



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 15 August 20, 1987

Deadline is Monday, August 31, 1987

Cost: Priceless

Brodeur Looks Ahead

"This is a very interesting future we are heading into."

With those words, Vice-Admiral Nigel Brodeur, deputy chief of the defence staff, looks toward retirement from the navy this summer. On the eve of a new navy that will have nuclear-powered submarines and high-tech surface ships, ending a sea-going dynasty that began in the first decade of this century, he steps down after more than 35 years in uniform.

Brodeur has commanded at sea and ashore. He has served as a senior staff officer at Maritime Command Headquarters, on the project team for the DDH 280 program, and in SACLANT (Supreme Allied Commander Atlantic) headquarters.

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MR880 and the CP121 celebrate 30 years.



Commemorating the 30th anniversary of MR880 Squadron, Tracker 95 flew into Comox last week.

The a/c was brilliantly decorated in the traditional naval air colours. Rumour has it that a good time was had by all.

At the Controls



Checking out CFB Comox for some post career employment...Admiral Yanow takes control of the old Jolly Green Giant at the base fire hall. The Admiral retired recently after a distinguished Naval career and was at CFB Comox to say farewell.

Patriot Paladin '87 919 SOG deploys to Canada for exercise

United States Air Force Reservists from the 919th Special Operations Group, Duke Field, Fla. are deployed to Canada until Aug. 23 to participate in a joint American-Canadian forces training exercise named Patriot Paladin '87.

Approximately 100 reservists of the 919th SOG flew from Duke Field, in the Florida panhandle, to Canadian Forces Base Comox, British Columbia on Vancouver Island, Canada. They made the cross-country flight aboard two of their AC-130A Hercules gunships and one cargo-carrying C-130 airplane.

While in Canada, the reservists will employ their AC-130A on training missions with S-2F "Tracker" aircraft of CFB Comox' VU 33 Squadron and CH-113 "Labrador" helicopters assigned to the Canadian's 442nd Search and Rescue unit.

It's the fifth consecutive year members of the 919th SOG and Canadian Forces at CFB

Comox have trained together in exercise Patriot Paladin to familiarize themselves with capabilities of specialized weapons systems unique to the participating units.

Patriot Paladin '87 will provide the Florida-based Reserve unit with an opportunity to train and conduct operations in and over terrain unfamiliar to them in their normal flying areas, the flat, coastal environment of Florida.

Vancouver Island's rugged, mountainous terrain surrounding the CFB Comox area provides the Florida reservists with the experience needed to conduct operations in similar environments elsewhere in the world where they might be tasked to support other exercises.

At the same time, the exercise will offer the Canadian Forces an opportunity to work with the unique AC-130A "Spectre" gunships flown by the Americans.

Training missions conducted during Patriot Paladin '87 also will enable ground forces of both the Canadian and American units to become familiar with the capabilities of each other's weapons systems in the conduct of interdiction as well as search and rescue missions.

The 919th SOG is the only U.S. Air Force Reserve special operations group and the only AFRES unit equipped with, and flying, the AC-130A gunship, an airborne weapons platform outfitted with specialized electronic sensor equipment, 7.62 mini-guns, 20mm Vulcan cannon and 40mm Bofur cannon plus flares and a 2,000 watt illuminator for nighttime missions.

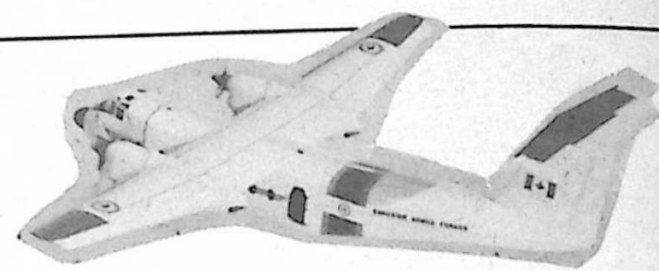
"Spectre's" weapons are mounted on the left side of the aircraft. Left-hand orbits are flown allowing zeroing in on ground targets located in the centre of the orbit pattern. An

CONTINUED ON PAGE 24

SECTION NEWS



442 Squadron



RETIRIN'

Time is running out for those members and ex-members of 442 Squadron who wish to attend the Reunion on 11 Sep 87. The cut off date for registrations is 28 Aug 87.

The Reunion will start the weekend with a TGIF in 1 Hangar at 1600 hrs on Friday. The TGIF will include some informal entertainment such as skits, etc. As well, there will be a piano player who will be playing all the hits right back to the war years. The Old House Restaurant will be providing a light buffet/smorgasbord.

On Saturday the first scheduled event will be the flying and static displays at 1300 hrs at 3 Hangar. The Squadron will put on a SAR demo using the Buffalo and Labrador. The static displays will include some of the aircraft that the Squadron flew early in its history, as well as some of the SAR displays that were used at EXPO. The Air Command Band will also put on a brief concert. That evening at 1900 hrs there will be a dinner in 1 Hangar catered by the Old House Restaurant. The Air Command Band will provide the music during dinner and the music for dancing afterwards.

Sunday morning there will be a Brunch catered by the Old House Restaurant followed by a brief Battle of Britain Commemorative Parade and Service. It should be an excellent weekend.

The Squadron would like to congratulate MCpl Al Martin on receiving a suggestion award and we would also like to commend and say goodbye to WO Joseph McCluskey after 34 years of service and WO Ken Christensen after 33 years of service. Until the next time...



WO KEN CHRISTENSEN 33 YEARS



WO JOSEPH MCCLUSKEY 34 YEARS

Suggestion Award



MCPL AL MARTIN

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AROUND THE BASE

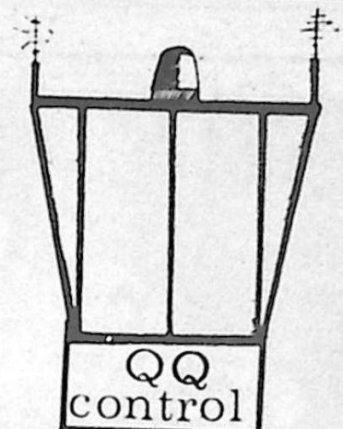


From The Top Rung

Col Ted Gibbon

The construction of the new intersection at the main entrance to the base was designed to relieve congestion and improve traffic flow but it still requires the cooperation and consideration of all drivers to make it work. Alternating traffic at the intersection in the morning is still the only way to ensure a smooth flow onto the base. This worked well with a stop sign but the Yield sign seems to have triggered a latent attack mechanism that exists in all drivers and frequently overrides courtesy and defensive driving habits. Let's return to the old ways and arrive at work with a warm feeling from either giving somebody a break or being the recipient of a kindly gesture so early in the morning.

For the newcomers who have been used to beating their way to and from work in various metropolises across Canada and had their competitive edges honed during their first trip on the Island Highway, Datsun Campers are not targets of opportunity and Alberta licence plates are not always indicative of hostile intent. To answer the usual query from the new arrivals we cannot relieve the congestion at the main gate in the mornings and afternoons by opening the PMQ gate because we don't have the manpower. Relax, adjust to the pace and give yourself a little more time to enjoy your trip to work. This is a great place to LIVE!



As The Beacon Turns

As we pass through mid-August, the nights are becoming cooler and the days shorter. Is this the reason the ATC Section seem to be getting a little strange (those tower folk in particular?) There have been a couple of rumours floating around the section that Capt Fred Miller came under fire recently (almost literally) as he attempted to get a closer look at a C5 Galaxy during a runway inspection. Yes Fred, those were real guns. I guess those pylons were meant to be used as a directional aid not an obstacle course. While we're on the subject of the C5 Galaxy, did you know there are two models, the C5A and the C5B. The A-series originally boasted as being the largest plane in the world until the Russians came out with the Antonov 124. Refusing to be outdone, the Americans countered with the C5B which is 26 1/2 feet longer than the Russian aircraft. This information is courtesy of Pte Tom Banks and "Janes All the World Aircraft" (latest edition). Another incident which leads me to believe the tower may be "over-stressed" is when the tower controller Capt Dale Webb asked his trusty BStand where a certain Tracker was going and her immediate response was "Dead Rear, Alberta." Now I don't think I really want to know where Dead Rear, Alberta is, do you? We heard that there was an airshow in Red Deer however it sounds like a coincidence to me. What do you think, Sandra? Amazing what a reporter hears.



Private Sandra Vermeulen, an Air Traffic Control Assistant, received a \$200 award for her suggestion to use non slip mats in some of the shower rooms on this base. Maj Harker, the Base Air Traffic Control Officer, presented the cheque and certificate.

I recently had the pleasure of attending the marriage of Capt Joe Pacowski to Lorraine Comeau. The bride was beautiful and the groom was equally as handsome. The wedding was well planned and went without a hitch (no pun intended) with MWO Dale Campbell acting as MC. The stag was held the previous night and a good time was had by all. I never did get the name of the lady in the cake (nice show). Good luck and many happy years together.

Welcome goes out to Capt Butch March and family from Cornwall, Ont. When I first

heard the name Butch March I somehow pictured a middle-linebacker for the Toronto Argonauts, but I guess that's not the case, eh Butch? By the way, you're right. They don't make BStands like they used to (they're better). Welcome also to Cpl Alain Rheume who is just off the Radar Course. Congratulations and good luck on your check out.

As a reporter, I tend to spend some time observing situations and people to a certain degree. I like to think of it as part of my retentive nature. I happen to observe a lot of activity and bodies in the MWO's office, especially from certain OJTs. Could it be that they are in trouble or just trying to catch a glimpse of our new secretary? Keep them in line Sue. I heard you and Kim Pruden had some recent excitement playing casualties in an American exercise, sounds like fun to me.

Well, I guess it's old news now but the following positions have been filled. CC (Chief Controller) Tower has been filled by Capt Ted Norrie. CC RATCON has been filled by Capt Joe Pacowski (if he returns from his honeymoon) and CC Standards by Capt Lothar Hopp. Congratulations to all and I hope you enjoy your new positions.

Turning briefly to sports, the fast ball season has quickly come to a close leaving the BOps team the Champions for the second year running. We entered the semi-finals with a fair amount of confidence only to have it severely deflated when we were trounced 12-1 by the 407 team. We did mount a strong comeback in the next two games beating 407 soundly. That left us in the finals with supply (talk about deja-vu). The first game was a tight match but the BOps team out victorious. The second game was played in a torrential downpour but our loyal fans stuck with it and stayed until the bitter end. Special mention must go out to the BOPsO, LCol Rogers for coming out in the rain to cheer us on, thanks Sir. We let them have extra runs in the top of the 7th inning just to keep it interesting. We are trying to get Ted Norrie another medal for his outstanding play so he can have a matching set to hang in the tower. Our pitcher, Russ Parker must also be commended for his great effort in pitching four games in a row (I still say he threw the hardest in the last inning).

Before closing, a couple of late news items. Congratulations goes out to Sgt Munday and Sgt Tack as they both recently checked out in PAR (now comes Data). Is it true, Sgt Tack, that you recently installed curtains in your new shed (with your wife's approval)?

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EDITORIALS



COMMENT

Gord Kruger

ONLY THE NOSE KNOWS

Let's face it you cute little fine featured darlings - your days are numbered. For years we of the much maligned but very masculine crowd have been the brunt of cheap shots and weak jokes. But now the word is out - the Big Schnozz is in and those cute little "wimp" noses are out.

The yuppie generation is literally nosing their way to the top. Plastic surgeons are doing a booming business as more men than ever are having surgery to produce what is referred to as "power nose." Those of us so blessed have known for many years what the general population is just starting to realize - that the power schnozz is a blessing - not a curse as your playmates may have led you to believe.

The power nose it is said is one which is five percent too large, something to shore up the sagging virility of todays up and comers. Bosses are impressed and young women think it implies other qualities.

Men just don't want cutesy, cheerleader-type noses any longer. A Vancouver plastic surgeon who specializes in schnozz jobs says the boys are out after the slightly larger nose. Young professionals are more "esthetically and anatomically conscious." Fact is, good looks create greater job opportunities and an overall feeling of contentment.

The price you pay is quite high but that does not seem to deter the applicants. Nose jobs are going for anywhere from \$500 to \$2,000 but the demand remains high.

So when all is said and done it looks as if those of us with ample proboscis can now hold our heads high. No longer will children throw rocks or old ladies sneer. We are now the symbol of masculinity. So take off all you cute little button nosed weaklings, you are passe. And remember - only the nose knows.

TO OUR ADVERTISERS

Due to steadily increasing costs our advertising rates must finally rise. Effective October 1st our rates will rise to \$3.50 per column inch. Thank you for your patronage.

Gord Kruger, Editor



A Woman's Work is Never Done

OUR NEXT DEADLINE — AUGUST 31



TOTEM TIMES



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

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EDITORIALS

B.C. TO SELECT PROVINCIAL BIRD

British Columbia will soon have its own official bird and residents of the province are being invited to help in the selection.

A three-month province-wide campaign to select a provincial bird was launched today by Environment and Parks Minister Bruce Strachan and Ed Vernon, vice-president of the Centennial Wildlife Society of B.C.

"Selection of a provincial bird will symbolize British Columbia's commitment to conservation and wildlife appreciation," Strachan said.

"And it is fitting that this designation is being made as part of B.C.'s celebration of wildlife '87, the centennial of wildlife conservation in Canada," added Vernon.

Seven candidate birds have been shortlisted for the campaign. They are: the Varied Thrush, the Trumpeter Swan, the Steller's Jay, the Rufous Hummingbird, the Peregrine Falcon, the Harlequin Duck, and the American Dipper.

The public is being invited to participate by voting for any one of the seven or for their particular favourite. Ballots and other campaign details will soon be available at any B.C. Parks Visitor Information Centre, Government Agent's Office, or Ministry of Environment and Parks office. An information Kit is also being made available to every elementary school classroom in the province.

B.C. residents will have until October 31, 1987, to cast their ballots or write in their choices.

"This is not merely a popularity contest but an opportunity for each of us to examine the role that birds and other wildlife play in the environment and to consider seriously what they mean to us," Strachan said.

"Not only will the provincial bird join the dogwood flower as an emblem of the spirit of British Columbia, but it will also serve as a living symbol of our commitment to the next 100 years of wildlife conservation."

British Columbians can vote for any of the seven provincial bird candidates, or their own candidate, by sending their choice to "Vote for your B.C. Bird," Ministry of Environment and Parks, Parliament Buildings, Victoria, B.C., V8V 1X5.

Should you prefer to choose your own bird the criteria are:

- * be generally common throughout B.C.;
- * nest in the province or, better still, be a resident bird year round;

- * be attractive and recognizable;
- * be either a western species, be unique to B.C., or have an abundance of its world population in B.C.; and
- * have conservation or cultural significance.

A thatched fuel pump

Canadian consumers are used to seeing palm oil listed as an ingredient in many baked goods. Malaysian consumers may soon be putting it in their tanks as well.

Malaysia is the world's largest producer of palm oil. To use up the excess of a few years' good harvests, the country set out in 1982 to turn it into diesel fuel. During the past two years, the Palm Oil Research Institute of Malaysia (PORIM) has found that palm diesel

(methyl esters) works as well as petroleum fuels in machinery and vehicles. If tests continue to show that it burns cleanly and efficiently, many of the world's major makers of diesel engines including Volvo, Toyota and Daimler Benz, will soon extend their engine warranties to palm diesel fuels.



Norm Blondel's LIGHTSIDE is in Summer Fallow.

We Get Letters

Editor, Sir:

I would like to make a statement about an article in the July 30 issue of the Totem Times, which has caused me some concern. The article made front page and was entitled "Women in Fighters," with the amusing sub-title "Out of the kitchen and into the cockpit."

I'm sure a few old-timers got a giggle from this epigrammatism, but it seems the author requires a little education in world news:

It has been over 40 years since Amelia Erhart was declared missing at sea. She was not a passenger, she was a pilot. Hundreds of women now hold commercial pilot licences, and have for years. There are also hundreds of female aircraft technicians with over ten years service, who, I might add, are excellent technicians and supervisors. Even the Duchess of York holds a valid pilots licence. And, just to tax the author's memory, the leader of Great Britain is (God forbid) a woman, who, I am sure, does not tie the reins of government around her waist while attending a batch of cookies, nor rush to get a sitter hired so she can make the odd nuclear arms convention.

I am, to say the least, a tad offended by this insinuation that "they" have finally allowed women to put on shoes and step outside. I have grown accustomed, however, to this ignorance and have learned instead to pity the narrow mind from which it emanates. The fact is, the Armed Forces had decided to allow women to fill roles which they have been filling for years. Now they (the women) get to do it in uniform, for their country. Granted, not all women are cut out for such roles, but neither are all men.

And so, dear author, if you feel women are still coming out of the kitchen, "Wake up, and smell the bacon."

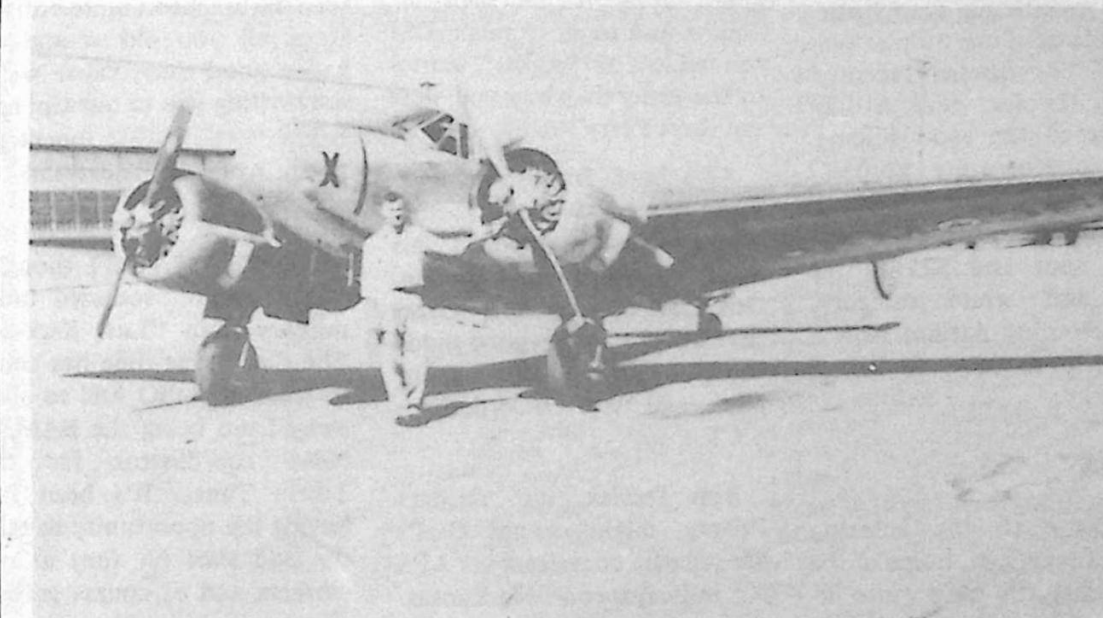
P.S. I can rest assured that this article will be printed if it breezes through the editor's proof reading and authorization as easily as the cartoon on page four of the July 30 issue.

Yours sincerely,
M. Nolan Cpl 512

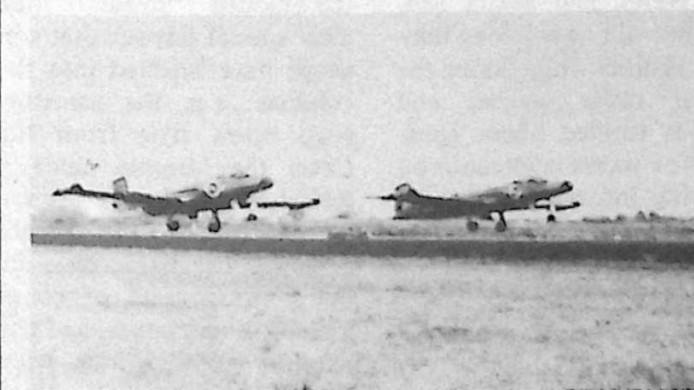
EDITORS NOTE: As is often said "Hell hath no fury like a woman scorned." However it is nice to know that the old Fishwrapper is being read and that it stirs the emotions of our fair young maidens. The editor now considers himself "Told Off." Cheers!...G.M.K.

Air Force Trivia

what where why when



Answer from Last Issue



Two CF-100s from 414 Sqn departing RCAF Station Trenton Airshow, 1962.

For this week's Trivia Photo...Does anyone recognize this gentleman? He is currently employed here at CFB Comox.

SECTION NEWS



BAMSO

EAGLES, TURKEYS, AND CHICKENS. There's a saying, "You can't fly with the eagles when you work with turkeys." On the basis of reports by the news media and from our own people who saw the show, the Abbotsford International Airshow was again a big winner this year. The show's success was in no small part due to the classy "eagle-like" way the Comox military support group carried out their duties...well done everyone, specially those members from BAMSO! We obviously don't have any turkeys in BAMSO so we move on to the subject of chickens...but you'll have to speak to Major Kightley and MWO Dryden to get the stories on chicken legs and chicken feet.

TOP GUN...with camera. Base Photo folk are often seen roaming the Base on their various photo assignments but with very little opportunity to practice "artistic" photography. It appears however that MCpl Attilio Sartori was practicing his photo craft in his off duty time as the "Record" newspaper recently reported the fact that Attilio had entered the local Filberg Lodge photography contest, winning third prize and \$50 in the colour category and fourth spot and \$25 in the black and white category. Good shooting Attilio! Now a quick trip to our one bit of shop news.

NAVCOM LABS

Welcome to the amazing world of NavCom, home of the supertechs! It's been quite interesting around here in the last month, in fact some could say it's been downright bizzare...

Topping the list is the promotion of Bruce Aitken, our resident 'Dennis the Menace.' Congratulations Bruce, and as soon as we find the NSN for a MCpl's chair we'll order you one. Replacing Bruce on the Radar side is Cpl Nancy Wild, recently posted in from the frozen wastelands of Alberta. This is Nancy's second tour in NavCom, having been stationed here in the late 70s; welcome back to paradise Nancy!

Heading out to "mukluk land," although not extremely happy about it, is Sgt Barry Whillans and family. Barry has been subjected to many "arctic jokes" recently, but he's not worried. Cold Lake never gets as cold as the FLIR room.

Our other boss, Sgt Harry Lunde will also be leaving us soon. Harry will become the new AMMIS and UCR coordinator. Rumour has it that he accepted that position just so he wouldn't have to answer the many telephones in NavCom.

Speaking of telephones, that brings us to MCpl Anne Davey. Anne wants to go to England in October; however, we've concocted a plot to have all personnel on courses during that month, therefore due to job requirements Anne, I'm afraid you just can't be spared from work...

Back to work after a really strenuous exercise in Labrador is Cpl Perry Johnson. Perry is quite happy to be back in Comox and eager to relax. Did you tell lots of "tanker" stories to the generals while you were out there Perry?

Also back from points far away is Cpl Warren Sutton. Warren just completed his S.I.T. course in sunny Borden, Ont. Carl Charko, aka "Oscar the Grouch" is in a good mood though, after all how many parts can Warren order for S.I.T.?

Ron Davies, our resident Private, might change Carl's life once he completes his APS 505 Indicator course in Kansas. I'd bet that the 505 bench needs lots of parts, eh Ron?

Also slated to go on course is Clive Webb, and Sheila Tanner. Clive will be enjoying himself in Halifax while taking the Doppler radar course, and Sheila is thrilled about spending a few weeks in Greenwood absorbing information on the I.F.F. Interrogator. Have fun students!

While Clive and Sheila suffer migraine headaches, Bob Gauvin and family will probably be out camping in the rain. Bob refuses to camp

unless thunderstorms have been forecast for the immediate area (must be the "duck" syndrome I suppose).

And then we have Gilles, our resident recluse. Gilles recently moved and didn't tell anyone where! He's definitely trying to avoid those weekend callouts to work on the DATS!

Well, what else is there to say? Cliff Perry has returned from leave, evidence being the disappearing and reappearing of signal generators and oscilloscopes requiring CAL. Our ATAT rotatee Nichol Winterburn has returned from holidays. And our newest ATATER, Mark Laroche, has been learning more about Ernie Electron by working with the finest techs in Canada.

Recently a going away luncheon was held for all the personnel who are leaving not only NavCom, but RTT and IE/IS as well. As only MCpl rank and above were invited, I would assume they were attempting to keep the luncheon quite boring. Hope all you old so-and-sos had a good time, cause we're not inviting you to our Cpl and below luncheon! Nyah...nyah...Til next time.

FINAL SALVO. I thought "Final Salvo" sounded more military than "Last Kick At The Cat." The time has come to leave BAMSO and to slide away from being the BAMSO News coordinator for the Totem Times. It's been fun having the opportunity to take the odd shot (in fun) at co-workers and of course getting shot at in turn. I've enjoyed getting each and every shop news writeup...all good...some a little weird (to me) because of the hidden "inside" jokes. That special flavour that some shops have injected into their columns, e.g. the sometimes soap opera style from NavCom, the Muppet names in Refinishing, the (on purpose) murdering of the English language by IE/IS, etc., etc., all in good taste of course, reflect the uniqueness and good working relationship within BAMSO. Good luck, health, and happiness to you all...R.M. McPhail

Retirement



BTSO BRANCH RETIREMENTS - WO Cal Pearson, ATAT Coordinator, retires after 32 years; LCol Bowes; Capt Bob McPhail, BAMSO/AMCRO, retires after 36 years; MCpl Al Nichols, Base Brake & Wheel Section, retires after 33 years.



Sgt Stenson, NCO i/c Brake & Wheel Shop, was presented with a retirement certificate after 30 years of service. LCol Bowes, made the presentation.

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Children already registered need not re-apply.

SECTION NEWS



Supply Signals

To those of you who may be wondering what's happening in the world of Base Supply, here is the latest update.

Renovations are finally completed in Clothing Stores and the final results are great. Among the best features are the increase in elbow room and Debra's new office.

In the athletic department, Base Supply is heading out on Adventure Training. A canoe trip that promises to be eventful to say the least. If you are thinking about canoeing from 16-18 Aug. BEWARE!

The powerful hitting Base Supply Softball Team is in the finals. Good luck to all.

On that note, congratulations to Caroline Borkent on her engagement, and welcome to Cpl Brad Burton, from HMCS Qu'Appelle. Brad is now working in Stocktaking. Another newcomer is our new MCpl Caroline Miller from Petawawa. Congratulations on your recent promotion, hope you'll like LPO.

On the humorous side, Larry Potter had a stag. He and his buddies spent the weekend wandering the streets of Victoria speaking to ladies involved with executive sales sin-

ce nobody would let them in a bar or hotel room.

Throughout the summer, many Supply Techs have gone on leave and not it's Sgt Major Lucy's turn. She is counting the days. She'll be going back home to that great lily pad east of the Rockies.

CFB Borden has a few new guests, Manon Gervais and Ken Verge are there on TQ5 course. While our illustrious POI Sears is trying his hand at SLC.

Also away is Mario Sequin from 1 SG, who is doing the Operation Boxtop resupply of Alert, and a recent shuffle of personnel sees Bill Bailey as our new IOR clerk.

For the more permanently departing, we have Luc "Crash and Burn" Lapointe who is posted to CFB Edmonton. For further information about the "Crash and Burn," please contact Luc and ask him about his jump with the SAR Techs. Also to leave in the near future will be MCpl Dave Brewster, Cpl Shawn Price, and, last but not least, Donna Forget, who has just recently found out that she is being posted to Ontario. No need to say she's really happy.

To the Band from us



The 560th U.S. Air Force Band was presented with a Jack Barrie original during their recent performance at CFB Comox. Pictured left to right are the Base Warrant Officer, CWO George Del Fabro, MSgt Michael Cox - Band Director, TSgt Tom Schager, several band members and our Base Commander Col Ted Gibbon. The original was made available by local photographer Jack Barrie for exclusive use by CFB Comox. Thanks Jack!

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.

Sept 16 - OWC MEET AND GREET
Sept 20 - CAR RALLY (for further details contact Capt Duguid Local 8223)
Sept 23 - OWC BRIDGE CLUB
Sept 25 - MONSTER TGIF/MEET & GREET

USED CAR CENTER

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CARS	1988	1987	1986	1986	1986	1984	1984	1984	1984	1984	1983	1982	1982	1981	1981	1981	1981	1981	1981	1980	1978	1977	1977	1977	
	BERETTA	CAMARO	CAVALIER	PRELUDE	CAPRICE	SUPRA	TEMPO	CELEBRITY	CUTLASS	TERCEL	CELEBRITY	SKYLARK	OMEGA	TOYOTA	ACADIAN	LADA	PHOENIX	GRANADA	ELDRADO	GRANADA	LEMANS				
	LOADED	T.TOP	4 DOOR	MINT	2 DR LOADED	LOADED	2 DOOR	STN. WGN.	4 DR LOADED	2 DR AUTOMATIC	4 DOOR	4 DOOR	4 DOOR	COROLLA STN WGN	4 DOOR	4 DOOR	4 DOOR	4 DOOR	LOADED	4 DOOR					

TRUCKS	1987	1986	1985	1984	1984	1983	1980	1977	1977	1976	1977	1963
	CARAVAN	BRONCO II	GMC S15	BRONCO II	CHEV	S10	GMC VAN	DODGE	CHEV 4 x 4	GMC	GMC 1/2 Ton	FORD
	7 PASSENGER	4 x 4	EXT CAB	4 x 4	1/2 TON PU	5 SPEED	SHORT W.B.	BOOGIE VAN	1/2 TON	1/2 TON P.U.	P.U. & CAMPER	CUSTOM 4 x 4

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SECTION NEWS



Anker Klankin'



Sgt Dennis Vicklund receives his Certificate of Service from Base Commander Col Gibbon. VU 33 Co, Maj Arsenault looks on. "Well done Dennis and Bon Chance!"

Bokor. "Bok" is used to melting hearts in Torbay, NFDL and can't wait to experience the West Coast equivalents of Prince Rupert and Sandspit. Orlando is a fully qualified MRCC who moves into the UFSSO jobs. Welcome aboard!

Also newly arrived on the Sqn is AESOP MCpl John Motyer. John didn't have quite as long a journey to Comox as Orlando; he just moved down the hall from MP407 Sqn. John's previous tour with the Aurora crown is both a blessing and a curse. While he's familiar with much of our operational area we've had to 'deprogram' him from the MP way of thinking. The re-education process is almost complete, however, and John is proving to be a superior MR AESOP.

VU 33 TECH SIDE

Contrary to the general belief that summer is VU 33 line serv's light load time we have been putting in busy, busy hours with the many visiting birds and fewer techs due to seasonal leave requirements.

Of particular note and historical importance was the arrival of Tracker A/C 7a3 and 95 from the east coast. A/C 95 was painted in traditional Naval Air colours to mark the 30th anniversary of MR 880 Sqn and also for the CP121 Tracker A/C.

MCpl Fred Kay, the 2 Crew straw boss at the time, was quick to point out that our techs would be made available to assist in the snag recovery of these birds. The result, - a smooth on time recovery. WO Lyle McManus, overcome by an attack of 'Nostalgia' - somehow got hold of a bucket of navy blue to re-touch 195's leading edges. Professionalism - we've got it.

Michelle: '(F18 Fire Guard) "If there is a fire I am not going under that A/C." Pilot: (UPON OVERHEAR) "at least throw some foam around me" MICHELLE turned hydrant red.

New on the maintenance scene is MCpl Ernie McAlpine. Cool Pool has lost its landmark - a hill. Welcome aboard Ernie.

New in Serv is MCpl Mike Yaciuk (that 'Yak Yuk' on NOR PATS) our new IS SUPER TECH. VU 33 also extends a warm Pte Marc Pilon welcome to wife BEATRICE,

an IE Tech, who arrived from CFB Borden recently. Next is PTE Gord Grawberger (IE) also from Borden. On Fri 14th Cpl Nancy Hims! an AF Tech arrived from CFB Bagotville.

On Saturday, 8th Aug many of us gathered for an important dinner date at Columbo's. It was a farewell dinner for Sgt Dennis Viklund and Mrs Ev; all enjoyed. Dennis

was presented with a panel (plaque), complete with fasteners, as a momento of the seriousness and at times the humorousness of life as a VU 33 crew chief. Sgt Vicklund is now retired after a rewarding career of over 37 years, the last 17 years being served at CFB Comox. All the best Dennis and Ev. We hope to be seeing you from time to time.

Anker Klankers Promoted

CO, Maj Arsenault and SAMO Capt Bill Snow presenting



RALPH HOGARTH TO SGT



GILLES LESSARD TO MCPL



GENE MEYER TO MCPL

There have been several significant developments at the Fighting 33rd over the past two weeks. Competition for the top billing in the Squadron articles is always fierce, or course, but one event wins the top spot by virtue of being especially newsworthy.

I am referring to the recent retirement of Sgt Viklund from the RCAF/CAF after 37 years of service. Seventeen years of that time was spent at CFB Comox, 9 of it with VU 33 Sqn. Dennis was presented with his Certificate of Service by Col Gibbon, a former CO of VU 33, who paid tribute to his hard work and dedication. As a long serving supervisor in VU 33 Dennis has had an impact on the way we do things. He has helped to make the Squadron the excellent unit it is today. We aircrew are sorry to see him leave and will miss his enthusiasm and friendly, helpful attitude. Our best wishes for a happy and healthy retirement, Dennis (Please don't forget your friends this winter when the demand for your chalet is high!).

Despite a career spanning two decades and such widely varying aircraft types as Sea Kings, Buffalos, Tutors and T-33s Mountain Mike Cummings has never quite held the full respect of his peers at VU 33.

Why? Easy; he's the only Sqn pilot without Tracker time in his logbook.

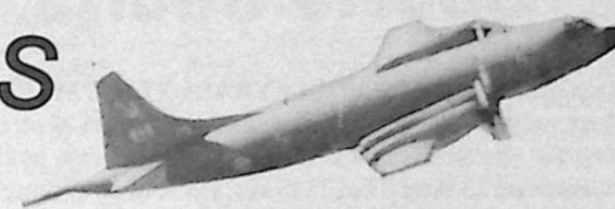
Happily, this sorry situation has now been rectified, Our DCO is a recent graduate of the Tracker course given by MR880 Sqn. Since he's proven to us that he can fly a real AIRPLANE Mike's colleagues are according him the respect we've always known he deserved.

Capt 'JR' Reimer departed the fix for Greenwood just a few days ago after three very good years with the Sqn. As a "pipeliner" JR distinguished himself by rapidly upgrading to Crew Commander and moving into the Training and Tracker Standards jobs. He even completed Staff School on his first tour. With these impressive credentials we feel it won't be long before John is a VPCC on those four engine Trackers. Before he left JR took one last swing through his old stamping grounds on a pilot training trip with Martin Baggaley as a willing accomplice. After Calgary and San Francisco Greenwood will seem very boring!

The third of four MR880 aircrew to make the trek west this summer has arrived. Lt Randy Chaulk, move over and make room for VU 33s newest eligible bachelor, Capt Orlando

SECTION NEWS

Demon Doins



Bye Bye Chris



Crew 3 Subbusters gathered around Capt Chris Ketellapper on the occasion of his last flight as a Demon...now it's off to Winnipeg. Bon chance Chris!

We'll start this Doins off with a welcome to our newest Demonettes, Rachele Paul, born to Ted and Giselle Paul and Tara Ann Beaulieu born to Mark and Janice Beaulieu. Congratulations to both the Pauls and the Beaulieus.

The Moosemen of Crew 7 recently attended the Red Deer Airshow where they learned the value of a buck. They also learned that the public's interest in the interior of an Aurora increases proportionately to the amount of rain falling.

Capt Steve "Hopalong" Amo disappeared on leave sporting the latest in plaster footwear. Let the truth be known that Capt Amo got over zealous with his "Learn at home Rhumba Lessons" and his poor ankle just couldn't keep up. Any rumours that this was a football injury were started by Steve's father who also made up stories for Steve's childhood ballet injuries.

Crew 4 Sledgehammers went off on a NORPAT with some special guests. The French Island runway. As a result of this landing and associated tremors Los Angeles slid into the ocean. Crew 5 is awaiting the return of Lt Ken Westerveld who raced off to Halifax to get his impending marriage back on-line and to assure her that he and Graham Edwards survive together only to save on rent. Nuff said.

took him 44 seconds to even realize he was in a pool. Capt Hank "N & 8 letters Ski" also left his mark on the North Island runway. As a result of this landing and associated tremors Los Angeles slid into the ocean. Crew 5 is awaiting the return of Lt Ken Westerveld who raced off to Halifax to get his impending marriage back on-line and to assure her that he and Graham Edwards survive together only to save on rent. Nuff said.

407 AIR PHOTO

Once again, it's time for an update for 407 Air Photo. The postings are finally over and it's back to work as usual.

On 5 July, we said farewell and best wishes to Cpl Debbie Eckert, who is on release. Debbie plans on returning to school to take courses toward a lab technologist degree. Good luck and study hard, Debbie.

Quote of Airshow belongs to one viewer who whilst watching the Harrier perform asked our Demon on the job if it was a B-52 flying. An easy mix-up.

Crew 5 Vikings just returned from a SUBEX to San Diego which was the last away trip for Capt Dennis Sawatzky, their intrepid TACNAV. Whilst in San Diego Dennis set a new crew record for holding his breath underwater at 46 seconds. Popular consensus is that it

XG course. Good luck from the section, Jo!

MCpl Terry Wood, with some gentle arm-twisting, reluctantly volunteered for a TD trip to the Abbotsford Airshow. Bet you really hate that, eh Terry?

Cpl Holly Ford will get a chance to display all her expertise, once again as she returns to servicing after a short stint in Photo Processing. This is supposed to be a temporary change and Holly hopes that it will stay that way.

WO Jean Cote is looking forward to a TD trip to Summerside in early Sept. He is already drooling over all the lobster he plans on eating. And, by the way, Jean - yes, there are golf courses in P.E.I.!

Well, folks, no further news to pass on this time, so no point in wasting any more paper.

407 RESEARCH

I guess it's about time that you all heard from the realm of the "DIGITIGRADES"... figure that one out Ricky!! As every one else is writing about comings and goings I presume that we should too. So first we will say a fond? farewell to those who are leaving us. By the middle of August, Earl Martin, A.K.Jones, Dave

dictionary trying to find new ways to tell people to quit phoning him on the computer, and Duffy has landed himself the job of "OFFICIAL PRINTER TAPE CHANGER" at least until he gets it right.

Last but not least, I guess I should mention that the First Ever Annual Amcro Dinner at the Gaff Rig was a smashing success, and a good time was had by all, even our token Newfie.

407 MAINTENANCE

Once again summer is almost over and we've said goodbye to some close friends. Continuing the tradition in 407 Maint we would like to welcome, with open arms, our new members: MCpl (Wee) Willie Rivet (He can't stop smiling) is in from Greenwood. You guessed it, he's a rigger! MCpl Bob Geub is from (we never did it this way) Edmonton. He's still a little confused as to where we keep our tents.

We would also like to extend a warm welcome to our new ASO and Maintenance Support WOs, Capt North (no, we haven't traced the family tree yet), MWO Brazeau and WO Moreau.

Things have been pretty quiet in Engine Bay since the baseball pennant races have heated up. MCpl (Rip VaN Winkle) Crocker can be found very deep into his CFTOs at lunch. He should catch the early CNN sports.

The esprit de corp of our section has definitely come out at the invitation to participate in the Base Tabloid Day. We can hardly wait to show everyone that our Engine Techs can catch. That is if the Riggers can get all their nuts and bolts together.

Pte Winterburn didn't seem to have any comment on the last article. However MCpl Duffy now knows how to pronounce Pte Winterburn's first name. There is justice.

Lastly, congratulations are in order for our newest Corporal Sylvain Alarie. He's promised us all the pop we can drink, after the house is built. Until next time...

SPORTS & RECREATION

Sports Shorts

SERVICEMENS BASE VOLLEYBALL TEAM MEETING

There will be a meeting for any personnel interested in playing for the Servicemens Base Volleyball Team at the Base Rec Centre on 25 Aug 87 at 1545 hrs. Personnel wishing further information are to contact Capt Pronk at local 8542 or MCpl Descoteaux at local 8315.

INTERSECTION FLAG FOOTBALL MEETING

There will be a meeting for any personnel interested in forming an Intersection Flag Football League at the Base Rec Centre on 27 Aug 87 at 1000 hrs. Personnel wishing further information are to contact Capt Wheadon at local 8442 or Cpl McNab at local 8285.

The Terry Fox Run Sunday Sept. 13th

Proceeds from The Terry Fox Run go to the Canadian Cancer Society for cancer research.

"The Seventh Annual Terry Fox Run will take place at over 300 locations in B.C. and the Yukon," announced Kathy Staley the newly appointed Provincial Terry Fox Run Coordinator.

The high level of enthusiasm and energy of the volunteers who help promote the Run and develop new sites is terrific. Thirty-four new Run locations have registered for the Run this September 13, 1987. "There are many communities that would probably like to have a Terry Fox Run, says Ms. Staley, "my job is to let them know how easy it is to become a volunteer Run Organizer."

In 1986, 2500 volunteers organized, directed, counted, fed and cheered for the 72,000 people who walked, jogged and biked in Runs around the province.

Terry Fox said he wanted his Marathon of Hope to increase awareness of cancer. "The increase in volunteers," says Ms Staley, "shows the growing awareness." The potential to realize one young man's dream: to find a cure for cancer, is brought closer to reality with money raised by the Terry Fox Run.

All the Terry Fox Runs are organized by volunteers. The "how to" manual has been put to the test from Whitehorse in the Yukon to Victoria in the South and from Queen Charlotte to Grasmere.

Call the Terry Fox Run in your community and offer to help. Better yet if you would like to organize a run in your community please call Kathy Staley at the Terry Fox Office at 876-3131!



Outdoor Writings of Canada

Pipe Smoke

Gerry Gerow

I've got another book for the horsey set this week. *The Equine Veterinary Manual*, by Tony Pavord and Rod Fisher, Howell Book House, New York. US \$19.95.

This is a 208 page, well illustrated, excellently indexed, hard cover text book on medical care of horses. It is written for lay persons in language they can understand. It helps readers better understand how the horse's body functions, the signs of good health and the lack of them.

Both of the authors are active veterinarians specializing in horses, with wide international experience.

No book can replace the skills of a trained veterinarian but this one will certainly help you and guide you as to when to call for help and when to relax. If you keep a horse, or horses, you should have this book. Just published, it should be in the book stores and tack shops soon.

XXXXX

The vast forested areas in Canada seem to have been made to order for the 4 wheel drive and the All Terrain Vehicles. The roads and trails pushed through these areas by the oil and logging companies have helped make it easier to penetrate the wilderness using these vehicles. The ATV has brought mixed blessings with it. It provides, previously impossible, access to these

wilderness areas to those who can afford the vehicles, but it has resulted in the loss of a lot of sanctuaries for our fish and wildlife.

One area of forest use that is sadly neglected in my opinion is casual recreation for the masses. Forest areas close to our populated areas are mostly impenetrable by anything short of a bulldozer. Why not open these areas up to the public by creating walking trails. A level parking area leading to say a five mile walking trail through the wilderness, would be an invaluable recreational resource. Why doesn't our much heralded participation get involved with providing this type of facility.

In Europe such trails are commonplace, everywhere. I've seen them augmented by exercise stations every half kilometer or so along the way. Directional signs giving the distance to places in so many minutes of walking time rather than kilometers are also quite common in Switzerland.

In Germany twenty-nine percent of the population wanders on the forest paths at least once a week, and only three percent say that they never go into the woods to walk. For a short while it looked like the European custom of Volkslauf (peoples walk) was going to catch on in Canada, but it now seems to have just been a flash in the pan. *Let's take your ATV and go fishing, Frank.*

NEXT DEADLINE
AUGUST 31



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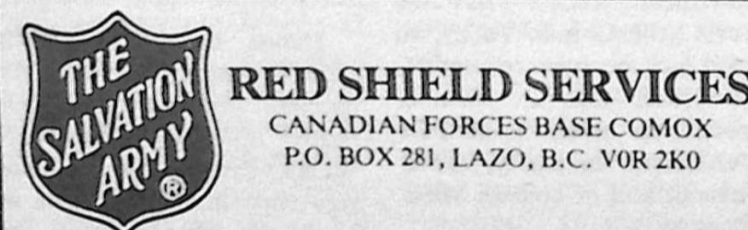
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SPORTS & RECREATION

Fitness

with Debbie



Remember when "getting one's exercise" was such a simple procedure? For many people it is often impossible NOT to exercise, as their jobs or daily routines call for a lot of physical activity. For others whose lives are generally sedentary, exercise was a simple matter of walking to and from work; running the dog, or going for a swim a few times a week.

Complications have set into the fitness boom however, and it seems that you now need state of the art equipment just to enjoy the simplest activities.

Going for a bicycle ride is a major operation by the time you adjust the 12-speed, slither into the spandex riding suit, strategically place the sunglasses over the aerodynamic helmet and slip your cleats into the toe-clips.

Swimming is no longer a matter of simply diving in and thrashing out a few laps. There's the matter of the lightweight swim suit, matching cap, proper goggles and a water resistant watch good for 50 metres below sea level. Then you must put yourself through a series of arms only, legs only,

pushing a kickboard, holding floats between the legs and then the dreaded "water running." A person could forget how to just swim!

Even the simple sport of running has lost it simplicity. Shoes have not only become sturdy, complex and expensive; some will count calories burned, miles logged and average speed. Sweats and shorts have given way to lycra tights and nylon mesh singlets. A half-decent watch will time each lap, remember total running time and beep when it's time to go home. A recreational jogger needs a sturdy walkman, fast music, and fresh batteries!

Some sports, however, necessitate their fair share of complicated equipment. Scuba divers are probably better off with a wet suit and oxygen tanks; just as I wouldn't jump out of a plane without my altimeter and parachute! Remember though, that it is still possible to get back to the basics with an untimed jog in old runners, a cruise on your old bike or a plain old swim just for the fun of it!

Campground Clampdown Announced

Tough new measures to deter troublemakers in provincial parks have been announced by Environment and Parks Minister Bruce Strachan.

"This year, park rangers have been empowered to issue ticket-summmons on the spot for a variety of offences," Strachan said. "Those receiving tickets will be able to pay the fines...as much as \$100...out of court."

Offences for which rangers will be on the lookout include vandalism, illegal liquor consumption and excessive noise in campgrounds. They will also have the power to ticket under the Motor Vehicle Act for offences such as speeding.

Over 17 million park visitors per year are recorded in campgrounds and day-use areas. Park rangers deal with several thousand offences a year involving Park Act Regulations and other legislation involving liquor, motor vehicles, all terrain vehicles, litter and wildlife. Reported property damage has totalled more than \$600,000 over the last five years.

"I know that the vast majority of the millions of people who use provincial park campgrounds each year will be glad these steps have been taken," Strachan said.

"Everyone will benefit from the improved park atmosphere

SPORTS SPECIAL

HIS MAJOR LEAGUE CAREER BEGAN IN ST. LOUIS

HE TURNED HIS CAREER AROUND IN 1983, AND WON THE CY YOUNG AWARD. WE'RE TALKING ABOUT THE PHILLIES' PITCHER WHO WON THE MOST GAMES IN THE NATIONAL LEAGUE.

JOHN PENNY

HIS 19 VICTORIES AND ONLY 6 LOSSES, PLUS HIS LOW E.R.A. OF 2.37 (SECOND BEST IN THE N.L.) MADE IT EASY TO DECIDE WHO WAS BEST. DENNY STRUCK OUT 139 AND WALKED ONLY 53 BATTERS. HE WAS THE PHILLIES' ONLY WINNER IN THE WORLD SERIES.

JOHN, WHO HURLED 7 COMPLETE GAMES, WAS 13-1 FOLLOWING THE ALL-STAR BREAK.

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TGIFs START

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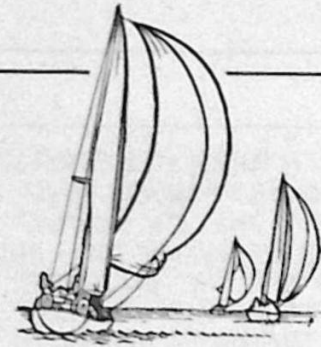
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SPORTS & RECREATION



**SAILING
SPLATTER**

For those regular readers (I know all three of you can't be on leave at the same time!), the oft-abused term, "I'd rather be sailing" has finally manifested itself. As you read this, I'm finally sailing! For those of you unfamiliar with the local existing "gold mine" for cruising enthusiasts, call me when I return; I'll tell you all about such exotic locations as Desolation Sound, Teakerne Arm, Hole in the Wall (indeed!), Octopus Islands and Rebecca Spit.

On with the Sports! It's finally here. The Annual Commodore's Rum Race. This weekend, hearty teams of 420 crews will vie for the coveted prize of the Commodore's choice. And that's about all I can tell you for now. Except that the LeMans start to the race will be sometime after 1100 hours Saturday. That's the time to meet at the Quadra clubhouse. Bring all of your overnight jammies, tents, bags, food, etc., down to the clubhouse and it will be transported in the luxury of a keelboat to the classified overnight location. The Commodore will have the balance

of the details at his race briefing at 1100 hours Saturday. Inclement weather (as if such a thing exists to a sailor!) plans include a BBQ on the Commodore's Poop Deck (patio).

Plans for an unprecedented third Learn to Sail course have been laid. The course will be run the 7-12 September during the weekday evenings and all day that Saturday. A substantial number of people have expressed interest in such a course so here we go again. The instructor is away for the next three weeks so please call his home and leave a message on the answering machine at 339-6794 declaring your intentions of taking the course. He'll be sorting out all of the final details the week of 1 September. Expect your call returned then. The course is \$55 total and \$10 for each extra family member. But you must call now! This offer ends soon.

I'd love to fill you in on all the details about upcoming events but the driveway is still not finished and I need a vacation. Not just any vacation! Per Ardua Ad Hydor.



**LINE
TWISTS**

**CFB COMOX SPORT
PARACHUTE CLUB**



OFF TO YUGOSLAVIA... Al Sharpe and the accumulation of awards he collected on the road to making Team Canada. Well done Al and good luck against "all them foreigners."

The CFB Comox Sport Parachute Club has been very active lately, as it's members continue to drop into and bring home medals from various competitions. These skydivers of all calibre have been jumping at fun meets throughout B.C.; the Summer Games; Provincial Competitions and the Canadian Nationals.

Capt Al Sharpe of Base Ops travelled to Vermillion in June for the Alberta Provincial Competition. After some very successful jumps, Capt Sharpe had secured first place in accuracy and second place in style.

The weekend of July 24-26 at the B.C. Summer Games saw the Comox Club take the team gold in accuracy as a result of some excellent jumps by MCpl Roger Skidmore, Roy Wharton, Reid Wharton and Brian Wnuk. These parachutists also did well in the individual events as Roger Skidmore took the gold in Senior Accuracy; Brian Wnuk captured a silver medal for Intermediate Accuracy and Reid Wharton earned the bronze for that event. Dan Lindquist was jumping again after a long lay-off, and took fourth place in Senior Accuracy.

The accuracy event calls for the competitors to aim for an electronic pad on the field and try to land directly on a small 5cm disc - the goal being to hit a "dead-centre." Throughout the Summer Games, only five people hit dead-centres and three of these hits were achieved by Comox members: Cpl Clive Webb, Reid Wharton and Lisa Thornton.

The B.C. Provincials which were held in Chilliwack this July was another successful meet for the Comox Skydivers. Reid Wharton jumped his way to a gold medal in Junior Accuracy, while Capt Al Sharpe was awarded gold medals for both style and accuracy in the Masters category. This dual win gave Capt Sharpe the first place overall standing in the

Provincials. Cpl Webb placed third in the senior category of style.

The week of July 18-26 saw Capt Sharpe in Victoriaville, Que at the Nationals where the best Skydivers in the country were vying for a spot on the Canadian National Team. Sharpe represented CFB Comox in the style and accuracy events, and after 14 jumps held the first place position. However, penalties received on his last two jumps caused him to finish fifth in accuracy and sixth in style resulting in a seventh place finish overall.

Capt Sharpe's performance earned him a spot on the National Team which will be competing in the International Invitational Adriatic Cup this September in Yugoslavia. This meet will be host to the top skydivers from all over the world, including the very strong Eastern Bloc parachutists. The Canadian team is made up of five men and five women. The only other member from the Canadian Forces is Lt Eileen Vaughn, a member of the Skyhawks Parachute Team.

Capt Sharpe has been skydiving since 1979 and has amassed nearly 1100 jumps. He started his parachuting career in Comox; and 1987 is the first year that he has made the

National team. He plans to continue with competitions at the national level while the sport continues to grow. In 1988 there will be a World Championship competition in Sweden, and 1992 could see parachuting as a demonstration sport at the Olympics in Barcelona, Spain.

Attending B.C.'s longest-running northern meet in August were Cpl Webb and Brian Wnuk. Situated in the spectacular Skeena River Valley northeast of Terrace, the Woodcock drop zone hosted thirty-two competitors, and the representatives from CFB Comox were determined to bring home some hardware. That they did with Cpl Webb earning silver medal in the senior style event and Brian Wnuk taking gold in intermediate accuracy.

An interesting note about a former Comox skydiver, Carol Barrett, who is now living in Ottawa where her husband, Capt Clive Barrett, is in the Directorate of Flight Safety at National Defence Headquarters. Carol is now an instructor "B" and has just finished teaching a first jump course to the Canadian Astronaut team. Does this mean that we will soon be seeing the likes of Marc Garneau exiting spaceships to the cry of "Arch Thousand"?!?! BLUE SKIES!!!!

LIFESTYLE

Comox Valley Aquatic Club says thanks



Comox Valley Aquatic Club president Mrs. Eileen Flath presents a plaque to the BPERO Capt Gary Pronk in appreciation for the bases support to their swimming club this past June. (L to R) WO A. Brazeau, Capt Gary Pronk, Mrs. Eileen Flath and Cpl Leslie Rae.

If you had a child whose kidneys had failed



you'd understand why The Kidney Foundation urges you to sign an organ donor card.

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When things get me down, I remember to do what they tell me, to keep a positive attitude."

Bandsman Chris Arthurs
Each summer, visitors to Parliament Hill are surrounded by sights and sounds uniquely Canadian. Foremost among these are the guardsmen, scarlet-coated men and women whose immaculate drill and stirring music are, for many tourists and locals alike, the embodiment of the nation's capital.

And yet, few realize that these young people are trained members of the Canadian Armed Forces; soldiers first and foremost, and a crack ceremonial unit second.

"When the recruits arrive May 15 they have one day for clearing, and their recruit training starts the next day," says assistant adjutant, Capt Steve Gallant. "Ceremonial training doesn't start until June 8."

The Ceremonial Guard, as it is correctly known, is made up of an attached company of the Governor General's Foot Guards, an attached company of the Canadian Grenadier Guards, and the Band of the Ceremonial Guard. The band is composed of musicians selected from military bands and music schools across Canada, after a series of auditions.

The commanding officer, Maj J.C. Allard, says misconceptions about the guard abound. Most common is that it is made up entirely of university students, and that all they do is train for the ceremonial duties, much like parks employees in period costume who recreate the sights and sounds of an era at an historic fort or trading post. Nothing could be further from the truth.

"This is a reserve unit like any other," Allard says. "They undergo the same training as any recruit to the Forces, plus the ceremonial bank duties on top of that. It is largely made up of university students, of course, because of the time of year."

Then there are the tourists, not all of them from abroad, who think because the guardsmen wear scarlet tunics they are Royal Canadian Mounted Police. Allard chuckles when he thinks of this, but he does say there is a possible reason for it.

"Regimental full dress is something not usually associated with the Forces these days, so I suppose some people could make that assumption."

The Guard is housed at CFB Ottawa South, commonly referred to as Uplands. In the headquarters building, eight staff personnel work year round, with the rest of the

headquarters company reporting in around the end of April, two weeks before the recruits get there. The band shares some facilities with the Central Band of the Canadian Forces.

The Guard was formed in 1979, the band two years later. Before that, the ceremonies on the Hill were done by the Public Duties Detachment of the militia, which took over the job from the regular Canadian Guards when they were struck off the order of battle in 1970.

Bandsman Chris Arthurs is going into his third year of music education at the University of Western Ontario. He heard about the Guard from friends, and decided he could use the discipline, the practice, and the pay.

"I was curious. Now the discipline is something I'm enjoying," he says. "We get up at 5 a.m., and do PT before breakfast. The quality of the music is something; this is really quite a band."

It is, in fact, the largest band in the Forces. There are 91 members, of whom 57 form the duty band each day. Of course, Arthurs and all other band members have to do the same basic training as everyone else, with trips to CFB Petawawa and the Connaught Ranges, section tactics and digging trenches. Then there is a routine in barracks, with stand-

by-your-bed inspections and marching to meals. All this on top of ceremonial drill and band practice.

"When things get me down, I remember to do what they tell me, and keep a positive attitude."

That positive attitude results in pride, and pride results in performance. This leads RSM Larry Schultz to describe the drill of the Guard as "second to none." Well it should be, for the ceremonies are witnessed by tens of thousands of people every summer, and captured on millions of frames of film, and untold metres of videotape. In addition to the daily guard changing, the unit does extra duty whenever called upon, such as providing guards of honour for visiting dignitaries.

The guard is mounted throughout the summer on the residence of the governor-general. Sentries are mounted in pairs at the main gate and at Government House itself, and are relieved every hour by a posting corporal. A guard is also mounted whenever the Queen is in residence.

But it is changing the guard, the ceremony each morning on Parliament Hill, that most people come to see. Beginning at 10 a.m., the troops move on to the greensward, one division of the "Old Guard" on the west side, and two divisions of

"Duties" of the east. The second "Old Guard" division remains at Government House.

After inspection by the adjutant the "Duties" then become the "New Guard," ready to assume their posts at Government House. The incoming guard commander takes his position, and the colour is slo-marched on to the parade.

After the Old and New Guards present arms, the two commanders call out "Four by Day!" to indicate the number of sentries to be mounted. They then exchange the key to the guard room.

All of this is not just meaningless ceremonial, or a form of public performance designed to lure tourists to the Hill. It is a ceremony rooted deep in our military history, and even if there was no one there to watch, they would still do it.

"Of course we would. It's tradition," Gallant says. "It's meaningful to us, we do it for a reason."

The ceremony takes place each day at 10 a.m., from June 26 to August 30.

Courtesy Capt Tony Keene
CF Clipsheet

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Canadian Forces Update

CF-18s in the High Arctic

Imagine the vast emptiness of the Arctic. Lightly populated, cold and barren, with trackless wastes of land. Rugged, remote country provides the backdrop as two state-of-the-art CF-18s take off on their first deployment to the North Pole in exercise *Amalgam Chief*.

The week of 11-17 June saw a mission of firsts for the Canadian Forces. It was the first time our new high-performance CF-18s ventured beyond the northern limits of Canadian territory, as far north as anyone can go...the North Pole. It was also the first time air-to-air refuelling was conducted with 437 Squadron's Boeing tanker in the High Arctic. And it was the first time the CF-18s formally exercised from one of the five proposed forward operating locations, or FOLs. Besides this one at Iqaluit (Frobisher Bay), the others are Rankin Inlet, Inuvik, Yellowknife and Kuujuaq.

As pilots from 425 Tactical Fighter Squadron in Bagotville

donned their flying suits, they were well aware that they were about to play a game of cat and mouse with a simulated bomber threat over unfamiliar territory. The High Arctic is not forgiving country, and there are no bases on which to land once past Thule in Greenland. This is why the 437 Squadron tanker was critical in replenishing the CF-18s on the trip to the Pole.

During the last few years, the Arctic has emerged as strategically important. After 20 years, the Soviet bomber fleet has modernized dramatically and is now equipped with long-range AS-15 air-launched cruise missiles. These ALCMs have a range of 1,800 kms, and because they are small, and subsonic, they are difficult to detect with radar.

It is the advent of the Soviet cruise missile which has caused a rethinking of Canada's air defence policy, and it is the presence of the *Bear-H* bombers that has challenged the Arctic's innocence. For the past several

years, these Soviet bombers have been conducting routine flights over the Arctic basin. Western strategists now believe the Soviets have more than 40 such aircraft, and will soon be acquiring the new *Blackjack* bomber.

In response to this changing Soviet threat, NORAD Arctic exercises such as *Amalgam Chief* are going to become more and more common. Three to four times a year CF-18s from either Cold Lake or Bagotville will deploy to one of the five forward operating locations to hone their pilots' skills in the northern theatre.

Former prime minister Mackenzie King once said: "The best defence for the Arctic is the Arctic itself." For better or worse, military technology has changed all that. Increased concerns over the ability of Soviet bombers to penetrate Canada's air space over the vast frozen North has caused any thoughts of an Arctic "Maginot Line" to be abandoned.



CF-18 fighters from 425 Tactical Sqn of CFB Bagotville, Que., refuel from a 437 Transport Sqn tanker over Baffin Island. The fighters were operating from a forward operating location at Iqaluit (Frobisher Bay) in the Northwest Territories (Photo by WO Vic Johnson).



Lieutenant-General Larry A. Ashley chats with Air Marshal Bishop's son, Arthur as he sits in the AVRO 504. The model provided by the Western Canada Aviation Museum for the dedication ceremony is of the type flown by the First World War flying ace "Billy Bishop." (Canadian Forces Photo by Cpl Chris McPhee, Neg. No. WGC:87-453-21).

New Air Command Headquarters Building Named

WINNIPEG -- 'BILLY BISHOP' HONOURED BY AIR COMMAND -- The new Air Command Headquarters building at Canadian Forces Base Winnipeg has been officially named The Bishop Building / L'Edifice Bishop. It was dedicated in a special ceremony on July 10, under the auspices of Lieutenant-General Larry A. Ashley, CMM, CD, Commander Air Command.

Officially opened last spring, a fitting name for the building had not been chosen at that time and a nation-wide search for a proper title was initiated. The current name was chosen to honour the late Air Marshal William Avery Bishop, VC, CB, DSO and bar, MC, DFC, ED, LLD, Chevalier of the Legion of Honour, Croix de Guerre with two palms.

Many variations of the name of Canada's most famed First World War pilot were submitted, but the actual form chosen

was suggested by Colonel (retired) A.J. 'Arnie' Bauer, a former Royal Canadian Air Force pilot. The ceremonies were attended by Col Bauer and members of the Bishop family.

Family members included the Air Marshal's son, Mr. Arthur Bishop, Mr. Bishop's wife, Priscilla and their daughter, Diana and the Air Marshal's daughter, Mrs. Maris Willis-O'Connor, her husband, Raymond and their daughter, Catherine.

In dedicating the building, LGen Ashley said, "The name reflects our heritage and roots. Air Marshal Bishop was a top-notch aviator and a pioneer in the early days of aerial warfare. His contribution to the nation and the air force as it is today should never be forgotten and this building will serve as a reminder that the air force will never forget his deeds and his commitment. His aerial com-

bat victories, his courage, his character and his leadership are a model to all Canadians and airmen. There is no more profound symbol of our air force heritage than William Avery Bishop."

Other dignitaries in attendance for the ceremony included the Lieutenant-Governor of Manitoba, The Honourable George Johnson and Winnipeg Mayor William Norrie.

Highlights of the event included a musical medley featuring songs from both world wars played by the Central Band of the Canadian Forces and the display of a First World War AVRO 504, a type of early fighter that 'Billy Bishop' would have actually flown. The aircraft was provided courtesy of the Western Canada Aviation Museum. The Canadian War Museum also provided the *Billy Bishop Collection*, a selection of the Air Marshal's personal items, for the ceremony.

45 Years of flying celebrated at CFB Greenwood

A SHORT REVIEW OF CFB GREENWOOD

Station Greenwood was built during the Second World War as part of the British Commonwealth Air Training Plan. In 1942 it was opened as a Royal Air Force Station with the primary function of operational training of personnel prior to proceeding to overseas duty. On 1 July 1944, Station Greenwood was reorganized and became Number 8 Operation Training Unit, Royal Canadian Air Force.

At war's end, Greenwood was closed down to a minimum care and maintenance basis, only to be reactivated in October 1947 to accommodate 103 Rescue Unit. This marked the beginning of the post-war development of Canadian Forces Base Greenwood. With the formation of Number 2 Maritime Operational Training Unit in November 1949, Greenwood's maritime role came into existence. The first graduates of 2 (M) OTU formed 405 Maritime Patrol Squadron in April 1950. One

year later additional crews became the nucleus of the reactivated 404 Maritime Patrol Squadron.

In 1953, 2 (M) OTU was moved to Summerside; however, it returned to Greenwood in 1968 and was redesignated 449 Squadron. In mid-1975, 449 Sqn was retired and 404 Squadron took over the training role.

The Maritime Proving and Evaluation Unit was moved from Summerside to Greenwood in August 1978, providing an on-base capability in operational testing and evaluation.

The long-awaited Aurora fleet began arriving in May 1980. At the same time, the Hornell Centre, which supports the Aurora, was officially dedicated. The Hornell Centre incorporates 404 Squadron, Base Operations, and the Aurora Software Development Unit (ASDU).

July 1981 saw the last official flight of the venerable Argus and the welcoming ceremonies for 415 Squadron from its former home in Summerside. This latter move consolidated all of the Aurora operations on the East Coast at Greenwood.

Canadian Forces Base Greenwood is now Canada's only primary ASW Air Base, it has for over 40 years been an integral part of the economic and social life of the Annapolis Valley. With our highly trained and motivated personnel, our new aircraft, and our excellent support facilities, we look to the challenges of the future with confidence.



Top Shots

OTTAWA -- Two members of the Canadian Forces have been awarded the Queen's Medal as winners of the Canadian Forces Small Arms Competition held at the Connaught Ranges here July 27 through Aug 4.

Warrant Officer Rino Levesque of the 3rd Battalion, Royal 22e Regiment, Canadian Forces Base Valcartier, Quebec and Sergeant George West, of the Royal Hamilton Light Infantry Regiment, Hamilton, Ont., representing Central Militia Area, were this year's winners. WO Levesque's score was 624 points and Sgt West's 598 points out of a possible 755. This was WO Levesque's and Sgt West's second Queen's

Medal in two consecutive years.

The competition drew 355 participants from the regular and reserve forces, 20 members of the British Army, three members of the Jamaican Army, one Royal Canadian Mounted Policeman and 12 civilian members of the Dominion of Canada Rifle Association.

The Letson Trophy, awarded to the best 12-member rifle team, was won by the 3rd Battalion, Royal 22e Regiment.

The militia equivalent of the Letson Trophy, the Clarence Smith Trophy, was won by Atlantic Militia Area.

The Vanier Trophy was won

by 5e Groupe-brigade du Canada which had the best four-member team in all weapon categories. The Dextraze Trophy, which is the militia equivalent of the Vanier Trophy, was won by Secteur de l'Est Milice.

This annual competition of marksmanship is held in five categories: rifle, pistol, sub-machine gun, light automatic rifle and sniper rifle. The finalists received a total of 25 awards, including the Queen's medal. The first Queen's medal is awarded to the top rifle marksman representing the regular force and the second is awarded to the top reserve or Royal Canadian Mounted Police member.

Those interested should contact:
George White
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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.

AROUND THE BASE



Origins of the Species

John Bradley



Stamps by Larry McInnis

"CINDERELLA" STAMPS ARE NOT FOR USE AS POSTAGE

When is a stamp not a postage stamp? When it's a revenue stamp. When it's a "cinderella." Especially when it's a cinderella made from a revenue.

Confused? Let me briefly define the terms.

A postage stamp is obvious. A revenue stamp (referred to as "back-of-the-book" items because they are listed separately in stamp catalogues) are - or were - used for tax purposes, such as on legal documents (law stamps). A cinderella is generally considered as anything issued by someone other than a government, such as a stamp-like label to publicize a stamp show and such.

One famous American dealer and philatelic writer, Herman Herst Jr., issued a 2-cent "Shrub Oak local post" cinderella. The two-cent "Stamp" plus regular postage got Herst's dog, Alfie, to carry the letter to the Shrub Oak, N.Y., post office for regular mailing.

A wily and innovative Canadian dealer, Kasimir Bileski of Winnipeg, has carried cinderellas past the midnight pumpkin to past the glass slipper stage. Here's the story:

Saskatchewan issued law stamps from 1907 until recently, when they were rendered useless by a cash-meter system.

Bileski bought the huge unused stock from the provincial government for \$65,000. Face value of the stamps is \$3,600,000.

In postage stamp circles, these would be called "remainders" where the remainder, or unsold, portion of an issue would be sold at firesale prices to a dealer.

In Canada, as in many other countries, "remainders" are a thing of the past; after six months, unsold commemoratives are destroyed.

Bileski went through his newly-bought stock. He said he could put together only 1,700 sets of the low-value stamps (5, 10, 25 and 50 cents) because none had been ordered from the printer, American Bank Note Company of Ottawa, for some 15 years.

He has some 20,000 of the high value stamps, the \$1, \$2, \$3, \$5, \$10, \$20, \$50 denominations.

Bileski, as I said, is innovative. He has put one of each of the high values with one of each of the low values. Total face is \$91.90. Catalogue value, according to the "1987 Canadian Revenue Stamp Catalogue," the bible of revenues, is \$169. He is offering the 11-stamp set at \$100, only a few bucks over face and \$69 below catalogue.

If Bileski moves the 1,700 complete sets, it will bring him \$170,000, or a profit of \$105,000.

So what's Bileski going to do with some 20,000 sets of the high value stamps he has remaining? He's going to turn each and every one into, not a pumpkin, nor even a glass slipper, but a cinderella.

The first set of cinderellas will be the seven high-value stamps overprinted "Cannington Manor" in honour of a Canadian museum in southeast Saskatchewan, a baronial estate constructed in the wilds during the late 1800s to bring a bit of British gentrification to the prairies.

Only 2,000 sets will be sold in various configurations, such as singles at \$10, blocks of four at \$40 and plate blocks at \$100.

Next on his schedule is an overprinting of 2,000 sets featuring the Saskatchewan lily.

Bileski says the overprinting of the high values protects the integrity of the 1,700 complete sets.

mer wartime RAF/RFC pilots and groundcrew and on 31 August the CAF Association was formed that set up a training roster in all of the provinces of the personnel selected to attend the 28 day course. The aerodrome selected to house the trainees was the former RAF base at Camp Borden, Ontario. By the end of 1922, 550 officers and over 1270 airmen had completed the various courses.

During this period the Air Board also took a deep interest and concern with Arctic flying operations. S/L R.A. Logan was tasked, during the summer of 1922, to accompany a Department of the Interior Arctic expedition. During the course of the trip he was able to provide valuable information to the Air Board on conditions and possible landing sites on Ellesmere, Bylot, Baffin, and North Devon Islands.

After just two short years, the Air Board came to the realization that a complete

reorganization of the CAF was necessary as the experience to that date had shown that the training of the non-permanent non-professional air force was not allowing for any new pilots to become qualified let alone bringing previously qualified wartime pilots up to current standards. A decision was therefore reached that the CAF must be formed on a permanent basis with the transition period being April 1922 to March 1924. The first part of this transition occurred on 29 June 1922 when the Civil Operations Branch and the Canadian Air Force were amalgamated into a single military structure. The day before, on the 28th, the National Defence Act was passed forming a single department that included the former departments of Militia and Defence, the Naval Service and the Air Board. Within two years, this new, reorganized air force would become the Royal Canadian Air Force on 1 April 1924.

1920-1923 CANADIAN AIR FORCE

After the first world war, many members of Parliament wished to dissolve the Air Force as after all, hadn't the Allies just fought the War to end all Wars? To help settle the dispute, a seven member board was set up on 6 June 1919 that was known as the Air Board. The Air Board had three major components which were, A Civil Aviation Branch, a Civil Operations Branch, and a Canadian Air Force which was to be used for training and not defence. On 22 December 1919, the Air Board submitted a recommendation to the Privy Council outlining the organization of the Canadian Air Force.

The Canadian Air Force was authorized on 18 February 1920 and on the 23rd of April, six officers and men were appointed to the CAF, all holding temporary rank. These personnel were to provide refresher training to the numerous for-

Brodeur looks ahead

CONTINUED FROM PAGE 1

The admiral's grandfather was the first minister of the navy when it was formed in 1910. His father, Victor, served in our first warship, HMCS Niobe. Now, a third generation of Brodeur looks to nuclear-powered submarines, and speculates about lasers.



VICE ADMIRAL NIGEL BRODEUR
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Looking ahead to the turn of the century, Brodeur sees a navy with 16 to 18 surface ships, several of them capable of defending not only themselves but others against air attack. This number will include the new patrol frigates which can operate as distant sentries for the ships they protect.

"By then we will be looking at the next generation of ships, with new hull forms and propulsion systems. It could be a twin-hull, or even an air-cushion vehicle. It will be interesting to see what happens to high-energy lasers, which could replace guns."

The big change, though, will be the nuclear-powered submarines. Brodeur sees them not just as sovereignty vessels for the Arctic, but as potent anti-submarine platforms, which will also have the punch to counter the large Soviet ships.

"This is not a peaceful world," Brodeur says. "The Soviet Union will not abdicate its aim of domination of the West." Nobody has repudiated this aim, and they have the capability to do it, much more so than Germany had in 1939.

"If we are ever faced with a major surface deployment, the SSN (nuclear powered submarine) will be able to protect us against these ships. SSNs will make us highly effective,

particularly in the Pacific," he says. "We have lots of allies in the Atlantic, but in the Pacific the only NATO ally is the U.S., and Soviet interests there are growing. There isn't a hell of a lot between us and them."

"It is with great difficulty that you get Canadians to look outwards. Interest in the navy is always waxing and waning. So what we see now is history revisited, with new dimensions. You need far larger forces to protect the sea lanes than you do to attack them, and the traditional ratios of attacker to defender come apart out there."

But what will the people in the navy be like, by the year 2000? What will the role of women be?

"I think they will be doing anything they are capable of doing," Brodeur says. "I would hope there wouldn't be barriers against them (women) and I don't think there will be."

Much will depend on how society evolves in the future. "I am very pleased with the direction we have taken."

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AROUND THE BASE



Legion Log

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TUESDAYS Mixed Dart League (start up Sept 15 - 7:30 p.m.)
Upper Hall
WEDNESDAYS Navy League Drop-In Bingo - 7 PM
THURSDAYS 1st Branch Executive Meeting - 8:30 p.m.
L.A. Executive Meeting as required.
2nd L.A. General Meeting, Upper Hall, 8 p.m.
3rd Branch General Meeting, Upper Hall, 8 p.m.
FRIDAYS Meat Draws: 2 - 6 p.m. Dance (Normally downstairs unless advised)
SATURDAYS Meat Draws: 2 - 6 p.m. Dance, (Normally downstairs unless advised)

+++ SPECIAL EVENTS +++

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.

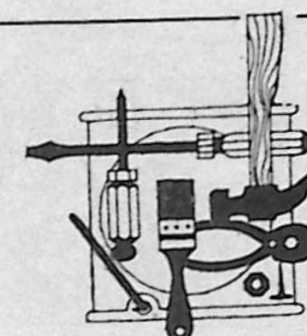
AUGUST 30, SUNDAY - LEGION SALMON FISH DERBY - Registration \$3 in advance at Lounge. Weigh-in closes at 5:30 p.m. SHARP. (Each successful contestant may be required to donate one salmon to Legion FISH FRY starting at 5:30 p.m.)

EMPLOYMENT OPPORTUNITY

Canex has job openings for a seasonal full-time counter clerk and a seasonal part-time counter clerk for the Glacier Gardens Arena Snack Bar. Details and application forms are available at the Canex Admin Office, in the Canex Building on Little River Road.



CE HAPPENINGS



This may be a different article than what is customary from CE, but I would like to give a look at how this Section looks to a person who has just arrived.

First of all, I would like to say "Hi" to everyone in the Section. I won't list the names for two reasons; first, there are too many and second, I don't really know them all anyway. My first impression was that this is a very large section, with numerous people in a lot of different buildings. Slowly but surely I will get to know all the people and all the buildings.

It is amazing how many different nicknames one can hear

being thrown around upon arrival. At this writing, I reserve the right to pass on a few of them in the coming issues, but feel I should do some intense investigation into the matter first.

The RM Shop has finally moved into B109, welcome aboard lads. It seems they may have been the last but certainly not the least to enjoy life in the fast lane.

It seems MCpl Jason Evans, formerly of the Elect Shop and now with Engineering, enjoys moving around. You can do a lot of damage as long as you move fast, Jason.

On behalf of the CE Section

I would like to welcome MWO Howe - Util O, Sgt Lewis - Utilities, Sgt Fisher - Engineering, MCpl Blackmon - Prod Scheduler, Cpl Dupuis - Plumbing Shop and Cpl Eby - Roads & Grounds who have arrived from various units across Canada to the "Land of the Monsoons," as one WO (who shall remain anonymous) is very often quoted as saying, right Dave?

As this is my first article for this paper, I would like to apologize for omitting a warm and hearty welcome to any new personnel and say that my family and I are looking forward to a long and healthy stay here in the Comox Valley.



MSE SAFETY

QUESTION

You're driving along a four-lane undivided city street in the No. 1 lane. There is traffic on both sides of you. The engine in your vehicle coughs, the car jerks forward and comes to a dead stop in the lane you're travelling. What should you do?

- A. Get out immediately, raise hood, get away from roadway and wait for help...
- B. Get out immediately, raise hood, go to side of road and walk for help...

ANSWER

Way and wait for help is not the best thing to do in this circumstance, but would normally be the best thing to do. Here you have help within sight, so you can go for it, but if help isn't in sight you're better off to wait. Emergency help will be along soon and if you aren't there they won't be able to do anything. Just sit tight and wait. You may be wondering about setting flares. If you have them (and they are emergency equipment you should be carrying), it would be good to use them if you can safely set them. It is wise to get out of your car, raise the hood and get far away from your car so if there should be any trouble you won't be where it can reach you.

QUESTION

You're driving along a two-lane city street with parallel parking along the curb on each side. Suddenly, a car pulls out just a car length ahead of you. There is no on-coming traffic. What should you do?

- A. Honk, stomp on your brakes to stop...
- B. Honk, hard brake, release and medium brake to swerve left...

ANSWER

Your choice to honk, stomp on your brakes to stop is not what you'd want to do. You can't stop that fast. Going 25 miles an hour, it would take you, counting reaction time, 61 feet and you only have about 15 feet. Generally speaking, if you're going to run into something, the best thing is to stop--if you can--but where you can't, then you look for a place to escape to. So honk, hard brake, release and medium brake to swerve left.

AROUND THE BASE



From The Fire Chief's Office

TESTING AND MAINTENANCE OF SMOKE ALARMS IN PMQS

There are a few basic tasks to perform - one is a visual check of the power indicator lamp to see if it is lit. This means that power is being supplied to the unit and the unit should be operable. Another test is to blow a small amount of smoke into the smoke alarm and the alarm will sound as soon as the smoke reaches the detection chamber. The power indicator light will go out as long as the alarm is sounding during the test. The chamber should clear itself in about a minute and the alarm will stop, but you can hasten this by fanning the unit gently to help clear the detection chamber of remaining smoke. The smoke alarm should be tested like this once a month. The maintenance of the unit is simple. About once a year, clear any dust deposits with a vacuum and hose. The unit may sound momentarily while it is being cleaned.



Let's Talk

IN QUIETNESS

We are told that there is a restaurant in the city of Michigan, where you can place the required amount of money into a jukebox, and you will receive three minutes of absolute quietness.

An unidentified tenant in a high-rise apartment building was thinking of suing the nearby church if members continued to ring the church bell on Sunday mornings when he wanted to sleep.

And we are told that doctors have discovered a considerable amount of hearing damage in teenagers who are exposed to a great deal of loud rock music.

What does it all add up to? We are quickly becoming aware of one of the most serious problems of modern life. We could call it 'noise pollution.' Everyday, we are surrounded by noise, which we may not even hear because we have become so accustomed to it. Whether we will admit it or not, noise affects us.

On the other hand, we have people who cannot bear the sound of silence. They turn on the radio the very minute they are awake in the morning, and the instant they get into the car. They sit in front of a blaring TV set all evening or they have stereo music booming through the whole house, from a number of well-posted speakers.

These people have become so adjusted to the noise that they are very uncomfortable when it is quiet. As a result, they miss out on many beautiful sounds. They never hear the sweet melodies of nature in the early morning. They never hear the nightingale's song in the evening. They never hear the still small voice of God.

Silence can be a blessed experience. In the Bible, the writer of the Psalms spoke about the quiet. In Psalm 46, he begins to talk about our confidence in the protecting hand of God, even amidst the destructive dangers about him. In the beginning verses of the Psalm, he spoke about erupting volcanoes, angry tidal waves, and powerful earthquakes that send great masses of rock tumbling into the sea.

Then, he gives a picture of a softly flowing river which gives its life-giving water throughout the land. This beautiful scene is followed by a portrait of violet world powers raging against the Lord, but they are being destroyed.

After reviewing God's majestic triumph, the Psalmist then says, "Be still and know that I am God." The Psalm is indeed a call to silence so that we can sense that the Lord is at work even amid the noise and the hustle and bustle of this world.

And how often we need to do that. One writer has said that unless we first of all, become still and stop our hustle and bustle around, then we will never become confident. We need to pray daily: "Drop Thy still dews of quietness 'Till all our strivings cease Take from our souls the strain and stress And let our ordered lives confess The beauty of THY peace."

In our lives from day to day, we need to relax in God's presence and just listen to His voice, and be sensitive to His Holy Spirit.

The silence speaks to us. It is possible that we ourselves can become so active, so noisy, so busy that we cannot hear the voice of God in the very stillness itself.

In the stillness, we may become aware of our needs and the needs of others. In the quietness, we are reminded of God's way for us. We learn His will. We seek His direction. We seek for ways to serve Him. We talk to Him and He talks to us. It can be a learning experience.

We should not be afraid of the stillness, but let us make it a daily habit to keep ourselves quiet, to sit in God's presence and just listen to His voice.

This little verse gives us a clear message:

Are you ever weary? Rest a little bit,

In some quiet corner, fold your hands and sit.

Do not let the trials that have grieved you all the day

Haunt this quiet corner; drive them all away.

Let your heart grow empty of every thought unkind

That peace may hover 'round you, and joy may fill your mind.

Count up all your blessings, I'm sure they are not few,

That the Dear Lord daily just bestows on you.

Soon you'll feel so rested, glad you stopped a bit,

In this quiet corner, to fold your hands and rest.

Mrs. Captain Cora Dodge
The Salvation Army Red Shield Services

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SCHOOL DISTRICT NO. 71 (COURTENAY)

SCHOOL REGISTRATION FOR SEPTEMBER 1987

Registration for school opening in September will take place at all schools in School District No. 71 (Courtenay) as follows:

ELEMENTARY AND JUNIOR SCHOOLS

Wednesday, September 2nd - 10:00 a.m. to 2:00 p.m.

Wednesday, September 2nd - 9:00 a.m. to 12:00 noon

G.P. VANIER SECONDARY SCHOOL

Wednesday, September 2nd - 10:00 a.m. to 2:00 p.m.

Thursday, September 3rd - 10:00 a.m. to 2:00 p.m.

HIGHLAND SECONDARY SCHOOL

(Please phone for appointment)

Wednesday, September 2nd - 10:00 a.m. to 2:00 p.m.

Thursday, September 3rd - 10:00 a.m. to 2:00 p.m.

ELIGIBILITY FOR REGISTRATION

* Kindergarten - all children born in 1982

* Grade 1 - all children born in 1981

All children attending school for the first time must produce a birth certificate.

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Chapel Chimes

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

MASS SCHEDULE:

Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

CATHOLIC WOMENS' LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Mary-Anne Stagg, Telephone 338-6214. 66.

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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

OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8273.

SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 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

This muffin recipe comes from my two good friends Cheryl Oakie and Rose Smith. They tell me that the batter lasts for six weeks if tightly covered in the refrigerator. Cheryl uses fruit and fibre and Rose uses Raisin Bran. The families sure do love them. Cheryl tells me that she makes muffins every morning. This is a large recipe and yields 4 - 5 dozen muffins.

UTENSILS
Muffin tins
large bowl
spoons

Combine all ingredients, less the cereal in a large bowl, mix well and add cereal. Preheat oven to 375° and put in your muffin trays - ¼ full and bake for 20 minutes.

The next recipe is for two young ladies who live in my block and have made me crazy for 3 weeks asking for it. Well Sherrie and Amelie now you can make up a batch of these Ginger Snaps for your Moms. Have fun girls. (You too, Rosie).

SIX WEEK MUFFINS

INGREDIENTS

1 c oil
1 c white sugar
2 c brown sugar
4 beaten eggs
1 litre buttermilk
5 c flour
2 tsp soda
2 tsp salt
1 box cereal-any kind (reg size)

GINGERSNAPS

INGREDIENTS

¼ c butter
2 c white sugar
2 beaten eggs
½ c molasses

2 tsp vinegar
¾ c all purpose flour
1 ½ tsp soda
3 tsp ginger
¼ tsp cinnamon
¼ tsp cloves

UTENSILS

Cookie sheets
large bowl
spoons
small bowl (for sugar)

Mix all dry ingredients in one bowl, set aside. Cream together butter and sugar, then add the eggs, molasses, and vinegar. Now start adding the dry ingredients until everything is mixed well together. Form the dough into balls (about 1 tsp of dough).

Roll the dough in sugar and put on a greased baking sheet. The oven should be preheated to 325°. These cookies take about 10-12 minutes to cook depending on your oven.

SUPPORT OUR ADVERTISERS

A Rare Opportunity for B.C.'s Young People

...sail to EXPO 88 aboard the "Pacific Swift"

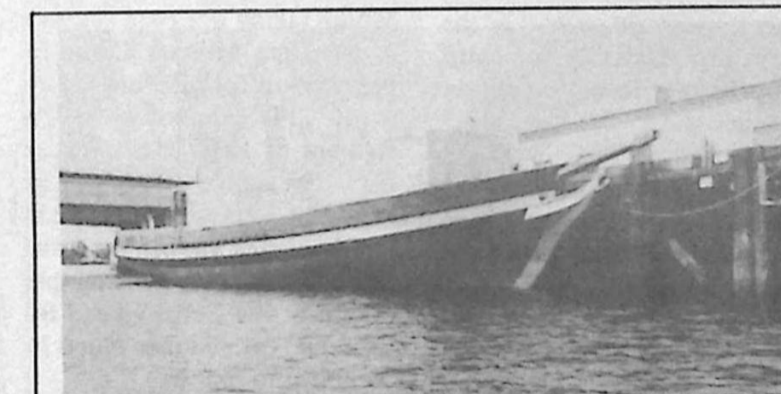
As a living legacy to the theme and spirit of EXPO 86, a tallship whose hull was constructed on site at the Vancouver exhibition will be carrying a crew of young British Columbians to EXPO 88 in Brisbane, Australia. The Pacific Swift is the newest sail trainer being built by the S.A.L.T.S. Sail and Life Training Society in Victoria, B.C., and has been given official endorsement by the Provincial Government to fly the flag of B.C. at the upcoming EXPO in Australia.

The S.A.L.T.S. Sail and Life Training Society has become renowned as Canada's largest sail training programme and the only one of its kind on the West Coast. Thousands of young people have participated in the Society's coastal training programme over the last number of years. The Pacific Swift is being built in response to the increasing demand for an offshore sail training programme.

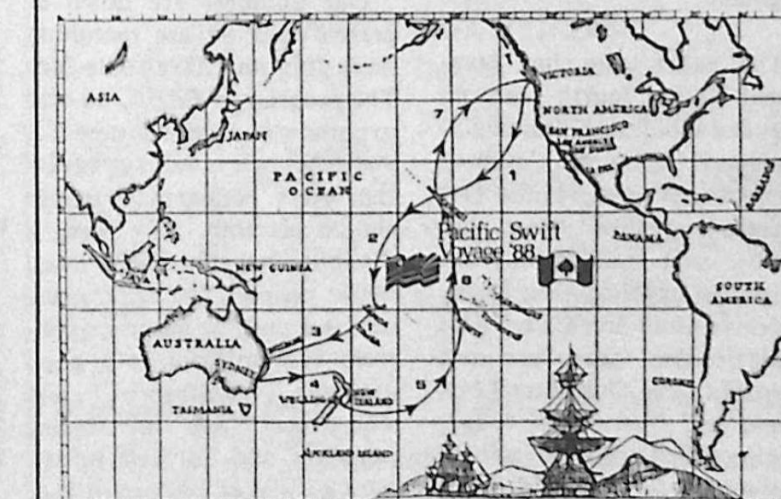
Young men and women, ages 17-25, will participate in one or more of the 'Legs' of the journey, which will take place from July 1988 to June 1989. Hawaii, Samoa, Australia, New Zealand and Tahiti are all on the agenda as ports-of-call.

As the S.A.L.T. Society is a non-profit organization, costs for the "trainees" will be kept to a minimum and partial scholarships may be available for the financially underprivileged. The prerequisites to apply for this exciting voyage to the South Seas are B.C. residency, high school graduation and good health.

For more information, please contact the S.A.L.T.S. Sail and Life Training Society, Box 5014, Station B, Victoria, B.C. V8R 6N3, or call 383-6811. Applications are also available through local Government Agent's Offices throughout B.C.



THE PACIFIC SWIFT



1988-1989
PROPOSED ROUTE: LEG #1) VICTORIA - HAWAII, #2) HAWAII - SAMOA, AUSTRALIA EXPO 88, #4) AUSTRALIA - NEW ZEALAND, #5) NEW ZEALAND - TAHITI, #6) TAHITI - HAWAII, #7) HAWAII - VICTORIA

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AROUND THE BASE



1726 RCACC Canadian Scottish Princess Mary's



Gold Star - 1987

OLDEST ARMY CADET CORPS IN BRITISH COLUMBIA

1726 Royal Canadian Army Cadet Corps (Canadian Scottish, Princess Mary's) was formed in Cumberland in 1940. Over the years the Cadet Corps has accomplished many fine things and produced many fine young people both male and female.

The cadets wear the army cadet uniform and spend from September - June training at Seal Bay TX Site (Wednesday evenings 6:30 - 9:30) and at various other locations throughout British Columbia during the weekend practical aspect of their training.

The four year training program offers written and practical aspects some of which are: Map and compass reading, drill, target shooting (competitive shooting - a cadet can become a Bisley Team member), radio communication, canoeing, cross country skiing (biathlon), showshoeing, rappelling, fieldcraft, survival, citizenship, first aid, fundamental training (military history and public awareness), mountaineering, orienteering, patrolling.

It is by far the best youth program offered FREE, to young people between the ages 12½ and 18 years.

The opportunities are unlimited, "You will get out of the program what you put into it."

A four year training program teaches under the concept of seeing and doing - with as much hands on training as possible. The cadets parade every Wednesday evening (6:30 - 9:30) and have a field exercise (to practice what they have learned in the classroom) at least once a month. These monthly exercises are held the last weekend of every month (Friday night to Sunday afternoon) at locations such as Comox Lake, Cruickshank Canyon, Forbidden Plateau, Mount Washington, Strathcona Park, Nanaimo Military Camp and CFB Comox. Throughout the training year the cadets also have the opportunity to participate in weekend training with other cadet corps, some of which are at places like Grouse Mountain, Nanaimo Military Camp, Port Alberni (Tri Service Swim Meet), Cam-

pbell River (Tri Service Sports Meet), Powell River (Tri Service Rifle Shooting Competition).

We are proud of the cadets in the Cadet Corps. We do a lot of military training, have a high standard of dress and haircuts and help out in the community when asked.

The Corps has two officers and one civilian instructor (need more help) who run the training and administration of the Corps.

The Corps has training equipment of its own, we borrow some from the Department of National Defence (CFB Comox) and the Canadian Scottish Regiment (our affiliated unit) so that they are well equipped when out on exercise. The Department of National Defence supplies uniforms and transport to and from summer camps. The local sponsor covers other expenses.

There are 6 males to each female in the corps at present, we would like to have at least 20 more cadets in the Cadet Corps. There are 42 Army Cadet Corps in British Columbia. About 15 to 20 percent of the cadets go on to join the Canadian Armed Forces. At present six male cadets in the Corps are preparing for entry into Royal Roads Military College.

The program makes a good young adult into an even better young adult. The cadets in the Corps have pride in themselves, pride in the Corps, they are proud to wear the Army Cadet uniform with their affiliation to the Canadian Scottish Regiment.

The cadet who has completed his/her fourth year and attended Gold Star Training at Nanaimo Military Camp - Phase I - Written, Phase II - Practical realizes that all his/her past training has not been for nothing. Not every cadet is a Gold Star Cadet, a lot fail because they are not prepared. The Gold Star Level exams and practical are tough, it takes a well prepared cadet to successfully complete this aspect of training, all his/her past learning and teaching experience is judged. To pass Gold Star is an accomplish-

ment and the goal of every army cadet. The top twelve cadets (8 male /4 female) at Gold Star Phase II Training during spring break get the opportunity to pick the (plum) course that is offered to cadets at this level. The favourite courses are parachute course, Canadian Forces Exchange,

Banff, and Staff Cadet. Like anything else, it is those with the highest marks who get the best training courses, so that these top 12 cadets get the best training offered. As an added incentive to do well throughout the cadet training, the top 12 cadets every year (Gold Star get an exchange grip to either Hawaii or the United States (Marine Base in California). This trip is during spring break.

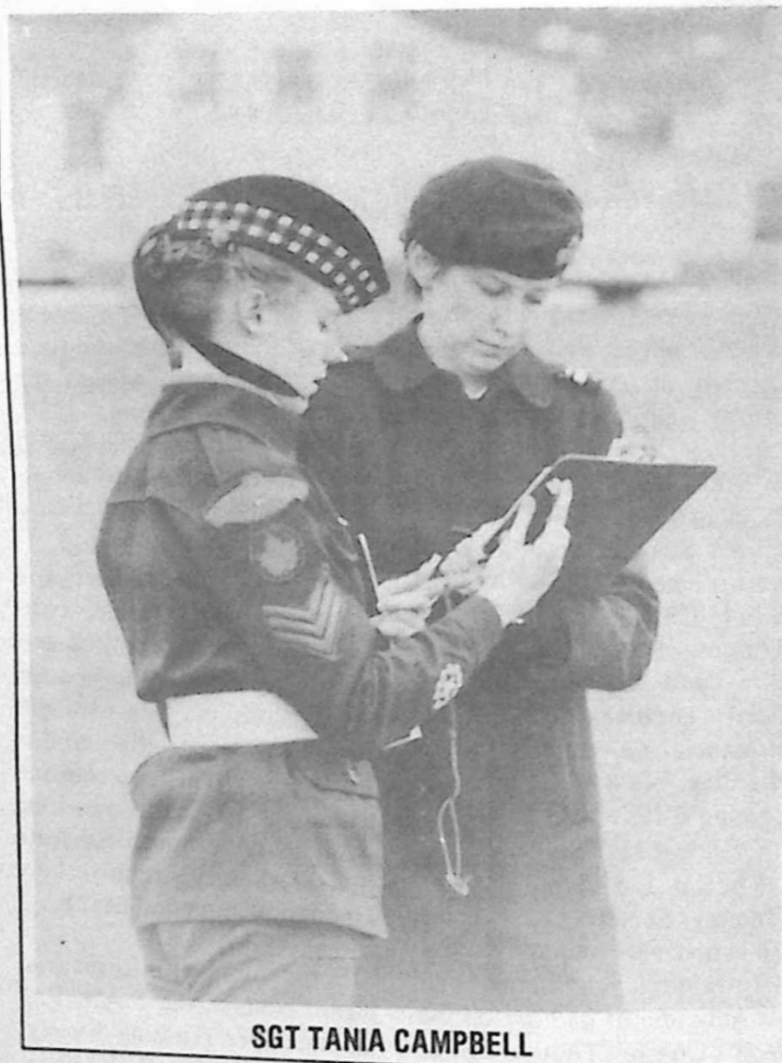
Females are treated the same as males in the cadet program. They are expected to do the same training as the male cadets. The top Gold Star cadet in British Columbia this year was female.

Sergeant Sean Moran was one of the top 8 male cadets in British Columbia this year (Gold Star) and as a result is spending the summer at Banff (outward Bound Course). Spring break will see Sergeant Moran taking Pre Para Course at Nanaimo Military Camp in preparation for his Para Course at CFB Edmonton in the summer of 1988. He will miss his exchange trip to Hawaii/USA because of this but the choice was his. Sergeant Moran sets a good example (motto of the Corps - Lead By Example) for all other cadets in the Corps to follow.

Our numbers are down at present and we are recruiting now. Join and have some fun. The program is FREE, no cost to parents or cadet but even if it was not free it is still a program that every young male/female should get into. Sure there is discipline but that makes us all better people. The rank structure is a must to maintain control. The uniform is a good looking uniform and whenever I see my cadets parading and so well turned out, it makes me proud that there are young people out there willing to make a few sacrifices for the best training available.



SGT SEAN MORAN



SGT TANIA CAMPBELL

The haircuts, seem to be the turn off for some young people. The haircuts follow the regular force requirements and are a must when wearing a uniform. This should not be a turn off, talk to any army cadets. They will tell you the short hair does not hold them back, in fact it is an asset when they go to summer camp. Come out and see what the Army Cadet Program is all about.

LIFESTYLE



music reviews and syndicated columnist

SUE MEDLEY CAUSES WRITER TO BREAK TRADITION

Historically, this column has been devoted to albums, live dates (which are certainly the better of the two), trivia, rock, pop, jazz (sometimes), involved with reviewing singles. Singles are for radio programmers. Singles are for dancing to, getting to know one another. Singles are for lots of things but, one thing singles are not for is review.

Well, having said all that let me tell you what happened. I'm up to my alligator level in albums, press releases, hype, photos, and the occasional CD (very occasional) when along comes a package that has a photo, a well written bio (that seems to be rare these days) an artist itinerary (which we will get to later) and, all in all, just an impressive package which also includes, are you ready, a single.

My turntable is only programmed for albums. To play 45 rpm records I have to use a mathematical formula which is not quite as complex as E-MC but not far from it, to get 45 rpm records to work. I took out my slide rule (I'm not just a pretty face you know) computed the necessary equation which I keep promising to write down in case I ever receive another single. Programmed that equation into my calculator, which meant I couldn't tell time until I de-programmed and here are the results...

Sue Medley, a girl from Courtenay, British Columbia, who had just won the 1986 Country Female Vocalist of the Year award from her industry peers at the Annual CARAS Tribute to West Coast Music had personally (I know that's an exaggeration) sent me this package. I looked into the eyes of her picture and I was caught. The eyes said "Hey stupid, play the record." Who was I to argue. The single has three songs (cleverly split with one on side one and two on side two). Enough frivolity get on with it. OK she's good. Darn good. Medley wrote the songs and sings lead vocals, adds in some screaming guitar and is ably aided by Anthony Robertson, Al Slater and Lisa Lambert (that's left to right in the accompanying photo).

"Long Days, Long Nights" is a total blast with "We Won't Last Much Longer" getting second choice. Running out of space. Catch her at the PNE in Vancouver and Country Music Week, also in Vancouver in September.



LOCAL GIRL BREAKS A SWEENEY TRADITION

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Live Country music for dancing and listening

HEALTH AND WELL BEING

info health

Dr. Bob Young



DISPARITY

While not a medical term, 'disparity' is a word that is common in physicians' conversations country-wide, and the problem of disparity (which means inequality or difference, as in rank, amount, excellence, etc.) is agitating several provincial medical associations.

Thirty years ago, when a doctor's visit was \$5.00, an operation, on average, was worth about \$150 or \$200, and a delivery \$75. The income relationship between specialists and GPs was fairly constant, again in round figures, about 20 percent more.

Doctors in those days were, of necessity, more versatile, and tended to be "Jacks of all trades," often providing general medical care, anaesthesia, obstetrical care, and some surgery on a given day. There was an income mix.

A number of factors, including medicare, exotic diagnostic procedures, highly technical operations, skyrocketing liability premiums, increased hospital care, and the explosion of medical knowledge have changed the practices of many doctors.

As a result disparities have developed between the incomes

of some doctors in comparison with others, and people working equally hard for the same number of hours may have income variations of us to 40 percent - even if those compared are in specialty practice.

For a variety of reasons some fees have become distorted, with, for example, a 40 minute lens implant (in the eye) fetching as much as a three hour operation for a ruptured aorta. "Cutting specialists have pulled ahead of the "thinkers," the internists.

Medicare has allowed easy access for many to investigations and treatment that would be postponed or foregone if self-pay applied - a good thing, but it tends to increase the incomes of those providing the more dramatic services.

Nobody feels that all doctors should be paid the same, although relative worth is difficult to determine. Hard-working GPs and doctors in low-paying specialty practices are viewing increasing disparity with alarm, and solutions are being demanded.

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

Addiction Begins Innocently

Pharmacists share a deep concern about accidental or intentional abuse of prescription and non-prescription drugs. People often become addicted, to otherwise health-giving medication. These tragedies can be prevented by following a few simple rules.

Use medications only as directed by your doctor, nurse or pharmacist. Monitor the rate they are used even if they seem relatively harmless. Dispose of all outdated medications promptly.

Don't even start to rely on chemical "crutches" to cope with periods of emotional stress without continuing professional advice from your doctor. Finally, seek your doctor's advice immediately if any member of your family seems to be developing a dependence on any medication.

Medical experts on addiction believe the process of becoming dependent is often not recognized by the person misusing a drug. To him or her its use seems normal, even essential. Your doctor or pharmacist can outline the symptoms of addiction.

Drugs should only be used on the advice of a health professional in your community. This is the best way to avoid a frightening ride on the merry-go-round of addiction.

Dependency can be treated with the help of your doctor or a specialist. If you have any doubts about yourself or any member of your family, seek help right away.



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,

DEALING WITH DIABETES

Perhaps you know someone who has to be careful about the amount of sweets he or she eats, or someone else who has to take an insulin shot every morning and evening, in addition to being on a very strict diet. Both have diabetes.

But the severity and method of treatment are very different in each case. However, the one thing true in every case is the person with diabetes has trouble using glucose, a special form of sugar made by our body from the food we eat.

Insulin, a hormone produced by the pancreas, regulates the amount of glucose our body makes use of. Diabetics either don't produce enough insulin or what their pancreas produces isn't effective. Glucose builds up in the blood because it cannot be used by cells to produce energy. The excess eventually filters out through the kidneys into the urine.

The two common forms of diabetes include Type I (insulin-dependent diabetes) which usually starts in childhood or adolescence and requires lifelong treatment with insulin, along with exercise and a controlled diet. Among older people, Type II (non-insulin dependent) diabetes is more common. It accounts for 85 percent of all cases and can be controlled, for the most part, through proper diet and exercise.

The most common symptoms for diabetes include a "Run down" feeling, increased thirst, frequent urination, unexplained weight loss, blurred vision, skin infections and slow-healing cuts or bruises. If you notice any of these problems, report them immediately to your doctor.

Although there is no cure, diabetes can be effectively controlled with diet, exercise and, if necessary, insulin or other drugs. Diet is vital, so ask your doctor to help you plan a diet that will lower your weight and blood glucose level. Regular exercise will help burn off excess glucose. Again, ask your doctor for advice.

If you have any questions about medication that your doctor may prescribe for control of diabetes, ask your pharmacist.

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

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CANADIAN FORCES UPDATE



Community News

It is hard to believe another summer has almost passed, but sure enough it has.

The last set of day camp and swimming lessons is running now. All the children who participated had a fun time. Thank you to all the young people employed on the program. You did a fine job.

The recent newsletter sent to all MQ residents has almost

everything I had for this article in it. Extra copies should be available to you through your ward rep.

The upcoming events though are worth mentioning here, especially family day, which will be held during the month of September - I'll have all the details in time for the next Totem Times.

The Most Beautiful MQ Contest is still going on and it will be judged sometime near the end of August.

We at the Community Association would like to welcome all newcomers to the Valley and CFB Comox. We hope to see you at our upcoming events. Enjoy the remainder of our summer and see you in September.

HELP WANTED

CANADIAN FORCES RESERVE (C.I.L.) OFFICERS

1726 Royal Canadian Army Cadet Corps needs the following Officers to fill vacant positions:

Supply Officer
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Must be: 19 to 55 years of age (male or female)
Must Have: Grade 12 education

Interested person can contact:
Captain T. Lick
Commanding Officer
338-8798 evenings

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Beautiful Central B.C. Welding-Machine shop equipped. Actec building, house, 5 1/2 acres H.I. property. River frontage. Excellent expansion potential. Selling for health reasons. 846-5435. Box 306, Telkwa, B.C.

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Mechanic required to work in GM Dealership. GM experience preferred. Send resumes to 312 Enterprise Avenue, Kitimat, B.C. V8L 2C9 or call 632-7141 ask for Bill Martinson.

Lease operators. Positions available for qualified operators who are interested in purchasing fully rigged highway tractors under a unique fleet program. Financing package available. Phone Steve or Grant at: 1-800-663-6205.

Lillooet District Hospital requires Director of Nursing with minimum NVA degree. Attractive salary and Fringe benefits. Apply in confidence to Administrator, Box 249, Lillooet, V0K 1V0.

Kamloops GM Dealership - Required immediately one fully qualified Auto Body Painter. Must be proficient in all aspects of Automotive Refinishing. Top wages for right person. Apply Box 3069, Kamloops, B.C. V2C 6B7.

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CP Hotel-Chateau Lake Louise "Olympics" Resort Hotel in the heart of the Canadian Rockies requires experienced hotel staff commencing August 1987 for year round employment. Subsidized meals, shared accommodation for singles only. Applicants 18 years or older. Send resume and reference letter to Personnel Manager, Chateau Lake Louise, Lake Louise, Alberta. T0L 1E0.

Younger female live in housekeeper, larger log house with acreage, office help. No experience necessary, will train. Accommodation, transportation provided. GM 940, Vernon, B.C. V1T 6M8.

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AROUND THE BASE

919 Special Operations Group

CONTINUED FROM PAGE 1



on-board computer uses the information from the aircraft's infrared and low-light level television sensors to provide the pilot with aiming directions.

The 919th SOG trains U.S. Air Force reservists in gunship operations to include armed reconnaissance, armed interdiction, close air support, armed escort, forward air control and search and rescue missions.

Experiences learned during Patriot Paladin '87 are expected to enhance the ground and flying training programs of both the Canadian and American forces thus better equipping them to accomplish their respective missions anywhere, anytime they may be needed to support "real world" military activities.

AC-130-A GUNSHIP

The AC-130-A Hercules gunship is a modified C-130 air-

craft configured as a side-firing weapons system.

Armament includes two 7.62mm mini-guns, two 20mm Vulcan cannon and two 40mm Bofur cannon. Target detection is provided by electronic, radar, infrared and optical sensors. The gunship carries its own defensive systems including electronic countermeasures, chaff and flares. Flares and a 2,000 watt illuminator are carried for illumination of target areas.

Gunships were developed during the Vietnam conflict in the late 1960s as a close air support weapons system. Forerunners of the AC-130 gunships included the AC-47 and AC-119 aircraft.

As the gunship evolved into the present-day sophistication of the AC-130-A, gunships were also used effectively in armed interdiction and reconnaissance, armed escort, forward air control and search and rescue operations. Close air

support, however, remains the primary mission of the aircraft.

Crew positions on the AC-130-A total 14 -- a pilot, copilot, navigator, flight engineer, fire control officer, electronics warfare officer, two sensor operators, an illuminator operator and five gunners.

Firepower capabilities are 3,000 or 6,000 rounds per minute for each of the 7.62mm mini-guns; 2,500 rounds per minute for each of the 20mm cannon; and 100 rounds per minute for each of the 40mm cannon.

The 919th Special Operation Group, an Air Force Reserve unit located at Duke Field, Eglin AF Auxiliary Field No. 3, Fla., is the only Air Force unit, active duty or Reserve, which maintains and flies the AC-130-A gunship.

The 1st Special Operations Wing at Hurlburt Field, Fla., an active duty unit, flies an updated version of the "Spectre"



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LIFESTYLE

FIGHTING A WRONGFUL DISMISSAL

Have you been fired unjustly? If you are a non-union employee you should know what recourse you have if you believe you have been wrongfully dismissed.

You can be "dismissed" from your job in several ways. The obvious example is when you are actually fired, but there is also constructive dismissal.

It would amount to constructive dismissal if you were (a) demoted without your consent, (b) given a less prestigious position because of corporate re-organization, (c) ordered to move to a different job location which was not part of the agreement, (d) subject to a salary reduction or a change in your job condition to encourage you to quit.

Keep in mind that if you are dismissed for *JUST* cause you are entitled to nothing. Examples of just cause are stealing, punching the boss, being unqualified for the job, willful disobedience on important matters, or being generally incompetent.

Just cause does *NOT* include corporate reorganization, a personality conflict with the boss, or looking for another job (so long as you divulge your job search to the boss).

If you are wrongfully dismissed, you are entitled to damages. How much you will get depends upon a number of factors. The court will consider your age, the length of employment, your qualifications and experience, and the

likelihood of your finding other suitable employment. With long-term employees the court could give from nine to 18 months salary.

If you feel that you have been wrongfully dismissed, there are things you can do to protect your cause of action.

Do not accept your transfer or demotion if not justified.

Do not accept money from your boss in settlement.

If you are fired, look for a job immediately and keep notes of where you looked. You must try to minimize your losses.

If you do nothing to find a new job, the court may not give you any damages or, at least, may severely limit the amount.

If you feel you have a cause of action, see a lawyer immediately.

Courtesy Law Society of B.C.

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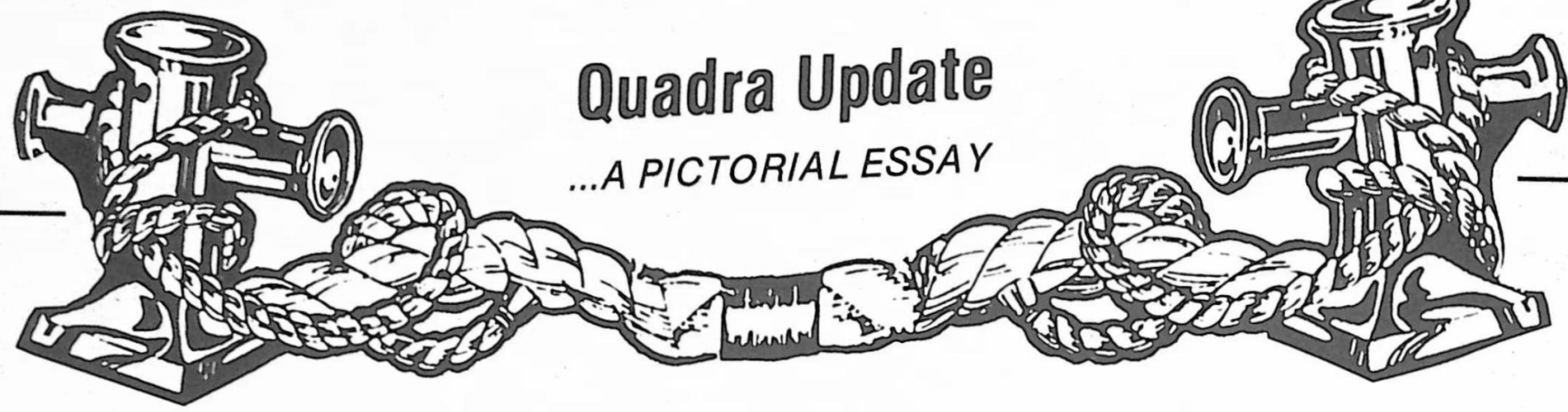
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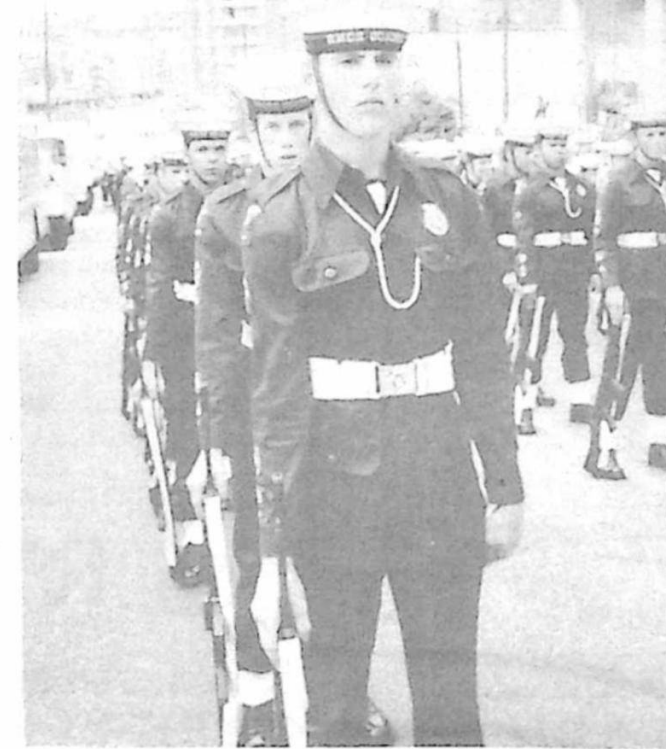
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Quadra Update

...A PICTORIAL ESSAY



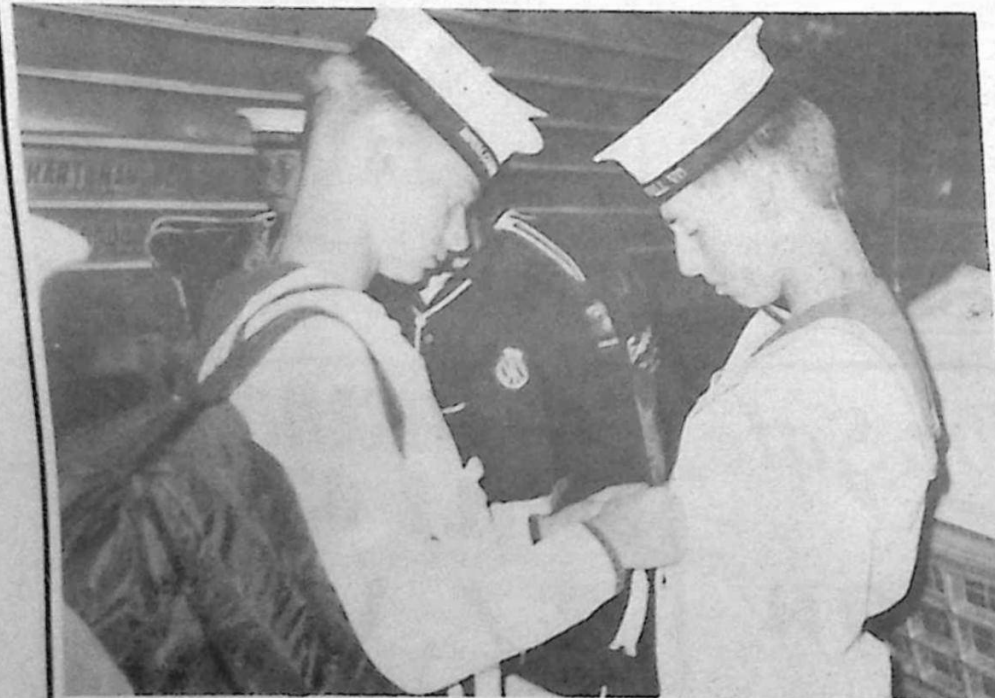
GETTING READY FOR SEA.

Onboard Quadra we put the sea into Royal Canadian Sea Cadets. Here a cadet is making his 32' open sailing cutter ready for sea. Onboard a cutter every crewman has an important job to carry out. The cutter will not sail properly without everyone doing the right thing at the right time. Teamwork is important in sailing. This is one of the benefits in Quadra having the last large fleet of sailing cutters left in the Canadian Forces. Sailing a cutter or a 27' whaler requires instant obedience to orders issued from the coxswain of the vessel. Instant obedience is a must if a successful sail is to be carried out or if a race is to be won. Ready aye ready for any orders from the coxswain. We spell orders this way - T E A M W O R K. The Sea Cadet way!

HMCS QUADRA GUARDSMAN — READY AYE READY

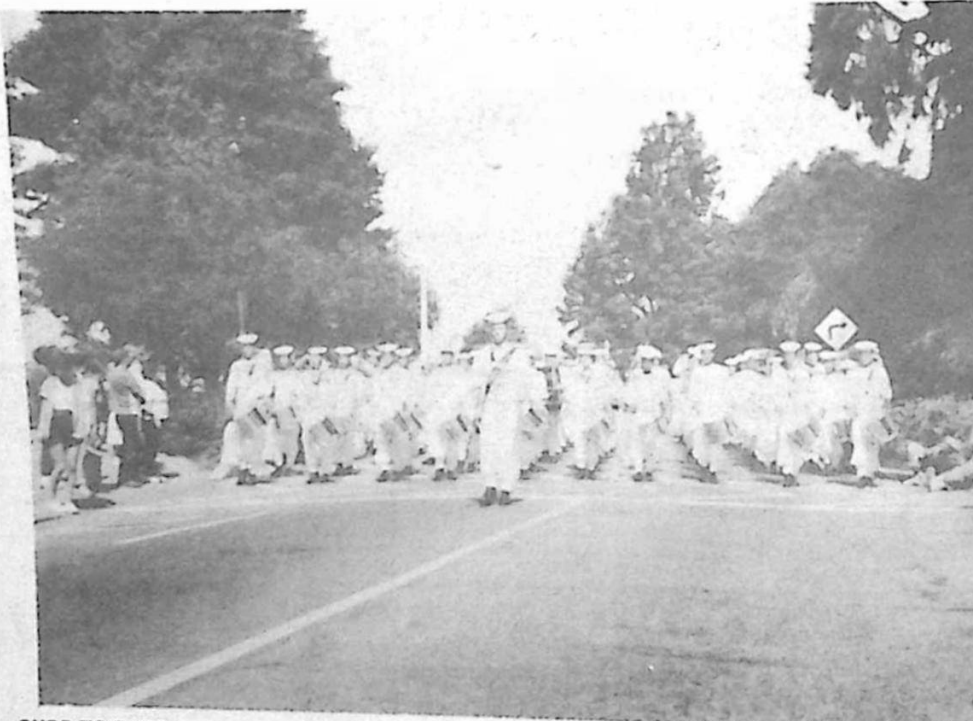
The senior guard onboard HMCS Quadra is well drilled in the ceremonial movements of the FN rifle. The guard, which partakes in local parades, the Ceremony of the Flags, Ceremonial Divisions, and the first divisions of each two camp intake is made up of staff cadets who fill the various positions onboard Quadra. Viewed here is Petty Officer Lawless who, along with his shipmates, has just completed the Vancouver Sea Festival Parade. Petty Officer Lawless is a ship's buffer onboard Quadra.

SUITING UP FOR A MOCK FIRE FIGHTING DRILL. Fire! Fire! This shout strikes fear into the heart of every sailor and fisherman. Fire, next to the sea, is the worst enemy for those who venture onto the briny deep. All Sea Cadets are taught in the use of fire fighting equipment and breathing apparatus. Appearing here is the final check over of a Sea Cadet by other shipmates before entering the imaginary fire area onboard the CFAV Purveyor - one of the small ships attached to Quadra's Flotilla.



A HELPING HAND TO YOUR OPPO

The cadets onboard HMCS Quadra are keenly aware of their appearance. They are inspected at least once a day, if not more. Cadets are taught the proper upkeep of their uniform whether traditional or the current safari uniform. Cleanliness is very important onboard Quadra or any other ship or training establishment. Shown is one cadet helping his oppo with his bow and tapes - a helping hand.



CURB TO CURB

The senior band of HMCS Quadra seen here on parade in Vancouver has proven itself in many public appearances during the summer from the Esquimalt Tattoo to Comox Nautical Days. It should be noted that the senior band from HMCS Quadra was the only band during the Esquimalt Tattoo to receive a standing ovation from the public. The senior band plus the other four bands are made up of Sea Cadet musicians from across Canada.

NEXT DEADLINE — AUGUST 31

LIFESTYLE

The Children's Wish Foundation of Canada

On behalf of the Children's Wish Foundation of B.C. the Totem Times takes this opportunity to introduce the organization to its readers.

British Columbia is one of 11 provincial chapters of the Children's Wish Foundation of Canada, a Federally chartered, non-profit organization dedicated to granting the favourite wishes of terminally ill children. While each chapter of the Foundation is largely autonomous, being part of a national organization ensures that, regardless of the amount of money raised in any individual province, funds are available to grant all wishes. As of March 10, 1987, the foundation granted 146 wishes

across Canada, two of which were in British Columbia.

An application for a Provincial Fund Raising permit has just been approved; and proposals for future events are being accepted.

The address and telephone number for enquiries is: The Children's Wish Foundation of B.C. Lynne M. Picknell, Director 981 Kinsac Street Coquitlam, B.C. V3J 4T8 (604) 936-9309

About Granting a Child's Wish
Some wishes are simple, some are more elaborate. Many must be acted upon quickly - the child's time may be limited.

In all cases, the Children's Wish Foundation maintains only two requirements. The wish must come from the child himself/herself and the consent from the child's doctor must be received.

Helping to make a child's wish come true requires the help of many people - airlines, business owners, volunteers, doctors...people from every walk of life.

Whatever the child's wish, The Foundation works with all these people to fulfill it. From sending a child to Disneyland to presenting a yearned - for stuffed animal, our goal is simply to bring happiness to a child with limited time.

ASK ABOUT THE FOREST



The annual timber production target for public and private forest land in B.C. is 75,000,000 cubic metres. While government policy allows the public timber component to fluctuate somewhat in any one specific year, the volumes must balance to the target over a five year period.

While many would expect the Douglas Fir to top the list in terms of volume logged, this species accounts for only 11% of the total, a figure that is unlikely to drop in future, as many of the forests that are approaching the age of logging are comprised of Douglas fir. As a matter of fact, volume

figures for four B.C. species readily surpass Douglas fir, led by spruce which comprises some 24% of the total. Lodgepole pine, western hemlock and balsam are the other three runners up.

Interestingly enough, just a few decades ago, lodgepole pine and balsam were looked upon as "weed trees" in the interior. Today, lodgepole pine is a very close second to spruce and is often a preferred species in the forest industry of British Columbia's interior.

Brought to you courtesy of The British Columbia Forestry Association and the Totem Times.

Classified

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