



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 16 September 3, 1987

Deadline is Monday, September 14, 1987

Cost: Priceless

Museum Opens Officially

The Comox Air Force Museum will celebrate its official grand opening at 11:00 a.m. on Saturday, 12 Sept. 1987. The Lieutenant Governor of B.C., The Honourable Robert Rogers, will officiate at the ceremony by performing the ribbon cutting. Adding to the festivities will be Air Command Central Band. All are welcome to attend and witness

CONTINUED ON PAGE 2

AGENDA

442 SQN ALL RANKS REUNION 87

FRIDAY 11 SEP 87
0900

- Reception/Registration opens: 442 Sqn 1 Hgr
- 442 Sqn 1 Hgr Open House
- Golf/Fishing/Touring 1300
- Visiting aircraft arrival 1600
- TGIF at 442 Sqn 1 Hgr
- Informal entertainment - skits
- Light buffet/smorgasbord
- All messes open

SATURDAY 12 SEP 87
0900

- Reception/Registration continues (if necessary)
- 442 Sqn 1 Hgr Open House
- Golf/Fishing/Touring 1100
- Grand Opening CFB Comox Air Force Museum 1200
- VIP Luncheon - Officer's Mess 1300
- Flying Static display 1900
- Cocktails/Dinner/Dancing 442 Sqn 1 Hgr

SUNDAY 13 SEP 87
0900

- Breakfast (Hangar) 1100
- Battle of Britain Commemorative Parade 1130
- Battle of Britain Commemorative Service 1200
- No Host Social



Early 442...Curtiss Kittyhawks of No. 14 (Fighter) Squadron over British Columbia's North shore mountains...circa 1942.

Reunion at 442

....busy weekend planned at 442 Squadron

After almost a year of planning and preparations, the big event is here. On the weekend of 11 to 13 September, 442 Squadron will be hosting a reunion here at CFB Comox, for all members, past and present. With Friday's registration and Meet and Greet, Saturday's banquet, and Sunday's Battle of Britain Memorial parade, the stage is set for the largest reunion in the Squadron's history.

And what a reunion it will be indeed. As of this week the pre-registration numbers hit the 750 mark. Of course, with a reunion of this magnitude, a lot of credit should be given to the organizational committees that have made this event possible.

Every last detail has been taken care of to make sure that this will be the best reunion ever.

A PROUD HERITAGE

Included on the "crew list" for the reunion will be members from every era of the Squadron's 45 year history. And if there are any two words that best describe the history of 442 Squadron, they are "West Coast." Except for the brief, but vitally important tour spent in Europe during World War II, the Squadron has been virtually continuously based on the west coast of Canada.

The Squadron was formed as No. 14 (Fighter) Squadron, at Rockcliffe, Ontario on January 2nd, 1942, equipped with Harvard and Kittyhawk fighters.

Based initially at RCAF Station Sea Island, the Squadron later deployed to Alaska and joined forces with other RCAF and USAF squadrons to ward off the Japanese threat in the Aleutian Islands. No. 14 Squadron's share in the campaign was two tours of operations over Kiska during which time the pilots flew 190 sorties to dive-bomb and strafe Japanese gun posts, radar in-

stallations, airfields and campsites.

After a short return to Vancouver, the Squadron then moved overseas, re-equipped with Spitfires and joined up with 441 and 443 Squadrons to form 144 Wing under the command of RAF W/C

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MORE 442

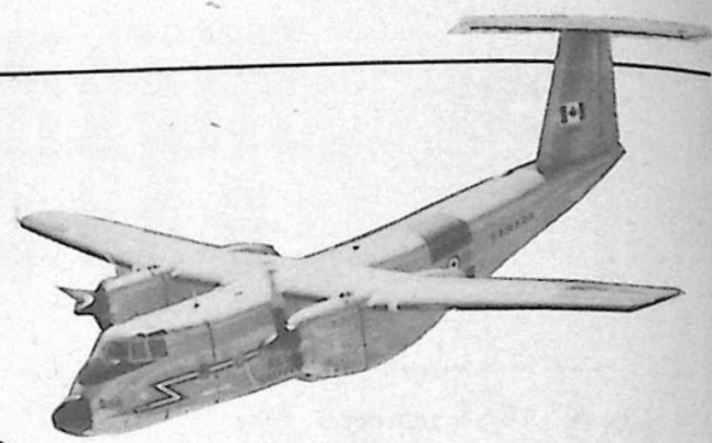
...CO's message....page 2

....a flying history - pages 14 & 15



SECTION NEWS

442 Squadron



CO's Message



L COL ED JAY
COMMANDING OFFICER 442 SQUADRON

On behalf of serving and former members of 442 Squadron and her ancestral units, 14 Fighter Squadron, 123 Rescue Unit and 121 Communication Unit, it is my pleasure to announce that REUNION 87 is set and ready to go on the weekend of 11-13 Sep 87. A warm Comox welcome is extended to all those registered from out-of-town and I know that all participants are looking forward to meeting old and new friends.

It goes without saying we owe a vote of 'Thanks' to our organizing committee and many others who have been working, in some cases for over a year, on our behalf to ensure REUNION 87 will be a successful and memorable event.

For those unable to attend but interested in renewing or maintaining contact with the Squadron, we are also pleased to announce publication of our Squadron History, completed in conjunction with REUNION 87 and including accomplishments, tales and photographs right back to our earliest years.

As the new Commanding Officer of 442 Squadron, I am delighted to have this opportunity to meet and acknowledge the many past and present members whose contributions have established the Squadron's indisputable record of honour and distinction. It is with considerable pride and a genuine sense of anticipation that I welcome you all to REUNION 87.

THE SALVATION ARMY
RED SHIELD SERVICES
CANADIAN FORCES BASE COMOX
P.O. BOX 281, LAZO, B.C. V0R 2K0

Telephone for take-out at Snack Bar 339-8571

NEW HOURS OF OPERATION

Monday to Friday	0700 - 2000
Saturday	1100 - 1600
Sunday	CLOSED
Holidays	CLOSED

FREE COFFEE AFTER 1800 HRS. Monday to Friday

...more 442

CONTINUED FROM PAGE 1

"Johnnie" E. Johnson, DSO, DFC. From there, 442 (Caribou) Squadron proceeded to chalk up one of the most enviable records of the war. They distinguished themselves as one of the first squadrons to land on occupied Europe, and 442 then went on to win Battle Honours in Normandy, The Rhine, Arnhem, France and Germany, and Fortress Europe. These were added to the Honours already won in the Aleutians. In March of 1945 the Squadron was moved back to England and, re-equipped with Mustangs, flew long-range escort for daylight bombing raids on Germany. 442 Squadron's last mission of the war was to escort Lancasters which bombed Hitler's Chalet at Berchtesgarden on April 25th, 1945.

Following a short disbandment, 442 Squadron was re-activated in 1946 as an RCAF Auxiliary Fighter Squadron, once again based at Sea Island, B.C. Over the next twelve years, 442 Squadron flew Harvards, Vampires, P-51 Mustangs, T-33 Silver Stars

and F-86 Sabres in a continuation of its fighter role. In 1958 the Squadron was redesignated an Auxiliary Transport Squadron and re-equipped with C-45 Expeditors and Single Otters until disbandment in 1964.

Concurrent with 442 Squadron's postwar fighter role, 121 Communication Flight and 123 Rescue Flight began the legacy of West Coast Search and Rescue. Formed in the late 1940s, both Flights merged in 1953 to become 121 Communication and Rescue Flight. During the Sea Island search and rescue era the aircraft inventory included Hudsons, Lancasters, Expeditors, Dakotas, Cansos, Albatrosses, H-51s and H-21 Helicopters.

In 1964, 121 C & R Flight moved to RCAF Station Comox. Two years later, on July 8th, 1966, the Flight was re-designated 442 Transport and Rescue Squadron and has maintained that posture ever since. In an evolutionary process, though, the Dakotas and Albatrosses were replaced by deHavilland Buffalos, and

the H-21 Helicopters were replaced by Boeing-Vertol CH-113 Labradors.

In September of 1975, The Honourable Walter S. Owen, The Lieutenant-Governor of B.C., presented 442 Squadron with its official Standard, commemorating over 25 years of dedicated service. The current Squadron Badge, designed and approved in the early 1950s, reflects the west coast heritage that has remained as the common bond throughout the Squadron's prestigious history. According to Nootka Indian Legend, Haietlik, the Lightning Snake, was dispatched by Thunderbirds to kill whales, the major source of food. Also on the Squadron Badge is the motto "Un Dieu, Une Reine, Un Coeur" - One God, One Queen, One Heart.

It is with this heritage of over 45 years of dedication that 442 Squadron celebrates its reunion. It is also with this heritage that the present day 442 Squadron strives to maintain the reputation as the Number One West Coast Squadron.

...more museum

CONTINUED FROM PAGE 1

this important event marking our museum's beginning! Seating will be available for spectators. Coffee and donuts will be served in the museum foyer immediately following the ceremony.

The museum is to serve as a display area for artifacts and memorabilia detailing Canadian military aviation history on the West Coast, focusing primarily on the history and role of CFB Comox as well as its squadrons.

The building itself is almost perfect for a museum, boasting 3000 sq feet of space, high walls and no windows. It's also

important historically, being one of the first built at the Comox Base when it first opened in 1942. Originally a gymnasium, it was later converted to a theatre. The Air Force Indoctrination School, which serves as an introduction of the history and heritage of the air force to young officers, is also located in the building.

Located right next to the main gate, the museum will be open to the public year round, Tuesday through Sunday from 10 a.m. to 4 p.m. There is no admission charge, although donations are always welcome. The facility contains a gift shop

at the front entrance, stocked with a wide variety of squadron badges, hats, t-shirts and decals.

As the development of the museum displays is a continually evolving process, there still exists a need for artifacts, archival material and memorabilia related to the history of the Air Force and in particular of RCAF Station /CFB Comox. All items are appraised and receipts issued for tax deduction. The curator, Nancy Greene, is available at 339-8635 for donations, which are also tax deductible.

BASE EXCHANGE

CORNER OF
LITTLE RIVER & RYAN ROADS
PH 339-5342

AUTHORIZED
PATRONS
ONLY

STORE HOURS
MONDAY THRU
SATURDAY
10:00 AM to 5:00 PM
SUNDAY
12:00 NOON to 4:00 PM

AROUND THE BASE



From The
Top Rung

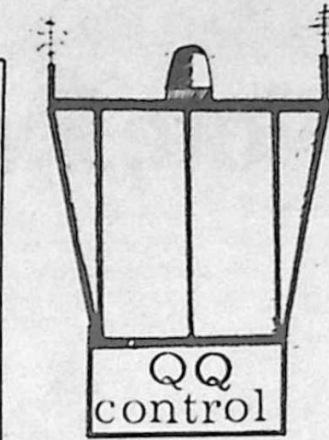
Col Ted Gibbon

I have just signed a revision to Base Standing Orders with respect to vehicle parking regulations at CFB Comox which includes PMQs and HMCS Quadra. The parking regulations will be controlled by a "demerit system;" offenders who have committed two parking violations within any twelve month period will be liable to an automatic withdrawal of all Base decals or monthly stickers for a period of not less than 30 days. The Military Police are empowered to remove the Base decal or monthly sticker for parking offences.

The No Parking areas are few and generally conform to common sense and safety considerations that will be familiar to most drivers. If you think for a second that your vehicle may impede other traffic then it is probably illegal to park in that area, so let discretion be your guide and look for space in one of the many designated parking areas.

Many of the grassed areas in close proximity to work spaces seem like ideal overflow areas but the basic rule of No Parking on the grass will continue - with one major exception for the benefit of Married Quarter residents: within PMQs parking on grassed areas is permitted but only if the assigned driveway or parking lot for the occupant is full. I have relaxed this rule at the request of the occupants and therefore cooperation is required if the privilege is to endure. Recreational vehicles such as boats, trailers, campers, etc., may be parked on a grassed area providing they are done so in an orderly manner, they do not create hazards for playgrounds or impede the movement of emergency vehicles and, the area is properly maintained by the owner.

The residents of Wallace Gardens have worked hard and been supported by several CE projects to ensure the success of the PMQ beautification programme, I will not permit this effort to be diminished by anyone so let common sense and consideration for your neighbours govern your actions.



As The
Beacon
Turns

Another revolution of the old beacon and its time for another article. As posting season draws to a close we are left with an impressive roster and with the exception of a few people going on course, most should remain for at least a year. Speaking of going on course, Cpl Sylvain Houde left last Monday for the Radar Course in Cornwall, Ont. Good luck to Sylvain and enjoy the facilities. Cpl John Moss will be departing shortly for the JLC course. I thought his shoes looked a bit shinier than usual (must be getting a few pointers from MCpl Heather Swan). John has also been practicing his leadership abilities in the Ops room of late; boy John, you sure know how to empty a room.

I recently paid a visit to the tower during one of my heavily laboured shifts in data and was surprised to see a new carpet brightly displayed. Now for those of you who have visited the tower, one can't help but notice that the CC Tower (past or present?) either opted for the two tone look or ran out of financial backing. Whatever the case, it enhances the look of the tower. Things sure have changed since I worked there. While I was visiting I noticed the B-Stand giving instructions

to a vehicle on the Atis Machine (boy you couldn't do that when I was there). Must be the new equipment.

A mugout was held for MCpl John Koidhis at the gravel pit on the 14 Aug 87 to say goodbye to John as he departs the service for places north. With the exception of John's long winded speech, a good time was had by all. We will miss John and wish him all the best for the future.

Congratulations are in order for Sgt Dave Tack who is now qualified in all DSC positions as he recently pulled a couple of night shifts (it took the morning data guy two hours to clean up the mess). Congrats also go to Sgt Al Munday who landed the job of NCO i/c Standards and I know, for one, he has this little Cpl worked to the bone already.

Has anybody noticed a particular glow in MCpl Heather Swan lately? I heard its because she may be travelling to Manitoba to visit the hubby for a couple of weeks. (Have a good time Heather). I see the Moss's wood hauling vehicle has finally arrived in the form of a convertible sports car (how many cords will she haul John?). Just kidding, but I did hear you were in the market for a wood truck.

Turning to sports, the ATC section has proven once again that no matter what the sport, we can field a championship team at a moment's notice. The recent sports day held at the ball park was a big success and of course proved the ATC are champs to the end as they placed an impressive first. Although the events were gruelling, the team emerged unscathed. The team consisted of Maj John (Iron Man) Stariha, Capt Ted (Knuckle Ball) Norrie, Capt Joe (Pac Man) Pacowski, Capt Mike (Mauler) Maillet, 2Lt Nicole (Kick Butt) Boutin, Sgt Dave (Tackles) Tack, MCpl Heather (Smasher) Swan, Cpl Sylvain (Hitman) Houde, Pte Barrie (Annihilator) Norris and Pte Guy (Pusher) Pepin.

Congratulations team and I hope a good time was had by all. Also in sports I heard a foursome played a round of golf and as is customary all players allowed the BATCO to beat them except one (way to go Capt Jones), so much for your next posting (how does the Sinai sound)?

I would like to say goodbye to our secretary who is off to Moncton NB to continue her education. We in ATC would like to say good luck in your future endeavours and we will miss you.

SWIMMERS

JOIN THE
COMOX VALLEY AQUATIC CLUB
C.V.A.C.

Starts its 11th season of swimming programmes for competitive and pre-competitive swimming on

TUESDAY, SEPTEMBER 8 * 5-6 P.M.
UNDER HEAD COACH - AL AYLWARD
AT COMOX VALLEY SPORTS CENTRE
CVAC OFFERS

- professional coaching with years of experience in aquatics
- low annual fees and family rates which include:
 - **two weeks free trial period
 - **up to 14 hours per week of flexible training time
- **free insurance coverage and free membership in the Canadian Amateur Swimming Association, from \$5 to \$60, depending on age and swimming status.
- year-round physical fitness with daily practice if wanted
- travelling and meeting new friends

REGISTRATION: at indoor pool from 4-5 p.m. daily, starting on Tuesday, Sept. 8th
INFORMATION: phone 334-3626; 338-9257; 339-3828

Officers Mess

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.

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

COMING EVENTS IN SEPTEMBER:

- Sept 3 - RETIREMENT MESS DINNER
- Sept 11 - 13 - 442 REUNION
- 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 MIXED TGIF MEET & GREET NEW BASE PERSONNEL

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

EDITORIALS



COMMENT

Gord Kruger

Hi there readers! Spent a little time talking to my old pal Newt this past week and nothing much is happening, so the old editor is kind of stuck for cannon fodder.

However I would like to use my editorial licence to pass along a couple of greetings.

First of all to Mrs. Norah Wilson, the secretary who helped so much when I fumbled and struggled. Thanks Norah - your contributions were a godsend and much appreciated. Just think, no more of that famous sentence "I'm sorry the EA is out right now, may I take a message"!

And now to my son Ryan who turned 16 on September 1st - many happy returns my boy and I'm sure you'll overcome the "clutch" with a continued effort.

And to you - my readers, thanks for bearing with me. Cheers! G.M.K.

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

Buckle Up BC Campaign

An ICBC campaign to boost BC's buckle-up rate kicked off Monday August 24 and will continue for three weeks. Police throughout the province have been increasing safety belt enforcement since August 28 and will continue until September 7.

Although BC's safety belt wearing rate is among the highest in North America - 78 percent for drivers, 75 percent for all vehicle occupants - many people are still suffering serious injuries or dying in traffic crashes because they fail to buckle up.

So far this year, B.C. has recorded a 17 percent increase in injury claims, the heaviest in

the Corporation's 14 year history. The current safety belt campaign is one of many ICBC programs designed to counter the surge in traffic related injuries and deaths.

The three week public awareness campaign will target groups which, according to ICBC research, are the least likely to buckle up. These are:

- * 18-24 year olds;
- * those with two to three years driving experience;
- * occasional drivers, taking short trips on neighbourhood streets.

According to police reports, all three figure frequently in traffic accident statistics.

"Lives saved and human

suffering prevented are the paramount benefit of safety belt use," says Tom Holmes, President and Chief Executive Officer of ICBC.

"However, as the insurers of BC's 1.8 million vehicles, we must also be aware of the significant financial savings to society in health care and policing costs, work time lost and auto insurance, that result when we persuade a few more disbelievers to buckle up any time - and every time - they get into a car."

ICBC estimates that every one percent increase in safety belt use results in savings of \$1.5 million in death and injury claims.

The Corporation's Traffic Safety Education Department first launched seat belt programs through schools and community groups in 1981.

Since then, the safety belt wearing rate has increased overall to 75 percent from 56 percent. In six years, the simple act of buckling up has saved the B.C. motoring public more than \$116 million in auto insurance costs alone.

Local activities in support of the campaign will take place throughout the province. Many communities have proclaimed August 24 "Living Proof Day" making public presentations to crash survivors who were saved by the belt and are living proof

that safety belts work.

During the campaign, ICBC's traffic safety education department and the police will also be reminding parents of the correct use of infant and child restraints. In B.C. only one infant safety seat in three is installed according to the manufacturer's instructions.

ICBC's survey confirms previous findings that women use their car safety belts more often than men. It also indicates that those who buckle up consistently are more likely to use other safety devices such as daytime lights and rear high-mounted brake lights.



TOTEM TIMES

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



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

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Vote for your B.C. Bird.

It's part of the celebrations for Wildlife '87, the centennial of wildlife conservation in Canada. And it's your chance to help choose the bird which best symbolizes British

Columbia. To participate, vote for any one of the seven bird candidates or write-in your favourite. Vote for your B.C. Bird. Send in your choice today.



Win one of five signed sets of Fenwick Lansdowne's BIRDS OF THE WESTCOAST, Volumes 1 and 2. Just X your choice.

Write for a bird to win the title of B.C. Bird and you can win too. All ballots will be eligible for a prize draw. Five winners will receive one of five signed sets of Fenwick Lansdowne's Birds of the Westcoast.

American Dipper	Steller's Jay
Harlequin Duck	Trumpeter Swan
Peregrine Falcon	Varied Thrush
Rufous Hummingbird	OTHER

CLIP AND MAIL TO: VOTE FOR YOUR B.C. BIRD
Ministry of Environment and Parks, Parliament Buildings, Victoria, B.C. V8V 1X5. Or drop off at any BC Parks Visitor Information Centre, Government's Agency's Office or Ministry of Environment and Parks Office.

EDITORIALS



Lightside

Norm Blondel

TALKING TO MY ZUCCHINIS

"Why Summer Fallow?" Gord (Editor) Kruger asked me a few weeks ago, referring to the little strip which replaced my column. "I've dried up," I replied. "I'm not at work anymore, and there aren't enough people around me for bouncing ideas off. Wife says she's had enough fame for a while, so that leaves my zucchinis, and I'm getting no response at all from them. Let's face it: Zucchinis are good listeners, but lousy conversationalists."

I'm a little leery about being seen talking to my zucchinis anyway. People my age are supposed to start getting eccentric, but I'm not ready for that yet. Heck, I still walk around with my shirt unbuttoned to the navel, swig my beer straight from the bottle and pinch Wife's bottom, occasionally. That's Macho.

Doubts do creep in though, when I forget appointments, lock myself out of the truck or sit down to read the paper I'm

supposed to spread out to catch paint drops. "You just have too many things on your mind," Wife says, charitably. "You need to complete all the jobs you've started. How about finishing the fence?" "What else is on the list," I echoed, from a previous column.

And so it goes. A mind, all fudged with the myriad details of a job list is incapable of putting enough coherent thoughts on paper to fill a regular column like LIGHTSIDE. Maybe when I've finished the fence, the kitchen, the driveway, the pathways, the greenhouse, the workshop, the gazebo, the hot tub and the fishpond and tidied up the yard for the tenth time, I'll get some ideas and start writing again.

Wife just walked by, as I sat writing this. She's carrying a wad of lunch bags. I'm going to follow her, and see what she's up to.

There might be a column in it.

We Get Letters

Dear Mr. Editor

With reference to Mr. Gerow's column in the last Totem Times. My first thought was to suggest that maybe Mr. Gerow is overweight and underpowered and that's why he calls for a 4 x 4.

Well Mr. Gerow, "Volkslauf" or VOLKSMARCHING or VOLKSWALKING (which also includes cycling, swimming and skiing) as it is more commonly known today is not a dead or dying sport.

Representatives from across Canada met in Kanata Ontario in April of this year to officially form the Canadian Volkssporting Federation. In the month of May 1987 Canada was formally accepted into the IVV world family and is now a participating nation.

There is a Volkswalking club in the Comox Valley known as the Comox Glacier Wanderers, and another club now formed in Kimberley whose first walk

was held on 22 Aug 87. The Comox club has held seven (7) events this year and our final walk is to be held on October 25th. The start finish line will be at the Courtenay House Hotel in Courtenay.

There is also a Year Round Walking Event that can be done at any time and as many times as you wish. At this time six of our members have walked 500 plus km and two or three of them have done more than 1000 km on this walk alone.

In closing I would say that walking is the fastest growing sport in North America (Canada included) and would ask Mr. Gerow to step down from his 4 x 4 and give his body some exercise and "Komm Mit Zum Wandern."

Yours in Happy Wandering
E.H. Rick Kellow
Comox Glacier Wanderers
P.S. All of our events are IVV and CVF sanctioned..

NEXT DEADLINE SEPT 14TH

Low Cost Legal Services

If you need legal advice, but you can't afford it, there are still options open to you.

Lawyer Referral Service can recommend a lawyer if you need legal help but don't know where to look or if you think you might have a legal problem but aren't sure.

A participating lawyer will grant you an interview of up to 30 minutes for the nominal fee of \$10. Lawyer Referral is available throughout the province - all you need to do is look in the yellow pages for your area under "Lawyers."

Once your half-hour interview is over and you find that you still need legal help then you would pay the lawyer's regular fee.

The UBC Law Students Legal Advice Program (LSLAP) runs evening clinics throughout the Lower Mainland. Law students give legal advice and assist people with minor legal problems.

The advice given, under the supervision of a lawyer, is free but you must meet certain criteria.

If you own your own home or business you won't be

eligible and, generally, if your personal income is over \$24,000 or family income is over \$30,000 you will be ineligible.

These figures are only guidelines, so if you aren't sure if you would be eligible contact LSLAP and clarify your eligibility.

LSLAP also operates a full-time day clinic during the summer months. The same criteria apply for the summer clinic.

The UBC Legal Clinic operates full-time year-round. It is a student program under the supervision of full-time lawyers which will take cases to small claims court, family court and will handle minor criminal cases.

It is free but only available to low-income individuals. Therefore, you should contact the Clinic at 228-5911 to confirm its services are available to you.

The Legal Society will appoint counsel for financially-eligible applicants with certain types of legal problems. For more information about this "Legal

Aid," phone 687-1831 in Vancouver.

The Legal Services Society also runs a legal resource centre. The centre provides telephone information weekdays from 8:30 to 4:30. The Centre will answer specific legal questions or will refer people to appropriate agencies. Also, it will provide booklet information on a variety of topics.

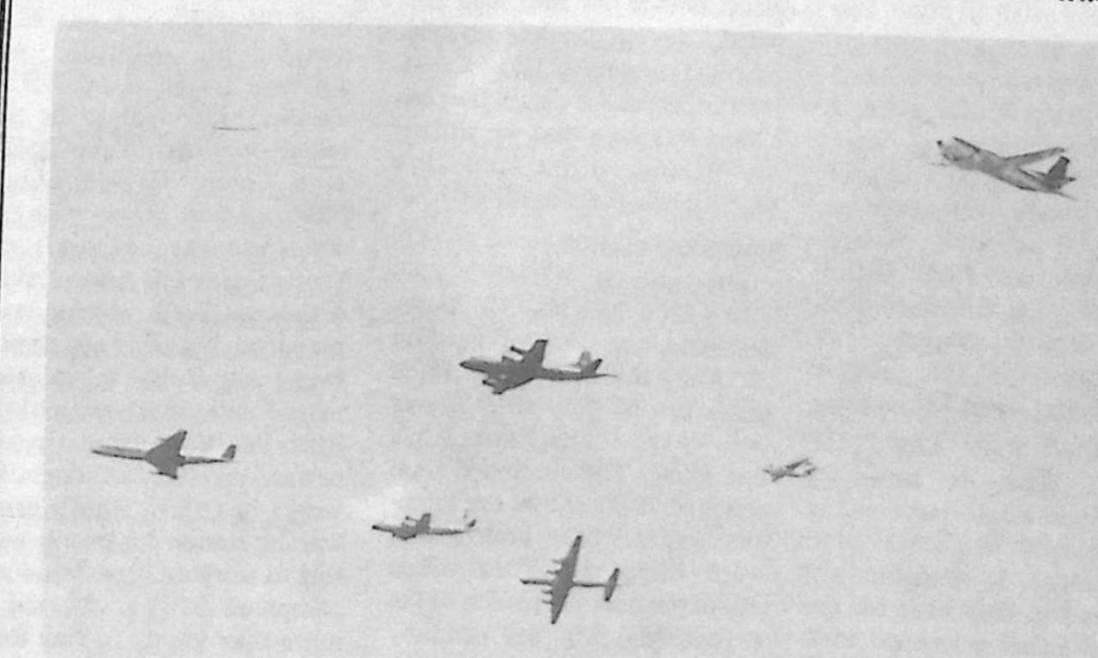
The option of paying a lawyer by contingency fee is also available to you. If you have a claim against another person such as collection of a debt or a personal injury claim, and you can't afford a lawyer, lawyers will often take the case on the basis that once the claim has been settled they will take a fee out of the proceeds.

These contracts, which are done on a percentage basis, must be in writing and the percentage will vary according to the risk involved in the case.

Other agencies provide assistance with legal problems. The Legal Resource Centre at the Legal Services Society can refer you to these agencies.

Air Force Trivia

what where why when



Answer from Last Issue



Expediter KM357 being looked after by AC2 Chapman at RCAF Stn St. Jean, Quebec 1954. Commissionaire 'Slim' Chapman is now employed here at CFB Comox.

Our New Trivia Photo shows six Maritime Patrol aircraft. How many can you identify and for our more astute readers, what countries do they belong to?

SECTION NEWS



BAMSO

FROM THE HIGH OFFICE. Another month has come and gone and with it the end of a busy summer period. Hopefully all of the juggling with postings and personnel has resulted in the right person, in the right place, at the right time. There again, it is only 4 months until Santa arrives! To all the newcomers, welcome, and to the "lifers" it's one more time with feeling.

The past two weeks have been interesting, to say the least. The news of Win Dryden's release to take a job with Con Air was a shock to which I returned from Abbotsford. (Ed Note - This is also a shocking sentence!). I've known Win since 1980 and he has been a consummate professional in all facets of his employment. The service is losing a valuable and knowledgeable supervisor and a good friend. To Win and Shirley, good health, happiness and prosperity in your second career.

I have not had the opportunity to read the rest of this article prior to writing my opening but I wish to make two points perfectly clear. Contrary to popular belief, the results of the Supervisors/Junior NCO's Slo Pitch baseball game were destroyed in a terrible fire and the true winners will never be known! And secondly, it was all the telephones' fault, MCpl Dvae and Lt Boucher and don't you forget it don't you forget it!.....J.R. Kightley, Major.

A NEW KID ON THE BLOCK. That is how my predecessor would have put it. As the new BAMSO news coordinator, I welcome any writeups you may have for this column. I feel a wee bit inexperienced at taking this job, considering I'm taking over from Bob MacPhail who recently retired. Especially when I think that Bob, who joined in 1951, already had his CD when I was born! (if they had CDs in those days, that is).

I am looking forward to the writeups to come and I will keep this column in the same vein as Bob MacPhail did...Taking the odd shot at co-workers but also informative journalism...in brief, a recipe with a unique flavour to stimulate somebody who

doesn't write to take a pen and start scribbling. As far as censorship is concerned, well no sex, drugs or rock'n roll (did we say politics, too?). Some twisted minds will say that there is nothing left to talk about but I don't think so. Open your eyes, look around and more important, listen to the doors...Without further delay...

TAKE A MESSAGE

Finally had a tangible proof the other day that the Maj was not really into the technical things. Trying to phone him, 'I got the BTSO's office. Trying again (I could have dialed the wrong number, although they're not even close) I again got the BTSO on the line. You easily understand my honest embarrassment. Upon checking with Ron Fisher, I found out that the Maj was absent and used the "call forward" feature of his phone with intention of forwarding his calls to the BAMOR. Successfully blaming faulty lines and accusing TELECOM of messing up our network, the Maj finally obtained some good advice on the "call forward" device thanks to a helpful rep from Base TELECOM. He said he has it down pat, but I have a feeling that we will get the BComd office next time Maj Kightley leaves his office.

BAMSO CHALLENGE

The annual BAMSO OFFRS-SNR NCO's /JR Ranks challenge was finally played on 27 Aug, and the Slow Pitch game turned ugly since it was won by the Junior Ranks (Cpls and Ptes). The combined final score of 29-23 shows the intensity under which both games were disputed. When asked about the possible reason of the defeat, Maj Kightley candidly said, off the record, that the late addition of the MCpls to the OFFRS-SNR NCO's team was the cause. He also made clear that the Cpls and Ptes won't be invited to the next BAMSO activities.

IE LABS

Ever since I got here, many people have come and gone. It seems like more have gone than come. Mind you, I'm not complaining, merely stating. Again this month, a few good-byes were given to the people leaving XANADU. Sgt Mike Gauthier gathered his effects

and moved to 407, oops, I mean St Jean Quebec. Bonne chance Mike. Next to console is Cpl Claude Ouellette who is going to 407. I guess he'll be playing hockey for them now. It's like I told him, things are downhill from here, so downhill as a matter of fact, he'll be working with Demons, HOT! HOT! Last and least, there's Kent Storie who went down to VU 33. Now, at least he knows what a plane looks like. He was somehow misinformed about planes. He thought that a plane looked like a funny cracker box with three heads and had no use whatsoever. Boy, was he ever relieved when he found out that planes do have a purpose. He hasn't figured out what the purpose is, but give him a few months in VU and he'll think of something.

As I said before, some people do get posted in, so let's meet them. Sgt White has just crossed our pearly gate. From Trenton, he says he's happy to be here especially since it doesn't snow here. Little does he know what God said "Sure let's not give them any snow, since the drain for our eaves trough is pointed there anyway." Cpl Rowlands is another individual to be permitted to walk on our golden sand. Coming in from Gander Nfld., he now knows where he wants to retire (not there). Cpl Linda Cornish is now working with us. She's always complaining, bragging or crying over really stupid things. Now listen Linda, that's my job! Cpl Michelle Vantomme is our newest member although she works in G.S.E., that's just a waiting station for people wanting to work up here. Mind you compared to VU 33, she is more than happy to stay there in G.S.E.

Cpl James Scally has just moved into Tyee Park. He lives in the building with all the vacancies around it and the long, tall grass. Mary Penney is moving out of Tyee Park, because of James? She's in the midst of building her house both structurally and politically (inside joke).

Cpl Rob Turgeon is gone to 407 Sqn for OJT. He says he enjoys the shiftwork since it allows him more time to practice golf. God knows he needs it! He took MCpl Don Merpaw

along last week, but Don never got to finish the nine holes since he lost all his golf balls, in his hair!! (another inside joke).

DIAC MAINTENANCE

During the summer, we have lost a few techs. This includes the "dedicated" Marts Wohlsemuth who is posted to CFB (Cold) Cold Lake, our "computer brain" Gord Halbersma and "windsurf expert" Jean-Louis Cloutier both

settled for an extremely eastern "settlement" called Greenwood. This "going away fever" also reach higher status, having our former leader of the gang P.E. Godbole leaving us for further advancement in studies at Carleton University in Ottawa to aim for his Master's Degree. Good luck to you, Sir! The DSO duties were transferred to the newly appointed DSO, Paul Carter.

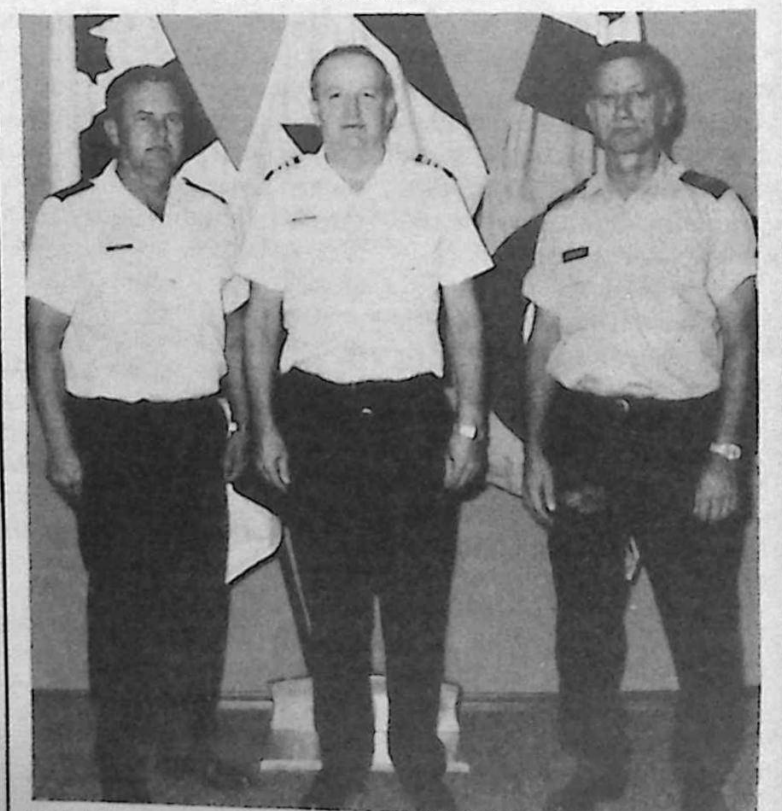
CONTINUED ON PAGE 7

Promotions



BTSO Branch Promotions: WO Oakley - CE; MWO Uhl - BTelecom; Cpl Kozakevich - BTpt; MCpl Greve - BTpt; MCpl Alken - BAMSO. (CAF Photo)

BTSO Retirements



P02 Johnston of Base Transport Marine Section; BTSO, LCol Mack - Sgt Lepage of BAMSO RTT Shop (Base Photo)

SECTION NEWS



Supply Signals

...more BAMSO

CONTINUED FROM PAGE 6

Yes, here it is folks, just what you've been waiting for! So sit yourselves right down, grab a beverage and enjoy the next thirty seconds. Yes, it's that time again, you were just getting to recognize faces in the Supply world, then they move them around again. There are a lot of changes taking place within the next few months. Ha! And you though posting season was confusing; you haven't seen anything yet.

There are also a few higher ranks moving around as well. For instance, Sgt Max Vander Kooy will be moving to Clothing Stores, while PO Darrell Sears will be going to MIS/SIG. Also leaving MIS is WO Davis, who will be the projects person for Base Supply.

A little on the lighter side, the Supply Fast Pitch team advanced to the playoff finals against the Base Ops team but lost out there by losing two close games with scores of 6-5 and 12-10. The BTelo/BSupO team competing in the Sports Tabloid didn't fair out as well, but a good time was had by all.

We in Supply are hearing a lot of wedding bells - Larry Potter has just tied the knot. Maybe Larry could give Karen

Parrott a little advice on her upcoming marriage. Congratulations Larry and Karen.

Not only wedding bells were ringing, but I also understand birthday bells could be heard throughout Headquarters. Happy Birthday WO Howell, 29 again.

It seems that two certain, shall we say, Navy sailors don't quite know when it is a good day for fishing. I guess the only thing they are able to catch is rough water and mud banks. What do you say Matt? Is Dan a jinx or not?

We in Supply thought that after Bob Cotton left all the practical jokes would cease. Were we mistaken!!! It seems that a male corporal in MIS attacked poor Garfield and hung him to a coffee mug. There is also a dog hanging from balloons on the ceiling. I wonder who put 'at there?

It looks like someone is sending messages to get this article in as soon as I can. So that is all, in and around Base Supply.

Wait! Don't touch that dial! A correction needs to be made to last weeks Supply Signals. The newcomer in LPO is MCpl Corinna Miller. I know what it's like Corinna, they never spell my name right either.

Promotions



Supply Promotions: P01 Sears, MCpl Ullock, LCol Bowes - BTSO, MS Bailey, MCpl Miller, P02 Watts. (CAF Photo)

NEXT DEADLINE
SEPTEMBER 14TH

One of our numerous athletics in the section, Roger Skidmore, won 2 gold medals participating in the BC Summer Games in the skydiving competition. He also earned 69th position out of 550 in the latest triathlon in Victoria. (not bad for a guy with 2 years training). Well done, Roger.

We also had a change in the count of Chiefs versus Indians participating in the section. (Chiefs outnumbering Indians) Alias Indian Cpl Marc Adam is now as of August 1st, acting/lacking MCpl. It was a surprise for all of the section, including him for some reason. Congrats!

On the final note, we are deliberately looking for full time DIAC students for the AOSE 8701 course starting September 14th. So if you are interested, call us.

AMSE TIDBITS

First of all, hearty welcomes to Les Quines and Michelle Vantomme. Les has come to the land of big trees from the land of cold lakes. Michelle just walked across the tarmac from vacation unit 33. Whoops! I almost forgot to mention my new boss, Al Kruger who also left the frozen wastes of Northern Alberta.

GRASS CUTTING AND PARKED CARS

CE ROADS AND GROUNDS REQUESTS THAT OWNERS PLEASE PARK THEIR VEHICLES CLEAR OF GRASS VERGES. THIS ENABLES THE GRASS-CUTTERS TO DO THEIR JOB PROPERLY AND MINIMIZES THE CHANCE OF AUTOMOBILE DAMAGE RESULTING FROM FLYING DEBRIS AND POSSIBLE COLLISION WITH THE MOWER.



Infant car seats must face the rear of the car.

Over the past 10 weeks we have had the opportunity to have Jason Zotek, a summer reservist working with us. Being a reservist, he was the brunt of numerous jokes and pseudonyms. All of which he wore well. Good luck in your future endeavours Jason. As far as the rest of us are concerned, we're still busting our butts to keep this base operational. As far as I'm concerned, I just don't know where the Air Force would be without the AMSE Section. Can you imagine if we at AMSE unionized and decided to strike? The thought of it boggles my mind. Anyway, the thought of all that power is starting to make me ramble on, so I am going to stop writing, now!

REFINISHING

Greetings from the wonderful world of refinishing. Sgt Wayne "99" Keefe made it back from his holidays all smiles and broke. He said fun was had by all at the Reunion in Moose Jaw. MCpl Herb

Brown "Bert" has moved into his new house and is now "broke" like the rest of us land barons. Lots of luck in your new home Bert. MCpl Guy Plante "Jacques" is away on holidays entertaining his relatives and pursuing his wood working hobby. Cpl Denis Harvey "Breaker" is back from his course and holidays. Now ready to take on the repair of rotor blades and work, work, work. Cpl Serge Roger "Chef" gone on holidays telling no one where. Scared we might call him back. We wouldn't do that Chef, we just hold all the work until you come back. Pte Al Behmer "Fozzie" is working hard on his new toy, a 23' boat to fish from? So he tells us. Pte Bob Jerveis "Scooter" is out looking for home cooked meals. His lovely wife is on course in Borden leaving Scooter to fend for himself.

Any help out there? Well off to the printers and back to work until next time.

BC Ministry of Environment and Parks
Hon. Bruce Strachan, Minister

PUBLIC NOTICE regarding COMMERCIAL RIVER RAFTING

The Boating Restriction Regulations made pursuant to the Canada Shipping Act have been amended and now apply to all rivers in British Columbia.

These regulations state that no person shall operate a commercial river raft in British Columbia unless authorized by a permit issued by the Ministry of Environment and Parks. Operators and companies who do not possess a valid 1987 operating permit are required to secure the necessary permits from this Ministry by September 30, 1987.

Amended River Rafting Standards relating to equipment requirements and the certification of guides and trip leaders are now in effect. Copies of these standards are being sent to all known operators in British Columbia and are expected to be in full compliance with these standards immediately.

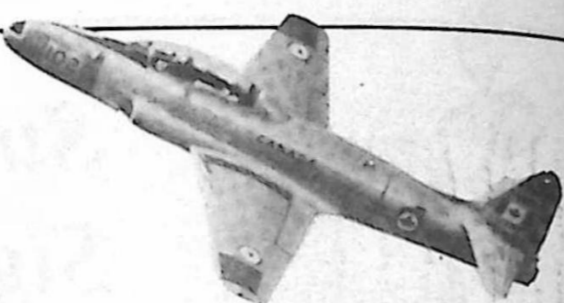
For information on how to obtain a permit, or for application forms, or permits, or for a list of operators and for copies of the legislation, contact:

Ministry of Environment and Parks
Ministry of Environment and Parks
1st Floor, 1000, 5000, 5000
Victoria, British Columbia V8T 2Z2
(604) 393-4333

SECTION NEWS



Anker Klankin'



Most people, even those only remotely interested in aircraft, realize that summer is airshow time. We at VU 33 Squadron have had the pleasure of participating in several airshows over the past few months and take pride in displaying our aircraft to an appreciative public. The Tracker is a unique airplane at every show and can outstage the ubiquitous F-14, 15, 16, 18s, etc., simply by starting those beautiful radial engines. We wrapped up an airshow season two weeks ago at Vanderhoof, B.C. Capts Martin Baggaley and Orlando Bokor flew the Tracker show: Richie Clements would have done the T-33 demo if his gear hadn't given him problems. The job of Military Air Display Director was the responsibility of Greg McQuaid.

A highlight of the weekend for Martin Baggaley was a ride with Terry Jones in his vintage A-26 Invader for a Western Warbirds flypast over the town. Since Terry has made known his intention to own a Tracker the feeling around the

Sqn is that perhaps a trade can be worked out...?

The recent visit to CFB Comox of MR 880 Sqn as part of their Northern Deployment and CP-121 30th Anniversary celebrations caught the attention of the Sqn. The CO of MR 880, LCol Peter Tanton, and his crews were royally hosted by the Fighting 33rd. Maj Arsenault and his wife Rejeanne threw a terrific party of all Sqn aircrew and our guests proving to one and all that they haven't forgotten that "Down East" hospitality they're famous for.

Col Gibbon, a previous CO of both Sqn's came to the party displaying his divided allegiances to both MR 880 and VU 33; he wore both Sqn's shirts and ballcaps at the same time. It should be pointed out, however, that the VU 33 shirt was a tastefully designed golf shirt while the MR 880 apparel sported that vulgar cat they're so fond of.

Also making an appearance at the party was Don Fair, an amiable reserve pilot who flew

with VU 33 for a summer not too long ago. Don now flies CD-6s for Conair and regaled with wild tales of firebombing in the mountains.

VU 33 fielded two teams for the Base Sports Afternoon and both did exceedingly well.

Somehow, though, the actual results scored by the sportsmen and women of the fighting 33rd and those appearing on the scoreboard do not jive! A full investigation is now underway and Sports O, Lt Randy Chaulk, is hoping to bring all injustices to light. He was recently quoted as threatening to withdraw the VU 33 Broom-ball Squad from the 88 Winter Olympics if he's not completely satisfied with the outcome of the hearings.

VU 33 TECHSIDE

The VU 33 hangar floor got many a double take the past few days. The centre of attraction being a Canadian Sea King helicopter in for a bit of maintenance.

MCpl Harry Weeds had the privilege of handling the "park it over here" signals on the Sea King's first Comox taxi to the tarmac after the initial landing. You could see that the ole Navy hands never forget their stuff as Harry went through the motions just as if he got off the ship the day before. Also overcome with "them were the days" was former shipmate MCpl Pete Wybenga. Pete, upon seeing the Sea King entering the hangar, rushed to cancel his request for shipboard duty. Obviously Pete was really interested in getting back to the wurlly birds. Why give up paradise when the birds can fly to you.

Oh yes, the life of the line crew during the warm sunny days of August.

It's great! Lorna smiles and giggles all day, even Dave Malloney does a few extra parks and starts, and Sgt Hays maintenance crew lets us leave the hangar doors open all afternoon.

Monday morning Sgt (Oscar) Grubwieser poured himself a coffee in the section canteen. When he tipped the sugar shaker the lid came off and of course Oscar got lots of sweetener. Must be the Cpls trying to sweeten up the crew chief now that we're talking PERs again.

MILESTONES On the 26th day of August that VU 33 CO Maj Arsenault and Base Flt Safety Officer Maj Acorn landed the Sea King entering the hangar, rushed to cancel his request for shipboard duty. Obviously Pete was really interested in getting back to the wurlly birds. Why give up paradise when the birds can fly to you.

- Pts Martin Chamberland and Pierre Boivin have become the first VU 33ers to survive a 3 day camp-out on the glacier. Some techs will do anything to look and be cool.

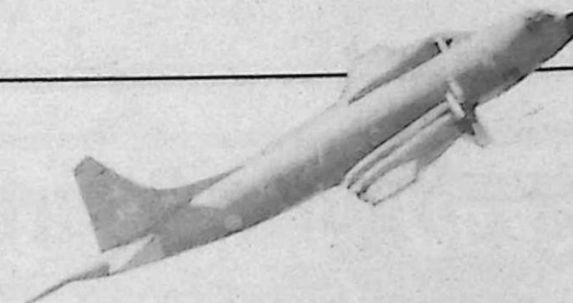
- Pte Tocarz's the first VU33er to be forced down on a foreign island somewhere south of Vancouver Island. Evidently, the natives were restless so Wayne didn't stay too long.

- Pte Bernard is looking for a set of re-training wheels for his motor bike. Seems that Nevin has turned a hat trick into a foursome on a long splashout.

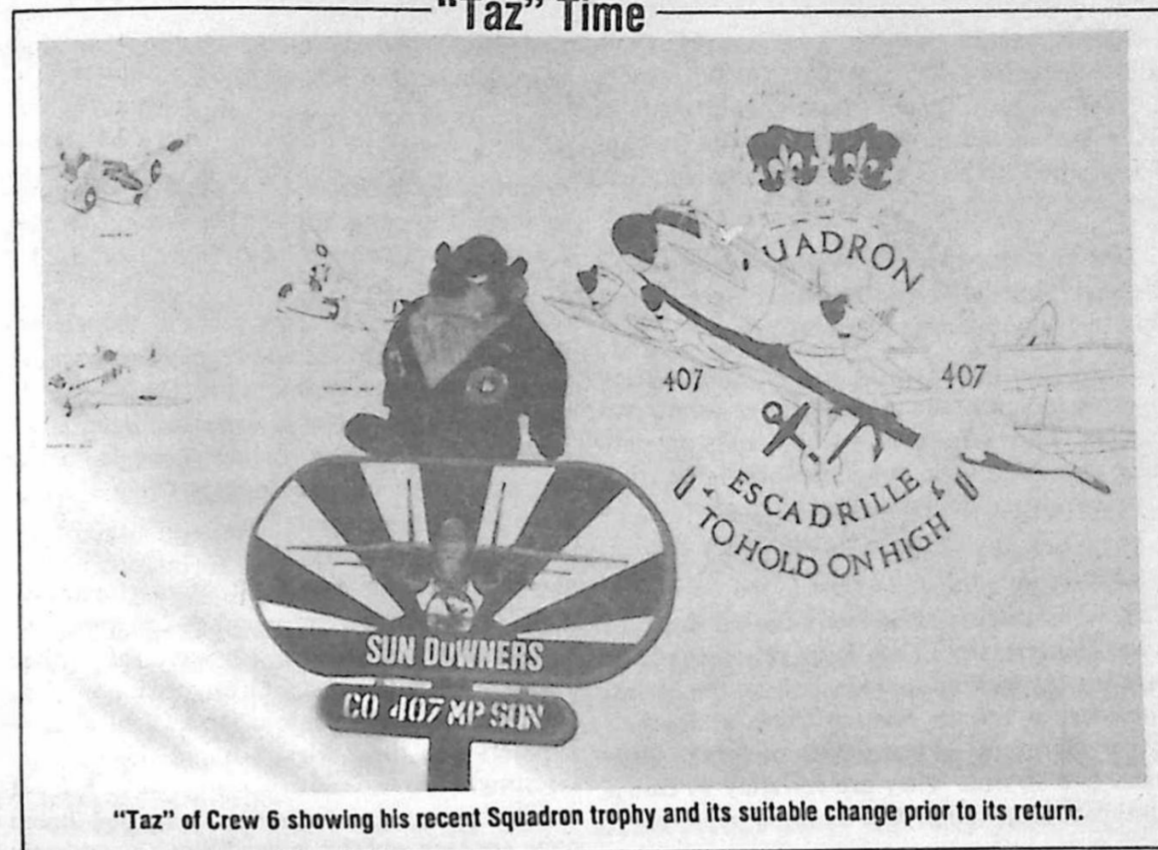
SECTION NEWS



Demon Doins



"Taz" Time



"Taz" of Crew 6 showing his recent Squadron trophy and its suitable change prior to its return.

We'll start this Doins off on a high note with the first printed announcement that Lt Pete "Lips" Lipohar will be the first of the Three Stooges All Boys Club to break ranks and actually co-habitate with a non-male. Obviously following the lead of Lt Ken Westerveld who came back from Halifax laden with back issues of Bride Magazine and a copy of "Domestic Bliss in the 80s" by Joan Rivers.

Capt Jay Campbell has been seen sporting the latest in stealth moustaches. Depending on the angle and how the light hits it he either looks remarkably like David Niven or you can't see it at all. Lt John Allcott has been helping the less fortunate in Courtenay by loaning out his motorcycle to the needy. Apparently you can just pick it up in front of his place and you don't need to ask. What a samaritan!

Crew 4 Sledgehammers returned from Adak Alaska speaking highly of all the sights and to quote Lt Jeff Hill "I just couldn't fit it all in." Crew 5 Vikings also just returned from that popular summer resort and were so unimpressed by what they saw that they made no effort to fit it all in. Sgt Greg Nelson of Crew 5 has returned from Chilliwack where aside from leaving emotional scars on officer candidates he also developed a model CF haircut. Sgt Nelson's head is available for viewing in

the crew room of the Vikings.

On a serious note the Squadron's heartfelt sympathy and hope goes out to our Flight Commander Maj Pierre Boivin and his family.

AND NOW, A WORD FROM "TAZ":

To all new members of 407 Sqn, this is to let you know that the Arm't Shop is now top notch. There have been a few postings out and a few postings in. Out - we say farewell to WOs Art Johnson and Chris Stoyles; Sgt Ray Steil; MCpls Pam McKee and Bill Johnston; and Cpl Faye Luppe who was released. We welcome a few new Sgts: Dan Fowler and George Kutcher who are going to servicing; and MCpl Dan Booth to Maintenance. Our beloved new tech, WO Jim Logue is coming on stream quite well.

A new member here in the Torp Shop is off to sunny Greenwood for 3 weeks with a seasoned Cpl to find out how the "torp ticks." Good luck to both.

Just a short note to say the Nanoose friends are taken back by one torp tech who goes to pick up the torps after a drop. A cool ocean breeze does attract the masculine help.

So to all new members, a hearty welcome to the Squadron, you'll find the main shop if you look for "TAZ." Until next tgame, HELP KEEP TAZ HAPPY!!

"Mad Hatter" gathered a whole hockey sock full of hats (30). Even our WO was away on loan to 1 Crew to take a trip That's enough as this is only a column and not the whole paper.

407 RESEARCH/AMCRO

Time to impart some more news on the happenings up here in the Nerve Centre. Rick has just finished a one week holiday and is back to his old grumpy self, while Michel has developed a perpetual grin...have anything to do with being re-united Michel????

All the new people have settled in and those leaving have finally disappeared. Bud, Stan and Micki all participated in the game between 407 and those visitors from Greenwood, 405 Sqn, who pulled a fast one and brought half of their Base Slow Pitch Team with them. All might have turned out OK if Micki hadn't kept hitting their bats with his pitches!!

Our token Newfie has learned how to use the phone on the computer much to everyone else's dismay. Stan has asserted what authority he has and moved all the furniture around in the Avionics section of Research and now John has decided it's his turn and is planning a big switcheroo in Log Control...watch it Marilyn, you may come in some day and not find your desk!!

Duffy is out of the hospital now and is looking much better, glad you're OK Duff. Pete still hasn't managed to get rid of that bewildered expression that he has been wearing since he got here but give it time and it will get worse.

P.S. Late breaking news: Duffy is about to find out that borescopes aren't only used for borescopes in Aurora engines...he'll never be the same again!!!

OFFICERS: Don't forget the Dining In - Fri, 11 Sep 87 - Cocktails 1900.

King of the Hula



Lt Ken Westerveld showing the form that nabbed him first place in the freestyle waiter table dance category at the Officers Wives Club's last dinner. (C.A.F. Photo)

Apprentices

During the weekend of 11-13 September, CFB Borden will play host to a reunion of the "boy soldiers" of the Royal Canadian Army Service Corps (RCASC).

It has been 20 years since the last soldier apprentice left the RCASC School at Borden to become a full member of the Canadian Army. The plan was begun in January 1953, and 16-year-olds from across Canada were enrolled. Many of them came to the school at Borden for their training.

The plan consisted to a two-year training period during which the boy soldiers received a mix of academic, military and trades training. To quote from a recruiting pamphlet of 1953:

"This great career opportunity costs neither you nor your parents a cent. In fact, as a Soldier Apprentice, you are paid from the day you commence training. In addition you are supplied with uniforms, comfortable accommodation, a well-balanced diet, excellent sports and hobbies, complete

health care and ample leave allowance of 30 days a year with special Christmas leave."

What that really meant was \$50 a month, black coveralls, and lots of liver, fish and green vegetables.

At the Corps School apprentices were trained as transport operators, administrative clerks and cooks. Despite the rigors of the program, boy soldiers went on to become some of the best tradesmen in the Army. Many of them are still serving. During the life of the plan, from 1953 to 1967, more than 1,000 apprentices went through the RCASC School. About 20 percent are still serving, most either as senior officers or non-commissioned members.

Apprentices have served all over the world in a variety of capacities. At the reunions every three years, former apprentices and their instructors meet and exchange stories and remembrances which seem endless.

The theme of this year's reunion is "Glad and Sad." It is 35 years since the start of the program, and 20 years since its demise.

by Michael G. Dunk

EDITOR'S NOTE: Michael Dunk is the secretary of the RCASC Soldier Apprentice Association. Further information may be obtained by writing to him at Box 123, CFB Borden, L0M 1C0.





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SENIORS LEAGUE
CALL CECIL DONOVAN 338-1603 or TOM ARGUE at 338-9784

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Please Register Now

BEGINNERS & INSTRUCTION CLINIC — Sept 28-29-30
LEAGUES START OCT. 5th

For curling information and curling supplies call the Comox Valley Curling Club at 338-8324 or 334-4712.

SPORTS & RECREATION

Sports Shorts



Pipe Smoke

Gerry Gerow



I just attended my first American dog show and obedience trial. I found the differences from Canadian shows subtle and interesting. This one was a combined specialty for German Shorthaired Pointers, German Wirehaired Pointers, and Weimaraners.

Don and Mary Mangis, American Breeders of German Shorthairs, put the hook into me last Spring by inviting me to the specialty.

I had been anticipating it ever since. Seeing over a hundred of the three breeds at a show was thrilling when one considers that ten is outstanding at a show here. American obedience trials are more demanding than Canadian ones.

Despite being a Shorthair fancier, I found myself taking quite an interest in the Wirehairs. They were the first I had seen since the last time I was in Germany. They have yet to catch on here but are making rapid inroads in the States. There are a few in Eastern Canada. In their native Germany Wirehairs outnumber shorthairs two to one. They are certainly as fine a hunting companion as anyone could hope for.

Fall is the time of year that every bird hunter waits for. The opportunity to go into the field and hunt behind a good pointing dog is a privilege not to be taken lightly. Canada and the United States are probably the only countries left in the world where the common man has free access to hunting. This is something we must jealously guard for our grandchildren and

their grandchildren. *Going deer hunting next week, Frank.*

XXXXX

Howell Book House, New York, just sent one of their latest dog books. *The New Complete Norwegian Elkhound*, by Olav Wallo. US \$17.95.

The author has seventy years of association with the breed, and is undoubtedly the foremost expert in America today, on it. He is quick to point out that the North American name is an inaccurate translation of the Norwegian name *Elghund*, meaning moose dog. They are not hounds and in reality are hunting dogs.

Wallo starts out with a brief early history of the dogs from the days of the Vikings. He then goes on to cover, in separate chapters, the history of the breed in Norway, the United States, Canada and Great Britain. The Canadian chapter mentions most of the notable breeders and their dogs. I found this very interesting.

All the regular attributes of a good breed book are here and this new edition is completely updated with over 230 new photographs. If you are the owner of a Norwegian elkhound, or thinking of getting one, this book is essential. Just published it should be available soon. Be sure you specify the third edition dated 1987.

I recently had the opportunity to observe a Norwegian elkhound specialty show in the states. They are really beautiful animals.

PAC REGION RUNNING CHAMPIONSHIP 11 SEP 87
CFB Comox will host the PAC Region Cross Country Running Championship 11 Sept 87. The race will commence at 1000 hrs Fri 11 Sep 87. Categories for the race are as follows:
OPEN (MALE) 12 KM CROSS COUNTRY
OPEN (FEMALE) 4.5 KM CROSS COUNTRY
MASTERS 9 KM CROSS COUNTRY
Any military personnel who are interested in participating in this race are requested to contact the Base Rec Centre local 8315 ASAP.

PAC REGION SERVICEWOMENS SOFTBALL CHAMPIONSHIP 29 AUG 87
CFB Comox hosted CFB Esquimalt on 29 Aug 87 to decide the PAC Region Servicewomen Softball Champions for 1987 and also the right to represent the Pacific Region at the CF National Servicewomen Softball Championship being hosted by CFB Ottawa 24 - 29 Sep 87. Our girls were awarded the PAC Region Banner and Trophy after handing CFB Esquimalt two straight losses. Congratulations girls and the men and women of CFB Comox wish you all the best at the upcoming Nationals.

CFB COMOX TABLOID SPORTS DAY A HUGE SUCCESS
On Thu 20 Aug 87, sixteen (16) teams representing their sqns/branches/sections met at the sports field to compete for the Base Commander's Trophy at the Tabloid Sports Day. After the dust had cleared and all event scores had been tabulated the team from BATCO was declared the winner. The Tabloid was a huge success and "Tabloid 88" is already in the planning stages.

BASE SERVICEMENS HOCKEY TEAM MEETING WED 9 SEP 87
There will be a meeting for all military personnel interested in playing for the base hockey team at the Base Rec Centre on Wed 9 Sep 87 at 1500 hrs. For further info contact MCpl Yvon Duschene at local 8505 or WO Al Brazeau at local 8542.

HYDRA FITNESS GYM
For those personnel who are avid users of the Base Rec Centre you have probably noticed that we have just received seven pieces of Hydra Fitness Equipment. This equipment is presently located in the old fitness evaluation room across from the weight training room.
In order to train personnel in the proper use of this equipment the Base Rec Centre will be conducting a Hydra Fitness Clinic on the following dates:
Wed 7 Oct 87 - 0930 hrs and 1330 hrs
Thu 8 Oct 87 - 0930 hrs and 1330 hrs
Maj Wayne Lee from NDHQ DPERA will be conducting this clinic and will cover the following topics:
1) DEFINITIONS AND CONCEPTS
2) PRINCIPLES OF TRAINING
3) MUSCLES WORKED BY HYDRA FITNESS MACHINES
4) SUGGESTED CIRCUIT TRAINING PROBLEMS FOR TOTAL BODY FITNESS, SPECIFIC SPORTS AND OTHER ACTIVITIES.
Personnel interested in attending one of the training sessions are to contact the Base Rec Centre local 8315 NLT 25 Sep 87.

THIS SATURDAY
IT'S COUNTRY MUSIC WITH
Westwind
JAM SESSION FROM 2 TO 6
AT THE "MEX"

Washington Inn
Your Mid-Island Resort Hotel
1001 Ryan Rd., Courtenay
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Valentine's RESTAURANT OPEN - 7 DAYS 6:30 a.m. - 10 p.m.
BUFFET LUNCHES A REAL VALUE FOR YOUR DOLLAR 11:30 a.m. to 2 p.m.
KIDS ONLY \$3.95 \$6.95
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Our Chef goes all out with Two Hot Main Dishes, a hot vegetable, ever changing potato/rice dishes, meat, cheese and pickle platter, buns & fixings, 5 salads, dessert plus coffee, tea or soft drink.
KIDS ONLY \$4.95 \$9.95

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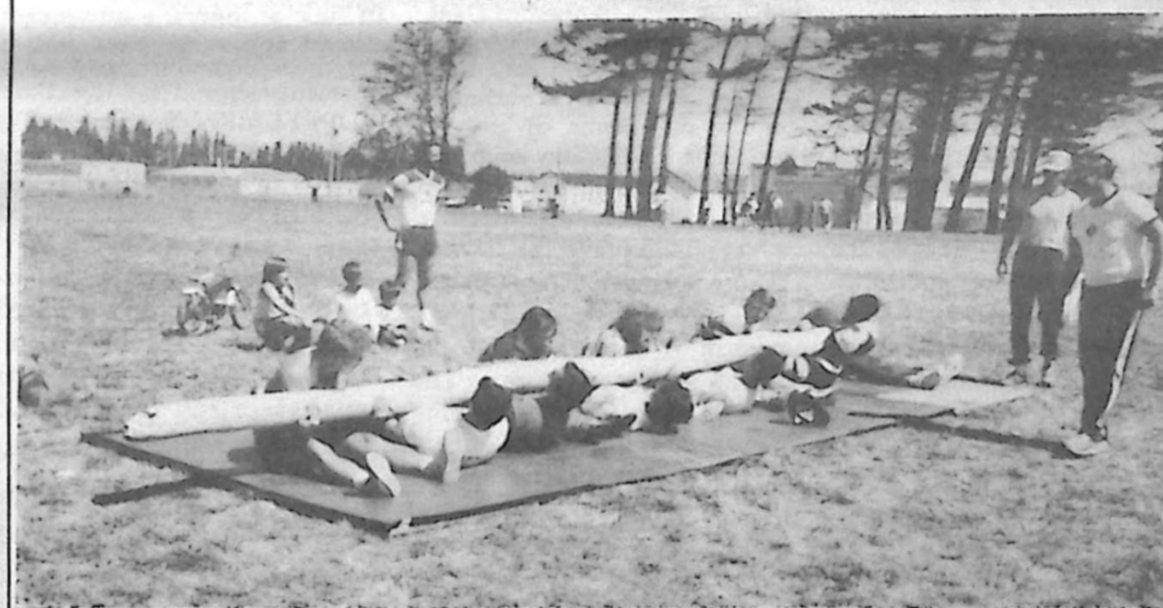
SPORTS & RECREATION

Pac Region Champs



Pictured above are the CFB Comox Totems, winners of the PAC Region Servicewomen Softball Championship. The girls will now represent the Pacific Region at the CF National Servicewomen Softball Championships being hosted by CFB Ottawa 24 - 28 Sep 87.
Front Row L - R: Pte Cathy Edwardson, Cpl Jan Moyer, Pte Lynda Chjalsson, Pte Sandra MacKinnon, Pte Lorraine Phillips, 2Lt Pierrette Roy.
Back Row L - R: 2Lt France Guertin, Pte Sheila Miles, Pte Jo-Anne Martin, MCpl Anne Davey, MCpl Janet Meinychuk, PO2 Russ Beebe (coach). Missing are: Cpl Jose Migneault, PTE Rose Smith, Pte Robin May.

Tabloid Action



Pictured above are the members of "Team Supply" getting some coaching on log sit-ups from WO Al Brazeau SR PERI as MWO George Murley looks on at the CFB Comox Tabloid Sports Day.



Pictured above is LCpl Sutherland, CO 407 Sqn, exiting from the tunnel during the CFB Comox Tabloid Sports Day held on 20 Aug 87.

WOs & Sgts Mess

Wednesday Mornings at 1000 hrs. "FREE" Coffee & sticky buns in the Mess Lounge.

SEPTEMBER 1987

SEPTEMBER 12th
MEET & GREET/WINE & CHEESE
Dress - Casual

Time: 2000 hrs - Band: 2100 hrs
Music by the CROSSWINDS - Excellent Band
An opportune time to meet our newly arrived members \$10 per couple

Come out and have a good time
New members will be invited to attend FREE of charge

SEPTEMBER 11th

TGIFs START

SEPTEMBER 25th
MIXED GAMES NIGHT
D.J.

Food: 1800 hrs
Prizes - No skill required
Anyone can win
See you there!



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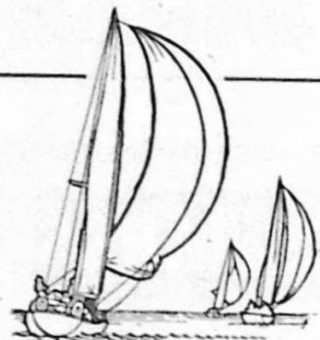
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SPORTS & RECREATION



SAILING
SPLATTER

Your Good Health

ANABOLIC STEROIDS & AMINO ACIDS — ARE THEY REALLY WORTH IT

As you might have gathered, I'm back from the summer's cruise but I'd still rather be sailing! Some exciting things have happened recently and some even more exciting things are about to transpire. So stay tuned.

First of all, the Annual Commodore's Rum Race was attended by a small yet dedicated group on the 15 Aug. After a delayed start, three dinghies hit the water in search of that all-elusive liquid gold at the end of a hard day's race. When all of the capsizes were counted and the results tallied, Jeff Hill reigned as this year's Rum Race winner. And although it required the better part of 58 minutes to find the liquid treasure, Hill was quoted as saying, "Give a difficult task to a lazy man and he'll find the easiest way to complete it."

The keel boat crowd outnumbered the dinghies this year by a slight margin. Let us hope that this outrageous practice does not repeat itself at a dinghy event anytime in the near future. And Larry Arnold decided that he was going to sail back to the Spit as the sun set in the west. Fortunately, a resounding LaLage crew were willing to take his parched soul on board sparing him the agonizing destiny of life without refreshment. And apparently, Bernie Poole's snoring kept the racers from enjoying a relaxing evening around the stereo at Brian Baltis' place. Thanks to all who participated and good luck next year!

The Fall Stag Cruise is now in the final planning stages and is to be held the weekend of 18 Sept. A number of keel boats are expected to participate including Night Moves, Marda, LaLage, Christina (if the

Terrible doesn't deliver!) and the odd surprise entry. Berthage is still plentiful for this floating den of fun but will in all likelihood fill quickly as the word spreads. Many ports of call have been put up for discussion, so if you have a favourite you'd like considered speak up!

Also on the books for September is another Learn to Sail course. Details were not firm at press time, but look for it to be held the 7 - 12 Sept in the evenings and the Saturday. If you want to learn, this is absolutely your last chance this year. Call Capt Dave Nurse at local 8573 or leave a message at 339-6794. He's usually there in the evenings as the driveway is still not finished! Rumours abound that there may be enough bodies to justify running another keel boat course in the fall. Capt Bolton at local 8538 can tell you more.

It would appear that due to rumours beyond our control the National Regatta in Trenton has been cancelled owing to the fact that 407 is unable, due to operational commitments, to provide entrants at this year's competition.

The Fall Series of dinghy racing is scheduled to begin the first Wednesday in September, that being the 2 Sept. For those of you who have been patiently awaiting the reopening of racing, we thank you for your patience. Summer is over (effectively), the winds are back yet the great weather shall prevail until the last race in the series scheduled for the 28 Oct. Racing shall begin at 1800 precisely and shall continue throughout the evening until all of the lights are out. Capt Nurse or Capt Bolton have sketchy details at local 8573/8538. Per Ardua Ad Hydor!

With the advent of ParticipAction and a more fitness conscious society the participation in muscle building exercises has increased. Like everything else, many people develop a strong desire to become the biggest, strongest and the best. Although steroid use/abuse is not new to our society (use began approximately 25 years ago) they have recently gained notoriety since being banned from the olympics and due to the recent fitness craze. Nutritional supplements in the form of amino acids are also a fairly recent phenomenon that has gained increased popularity. This article will deal with these two substances in an attempt to shed some light on the misconceptions held by many people.

Steroid, specifically anabolic steroid use, is something which is quite controversial in the medical community. Athletes use them because it is believed, among other things, that steroids will: increase muscle strength and size, increase aggression and therefore competitiveness, improve muscle healing time and hence allow more frequent workouts, etc., etc. Controlled scientific studies to test these claims is very difficult though since the doses usually used by athletes are significantly above the recommended doses and hence ethically cannot be given without a person's prior knowledge. The studies that have been done do however

seem to indicate that for those athletes involved in heavy resistance type training (weight training) only, steroids do increase lean body mass to some extent. This increase is only seen if the athlete was working out prior to taking steroids, continues to work out while on steroids and maintains a high protein diet while working out. In the average healthy man however, steroids do very little for lean body mass. The controversy in using these agents stems from the large number and severity of the side effects they cause. Side effects in men include: salt and water retention, acne, gynecomastia (development of breasts in males), decreased sperm production, nausea, liver damage and possible increased risk of coronary heart disease; in women side effects include: hirsutism (inappropriate hair growth), baldness, decreased breast size and menstrual irregularities. Needless to say, use of these agents has been severely opposed by the medical community and hence they have been banned in Canada and many other countries.

The use of amino acid supplements is actually a variation on the old theme of protein supplements. Amino acids are the building blocks of proteins (they are what the digestive system breaks proteins down to before being absorbed); the analogy I like to use is that a protein is the train and the amino acids are the cars. The human body is an amazing

machine which has the ability to synthesize proteins, sugars and fats from carbon and hydrogen molecules. Muscle is made primarily of protein units and many people feel that by increasing protein intake their muscle mass will increase somewhat proportionally. This theory is inaccurate however because the body, as stated above, makes proteins when needed through a synthesizing process not necessarily involving amino acids; and an increased protein intake, if not accompanied by an adequate energy output by the individual, will simply be converted to fat for storage, or if there is too much energy output with not enough carbohydrate intake the protein will be broken down and used for its energy content instead. That is not to say that protein/amino acid supplements are all bad, especially when involved in strenuous weight training where an increased caloric intake, minus the fat and cholesterol present in many high protein foods, is desired. In such an instance however it should always be remembered that protein/amino acid supplements should be just that: SUPPLEMENTS - they should not be the sole or primary source of protein in the diet. Nothing beats a good balanced diet, and complex carbohydrates are just as important as proteins when involved in strenuous exercise due to their high energy, vitamin and mineral content.

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498 ISLAND HWY., 334-4401
Excellent Dining • Steak & Cordon Bleu Specials
\$6⁹⁵ — \$8⁹⁵

Party at Moisie
1988 will mark the 35th anniversary of CFS Moisie. To celebrate the anniversary and pending station closure, a closing party has been organized for October 9-11 1987.
All former personnel and their guests are cordially invited to attend the closing ceremonies. Please be advised that attendance is limited and early reservations will facilitate in the planning of this event.
Events include a get together, concert by the RCA Band, Oktoberfest Night, Communal mass and a closing brunch. For more info or reservations, contact Lt Mario Houde, GP 622-4272.

STYLE RITE UNISEX SALON
PHONE 339-3510
BACK TO SCHOOL SPECIAL
TUES & WED STUDENTS
TWO FOR ONE HAIRCUTS &
25% OFF ALL PERMS
Open later any week night with appointment

SECTION NEWS

740 Communications Squadron

After an absence of who knows how many years, we have finally found someone willing to attempt to submit an article. Our first article was delayed a little longer than anticipated as it took us a year to talk him into writing the article and six weeks for his arm to heal after we convinced him to submit it.

Before letting everyone in on our gossip we should let everyone know who we are and what we do. We are a detachment of 740 Communications Squadron Nanaimo. Our established strength is 14 consisting of a Captain, one Sergeant, 2 MCpls, 8 Cpls and 1 Pte. (I do know how to add it is just that we are understaffed by 1). Our offices are located on the first (most call it the second but the numbers on the elevator never lie) floor of 7 Hangar. Our task here is two fold, first we provide numerous units on base with all their COMSEC requirements and secondly we provide secure telecommunications for the base. The latter is what keeps us busy 24 hours a day as we handle approximately 14,000 messages a month or about 1 message every 3 minutes.

As with every other unit on base we have had to bid farewell to some of our members. WO George (invest your money) Carroll departed for 706 Comm Sqn Borden. George wanted to stay in the area but he got himself promoted out of a job. MCpl Ken (not another flat tire) Bowness left for the snowier pastures of 707 Comm Sqn North Bay. Hope your bike tires endure Ontario roads better than they did here. Cpl Heidi (Goose Bay is so in Canada) Maloley is off to join her husband in Goose Bay. Hope you didn't leave any unmentionables in your house as unlike your departure from Esquimalt we are unable to locate a broomball team going that way. (We could always run them up the flag pole). Cpl Pauline (hope it's a boy) Howarth departed for 733 Comm Sqn Det Moose Jaw. Hope you enjoy working half weeks, or did they lie about that too. P.S. will Mark give up if it is not a boy? The last member to depart was newly promoted Keith (OK George I'll invest) Mann who is on his way to 726 Comm Sqn Halifax. You did say you wanted to stay on the coast, so what if the

career manager did not quite understand that you meant WEST.

Moving in to fill the vacated positions are Sgt Steve (lady I just want my license not a hard time) Shaw who comes to us from 724 Comm Sqn Gagetown. MCpl Serge (what position on the PMQ list today) Picher in from Disneyland nor-

th 764 Comm Sqn Ottawa). Cpl Bruce (keep me here until retirement) Kaysmith in from 706 Comm Sqn Borden. Bruce quickly adapted to being near water and went out and bought a big boat, now all he has to do is learn what to do with it. A much delayed welcome to Pte Johanne Lafortune who came to us in March from her TQ3 course in Kingston (via a 5

month swan in Nanaimo). Sorry for the delay Johanne but don't feel bad most of us have yet to have our names in print.

Rather than pass on all the Detachment's happenings in one article and wait another 10 to 12 years before breaking somebody else's arm, I'll save some and maybe we can become a regular contributor.

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GIVE... to give HOPE

MORE POWERFUL THAN EVER!

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Hypnosis Sessions with Romane™



LOSE WEIGHT 6:30 P.M.

Change your attitude to change your body. Learn to lose the urge for sweets and learn to enjoy low-calorie nutritious food. Feel full with less food. Strengthen your desire, determination and will power. Are you tired of going from one diet to another? Learn self-discipline.

STOP SMOKING 8:30 P.M.



Learn to think of yourself as a non-smoker and you are. Help to lose the desire to smoke, overcome withdrawal symptoms and without the desire to substitute food for cigarettes. Does a two-inch roll of paper stuffed with tobacco dictate your lifestyle? Practical Methods. Bring your last cigarettes when you come.

Bring this ad and register with a friend and each of you will receive a FREE SELF-IMPROVEMENT GIFT.

- PORT HARDY — TUES., SEPT. 8TH — PORT HARDY INN
- CAMPBELL RIVER — WED., SEPT. 9TH — ANCHOR INN
- COURTENAY — THURS., SEPT. 10TH — WASHINGTON INN
- DUNCAN — MON., SEPT. 14TH — THE VILLAGE GREEN INN
- VICTORIA — TUES., SEPT. 15TH — SHERWOOD PARK INN
- NANAIMO — WED., SEPT. 16TH — COAST BASTION INN

NOTE: Only one session is required. Each session includes printed materials, a reinforcement recording, 11 hypnosis methods and subliminal suggestions for faster and more powerful results. As most people enjoy the experience while lying down, we suggest that you bring a THICK mat and a pillow. \$65 Per Session, \$50 for Seniors, Students or \$100 for those taking both sessions the same day.

DOUBLE GUARANTEE

- FULL REFUND AT FIRST BREAK OF EACH SESSION IF NOT FULLY SATISFIED. YOU DEFINE SATISFACTION.
- SIX MONTH SERVICE GUARANTEE.

REGISTER 20 MINUTES BEFORE SESSION

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YOU HAVE BEEN HYPNOTIZED THOUSANDS OF TIMES

Have you ever placed your keys or your glasses somewhere and two minutes later wondered where? Or, forgot where you just parked your car? Then, you were not only in a hypnotic trance, but in a deep trance with loss of memory.

EVERYONE EXPERIENCES HYPNOSIS

Have you ever looked for something that was 'staring you in the face' but you didn't see it? Have you ever lit a cigarette not knowing that you already had one lit? Ever driven your car for miles, and wondered how you got there?

YOU HAVE HYPNOTIZED OTHERS

Have you ever spoken to someone and they stopped moving; their eyes became glassy and it was like talking to a wall.

SUGGESTIONS TO YOURSELF

Have you ever told yourself to awaken at a set time in the morning and you did? Have you ever said "I'll hide this where NO ONE can find it" and you couldn't find it yourself? Have you ever said "I can't lose weight or quit smoking." Then you have given suggestions to yourself.

USE THE POWERS OF YOUR MIND

Have you ever forgotten a name that was on the 'tip of your tongue'? Where did the name go? In the 'back of your mind, your subconscious or inner mind. You can learn to make your subconscious work with and for you instead of against you.

HYPNOSIS FOR EVERYONE

Romane's main concern is to have hypnosis accessible to everyone. There are others who charge hundreds of dollars for similar services with no guarantees. His human-ness shows through when he says: "this ancient art should be shared with everyone and used for the good of humankind and the community."

Romane's studies of the mind began over 25 years ago. The key to Romane's success in helping others lies in the fact Romane is "a man of action."

Although the sessions are helpful and fun, this is NOT stage hypnosis. Therapeutic hypnosis is nine times as powerful and helps you to unlock the powers of your mind.

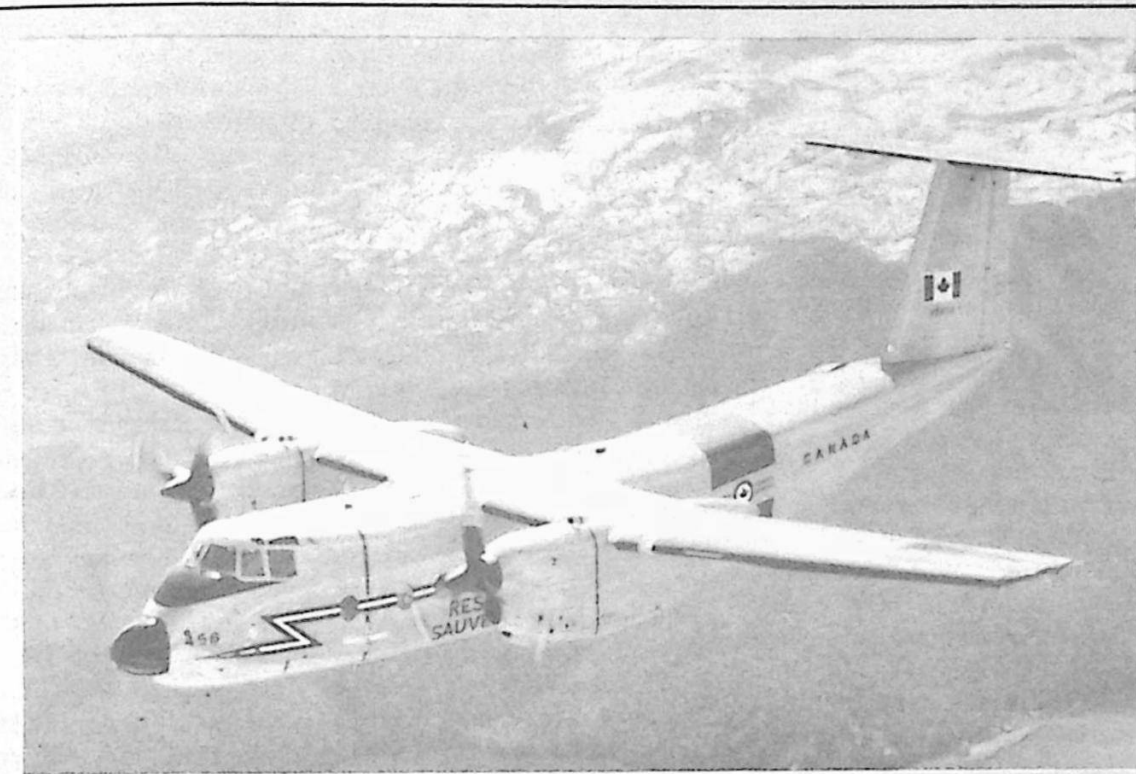
442 Squadron

45 YEARS OF FLYING HISTORY



CH113 - LABRADOR

The Labrador is a twin-turbo jet, tandem rotor helicopter manufactured by Boeing-Vertol. With its normal crew of 2 pilots, 2 flight engineers, and 2 para-rescue technicians, it cruises at 125 knots with a range of 600 N.M. In addition to its hoisting and sling capability, the Lab is capable of water landings and will carry up to 7000 lbs of cargo.



CC-115 BUFFALO

The Buffalo is a twin-engine, turbo-prop aircraft manufactured by the DeHavilland Aircraft of Canada Ltd., and is capable of operating from short and semi-prepared airstrips due to its short takeoff and landing (STOL) performance. Cruising at up to 260 mph, over a range of 1850 miles, the Buffalo can be configured for up to 41 passengers or 24 stretchers.

TODAY



121 Communications & Rescue Flight Canso at Sea Island - circa 1954.



442 (Aux) Fighter Squadron F86 Sabres at Sea Island - circa 1956.



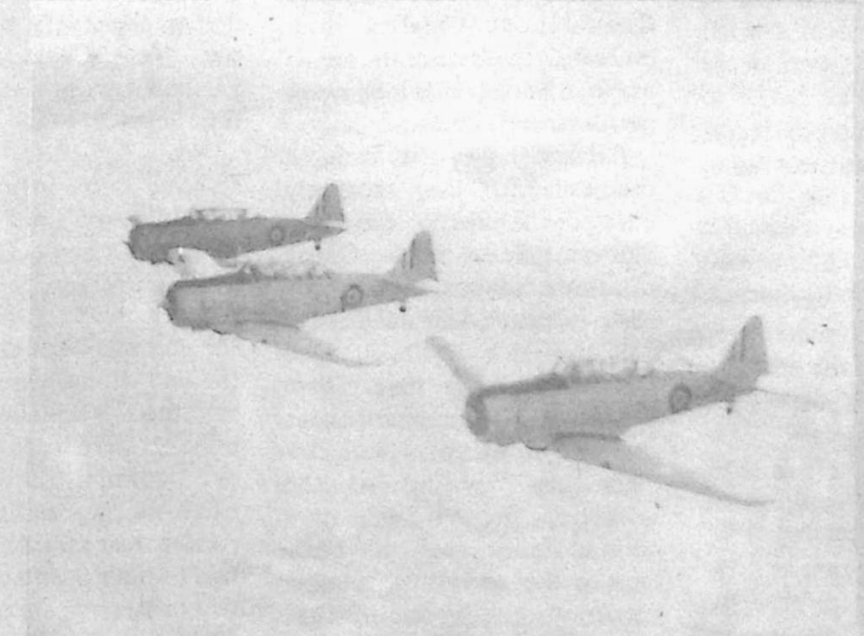
442 (Aux) Fighter Squadron Vampires at Sea Island - circa 1948.



121 Communications & Rescue Albatross and H-21 Helicopter training in English Bay - circa 1962.



123 Rescue Unit Lancaster at Sea Island - circa 1950.



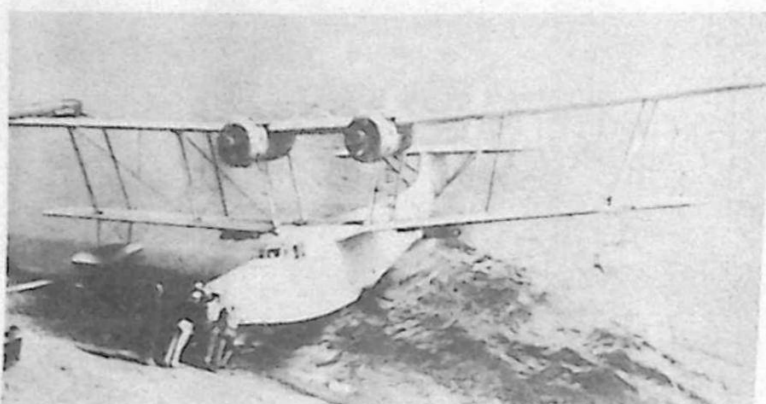
442 (Aux) Squadron Harvards over Vancouver - circa 1947.

AROUND THE BASE



Origins of the Species

John Bradley



Supermarine Stranraer 907 from No. 6 (BR) Squadron carrying a light bomb load. (M.A.P.)

NO. 6 (BR) SQUADRON

No. 6 Squadron was first authorized as a Torpedo Bomber unit at RCAF Station Trenton as of 4 March 1936. The unit did not commence training or even have a Commanding Officer until late in November of that same year. On 23 November, F/L C.L. Treacart, who had just returned from a six month course in England on torpedo bombing techniques, assumed command.

The first aircraft type that the unit acquired was a Vickers Vedette open cockpit seaplane. The single example of this aircraft, serial 806, only remained with the squadron until January 1937 when it was replaced with a number of Blackburn Shark Mk. II & III torpedo bombers directly from the Blackburn factory in England.

Later that same year, the unit was transferred to Jericho Beach just outside of Vancouver. The aircraft and personnel made the trip via rail. Upon arrival at Jericho Beach, the squadron shared the facilities with No. 4 (GR) Squadron. The first week at the new unit required all hands to uncrate, assemble and test the Sharks prior to their first West Coast flights. Actual flying was at a minimum until the new year when the pace of activity quickly sped up in April. Torpedo dropping techniques were practised allowing the crews to be brought up to a respectable level of expertise.

Peacetime routine was shattered with the outbreak of the war and on 10 September 1939, No. 6 (TB) Squadron was mobilized and given the fuselage code XE. Two days after the mobilization, two aircraft were deployed to Uclulet on Vancouver Island's West Coast. The day before, 11 Sep-

tember, the unit flew their first operational mission when Shark 501 proceeded out on a patrol into the Straits of Georgia. They had however, been flying patrols in the immediate area of Vancouver since 2 September to catalogue and identify all shipping in the immediate area.

A month and a half later, on 30 October, the unit was redesignated as No. 6 Bomber Reconnaissance Squadron and assigned the task of anti-submarine patrol duty. To assist with this tasking, various aircraft types were assigned to the squadron. The first of the new aircraft were the Canadian designed and built Noorduyn Norseman. Supermarine Stranraer seaplanes began to arrive by November 1941. With the arrival of the Stranraers, the Sharks were removed from service by December. The Stranraers were large biplane aircraft that had a top speed of 165 mph but usually cruised at 105 mph giving it an endurance of almost 9½ hours. Until the arrival of the Consolidated Canso and Catalina amphibians, these aircraft served as No. 6 Squadron's long range patrol aircraft.

Further movements brought the unit to the extremely isolated Alliford Bay on Skidegate Inlet in the Queen Charlotte Islands on 15 May 1940. While at Alliford Bay the unit fuselage code was changed from XE to AF in 1942. There were no other inhabitants near the station except Haida Indians and because of the isolation, no wives were allowed in or near the base. Due to the prevailing climatic conditions and by the obvious lack of women, the following sign was posted below a tropical pith sun helmet in the Officers' Mess -- "The second most useless thing in Alliford

Bay."

The squadron began to acquire the newer, twin engine monoplane Cansos and Catalinas by April 1943. The Cansos and Catalinas, also known as PBYS, were faster than the Stranraer and also more comfortable as they had a fully enclosed fuselage. The unit was now able to fly further out to sea and remain in the air much longer than the Stranraers allowing the squadron to cover more of the Pacific. It was in a Canso, serial 9702, that F/L Moodie and crew came into contact with the only enemy weapon that the unit faced throughout the entire war. While returning from a patrol they spotted a Japanese fire balloon at about 500 feet and forced it down near Rupert Arm. The balloon was later recovered and forwarded to Western Air Command Headquarters for examination.

No. 6 (BR) Squadron moved to Coal Harbour on 23 April 1944 and it was from this location that they flew their last operational mission. The mission was a standard patrol flown by F/O Erickson and crew in Catalina FP290 on 1 August 1945. On 7 August the unit was disbanded after having flown 2506 sorties for a total of 22,281 operational and non-operational flying hours. The squadron lost no aircraft on operational flights but 2 aircraft were lost with 9 aircrew killed on training flights. No. 6 Squadron was not able to claim any enemy aircraft nor any submarines or surface ships but due to their very presence on the West Coast, played a valuable part in Canada's wartime defence.

No. 6 (BR) Squadron received no official Battle Honours but did earn the award of Pacific Coast 1941-1945. The reason the unit never received their honour was that the unit had been disbanded at the end of the war and never reformed. Squadron battle honours were listed in Air Force Administrative Order 62.00/04, Appendix "B." To receive their awards, squadrons had to have been on either Active or Reserve status. If No. 6 (BR) Squadron had a direct descendant, there is no doubt that this squadron would carry the Pacific Coast 1941 - 1945 honour.



Stamps by Larry McInnis

CANADA—BAHAMAS SPECIAL STAMP AGREEMENT IN 1916

Canada has always had good relations with Caribbean countries and colonies. The Turks and Caicos Islands are making overtures about becoming part of Canada.

As far back as World War I, Canada and the Bahamas had a convenient postal arrangement - until it was ruined by stamp collectors.

Despite the rigors of the war, many Canadians vacationed in the Bahamas, and some lived there more or less permanently for tax avoidance reasons.

Some mail addressed to recipients was to special delivery. The problem was, the Bahamas didn't have a special delivery stamp at the time. A further complication was the British Crown colony's small postal staff - and there was a war on.

On Jan. 1, 1916, Canada and the Bahamas made an agreement on a special delivery service, at the request of the Bahamas.

H.E. Atwater, financial superintendent, Canada Post Office Department, explained it later in a letter dated May 2, 1928:

"The idea was that letters written in Canada for the Bahamas could have one of the stamps placed on them for special delivery in those islands."

The Bahamas chose the 5-pence orange-and-black of 1903 (Scott 34), known as the "Queen's Staircase," for an overprint, special delivery, in two lines near the top.

The Scott standard catalogue lists this issue as EI, but makes no mention of its use from Canada.

As Atwater stated in his letter, the total overprint issue was to be 600 stamps.

"These were placed on sale at four offices in Canada - Ottawa, Toronto, Westmount (a Montreal suburb) and Winnipeg - and about 430 were distributed in this manner," according to Atwater.

In practice, the correct Canadian postage was affixed to the envelope, plus the 5-pence Bahamas stamp, which could be bought for 10 cents.

The stamps were overprinted on the press of the Nassau Gazette. The first was May 1, 1916, and these were the stamps sent to Canada.

There were two subsequent Nassau printings and a large printing done in Britain. Each of these printings differed,

but none were authorized for use from Canada, according to Atwater's letter.

He wrote that soon after the stamp came into use in Canada in mid-1916, Canada Post discovered that nearly all were being sent to two stamp collectors in the Bahamas.

Collectors throughout the world complained they couldn't get the overprinted stamp.

"The Bahamas government had strong representations made to them (sic) from stamp collectors throughout the world that they were unable to get the stamps, owing to the limited quantity, and they immediately, without the knowledge of the (Canadian) department, had a further supply of 6,000 printed in England for distribution to collectors" Atwater wrote.

The agreement was cancelled by Canada.

Atwater's letter, written 12 years after the event, leaves unclear what happened next.

Were 430 stamps distributed to the four post offices, or were 600 distributed and 430 sold, leaving a balance of 170?

When the agreement was cancelled, Canada Post "ordered the balance of the stamps in the hands of the offices mentioned to be sold in any way at once."

Atwater wrote that he would provide no further information "for the reasons that a complete answer could not be given without an apparent criticism of another postal administration."

The stamp is not listed in Scott, Scott Canada Specialized nor Darnell, but is mentioned in Canada Specialized Postage Stamp Column, by Wm. H.P. Marasch and A.W. Leggett, in which it is claimed stamps from all three printings exist on covers mailed from Canada.

The stamps of the first printing bear a Canadian cancel. It seems that later printings used with Canadian stamps from Canada were only cancelled on arrival at Nassau.

A cover cancelled in Canada prior to the agreement being ended in Mid-December 1916 has been given a value of \$600.

The other two Nassau printings and the London printing have appeared on covers with Nassau cancels bearing dates as late as 1918.

AROUND THE BASE



Legion Log

Entertainment

BRANCH 17 - COURTENAY

Fri & Sat Sep 4 & 5 Dance to MILLER TIME
 Fri & Sat Sep 11 & 12 Dance to PRIME TIME
 Fri & Sat Sep 18 & 19 Dance to WESTWIND

*** Regular Activities ***

BINGOS - Mon, Thur, Fri, Sun at 7 p.m.

MONDAY Fun Euchre
 TUESDAY Pub Darts
 WEDNESDAY League Darts
 THURSDAY Fun Darts
 FRIDAY TGIF & Money Draw at 6:30
 SATURDAY Fun Bridge at 12:30
 Fun Darts at 1 p.m.

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.
 NEW SUNDAY HOURS....11 a.m. to 7 p.m.

**Dress Code in effect 8 PM Fri. & Sat.
 (NO JEANS OR T-SHIRTS)

BRANCH 160 - COMOX

New Hours
 SUNDAY HOURS: 11:00 a.m. to 6:00 p.m.

ENTERTAINMENT

Sep 4 & 5 Music by WESTWIND
 Sep 18 & 19 Music by ALLEYCATS
 Sep 11 & 12 Music by COUNTRYCLUB BAND
 Sep 25 & 26 Music by PRIME TIME
 Oct 2 & 3 Music by WESTWIND
 Oct 9 & 10 Music by (to be advised)
 Oct 16 & 17 Music by MONTANA MOON
 Oct 23 & 24 Music by MILLERTIME
 Oct 30 & 31 Music by ALLEYCATS

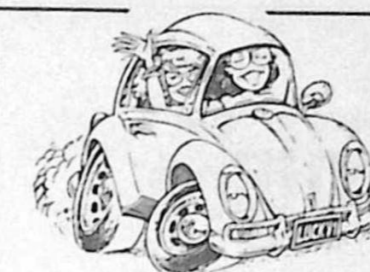
REGULAR ACTIVITIES

MONDAYS L.A. Drop-In Bingo - 7 p.m.
 Men's Dart League (start up Sept 14 - 7:30 p.m.)
 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 ***

"Note: Sat Oct 31 is HALLOWEEN"
SATURDAY, OCTOBER 10
 The Annual VETERANS DINNER will be held in the Upper Hall commencing at 6:30 p.m. All Branch 160 veterans of WWI, WWII, and Korea. Tickets will be \$5 per person, and will be on sale at the Legion Office commencing Tuesday 8 Sept 87. Since our seating capacity is limited to 160, tickets will be sold on a first come, first served basis. To avoid disappointment, get yours early.

Buckle Up BC!
 ...non-belted occupants have been killed in crashes at speeds as low as 19 km/h.



MSE SAFETY

QUESTION

You're on an unfamiliar road and going into a left curve. You get into it before you realize the curve is sharper than you had expected. You start to head toward the outside of the curve and the rocks beyond. What should you do?

- A. Take your foot off the accelerator, pump brakes and steer in toward centre of curve
- B. Stomp on brakes to stop immediately

ANSWER

Your decision to TAKE YOUR FOOT OFF THE ACCELERATOR, PUMP BRAKES AND STEER IN TOWARD CENTRE OF CURVE is the best decision you could make. You want to bring your speed down but you don't want to bring it down too fast. If you stomp on the brakes you'll lock the wheels. You need to have those front wheels turning to pull you around that curve.

QUESTION

You're running 55 miles per hour on a paved country highway when ahead, without warning, the pavement ends and the road becomes freshly laid loose gravel. What should you do?

- A. Brake hard and ease off to medium brake, release brake entirely, grasp wheel firmly, and steer straight ahead
- B. Take foot off accelerator, do not brake, grasp wheel firmly and steer straight ahead

ANSWER

Your choice of action, BRAKE HARD AND EASE OFF TO MEDIUM BRAKE, RELEASE BRAKE ENTIRELY, GRASP WHEEL FIRMLY AND STEER STRAIGHT AHEAD, is the best choice. These are the same things you do when you approach oil, ice or water. If you have any chance at all to reduce your speed, that's what you want to do. But, if you're in it and don't have time to slow down, then don't brake, accelerate or decelerate -- just steer across. You do the same things as you approach gravel, but the same things won't happen to you. Gravel won't make you skid or slide. It turns you and forces your wheels either right or left and makes it difficult to straighten them out. If you get caught in gravel and feel yourself being forced to the right or left, turn your wheel in the opposite direction to pull yourself back. You'll probably begin fishtailing. You are fishtailing when you rapidly move from right to left, left to right, right to left and on and on until you have slowed down enough to get the car under control and going in a straight line again. Fishtailing is a part of recovering from loss of control. In the case of gravel, this loss of control is called "skidding" or "sliding" or "winging around." The same thing, when you lock your wheels, is called skidding.

Officers Wives Club

Once again fall is rapidly approaching us and thus a new season for the Officers Wives Club. To refresh everyone's memory and for the benefit of people who are new to the Base, this year's executives are:

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

Already, the Entertainment Committee as well as the Executive Committee have been hard at work planning this year's events. There will be many new and different functions along with some annual

events happening. I won't tell you any more than this; we'll keep you guessing until our first meeting. Speaking of which, our first function is our annual "Meet and Greet"/"Wine and Cheese" to be held Wednesday, September 16 at 7:30 for 8:00 p.m. in the Main Lounge in the Officers Mess. Memberships may be purchased on this evening for \$5; admission is \$2 for members and \$3 for non-members and guests. We are looking forward to seeing all the new faces as well as the old ones on the 16th. We would like to welcome all the new people to CFB Comox. If you are interested in coming out to the "Meet and Greet," please don't hesitate to phone either Scottie Sponder at 338-0981, our welcoming chairperson, or Jill Sutherland at 339-3668, our President.

The Bridge Club's first event of the season will be the annual "Meet and Greet"/"Wine and Cheese." This will be held on the 23rd of Sept, 7:00 p.m. for 8:00 p.m. in the Main Lounge in the Officers Mess. The Bridge Club meets every 2nd and 4th Wednesday, 7:30 for 8:00 p.m. The fee is \$2 per evening.

If there are enough people interested in learning the game, there may be introductory lessons offered. For more information please phone Mary Goski at 339-5401 or Pat Black at 339-3272.

Vice President. Nominations will be accepted at our first meeting. Hope to see everyone there. We promise it's going to be a lot of fun!

BRIDGE

The committee is without a

AROUND THE BASE



From The Fire Chief's Office

Heat and deadly gases are the main killers. Even a small outbreak may be deadly. The only wise course for the occupants of any building is to get out quickly. When you detect smoke or flame, shout to warn others. Remember that small children and older people will need help.

A hot door is a deadly warning. Never open a door without first checking it for heat. If it is hot, leave it closed and go out by the window. If this is impossible, wait by the open window or on a balcony for rescue. Place clothing or bedding at the bottom of the door to keep out smoke.

Beware of stairs. In time of fire, the stairs may be the most dangerous part of a home. They can become a chimney of scorching poisonous gases. If you cannot leave an upper room through the window, close doors behind you and open or break the window.

Shout for help and wait for rescue. At night, show a light to mark your position. Second storey windows may need a rope or chain ladder to enable occupants to escape safely.

Raise the alarm. No time should be wasted in calling the fire department. If the phone cannot be reached before leaving, shout to neighbours or use any public alarm system. Never waste vital time trying to fight anything more than a very small fire. The most important thing is to get out.

Tell the fire fighters if anyone remains in the building. Leave rescue operations to them, unless you can safely raise a ladder or help anyone down from a window or roof before help arrives.

Never go back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even from small fires. Never risk a life in an attempt to save personal possessions.

REMEMBER:

An hour of pre-planning may save years of life. Make regular fire drills a family affair.

Hot gases rise. The cleanest, coolest air is near the floor.

To break a window, use a chair or other heavy object, shielding the face against splinters. Remove jagged pieces from the frame.

A closed door provides some protection against fire or fumes. Keep basement or utility room doors closed at all times, and close all doors at bedtime.

Keep the fire department number near your phone, and memorize it. If you phone an alarm, give your address first, in case your call is interrupted.

Check your home for fire hazards, and eliminate them as you find them.

Your fire department will be glad to advise you on any question of fire safety for your home.

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BASE CHAPLAIN (RC) - Maj J.G.A. Veilleux
CHAPEL - Our Lady of the Sacred Heart (on Base).
OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8274.

MASS SCHEDULE:

Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

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

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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

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

SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 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

WOS AND SGTS WIVES CLUB

Our first meeting for 1987 - 1988 will be a Wine and Cheese party to be held in the Mess Lounge on Monday, Sept. 14th beginning at 8 p.m.

A warm invitation is extended to our previous members to come out and get reacquainted with old friends as well as to new members.

We'll be looking forward to seeing you.

Your executive:
Sandy McLean, Presiden (339-2329)

Marilyn Gray, Vice President (339-7157)

Sharon Boucher, Secretary, (339-4917)

Jackie Kuyper, Treasurer (339-3042)

Ruthann LePatourel, Phone Convenor (339-2892)

Sharon Jefford, Entertainment Convenor (339-5241)



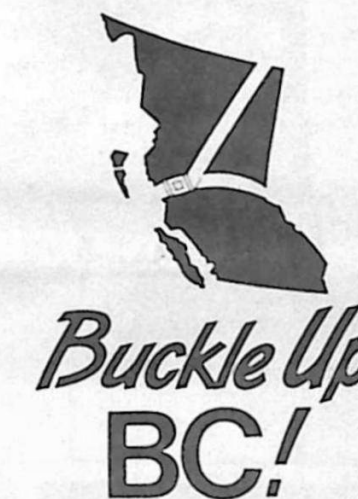
Jr. Ranks Ladies Club

Well here we are back to work and school and yes it is time for the Clubs to start up again after the summer months and ours is no exception.

We would like to invite all women who are members of the Junior Ranks or whose husbands are members to come out to our first meeting. We will be holding it on September 17th at the Junior Ranks at 7:30. Come on out and join us and see what we're all about. Our first meeting is a Meet and Greet and if you're new to the Base and would like to meet some friends this is the place to do it. Even if you're not new here and still would like to meet some new friends come out and meet us...bring a friend along.

BOWLERS MEET

COMOX BOWLING ASSOCIATION
General Meeting Wed. 9 Sept.
At 1900 hours, in the Rec Centre Mezzanine Lounge
This is your last chance to form bowling leagues.
Maximum attendance required
YBC REGISTRATION: 10 a.m. until 2 p.m. Sat Sep 12
AGE GROUPS: SMURF (4-5 yrs) PEEWEE (5-7 yrs)
BANTAM (8-11 yrs) JUNIOR (11-14 yrs) SENIOR (15-19 yrs)



The crash stops the car. What stops you?

University Bound

Capt G.W. Jones, A/Dental Detachment Commander, presented Cpl Burnell J. with her release certificate on 14 August 1987 after her completion of 13 years of Military Service. Cpl Burnell will be residing in Calgary, Alberta where she will be attending University in Sept 1987. (CAF Photo)

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Let's Talk

Then we look at our own personal lives. What hope do we have for the future, or for the present?

Do we often experience despair and defeat? Are we overwhelmed by the sense of failure and gloom? Do we allow ourselves to get in a state of panic, by our constant worry over a situation which we are unable to change to any degree?

BUT, there is HOPE, in the horizon. Someone has said "When hope is alive, the night is less dark, the solitude less deep, fear less acute."

Yet, our hope is dependant on "where we are looking." Many have proven, in the past, that we can put our hope in the wrong things. If we place our hope in things that will not last, then that hope will vanish or fade away. We will be left with nothing. It is tragic to put our hope in our riches, our homes, our possessions.

That is why it is essential for us today to "build our hopes on things eternal." The Bible teaches us clearly "Hope thou in God, for I shall yet praise Him...." psalm 42:5)

We can be confident that

God will not change. He will not fail us and our hope and trust in Him will be rewarded.

Some years ago, in a publication, entitled "The Canadian Baptist," there was included the following wise words:

"If you are on a gloomy line, get a transfer.

If you're inclined to fret and pine, get a transfer.

Get off the track of Doubt and Gloom,

Get on a Sunshine Train, here's room. Get a transfer.

If you are on the Worry Train, get a transfer.

You must not stay there and complain. Get a transfer.

The Cheerful Cars are passing through,

And there is lots of room for you. Get a transfer.

If you are on the Grouchy Track, Get a transfer,

Just take a Happy Special back, get a transfer

Jump on the train and pull the rope

That lands you on the Station HOPE,

Get a transfer."

Mrs. Captain Cora Dodge
The Salvation Army Red Shield Services.



HOPE

An old familiar phrase says "Where there is hope, there is life."

How sad it must be to hear a doctor reluctantly reply to the questions concerning a loved one and say "I'm sorry, but there seems to be very little hope!"

We consider the world situation. No wonder we would ask, "Has there ever been a time when there has been so much violence, crime, disaster, distrust and outright 'hated' amongst people?"

Newspapers, radio, television and other media can provide us with graphic, up to date, "true to life" coverage of the latest happenings, and the latest "tragedies" that have taken place in almost any part of the world.

That which is supposed to inform us and cheer us up, only results in depressing us and clouding our somewhat happy lives with gloom and despair. We sometimes ask "What are we going to hear next?"

NOTICE TO PARENTS

We invite you to register your children in the Protestant Chapel Sunday School classes. Registration will take place on Sunday 13 September 1987 at the following times:

Grades 1 to 8 at 0945 a.m.
Pre-schoolers at 1100 a.m.

Sunday School classes for these age groups will be at the same times as above, every Sunday.

For further information call:
Sunday School Super: (Mrs. Pam Hart) 339-4133; or
Chaplain's office: 339-8273

Fill in this form and bring it to the Chapel with your child.

REGISTRATION FORM

ST MICHAEL AND ALL ANGELS SUNDAY SCHOOL

NAME:.....
MAILING ADDRESS:.....
PMQ..... TELE NO.....
DATE OF BIRTH..... AGE.....
SCHOOL GRADE:.....
DATE:.....

Parent or guardian's signature

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.....Interested in teaching
.....Interested in being a helper
.....I would like more information

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AROUND THE BASE

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CADET SEAN MORAN TRIPLE WINNER AT NATIONAL CAMP
Cadet Sean Moran of CC 1726 in Comox was a triple winner of awards at the Leadership and Challenge Course at the National Army Cadet Camp in Banff, AB. Cadet Moran was chosen top cadet in his platoon, selected for the Outward Bound Course in Towyn, Wales in 1988 and received the Les Priest Trophy for the best performance on the rock climbing section of the course. This award was presented by Mr. Bruce Howatt, Officer of the camp's mountaineering training. Cadet Moran resides at 311 Davis St., Comox, B.C. (C.A.F. Photo)

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Small craft Harbours. A revitalization program.

This program was created with the safety of people and the protection of boats in mind. It will:

- put ongoing maintenance of existing small craft harbours and facilities on a sounder financial footing;

- re-open harbour facilities closed for safety reasons;
- repair damage caused by storms or high water levels;
- launch new services and facilities at some harbours that will meet the expanding needs of fishermen,

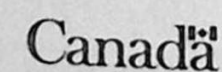
yachtsmen and local industries.

But more importantly local harbour authorities created under this revitalization program will, with the Federal government support, give fishermen and other users a more direct role in the planning, management, operation and maintenance of their harbour.

Project proposals will be analyzed and funded on their individual merits, and announcements on funding will be made as decisions are reached.

Fisheries and Oceans
Tom Siddon, Minister

Pêches et Océans
Tom Siddon, Ministre



LIFESTYLE



music reviews and syndicated columnist

PROPHET DYNAMIC! WITH WIFE, IT'S A SURE THING

For much too long Canadian country music has taken a bad rap. Oh, I know it isn't without faults, a subject I chronicled over a period of months in the Country Music News. But, as a person who has been involved in radio programming something I tried was to have someone else put new releases on the turntable and frequently I gave the highest marks to records by artists from Canada. It's not that I was too lazy to put my own records on the player, I just didn't want to know who the artist was.

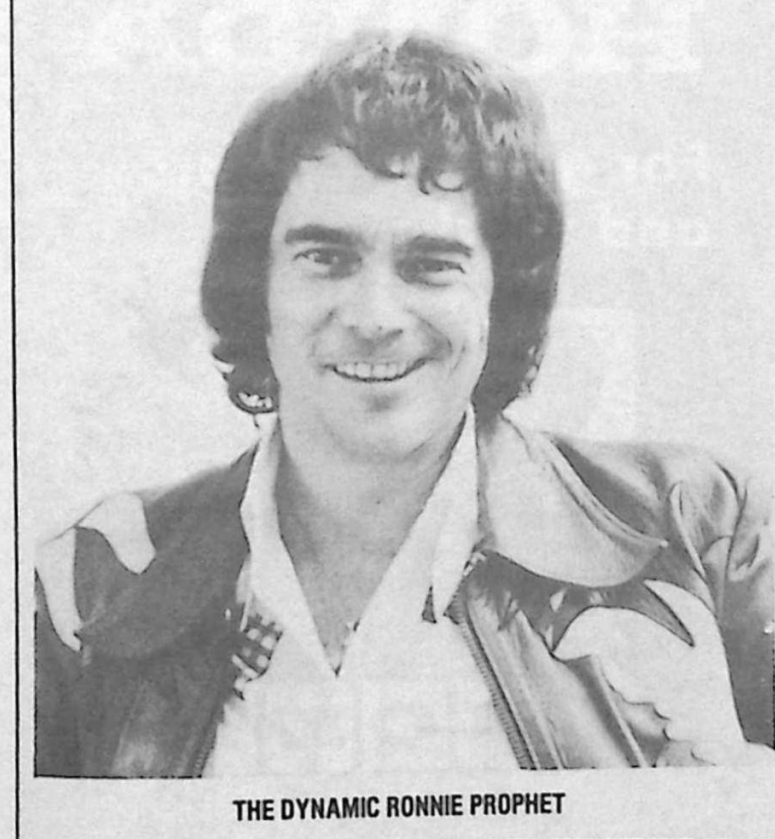
One such artist who should certainly be ranking high on the international charts (but rarely does) is Ronnie Prophet. Here's a guy who has done it all. He's a member of the Ottawa Valley Country Music Hall of Fame, has the backing of a major label (RCA, now known as BMG), he's toured the world, won loads of awards, is a draw in Nashville and will be seen on national TV from coast-to-coast on September 12th, when the Canadian Country Awards are presented.

In Prophet's latest album, simply titled "Ronnie Prophet" (KKLI-0582) this native of Calumet, Quebec is, to put it simply, dynamic. The ten song outing is mainly of the ballad variety and this guy is a total blast. He serves up his current chart rider "No Holiday in L.A." with taste and style and this one should be blasting the Billboard and Cash Box charts. He takes a ballad and wraps his vocal styling around it to bring it home to the winner's circle. Prophet keeps it mainly down beat with "Don't Take Her To Heart" and "If You're Up For Love" and then moves it uptempo and uptown with "Please Don't Go."

Throughout this set Prophet is in winning form. Whether he is dealing with the subject matter of "Breaking Up Ain't Hard To Do" or delving into the "Stealer of Hearts" the material is as much adult contemporary as it is country and if you happen to see this record at your favourite shop, grab a copy because it is great.

DUET WITH WIFE

The magic that Prophet displays in his self-titled album carries over to the duet elpee with his wife, Glory-Anne Carriere, "Sure Thing" (Book Shop Records BSR-747). The music here is somewhat more upbeat with highlights going to "Lucky In Love," "Old News" and "If This Is Love."



THE DYNAMIC RONNIE PROPHET

SUPPORT OUR ADVERTISERS



TORONTO -- "Warrior's Day," 100 soldiers and airmen of the Canadian Forces School of Communications and Electronics from CFB Kingson help lead off the Warrior's Day Parade at the CNE. Celebrating its 50th anniversary, the school marched in the Honour Section through Princes' Gate to the CNE stadium where General Paul Manson, Chief of the Defence Staff, took the salute. In this parade of 8000 veterans, legionnaires and visitors, the 100 man contingents from MARCOM's Fleet School in Halifax, FMC's Airborne Regt. in Petawawa and AIRCOM's CFB Trenton were met by cheering crowds estimated at 60,000 along the route and past the dais. (CF Photo by W.O.D. Brakele)

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HEALTH AND WELL BEING

info health

Dr. Bob Young



WHAT WOULD YOU DO

‘Pretend, for a minute, that you are a physician. How would you handle this problem? Remember that you are expected, ethically, to maintain confidentiality.

A married male in your practice tests positive for AIDS antibodies - material in the blood that indicates that he has been exposed to the HIV or Human Immune Deficiency Virus. He might be a drug user, a bisexual, or a dentist bitten by an infected patient.

Present knowledge suggests that he is infectious for life, and has a one in three chance of developing an AIDS-related illness.

The test result is confidential. Only you and he know - the laboratory has access to only the patient's initials. Present wisdom dictates that public health authorities and other maintain the anonymity of the victim, feeling that to do otherwise would discourage people from being tested.

Your patient refuses to tell his wife that he has tested positive. She (to make your problem tougher) is also a patient of yours. So are the kids. The wife is at risk of becoming infected. We will presume that she has not yet been.

What would you do? You are a prime candidate for a

lawsuit if you leak the news and he, for example, loses his job. The law, as far as I am aware, has not defined what protection it offers you if the wife sues you for not letting her know that she is at risk.

Human rights legislation offers considerable protection for individual citizens. The border where the guarding or individual rights puts others in the population in jeopardy remains unclear.

Historically, diseases such as syphilis, tuberculosis, gonorrhoea and leprosy, to name a few have been reportable to authorities as part of the control measures. In B.C., it has been mandatory since 1983 to report cases of the AIDS virus, although testing positive for just the AIDS antibody is not reportable. Some think that such reporting would be non-productive - people would avoid being tested, and contacts cannot be treated even if located.

A lively debate on many ethical topics related to AIDS is expected at the Canadian Medical Association in late August.

Well, are you going to tell his wife, Doctor?

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

Give to Give Hope

The 1987 Arthritis Month Campaign slogan, "Give...to give hope," puts into words what one in every seven people in this community dreams of -- a cure for arthritis.

Arthritis is as old as the dinosaurs. Although many people think of it as "just aches and pains," arthritis is actually a group of more than 100 different diseases including osteoarthritis, rheumatoid arthritis, and juvenile rheumatoid arthritis.

More than 320,000 people in B.C. suffer from one form of arthritis or another; 3,500 of these people are children under the age of 16.

Tremendous advances have been made in the management of arthritis. People who have the disease now are more fortunate than those who developed arthritis 10 or 15 years ago.

As yet there is no cure and no prevention, but there is fine medical management. In B.C. and Yukon this is provided by the B.C. and Yukon Division of The Arthritis Society, in cooperation with community hospitals and with the support of many hundreds of volunteers.

Research into the causes and cures of arthritis is funded entirely by public donations. During September, watch out for the bluebird, the symbol of hope for arthritis sufferers everywhere, and in the knowledge of your own good health, please "give...to give hope."

For more information about arthritis, please contact Danda Humphreys, Communications Coordinator, The Arthritis Society, B.C. and Yukon Division, 895 West 10th Avenue, Vancouver, B.C., V5Z 1L7, Telephone 879-7511, local 310 or 314.

Drink and drive?



Sounds fine to me.



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,

FIRST AID FIRST

You may not realize it, but "Home, Sweet, Home" may not always be the same as "Home, Safe, Home." No matter how hard we try, many accidents happen in and around the house. Having the right first aid supplies is important because you never know when a life may depend on it.

With so many activities, the key to avoiding mishaps is prevention. For starters, make a list of your family's regular activities and note the type of injury each might produce.

Be prepared to deal with accidents in areas where there's lots of traffic. In the kitchen, for example, you could be faced with burns, scalds or cuts. The kitchen may also be the place your children run with scraped knees, insect bites or "something in my eye."

The workshop and garage are also potential accident sites in this age of do-it-yourself. Fingers nicked by hammers,

splinters from lumber, or cuts and scrapes from fiddling with the car are among the emergencies you may have to deal with. And don't forget strains and sprains from jogging, tennis and other popular sports.

Once you've made a comprehensive list of possible injuries, ask your pharmacist about the type and quantity of first aid supplies and medications you need to include in a complete kit. Place a kit in each possible area where accidents might occur and make sure family members know where to find it.

Your pharmacist can give you tips to make your home a safer place to work and play. Remember, peace of mind comes from knowing you're well prepared for any emergency that might arise.

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

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HOME & FAMILY



HANDYMAN TIPS

SURFACE PREPARATION FOR EXTERIOR PAINTING JOBS

Although surface preparation is without question the most important step in obtaining an attractive, long-lasting painted finish, it is generally the least performed. Many do-it-yourself painters are not aware that the life of a painted surface, and especially an exterior surface, is directly proportionate to the care taken during surface preparation.

Regardless of whether you are repainting or working with a previously unpainted surface, take the time to correct basic problems and prepare surfaces properly. Even though a new unpainted surface tends to pose fewer problems (primarily because there's no guesswork in deciding what type of finish has already been applied), the appropriate surface preparation is still crucial to ensure trouble-free results.

Before starting your exterior painting project, run a quick inspection tour to check out likely trouble spots. These include window and door frame areas, steps, siding, downspouts, under-eave areas and anywhere else moisture is likely to collect.

If there's cracking or peeling of the old coating, use a wire brush to remove the original paint. If you discover extensive moisture damage over a large area, you'll need to sand the entire surface area to ensure the new coating will adhere. In either case, be sure to feather edges with sandpaper to provide an even appearance after painting.

If the old coating is slated for removal, a pre-painting prime job is a must. Ask your paint dealer which primer is best suited to the surface in question. Remember that the entire coating system should be treated as a unit. Just as your primer should be suitable for the surface, the top coating you choose must be compatible with the primer. Don't compromise in the quality of the products - inferior grade coatings will often cost more in the long run.

A clean surface is another must for any painting job - paint cannot adhere to dirt, grease, chalk, wax or other surface contamination. Use a mild detergent or trisodium phosphate solution to remove

accumulated surface residues. After a thorough scrub-down, rinse the area well with clean water and allow to dry completely before priming or painting.

Any mildew growth on exterior surfaces must also be removed before repainting or the mildew will continue to feed on edible materials in the paint and eventually destroy the new coating. Since moisture is the single most important factor in mildew growth, the discoloration is usually found in damp, dark areas such as northern exposure sites. To determine if mildew is present, drop a small amount of household bleach on the discolored surface. If it's mildew, the bleach will destroy and whiten the fungus. If not, nothing happens.

The most effective way to remove mildew is to scrub the surface with a soft brush using a solution of one cup non-ammonia detergent, one quart

of household bleach and one gallon of water. In severe cases, use two parts bleach and two parts water. For maximum protection, use a mildew-resistant primer and paint. A generous topcoat will provide a further safeguard against penetration of the mildew fungi.

Before you begin painting, patch any nail holes and caulk open joints in siding and other exterior wood surfaces. By priming these areas first, you can prevent the vehicle or binder in the caulking or patching compound from being absorbed into the wood and thus extend life of the compound.

A final point, the type of paint you choose can sometimes have a significant effect on the type or degree of surface preparation required. For example, if you select an exterior gloss house paint, you will need to sand or otherwise reduce the gloss of the existing surface to ensure the

new latex will adhere. If you're unsure about the preparation required for your painting job, check with your

paint dealer. In the long run you'll be glad you did. Courtesy of General Paint and the Totem Times.

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AROUND THE BASE

U.I.C. RE-GROUPS

Recently and soon-to-be retired personnel met at the Comox Legion on Aug 25 to hear Lawyer Moe Sihota (MLA-Esquimalt) and the UIC Appeal Group brief them on progress in the on-going effort to change government legislation limiting UIC refunds to personnel who retired before Jan 5, 1986.

"We're going to court," Sihota told the gathering of 23 men and women, "the first battle has been won, thanks to people like your local representatives, Len Luoma and Danny Davis, and others across Canada, and they are still in there, letting the government know we are serious about getting fair treatment for all pensioners who are eligible for UIC. Our case is simpler now - the government has set a precedent by paying some pensioners, so we will go to Federal

Court the first week in September, basing our case on arbitrary and discriminatory government action, contrary to the Charter of Rights," Sihota said.

"Ours is the only Federal Court action presently taking place in Canada," Sihota stated, "and I'm quite optimistic about the outcome."

Sihota also advised the gathering about ways of getting government's attention, within the democratic system, with some specific advice for individuals still serving in the CF, but potentially affected by present UI policy:

"You can attend meetings like this, write to the Minister (copies to the PM and your local MP) Hon Benoit Bouchard, Minister of Citizenship and Immigration, Ottawa,

Ontario, expressing your concerns, and even make a donation towards the legal and administrative cost of this action. What you can not do is sign a petition or engage in political activity, although such activity is more efficient, where getting a response is concerned."

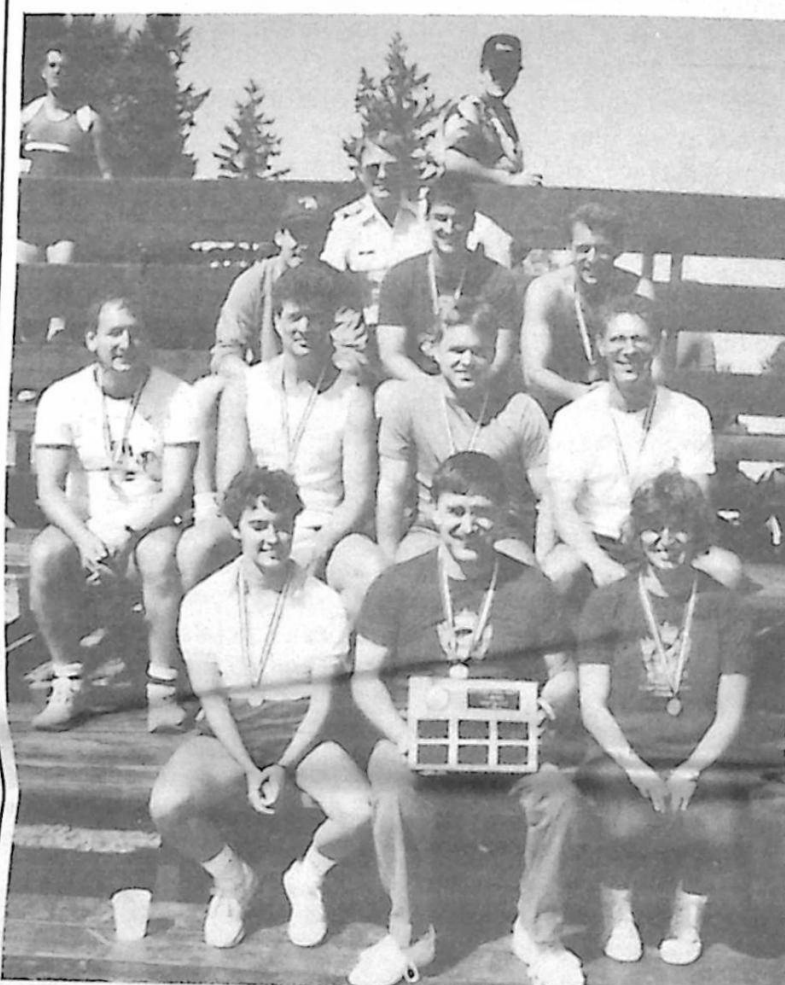
In his experience, Sihota said, one letter usually represents similar feelings of another five hundred people who do not bother to write.

Although the Forget Commission report recommended early pensioners receive UIC, only partial response has been obtained from the Minister, Sihota said. Another problem is Public perception that only retired CF and RCMP are affected, where actually, all early retirees are penalized, unless their income is derived from private pension plans or in-

vestment income, which is not deducted from UI benefits. Financial aid in the Federal Court action may be forthcoming from the Social Planning and Research Council of Canada, Sihota stated, but this would only cover part of the legal costs. Tax deductible donations from those concer-

ned with the UI issue would be very welcome, and can be sent locally to:
UIC Appeal Group
Box 323
Royston, BC
V0R 2V0
Another meeting will be held at the end of September....Norm Blondel.

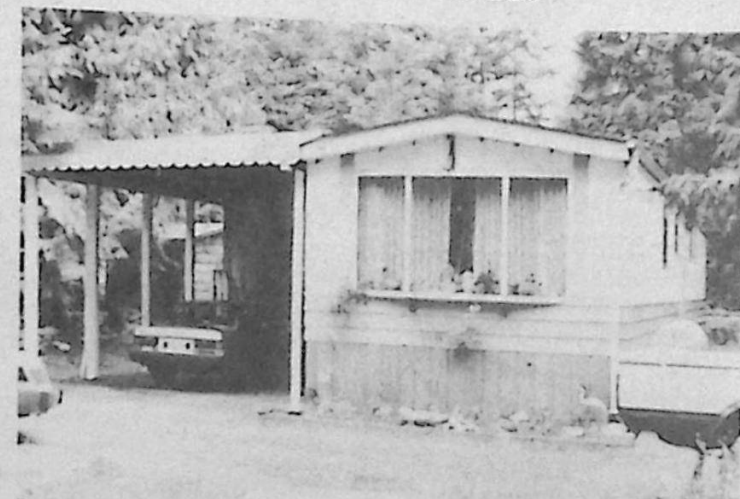
Tabloid Winners



Pictured above with the Base Commander, Col Gibbon, are the members of "Team BATCO", winners of the CFB Comox Tabloid Sports Day held on the 20 Aug 87.

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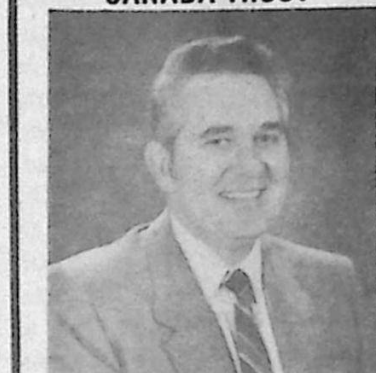
Marianne is back this season, assisted by Carol, Cathy, Sharon and Karen.

We look forward to seeing last years participants and anyone newly posted to CFB Comox.

For more information call Rec Centre 339-8315 or Marianne 339-6594.



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SECTION NEWS

DESEC

At Canada's three major national exhibitions this summer, tens of thousands of people will come in direct contact with the Canadian Armed Forces at colorful and informative displays designed by professionals and staffed by the best people we have to offer. At the same time, two tractor-trailer rigs fitted out as mobile displays will be crisscrossing the country, visiting hundreds of smaller communities and taking part in local events.

Roaming around at some of these events will be a little robot with the intriguing name of Sgt Servo, a mechanical goodwill ambassador for the Forces who beeps and squeaks and talks with children, handing out cards bearing pictures of the CF in action.

"It's amazing how many people think there's someone inside," says LCol Greg Hogan. "Even adults figure there's a little man in there somewhere."

Hogan is the head of DESEC, the Directorate of Exhibitions and Special Events Co-ordination. His Organization conceives, plans

and executes the displays at which the public comes into direct contact with the Forces.

"It's completely unfiltered," he says. "What they see is what they get; there is nothing between them and the people and equipment. They can see it for themselves, and they can ask questions of those who wear the uniforms. And they get straight answers."

With a budget of \$1.7 million, DESEC anchors its efforts on the three national shows: The Pacific National Exhibition in Vancouver, The Canadian National Exhibition in Toronto, and Expo Quebec.

The bulk of DESEC's annual budget is spent on professional design services, and the actual construction of the displays. Part of the ramrodding necessary to get a display from the workshop to the exhibition floor is provided by Lt Christine Scheidl, who shuttles almost continuously throughout the summer from DESEC's headquarters in Hull to the Canadian Government Expositions Centre in Ottawa; when she is not crossing the country visiting major exhibit sites.

every year because they are annual events."

One major project for the summer is the display at EX-POTEC in Montreal's Old Port, running from May 20 to Sept 8. "Canadian Forces Engineers - Pioneering the Future" is a multi-media, high-tech display featuring all of the engineering classifications of the Forces.

"We took a super avant-garde approach to this exhibit to show that we are on top of the engineering technology, and the military pioneered a lot of it," Scheidl says. "We have to be able to work and think in all media, including film, slides and even video games which the visitors can use to get information."

Scheidl and Sgt Stephane Ipersiel follow a "hands-on" approach to ensure the displays get where they are needed. For those in the Ottawa region, they physically pick them up in a van and cart them to the site, where they oversee their installation. For those needed across the country, they ship them via service air.

Designer Judith Marcil has worked on half-a-dozen DND displays. She says the Armed Forces theme is a fascinating one, because it is not abstract.

"There is so much to work with," she says. "It involves people and equipment; there is a lot of material for a designer...it's three-dimensional so you can see it, touch it, and walk around it."



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"We have to be selective," she says. "We take in the requests for Forces displays and we decide how best to meet them. The major sites each year become almost routine, but that does not mean they aren't forums for a lot of creative work. They have to be different



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LIFESTYLE

OPS News



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