunting once again.

We in Canada have a similar problem with seals and wolves. Let's hope that our authorities will also take positive action to deal with it. Short column this week, Frank.

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SPORTS & RECREATION



Fitness with Debbie

It seems the "age of moderation" has hit the fitness boom, and people are now beginning to realize that they don't have to punish their bodies with gruelling work-outs in order to get in shape. The trend these days is to find an activity you actually enjoy doing (yes, exercise CAN be fun!)

This line of thinking has caused a great revival in the age-old practice of walking. As more and more runners are dropping out of the race for aches and pains, they are finding that high levels of fitness can be maintained by strutting along at a brisk walk. While once seen as a way of getting home if you petered out during a run; walking has now become a viable, popular activity in itself.

For those people interested mainly in weight loss, walking often makes more sense than running. It takes about the same amount of energy (calories) to walk a mile as it does to run the same distance -- it just takes a little longer. However, exercising for a greater period of time will elevate the rate at which you burn those dreaded calories long after you finish your walk.

Not only will walking burn fat off your body, it will tone and shape muscles in the hips, thighs and calves. By pumping

the arms while striding along, you can also put a bit of shape in the upper body.

The cardiovascular benefits of walking will become apparent after only a few weeks. Your endurance will improve, energy levels will increase, and the extra oxygen will make you more alert. A good brisk walk will also release "endorphins": those wonderful chemical

compounds that have been shown to block pain, alleviate depression and produce a general sense of well-being.

A simple walk seems to have something to offer people of all fitness levels. It is a great way for couch potatoes to get started, for injured runners to stay in condition, and for anyone to enjoy some fresh air and pleasant, pain-free exercise.

Body Building Champ



PTE CINDY DICKSON

A recent winner in Victoria Cindy will represent B.C. in next years Western Canadian Championships.

Water Running

Too hot to run? Has lap-swimming lost its appeal? If so, consider running in water as an exercise alternative.

Running in water may look a little strange, but coaches and runners are discovering many advantages to training in the pool. When distance runners are sore or injured, they run in the water. Pool running is ideal for developing their cardiovascular systems, for preventing injuries and for

doing resistance training.

Buoyancy and resistance contribute to effectiveness of running in water. Your buoyancy depends on your percentage of body fat, bone density and lung volume.

You will float higher in the water if you have a high percentage of body fat, large lung volume, and "light" or less dense bones. (Unfortunately, runners with a low percentage of body fat tend to sink quickly

and have a hard time floating).

A few years ago, coaches from California State University, decided to train their injury-plagued cross-country team in the pool. Not only did the runners recover quickly from their injuries, but they also were stronger and ran faster than when they had trained only on the track. The runner had become stronger from working against the water.

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.

Officers Mess

WEDNESDAYS AUGUST 5, 12, 19, 26

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 AUGUST 7, 14, 21, 28

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

DUE TO NUMEROUS SQUADRON AND BASE FUNCTIONS, THERE WILL BE NO MIXED TGIF IN AUGUST.

COMING EVENTS IN SEPTEMBER:

Sept 3 - RETIREMENT MESS DINNER

Sept 11 - 13 - 442 REUNION

Sept 18 - MONSTER MIXED TGIF MEET & GREET NEW BASE PERSONNEL

"COOK YOUR OWN" Steaks will be available at the bar for \$3.50. Condiments will be provided.

WOs & Sgts Mess

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

AUGUST 1987

ENJOY YOUR FISHING — HIKING — CAMPING.
HAVE A SAFE SUMMER

AUGUST 21 - Friday - GOLF TOURNEY

- 18 Holes - Caloway SYSTEM

- 0800 START

- Entry Fee \$5 per person

- Prizes

- Steak Barbeque for participants follows at the Mess

- Check for details and sign up at the Mess

- Good fun - Good company

for September plan for the Meet and Greet on the 12th.
Bank Booked - Stay tuned for further info.

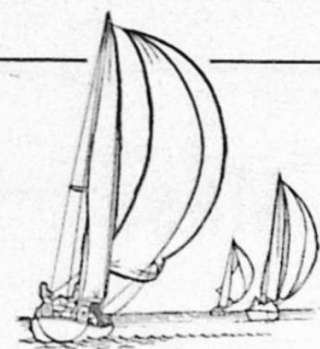
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SPORTS & RECREATION



CFB COMOX SAILING CLUB

It's raining and I'd still rather be sailing. And in fact, in ten days I'll be somewhere near Desolation Sound with family and friends. But it would appear that not all CFB Comox Sailing Club members are thrillseekers.

It has come to my attention that Maj Don 'The Terrible' Thain's keelboat was found abandoned in Powell River recently when the winds were suitable for a four hour 'scream reach' across to

SAILING SPLATTER

Comox. To add insult to injury, the Scotties' Bay Boys also discovered that 'The Terrible' had wimped out by taking the ferry back to Comox. Could there be any truth to the rumour that his boat is for sale (by appointment only)?

The summer has progressed at a somewhat more adventurous pace for the dinghy crowd. The Comox Bay Sailing Club's Invitational Summer Regatta was well attended by our membership. Rumour has it that Maj Terry Small will be refining his roll tackle instruc-

tional techniques as his first student departed the boat on his first attempt prior to the first race. And other than the nutritious lunch four participants had (two chocolate bars and a Coke), the order of the day was sunburn all around. Many thanks to those who participated. There can be nothing better than a good collision to stir some competitive spirit amongst a fleet of 13 boats.

Now that Quadra is a 'fully operational' unit, exhausted crews from 407 Sqn are able to take rotating leave. This

dramatic event also has grave implications for the Sailing Club with respect to parking at Quadra. Word is that we are entitled to park in any non-reserved spot between our sail shack and the spots reserved for Marine Section personnel. If these spots are unavailable, our usual designated reserved parking between the guard house and the Supply Building on the ocean side is always available.

The Annual Rum Race and Tree Island Picnic will go as scheduled on the 15-16 August. Racing will begin with all participants gathered at the Clubhouse for a pre-race brief at 1030 on the 15th. The Commodore will brief his personal vision (version) of the rules before the LeMans start. Rumour has it that a keelboat section will be added this year involving a different course and reward for the lucky crew arriving at Tree Island post haste. Keelboats will graciously provide transport for tents, sleeping gear, coolers and hangers-on for this overnight function so mark your calendar today! Spring Series race

results will be announced at this function.

Details have been released by the National CFSA Committee regarding the Annual CFSA National Regatta to be held from the 22 to 26th of September. Fifteen crews will battle the torrid fall winds at Baker Island (CFB Trenton Yacht Club) vying from the coveted National title. The western region (Chilliwack, Esquimalt and Comox) is entitled to enter five crews. I won't say that interest amongst the more keen local club members is high but Dave and Dive already have nosebleeds.

There seems to be enough interest amongst non-members in learning how to sail to justify running a third learn-to-sail course. If you wish to add your name to the list of interested bodies to learn to sail sometime during the first three weeks of September, call Capt Dave Nurse collect at local 8573 or leave a message at 339-6794. We need twelve bodies or so to keep things interesting. Don't delay as these things have a way of filling up quickly!

PER ARDUA AD HYDOR!



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LIFESTYLE



In The Mags

WHAT'S NEW ON THE NEWSSTANDS

A Report on What's New on the Newsstands.
The Players Settle the Question of "Who's The Best" in the CFL

Controversy will always surround sports, with perpetual battles being waged across the land about "Who's the best?" "Who's the Worst?" "Who Belongs In?" and "Who Shouldn't Be There At All?"

As far as the CFL is concerned, part of the battle was settled recently in the current issue of *MVP*, the country's major sports magazine, who polled players on all nine teams (before the demise of the Montreal franchise) to see who they thought were the best.

Nearly every team in the league added one or two names to the players' poll of "the best" in a whole variety of situations. The Lions, Stamps, and Eskies appear to have bagged a bunch of the best but, according to the men who play the game, a lot of talent is spread around the rest of the league.

Whether you agree or disagree, if you like football, and especially if you like to argue about football, "*CFL*

Players' Poll" has enough ammunition to last you well in to the season.

To sports fans, summer means golf, and golf means the annual PGA tour, the Canadian Open, and bigger and bigger bucks every year. And, with George Knudson planning on hitting the over-50 Senior's Tour in the near future, there's sure to be a revival in interest in Canadians who follow the pack.

MVP, also does an excellent job in this issue with a first-rate profile of BC's *Jim Nelford*, once heralded as the brightest star on the Canadian pro golf horizon.

Nelford is back on the tough PGA Tour after an absence of more than a year following what has to be one of the freakiest accidents ever to happen. Out waterskiing on Sagura Lake near Scottsdale, Arizona (the day before he was to play for the Canadian PGA championship), he had signalled the tow boat to pick him up. Inexplicably, it ran him down, mangling his arm, breaking it in nine places, and slashing his chest, back and right thigh.

Back on the tour with a right arm held together by a metal plate and 13 screws ("It was like putting together the pieces of a

jigsaw puzzle," said his surgeon), and sensitivity in only one finger on the hand, Nelford is back again making the cut and scrapping to finish in the top 125 money-winners on the Tour to retain his playing card for the next PGA season.

"Hustling," in one form or another, has always been in vogue, but never with more style and elan than in Toronto recently when art entrepreneur cum "businessman" *Sam Olan* offered an art collection as part of his apartment contents sale that would have had most of the country's galleries drooling. Too bad they weren't quite as real as Sam promised.

The current *Toronto* magazine's Philip Plews does a masterful job of profiling Sam and his not-so-legal yet-almost-madcap adventure in "*Miro, Miro, On The Wall*," makes wonderful reading for everyone who's every seen that bargain....that seems almost too good to be true... Sometimes, folks, it isn't!

O.K., name the Canadian billionaire (under-60 division) whose wife still cuts his hair? Where's the smallest "company town" in Canada? Who got paid \$800 and a used typewriter to create one of the world's best known computer logos? Who are the shortest

and tallest executives in the country? What company has the best-looking executive washrooms?

The answers to these, and dozens of other titillating questions that have probably been nagging at you for years, can be found in the current issue of *Canadian Business*, beginning on page 38. It's odd reading, but quite fascinating, and the source for dozens of winning trivia questions.

Book Review:

AIDS is a terrifying disease, perhaps made all the more so because so few people outside those in the medical profession truly understand it. The problem seems to simply be that there's so much information floating around, and so much of it is contradictory, that the facts, and the truth, get lost in the muddle.

Toronto Star medical writer *Marilyn Dunlop* has taken her readers a major step forward in understanding AIDS (along with a host of other immune system-related diseases, like arthritis, MS and diabetes) a long way down that road to knowledge with the publication of her latest book, "*Body Defenses*" (Irwin Publishing, 1987).

Called a "brilliant book" by Canadian immunologist and transplant surgeon Dr. Calvin Stiller of London's University Hospital, "*Body Defenses*" is jam-packed with the kind of basic information that every Canadian should have at hand if they're worried about the newest, and perhaps most dangerous-ever, health crisis in Canada. Check your local news dealer or book store for your copy.

Student financial assistance and volunteer community work: an explanation

Some benefits under the new B.C. student assistance program are now linked to a student's activities during the summer — activities which may include, for some students, volunteer work in the community. Here's how it works:

1. Level of student assistance based on financial need

Student assistance — in the form of loans — is available to virtually all British Columbia students who can demonstrate financial need while attending university, college or a provincial institute. These loans must be repaid after graduation.

2. New programs reduce student loan debt

New programs now enable many students to reduce their debt from student loans. These programs work by replacing a portion of the student loan assistance with assistance from special new funds which do not need to be repaid. (Officially these programs are known as Supplemental Funds, Equalization, and Loan Remission. We will send you a pamphlet if you want to know more.)

3. Student requirements: work or study during summer

Most students in B.C. already contribute to their education by working or studying during the summer. This type of "personal contribution" is now a formal eligibility requirement for the new programs which reduce student debt. (It is not a requirement for the basic student loan — which is based solely on financial need.)

4. If you can't find work, you can volunteer

Students who look for a job, but cannot find one, can still meet their "personal contribution" requirement by finding volunteer work in their community. Student assistance officials will be flexible when interpreting this innovative requirement — particularly during this first year. Students are advised to keep a log of their volunteer activity.

Find out more!

For information or an application kit, phone the provincial Student Financial Assistance office toll free:

1-800-742-1818 8:30 a.m. to 4:30 p.m. weekdays

or contact any British Columbia University, Institute or Community College.



Ministry of Advanced Education and Job Training
Skills for Life



COBourg, Ont. — The mounted contingent of 2RCHA in the recent freedom of the city parade in Cobourg, passes in review in front of Victoria Hall. The parade which honoured the long and harmonious association of horse artillery and the city was part of Cobourg's sesquicentenary celebrations this year. Costumed in the historical dress uniform of the Horse Artillery are artillery officers from 2RCHA in Petawawa, Lt. Tim Isberg, 25, Lt. Allen Walsh, 23, Capt. Mark MacDonald, 24, and Capt. Simon Heatherington, 22. The four officers are riding mounts on loan from the Guards Equestrian Centre of Vaughan, Ont. where they practiced before the parade.
(CF Photo by Sgt D.Brakele)

SAFETY RULES FOR KIDS



* If someone tries to take you somewhere, quickly get away from them and yell and scream, "This man is trying to take me away" or "This person is not my father (or mother)!"



* If someone wants to take your picture, tell your parents or teacher.



* You should try to use the "buddy system" and never go places alone.



* No one should ask you to keep a special secret. If he or she does, tell your parents or teacher.



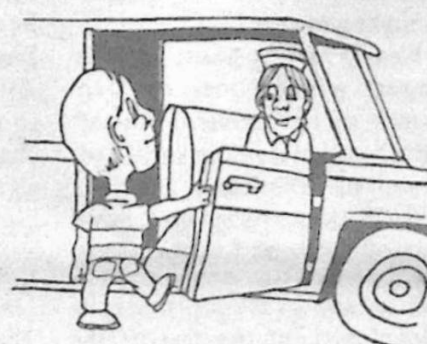
* If someone follows you on foot or in a car, stay away from him or her. You don't need to go near the car to talk to the people inside.



* No one should be asking you for directions or to look for a "lost puppy" or telling you that your mother or father is in trouble and that he will take you to them.



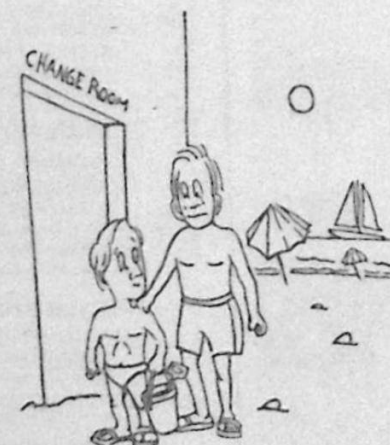
* Never hitchhike or try to get a ride home with anyone unless your parents have told you it is okay to ride with him or her.



* You should not get into a car or go anywhere with any person unless your parents have told you that it is okay.



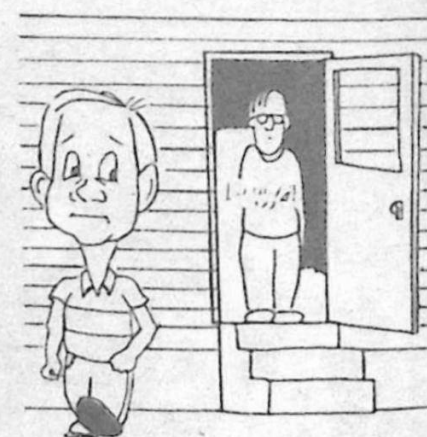
* If you are in a public place - for instance, a store, shopping mall, carnival, or amusement park - and you get separated from your parents, don't wander around looking for them. Go to a checkout counter, the security office, or the lost and found and quickly tell the person in charge that you have lost your mom and dad and need help in finding them.



* No one should touch you in the parts of the body covered by the bathing suit, nor should you touch anyone else in those areas. Your body is special and private.



* You can be assertive, and you have the right to say NO to someone who tries to take you somewhere, touches you, or makes you feel uncomfortable in any way.



* Always ask your parents' permission to leave the yard or play area or to go into someone's home.

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1A Sir Winston Churchill Square
Edmonton, Alberta T5J 0R2
(403) 422-4698

Canadian Forces Update

The New Defence Policy



A CF-18 from 425 Tactical Fighter Squadron flies over Baffin Island, (Photo by WO Vic Johnson).

SOVEREIGNTY

The federal government says it will not allow Canadian sovereignty to be diminished in any way. The white paper on defence says Ottawa will ensure that the Forces can operate anywhere within Canadian jurisdictional limits, and they will assist civil authorities upholding the law and maintaining sovereignty.

The white paper says that, after the defence of the country, there is no issue more important than sovereignty. This means that we must have the ability to control events occurring in our own territory, and we must be able to demonstrate to other countries that we have this ability. The Forces have a particularly important, though not exclusive, role to play in this.

Canada is not universally recognized as being sovereign in all the areas we claim. The United States considers the Northwest Passage to be an international strait, but we regard it as internal waters. Talks are going on in an attempt to reach a solution based on mutual respect and common security.

In his speech in the Commons on tabling the white paper, the minister of national defence said the government is

prepared to discuss cooperation in all aspects of the defence of North America. "But we will not allow Canada's sovereignty to be compromised," Perrin Beatty told the House. "We will be a partner with our allies and not a dependant."

The civil authorities are responsible in peacetime to see that our laws are enforced throughout our territory. This includes navigation and pollution in ice-covered waters, game laws in the Arctic, and the regulation of fisheries and air traffic.

The white paper says the Polar 8 icebreaker will make a significant contribution to the maintenance of a Canadian presence in the exercise of sovereignty in Arctic waters. The military role is that of the ultimate coercive force when civil authority is inadequate.

An important part of sovereignty is that ability to see and hear what is happening within our territory, on land, at sea or in the air. But to have effective control, we must also be able to respond with force against any attack or invasion. The white paper says being able to do this will show Canada's resolve to maintain her sovereignty and to deter potential violators.

As a maritime nation flanked by three oceans, Canada must

have a navy which can respond to challenges without our own waters. The white paper stresses that no single system is capable of handling by itself the range of our maritime requirements. Aircraft, ships and submarines all have unique advantages which must be combined so that their strengths reinforce each other to produce a balanced, effective force.

The white paper says Canada also needs well-trained and well-equipped land forces. Additional brigades will be created, mainly from the reserves, to improve the army's capability to undertake operations in the defence of Canada. A guard force will be created to protect military locations, and the Rangers will be expanded and their equipment improved.

To protect against the air threat, the North American Air Defence Modernization Program has been undertaken jointly with the United States. This involves several new radar systems. To further improve our surveillance capabilities, the present fleet of 18 Aurora aircraft will be enlarged to allow more patrols, particularly on the west coast and over the Arctic. And the Tracker medium-range patrol aircraft also will be modernized.

Courtesy CF Clipsheet.

A Senior Appointment

OTTAWA — The Minister of National Defence



MAJOR GENERAL LISTON

has announced that Brigadier-General Terrence Liston, 48, on promotion to Major-General will be appointed Chief of Force Development at National Defence Headquarters in Ottawa. In this newly-created position, he will be responsible for preparing the strategy and programs needed to implement Canada's defence policy outlined in the recent defence White Paper.

Brigadier-General Liston relinquishes his position as Director General Information, an appointment he has held since July 1985. His promotion is effective July 17, 1987, and he takes up his new duties on July 24.

We'll Be There

Beatty tells Alliance partners they can count on Canada

OTTAWA — The Honourable Perrin Beatty, Minister of National Defence, told a group of international parliamentarians and dignitaries attending a Washington, D.C. conference recently that the Canadian Forces "will be there when needed."

"As the second largest country in the world, and one with a relatively small population, we benefit from our association with other like-minded nations," he assured the senior-level members of the British Bow Group, the U.S. Ripon Society, and France's

Club 89 who were in the U.S. capital to attend the fifth Transatlantic Conference.

In his first address outside of Canada since unveiling the Defence White Paper last month, Mr. Beatty pledged that a consolidated Canadian presence in Europe will be both credible and realistic. Complemented by modern equipment and the building of structures for what will become land and air force divisions in wartime, the Defence Minister said the new policy tells "both our friends and our potential foes...that we will be there when we are needed."

Mr. Beatty went on to discuss the framework on which the new policy is based and how he quickly rejected calls from some Canadian groups who advocated neutrality and withdrawal from the NATO and NORAD (North American Aerospace Command) alliances.

"I find this concept difficult to accept in view of the continuing suppression of human rights by the Soviet Government not only in Afghanistan, but also in the Soviet Union and its satellites," he said. "The Berlin Wall is not a symbol of 'glasnost' in any language." And the lack of credibility in

trying to influence either NATO or the Warsaw Pact as a neutral country, he added, would be like "asking a teetotaler to recommend a good wine."

Mr. Beatty also emphasized the importance of Canada's commitment to NORAD.

"The White Paper should leave neither our friends nor our opponents with any doubt about where we stand," said Mr. Beatty. "Our nuclear submarine program provides a clear statement of our determination to be effective and full partners in the defence of North America and the North Atlantic Sea Lanes. It will help

us to protect our coastal waters and will address our commitment to prevent Canadian territory from being used in an attack on the United States."

"We are determined," he continued, "that we will be a partner with the other democracies and not a protectorate."

Following his address to the statesmen and government officials which also highlighted Canada's plans to revitalize the Reserves, continue its peacekeeping commitments, and pursue arms control, Mr. Beatty met informally with journalists before departing for his return trip to Canada.

AROUND THE BASE



Origins of the Species

John Bradley

440 (FIGHTER BOMBER) SQUADRON

440 Squadron traces its roots back to pre-war Auxiliary Air Force days. On 5 October 1932, No. 11 (Army Co-operation) Squadron (Auxiliary) was formed at Vancouver, B.C. The unit was first commanded by S/L A.D. Bell-Ing and had as its first aircraft the DeHavilland DH-60 Tiger Moths which did not arrive until October 1934. The unit began its flying training in earnest that year and before long had acquired more aircraft in the form of Avro 621 Tutors, Avro 626s, DeHavilland DH-82A Tiger Moths and Armstrong Whitworth Atlas prior to the outbreak of the war.

With the renumbering of the Auxiliary Squadrons in 1937, No. 11 (AC) Squadron was now redesignated as No. 111 (Coast Artillery Co-operation) on 15 November of that year.

With the coming of war in Europe, the squadron was activated on 10 September 1939 and was moved to Patricia Bay, just outside of Victoria during the early spring of 1940. The unit was now additionally equipped with four Westland Lysanders and was redesignated as a Fighter Squadron. The unit was also equipped during this period with Blackburn Shark Mk. IIs, a single Fairey Battle and one Fairchild 71. The unit did not remain on the scene too long as it was disbanded on 1 February 1941.

The unit was reformed at RCAF Station Rockcliffe on 3 November 1941 and was equipped with the Curtiss Kit-

tyhawk fighter. The unit was sent to the West Coast to assist with Coastal defence and from June 1942 to August helped to reinforce the USAAF in Alaska. They flew their first operational mission on 1 July 1942 when six aircraft were sent out to intercept an unidentified aircraft. The unknown aircraft turned out to be an RCAF Bolingbroke. On 25 September 1942, the first offensive mission was flown by 4 Kit-tyhawks when they joined in a force to 12 P-39s and 20 P-40s, that were escorting 9 B-24s that were sent to bomb Japanese gun emplacements on Kiska Island. After the bombers completed their mission, all of the fighters strafed the Japanese positions and one pilot, S/L K.A. Boomer was credited with one zero float-plane destroyed. This was to be the only enemy aircraft credited to a Home Establishment Squadron which resulted in the immediate award of the DFC to S/L Boomer. 111 (F) Squadron was selected for Overseas Service and by 20 January 1944, was on its way to England. While they had been on West Coast service the unit had been nicknamed "Thunderbird."

111 (F) Squadron arrived in Britain on 7 February and the next day at Ayr, Scotland, was redesignated 440 (Fighter Bomber) Squadron and was placed under command of No. 83 (Composite) Group. They were equipped in what can be confidently described as the best and strongest ground attack aircraft of the war, the Hawker Typhoon. For the en-

tire war their aircraft would carry the 18 fuselage codes. The first Commanding Officer of 440 (FB) Squadron was S/L W.H. Pentland who was later killed in action.

440 Squadron was to quickly complete its training and was able to fly its first operational mission on 30 March 1944 when 10 aircraft flew an anti-shipping sortie over the



440 (FB) Sqn Typhoon (PB389) nicknamed PULVERIZER IV departing Goch, Germany 5 April 1945. (PL 42817)

Channel Islands. The unit's Primary mission was to conduct low level strikes over occupied France to assist with the pre-invasion softening up that was required to break down the German support for the ground forces by attacking the destroying the enemy armour and other ground forces immediately ahead of the advancing troops. Additional targets included bridges, railway rolling stock, and road traffic.

Operations during the month of June were extremely heavy as the invasion was just days ahead. D-day itself saw the unit throw 12 aircraft into the fray at first light and another 8 aircraft were despatched after

refuelling and re-arming later in the day. They were able to inflict damage on the enemy but they too suffered as they lost three aircraft and one pilot. For the next few days they continued to hound the enemy but they also suffered as they lost an additional three aircraft and another pilot.

This time the lost pilot was F/L Gohl who had been with the unit since he had been one of

remained at Flensburg until they were disbanded on 26 August 1945.

During the war the unit had never been authorized a unit badge but it had been adopted by the City of Ottawa in December of 1944 and carried two nicknames. The first was, obviously, "City of Ottawa" and the second was "Beaver."

Including the victory in the Aleutians the Squadron had been able to shoot down 2 enemy aircraft, damaged one more, had another claimed as probable with one more claimed as damaged. They also dropped 2215 tons of bombs that produced 420 rail cuts, destroyed 5 bridges, 93 trains, 4 barges, 2 locomotives, 9 tanks and 309 motor vehicles. They were able to damage 262 motor vehicles, 7 tanks, 48 locomotives, 50 barges and 500 trains. This rather inspired score against ground targets was somewhat tempered by the loss of 38 aircraft and 32 pilots.

Of this total 23 were killed, 5 went missing, 3 POW, and one evaded capture. Non-operational losses included 4 killed, 3 wounded, and one squadron member who dies of natural causes.

Honours to unit members included 5 DFCs, and 4 Air Medals (USA). One of the DFCs had been won in the Aleutians as had all of the Air Medals. The unit itself was presented with the following Battle Honours: Fortress Europe 1944, France and Germany 1944-1945, Normandy 1944, Arnhem, Rhine, and Aleutians 1942-1943.

the four pilots to fly the first mission to Kiska. On 15 June, the entire complement of aircraft were unserviceable but by 1830 hours that night, the hard working ground crew had 8 aircraft ready to fly.

440 Squadron moved to the continent on 28 June and set up shop at B.9 located at Lantheuil, France. From that point on they were constantly moving on with the troops and had ten moves into four separate countries. The last operational flight took place on the 21st of April 1945 when 11 Typhoons dive-bombed targets in Aachen, Germany. The last move was into B.166 at Flensburg, Germany on 29 May 1945. They

Museums Admissions Details Released

VICTORIA -- The Honourable Bill Reid, Minister of Tourism, Recreation and Culture today released details of the admissions policy which will apply to the Provincial Museum, Barkerville, Fort Steele and other historic sites.

"Our season's pass will provide unlimited access to all of the Province's historic facilities for two adults and ac-

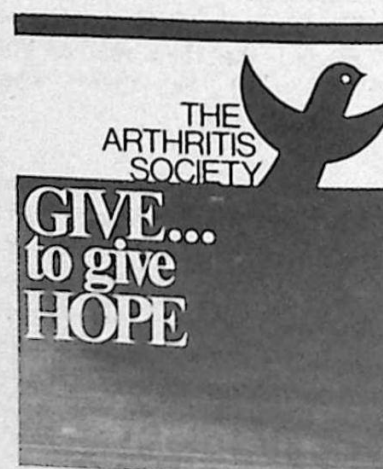
companying children until December 31 for only \$10," said Reid. "The pass is affordable and the cost compares favourably to admission fees at other museums and attractions. Our relations with school groups are important to the educational role of the facilities. School groups will continue to be admitted free of charge while discussions are held with school boards on how

they can best be accommodated," Reid added.

"We wish to ensure that no British Columbian is denied access for financial reasons. Every Monday from October 1 to April 30 will be free at the Provincial Museum with additional free days to be announced from time to time. We also wish to recognize the wonderful assistance given to the

institutions by their volunteer associates. Annual season's passes will be issued to the Friends of the Provincial Museum, Barkerville and Fort Steele," Reid continued.

"I firmly believe that our new policy is the best way forward for these very special institutions and that 'the best show in town' is still 'the best buy'" Reid concluded.



Legion Log

Entertainment

BRANCH 17 — COURTENAY

Fri Jul 31
Fri & Sat Jul 31 & Aug 1
Fri & Sat Aug 7 & 8
Fri & Sat Aug 14 & 15

TGIF Draw at 6:30 p.m.
Dancing to PRIME TIME at 9
Music by the ALLEYCATS at 9
MILLERTIME at 9

+++ Regular Activities +++

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.
NEW SUNDAY HOURS... 11 a.m. to 7 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 31
Aug 7
Aug 14
Aug 21
Aug 28

Music by ALLEYCATS
Music by MILLERTIME
Music by ALLEYCATS
Music by COUNTRY MEN
Music by WESTWIND

+++ Regular Activities +++

MONDAYS - L.A. Drop-In Bingo. 7 p.m.

TUESDAYS - Aug 18 ONLY-Branch Executive Meeting. 8:30 p.m.

WEDNESDAYS - Navy League Drop-In Bingo - 7 PM

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

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

SATURDAYS - MEAT DRAWS: 2:00 to 6:00 PM.

+++ SPECIAL EVENTS +++

AUGUST 3, MONDAY — COMOX DAY PARADE
— Legion Colour Party Flag Bearers pick up flags at Legion at 9:30 a.m.

AUGUST 9, SUNDAY — LEGION GOLF TOURNAMENT - Branch & L.A. Members & Guests. \$10 entry fee. Registration at Legion Lounge or office in advance. Tee-Off - 1 p.m. COMOX GOLF CLUB

AUGUST 23, SUNDAY - LEGION ANNUAL PICNIC — Kin Beach - 1 p.m. Branch & L.A. Members & families. Games & Competitions. Hamburgers, hot dogs, corn on cob. Beer Garden and Refreshments.

AUGUST 30, SUNDAY — LEGION SALMON FISH DERBY — Registration \$3 in advance at Lounge. Weigh-in closes at 5:30 p.m. SHARP. (Each successful contestant may be required to donate one salmon to Legion FISH FRY starting at 5:30 p.m.)

AROUND THE BASE

The Filberg Festival

The countdown is on for the Fifth Annual Filberg Festival, happening this Friday, Saturday, Sunday and Monday.

Groundsmen are putting the final touches to the nine-acre park and gardens surrounding the the Heritage Filberg Lodge overlooking Comox Bay. A delight to visit at anytime but this weekend will be spectacular.

More than 50 craftsmen and artists from Vancouver Island and the Lower Mainland are standing by to bring you the very best in crafts. They have all been through a jury of their peers to assess that they are indeed of a sufficiently high quality. Competition was fierce to be a part of what is now termed "one of the few remaining true craft fairs." The ideal place to do some gift shopping, or to treat yourself!

There will be craft demonstrations going on all day around the grounds. Spinning, weaving, knife sharpening and polishing, glass working, quilting and woodworking just to give you an idea of how much will be happening.

Lots for children too! They can help Shoo Shoo the clown and her friends Dr. Bob and Jack-pot build a friendship balloon. Watch the magic shows, juggling, mime, and puppet shows. Enjoy the story telling and free face painting. Of course the petting farm will be open too, a real attraction for the little people and an ideal time to get some photos.

Festival guest artist this year, Roy Henry Vickers, has been saving prints from his sold out editions for the past months so that Festival patrons will have a very special opportunity to own

a Vickers print, or even an original.

An eclectic variety of music is tuning up ready to make those breaks from walking around the grounds that much more pleasurable. There will be something to suit all tastes - jazz, classical, folk, country-western, dixie, bluegrass, big bands - just to whet your appetite! What for the schedule around town or pick one up at the gate.

Speaking of appetite...our food vendors are planning to make decisions difficult for you. Don't eat before you come, you'll want to try them all.

Don't forget, - all this is taking place on July 31st, August 1, 2, and 3 from 11 a.m. to 8 p.m. daily at the Filberg Lodge and Park in Comox.

You may have forgotten what our name means. Let us remind you.



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Pacific Rim Leasing Limited has expanded into new car sales and is pleased to extend this new service to our clients and members of your Association.

Our sales program offers the opportunity to purchase a new vehicle from a wide range of passenger cars, light trucks and vans by General Motors, Chrysler, Ford, American Motors, Mercedes, BMW, Honda, Volvo, Mazda, Toyota, and Pony.

Because we order directly to your specifications we are able to command substantial first volume discounts resulting in genuine savings. In fact, our vehicles are sold at prices below dealer inventory.

Under our program, we invite you to select a vehicle you would like to purchase.

Then call Pacific Rim for an appointment to discover the savings we can offer. We can also assist with financing.

All vehicles are serviced according to manufacturers' specifications before delivery and carry full manufacturers' warranties. Extended warranties are also available.

We can assist with selling your present vehicle as well. Through our network, or through the Dealers' Auto Auction.

Pacific Rim Leasing Limited has an established reputation, providing lease service and quality pre-owned vehicles to our clients. We now look forward to serving you when you wish to purchase a new vehicle.

For assistance please call 339-2032 between 9:00 AM and 5:00 PM or leave message after hours.

Prices will not be quoted over the telephone.

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PLEASE CALL 24 HOURS 339-2032

AROUND THE BASE



From The Fire Chief's Office

FOREST CAMPFIRES

Every year forest fires cost the people of British Columbia millions of dollars. Although lightning does start about one third of all forest fires, too many are caused by human carelessness. A discarded match, a burning cigarette butt or an escaped campfire often provide the spark of ignition for big costly fires which consume thousands of acres of our beautiful forest each year.

USE YOUR ASHTRAY
KILL THAT MATCH
DOUSE THAT CAMPFIRE

TO PROTECT OUR FORESTS:

During the frequent spells of hot dry weather which develop in British Columbia, the forest fires hazard becomes particularly high and it is often essential for the Forest Service to impose restrictions on travel, burning and other activities in forested areas.

These restrictions do not apply to cities, towns, villages, organized municipalities or federal parks but the authorities for those areas often follow the lead taken by the Forest Service and issue similar orders.

RESTRICTIONS AND CLOSURES:

Restrictions and closure orders are designed to regulate the various forest activities and the degree of application varies in accordance with the seriousness of the fire hazard. The activities and rules governing them follow.

CAMPFIRE RESTRICTIONS:

Campfires may be lighted at any time in any area of British Columbia where fires are not prohibited by notice, or otherwise exempted, unless campfire restrictions are imposed by the British Columbia Forest Service. Persons lighting such

fires must adhere fully to the "Regulation Governing the Use of Campfires" issued under the authority of the Forest Act of British Columbia.

OTHER FIRES REQUIRE A FIRE PERMIT:

Anyone lighting an open fire other than a campfire, for burning debris or for any other purpose, is required to be in possession of a valid fire permit. Permits may be obtained from the Forest Ranger of the district in which the fire is to be set. Although they are usually issued for a specific period, they may be cancelled before expiry date if fire hazard conditions necessitate such action.

TRAVEL RESTRICTIONS:

Travel in forest areas by any means may be prohibited. When imposed, travel restrictions apply to hiking, berry-picking, hunting, stream fishing and prospecting. Lake travel is permissible when access is made by public road. Travel along public roads is not restricted. Where forest travel is essential, a special travel permit may be obtained from the Forest Ranger.

RESTRICTED INDUSTRIAL CLOSURE:

When restricted industrial closures are imposed, industrial operations in forest areas are regulated so that crews do not work during the most hazardous portion of the day.

COMPLETE CLOSURE:

During a complete closure, all activity, both industrial and recreational, within a forest area is prohibited. This extraordinary measure is only imposed under the most severe fire situation.

CAMPFIRES:

- Prepare your campfire site by removing all leaves, twigs and other inflammable material from an area extending at least three feet around

the fire and down to mineral soil. Never light a campfire when strong winds are blowing.

- Build your campfire at least ten feet away from any log, stump, snag or standing tree, and at least 50 feet from any inflammable structure, slash or inflammable debris.

- Equip yourself with a shovel and a pail full of water before you light your campfire.

- The best cooking fire is small and hot. No larger than four feet in diameter and three feet in height.

REMINDERS:

- Select your campfire site carefully and with full regard for safety.

- In times of serious fire hazard, campfire restrictions may be imposed. Notifications will be given through local newspaper and radio stations. But if in doubt, enquire at the nearest Forest Ranger Station.

- Any Forest Service officer has the authority to prohibit fires or order any person to extinguish a fire.

- Garbage must be disposed of either in an approved garbage container or by burning; except that in unorganized territory, where garbage containers are not provided, garbage may be buried not less than one foot deep in mineral soil.

- Burning or hot briquettes, when removed from a stove, must be completely extinguished or buried not less than 12 inches deep in mineral soil.

- Before lighting any open fire other than a campfire, a fire permit must be obtained from the Forest Ranger in your area.

- Should you spot a forest fire, DIAL "O", and ask for ZENITH 5555. This is the free Province-wide forest fire emergency telephone number.

Command Change at CFS Holberg



Maj Bill Penton signs in as the new boss. Col Gibbon and outgoing CO Maj Dick Kuntz look on.



Some native art for the visiting dignitary...our Base Commander Col Gibbon is presented with a memento of his visit by outgoing CO Maj Dick Kuntz.

More Fighters

CONTINUED FROM PAGE 1

For the Army, the trials will be more complex due to the differing characteristics of the various combat elements. "We are obliged to evaluate each and every combat element," said Beatty. "That includes infantry, armour, artillery, engineers and signals units." The evaluation plan calls for numerous platoon sized units to be made up of equal num-

bers of servicewomen and servicemen over an evaluation period of two years commencing in 1989.

Final recommendations regarding the impact of mixed-gender employment on unit efficiency in the Navy and Army are scheduled to be submitted to the Chief of the Defence Staff in 1991.

Those interested should contact:
George White
869 Chapman Road
Ottawa, K1V 1V1

Telephone: (613) 731-4505

407 REUNION

All former and serving members of 407 "Demon" Squadron are invited to a reunion in Ottawa 30-31 Oct 1987. The Squadron was first formed in May 1941 in England, and was disbanded there in 1945. It was reformed at Comox in 1952, where it still serves today.

HOME & FAMILY

About The House With Lorry



ABOUT JAMS AND JELLIES

UTENSILS

Sharp paring knife
Vegetable peeler
Wooden spoons
Jar tongs
Bowls
Funnel
Slotted spoon
Food masher

EQUIPMENT

Large canner
Kettle
or Steel Dutch Oven

CONTAINERS

Sealer jars with ring seal lids, or small jars from empty jam or baby food jars. These should be sealed with paraffin. For the freezer, rigid containers with tight fitting lids. Before you begin to make jam (or any other home canned product) be sure to check all of your equipment to ensure that it is in tip top condition. For jars be sure that you have washed them in hot soapy water, and that they have no nicks or cracks. If the jars are chipped or not in the best of shape discard them. Sterilize all your jars before you use them. The dishwasher is an excellent way to do this. If you do not have a dishwasher use a large kettle or roaster and fill it ¾ full of water, place the clean rinsed jars in the water and boil 5 mins. Heat the seals (screw bands and lids) in boiling water for 3-5 mins as well. The screw bands can be used more than once but the lid should never be used again.

TERMINOLOGY OF JAM AND JELLY MAKING

JAM — Is made from whole, mashed or cut up fruit. The fruit is boiled with sugar to make a thick spread. When set the fruit will be equally distributed throughout the jar.

JELLY — Is made from cooked fruit and strained to obtain the juice. The juice is then boiled with sugar. Jellies are clear not cloudy and they are firm in texture but wiggle a bit.

MARMALADE — Is usually made from a combination of citrus fruits (grapefruit, lemon, lime, oranges). The peel is suspended in the jelly.

CONSERVES — Are made from a combination of fruits that are either left whole or cut in large pieces and have nuts or raisins or both added to them. Note: Nuts should always be dipped in boiling water for a minute and added only during the last 5 minutes of cooking. Conserves make lovely dessert toppings, spreads, and cake fillings.

FRUIT BUTTERS — These are made from cooked fruit pulp. They can be sweet or very spicy and make a satiny type of spread.

ACID — All fruits have a certain amount of acid. Acid is essential in the jam making process. The fruit juice changes into a semi solid when heated with the sugar and pectin. Fruit that is slightly underripe is higher in acid. In low acid fruit usually you can add a bit of lemon juice (as much as the recipe you are using says) to increase the acid content of your jam.

PECTIN — Is a natural starchy substance that occurs in all fruit. Each fruit has a different level of pectin. Personally I always use Certo, however any other commercial pectin is quite acceptable. I find that my jams and jellies never fail using commercial pectin. Commercial pectin comes in either crystals or liquid form. Be sure to follow directions EXACTLY or your jam will not set.

SUGAR — Helps the jelling process and keeps the fruit mixture from spoiling. I use only white granulated sugar and do not use any other unless my recipe says to. Whatever you do follow the recipe and do not decrease the amount of sugar the recipe calls for.

GEL STAGE — Or Temperature Test; If you use commercial pectins the tests below are unnecessary. Most fruit reaches the jam or gel stage between 221F and 230F. If the fruit is rich in pectin it may reach the gel stage around 218F. To determine the tem-

perature use a candy thermometer and read it at eye level.

DROP TEST — The gel stage cannot be determined while the jam is still hot. Dip a chilled spoon into the jam p-

chilled spoon into the jam pot and let it drip from the spoon. When 2 drops run together to form one, the gel stage has been reached.

PLATE TEST — Drop a spoon of jam on a chilled plate. Return the plate to the fridge for 2 minutes and then check to see if the jam crinkles when pushed. If it does not

when pushed. If it does not, cook the jam for another two minutes and try again.

SCUM — Seems to form on the top of all the jam or jelly I have ever made and it will happen to you as well. Some fruits are worse for this than others. Skim this off for 5 mins after the jam is done.

SEALING JARS — I use only mason jars for jams and never paraffin wax. If you choose to use parowax be careful of it. Melt the wax in a double boiler and pour it over slightly cooled jam. Pour first a very thin layer and swirl it around the jar. Break any air bubbles you see. Pour over a second coat of wax when the first is completely cooled.

STORAGE — Store all your preserves and jams in a cool, dark place. All the jam, etc. you make will keep for about one year if sealed properly. Keep your freezer jams frozen until you need them.

RULES TO FOLLOW

1. Decide the type of jam you would like to make and read the recipe through at least twice. That way you don't miss any odd directions: as well, you know that you have everything you need on hand.

2. Prepare the ripe fruit according to the recipe. Be sure to measure small batches exactly.

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MASS SCHEDULE:

Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

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

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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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 - 0945 - 1045 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. (Start in September)

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:

Telephone: Margaret Campbell 338-1084

3. Put the prepared fruit in a large kettle (this allows for expansion), and add any water the recipe may call for at this time. (Precook all fruit this way). Bring the mixture to a rolling boil. I spray my stove top and the pot I use with a non stick coating before I start.

4. Add the sugar and pectin in the order the recipe calls for and boil the given amount of time. The recipe will always tell you how long to boil any jam. This mixture should be a rolling boil -- one that cannot be stirred down.

5. Take the kettle off the heat and skim and stir for 5 mins, removing any scum from the top of the jam with a slotted spoon.

6. Ladle the jam into hot sterile jars and seal.

7. Label the jars and store.

NOTES:

Make your jam and jelly in small batches; do not double the recipe. Follow the recipe exactly; do not improvise; improvised jam does not usually set.

Be spotlessly clean; have everything you use freshly washed.

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AROUND THE BASE

Bicycle
Safety

8 COMMON CYCLING MISTAKES

Riding on Busy Sidewalks

It's inconsiderate...not to mention dangerous. In every city that has looked at accident rates on sidewalks and roadways, the sidewalks were found much more dangerous.

Ride in the street with the rest of the traffic.

Pushing A High Gear

Riding around in tenth gear is another sign of novice cyclists. They struggle and strain and wobble down the road.

Use a "middle gear" for casual riding and try to get your pedal cadence up to 60-80 revolutions per minute. Once you get the hang of it, you'll find this a lot easier on your knees too.

Riding "No-Hands"

Some cyclists think this shows how skillful they are. Actually, all it really shows is that they can balance on their bikes - something almost anyone can do.

It also shows that they aren't in control of their bikes and that all other road users should "watch out for them." Such a childish attitude tells the motorist that the cyclist hasn't grown up yet.

Ride with both hands on the bars; you'll be ready for emergencies.

Wrong Seat Adjustment

Many cyclists have wrongly set their saddles too high or too low. They either sway back and forth on the seat (too high) or they can't get proper extension of their legs (too low).

The saddle should be set so that, when you sit on it and put your heel on the pedal in its lowest position, your leg is just straight.

Then, when you pedal with the ball of your foot (the proper way), there will be a slight bend in your knee.

Pedal/Coast/Pedal/Coast

Some cyclists pedal for a few revolutions and then coast for a while. They do this all the way down the street. It's a wasteful way to ride (uses too much energy!) and it gives motorists fits, trying to figure out whether the cyclists are getting ready to turn or stop.

Concentrate on steady and easy pedalling. It's a lot easier to keep up a constant speed than it is to speed up/slow down/speed up.

Riding with No Lights

You may not see them until it's too late but there are many cyclists out there riding at night without lights.

They probably think that, just because they are only going a few blocks, it's ok. Unfortunately, most bike/car crashes happen within a few blocks of the bike rider's home.

Get a good set of lights and reflectors or else you should walk your bike at night.

Ignoring Stop Signs

Some bicycle riders think that stop signs and red lights are for "somebody else." They want their rights to the road but won't accept their duties. Few things make motorists resent bike riders more than this lack of responsibility.

Obey the traffic laws and all stop signs.

Riding against Traffic

A common mistake made by many cyclists, it may lead to accidents and traffic tickets. Over one fifth of all car/bike accidents are caused directly by wrong-way riders.

Ride with traffic. It's the legal thing to do and it helps motorists see you. That reduces your chances of having an accident.

About Buddy

At least one base newspaper, (Guess Which?) and other media outlets across Canada, have apparently been victims of what is described as "a repugnant deception" and a "perverted and stupid hoax."

This concerns an 11-year old boy in Scotland supposedly dying of an incurable disease, who wished to enter the Guinness Book of World Records as receiving the most postcards from around the world.

LCdr Roger Cyr, chairman of the Children's Wish Foundation of Canada, says the foundation was itself originally taken in by the charade, but later found out there was no little boy named Buddy, and that at the post office box number given ceased to exist four years ago.

"It is inconceivable that anyone would make up a story of a dying child in order to carry out such a repugnant deception," Cyr writes, in a letter to the editor of the Halifax

Trident. "In the case of Buddy, the foundation acted in good faith...but we were the victims of a perverted and stupid hoax."

The Children's Wish Foundation grants the favourite wish of terminally ill children. Since its inception two years ago, it has granted almost 200 such wishes.

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And now the Press Conference



CFB ESQUIMALT -- The Minister of National Defence, the Honourable Perrin Beatty, accompanied by RADM R.D. Yanow, Commander of Maritime Forces Pacific, boards HMCS Terra Nova for a press conference with Victoria media. Mr. Beatty was on a White Paper tour to the West Coast. (C.F. Photo by Sgt J.F. Smith)

LIFESTYLE



music reviews and syndicated columnist

'AXIS' DROPPED, BUTCHER FLYING, "WISHES" A HIT

"Wishes" (Capitol ST-12542) the long awaited follow-up to Jon Butcher's "Along The Axis" is finally available. Already picked as a hit by the rock press, "Wishes" should be the musical vehicle the Butcher requires to propel him into the pop spotlight.

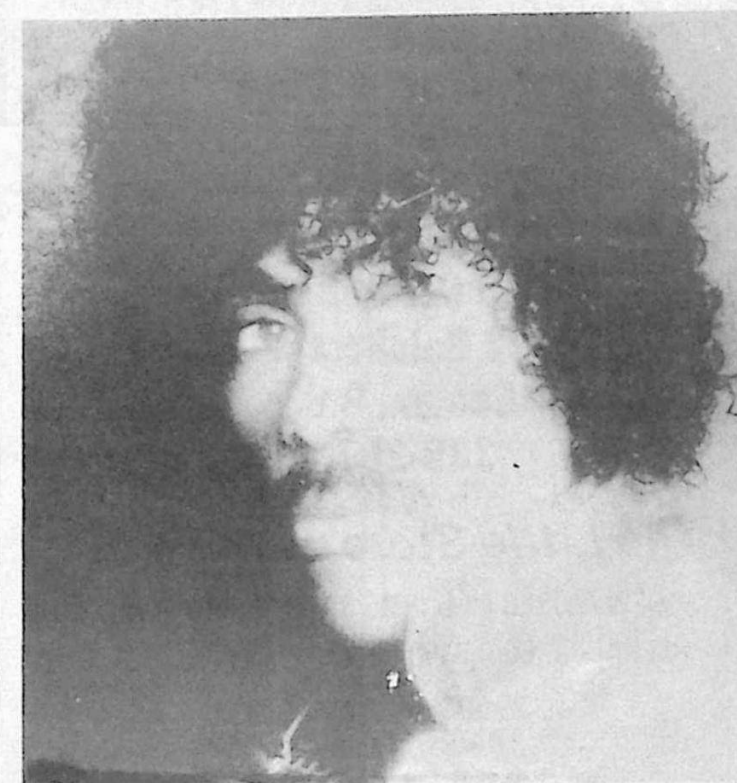
Originally known as the Jon Butcher Axis, to emphasize his rejuvenation, the band dropped 'Axis' from its name. The group, however, remains the same (Butcher on all guitars and vocals, plus bass and percussion; Derek Blevins on drums and percussion; Thom Gimbel on keyboards, horns and woodwinds; and Rob Jefferies on bass).

"Along The Axis" was an extremely successful set for Butcher and his band. Playboy magazine called him the most 'exciting new guitarist' to appear on the scene. And, in 1986, he was nominated for a Grammy in the Best Rock Instrumental Performance category for "The Ritual." "Wishes" will not only continue where "Axis" left off, but should move this Alaskan-born, guitarist/rock singer high on the charts.

Jon Butcher first came to national attention about five years ago. He was, at that time, living and playing in Boston and was spotted on TV by Peter Wolf of the J. Geils Band. Wolf called Butcher's parents' house outside Philadelphia and asked if Butcher and friends would open for Geils on their upcoming "Freeze Frame" tour.

"I had never played anything like an arena before," recalls Butcher. "I was ecstatic but I was scared. I had heard about bands opening for Geils and being chewed up and spit out by the crowds. So I resigned myself to death. Before the first show, Peter came into the dressing room and advised, 'hit them low, hit them fast and get out of there.' When we got a standing ovation our first night at Cobo Hall, in Detroit, I looked to the heavens and said, 'thank you'."

Butcher's Cinderella-like story continued for the forty-plus concerts and ended up signing a record contract. Although no hit product came from that, 1985 saw him release his Capitol set "Along The Axis" and now the highly touted "Wishes." Top tracks here include "Goodbye Saving Grace," "Show Me Some Emotion," the title track and the instrumental "Churinga."



JON BUTCHER

Launching Bruce Brown

A new "community sponsored" rescue boats was launched into service with the Coast Guard Auxiliary this past spring.

On April 25th a ceremony took place in Comox. Mrs. Janet Marriott, whose son lost his life at sea, officially christened the "community sponsored" rescue boat "Bruce Brown," after a founding member of the Comox Auxiliary unit 60.

members in Comox formed the Comox Valley Marine Rescue Society to obtain equipment and funds to assist their unit. In October 1986 after a year of complicated negotiations they

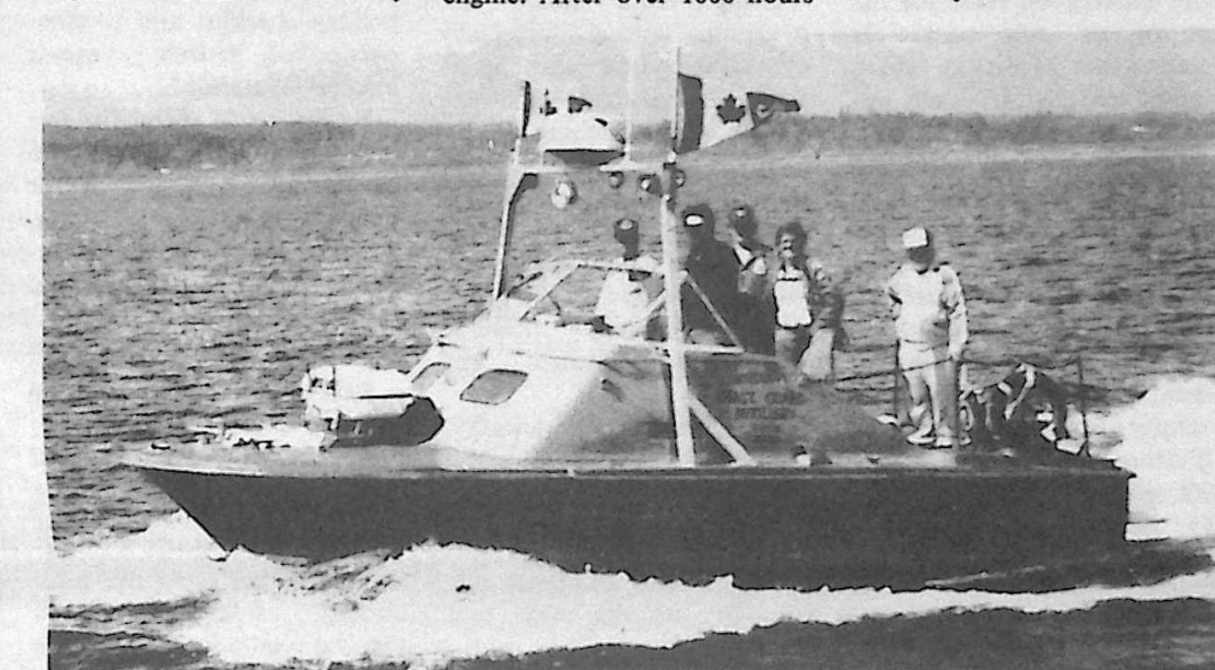
purchased the boat from crown assets for \$3,000. Additional funds for equipment and repairs to the 21 year old vessel came from the B.C. Government and generous Comox Valley businesses and residents.

The vessel, pictured here, is a 25 foot Bertram deep "V" with a 653 Detroit Diesel inboard engine. After over 1000 hours

of labour by dedicated Auxiliary volunteers the "Bruce Brown" is fully equipped and ready to respond to Rescue Coordination Centre tasking on a 24 hour basis.

The launching of this rescue boat increases the Coast Guard Auxiliary primary, dedicated SAR fleet to seven. The vessels are located in the following communities; Sooke, Oak Bay, Sidney, Brentwood Bay, Nanaimo, Comox and Prince Rupert.

Congratulations to Comox Auxiliary members!



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HEALTH AND WELL BEING

info health

Dr. Bob Young



BUGS AND ALLERGIES

Time for the bug column. While these suggestions apply mainly to people who are extra sensitive (or dangerously allergic) to stings and bites, many make good sense for the rest of us. My source is Postgraduate Medicine, which adapted material originally appearing in Nurse Practitioner.

Allergic persons should wear a medallion or bracelet stating their allergy. They, their family and selected friends should know how to use an anaphylactic (anti-allergy) kit which should, of course, be within its expiry date and promptly available.

If stung, and not previously effectively immunized against that insect, seek medical attention immediately after taking emergency treatment.

Warm weather increases risk, and rainfall makes bees angry when they cannot find pollen. Avoid jerky movements around insects - it alarms them. Try daily doses of vitamin B1 (thiamine) as an insect repellent.

Screening windows and doors, avoiding planting flowers and vines that attract insects near the house, using insecticides in refuse containers

and under porches, using care with mowers and hedge-clippers, and exterminating hives and nests are sensible measures that we all can take. Away from home use mosquito netting, especially over cribs and carriages. Sit on a heavy blanket, not the bare ground. Spray clothing and use a stick repellent on skin. Wear shoes and avoid loose fitting clothing that may trap insects. Wear light coloured clothes with plain patterns - avoid bright prints (especially flowered ones!), short sleeves, and black.

Don't use bright jewelry, perfume, hair sprays and such. Check the car for insects before getting in; keep windows closed. Also use care in privies, around swamps, old buildings, seepage areas and wet mud.

Stay clear of ripe or rotting fruit and dead roadside animals. Resist the temptation to kick dead dogs - vibrations bother insects.

How's that for spoiling your summer?

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

Excess Medical coverage

A vital part of your holiday plans

There are a number of concerns that usually cross the minds of travellers before they leave for vacation: Making sure someone is watering the plants, bringing in the newspapers, taking care of the cat, etc. But there is one item that should be at the top of everyone's pre-holiday checklist and is often overlooked entirely - excess medical insurance.

By failing to spend the few minutes and dollars it takes to adequately cover yourself for holiday illness or mishap, vacationers can turn a fun-filled holiday into a financial ruin.

Excess medical insurance usually costs approximately one dollar per day, a very small price to pay considering the high cost of adequate medical care outside of British Columbia. Once you cross the B.C. border, your provincial medical plan only covers up to \$75 per day - a fraction of the average \$300 - 500 per day it costs for most hospitals in North America. Add to that the cost for currency exchange in the United States and it is easy to appreciate the importance of adequate excess medical insurance.

Most holidays leave you with good memories and a great tan, but if illness or injury do occur, make sure you're covered. Add excess medical insurance to your vacation checklist and ask your travel/insurance agent to help choose the most suitable policy for you and your family. Courtesy BCAA.



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

IF IN DOUBT, THROW IT OUT

A well-known advice columnist was recently faced with one woman's plea for help.

'My husband insists on keeping left-over medicines in his dresser drawer. Where he leaves them doesn't bother me as much as his reason for saving them. He says he keeps the leftovers, especially antibiotics, to use the next time he gets sick. I'm worried about this. What should I do?'

The advice given was well worth repeating. Simply destroy all old medications. In the case of antibiotics, make sure they are used to the end of the prescription. This way, you'll be sure they've finished their job and there won't be any left over.

There are more than a few good reasons for not keeping medication. Most of all, it's dangerous where there might be children to accidentally take it. As time goes by, medication loses its effectiveness. Most of us have noticed ASA products which yellow and develop a

vinegary odour with age.

Your doctor prescribes the amount of antibiotic he or she feels to be correct and expects it all to be used. Although they often make the patient feel better quickly, their use should be continued to prevent any flare-ups.

Extra care should be taken with children. They may refuse to take any more antibiotics if early doses show quick results. If the medication is stopped before the prescribed amount is taken, the infection may return with more serious consequences than the first time.

Your doctor and pharmacist can tell you how and for how long to take any prescription medication. But the responsibility for properly handling medicines, getting rid of old medication and using all of the antibiotics prescribed rests with you.

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

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CANADIAN FORCES UPDATE



Community News

Day camp is in full swing and there are still openings for both this session of day camp and all levels of swimming lessons. The current session is from 27 Jul - 07 Aug 87 and the next and last session of the year is from the 10 Aug - 21 Aug 87. The cost for swimming lessons and day camp are as follows:

Swimming lessons only - Members \$12.00 Non Members \$17.00 Day Camp & Swimming - Members \$18.00 Non Members \$25.00

The children are really enjoying themselves what with afternoons of crafts and swimming, and I hear, movies as well. They are all having a great time learning to swim and progressing through the different levels. Congratulations

to all you children who passed the last set of lessons, we are all proud of you, keep up the good work. Thank you to the young people coordinating the program, your interest in the children and your sense of humour with them is greatly appreciated.

There has been a bit of confusion in so far as pool hours are concerned and the following is a list of timings for both weekday and weekend scheduling. A word to all parents. The Adult Only swimming is exactly that and children are not welcome at these times.

Mon - Thurs Family Swim 1400-1600 1800-1900 Adult Only 1900-2000

Sat - Sun Family Swim 1300-1500 1800-1900 Adult Only 1500-1600 1900-2000

There is a nominal fee of 75¢ for adults and 50¢ for children. The money collected from casual swimming goes towards the cost of the summer program and the wages for the lifeguards.

There was plenty to talk about during the last council meeting and as usual the Mayor kept us all in the dark (lights didn't work). As some of you don't know, our new offices are above the gym and the Base Rec Centre and we are just beside the snack bar. We are really enjoying our new quarters and if we can only get the

lights working we will be in super shape. We meet the third Thursday of each month at 1900 hours and it is open to everyone.

The upcoming events for Wallace Gardens include, our annual Most Beautiful PMQ Contest, Family Day (to be held some time in mid September) and of course Miss CFB Comox pageant. There is considerable interest in having a Christmas Bazaar and details will appear here in the Totem Times as they become available.

We also hope to have a community meet and greet with you sometime in the early fall. This will give you a chance to come and tell us about any problems you are having in your Ward and a chance for all of us to meet you.

Very shortly a newsletter will be delivered to you and it will cover many different topics. If you are having trouble finding out about any of the upcoming events and are not receiving your flyers at the door please let your Ward Representative know. The newsletter will tell you all about day camp, pool hours, the Beautification contest and past community events.

Until next time have a super summer from your Wallace Gardens Community Association.



PUBLIC NOTICE

B.C. GAMING COMMISSION SEEKS PUBLIC INPUT ABOUT THE ROLE OF GAMING IN BRITISH COLUMBIA

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EDUCATIONAL

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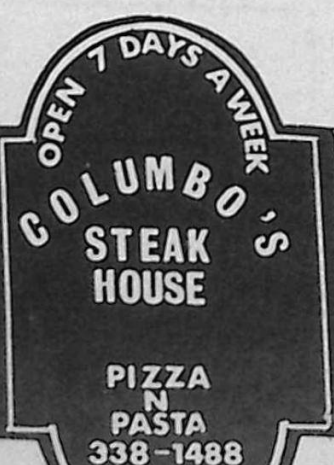
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CANADIAN FORCES UPDATE

C.F.'s Volleyball Best

A Special Move



VICTORIA -- A special moving team has started dismantling and taking out the walls of the sound booth modules that are located in the Canadian Forces School of Music in Esquimalt. Each one of the acoustically designed sound booths is worth up to \$3,000. When the booths were originally installed, they were actually assembled inside the building. In order to remove them the moving company had to make a hole in the wall of the building in order to take out the partially dismantled booths. After successful removal the booths will be shipped to the school's new facility at CFB Borden. (C.F. Photo by Sgt F. Smith)



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BACK ROW - Left to Right:
Capt Gary Pronk (Coach), Capt Jay Campbell, Capt Rene Sturgeon, Capt Gord Jones, 2Lt Stephan Dubois, Maj Vic Trnavskis (Chef d'Equipe), LCdr Marg Kavanagh (Team Doctor).

(Photo by Cpl Bill Murphy).

WINNIPEG -- Twelve of the Canadian Forces' best volleyball players have returned from an international competition in Ankara, Turkey. They didn't win the championship but they didn't lose either. And as far as the head of the Canadian delegation is concerned that was important.

"We competed against 11 other teams from countries that have olympic class athletes who serve in their military forces," said Major Vic Trnavskis, the Chef d'equipe. He is also the command physical education and recreation officer at Air Command Headquarters in Winnipeg, Manitoba. "Just competing at that level was an experience and it had very positive training values for future competitions."

The Canadian team was competing in the annual international military volleyball championships sponsored by the International Military Sports Council or CISM (Conseil International des Sports Militaire) of which Canada has been a member since 1985. This was the second time that Canada has participated in the volleyball competition.

"We finished 10th overall this year which was one position better than last year when we competed in Colorado," said Maj Trnavskis. "In our group though, we finished fourth after West Germany, The Netherlands and the U.S.A."

The host team from Turkey finished in first place, beating Italy in the final game.

"We learned a lot of lessons this time," the chef d'equipe reiterated. "One of the big ones was how to perform in a very different social and competitive atmosphere. The motto of the organization is 'Friendship Through Sport' and I don't think most of our players were ready for the intermixture of social events with outstanding competition to which they were exposed. Most of our players were used to straight competition," he added. "Still, it is very good to meet other athletes from other nations' military forces and we were happy to be part of the competition."

Those lessons are already being put to use in planning for next year's competition to be held in Bangladesh.

New CF CWO appointed

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

The Canadian Forces Chief Warrant Officer acts as an adviser to the Chief of 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 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.

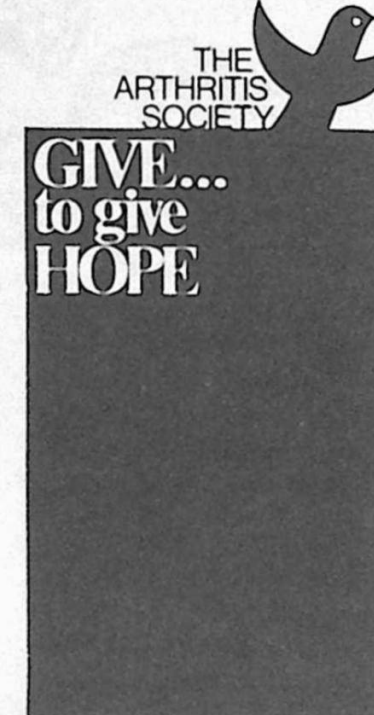
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- Baldy Hughes will cease operations in 1988 after 25 years of operation under the RCAF/CF and will host a homecoming closure party on the 14-16 Aug 87 to celebrate the event.
- All former serving members of Baldy Hughes both military and civilian are cordially invited to attend the festivities.
- Schedule of events are as follows:
14 Aug 87 - Steak BBQ - Meet and Greet - 1900 hrs.
15 Aug 87 - Dinner and Dance - 1900 hrs.
16 Aug 87 - Champagne Brunch - 1100 - 1300 hrs.
- Barrack accommodation is unavailable however limited space for camping is available on a first come first served basis.
- In Prince George the Yellowhead Inn has offered a reduced rate for personnel attending the Baldy Hughes Reunion. Reservations can be made by calling 604-562-3171.
- For registration or more information please contact:
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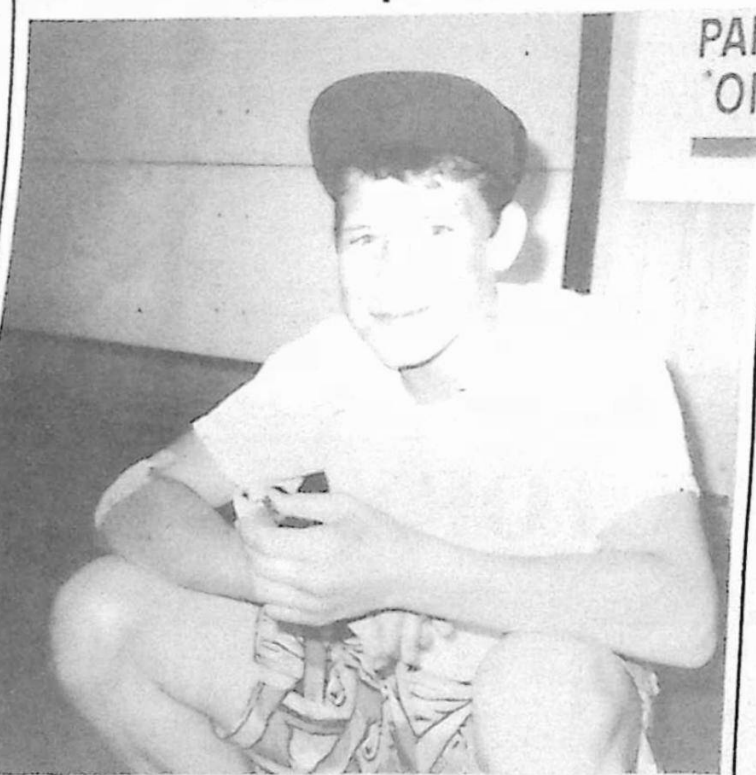
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Kye onboard Quadra



The grin speaks for itself. Onboard HMCS QUADRA Comox, B.C. cadets enjoy the benefits of good food, good comradeship, naval discipline, training by safety conscious instructors, and group living. The aims of the Royal Canadian Sea Cadet programme are good citizenship, physical fitness, and leadership development. Onboard HMCS QUADRA the cadet is our prime concern. We put the word "SEA" into Royal Canadian Sea Cadets - and they love it!

COUNTERATTACK
DRINKING DRIVING

Quadra Update

SAILOR MUSICIANS OF QUADRA

There is music in the air at HMCS QUADRA, the national Royal Canadian Sea Cadet Training Establishment located on Goose Spit at Comox, British Columbia.

Here on board HMCS QUADRA there are five bands undergoing training. A Senior Military Band, a Junior Military Band, an Intermediate Military Band, a Concert Band, and a Stage Band perform a wide selection of marches and concert music arrangements from classical to modern. The senior musicians within the School of Music are responsible not only for performing within these various groups but also for the instruction of all the younger musicians. After hours, these senior musicians also manage to find time to rehearse and perform in a stage band much like those of the Glen Miller era.

HMCS QUADRA's School of Music is comprised of 128 members. One hundred and seven of those are undergoing intensive training for periods of four to eight weeks. The remainder form a complement of senior musicians tasked with performance instruction and general operation of the school. The members of the school are from all across Canada. For many, this is their first time playing a musical instrument and for some, it is their first time away from home.

The programme offered at HMCS QUADRA is designed around five levels of proficiency. As cadets advance in their proficiency they are presented with more challenging musical instruction. This system of instruction allows the junior members of the school to advance as rapidly as they are able to. Each year, HMCS QUADRA's School of Music produces a cassette of the music that the school has been performing throughout the summer. For those musicians who have the opportunity to perform on a recording it becomes a keepsake which brings back many fond memories.

Although music is the focal point of the training for ban-

dsmen at HMCS QUADRA, many other activities are offered to the young people. Sailing, sports, fitness programmes, and range training are just a few of these extracurricular activities in which the young musicians participate.

The heart of any ship is her band and this is most certainly true on board HMCS QUADRA.

CEREMONY OF THE FLAGS

On the weekend of Saturday, August 8th, 1987 and Sunday, August 9th, 1987 a Victoria summer tradition returns as members of the Ships Company of Her Majesty's Canadian Ship QUADRA present the Canadian Forces Ceremony of the Flags on the front lawn of the Provincial Legislature. This annual presentation of the traditional ceremony combines elements of the Naval Sunset Ceremony, Trooping of the Colours, and Drummers' Tattoo in a unique historical programme featuring the National Flag of Canada and the flags of the provinces and territories.

The Ceremony of the Flags is an entertaining, pageantry filled programme with precision marching units, stirring military music, thundering naval field gun salutes, and a deep reflection of the pride Royal Canadian Sea Cadets hold for their country CANADA.

Taking part in the ceremony will be a 55 man Senior Military Band, two 32 man naval 12 pdr. field gun crews, a 100 man naval guard, and an 18 man colour party. Including the behind the scenes personnel there will be close to 250 members of the ship's company involved in the programme.

The hundred man guard is made up of Staff Cadets - who help run the ship. The two naval field gun crews are made up of trades course cadets. The eighteen man colour party mostly consists of Junior Officer Sea Training Course officers.

HMCS QUADRA is a national Royal Canadian Sea Cadet Training Establishment located on Goose Spit at Comox, British Columbia. Each summer close to 1200 Sea Cadets from across Canada undergo training on two, four, six and eight week courses. Royal Canadian Sea Cadets is a youth programme sponsored jointly by the Department of National Defence and the Navy League of Canada. The programme is open to young adults between the ages of 13 and 19.

EUROPEAN SEA CADETS VISIT QUADRA

Thirty Sea Cadets and Officers from Europe are currently training at the National Royal Canadian Sea Cadet Training Establishment, located on Goose Spit at Comox, B.C. The cadets visiting HMCS QUADRA are taking a variety of training from sailing in 32' sailing cutters to an overnight hike on the Forbidden Plateau.

The cadets and officers come from Belgium, the Netherlands, West Germany, Sweden, and the United Kingdom. The European Sea Cadets ranging in age from 15 to 21 years have been selected on merit to attend the much sought after Canadian Exchange. The cadets and their officers have shown a keen eagerness to participate in the many physically demanding QUADRA activities.

The exchange group spent two days in Ottawa prior to their arrival onboard HMCS QUADRA and will also visit Vancouver and Kingston prior to returning home.

The escorting officer is Lt(N) Jim Humphries of Edmonton, Alberta.

Five separate detachments of Royal Canadian Sea Cadets are presently touring and participating in Sea Cadet training in Belgium, and Netherlands, West Germany, Sweden, and the United Kingdom. The exchange programme is a regular event during the summer training period. Only Royal Canadian Sea Cadets of outstanding merit are accepted for the exchange programmes (Europe, United States, and Bermuda).

CANADIAN FORCES UPDATE

...more BAMSO

CONTINUED FROM PAGE 6

everything is finally done it will be nice to work in a 'real' shop for a change.

With all the good fishing weather lately I think George is missing his boat a little. He'll get over it after awhile. Rick Farina who has recently become a NDT specialist is doing 'time' in our shop until he leaves for Moose Jaw in August. Blake is thinking of where to go on holidays this summer and Sandy just finished visiting her in-laws in Kingston who came 'Out of Africa' to visit Canada.

Well, this is just about it for NDT, so until the next report, have a good summer and watch out for those radiation warning signs!

BASE ARMAMENT

There has not been a lot of news out of Base Arm for a few papers now, mainly due to the disappearance (posting) of the Phantom Armourer. The shop almost seems like it is on minimum manning with our postings out gone, and postings in just starting to arrive. Along with these there are a few fellas on course. Don't get me wrong when I say fellas for we do have a wooman armourer who is covering for the three guys who are on course.

To coin a phrase probably used six times already "Welcome to the Base and particularly our part of it." Dan and Carol Booth from Germany Graham and Heather

White from Petawawa, Jim and Gil Newhouse from Bagotville, and Rod Demorest from Germany. Those mentioned will be made at home here in our unique Base Arm style.

Just to keep the posting out straight, Alain Ladouceur has gone to Cold Lake, Al Rice is sitting in Ottawa, Rick Jacques is checking out Germany, Dave Oakie and Jeff Campton are off to Borden and Cold Lake respectively.

The gunplumbers you won't see for awhile include Frank Bliss XG, Russ Payne POET, and Bob Patenaude XG. To say they haven't missed anything would be an understatement; Frank missed his buddy Al's departure, Russ has

missed or is missing parts from his car, and Bob has missed all the changes we have made to his desk and paperwork.

From car to truck, truck to car, truck to bike and bike to car, one would classify that as a triathlon, we refer to it as "Blaine's Body Workout." To bet on what that daily transport will be, would be a book-maker's nightmare. Jardy is in the process of writing a number one best seller entitled "Me, Hounder and Site 14." As of late he has become an expert on living off the land and insists that he is a down to earth kind of guy. Jeff is back off course and is studiously trying to avoid work until his posting date. He isn't fooling anyone, we know he didn't do much

before either. And just to set the record straight I will not refrain from writing about myself too, I haven't done anything wrong or stupid and don't plan to do so in the near future therefore I must be darn near perfect.

The next article will include a few tidbits on our newest members and the release date of John's book "Charlie White, How Wrong He Is." And of course, rebuttals from all the above mentioned persons who no doubt will get me one way or the other...GL.



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The New Defence Policy

CONSOLIDATION IN EUROPE

Another major defence initiative contained in the new White Paper is the consolidation of our land and air commitments in Europe on the central front in order to provide a credible and more sustainable Canadian contribution.

Canada's current military commitments in Europe are spread over two widely-separated regions. The 4 Canadian Mechanized Brigade Group and 1 Canadian Air Group are stationed in southern Germany. The 5e Groupe-brigade du Canada and two rapid-reinforcement fighter squadrons, stationed in Canada, are committed to northern Norway in time of crisis.

Canada would also provide a battalion group to the Allied Command Europe Mobile Force (Land), and a fighter squadron to the Allied Command Europe Mobile Force (Air), for deployment to NATO's northern region. Both the battalion group and the fighter squadrons are stationed in Canada. The latter is one of the two rapid-reinforcement squadrons already committed to northern Norway.

"It has been obvious for some time that these widespread land and air force commitments in Europe represent a dilution of valuable combat resources, and cannot reasonably be supported or sustained from an ocean away in the event of hostilities," says the White Paper. "They force us to maintain widely separated lines of communication for which we have insufficient strategic transport." It adds that we also lack the necessary theatre-level logistics and medical formations.

Deployment of the Canadian Air-Sea Transportable (CAST) brigade to northern Norway is not an easy commitment to meet. "The force requires some weeks to get there," says the White Paper, "and it cannot make an opposed landing. Moreover, once deployed, it would be extremely difficult to reinforce and resupply, particularly after the start of hostilities...Even if successfully deployed, the brigade could rapidly find itself in an untenable position."

"If these commitments were to be met fully and effectively," says the White Paper, "...these problems would have to be rectified. This could only be done at great cost."

"Once we had taken a decision to consolidate our efforts in a more effective and more focussed way," said the



Two West German soldiers guard approaches to a floating pontoon bridge as 3 RCR crosses during a NATO exercise.

Minister of National Defence, Perrin Beatty, in tabling the White Paper, "we had essentially two choices: to concentrate on the northern theatre or on the central front. While consolidation in the North was appealing for many reasons, it was complicated by the fact that ...Norwegian policy forbids the peacetime stationing of foreign troops in that country. Consequently, to focus on Norway would have required that we abandon the costly infrastructure we have built in Germany and withdraw our troops from Europe altogether and try to develop workable arrangements to get troops to Norway if they became needed. This option would not have been sensible."

"The best course for Canada, in our view, is to withdraw from our current commitment to send forces to northern Norway," stated the minister, "and to consolidate these forces, if required in an emergency, on our stationed land and air commitments in West Germany."

"Consolidation will reduce, although not eliminate, the critical logistic and medical support problems posed by our current commitments," says the White Paper. "It will ensure that in time of need there will be an identifiable, operational and sustainable force in Europe."

The task of the Canadian-based CAST brigade group will, therefore, be shifted to the central front, enabling the Canadian army to field a division in a crisis. "The White Paper stresses that the resulting combat power will be more effective than what could have been achieved by two separate brigades. It says also that a number of other improvements will be necessary for the division to be fully effective with two brigades. Over time, a large part of the Canadian -

based brigade's equipment and supplies must be pre-positioned in Europe. Even more important will be the acquisition of new tanks.

Part of the division headquarters and some other divisional elements will be stationed in Europe. The logistics and medical elements to support our European commitments will be provided along with additional airlift capacity. "The creation of the necessary support structure will require material and personnel," says the White Paper, "the latter being drawn chiefly from the reserves, with an appropriate cadre of regulars stationed in Europe."

The rapid-reinforcement squadrons will also be shifted to southern Germany in time of crisis. "The concentration of five fighter squadrons, in fact an air division, on our two bases will enable us to make more effective use of those facilities, and will significantly increase Canada's contribution to the 4th Allied Tactical Air Force," affirms the White Paper.

Canada will maintain its battalion group commitment to the AMF(L) for service on the northern flank. The AMF is a small, mobile, multinational task force which could be sent, at short notice, to any threatened flank of Allied Command Europe. It is a jointly organized and supported NATO unit available to the Supreme Allied Commander Europe (SACEUR), to demonstrate solidarity and the alliance's ability and determination to defend itself. "As such, it does not have problems of logistics support like those of the CAST commitment," stresses the White Paper, "Canadian participation remains a useful and valuable contribution to deterrence."

MORE ADMIRAL

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loose from the signal mast, and a salute was fired by Sea Cadet Gunners using twelve pounders, as a piping party piped the Admiral onboard.

Members of the ship's company were mustered for ceremonial divisions in their number one uniform. The Admiral inspected all of the company including the motor sea cadet boat crew and the piping party.

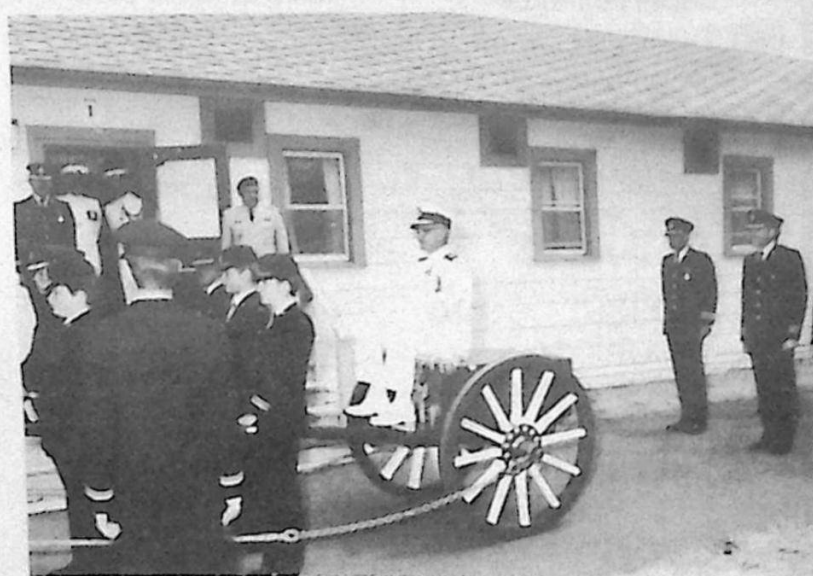
After the inspection, ship's company carried out a well executed march past. Upon the

completion of the Admiral's address, he was presented with a plaque in the shape of a cutter's backboard.

Admiral Yanow lunched with the ship's officers in the wardroom, and after the luncheon, the cadets and officers lined the broad walkway to witness the Admiral riding the limber carriage to the end of the jetty, where he disembarked. On the cutter floats, he was piped aboard the ceremonial pulling cutter, manned by senior lieutenants.



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