



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 7 APRIL 14, 1988

DEADLINE IS MONDAY, APRIL 25, 1988

COST: PRICELESS

JOIN THE ATTACK ON AIDS

BEING RESPONSIBLE ABOUT AIDS

Acquired Immune Deficiency Syndrome (AIDS) has become the ultimate challenge to public health, not only in Canada, but around the world. It has grown from a trickle of rare illnesses to a flood of disease.

Since the first case of AIDS was recognized in 1981, over 1,400 cases have been diagnosed in Canada. However, it is estimated that the number of Canadians with the Human Immunodeficiency Virus (AIDS causing virus) infection is 50,000. These are carriers of the virus and they are considered capable of transmitting it. As of Jan 1988, over 750 deaths caused by AIDS have been reported in Canada.

A major attitude problem for many of us is the "it can't happen to me" syndrome. This denial of the risks is very commonly expressed by heterosexual men and women who still think the epidemic almost always affects gay men. However, about eight percent of the AIDS cases in this country are presumed to have occurred as a result of heterosexual activity.

It is a potential threat to all sexually active persons including the young, mobile population in the Canadian Forces. Over the past two years, 10 members of the Forces have been identified as being infected with the Human Immunodeficiency Virus (HIV), the cause of AIDS. Two of these people have since died of AIDS and another has AIDS.

The most common means of transmission of HIV in Canada is by sexual contact with an infected person. One of the most alarming characteristics of the disease is that often carriers of the virus show no symptoms and look, act and feel quite well. It is estimated that for every AIDS case reported there are perhaps 50 or more carriers and it is likely many of these carriers will eventually develop AIDS.

HIV is found in the blood, semen or vaginal fluid of an infected person, and is spread when any one of these enters into another person's body (bloodstream). Besides sexual contact, the virus can be spread by sharing contaminated needles or syringes for the abuse of intravenous drugs; an infected mother transmitting the virus to her baby before or at birth, or, on rare occasions, through breast-feeding; the transfusion or injection of infected blood or blood products. The latter means of contracting the virus is virtually eliminated because, since the fall of 1985, the Canadian Red Cross, which handles all blood donations in Canada, has tested every unit of blood collected for the AIDS virus. The tests are extremely sensitive and any contaminated blood is discarded.

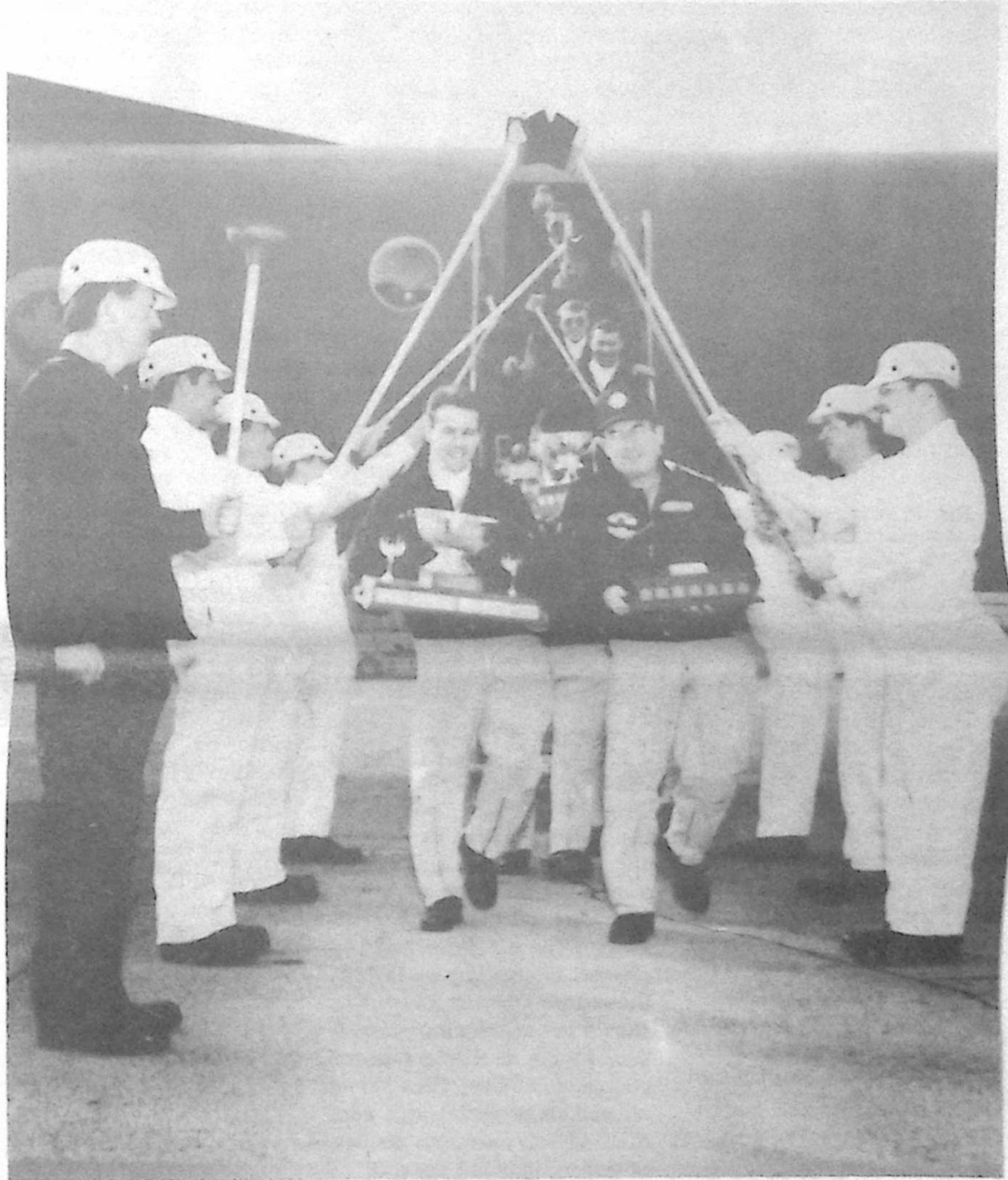
Unlike the US military, the Canadian Forces does not have a mandatory testing program for AIDS. The Americans started in 1985 by testing recruits. Recruits whose tests are positive are rejected. Since then

CONTINUED ON PAGE 3

IN MEMORY

CAPT MICHAEL ERICKSON

VP 407 — CREW 3 SUB BUSTERS



VICTORY ARCH FOR THE VICTORS

407 TEAM BRINGS HOME O'BRIEN, CHIEF OF STAFF AND LOAD TROPHIES

Sub Busters Victorious

by Norm Blondel

407 Squadron's Crew Three Sub-busters should have another name to go by, after their O'Brien Cup triumph at CFB Greenwood on April 4-9, 1988.

They should be called the Trophy-Sweepers.

Our West-Coasters swept the field in the competition, an unprecedented effort, in which they won the:

O'BRIEN CUP

- Canada's National Anti-Submarine Warfare Competition

- Champion Aircrew, leader Capt John Maris.

CHIEF OF DEFENCE STAFF

- Champion Maintenance Crew, leader - Sgt Doug Warriner.

AURORA ARMAMENT TROPHY

- Champion Load Crew, leader Sgt Steve Watts.

and the:

COMPETITION SPORTS TROPHY

- a round-robin indoor sports tournament, won by the combined aircrew/groundcrew members of 407 Sqn, against the other participants, Summerside's 415 Sqn, and 405 Sqn from Greenwood.

ON TO AUSTRALIA

The new O'Brien champs will carry the Maple Leaf to Australia later this year, competing against Commonwealth ASW squadrons for the Fin-castle Trophy...Good luck boys.

OUR NEXT
DEADLINE
MONDAY
APRIL 25TH
NOON

AROUND THE BASE



Demon Doins

Getting the Paperwork Done



Mrs. Jill Sutherland busy with paperwork in the CO's office: the truth about 407 Sqn is finally revealed.

The Crew 5 Vikings under the watchful eye of Capt Harry the Dresser Vincent recently came back from a brief deployment in sunny Hawaii. One evening after a long flight Capt Dave Nurse and a few others were relaxing at a local watering hole and decided to engage in a game of quarters. When Dave had a quarter bounced into his beer he drank in a normal style but noticed that the quarter was nowhere to be found when he put his mug down. Fearing that his stomach was 25 cents richer he went to the MIR for a chest x-ray. The picture confirmed his newfound wealth. Dave got the quarter back a couple of days later.

Late on that evening, Lt Bert Fenton, in an effort to be at one with himself, the universe, the sea and his shoes, left the main group and began to wander aimlessly along the beach. Witnesses later noted that Bert was engaging in his own version of chumming for shark before rejoining reality back in town.

Here's this week's Hawaii fashion tip from Harry the Dresser: Impress the Hanama Bay beach crowd by wearing stylish Bermuda shorts matched with brown loafers. DND issue black socks are a must to enhance an air of formality, and don't forget the DT60, dog tags and room key worn outside a snazzy dress shirt to highlight the ensemble.

On 30 March, hockey history was made as a team composed of so-called aficionados from composed of 407 members waxed a buckshee team of so-called aficionados from NAS Moffett Field. The CanAm

Cup found its permanent home with 407 after a resounding battle held at the Eastridge Shopping Mall Ice Emporium ended with the Canadians skating away with a 14-4 victory.

Maj Bob Eby (formerly of 407 and now on exchange) hosted the Canadian contingent for dinner and a few pre-game refreshments. A former Capt of the Penn State Hockey Team was overheard to say that he was impressed with the restraint the Canadians had shown in not drinking prior to such a high level international competition. Capt Glen Whittall and MCpl Mick Hatch were thanked for their fine display of leadership in this instance.

Prior to game time WO Dixie Walker took to the ice to test its properties while the team dressed in shifts in the closet-sized change room. After Dixie and Coach Brazeau gave the thumbs up, the ice belonged to the Canucks. The French Connection of DesManches, Dufour and Lebel started the team off in fine fashion against the opposition and 407 never looked back.

It is believed that just about everyone contributed to filling the score sheet in his own way including Glen the Goon Whittall who also singlehandedly filled the team's penalty sheet with three minor infractions.

And on a final note, Lt Ken Westerveld was heard to comment the following morning that he had finally had enough of the nubile American hockey groupies. Nuff said.

407
1 CREW NEWS

1 Crew this month is the land of moving people. Returning: Cpl Mark Newmann from CFB Greenwood earlier in the year. Sgt Bill Peg from CFB Borden on an MSE course. Sgt John Ellis and Cpl Jim Randall and Pte Rob Kuziw from 404 Sqn CFB Greenwood. Cpl Fred Otterman from Tinker AFB AWACS computer (ground) maint course. Cpl Keith Tanner is on a Battle Damage course and Cpl Rick Frank is on a NDT course at CFB Trenton. We are not sure about Keith belonging to 1 Crew, he is hardly here, even Sheila doesn't see him!

During the month of April we have 4 people going to 404 Sqn on course, Cpls Brad Shipley and Mike Pilon on JY and George Krueger on JX, Sgt Cal Jefford will be on his senior maintenance management course (hope he does this better than his coffee cup. Surprised he passed the height requirements!).

The crew has also temporarily lost 3 members to the Comp Crew. Cpls David Wheeler CRS (RST), Shawn Johnson AEO and Laurie Roy Photo. They are off to Greenwood on the 1st of April with a clean(?) aircraft. Best of luck to the whole crew.

Postings are trickling in with only 2 official at the moment. Cpl Otterman to Geleinkirchen, to work on AWACS, at the end of June. Don't let the Canucks down that he had finally had enough of the nubile American hockey groupies. More postings to come next time.

On the more serious side Bernie Herbert has had lots of showers at his house even while note in the tub. Industrious people from the crew gave willing assistance in rectifying his dilemma. His one comment - "They ate me out of house and home, but for some reason left the beer," which he got for them! Could it have been the guard dog? But then again that's normal, these guys would rather eat than do anything. Thanks Guys! Glad to see Cpl Garry Mick is recovering from his battle with the UHF-1 Tacan antenna. It's the sharp end that gets you every time.

Story of the month. MCpl John Chequis had his pants rip wide open while out on the line. His response: "The treads deteriorated." Sure John! It's been a quiet evening shift, not sure why either. Heard the BOSS is in California.

That's all from the crew till next time.

PHOTO

Once again it's time for some exciting news from the wonderful world of photo. Cpl Laurie Roy is presently in the sunny Annapolis Valley, while it is raining here in the normally sunny Comox Valley. Cpl Roy is presenting the colours of 407 (MP) Sqn as part of the O'Brien Cup competition crew. Let us wish him and the rest of the crew the best of luck.

Cpl Jo-Anne Parker is starting to get really nervous about her upcoming JLC. Don't worry Jo-Anne, you will do well.

Cpl Lynn Fralick is still in Kingston, (Ontario, not Nova Scotia learning all there is to know about electronics. Hang in there Lynn, you "only"



407 Sqn CO LCol Sutherland purchases the first ticket for the "Reunion '88 Raffle" from Capt Cox. (Base Photo).



IT'S A MATTER OF
LIFE AND BREATH
DON'T SMOKE

have two months left to go on your course.!

Cpl Frank Jahrig is taking some leave again soon. Frank, you have submitted so many leave passes since you've been here, that the house you are building on the mainland must be starting to look really nice by now. Think about the money you could have saved in gas and ferry fares if you had built it closer to the Comox Valley.

To end this article, if anyone has seen MCpl Pete Veldhuizen's posting message, please forward it to him, because he would like to know what is happening.

AMCRO/RESEARCH

RUSH! RUSH! RUSH! Seems like that's all we're doing up here of late, especially with so many key people away. As most of you have noticed it's the end of the fiscal year, and that means everyone is trying to finish off their leave all at the same time. In fact for two days there were only two people in Research. Larry is off to Greenwood for the Maint. Mgr course, and Stan will shortly be off to Borden for the upgraded JLC course...(SLC)...does this really mean what most of us think?? Anne returns from her JLC on Monday and some people in the section will be happy to see her. Doreen's on her posting slump as she is off to Base Supply in May which means it should become relatively peaceful around here.

We should have more to pass on by next issue, as we are off on a golf tournament next week and there are few other little goodies planned, which will give me more material to write for these issues.

AROUND THE BASE

From the
Top Rung

COL TED GIBBON

I've been away and the base survived, even progressed, and that can be demoralizing but I'll rationalize it by attributing it all to the increasing flow of juices caused by the onset of Spring. While I was in Halifax learning how to thwart the wily submarines, 407's Crew 3 "Sub Busters" led by their MPCC Capt John Maris and TACNAV Maj Dave Armstrong were perfecting the art. In recent competition at Greenwood they proved to be the best Anti-Submarine crew in Canada but just as importantly the maintenance and weapons load crews also proved to be paramount, giving them a combination that allows 407 to claim the title of the best Anti-Submarine Squadron in Canada. Well done Demons and we'll bask a little in the reflected glory.

This past week we have endured the full scope of emotions associated with military service. Early on Tuesday 5 April Capt Michael (Lief) Erickson, 441 Squadron, lost his life while flying a search mission in a CF-18 from Comox. While tragedies such as this are a part of our profession every occurrence causes us to reflect on our commitment and in this case like those of the past we must remain determined to continue, albeit with a heavier heart. Our responsibilities continue in his memory and in the memory of those who have gone before him.

On April 7 a group of intrepid aviators began gathering in Comox for a weekend of nostalgia reminiscing. The RCAF SPAADS (RCAF Sabre Pilots Association of 1 Air Division Squadrons) came here for their first ever reunion and it was conducted in the finest tradition of such affairs thanks to a tremendous organizing job by several local members and the support of every base activity. At each function I was overwhelmed by the expressions of gratitude extended by the attendees and the complimentary comments received on your behalf. They were impressed by their reception, the enthusiasm of all base personnel they encountered, the quality of the services provided, the standard of our facilities and the cleanliness of our base. Each and every one of you is complimented for the manner in which we keep the base, the pride we have in our endeavours and the demonstrations of enthusiastic efficiency that impresses all our guests. My thanks to all for reassuring the SPAADS that we are keeping the faith. After hearing many of the stories told and retold during this event it is apparent to me the real winner of their visit was our head gardener. Ted Soles should have the finest roses in the Comox Valley for a long time into the future.

... more Aids

CONTINUED FROM PAGE 1

the US military has tested all serving members for the AIDS virus.

LCol Martin Tepper, Medical Officer, Surgeon General Branch, Directorate of Preventive Medicine, said the American findings were interesting from a public health standpoint. Out of every 10,000 recruit tests, only 15 were found to be positive.

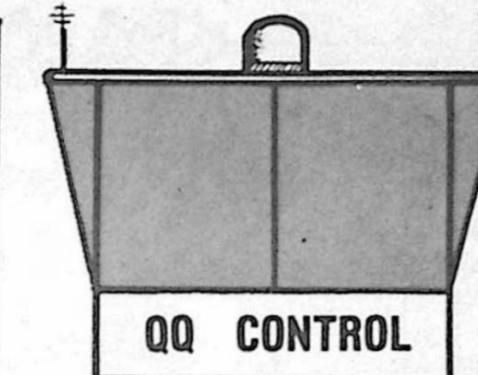
"If similar Canadian Forces tests were conducted (and there are no plans for mandatory testing at this time) the numbers of positives would probably be very low, based on the fact that, compared with the US, Canada has about a third the rate of AIDS per million population."

Canadian Forces' doctors test for AIDS only when it is medically indicated, or when a patient, felt to be at a high risk, requests it. Patient counselling, especially before consenting to the test, is always given because

of the potential serious social, economic and psychological ramifications involved if the test proves positive.

People infected with the HIV, even those with AIDS, pose no risk of HIV infection to fellow workers. The virus cannot be spread through the air by coughs or sneezes. It cannot be transmitted by touching or being in normal, everyday contact with an infected person, or by food, water or air currents. There is no risk of infection from sharing equipment of facilities - e.g. toilets, messes, barracks, offices, buses, airplanes, ships and tools.

AIDS is primarily a sexually transmitted disease - if you have sex only with one continuing partner, and that partner only has sex with you, then there is little risk of acquiring AIDS. However, if you or your sex partner have sex with more than one partner, then there is a risk of AIDS.

As The
Beacon
Turns

Greetings once again from the far side of the base. With the nice weather and the change to daylight saving time, comes another sure sign of spring...the annual return of the Snowbirds. The team is putting on another fine show this year and Comox ATC is pleased to be working with them once again.

A few belated welcomes go out to some new faces in the section. OCDT Marty Valiquette joins us from RR-MC for OJT training, MCpl Tom Schrader from Cold Lake, and Cpl Jim Houston fresh off the TQ3 course. Also, welcome back to Pte Andre Lafontaine from the same TQ3 course.

Every summer our section goes through a lot of changes and this one is no exception. We will be bidding adieu to some controllers and making changes at the supervisory levels.

Hearty congratulations to Capt Lothar Hopp, who will soon be promoted to the rank of Major and will be seeing action in Ottawa Darts-5. Capt Joe 'Pacowski' is going to CFATCTU Cornwall, to instruct fledgling potential controllers, and Capt Lloyd Friesen will soon be "scooting" along the highways and byways of Portage.

On the NCM side WO Al Collins is posted to the Nation's Capital to instill discipline and confidence in the

ATC troops there, and Sgt Greg Templeton will be off to Germany.

The new appointments include Capt Pat Wolfe-Milner as Chief Controller Ratcon from 25 April - 3 July 88, when Capt Butch March will assume those duties. Capt Wolfe-Milner will then become the STDS & TRNG Officer. Capt Gerry MacLellan will be nesting in the tower Chief Controller chair while Capt Ted Norrie soaks up the sun in beautiful downtown El Gorrach.

MWO Dale Campbell will be leaving us temporarily to count tender in Thule from the tower there. Dates are 18 April - 17 May.

Congratulations are in order for 2Lt Phil Robinson who is our newest Tower Controller and for Pte Kin Pruden who recently qualified in the Tower BSTDAN position. Jim Houston and Andre Lafontaine are commencing their checkouts and will soon be joining the rapidly growing list of qualified tower personnel.

On the other hand, Pte Hugh Shaver is leaving the tower to pursue a career as a Met Tech. It won't be hard to strike up a conversation with him, just mention the weather. Hugh will be attending the TQ3 course in Sept.

The BASE OPS hockey team has completed another season of entertaining, semi-professional hockey with an

8th place overall finish. We were eliminated in the first round of playoff action, but there's always next year. A windup "Coldtub" party was held at Capt Mike Maillet's place. Pte Tom Banks informs me that the hot tub party will be held at his residence sometime in May.

Section curling and bowling have also come to a close for another season. Both teams finished under .500 and should get some good first round draft picks for next season.

The ATC Gold Tournament is set to go, the dates this year are April 24, 25 and 26. Many have already indicated they will attend, so it looks like this year will be another driving success. If you wish to participate contact Capt Mike Maillet or 2Lt Phil Robinson.

In the miscellaneous musings department this little tidbit of info was left in my mailbox. And I quote, "OCDT Fleury drives Cpl Tinker to work on the night shift. At 1530 they get stopped at the main gate because Paul does not have his ID card. He complains about having to have Steve sign him on base. The MP suggests he could also give him a ticket for driving without a license. Paul shuts up and lets Steve sign him in."

And whoever told Cpl John Moss to change the Zulu clocks with the switch to Daylight Saving Time?

FOR SALE BY OWNER

Beautifully maintained 5-year-old 3-bedroom rancher. Close to Base and all amenities. Features electric and woodstove heating, vinyl siding and added storage/work area, thermal windows. Lot size 75 x 110. For more information please call 339-7328 evenings and weekends.

Viewing by Appointment Only.

INTERESTED BUYERS ONLY AND NO AGENTS PLEASE.

BREAST SELF-EXAMINATION
TEACHING CLINIC (BSETC)

The Canadian Cancer Society in conjunction with CFB Comox Hospital will hold a BSETC on Saturday April 23, 1988 from 12 - 3:30 p.m.

This clinic is available to all ladies who have access (pass) to the Base.

Nurses in attendance are trained in BSE teaching techniques. The setting is private and confidential. Nurses volunteer their time to this worthy cause. "Invest one hour in your future."

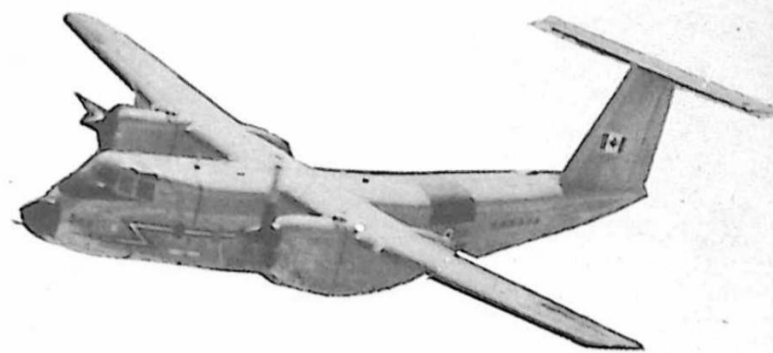
For further information contact Anne Gibbon at 339-0519 or the Canadian Cancer Society at 338-5454.

Janice Cowan
CF Clipshet

SECTION NEWS



442 Squadron



The five day, difficult and trying search for our Comox based F-18 concluded on Saturday. Poor weather conditions permitted only helicopters in for the first few days and then only in the lower areas of the hills. The condolences of 442 Sqn go out to the family and friends of Capt Michael (Leif) Erickson.

Herring Roe Season is over, and just in time for the haggard looks of the Labrador crews who have been logging 80 hrs a month!! Now they can get back to work.

SHAKE CHARMERS

The arrival of posting messages has quickly dispelled the anxiety and anticipation that normally builds this time of year as we wait to see if the Career Manager has heeded our pleas to...stay in Comox!

Word has it that the Baden Golf Club is already considering changes to the method of calculating handicaps in preparation for CWO Doug Ford's arrival! Doug is still trying to figure out how to get the Crown to pay for the shipment of his horse sized dog!

Sgt Pat Burke is speaking with a bit of an accent these days as he prepares to move to 103 RU in Gander Newfoundland. I still don't believe he is really a descendant of Joey Smallwood! MCpl Gilles Dufour is off to Shearwater to add some "good vibrations" to their BAMEO organization and MCpl Jim Gaylor is going to remain in the SAR business but on the east coast with Summerside BAMEO. MCpl Wayne Parchoc is also going to the island of the "bright red mud"...maybe you can do better in a hockey pool in Summerside, Wayne! Cpl Richard Sylvain lucks in again and is off to the Air Maintenance Sqn in BADEN. Cpl Gilles Philie is posted to 3 FF-TU Bagotville...be sure to send us well trained people Gilles! Cpl Robin Trepanier will be joining Pat Burke in Gander...good luck on the Rock! Cpl Gary Keller also gets a one way trip over the Atlantic with his posting to 421 Sqn Baden...you may notice that those CF18s have no rotor blades Gary! Cpl Rick McNeil is taking his new...sporting expertise to the law, Sask...that proved

ton...Alberta is not a bad place to take the little bun out of the oven Ginette! It's good news for Cpl Helene Nantel as her request for Occupation Transfer to Admin has finally been approved. Helene has been doing a lot of smiling these days along with a lot of typing. Good luck on your new course in Borden.

Speaking of good news, congratulations go out to Tim and Wendy Ford and Jim and Kathy Gaylor with the arrival of their little ones. I gather Tim and Wendy win the "Big Whopper" award as baby Jennifer weighed in at 9 lbs plus.

The rumour mill has it that Al Martin and Frank Lewis had a good time on their recent trainer down to Mexico, but...I wouldn't recommend you bring a "case" of what Al had to a party...they told you not to drink the water Al!

Speaking of Frank Lewis, he is relegated to driving his moped these days following a slight accident with his motorcycle. Did you make much of a dent in the car Frank!

Congratulations go out to the 442 SAMEO Curling Team for winning the Intersection Round-Up Bonspiel. Team members include Lt Kathy O'Brien, Sgt Dave LePatourel, Ex Sqn Capt Ron Smart and some more outside help from Lorna Oliver.

LET'S HEAR IT FOR THE BOYS I had the distinct pleasure one day of watching our handsome 442 superheroes arriving back from a search. The Buffs and choppers taxi in and line up as the marshalls direct them in. I wonder to myself, which chopper is my husband in and of course it's the last one - the one that makes the swishing noise. I don't know why that noise worries the women and why they keep asking about the cutters - fretful lot. Like eons before the propellers start hatching down comes

great for taking dents out of the rotor blades and fuselage too. Finally the pilots come stumbling out; I take a good look, as they all seem to look alike in their flying suits and mustaches. Excuse me, I must put a feminine jab in here for the women at the controls - think of them as Princesses of Power. Actually, Bionic Women would be a better name, after you see the paraphernalia they lug off the aircraft.

Back to my main man; Yes 'I see him now and yes he does look great. The little guy and I wait patiently for our hero to do his mundane, yet necessary and all important paperwork.

I then see the maintainers, clad in white - why white I'll never know. Their faces look a bit drawn as they approach the aircraft, for these overworked machines will probably be full of snags.

You then see all of the trolleys of equipment taken off the aircraft and then you definitely know the importance of weight and balance! How those babies stay up in the air, remains a mystery to me!

And there he is! - striding with a big, mischievous smile on his face. He gets in the car, kisses the little fellow and gives him a new toy, then he plants a big smooch on me. In the meantime, the little guy exclaims, "Daddy, I don't want you to go to Bella Bella anymore!" Off comes wedgie and you then see by your eyes a true helmet with a few cowlicks to telephone marks on the head.

I start up the for home sweet Ladies, noticed the all

On the subject of sports, more "atta-boys" go out to Sgt Ab MacDonald and MCpl Al Barron who will represent the Base at the Zone Bowling playoffs, to MCpl Mario Guitard who will join Chilliwack and represent the zone at the National Volleyball Championship. Well done to all and good luck.

Congratulations are also due to Cpl Rene Aubertin for his just announced promotion effective 1 May 88.

In closing I want to leave you with one bit of trivia...and that is that Manual Labour is NOT the President of Mexico!

FROM THE FLOOR Our good luck goes out to Al Barron and Ab MacDonald, who will be participating in the bowling regionals in Chilliwack. To make the odds better boys, grease the finger holes in the competition's gear.

Our welcome goes out to Cheryl Trenholm. You're doing a great job even if Gordy does seem to be hovering about a lot. Also we smokers appreciate the warmer temperatures in the smol tunnel were gettin

We're sad to announce the retirement of MCpls Lewis and Martin. We wish them the heartiest and happiest returns and will miss their experience and faces in the hangar. Best of luck in the future Frank and Al, do

First time in the history of chopper maintenance Patty is smiling. Sarge Antoine is excited. Thieves in the night - pilfering his beloved 454 and his shouts of: "You want it finished WHEN - HA," can be heard above the hangar. Gilles Philie will be leaving 3 months early. The Power Fitters, Lace and Satin Sooley and Madd Meta are taking up the slack. First order of business, a new paint job and there is some talk of matching curtains to spruce things up the way only a woman could do. The strain is starting to show on the rest of the lads.

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SECTION NEWS



Anker Klankin Telecom Bytes & Bits

Early April is definitely one of the best times for the VU 33 line crews for it's when they are treated to two air shows a day by the Snow Birds right outside and above the servicing area. No problem getting a tow crew as the guys are all grouped together taking in the formations and aerobatics.

Dear Sweet Sgt Hogarthy; Surprise - I'm on a day's leave - Back on Monday. Yours truly Pte Bernard

P.S. I'm not going to ASH-CROFT. I'm staying around the Valley. A member of the Sqn curling team has the type of

bicycle that only a daddy would own so now it's Maj Mon Unc.

Word has it that Merv says it's all go for the ski day on Friday 15th of Apr. Hopefully most of the troops will sign up for what may be the last chance to attack the down slopes this season.

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MCpl King - Gander (maybe)
MCpl Page - Ottawa
Cpl Arsenault - Baden
Cpl Puffer - Back to school
Cpl Rochon - Leitrium and,
Cpl "ziebart" Sirois - Trenton.

TRIVIA Long distance calls cost about half as much if you call to the States than it costs calling inside our very own country!

WHO AXED YOU? How do you make virgin wool? Use ugly sheep. May the ROM be with you. (Electro 911)

Thank You

Hello, very nice people: Greetings all -

I'd like to offer this small token of the full appreciation of Lt S. Evans, C.F./Sgt R. Hayes and all the Air Cadets and myself, for the fantastic weekend we all so enjoyed, this last weekend, while gliding with you all.

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The Cadets were wild in their praise on the bus going home, so if any of them forgot to throw you 5, and say a personal thanks, they meant to, and surely did wish to. Folks, it was mighty fine, and we're very grateful. We can only hope and trust that you good people can recover our invasion before you must up and away with another group.

Your arrangements and hosting of our weekend was exceptional. You might even have a chance to drop a kind word on our behalf to the hard working chief cook and his kitchen staff. They too, like the MT Section, bent right over for us. We trust our Cadets showed their personal manners throughout.

Again, many, many thanks. Cadets had a great weekend and thoroughly enjoyed the gliding.

Fraternally yours M.M. Johnston 808 Thunderbird Wing Nanaimo, B.C.

The Graduates...and staff



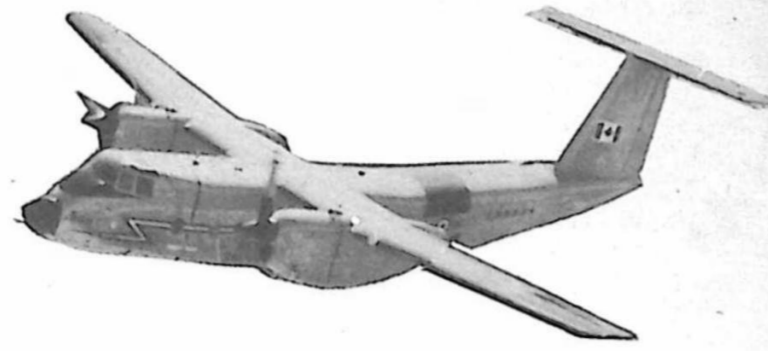
Course officers, instructors and students at the Maintenance Course held 29 Feb to the 7 Apr... Front Row: MCpl Skidmore (inst), MCpl Thibodeau (inst), Cpl Armstrong (student), Cpl Chapman (student), Sgt Adams (inst).

Advertisement for Comox Shoe and... featuring a boot image and contact information for IRLY BIRD CENTRAL BUILDERS' SUPPLY.

SECTION NEWS



442 Squadron



The five day, difficult and trying search for our Comox based F-18 concluded on Saturday. Poor weather conditions permitted only helicopters in for the first few days and then only in the lower areas of the hills. The condolences of 442 Sqn go out to the family and friends of Capt Michael (Leif) Erickson.

Herring Roe Season is over, and just in time from the haggard looks of the Labrador crews who have been logging 80 hrs a month!! Now they can get back to work.

SHAKE CHARMERS

The arrival of posting messages has quickly dispelled the anxiety and anticipation that normally builds this time of year as we wait to see if the Career Manager has heeded our pleas to...stay in Comox!

Word has it that the Baden Golf Club is already considering changes to the method of calculating handicaps in preparation for CWO Doug Ford's arrival! Doug is still trying to figure out how to get the Crown to pay for the shipment of his horse sized dog! Sgt Pat Burke is speaking with a bit of an accent these days as he prepares to move to 103 RU in Gander Newfoundland. I still don't believe he is really a descendant of Joey Smallwood! MCpl Gilles Dufour is off to Shearwater to add some "good vibrations" to their BAMEO organization and MCpl Jim Gaylor is going to remain in the SAR business but on the east coast with Summerside BAMEO. MCpl Wayne Paroch is also going to the island of the "bright red mud," ...maybe you can do better in a hockey pool in Summerside, Wayne! Cpl Richard Sylvain lucks in again and is off to the Air Maintenance Sqn in BADEN. Cpl Gilles Philie is posted to 3 FF-TU Bagotville...be sure to send us well trained people Gilles! Cpl Robin Trepanier will be joining Pat Burke in Gander...good luck on the Rock! Cpl Gary Keller also gets a one way trip over the Atlantic with his posting to 421 Sqn Baden...you may notice that those CF18s have no rotor blades Gary! Cpl Rick MacNab is taking his new family and sporting expertise off to Moose Jaw, Sask...just think of all the outdoor ice-time you'll be able to get now Rick!! Cpl Teresa Boyer is posted to the beautiful Annapolis Valley in Greenwood N.S....Ab says he is really going to miss you! After a lot of negotiation Cpl Ginette Kozakevich is pleased with her upcoming move to Edmon-

ton...Alberta is not a bad place to take the little bun out of the oven Ginette!

It's good news for Cpl Helene Nantel as her request for Occupation Transfer to Admin has finally been approved. Helene has been doing a lot of smiling these days along with a lot of typing. Good luck on your new course in Borden.

Speaking of good news, congratulations go out to Tim and Wendy Ford and Jim and Kathy Gaylor with the arrival of their little ones. I gather Tim and Wendy win the "Big Whopper" award as baby Jennifer weighed in at 9 lbs plus.

The rumour mill has it that Al Martin and Frank Lewis had a good time on their recent trainer down to Mexico, but...I wouldn't recommend you bring a "case" of what Al had to a party...they told you not to drink the water Al!

Speaking of Frank Lewis, he is relegated to driving his moped these days following a slight accident with his motorcycle. Did you make much of a dent in the car Frank!

Congratulations go out to the 442 SAMEO Curling Team for winning the Intersection Round-Up Bonspiel. Team members include Lt Kathy O'Brien, Sgt Dave LePatourel, Ex Sqn Capt Ron Smart and some more outside help from Lorna Oliver.

LET'S HEAR IT FOR THE BOYS

I had the distinct pleasure one day of watching our handsome 442 superheroes arriving back from a search.

The Buffs and choppers taxi in and line up as the marshalls direct them in. I wonder to myself, which chopper is my husband in and of course it's the last one - the one that makes the swishing noise. I don't know why that noise worries the women and why they keep asking about wire cutters - fretful lot. It seems like eons before the rotors and propellers finally stop. The hatch doors open and out comes the A-Team.

Making a beeline for the hangar, are those life-saving, fun-loving kind of guys. Yes, they're the SAR techs, the Bravehearts, who in their line of duty, must get to those places and see those situations that we cringe to think about. No wonder they let their hair down after a day's work.

You then see what must be the engineer, for who else goes scrambling all over the top of the aircraft, checking here and there. Those guys should wear suction cups on their feet -

great for taking dents out of the rotor blades and fuselage too.

Finally the pilots come stumbling out; I take a good look, as they all seem to look alike in their flying suits and mustaches. Excuse me, I must put a feminine jab in here for the women at the controls - think of them as Princesses of Power. Actually, Bionic Women would be a better name, after you see the paraphernalia they lug off the aircraft.

Back to my main man; Yes 'I see him now and yes he does look great. The little guy and I wait patiently for our hero to do his mundane, yet necessary and all important paperwork.

I then see the maintainers, clad in white - why white I'll never know. Their faces look a bit drawn as they approach the aircraft, for these overworked machines will probably be full of snags.

You then see all of the trolleys of equipment taken off the aircraft and then you definitely know the importance of weight and balance! How those babies stay up in the air, remains a mystery to me!

And there he is! - striding with a big, mischievous smile on his face. He gets in the car, kisses the little fellow and gives him a new toy, then he plants a big smooch on me. In the meantime, the little guy exclaims, "Daddy, I don't want you to go to Bella Bella anymore!" Off comes the wedgie and you then see before your eyes a true helmet head, with a few cowlicks to boot and earphone marks on the side of his head.

I start up the car and head for home sweet home.

Ladies, have you ever noticed that the men seem to be all hands and smiles on their way home? Truly impairs your driving.

Let's hear it for the boys!

BUFFALO CHIPS

Maj Allott and his crew set an all time record for efficiency by spending 400% less time in Calgary than the last crew! We regret to inform you that Capt Komocki was involved in a major accident last weekend. In fact it continued all weekend and he sustained severe neck injuries. The good news is that the rabies test results proved negative.

We would like to welcome Capt Leslie and Lt Jones to the Buff Pilot's Lounge. We're going to get them checked out ASAP so that the rest of us can go golfing.

On the subject of sports, more "atta-boys" go out to Sgt Ab MacDonald and MCpl Al Barron who will represent the Base at the Zone Bowling playoffs, to MCpl Mario Guitard who will join Chilliwack and represent the zone at the National Volleyball Championship. Well done to all and good luck.

Congratulations are also due to Cpl Rene Aubertin for his just announced promotion effective 1 May 88.

In closing I want to leave you with one bit of trivia...and that is that Manual Labour is NOT the President of Mexico!

FROM THE FLOOR

Our good luck goes out to Al Barron and Ab MacDonald, who will be participating in the bowling regionals in Chilliwack. To make the odds better boys, grease the finger holes in the competition's gear.

Our welcome goes out to Cheryl Trenholm. You're doing a great job even if Gordy does seem to be hovering about a lot. Also we smokers appreciate the warmer temperatures in the smoke room. The sub-arctic temps and wind tunnel were getting to us.

First time in the history of chopper maintenance Patty is smiling. Sarge Antoine is excited. Thieves in the night - pilfering his beloved 454 and his shouts of: "You want it finished WHEN - HA," can be heard about the hangar.

Gilles Philie will be leaving 3 months early. The Power Fitters, Lace and Satin Sooley and Madd Meta are taking up the slack. First order of business, a new paint job and there is some talk of matching curtains to spruce things up the way only a woman could do. The strain is starting to show on the rest of the lads.

We're sad to announce the retirement of MCpls Lewis and Martin. We wish them the heartiest and happiest returns and will miss their experience and faces in the hangar. Best of luck in the future Frank and Al, don't be strangers.

FROM THE CRIB

Future mushrooms to the hangar are: To Jim and Kathy Gaylor - a boy. To Rick and Barb McNab - a girl, and to Tim and Wendy Ford - a girl. Congratulations to all of the proud parents.

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SECTION NEWS

Anker Klankin Telecom Bytes & Bits



Early April is definitely one of the best times for the VU 33 line crews for it's when they are treated to two air shows a day by the Snow Birds right outside and above the servicing area. No problem getting a tow crew as the guys are all grouped together taking in the formations and aerobatics.

Dear Sweet Sgt Hogarthy; Surprise - I'm on a day's leave - Back on Monday. Yours truly Pte Bernard

P.S. I'm not going to ASH-CROFT. I'm staying around the Valley.

A member of the Sqn curling team has the type of

bicycle that only a daddy would own so now it's Maj Mon Unc.

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Fraternally yours
M.M. Johnston
808 Thunderbird Wing
Nanaimo, B.C.

The Graduates...and staff



Course officers, instructors and students of DIAC Display & Control Equipment First Line Maintenance Course held 29 Feb to the 7 Apr... Front Row: MCpl Skidmore (inst), Lt Carter (DSO), Maj Kightley (BAMSO), WO Jorgensen (DMTO). Back Row: MCpl Thibodeau (student), MCpl Gear (student), Cpl Vinette (inst), MCpl Armstrong (student), Cpl Chapman (student), Sgt Symons (student), Cpl Alarie (student), MCpl Ward (inst), Sgt Haugen (inst), and MCpl Adam (inst).

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SPORTS AND RECREATION

Sports Shorts

TAE KWON DO

Classes are held at the Base Rec Centre. They are open to DND Personnel and Dependants, DND Employees.

Classes will be held:
Mon, Wed & Fri
7 PM - 8 PM - Children
8 PM - 9 PM - Adults

Class Fees are \$25/month Plus purchase of a uniform. (\$40.00)

Registration can be at class hours.

For further information contact:

MCpl Hanes 339-0139 Work-339-8412
Cpl Perron 339-0994 Work 339-8557

ADVENTURE TRAINING

A. Base Personnel are reminded that the OPI for Adventure Training IAW CFAO 9-58 and ACO 9-58 is the BPERO; and B. Requirements for approval are quite detailed and must be into Command 30 days prior to trip date; therefore must be submitted to OPI 45 days prior to this date.

BASE GYM SUMMER HOURS

Effective 5 Apr 88 the Base Gymnasium is available for casual use as follows:

Monday to Friday - 1800 to 2100 HRS
Saturday and Sunday - 1300 to 1600 HRS & 1800 to 2100 HRS

BOWLING

The Pac Region Bowling Championship was held at CFB Chilliwack from 5 to 8 Apr 88. With CFB Chilliwack winning the competition. The CFB Comox team of Capt Denis Roy, WO Lyle McManus, Sgt Ab MacDonald, Sgt Doug Slauenwhite, MCpl Al Barron and MCpl Harry Weeds placed second with MCpl Al Barron winning the medal for High Single. The High Average and High Triple was won by Ron Chamberland of CFB Chilliwack.

Fit Week

Canada's Fitweek is being conducted throughout the country during May, 1988. CFB Comox will celebrate Canada's Fitweek (CFB Comox Fitweek) 30 May - 3 Jun 88.

Canada's Fitweek is a nationwide celebration of physical activity. The objectives of Canada's Fitweek are to:

- a. encourage increased participation in physical activity
- b. heighten the awareness among Canadians of the benefits and values of physical activity and fitness; and

c. strengthen the networks of individuals and groups offering physical activity programs, thus leading towards improved fitness for all Canadians.

A wide variety of programs will be organized by the PERI Staff for Base personnel during the week of 30 May - 3 Jun 88. Start honing up any physical skills you may have in preparation for this activity-filled week. Stay tuned for future articles and flyers with all the details concerning "CFB COMOX FITWEEK 30 MAY - 3 JUN 88."

CF PHOTO CONTEST

6 - 11 JUNE 88

The 1988 CF Photo Contest will take place from 6 - 11 Jun 88. All entries must arrive at the CF Photo unit on or before 30 May 88. Entries may be submitted by:

- a. members of regular force and dependants
- b. members of reserve force and dependants
- c. members from other nations attached on exchange duty with the CF and dependants
- d. civilians employed by DND
- e. members of the sea cadets, army cadets and air cadets.

Personnel who are interested in submitting entries are asked to contact the Base Rec Centre local 8315 for further information.

OUR NEXT DEADLINE
APRIL 25TH — NOON



Pipe Smoke

Gerry Gerow



I found a new book nestled among the junk mail in my mail box the other day. *Dog Training for Kids*, by Carol Lea Benjamin, Howell Book House, New York. US \$12.95.

This is the second training book written by Benjamin to join my doggy library. The first one is a winner and so is this one. Benjamin has written for kids. The book is written in language they can understand, and will go a long way to help any young puppy owner to understand his/her dog and begin simple training.

The book consists of 128 pages of text complimented by a number of photographs and by Benjamin's delightful cartoons.

Carol Benjamin is one of the top dog writers in North America, especially in her own field of expertise, training.

This hard cover edition will be a valuable asset to any young dog owner and should be required reading for them. It's hot off the press, but should be in book stores and pet shops soon, or you can order from the publisher.

XXXXXX

Recently there has been a lot said, both in print and on the boob tube about the illegal poaching of big game animals for their antlers and gall bladders which fetch big prices, especially on the oriental medicine market. The media coverage will of course, make the situation worse, as more individuals find out they can make a few bucks this way. My opinion is that on one is going to stop an individual who

is living in a remote area at the subsistence level or even below it, poaching these animals. It will continue to happen. That is, unless we resort to punishments which would be rated as cruel and unusual, and no one wants that. The only way to stop it is to make any trafficking in animal parts illegal unless they are certified carefully as being completely legal in their origin. For example, if someone is selling or offering for sale a gall bladder from a wild animal, then he should be heavily punished, unless he can prove in a court of law that it came from a domestic and legal source. It can be done. But it won't be done, unless our legislators can be convinced that it is important enough to take up their time passing the required legislation.

All of our game and fish laws need to be upgraded, and urgently, while there are still a few pieces of game and a few fish left. We are at the turning point, now. Teenagers, who today are just learning outdoor sports such as hunting and fishing, will live to see the day that they will not be able to practice these sports, except perhaps on expensive private preserves. It is the responsibility of our generation to see that this doesn't happen.

If the same amount of effort is put into protecting and enhancing our fish and game generally that has gone into the efforts to bring back the whooping crane, we can do it.

"Pickled Ball"



Pickle(d) ball winners during the recent tournament included from left to right - Cpl Taylor-2nd place, Capt Cossette-Winner Veterans, Lt Bercham-winner Womens, Lt Oliphant-2nd place Womens, Cpl Adams-3rd place mens.

...Rumour has it that the veteran Cossette had an "easy go." He played an assortment of novices to pull off his victory.

The first ever pickle ball tournament held at CFB Comox went off without a hitch. There was a great deal of talent to be found among the 18 people who entered.

The tournament consisted of a mens A and B division, and a women's open division. The round robin was held every day with the finals ending on the Friday.

Capt Cossette cinched overall winner of the men's division, with Cpl Taylor runner-up in second place.

In the womens division Lt Bercham grasped the overall title, with Lt Oliphant runner-up in second place. Winner of the consolation and third place in the men's division was Cpl Adams.

Draw prizes were won by Sharon Boucher and Cpl Goerzen.

Thanks to all participants, each and everyone of you played well. We hope to see you, and many people in the tournament next year.

Good luck Good Pickle Ball.

SPORTS & RECREATION

Fitness for Life Club



Capt Prong presents the first Fitness For Life Certificate to MCpl Roger Skidmore for his achievement. Well done Rog!

FITNESS FOR LIFE CLUB

Physical fitness is a personal challenge. To get fit and remain fit is a struggle for everyone. No one has it easy and as you know the older you get the harder it is to maintain your fitness level. This is why you must choose an activity that you enjoy doing. That is the "Secret" to successful fitness training. Develop a lifestyle pattern for yourself

and your family. That includes a proper diet and an active fitness programme. Be Fit and Be Happy.

POINTS TO PONDER

1. Give yourself a goal for each week or month for your first 500 pts etc...
2. Start at your own pace. It is better to exercise on a regular basis rather than to do it all at once.
3. For those who have not been active, set yourselves a smaller goal as low as 10 to 15 pts per week and for the ones who are already into regular physical activity aim for about 25 to 30 pts per week.
4. Remember! You don't cheat anyone but yourself.
5. You don't lose anything while exercising, except a few pounds.

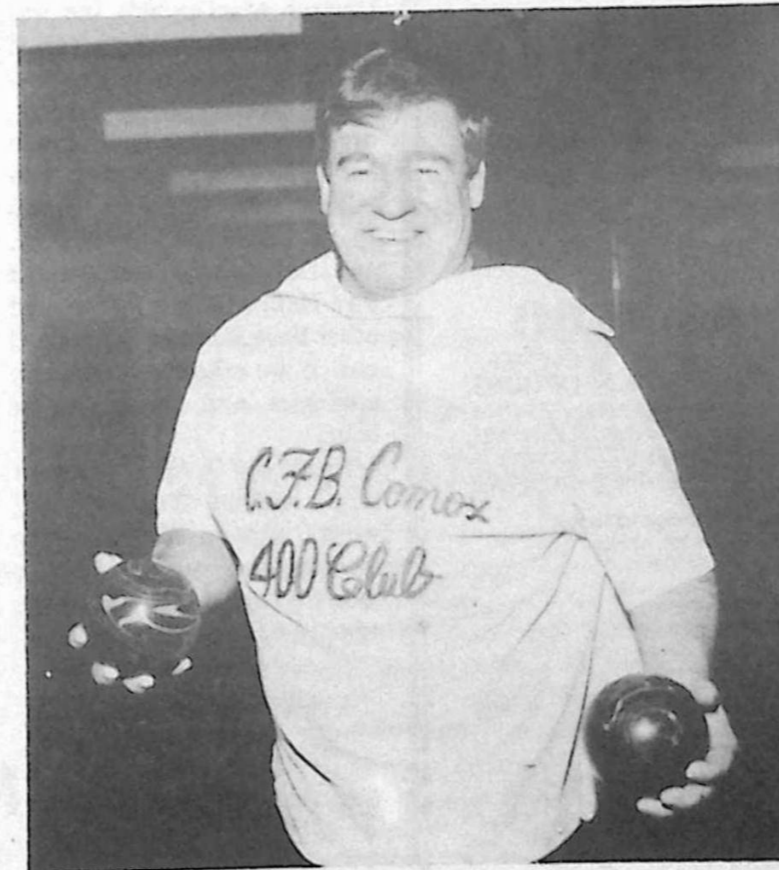
Bo-ling News

OUTSTANDING BOWLING AWARD

Sgt A.B. MacDonald was presented with a 400 Club shirt and pin for bowling a 403 score while bowling in the Sunday Mixed League at CFB Comox. Also congratulations to WO Lyle McManus for a near perfect game of 431 bowled during base Roll Offs.

The CFB Comox Lanes held their annual tournament on the 18-20 of March and we would like to thank everyone who turned out to participate, especially Peggy Valiquette for doing most of the preparations and the stats. Everyone had a very good time and except for a few minor problems that will be ironed out by next year, the weekend was a great success. Congratulations to the following winners:

A Division - Pin Heads
B Division - Dusters
C Division - Club 50
However, everyone was a winner in this tournament as every team won something. We hope to see most of you again next year.



SGT A.B. MACDONALD

World Class V-Ball Player

Did you know we have a World Class Volleyball player here at CFB Comox? Yes, you guessed it right. This is a tall handsome gentleman by the name of 2Lt Franco Cerentola who is presently attending the English Language Training course at Comox.



2LT FRANCO CERENTOLA

Franco was born 2 Feb 62 in Quebec City and is from an Italian background. He has a degree from CEGEP and graduated from the University of Laval in Quebec with a degree in engineering.

Franco has been playing Volleyball since the age of 12 in Quebec City. He played for four years with the University of Laval team. In 1980 he played with the Canadian Junior National team in the American/Canadian tournament in Calgary against teams from Bermuda, USA, Cuba and Mexico.

In 1984 he became a member of the Senior Canadian National Team and represented his country at a major tournament in Europe.

Franco has his sights on becoming an AERE officer and eventually hopes to be posted to CFB Comox in order to look

after Butch March. Franco was instrumental in CFB Comox Servicemen winning the Pac Region Volleyball Championship recently. Unfortunately, he will be unable to attend the CF National Volleyball Championship at CFB Gagetown due to his school requirement here, but we also know that Franco's heart will be with the team throughout the tournament, and that the team will certainly do their best to "WIN THE GOLD FOR FRANCO."

THANKS HAROLD

Meet Cpl Harold Peacock, a Tel Tech from the BAMS organization. Originally from Colborne, Ont. where his folks still live, Harold joined the CF in March 1977 as a Tel Tech. After spending time learning his trade in Kingston, Ont. he was posted to CFB Det Nanaimo in Apr 77 and to CFB Comox in Jun 83.



CPL HAROLD PEACOCK

Cpl Peacock is not one to follow others. He would rather lead and likes to get involved. Therefore he volunteered his time this past winter to act as the President of the Intersection Curling League. Cpl Peacock's experience and wealth of curling knowledge transformed 12 teams into a very active 24 team league. Cpl Peacock is an avid curler himself and spends a minimum of four nights a week on the ice.

Not one for sitting idle once the curling ice is gone, Cpl Peacock can be seen wrestling with the big ones on the water, hacking up the golf course or trying to hit the big one out of the park.

Volunteers like Cpl Peacock are hard to find. It is only through the assistance and extra efforts of such dedicated personnel that CFB Comox is able to conduct Intersection Leagues of a high calibre. From those who were there, thanks Harold for a super season and an excellent job as President. Good luck with your fishing rod this summer.

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ON AND OFF THE BASE

KINSMEN RADIO/TV AUCTION

Don't forget the Kinsmen Radio/TV Auction live from Courtenay Junior School. The Auction will be broadcast live on CFCF and CATV Channel 10. SUNDAY APRIL 17TH - 10 AM - 8 PM

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 - Chrome grille and exterior trim
 - Full carpeting
 - AM FM stereo
 - Rear twin tube bumper
 - Sport stripe
 - Chrome dual mirrors



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Buy this value package Xtracab Long Bed NOW and get SEVEN FREE OPTIONS worth \$795⁰⁰ at no increase in the manufacturer's suggested retail price.

- Value Package Includes:
- Styled steel wheels
 - Rear bumper
 - Cloth split bench seat
 - Full carpeting
 - Deluxe door trim
 - AM FM stereo
 - Sport stripe



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COMMUNITY COUNCIL

Saturday 2 April saw the annual Easter activities in the PMQ area. Even though the Bicycle Parade had to be cancelled because of the nasty weather, the bike and costume judging and egg hunt went ahead as scheduled. After all, a little rain and wind isn't going to dampen the enthusiasm of kids who know they are going to find the eggs and loonies that were left behind by the Easter Bunny. Besides there was lots of hot chocolate for the children, and coffee for the Moms and Dads to warm up with.

The winners of the various contests are as follows:
COLOURING CONTEST
4 yrs & Under-Lindsay MacDonald
5 to 8 yrs - Veronique Fontaine
9 to 12 yrs - Jamie Bostock

BEST DECORATED BICYCLE
1st Prize - Mark Levasseur
2nd Prize - Lindsay MacDonald
3rd Prize - Amanda Peever

BEST COSTUME
Girl - Stephanie King
Boy - Adam Plante

Despite the weather, the turnout was good. Thanks go to Cindy Kinley, Gisele Paul, Amy Ormsby, and Karen Larocque, who did the judging of the pictures in the Colouring Contest.

Also to Roy and Diane Lambert, who assisted the mayor with the judging and presentations for Best Decorated Bicycle and Best Costume, to Shaune Rochester and Rhonda Bennett, who were bunnies helping out with things, to Darlene MacDonald; she was the cute Bunny with the basket giving out eggs and loonies, who was the primary organizer of the activity, and to her helpers Joanne Zotek, Dick Hillard, Al Chappin, Jean-Marie Bosse, Wayne Moore, and Dave Jones. And to the Fire Hall, Military Police, and other Base Sections that helped out. If we missed anyone, our apologies, and thanks for the help.

Sunday, 10 April saw our First Annual Kite Contest, which went over well, even though the weather again didn't cooperate. There was no wind.

Even though there was minimum participation, fun was had by those who entered. Maybe next year it will catch on, and there will be a better turnout.

Winners of the prizes are as follows:
AGE 10 & UP
1st Prize - Billy Cousley
2nd Prize - Angie Bostock
3rd Prize - Kendra Chappin

AGE 9 & DOWN
1st Prize - Chris Tack
2nd Prize - Brad Pegg
3rd Prize - Allan Huard

We thank all those who entered, and every one of the participants who didn't win will still be getting a small something for their efforts. Thanks also to Al Chappin who organized this activity, and Dave Jones who assisted the Mayor with the judging.

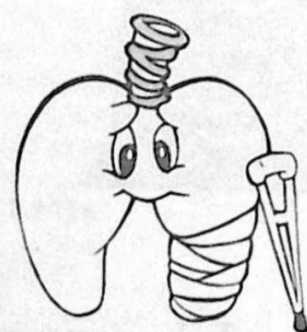
Enjoy the nice spring weather, and start getting your PMQ yard in shape for the Beautiful PMQ Contest. More details will follow.

NOTE: Applications are being taken for PMQ children, ages 13 to 17, with a gasoline lawn mower, who wish to earn some money cutting lawns of vacant PMQs. Call the PMQ Assn office, local 8571 during the hours of 0830 to 1300.

The PMQ Council will be having a community GARAGE SALE, Saturday, April 30th, at the Airport School gym, from 9:00 - 2:00 p.m. Rental fee per table will be \$5 and will be sold on a first come, first serve basis. For further information and table reservations you can phone Liz Hillard at 339-7618 or Joanne Zotek at 339-7725.

Tables may be purchased by the military community ONLY.

We will be having our White Elephant and Bake tables. Donations would be greatly accepted. This is the only time the Council has the opportunity to try to raise funds for any upcoming events. Any donations to these tables can be dropped off at the gym on the morning of the 30th, or, dropped off at PMQ 68A Elm or PMQ 103D Spruce.



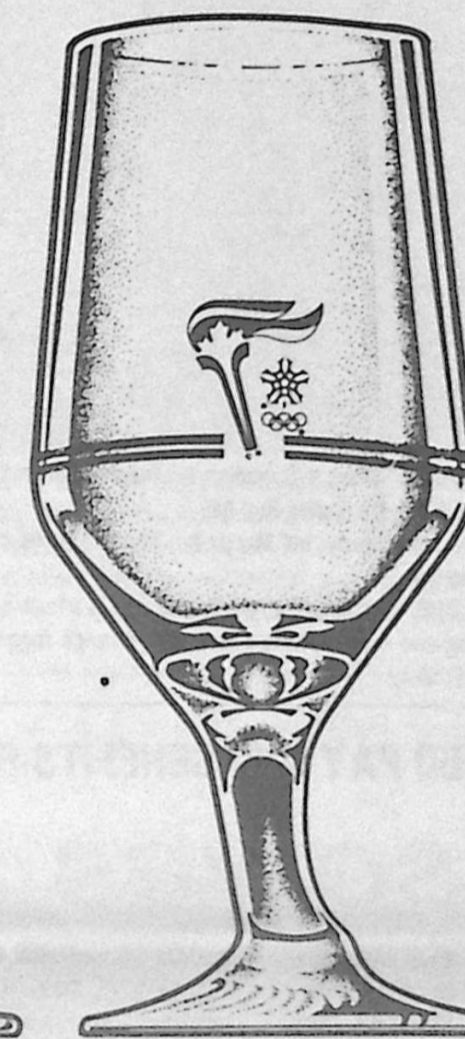
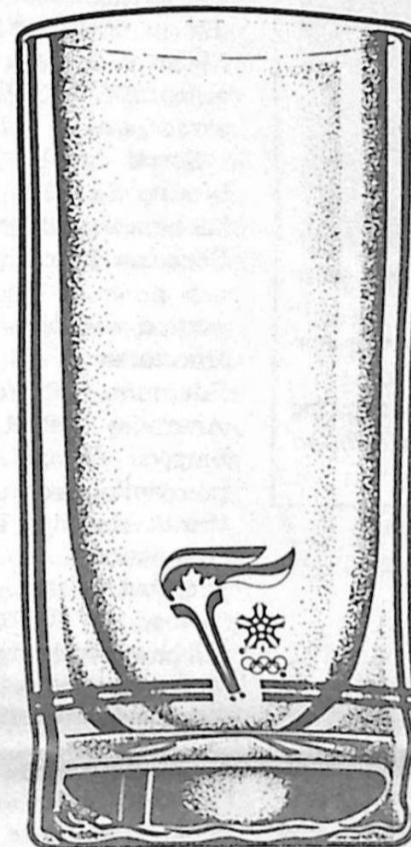
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The Olympic Torch Relay Legacy Fund
Each time you purchase a commemorative glass, Petro-Canada contributes 10¢ to the Olympic Torch Relay Legacy Fund. The fund will provide awards for promising athletes and coaches across Canada and will help these young people to pursue their education while continuing their athletic commitment. Your glass purchases will add to the fund, which is nearing \$4,000,000.

XV Olympic Winter Games



Sponsor and Organizer
Olympic Torch Relay

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A COMMISSIONAIRE'S DUTY

The Commissionaire sat in his little shack
With windshield concentration
When boiling out from somewhere
They carried signs and bull-horns
And screamed their theme of hate
They boiled all around his shack
As they headed for the gate
They protested against everything
From Sex to the F-18
The shouts weren't all intelligible
But sounded quite obscene
They carried painted banners
Of peace and hate and mother
And shouted of so many things
They contradicted one-another
The MPs barred the entry

With guns and clubs and gates
While the seething mob boiled around
Screaming their "peaceful" hates
They wanted to send the Yankees home
As if Castro was their pet
In fact they wanted so many things
They couldn't half be met
The Commissionaire grimly locked his doors
And prepared to do his duty
Then he noticed among the mob
Here and there a cutie
That made the watching a whole lot better
So he climbed down from his perch
In fact he even volunteered
To do a "hidden weapons" search
But he couldn't seem to catch one
To be a fly and him the spider

Even in the midst of things
He felt like a real outsider
Louder they began the shouts
The bull-horns began to wail
The way they shook the gates and shack
Would show on a Richter scale
Anyone who pushed through the gates
Had used up all his luck
They were soon handcuffed by the guards
And tossed in a pick-up truck
How can this wild melee end
What's its final culmination
How can anyone stop
A violent demonstration
Once again they climbed the fence
The guards had caught a bunch
Then someone noticed the clock

"Hey, it's time for lunch"
It's funny how it died away
As hunger took its toll
A starving demonstrator
Soon forgets his role
The bosses must all remember this
When future riots loom
A lack of food and bathrooms
Soon will spell its doom
The Commissionaire once again
Resumed his gate guard duties
But he growled and muttered to himself
He'd sooner be checking cuties.

By Frank Coffey
Commissionaire Main Gate

Canadian Forces Update

Grunts Grunt



SAPPERS from 2 Troop, 1 Canadian Engineer Regiment based at CFB Chilliwack dismantle a medium girder bridge while on Exercise Valley Run 88.

The exercise was conducted March 8 - 18, 1988 and consisted of more than 600 soldiers and airmen from Canada and the U.S.

Along with 300 vehicles, the engineers and various support elements covered 170 Km while conducting bridging, rafting and road building operations through rugged B.C. terrain under adverse conditions. (CF Photo by Sgt. J.F. Smith).

INCREASED PAY AND BENEFITS FOR CF RESERVES

Reserves Benefit

TORONTO — The Minister of National Defence announced increases in pay and benefits for members of Canada's Reserve Force at a news conference held recently.

cent to 50 percent of the full-day rate of pay, a further incentive to reservists who regularly give up one or two evenings each week for military services.

The Government has approved increases for Class A and Class B Primary Reserve Force service averaging 4.5 percent retroactive to October 1, 1987; 3 percent effective April 1, 1988; and another 4.5 percent effective October 1, 1988. As well, the rate of pay for less than six hours' work will be increased from 45 per-

The need for expansion and the revitalization of the Reserve Force were emphasized in the Government's White Paper on defence, released last June. (In most NATO countries reserve forces outnumber their regular force counterparts, but Canada stands out as a glaring exception with only 21,300 active Reservists as compared to 84,600 Regulars).

"One of the most important elements of our new defence policy is the revitalization and expansion of the reserves," said Mr. Beatty, "to make them a fully effective component of our Total Force."

The Reserve Term Insurance Plan which offers similar benefits to the policy available to Regular Force members has been introduced to Reservists. Travel on regularly scheduled Canadian Forces passenger aircraft, on a space available basis, will also be granted to Reservists as it is to their Regular Force counterparts.

1 Canadian Division Formed

KINGSTON, ONT. — The Associate Minister of National Defence announced recently that the headquarters for the arm's new 1 Canadian Division will be located in Kingston, Ont. in peacetime. A small element of that headquarters will also be located in Lahr, West Germany. In a crisis, the whole headquarters would be moved quickly to the Central Region in the Federal Republic of Germany.

As outlined in the White Paper on defence, the Canadian Forces' commitments of a brigade group to northern Norway and of a brigade group to the Central Region are being combined into a single, division-sized commitment to the Central Region. 1 Canadian Division will consist of 4

Canadian Mechanized Brigade, base in Lahr, 5e Brigade du Canada, based in Valcartier, Que. and the necessary supporting elements. This new commitment will take effect on Nov 30, 1989.

Kingston was chosen as the peacetime location of the Division Headquarters because of the presence of the 1st Canadian Signal Regiment, which will provide the necessary communications and administrative support for the Division Headquarters staff.

"This will mean a new and important challenge for the members of 1st Canadian Signal Regiment for many years to come," added Mr. Dick. "For Kingston, the new headquarters should be a source of local pride, as well as a boost to the local economy."

This summer, about half of the headquarters staff will be posted to Kingston, and Lahr, while the remainder will take up their new posts next year. By the fall of 1989, the strength of the combined headquarters will be 102 officers and non-commissioned

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EXPRES

THE EXERCISE PRESCRIPTION

"It will be a bestseller, mark my words." Maj Wayne Lee, physical fitness policy and research developer at DPERA was talking about a new book due to be launched by MacMillan of Canada this spring called *EXPRES, The Exercise Prescription*.

Sound familiar? It should because Dec 1983, EXPRES has been the cornerstone of the Canadian Forces physical fitness program. The evaluation portion was developed by the Directorate of Physical Education, Recreation and Amenities (DPERA) and the Surgeon General, while the prescription portion was further developed by DPERA and consultation with PARTICIPATION.

Now the EXPRES system will be available in pocket book form at bookstores everywhere and, if it follows the pattern of the *SBX* and *IOBX* (basic exercises developed for the Canadian Forces in the 1950s) books, will prove to be very popular with civilian fitness enthusiasts.

Because of the imminent approval of a new Canadian Forces minimum physical fitness standard, there is even greater emphasis on the successful EXERCISE and PRESCRIPTION program, which will be used for basic evaluation and programming.

CFEXPRES has three elements: a health and physical fitness evaluation, an exercise prescription and a personalized training schedule. The exercise prescription is the crux of the entire plan. It is tailored specifically to the individual fitness needs and the requirements of the CF, while, to the greatest extent possible, catering to personal interests. In addition to a variety of muscular strength and endurance programs, a training plan can include walking, cross country skiing, skating or cycling. Other choices include snow-shoeing, jogging, rope-skipping, stationary cycling and swimming as a means of developing aerobic fitness.

EXPRES, the Exercise Prescription will cost \$6.95 in bookstores and is expected to be a huge success. But this unique program is available at no cost at all to members of the Canadian Forces and is as close as your nearest PERI.

"The EXPRES program is trying to get you active, trying to make you a better person," said Maj Lee. "When people come in to be re-tested saying they are happy with their program we know we are, in a large part, achieving our goal."

East Coast Intercept

OTTAWA — Two Soviet "Bear" aircraft were intercepted early on the morning of March 24th off the coast of Newfoundland on their way from the Soviet Union to Cuba.

According to the North American Aerospace Defence Command (NORAD), the Soviet Tupolev-95 "F" aircraft were intercepted about 250 kms from St. John's just before 1 a.m. The fighter interceptors, two F-16s of the 158 Tactical Fighter Group, were scrambled from their Burlington, Vt. base. The Bear Fs were initially detected and tracked by a U.S. Air Force Airborne Warning and Control Systems (AWACS) E-3 aircraft prior to the F-16's successful interception and identification.

The Bear "F," a long-range military aircraft used for anti-submarine warfare, remained

over international waters and at no time penetrated Canadian airspace. Today's incident marks the 7th time this year that military aircraft of the USSR have been intercepted off Canada's shores by Canadian or U.S. fighter interceptors under operational control of NORAD.

Air defence fighter interceptor aircraft stand on 24-hour alert ready to be scrambled within 12 minutes if an incoming aircraft is detected by radar and cannot be correlated with a flight plan.

The fighter interceptor force carried out the NORAD task of controlling access to sovereign airspace of Canada and the U.S. in peacetime and would provide defence against an attack from bombers and cruise missiles in the event of hostilities.

Canadian Forces Update

Fitness

...an update

Following four years of study and research, a new minimum physical fitness standard for the Canadian Forces will be approved in the very near future with its introduction taking effect 1 April 1990.

The development of the new program has involved the Deputy Chief of Defence Staff; NDHQ environmental staffs; the Surgeon General; the Director Physical Education, Recreation and Amenities; the Defence and Civil Institute for Environmental Medicine and Queen's University.

Phase three, the last step, of the program is currently being validated by the Ergonomics Research Laboratory of Queen's University's School of Physical and Health Education, Department of Mechanical Engineering. The new standard will be adopted by the Canadian Forces after final approval has been given by Armed Forces Council.

Maj Wayne Lee, Physical Fitness and Education, DPERA, said that in Dec 1983, the Chief of Defence Staff stated that a new minimum physical fitness standard be developed using the new CF EXPRES (exercise prescription) format for basic evaluation.

To help in establishing the new Canadian Forces Minimum Physical Fitness Standard (CFMPFS) a set of common task requirements, applicable to all CF members regardless of age, rank, sex, environment, classification or trade, in operational or non-operational roles, were selected. Armed with this data and using methods detailed in the Canadian Human Rights Commission's Bona Fide Occupational Guidelines of 1978 the research began. Not only is there a requirement to show that the performance standard is correct but there is a need to ensure that legal and human rights considerations are satisfied.

In the meantime, to fill the gap between now and the implementation of the new,

minimum physical fitness standard, a set of CF minimum physical fitness training objectives have been introduced as a means of gauging the physical fitness status of personnel and to provide a motivational tool for personal use. Over the next two years these training objectives will be appropriately raised to meet CFMPFS when it is finally put into effect. All members should be aware that career policies and sanctions will be introduced to support the new standard. While these policies have yet to be approved, personnel should be regularly participating in the CF EXPRES program, so as to be prepared when the standard is applied.

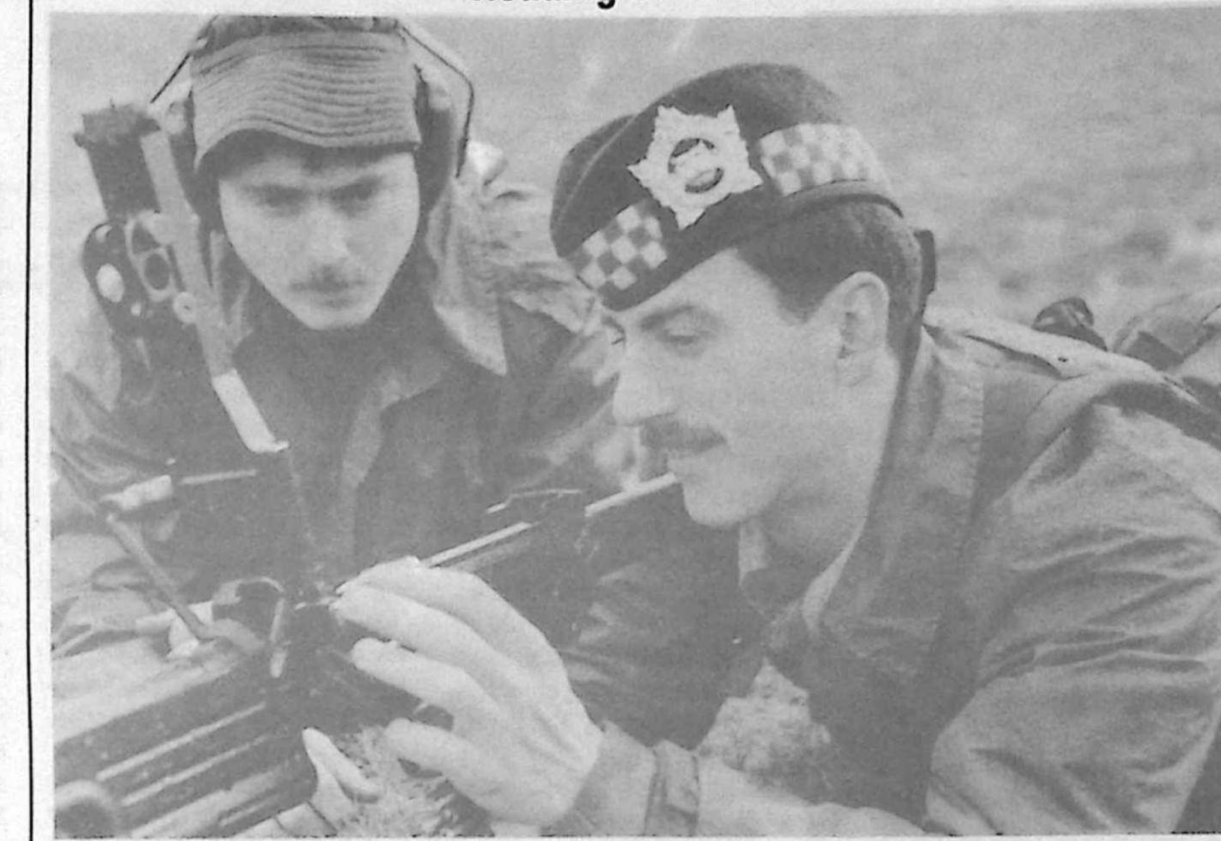
Maj Lee pointed out that the minimum physical fitness standard will be just that - the minimum level of fitness required by members to permit them to meet the physical demands of the common tasks. It is not an ideal or an optimal level of fitness and should not be considered as the only physical performance level in the Canadian Forces.

While the new physical fitness standard will have Force-wide application, the need for higher levels of fitness will eventually be identified, standards produced and programs introduced to ensure operational readiness and effectiveness. For example, work will begin this fall on an army 'environmental' standard. Later, the requirements of specialist environments, such as SAR technicians, divers, firefighters, and others will be addressed.

Maj Lee emphasized that the purpose of standards is to assess physical operational readiness and to take corrective action for the unfit by providing special programs for individuals and units.

"Fitness is a lifelong activity and must be part of every military member's lifestyle," said Maj Lee, "Remember, don't do it just for us, do it for yourself. You'll do your job better and have lots of energy left to enjoy your leisure times."

Heading Overseas



CYPRUS BOUND...Cpl Stephen Morrison, a member of the Argyll and Sutherland Highlanders of Canada, (right), loads the new C-9 machine gun. Pte George Williams, a small arms instructor with the Third Battalion Princess Patricia's Canadian Light Infantry (3 PPCLI) based in Victoria, B.C., observes.

Weapons familiarization for nearly sixty Militia members from across Canada was conducted by 3 PPCLI in preparation to join the battalion for a six-month tour of duty as UN peacekeepers on Cyprus which started in March. (CF Photo by Sgt. J.F. Smith).

Why Nuclear Submarines

The first submarines acquired by Canada were used in World War I off both West and East Coasts in anti-surface ship missions, and give us an early example of the deterrent effect of a submarine force-in-being on the Kaiser's cruisers operating in the Pacific.

After World War II peacetime ASW training dominated naval thinking. From 1955 to the early 1980s submarines operating out of Halifax as well as the West Coast submarine, (1961 - 1974), were used chiefly as practise targets for surface and air ASW forces. In the early 1980s the Oberon class boats began to be employed in their designated role, that is real-time surveillance patrols in the Canadian area of responsibility in the Western Atlantic, (CANLANT). Today their employment is mixed, with the majority of their operating time still spent in NATO or joint Canada-US (CANUS) exercises and operational readiness training.

FUTURE ROLES AND MISSIONS
With the acquisition of 10 to 12 SSNs over the next 27 years, it may be assumed that there will be a shift to spending more time on submarine surveillance patrols. However, submarine operational readiness training, particularly in the unfamiliar waters of the Canadian Arctic, the Labrador Sea, off the West Coast and in the Gulf of Alaska will have to be given the highest priority. No doubt a considerable amount of training will also be devoted to submarine versus submarine, "hunter-killer" ASW training with the traditional "clock-work mouse" mission of being a target for other types of

maritime forces as an important secondary activity. In wartime, Canadian submarines would be used primarily in patrol operations aimed at intercepting and attacking hostile submarines.

THEATRE ASW SUBMARINE ROLES AND MISSIONS

From the foregoing general assumptions the roles and missions of Canadian SSNs in the three oceans can be postulated.

The Atlantic Canadian SSN will provide defence in-depth in both the Atlantic and the Pacific. In the Atlantic, peacetime surveillance patrols would likely be conducted in the Canlant area off the Grand Banks, in the Labrador Sea and the David Strait. Unlike the diesel-electric Oberons, the SSN would be able to carry out covert area surveillance using its towed passive acoustic array in sprint and drift mode, either alone, or in cooperation with maritime patrol aircraft (MPA) or ocean surveillance systems.

It could also be used in tracking targets of interest, including the high performance submarines expected in the future. All such operations would be directed by the Admiral in Halifax under strict peacetime rules of engagement.

In tension or hostilities, maintenance of the sea lanes of communications is a fundamental requirement of deterrence and the forestalling of early use of nuclear weapons in Europe. Regardless of the Soviet Navy's peacetime tasks and operational employment, their attack submarine force represents a formidable capability to interdict the sea lanes. Maintaining sustainable trans-Atlantic sea lanes is vital

to NATO. Thus for the next 20 years the employment of Canadian SSN would likely be much the same as today in a similar situation. Currently, with the prior consent of the Canadian Government,

Canadian submarines at a particular time in "a period of rising tension" would be assigned to barrier patrols in the Greenland-Iceland-United Kingdom (GIUK) gap under the operational control of the Supreme Allied Commander Atlantic (SACLANT). Their mission would be to prevent Soviet submarines from attacking the trans-Atlantic sea lanes. Our SSN could also be employed in the distant area support of shipping under Canadian control. In either case, command of the submarine would remain vested in the Government of Canada through a Canadian Admiral in Halifax.

To summarize, in peacetime, the main mission of the Canadian SSN will be surveillance operations in the CANLANT area under Canadian command and control. At a certain stage in a period of rising tension or in the case of a conflict between NATO and the WTO powers, Canadian SSNs are likely to be assigned to shipping protection missions, either on barrier patrols in the GIUK gap, under SACLANT operational control or in distant support of high value shipping or convoys under Canadian control. In any event, command of Canadian maritime forces would remain in Canadian hands.

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AROUND THE BASE

Origins of the Species

John Bradley

8 (BOMBER RECONNAISSANCE) SQUADRON

No. 8 Squadron had started out as a General Purpose Squadron and had progressed through such various taskings and name changes as aerial photography, General Reconnaissance. 8 (GP) Squadron had been born at Winnipeg, Manitoba on 14 Feb 1936 when four Forestry Flights and a General Purpose Flight operating in the provinces of Manitoba and Saskatchewan were brought together to form a single unit.

Initial aircraft types within the first year of operations included a number Fairchild 71s, Bellanca Pacemakers, both high winged monoplanes, a couple of long in the tooth Canadian Vickers Vedette biplane amphibians, and a number of Northrop Deltas.

A change in location was made on 1 Feb 1937 when the unit transferred to RCAF Station Rockcliffe. While in Rockcliffe they retained their GP designation but changed jobs in that they were now tasked with aerial photography, which was by this time normally assigned only to the actual Photographic Squadrons. A number of photographic flights were carried far afield in Canada's North and North-West. In a number of cases the pictures taken on these flights helped to produce the first accurate maps of many areas.

Normal peace-time operations carried on until 26 Aug 1939 when they were alerted by RCAF headquarters as tensions in Europe began to increase. During Aug 8 Squadron lost three of its aircraft types when all of the Fairchild 71s, Pacemakers and Vedettes were removed from service. This left the unit with only their Deltas to carry on for over a year.

The unit was transferred to Sydney, Nova Scotia immediately upon being recalled and had been redesignated as a General Reconnaissance as of 1 Sep. As it turned out, the unit was to receive the sad distinction of claiming the RCAF's first wartime casualties. On 14 Sep pilot F/S J.E. Doanart and crewmember LAC D.A. Renne were killed in the crash of Delta 673 in New Brunswick. It was not until the summer of 1958 that the wreckage was finally located north of Fredericton. Just two days before this accident, 8 Squadron had flown their first mission from Sydney to a maritime patrol. The day of October designations once again became 8 Bomber Reconnaissance Squadron. As their mission was con-

voy escort and anti-submarine patrols. The patrols carried on through the remainder of 1939 and the whole of 1940 with boring regularity. Little happened to change the units routine until Dec 1940 when a number of Bristol Bolingbroke Mk. I and IV twin engined bombers came on strength. The Bolingbroke was the Canadian built version of the Bristol Blenheim Mk. IV light bomber. The squadron was now able to fly farther and faster as the aircraft had a range of 1,900 miles and could cruise at 225 mph. The Bolingbrokes did not remain long in Sydney as they were sent on detachment to RCAF Stations Uplands, St. Hubert, Moncton, and Yarmouth. The Bolingbrokes at Yarmouth were eventually handed over to No. 119 (BR) Squadron.

Routine patrols of convoys carried on until Dec of 1941 when they were informed that they would be transferred to British Columbia due to the recent declaration of war against Japan. This was to be the first time that a coast to coast deployment of an RCAF squadron would take place. No. 8's Bolingbrokes proved to be Canada's only effective West Coast bombing force at this early stage of the war. They had deployed to Sea Island just outside of Vancouver where they remained until June 1942. Patrols began immediately and on Feb 5 they reported sighting a submarine off the Northern tip of Vancouver Island.

8 Squadron was sent North to Anchorage, Alaska as part of the RCAF's "X" Wing, in response to the Japanese threat and later invasion of the Aleutians. Aircraft were also sent out on detachments to Kodiak and Nome where they would remain until Feb 1943 and Dec 1943, respectively. With the pressure reduced, the bulk of the unit returned to B.C. in early 1943.

With a few weeks of their return to Sea Island they were informed that they would be soon losing their Bolingbrokes and would receive a dedicated patrol bomber in the form of the Lockheed-Vega Ventura G.R.Mk. V twin engined bomber. By the autumn, detachments were sent to Tofino with six aircraft and to Port Hardy with four aircraft. The Tofino detachment would remain for only two weeks but those sent to Port Hardy would remain at that location for two months. At the end of Dec, instead of recalling the detachment, the unit moved lock stock and barrel to Port Hardy where they would remain until mid March 1944.

A final move would take place in Mar that would see the entire unit move from Port Hardy to Patricia Bay on the southern tip of Vancouver Island. There they would remain until they disbanded on 25 May 1945. The final mission was flown on 16 May but like so many of their previous anti-submarine sorties, nothing was reported or sighted.

8 (BR) Squadron had served on both coasts throughout the war but had little in the way of success against the enemy to show for their devotion to duty and for the sacrifices made. The unit flew almost 2,500 sorties and had a total of 22,278 hours of combined

operational and non-operational flying time. For all of these flights, 8 (BR) Squadron had no victories of any type to claim against the enemy. On operations they suffered no aircraft or personnel losses but on non-operational missions they were to lose four aircraft and six personnel killed. Between 1939-1942 all aircraft carried the YO code and after 1942 the GA code was utilized.

Due to their being disbanded at an early date and because they were not reformed, 8 Squadron did not receive their Battle Honours. Had they remained they would have

received the dual Honours of Atlantic 1939-1945 and Pacific Coast 1941-1945. Individual awards included 2 AFCs, 1 AFM, and 1 Mentioned in Despatches.

8 Squadron received a Badge that included the head of a Musk-Ox, and the motto, in English, Determined to Defend. The unit had spent a large amount of time in Canada's Northwest and the Musk-Ox was chosen as the main symbol in the Badge because the animal was known for its ferocity of attack. This being the trait most required for a Bomber Reconnaissance squadron.

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Registration 12-1 PM

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Music by WESTWIND

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Apr 22-23
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SUNDAYS 11 am to 6 pm
MONDAYS LA Drop-In Bingo-7:30 pm
Men's Dart League-Navy Room 7:30 pm
TO Apr 11, Recess to Sept.
TUESDAYS Mixed Dart League *Upper Hall* 8:00 pm
to Apr 12, Recess to Sept. Fun Darts during recess.
Crib League-Lounge* 7:00 pm
WEDNESDAYS Navy League Drop-In Bingo*
Upper Hall 7:00 pm
THURSDAYS *1st* Branch Executive Meeting 8:00 pm
L.A. Executive Meeting as required
2nd L.A. General Meeting-Upper Hall 8:00 pm
3rd Branch General Meeting - Upper Hall 8:00 pm
FRIDAYS T.G.I.F. in Lounge 2-6 pm
Meet Draws *Lounge* 2-6 pm
SATURDAYS Dance - Lounge - Downstairs unless advised
Meat Draws *Lounge* 2-6 pm
Dance *Lounge* Downstairs unless advised
Dance or Jam Session TBA

SPORTS

SUNDAY APRIL 17
CRIB TOURNAMENT -Lounge. Registration \$3 by 12:30 noon. Start 1 PM. Members and Guests.
SUNDAY APRIL 24
EUCHRE TOURNAMENT. Lounge. Registration \$3 between 12 and 12:30 noon. Start 1 PM. Members and Guests.



Let's Talk Easter Reflections

For the past few weeks, the coming of Easter has been a constant reminder. Special sales have been advertised through radio, TV and newspaper. People have rushed out to purchase chocolate Easter eggs, Easter "bunnies" and the latest spring fashions. To say the least, business has been booming.

Special Church services have been announced, with the invitation to "come and worship." For many, there was a sense of excitement and wonder and awe, as early risers greeted the new Easter morning, in a time of worship, remembering the gladness of the first Easter Day.

But Easter has come and gone. The bells have ceased their chiming. The lilies have made their grand announcement that "Jesus is alive."

What did Easter really say to us? What did it all mean? Are we justified in spending so much money on satisfying a "Whim" or a "weakness" for all that "chocolatey" goodness? Why do we have to wear a new outfit on Easter Sunday? Easter should remind us of the fact that we worship a God who is alive. That is why Christianity differs from all other great religions of the world. Other great leaders have come and gone. They died and were buried. Their graves are marked and people may visit what remains. But, Jesus conquered even death and he is alive forever more.

That is why we shout for joy and heartily sing: "I serve a risen Saviour; He's in the world today. I know that he is with me, whatever man may say. I see His hand of mercy, I hear His voice of cheer; and just the time I need Him, He's always there..."

Yes, the resurrection is a reality. We cannot escape from that profound truth. The empty tomb is there for all to see.

H.A. Ironside relates this interesting story:

"A Hungarian Countess, who was a professed unbeliever, commanded that her body be interred in a stone casket, upon her death, and that it should then be placed in a large magnificent tomb. A plate was placed on the front of this great tomb, giving her name and some particulars of her death. Then, the words were added: "Not to be opened for eternity." She would defy God to raise her from the dead. But while they were building

that great tomb, and before sealing the body, an acorn, unnoticed, dropped into the tomb. Today, there is an oak tree rising out of the centre of it. It is broken asunder and the casket is exposed. It was opened by an acorn under the hand of the Almighty God."

We can't oppose God and expect to win; we cannot hinder or change His divine plans. As we remember from the Scriptures that have been used during this Easter season, we read again and again how the soldiers did everything possible to keep the body of Jesus "safe" in the tomb. But, all their efforts were in vain, because, as the old hymn reminds us, "...He (Jesus) tore the bars away, Jesus my Lord..." Yes, He came forth triumphantly.

In trying to explain the meaning of Easter to his class of eight year olds, a teacher suggested that they take an egg-shaped container, which he had

provided, and go outside and find some object, which would say something about Easter, and put it in the "egg." Eagerly, they went, and were soon back to share their "findings." One had found a small stick, which reminded him of the cross. Another, found a small stone, which represented the stone which had been rolled away from the tomb. Then, it was Peter's turn. He opened his, and there was nothing. "Are you being lazy again Peter? the teacher wondered. But he asked, "what does that tell us Peter?"

His quick reply summed up the Easter story very well. "The tomb is empty, Jesus is not here anymore," he announced.

May we also experience that joy and the gladness which is made possible, because Jesus is alive.

Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services

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AROUND THE BASE



740 Communications Squadron

AWARDS



Sgt Asher, an Electrical Generating Systems Tech in our C.E. Section, realized that, in the event of a fire, the uninterrupted power supply at the IFRCC could only be shut down from inside the building. This was unsafe and he suggested that a remote shut down switch be provided. His proposal was adopted for all Air Command Bases that utilize that power supply and Air Command granted him a \$300 award. WO Asher is shown receiving the award at NDHO, where he is now located.



The B0ps0 LC0l Rogers presents ex-Sgt Jaranluk with his new crown and promotion to Warrant Officer. (Base Photo).



The B0ps0 LC0l Rogers presents Cpl Poll with his CD (Base Photo).

GLACIER GREENS GOLF CLUB

GENERAL MEETING THURSDAY APRIL 28th - 8 PM

This should be a very brief outlook at the Detachment's happenings as I will be leaving on Good Friday for Exercise Expanded Sea and therefore will only have one week on which to report.

The Det Comd returned from Exercise Western Jimmy with some good news for those of us participating in Exercise Expanded Sea, mainly that they were experiencing difficulty obtaining Comm Reservists to fill the vacancies in both Prince Rupert and Vancouver. It appears that they elected to hold this exercise during exam period.

Steve listened to my complaining of who I would get as operators in Prince Rupert for a day and then made me an offer I just had to refuse. Two days later, some of the Det members thought they were either listening in on a real estate deal or a slave market as offers and counter offers were flying around. (actually I was just begging for a body). All ended well as Steve finally gave in to a schrewd deal maker (one hell of a boot licker, I only gave up any time off, one arm, a leg and a case of beer) and let Cheryl go for two weeks.

Johanne is still slaving away at North Island College on Tuesday and Thursday afternoons. She says that she finds

her classes interesting and should improve her English in no time. She must have had something on her mind on the 30 Mar as she really pulled off a good one. She had just changed the bag on the shredder and was going to vacuum her mess. It seems that she put the hose of the vacuum to the shredder and turned on the shredder instead of the vacuum. It was just one of those times when you hope no one was watching, but as it never fails to happen, everyone was. (in this case only one person - who told everybody).

The lost baggage saga has finally come to an end. We received a call from our friends at AMS the other day advising us that Denis's baggage had been located and was sitting in their office. It appears that the people at 2 AMU don't practice good communications, as one person had been requested to forward the baggage on to Cyprus. What the hay Comox...Cyprus they are pretty close...they both begin with C. Anyway MCpl Scott Leslie re-addressed it and put it on the

same Boeing it was brought on and hopefully Denis will have a change of clothes by the time this goes to press. (actually we hope they gave him something to wear on his arrival in Cyprus because three weeks in a DEU

would be a killer). To the staff at AMS thank you very much, we are sure Denis appreciates it.

Al is still recovering from a shoulder injury, and has been excused PT for another three months. It looks as though he may be heading for medical history, we do not know what the surgeon did but he looks a little pregnant...or is it that excused PT that is helping your front expand? By the way, Al is also excused saluting - officers if you don't get a salute from someone on base...it's most likely Al.

Serge and I have just wrapped our inter-section curling season. We did manage to do quite well, the team we played for won the B event. Our skip has invited us up to have a look at the trophy that sits in the BAMS0 trophy case. Another (fraction of a) piece of hardware for the Det and a second B event this year.

I almost forgot to mention we had another injury in the Detachment. It seems that the Det Comd started an epidemic. Steve took a day's leave on Friday to do some work on his vehicle and almost amputated his thumb. It appears that when he reported to the MIR for patching they washed out half his truck (one of those ones that would not escape a rust seeking missile).

HOME AND FAMILY

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)
 BASE CHAPLAIN (RC)-Maj J.G.A. Veilleux
 CHAPEL-Our Lady of the Sacred Heart (on Base)
 OFFICE-Headquarters, Bldg.45, Rm 48, Phone 8274
 MASS SCHEDULE:
 Saturday - 1900 hours
 Sunday 1000 hours
 Daily Masses - As announced in the Bulletin, usually at 0900 hrs, except during Lent & Advent at 1900 hrs.
 RECONCILIATION -Confessions will be heard before each Mass or upon request. Penitential Celebration are held during the Advent and Lenten Seasons.
 BAPTISMS & MARRIAGES-By appointment-notice well in advance please.
 CATHOLIC WOMENS' LEAGUE-Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:00 p.m. President: Mrs. Mary-Anne Stagg, Phone 338-6214.
 CATECHISM CLASSES-September-May in the PMQ School at 1830 hrs, every Wednesday. Religious Education Coordinator: Mrs. Fred Chiasson, Phone 339-6488.
 ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL
 BASE CHAPLAIN-Maj G.A.Milne
 CHAPEL-St. Michaels & All Angels Chapel, Wallace Gardens, Bldg. 88.
 OFFICE-Headquarters, Bldg.45, Rm 48, Phone 8273
 SUNDAY WORSHIP-Each Sunday - 1100 hrs.
 HOLY COMMUNION-First Sunday of the month.
 SUNDAY SCHOOL- 0945 for school aged children (Sep/May). 1100 hrs - pre-schoolers.
 NURSERY SERVICES- Provided during Divine Worship for children up to three years of age.
 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: Margaret Campbell - Phone 338-1084.

About The House with Lorry



DESSERT FONDUES

Here is the last article on fondues; my next article will be recipes for tacos, tortillas, and salsa.

CUSTARD FONDUE

1/2 C sugar
 1/2 tsp salt
 2 T cornstarch
 2 C light cream or milk
 2 egg yolks, slightly beaten
 1 T butter
 2 tsp almond extract

METHOD

In saucepan, mix sugar, salt and cornstarch. Gradually stir in cream. Cook over med. heat stirring constantly, until mixture thickens and boils. Boil and stir 1 min. Remove from heat. Gradually stir at least half of the hot mixture into egg yolks. Blend into hot mixture in saucepan. Boil and stir 1 min. Remove from heat and stir in butter and 1 tsp almond extract. Transfer to pot.

BUTTERSCOTCH FONDUE

1/2 C sugar
 1/2 C light corn syrup
 1/4 tsp salt

1/4 C butter, softened
 1 C light cream
 1/2 tsp vanilla

METHOD

Mix sugar, syrup, salt, butter and 1/2 C cream. Cook over low heat stirring occasionally to 234° on a candy thermometer or until small amount of mixture dropped into cold water forms a soft ball. Stir in remaining cream and cook to 228° or until mixture is thick, smooth and well mixed. Remove from heat and stir in vanilla. Transfer to pot.

CHOCOLATE FONDUE

12 ounces milk chocolate
 1/2 C light cream
 1-2 T cherry brandy, orange liqueur or 2 tsp powdered instant coffee

METHOD

In heavy saucepan melt chocolate in cream over low heat, stirring until smooth.

Remove from heat; stir in brandy. Pour into dessert fondue pot.

FRUIT FONDUE- Cream

2 C heavy cream
 6 oz semisweet chocolate
 5 tsp rum
 2 tsp Grand Marnier

METHOD

Whip 1/2 of the cream until slightly thickened, but not stiff. Add the Grand Marnier very gradually, whipping until thick. Spoon into a serving dish. Combine the remaining cream and the chocolate in a heavy saucepan. Stir over moderate heat until the chocolate has melted. Reduce heat and beat in the rum with a wire whisk until the mixture has thickened. Pour the hot chocolate rum sauce into a separate pot.

Dippers for the above: Any type of fruit, white cake cubes, chocolate cake cubes, brownie cubes, small ripe mango cubes, banana slices, mini cream puffs, marachino cherries (drained), anything else you can think of.

WOs & Sgts Mess

WEDNESDAY MORNINGS at 1000 hrs. "FREE" Coffee & Sticky buns in the Mess Lounge.

TGIF GAMES - Come out and join in the fun and prizes.

APRIL 16th
 MONTE CARLO NIGHT
 *1900 hrs - games start at 2000 hrs
 *Food - Monte Carlo Stew
 *Dress - Casual - no jeans
 Cost - Entrance Free

APRIL 29th
 MIXED GAMES NIGHT
 *Food - 1800 hrs
 Games - 1900 hrs
 No skill required
 Dress - Casual - no jeans

APRIL 30 - MAY 1
 DOUBLES SNOOKER TOURNAMENT
 DRESS CODE in effect - Tuxedo or mess dress minimum standard will be shirt & tie with jacket or vest
 FEE: \$5

Prizes will be determined by the number of entries
 Teams will be drawn and posted 1200 hrs 29 April
 Volunteers required for scorers & umpires
 White gloves supplied

COMBINED WITH
 LADIES SHUFFLEBOARD TOURNAMENT
 Sunday 1 May 1000 hrs. Fee - \$2
 Food and refreshments will be served

MOTHERS' DAY CANDLELIGHT DINNER 7th May
 Band - CROSSWINDS are confirmed
 Watch for particulars

COURSE DEVELOPMENT

There will be some significant changes to GGGC over the next year and I would like to highlight a few of the projects that are planned and which will improve our golf course. As you have probably seen, if you have been at the course over the past two weeks, the watering system is well on its way to completion. Despite Mother Nature's efforts to hamper their efforts, John Ferguson and his crew have all but completed this project which will ensure us greener fairways and soft greens over this hot summer.

Funding has been approved for the construction of the new eighth green. This green will be built around our water pond and provide a scenic and challenging finishing hole. Preliminary work on this green has already started and you should see more substantial changes as our weather starts to improve. We are also hoping to have funding approval and start on our new number 4 green to replace the existing number 2 green before the summer is out. This change will improve safety and expediate the flow on the course as well as give us a bent grass reserve from the existing green.

The unsightly ditch area on number 6 hole should soon be history. A project will soon start to lay a culvert the length of the ditch and have it filled in allowing us to construct a water reservoir. The high banks on the current ditch will be landscaped to make the entire area more aesthetic.

Other minor projects planned will be new tee boxes on both the 12th and 16th holes. The new box on number 12 will be located deeper in the tree line backing on the cart path between numbers 1 and 2 holes, while the new number 16 tee off will be located in the present clearing directly behind and to the right of number 7 green. Both these boxes should add new dimensions to the course and hopefully add a degree of challenge.

For those who have expressed a concern for a chipping green, we are hoping to finish an area between number 15 and number 13 tee boxes during the summer months. Last but not least, we are going to clean out and cover the ditch crossing number 9 fairway.

All these projects will require the assistance of club members and over the next few months we will be soliciting your support (manual labour) to ensure

Glacier Greens Update

these projects are completed as economically as possible. Remember, if you have any suggestions or ideas on how to improve our golf course jot them down and give it to one of our committee members.

MENS OPENING TOURNAMENT

On Sat 9 Apr the Mens Opening Tournament was held, 42 players attended. Winners were as follows:
 LOW GROSS
 Ted Sauve 74
 Walley Berger 75
 Steve Bailey 76
 Doug McArthur 77
 Arnie Mathis 78
 LOW NET
 Ted Gibbon 65
 Dick Mohns 65
 Nick Stolarchuk 65
 Walt Trayling 67
 Ron Campbell 68
 K.P.
 Rick Salmon No. 2
 Walt Trayling No. 11
 Bob Turgeon No. 7
 The ladies opening scheduled for Apr 5 was delayed until Apr 12 due to inclement weather.

DON'T FORGET

Glacier Greens Monday Nite Ladies Golf. Starts May 2, 1988. Tee off time 5:30 to 6:00 PM. All ladies welcome.

EX SERVICE STATION

ARE YOU MISSING THE BOAT ?

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Monday and Friday we give you 2-cents a Litre off in coupons, that's 4% discount.
 Now that's a Big Savings to you
 The rest of the time we give you 1-cent per Litre off in coupons, that's a saving also
 Our Specials will beat anybody's in the Valley and our Lube Service is the best anywhere
 So before you buy check our prices at the Canex Service Station

We also give you \$2 off on local competitor's coupons when in force
 April 15 is 3-cent day - Don't miss it
 Now that's a Big Saving!
 Thank you for your support
 David Allen

ON AND OFF THE BASE



Supply Signals

For some strange reason my peers always seem somewhat reluctant to pass on any news of the happenings in their sections, which often results in a rather one-sided article with the majority of information coming from one distinct area of Supply. I will attempt to touch briefly on each section.

One Supply Group continues to work on their shelving project and will likely be at this project for several months. Three Supply Group has recently completed its shelving project and will again be capable of peak performance.

Clothing Stores has informed us that work dress uniforms for the air and sea elements will be issued between Sep 88 and Nov 88. The new work dress carries new rules and regulations for exchange which will be published at a later date. Clothing Stores is also going through some warehouse changes and in the process have lost Bill Bailey. This is now an official message... "Won't you come home, Bill Bailey!"

Five Supply Group is housing a new face. Base Supply's newest addition is an ARAF Sgt Dick Stevens. Welcome aboard and good luck.

Striving once again to increase proficiency, 6 Supply Group will tear apart the new extension and make it a better place still - AGAIN.

MCpl Ray Bailey, who singlehandedly takes care of Rations, informs me that there is absolutely nothing that I can write about his section because nothing there ever changes and he likes it that way.

MPO is experiencing a short period of absence by their fearless leader, MCpl Al Pryor. Al is on a packaging course in Borden and will soon return with a wealth of knowledge.

POL simply claimed to be too busy to talk to us, but did say that they were extremely busy completing their end month report for March.

Customer Services has had a bit of a shuffle and although you may see familiar faces they are all doing new jobs and rumour has it "if you look very closely, you will notice that the stress is causing Dan Martin to lose his hair."

Last but not least - General Stores. The people over there have been slaving away to accomplish their day to day duties, but lately they have been having a dilemma working around the 64 box springs destined for BB24.

I would just like to mention two events which took place in Supply since we last talked.

March 25 we held a Scavenger Hunt in the pouring rain. The people had a great time. For a little extra fun it was decided that everyone would dress up as pirates and the costumes would be judged later at the mug out. The hunt was won by Mona Rogers and Cathy Preece. Second prize was won by Kim Heath and Sandra Belanger. Most likely to succeed was awarded to Kathy Segriff and Davis Mitchell who cheerfully took last place. Finally, best costume went to Shelley Ratcliffe and Kathy Hailes. Kathy was Shelley's slave, something I bet many of us wish we had thought of. Good turn out by everyone and a fantastic job of organizing by the Stocktaking Section and Entertainment Committee.

March 29, the girls of Base Supply held a wedding shower for Christine Couture and Karen Parrott who are both being married in different ends of the country, on May 7. They received some lovely gifts and best wishes. The party then picked up and moved down town where several of us joined Kathy Segriff in farewell drinks. I know that she will be missed by all of us.

Also, we said goodbye to two other people in Supply recently. Brian Fedchuk has retired from the service and Kim Franke has remustered to Administration. I'm sure all of Base Supply joins me in wishing you the very best in both of your futures.

A THANK YOU NOTE

I would like at this time to take the opportunity to say many thanks to all the Base Supply people, as well as those in CMTT, both military and civilian, who so generously supported me with their pledges (totalling \$204.00) in this years CFB Comox Catholic Womens League Rocking Chair Rock-A-Thon, held on 20 Mar 88. It is through you and your generosity that we can continue to help those in our local community who are in most need of help and support. So once again, many thanks from myself and the ladies of the Catholic Womens League..Hazel Dort.

And now for some general information about the Base Supply Section, CFB Comox for all the new personnel posted in, or for anyone who might be visiting CFB Comox in the future:

Base Supply is an integral part of the Technical Services Branch, and the Base Supply Officer is directly responsible to the BTSO for materiel support to the three integral units, thirteen lodger units, Cadet Summer Camp, Pacific Region

Glider School, and fifteen Cadet Units assigned to CFB Comox. Under the overall control of the B Sup O, the 69 military and 18 civilian members of Base Supply are organized into three sub-sections located throughout the Base, each providing a distinctly different contribution to the timely and efficient satisfaction of all materiel requirements.

First, the Materiel Control Officer is responsible for warehousing and physically processing the 170,000 line items of stock demanded, received, issued, repaired, or disposed of annually. Materiel Control is subdivided into two general categories of stores and related activities, each under the supervision of a Supply Group Officer: Technical and Domestic.

The Technical side of the Materiel Control sub-section consists of two aircraft support groups; No.1 Supply Group located in 7 Hgr, the largest of the supply groups; and No. 6 Supply Group located with 442 Search and Rescue Squadron.

No.5 Supply Group is located with Construction Engineering Section and includes a Purchasing Section specializing in CE materiel requirements. All vehicle spares are handled by No.3 Supply Group which is located within Base Transport. Fuels and lubricants are procured and stocked by the POL Supply Group which in addition to its tank farm and dispensing compound is able to accept tanker deliveries at the Comox Wharf, a system unique to this Base.

The Domestic side of the Materiel Control sub-section includes Clothing Stores which operates a cash sale outlet and a tailoring shop; a Ration Supply Group which handles all foodstuffs, except fresh produce and meats, which are direct delivered to the Messes; the General Stores Supply Group includes commercial receiving, laundry services, publications, office and barrack furniture requirements in addition to stationery and cleaning supplies, as well as a wide range of common user products. Also on the domestic side, is the Materiel Processing Section which is responsible for maintenance services and the repair of materiel in conjunction with the Base Senior Technical Inspector; and for the disposal of surplus, obsolete and unserviceable equipment. This section also processes off-base shipments, which frequently require specialized crating, produced by the Supply carpenter shop.

CONTINUED ON PAGE 25



RIPPLES FROM THE BEAVER POND

Year end for the CE world is here and boy is it fun. Even with the absence of MWO Ron Buck for 2 days with back pains, the remainder of the Admin Staff pulled together and successfully completed the crucial and dreaded disease called Roll Over, which coincidentally attacks the CE Section every year at this time. Glad to see you have returned to work Ron and hope you're feeling better.

CWO Duncan is posted to 1 CEU Winnipeg, Capt Martinello has a screening message CFS Holberg, Cpls Wally Taylor and Jerry Jobin will be departing for the sun and sand of the Middle East, Sgt Ted Harvey is posted to CFSME Chilliwack, Cpl Waddell is off to CFB Edmonton to help replace the overhead power line in the bomb dump, Cpl Dor Longpre will be proceeding to CFS Alert and rumour has it MWO McAloon will be heading to the Middle East as well.

A fond farewell to all and on behalf of the BCEO, I wish you all success and prosperity in your various types of employment as you depart the "Land of the Monsoons."

The 1988 Western Military Engineer's Golf Tournament will be held on 6 and 7 May and at this writing is completely sold out with a waiting list of approx 30. It looks to be a promising tournament with roughly 100 Engineers from outside the Comox Valley already signed up. My compliments to the organizers Mr. Keith MacKenzie, Mr. Al Donovan (who is looking for a new golf partner) and MWO Ron Buck.

It has been reported that Jim Wilson from the Refrig Shop is looking for a new set of golf clubs. Apparently the ones he has are not working properly. Correct them soon Jim, because 82 wins the low net.

As of 1 Apr 88 CE has adopted a policy of sending out forms randomly on 50% of the work orders received. The form has been prepared to evaluate the service provided by the BCEO Staff to MQ and Base Building occupants. So whether you have a beef or just want to pat our guys on the back, we would appreciate you taking out a few minutes to fill in the form and send it or drop it off in Bldg 109.

Chimo!

Officers Mess

WEDNESDAYS APRIL 20, 27

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

FRIDAYS APRIL 15, 29

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

WEDNESDAY APRIL 27

OWC BRIDGE CLUB

WEDNESDAY APRIL 20

OFFICERS WIVES CLUB will feature a talk and demo by Mr. Farquharson on patio gardening, gardens and flower arrangements.

FRIDAY APRIL 22

ITALIAN NIGHT - Come out to an evening of Italian cuisine at 1900 hrs. This will be followed by dancing to DJ at 2000-0100 hrs. Dress casual. Cost per couple: Members \$15 - Limited Associates & Guests \$20. Reservations by April 18.

COMING EVENTS FOR MAY

8 May - MOTHERS DAY BRUNCH

FISHING DERBY

"COOK YOUR OWN" BBQ Individuals wishing same can now obtain frozen steaks from the bar. Cost \$3. Condiments provided.

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide.

NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function.

DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.

LIFESTYLE



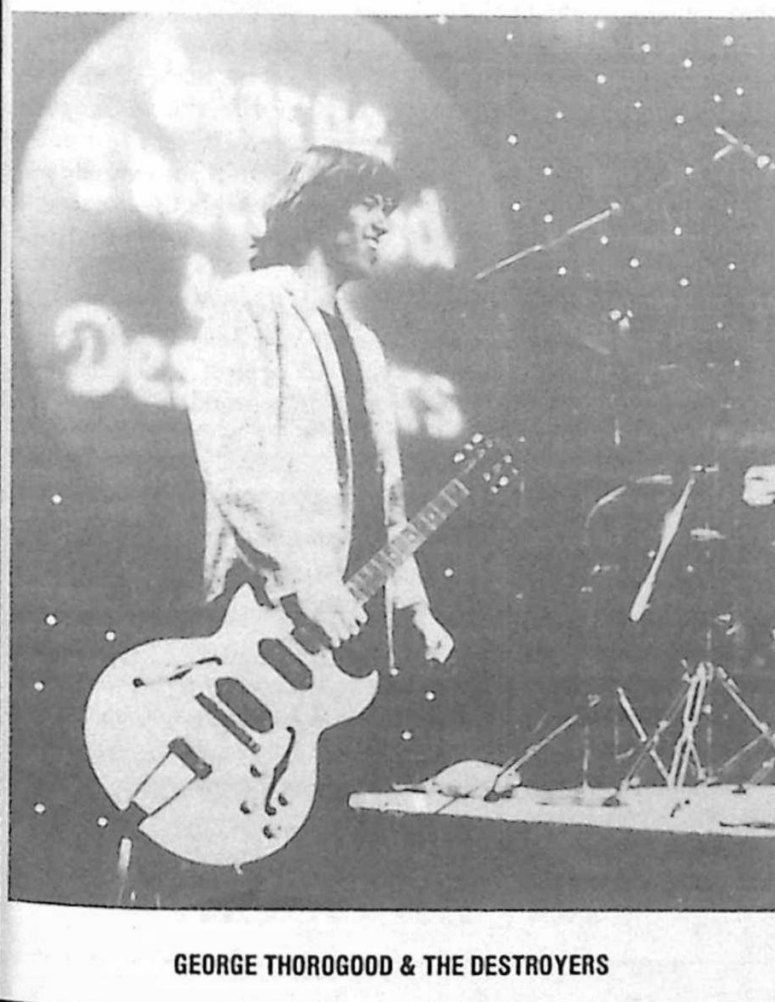
GEORGE THOROGOOD - BAD AND BORN THAT WAY

Combining high energy blues with raunchy rock seems to be George Thorogood's forte. When he does it that way, he's at his baddest. And he does a lot of it in his latest EMI/Manhattan album "Born To Be Bad" (EI-46973). In this set George, backed by his Delaware Destroyers, deftly mixes some rock classics with new material and even takes a country evergreen and it turns into a high powered rockin' blast. "We're neither old nor modern," he says of his group. "We're a little of both, I guess. We are what we are, that's the way it is."

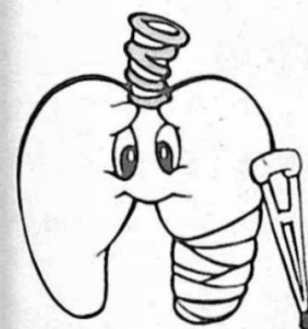
Thorogood's searing slide guitar riffs are only matched by his biting vocals as he opens with the Elmore Jones penned "Shake Your Money Maker." The set's first single is George's own composition of "You Talk Too Much" (not to be confused with the same title by Joe Jones or Frankie Ford, both from 1960). Here the rocker utilizes tongue-in-cheek lyrics to take some musical swipes at his domineering girl-friend. With its rock solid foundation and Thorogood's delivery coupled with the commercial appeal, this track should make it high on the best seller lists. "Highway 49" brings together the best of the blues with a steady rock beat while the title track, another G.T. original, has the chanter lyrically swaggering his way through a tune that says if you're a guy get out of the way and if you're a girl, watch out cause I'm dangerous.

Of this contagious rocker, George says, "...in real life I'm not riding around on a Harley looking for trouble. Once in a while, I like to pretend I'm that kind of guy."

Thorogood went back to the vaults to dust off Chuck Berry's little known "You Can't Catch Me" a tune that retains the essence of the Berry song mold but adds in some stellar eighties musicianship. Fats Domino's classic "I'm Ready" is updated sans piano but filled with some punchy sax and ringing guitar to bring this one home to the winner's circle. Roy Head's timeless "Treat Her Right" is high on the list for singles release. He's laid back and keeps the music bare bones but intriguing and interesting. Hurricane Carter's sax solos make this one a winner. Set rounds out with George's own "I Really Like Girls" and his combination of Delta blues and electric soul on "Smokestack Lightning." Superb album from start to finish.



GEORGE THOROGOOD & THE DESTROYERS



FIGHT THE LUNG CRIPPLERS



Aids Awareness

by JAMES GREIG

EDITOR'S NOTE:

...The importance concerning the public's education about AIDS cannot be overstated. The AIDS epidemic which is rapidly spreading throughout the world should be of concern to all of us. It will take years to develop effective medical treatments and vaccines, and mount a global program that will effectively contain the disease. In the meantime, the need for comprehensive information on AIDS is great if our country is to avert what has the potential to become a major epidemic and a national crisis. AIDS AWARENESS will be a regular feature in this newspaper and becomes one more vehicle to provide that information to our readers. HAVE A QUESTION ABOUT AIDS? Write to AIDS AWARENESS, c/o 10 Tempo Ave., North York, Ontario M2H 2N6.

I've heard of social clubs that guarantee members are AIDS free. Where are they in Canada?...A.M., London, ON.

Dear A.M.

There are such clubs in Canada but I am hesitant to recommend them. Everyone should be cautious concerning any guarantees these clubs offer particularly concerning AIDS free membership. Recent studies have indicated that the AIDS virus can remain dormant in the system for anywhere up to fourteen months before the blood develops antibodies to the virus. Even with the regular blood testing these social clubs offer there is no guarantee that a member is not an AIDS virus carrier.

Exercising safer sex practices is the best possible way to avoid contracting the AIDS virus (other than abstaining from sex altogether).

Is there a cure for AIDS?...A.W., Scarborough, Ont.

Dear A.W.

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

Some drugs have been diagnosed that inhibit the action of the AIDS virus such as a drug known as A.Z.T. (Azidothymidine). This is a prescription drug that is derived from the sperm of herring and had been approved for use in the U.S. It is and has been provided in Canada, for trial purposes which began in Vancouver in Nov, 1986. When the drug therapy was first introduced in Canada by its manufacturer Burroughs Wellcome, only AIDS patients with pneumocystis carinii pneumonia (PCP) were eligible to receive AZT which was marketed under the brand name Retrovir. An agreement (May 87) between the manufacturer and the Federal Ministry of Health now permits the drug to also be administered to AIDS patients with other opportunistic infections involving viral, parasitic and bacterial diseases, and to individuals with severe symptomatic AIDS virus infection and a low T-4 cell count. Uniform criteria for enrolling patients now applies across Canada. Availability of AZT continues to be the responsibility of approved clinical investigators who administer the drug under strict medical conditions. The investigators continue to participate in monitoring and data-collecting on drug efficiency and patient safety.

AZT is made available internationally by the manufacturer on the "share" basis according to World Health Organization statistics on AIDS cases worldwide. Canada will receive a full share of that supply. In January, 1987 a California drug company announced that a drug already approved for treatment of children's infections could also prevent some people exposed to the AIDS virus from developing the disease. The anti-viral agent, RIBAVIRIN, also known as VIRAZONE, has shown itself effective in clinical trials on patients with Lymphadenopathy Syndrome (a disease known as LAS that of-

ten precedes the development of AIDS). However, this drug is still being tested and evaluated. Laboratory tests in Britain using the drug FUSIDIN (Acid) commonly used for treating wound infections prevented the AIDS virus from penetrating healthy blood cells. Similar tests in Denmark on one AIDS patient resulted in weight gain and no side effects. This drug is expensive, non-toxic and easily available and is currently undergoing extensive testing in Denmark and British hospitals.

An anti-AIDS vaccine is now being tested on a group of homosexual volunteers in West Haven, Connecticut by a biopharmaceutical company called MicroGeneSys Inc. The company is the first to be awarded approval from the U.S. Food and Drug Administration to conduct human trials, the results of which will not be completed until the mid-1990s.

The vaccine uses a purified protein produced by insects that mimics the surface protein on the AIDS virus and has produced very positive antibody responses against the virus in laboratory tests. All volunteers currently being tested are AIDS-free and have agreed to exercise "safe sex" practices while undergoing the study. Beware of health frauds concerning AIDS. There are no anti-AIDS formulas, disease fighting douches to protect against the AIDS virus. Despite what you might hear or read in a catalogue or magazine advertisements, there is no cure or AIDS preventative product. Any breakthrough concerning a treatment or cure for AIDS will be announced by Health and Welfare Canada.

JAMES GREIG is a member of the Canadian Public Health Association and the author of the book AIDS: WHAT EVERY RESPONSIBLE CANADIAN SHOULD KNOW.

CRA Blue Devils Swim Club

The CRA Blue Devils Swim Club is a non-profit community based competitive summer swim club. It is designed to provide those aged 6 through 18 with the opportunity to swim competitively during the May to August period (a July - August only period is also available). As a member of the B.C. Summer Swimming Association, club

swimmers compete in a series of Vancouver Island and Lower Mainland weekend meets designed for all experience and ability levels. In the past club members have competed in the B.C. Summer Games. Professional coaching is provided through a flexible yet comprehensive daily training programme. The cost for the programme is \$100 (\$75 for

Jul-Aug only).

A COMPETITIVE summer swimming programme for 6 to 18 year olds! Pre-registration 1000-1300 hrs Comox Mall 9 Apr. 1000 - 1300 hrs Driftwood Mall 16 Apr. (Birth Certificates required). For further information contact:

Dave - 339-2726
Jan - 339-5171
Betty - 339-5346

HEALTH AND WELL BEING

info health

Dr. Bob Young



IT'S ALL IN THE URINE

A minor car crash quashed our biochemistry class. The teacher was transporting 62 bottles of urine from the hospital for us to analyse. The bump spilled them all, floated his floor mats, and left the car with an aroma that probably persists to this day. The mundane urine test, historically probably the first lab test, has been lost in the mass of sophisticated high-tech investigation that is common today. Urine testing is still useful as a diagnostic tool, and can be done instantly and cheaply.

Checking for sugar, protein, bile, and other things in the urine used to require a number of test-tubes, careful adding of chemical reagents, and sometimes gently heating of the specimen with a gas flame. A large amount of technician time was required to do all this, and to interpret the cloudiness or colour changes that provided the answer. A large hospital lab would do several hundred tests a day.

Now, what used to be the quickest and easiest test (for specific gravity) is one of the

slow ones. The test is done with a hygrometer, the same instrument used to check car battery acid.

That's because other routine tests use a dip stick, a quarter-inch times a four-inch strip of plastic, coated, at short intervals, with a number of patches of chemically-treated blotting paper. Each patch on the stick measures one urine abnormality, and a stick may contain nine or ten patches. Time to dip, develop, and read - one minute.

Patches include ones that measure blood, hemoglobin, and white blood cells (which indicate infection) in the urine, as well as pH (acidity). A dip stick and a microscope allow a doctor to carry out a usefully complete urinalysis in the office.

The test result is only part of the diagnostic process. The findings have to be correlated with the history obtained from the patient and the findings on physical examination. That's where the doctoring comes in!

And does anyone want to buy an old car with a dented bumper and a funny smell?

THE ABORTION ISSUE

The abortion issue just won't go away. It's in the news again, and probably will be for a long, long time. From the doctor's point of view it is a strange side of medical practice, comparable (but only barely) with vasectomy and tubal ligation.

It is easy to blame politicians, lawyers, and judges for the dissension and muddled rules. They, however, are just trying to respond to the demands of a changing society which, itself, is widely and diametrically divided on the issue of abortion.

Older doctors are stunned by the changes in the last 20 years. A procedure which was illegal in the eye of the law, and unethical professionally, has become commonplace in many communities. Doctors could, and did, lose their licenses if they were caught doing abortions - but many larger cities turned a blind eye when a doctor did them quietly - the service prevented much scandal.

Then, for several years, doctors found themselves on therapeutic abortion committees, putting in hours of unpaid time, not providing a medical service, but fulfilling a legal requirement ordained by the Criminal Code. Committee decisions ranged from blanket

approval to absolute denial depending upon members' beliefs and hospital policy.

Even now, with a strong Supreme Court decision, we appear to be no nearer a solution. Provincial governments appear to be responding in ways that reflect their leaders' biases, and the federal government, responsible for the original legislation, now reneges by stating that "health care is a provincial matter."

One problem is that both sides, Pro Life and Pro Choice, have irrefutable arguments. The second problem is that members of one or the other group do not recognize this. I doubt that they ever will. Unlike chess, when you are fighting for a cause, a draw is the same as being defeated.

And yet a solution must be found. As a doctor I can sympathize with the careless pregnant 15-year-old and be critical of the 28-year-old married career woman, both of whom want abortions. These however, are judgment decisions. A mere M.D. after my name does not provide me with this amount of wisdom.

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

Weight Loss

FACTS & FALLACIES

According to Health and Welfare Canada, there is no fast method that can guarantee weight loss in a day or two. It did take time to add the weight. It wasn't something that happened overnight. There is no proven method of losing the excess weight in a short period of time.

The fallacies are:
*Vibrators, massagers and the like jiggle fat off our bodies. Untrue - there is no reliable scientific evidence to prove that this so-called passive activity will reduce body weight.

*Muscle stimulators and exercise gadgets usually suggest, through the claims they make, that we will become fit. Fit people are most often visualized as slim people. Most of the gadgets are expensive but few are effective.

*Spot reduction exercisers or gadgets cannot guarantee that the weight will "drop off" only your hips or thighs. Studies suggest that reduction is most likely to occur where fat deposits are most conspicuous regardless of the exercise undertaken.

*Rubber suits may bring a temporary weight loss. However this is not a real loss merely a loss through increased forced perspiration. This is accompanied by dehydration, so fluids must be consumed to bring the body weight back into balance which in turn brings the body back to the previous weight.

The fact is, the most effective approach to weight loss is reduction in caloric intake combined with increased physical activity (like fewer doughnuts and more walking).

Courtesy Lorna Whitley - Health and Welfare Canada.

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ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm., Community Pharmacist, Vancouver Shoppers Drug Mart

LET THE LABEL BE YOUR GUIDE

It's hard to believe, but some people actually hold to the maxim, "when all else fails, try following the instructions."

They may be able to get away with it sometimes, but when using prescription or non-prescription medications, this policy is foolish and dangerous.

Each of the medications available in your drug store has specific instructions for safe use. If you need more information, ask your pharmacist. He or she is professionally-trained to provide expert advice and supervise the sale of certain products available only in drug stores.

Using any product improperly can be harmful, so if you have even the slightest doubt about the proper use of any drug store product, consult your pharmacist.

HARMFUL CHEMICALS CAN CATCH YOUR BREATH

Just a few years ago, many parents were concerned about the hazards of "glue-sniffing" children. Yet, few of us realize we all face exposure to potentially harmful substances every day.

While many common products bear labels warning us to "avoid inhaling vapours," many others marked "highly inflammable," or "use only in well-ventilated areas," are dangerous in exactly the same way.

More than 30 common household products contain ingredients which are highly poisonous and produce dangerous effects when inhaled to excess. Examples include nail polish remover, rubber cement and lighter fluid.

The psychological motives for misusing these products are as varied as the symptoms produced by the fumes. These include exhilaration or drowsiness, dizziness, ringing

in the ears and slurred speech. Extensive exposure may lead to permanent damage to major organs.

Use caution when working with paint removers and thinners, cleaning fluids, fuels such as naphtha and gasoline and the propellant gases used in aerosol spray cans. Also beware of car-related liquids including anti-freeze, windshield washer and transmission fluids.

The best informed chemist in your neighbourhood is your pharmacist. He or she knows which chemical compounds are dangerous and the common forms in which they're sold and used.

Don't hesitate to ask for advice if you have doubts about how to protect yourself from dangerous products.

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

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LIFESTYLE

Family Support Center to Open

OPENING THE DOORS

To all of you who have sent in application forms to volunteer for the Family Support Centre. Thank you. We now have a list of 25 people who will be instrumental in developing the foundations of our centre. We do however need a more substantial list of people to assist wherever possible. The volunteers may give as little as three hours a week or as much as five days a week, the choice is yours.

We will be having a training course in communication and listening skills on April 23 and 24. The course will be given by Sue Powers who is the director of the Crossroads Crisis Centre. It will be paid for by the Support Centre and available for all volunteers. We will continue to have courses throughout the year for the volunteers in many areas of family support.

Our aim is to assist the military family with any problems they may encounter when adjusting to a new environment. The center's facilities will be available to all

military families active or retired and to the families of all DND employees.

We will be opening our doors the week of April 25th. Please watch for notices in the Totem Times and on bulletin boards.

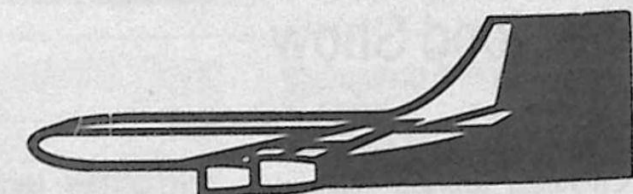
If you have any questions please call Jill Sutherland at 339-8203 or 339-3668. If you wish to volunteer you may call for an application or pick one up at the Canex check out.

We look forward to seeing you. The Support Centre is your resource centre, please drop in and see the facility and give us your input.

CHILD CARE SERVICES

CFB Comox's Family Support Centre hopes to establish a list of people who are willing to provide full or part-time child care either in their own home or in the home of the child. This list would be made available to military personnel and their spouses on request. If you are interested in having your name on file at the centre please contact Wanda Barrett at 339-6935.

Travel Tips



AN OKANAGAN VINTAGE VACATION

KELOWNA, B.C., Grape growing leads to vintage vacations in the hot, dry climate of south-central B.C.

That climate, and decades of developing special breeds of grape vine, has allowed B.C. vineyards to grow and prosper along side the famous peach and apple orchards.

From early Spring's apricot blossoms to the famous Okanagan Sept/Ober wine festival, a variety of activities allow the visitor to cement the Okanagan Valley's reputation as Canada's largest fruit growing and wine making region.

The numerous internationally awarded wineries vary from large corporate estates to small, family owned cottage industries. And as in wine regions of California or France, the Okanagan houses are open for tastings and samplings.

And this year in particular, vineyards up and down the length of the Okanagan Valley have made plans for special tours and wine tastings. Fruit growers will be opening their orchards at harvest time for "pick-your-own" projects for visitors.

But grapes and fruit aren't all that's in the Okanagan. Countless lakeside resorts dot



THE BEAUTIFUL OKANAGAN

the terrain of the rolling hills, and communities regularly hold festivals in a bid to outdo one another's hospitality.

This year Kelowna hosts an International Music Festival and professional summer stock theatre during July and August.

Penticton is considered the square-dance capital of Canada and in early August, the town swings to its B.C. Square Dance Jamboree. The highlight of Penticton's annual events is its Peach Festival in late July, which features countless outdoor activities and a grand parade.

In Vernon, you can visit the restored ranch of pioneer Cor-

nelius O'Keefe to the north of the city, with its operating grist mill and old style baking ovens still producing its delicious breads.

In early June the city celebrates its arts and crafts traditions with a "Creative Chaos" festival.

If you travel in winter, the region offers magnificent downhill and crosscountry skiing at Apex, Silver Star or Big White mountain resorts.

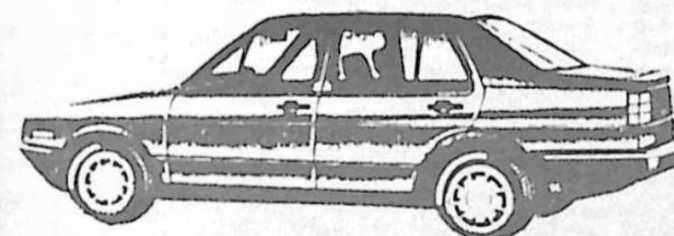
And bottled grapes of other summers will always be waiting.

Information: Okanagan-Similkameen Tourist Assoc., 207-345 Leon Ave., Kelowna, B.C., Canada V1Y 8C7.

OUR NEXT DEADLINE APRIL 25TH - NOON



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SECTION NEWS

B.C. at Seafood Show

LONG BEACH, CALIFORNIA - British Columbia seafood companies and the provincial government worked together here at Sea Fare 88 to increase B.C.'s share of the growing billion-dollar seafood market in the Western United States.

B.C. exports about \$500 million worth of fresh and processed seafood world-wide each year. Only \$100 million or 20 percent is shipped to the U.S. The free trade negotiations have enhanced the interest of B.C. producers in this market.

Sea Fare is one of the two largest seafood trade shows in the U.S. B.C. representation last year resulted in \$225,000 worth of immediate orders and further sales of \$4.5 million over the next 12 months.

B.C. is being marketed at "The Catch of the Day."

With some 10,000 registered buyers attending from the U.S., Canada and the Pacific Rim countries, B.C. expects to generate even better sales as a result of its participation.

"The companies are a good cross-section of our seafood industry," Economic Development Minister Grace McCarthy said. "Among the products being exhibited are farmed and wild salmon, ground fish, live crab, scallops, clams, prawns and salmon roe. Our proximity to the huge Western United States market gives us unique opportunities for additional sales. This will be further enhanced when the free trade agreement is ratified."

The Minister added that the Ministry of Economic Development assists export firms looking to establish or expand their markets through export assistance programs which provide financial support for new market initiatives.

In addition, the Ministry provides business and trade advice through its trade counsellors.



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LIFESTYLE

Stamps by Larry McInnis



INTERESTING HISTORY OF 1908 NEWFOUNDLAND STAMP

In 1908, Newfoundland issued a 2-cent rose carmine stamp (Scott 86) showing a map of the then British colony (without showing Labrador). For years, collectors wondered why it had been issued at all, since definitive stamps showing members of the royal family were in vogue at the time.

It seems that a ship being lost at sea was the probable reason. By early 1908, Newfoundland needed additional quantities of 2-cent and 5-cent stamps, and so an order was placed with the American Bank Note Company of New York.

The stamps ordered were the 2-cent showing King Edward VII, first printed in 1897 (Scott 81) and again in 1898 (Scott 82), and the 5-cent, showing the Duke of York (Scott 85), who was later to be King George V. It had been first printed in 1899.

The order was shipped in March 1908 aboard the SS *Sylvia*. There were three boxes of stamps: two of the 2-cent denomination and the other containing the 5-cent stamps, plus a few of the 2-cent.

The vessel was lost somewhere off the coast of Massachusetts.

The box containing the mixed lot of 5-cent and 3-cent stamps was washed ashore.

Newfoundland postal officials feared that the two boxes of 2-cent stamps might eventually be found, and so ordered the issue cancelled. It was decided there would not be a further printing.

The order, however, was never put into effect and those who had supplies of the portrait stamps were using them long after the wreck of the *Sylvia*.

Officials ordered the salvaged stamps to be burned. Legend has it that a few were

deposited in a waste basket before the order could be carried out. They were subsequently retrieved and found their way onto the market.

It's an interesting legend. The 1908 reprinting is not mentioned in either the *Canada Specialized Postage Stamp Catalogue* or the *Scott Specialized Catalogue of Canadian Stamps*.

The rest of the story holds up, however. A quantity of 2-cent stamps was needed urgently. In early April 1908, American Bank Note Co. was asked to submit one or two designs for a new 2-cent stamp.

At that time, Newfoundland's post office was part of the department of the colonial secretary. Sir Robert Bond was Newfoundland's prime minister and also colonial secretary. He had experience in stamp design.

On June 24, 1987, Newfoundland issued a 14-stamp set (Scott 61-74) to mark the silver jubilee of Queen Victoria and the 400th anniversary of the 1497 discovery of Newfoundland by John Cabot. The issue is often called the "Cabot

issue" and its designs were suggested by Sir Robert Bond.

For the new 1908 stamp, Sir Robert thought it would be fitting to show a map of Newfoundland, indicating the route of the new cross-island railway highlighting major points along its way.

He ordered the new stamp to be a reddish colour to conform with new rules of the Universal Postal Union, which had decreed that colour for stamps paying first-class postage. The royal portrait 2-cent stamps had been first in orange and then in vermilion.

In Sept 1908, the 2-cent map stamp was printed and safely delivered.

The portrait 2-cent stamps catalogue at \$4 and \$7.50 respectively for unused copies. An unused copy of the map stamp catalogues at \$17.50.

Somewhere, someone may have a copy of the reprinted 2-cent or 5-cent Newfoundland royal portrait stamp that survived the wreck of the *SS Sylvia*. If it could somehow be authenticated, it would no doubt be worth a small fortune today.

...more Supply

CONTINUED FROM PAGE 20

The Quadra Supply Group is active throughout the year as the Camp area is used for accommodating authorized visitors such as the US military on exercise, but its main role is the support of HMCS QUADRA Summer Camp active through the summer months.

Second, the Systems Control Officer is responsible for budgeting and procurement, customer services, and all output traffic from the CFSS terminal equipment.

The Customer Services Section maintains the 166 customer accounts which record all materiel of an accountable nature in use at CFB Comox; researches and process entitlement requests for new materiel; receives and issues all major equipment. The CSO/MUX area of Customer Services co-ordinates the activities of the three SDAs located in the Supply Groups averaging 26,000 transactions monthly.

The Purchasing Section procures through Supply Services Canada or direct from the trade, all materiel which is not centrally managed and inputs

the financial data essential to budget management.

Third, the Supply Administration Officer is responsible for administration and management, training, Management Information Statistics, and Stocktaking. Administration is handled by the Base Supply Orderly Room which also co-ordinates

training requirements. The Management Information Statistics Section is also tasked to conduct and monitor on-job-training within Base Supply. The Stocktaking Section schedules and performs the verification of stock and investigates and resolves discrepancies.

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Royal LePage is pleased to announce that Walter Morand had returned to their sales staff at the 99 Wyse Road Branch, Dartmouth, N.S. Walter has been with Royal LePage Real Estate for 8 years with the previous 3 years as Manager. Prior to his second career Walter spent 27 years in the Canadian Armed Forces as an Air Defence Tech (171) and Observer (081). Walter did one tour of duty with 407 Squadron at Comox and completed his career on 880 Squadron at Shearwater in 1980. Walter is looking forward to hearing from his past friends and clients on their return to the Halifax/Dartmouth area. For your real estate needs please contact Walter at the office (902) 469-4330 or at his residence 435-5523. Our office will be relocating to the new Metropolitan Place at the Holiday Inn complex at 99 Wyse Road in the near future.

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Editor/reporter required for weekly Community newspaper in Golden, B.C. Two person news staff. MacInnis Publishing System. Please contact Norma or Charmaine - Golden Star (604)344-5251.

HELP WANTED

Teamer-Manager for four sheets Sept-April. Send resume and salary required to Powell River Curling Club, 3304 Malaspina Ave., Powell River B.C. V8A 1B5. Phone (604)485-5587.

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Sheep Moose Guides required for 1988 season. Ability to operate a motor vehicle. Experience or no experience. Phone (403)668-7323 (Yukon) after 6 p.m.

NOTICES

Germanica '88: A Conference for Canadians of German-language background April 22 - 23, Vancouver Trade and Convention Centre. Key seminar topics: Trade Investment Opportunities; Pension Rights for Immigrants; Education Programs; Science/Technology opportunities. Meet European Investors. Show, Cultural Exhibition, Gala Dinner with Premier and students. \$45. members of German Language Societies, \$65. non-members. For program and registration form call 687-1960.

NOTICES

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NOTICES

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LIFESTYLE

Hay Fever

LIVING WITHOUT IT

Over 3.75 million Canadians suffer from hay fever — and many are afflicted year-round.

There are numerous substances, found indoors and outdoors, that can act as allergens and cause allergic reactions in different people.

"Seasonal hay fever occurs during the spring, summer and early fall when plants shed pollen into the air," says Kelly Ablog-Morrant, director of health education and program services for the B.C. Lung Association.

Hay fever, also known as allergic rhinitis or nasal allergy, is an inflammation of the lining of the nose brought on by an allergic reaction. It occurs because of a sensitivity of the nasal tissues to inhaled particles called allergens. The allergens provoke an exaggerated bodily response, stimulating the body to produce antibodies which react with the allergen to cause the release of histamine, producing the itching, swelling and other allergy symptoms.

The best advice for season sufferers when hay fever season arrives, is to avoid excessive exposure to the allergens, and to keep windows closed. Installation of an air conditioner can also help. For people whose active lives keep them

outdoors much of the time, the best solution may be to use an allergy medication. "Antihistamines are usually effective, but can cause sleepiness. Your physician may recommend one of the newer non-sedative antihistamines."

Seasonal hay fever sufferers know all too well that tobacco smoke, chemical fumes, perfumes, household sprays and other irritants can also aggravate their symptoms, as can drafts, chilling and sudden temperature changes.

Here are some hints for minimizing indoor hay fever attacks:

- * In humid weather, use a dehumidifier.
- * Don't smoke. If you do, quit.
- * Ask others not to smoke in your home or office.
- * Avoid having or using feather pillows, down comforters, rugs and fabric curtains.
- * Store paints, cleaning fluids and other irritating chemicals away from the living area.
- * Keep home and air conditioning ventilation ducts clean, changing filters frequently.

* Do not keep a pet if you or any other household members are allergic to it.

* Consider carefully the location of your summer vacation.

If avoidance does not work, the other methods of treatment available today are antihistamines, decongestants, anti-inflammatory medications and immunizing injections. Antihistamines, which counteract the effects of histamine are widely used for symptomatic relief. Antihistamines may reduce the itchiness, swelling and watering of the lining of the nose and conjunctiva of the eyes. "They are most effective when taken at the first signs of an attack rather than after the symptoms develop," Ablog-Morrant says.

Immunization injections, commonly known as allergy shots, desensitize the body's immune system to the substances that provoke an allergic reaction. Injections must be given for many months, even throughout the year and continuing for several years in some cases.

While cure may not be a suitable word in connection with allergies, with appropriate avoidance and treatment, control is possible to the point where hay fever sufferers can lead normal and relatively symptom-free lives.

The B.C. Lung Association has free literature available on hay fever and allergies.

Falcon
Closeout
Party

After 21 years to service, our trusty Falcon aircraft will finally be retiring during the summer/fall of this year. A modest celebration is being planned at CFB North Bay for all those people who were associated with the Falcon either in its VIP or EW role.

Planned activities are as follows:

Friday - 24 Jun PM MTGIF - all messes open
Saturday - 25 Jun PM Dinner and dance - all ranks

Would any interested persons please contact Mike Shea at the address shown below, stating name, rank, transport and accommodation, reservation requirements as well as former Falcon affiliation. The cost will be \$15 per person plus accommodations. Your immediate response will greatly help in planning this get together.

Please contact Capt Mike Shea
414 Electronic Warfare Squadron
Canadian Forces Base North Bay
Hornell Heights, Ontario
POH 1P0

TOTEM LOUNGE



LIP SYNC CONTEST
APRIL 15TH

Time: 2100 hrs

Tickets: \$2.50

Music: Wayne's Mobile Music

Doors Open at 2030 hrs. Tickets on sale at PMC's office.

Names to be given at the PMC's office-Deadline 14 April.

Bring your own music

1st Prize - \$50

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3rd Prize - \$15

SOUTH SEA POLYNESIAN REVIEW
APRIL 30TH

Time: 2100 hrs

Tickets: \$5.00

Doors Open-1930 hrs

Meal - 2000 to 2100 hrs

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Saturday 2 p.m. - 6 p.m.

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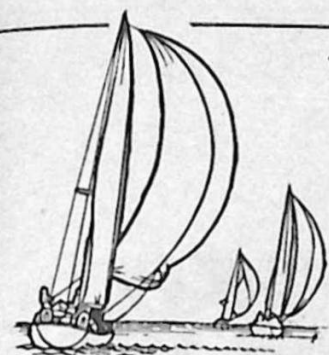
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APRIL 25TH - NOON

SPORTS AND RECREATION

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SPLATTER

Where's Larry when you really need him? Probably sleeping in as is customary on the weekend. Larry, you missed out. It was 9°C and howling from the southeast at 25 gusting 35. It was trapeze weather, possibly even bordering on the best weather you and I would have ever sailed in together. OK, maybe some people would have termed it suicidal but they don't know us, do they? Perhaps some other time! I'm glad my PER has been signed. It's probably too late to include the mental health clause that was being considered.

Whoever said that no news is good news probably knows very little about sailing. Just because very little has happened in the past two weeks doesn't mean that we sailors are not anticipating the best season in many a year. In fact, I have it on questionable authority that the Spring General Meeting was the best attended such event in about five years. That usually is indicative of the success of the

upcoming season. But far be it for me to make predictions with no basis in fact.

The first event of the season is slated for Saturday the 9th of

April at 0930. We'll (this means you!) dust off the dinghies and reassemble same for another summer's abuse at Quadra. In case the weather is such that only the diehards are in attendance (ie - it's raining or heaven forbid, windy!), we'll assemble on Sunday the 10th of April. Enough said!

For those of you "uninitiated" out there (and you know who you are), you can learn to sail during the first week in May. Call Capt Dave Nurse at local 8573 or leave a message at 339-6794 and he'll pass along the details.

This is a test, only a test of the emergency sailing system. If this had been an actual sailing emergency you would have been instructed where to tune in your local area for sailing news and official information. Watch this space for further follies.

IT'S A MATTER OF
LIFE AND BREATH
DON'T SMOKE



British Columbia Lung Association

Classified

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TIME: 8P.M. to 1A.M.
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OFFICERS MESS
LADIES CLUB

Our March meeting, a Travel Night, proved to be fun and informative. We now know how to pack for a 2 or 3 week cruise with just one suitcase. Remember everyone, roll! We were also informed that the chair lift at Forbidden Plateau operates during the summer months and given general info on skiing in the Valley.

Once again our business meeting was short and sweet. Basically the only new business was the election committee going over the rules on voting and on who is eligible to run for executive positions.

The April meeting is a Gardening Night on Wednesday the 20th. Our guests will be Jensen's Nursery, the Flower Pot and Ankie Brickham. The topics will range from outdoor gardening and indoor plants to dry flower arranging. The time is 7 o'clock for 7:30. Cost is \$2 for members and \$3 for non-members and guests. Refreshments will be veggies and dip with coffee and tea.

Our May function is our farewell wind-up dinner. More information on it next month.

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Families are the strength of our future.

An important message from Premier Bill Vander Zalm:

As your Premier, I am deeply committed to building the best possible future for the people of British Columbia. I am committed to leading a Government that assists British Columbians in building stronger families.

That's why I have committed your Government to provide British Columbians with the factual information and support they need to make informed decisions. That's why, over the past year, we have been working to develop a number of supportive programs that we are now putting into place.

1 Pregnancy Support Services

In cooperation with health professionals in British Columbia, we will be providing new services and sources of information on:

- how and where a woman facing an unexpected pregnancy can obtain increased assistance and new information.
- shelter arrangements that provide assistance to pregnant women who require such support.
- the alternative of adoption.

2 Improved Day Care

In order to make Day Care more accessible and affordable, Day Care Services in British Columbia will be substantially increased. For example, there will be increased day care subsidies for infants up to 18 months.

3 Review of Government Policies and Programs to Strengthen the Family

We are committed to exploring all levels of Government, to find ways that will ensure that programs and policies directly benefit and strengthen families in British Columbia.

4 Adoption Review

The Government will be reviewing the current Adoption Act with a view towards finding better ways of meeting the needs of children as well as both natural and adoptive parents.

Intended revisions will include:

- Changes to allow increased openness in adoption.
- Improved flexibility in the adoption process.

We will also be providing new information on adoption of older children and children with special needs; helping in the recruitment of permanent families for them, and providing counselling and training for those considering adoption of an older or a special-needs child. In addition, there will be new information on the Associate Family Program of the Ministry of Health, providing parents of special-needs children with the opportunity to build the strongest families possible.

5 Enforcement of Family Support Payments

The Ministry of Attorney General has introduced new

legislation which will better enable the Government to enforce maintenance orders and ensure that parents and their children receive the support payments they're entitled to.

This program will be available later this year to parents who wish to register for assistance.

6 Marriage Preparation

As the beginning of a lifelong commitment, marriage is important to building strong families. For people who are getting married, a new Marriage Preparation program will help provide the communication skills that build strong and lasting relationships. A public information package will be distributed along with marriage license applications.

In addition, the Government supports a Marriage Preparation Resource Manual available through the B.C. Council for the Family.

7 Public Information Package

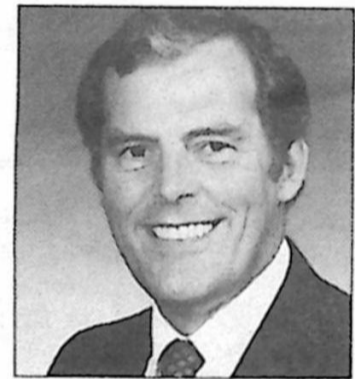
Women facing an unexpected pregnancy can obtain assistance and information through a new Pregnancy Support Services Resource Guide now available to doctors and other health professionals. Doctors, Pharmacists and Health Units throughout the province will also offer a pamphlet which provides information on deciding what to do when faced with an

unexpected pregnancy.

In addition, a video on making decisions and exploring options will soon be distributed to video outlets, libraries and Health Units throughout the province. It will be offered free of charge, with no duplication restrictions.

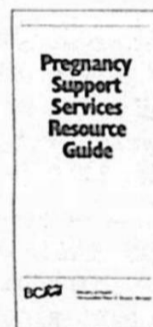
Three new pamphlets that provide information on pregnancy prevention are available through your doctor, your pharmacist and at your local Health Unit. In addition a responsible and comprehensive new Family Life Education Program is already operating successfully for grades 7 to 12 throughout the province.

Complete and comprehensive information about these new initiatives will be available at Health Units and Ministry of Social Services and Housing offices listed in the Blue Pages of your telephone directory.



Bill Vander Zalm

Honourable Bill Vander Zalm
Premier of British Columbia



Families are the strength of our future.



Our Next Deadline
April 25 - Noon