



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 8 APRIL 28, 1988

DEADLINE IS MONDAY, MAY 9, 1988

COST: PRICELESS

C.F. Shorts

SNFL CELEBRATES ITS 20TH ANNIVERSARY

OTTAWA -- The 20th anniversary change of command ceremony for NATO's multinational frigate and destroyer squadron, the Standing Naval Force Atlantic (SNFL), will take place in the Netherlands, on Wednesday, April 13.

The current commander, Commodore Lynn G. Mason of the Canadian Forces, will hand over command of the squadron to Rear Admiral John Scott, U.S. Navy. Command is rotated on an annual basis among the five nations (U.K. U.S., Federal Republic of Germany and Canada) that provide a continuous contribution of ships. Belgium, Denmark, Norway and Portugal allocate ships when national commitments permit.

SENIOR APPOINTMENTS ANNOUNCED

OTTAWA -- Appointments of four senior officers become effective in the course of 1988.

Brigadier-General Carl Bertrand, 52, will be appointed Director-General Conditions of Service at National Defence Headquarters in Ottawa. He leaves his position as Director-General Information one year early for health reasons.

Brigadier-General Andre Cimon, 52, will be appointed Director-General Current Policy at National Defence Headquarters in Ottawa.

Brigadier-General Albert L. Geddry, 47, will be appointed Director-General Information at National Defence Headquarters in Ottawa.

Brigadier-General Lewis W. MacKenzie, 47, will be appointed Commander, Combat Training Centre, at Canadian Forces Base Gagetown, N.B.

BEARS OVER THE BEAUFORT SEA

OTTAWA -- Two U.S. Air Force fighters intercepted two Soviet Bear "H" aircraft over the Beaufort Sea off the Western Arctic Coast of Canada Wednesday night.

According to NORAD, the Bears were detected by the new North Warning System radar. Their closest approach to land was about 160 miles (258 km) north of Shingle Point, the Yukon. The Bear Hs, long-range bombers that can be used as launch platforms for cruise missiles, remained over international waters.

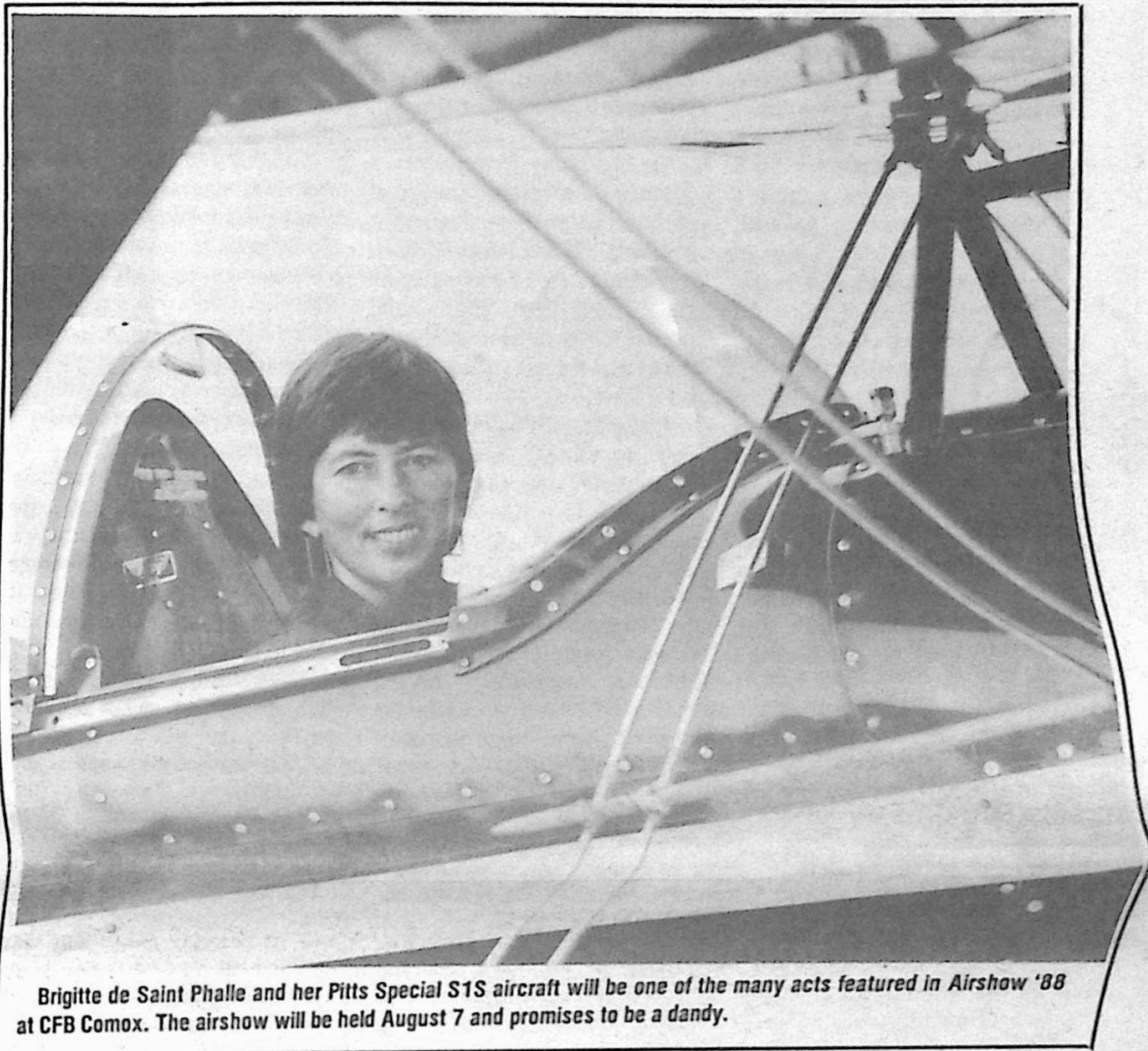
The two F-15 fighter interceptors were scrambled from Galena Air Force Base in Alaska. This is the second time in 24 hours and the 10th time this year that military aircraft of the USSR have been intercepted off Canada's shores by fighter interceptors under the operational control of NORAD.

WESTERN PACIFIC DEPLOYMENT

OTTAWA -- Ships and aircraft from Canada's West Coast Fleet will participate in a three-month major deployment to the Western Pacific, from Apr 28 til mid July, 1988.

"The Canadian Task Group Pacific, with four embarked and Provider will form a task group. Huron and Provider each carry two Sea King anti-submarine helicopters. The ships and the supporting aircraft will conduct task group exercises while exposing Canadian sailors to operations and activities outside of normal operation areas.

During the deployment, the Task Group will visit several countries, including, Japan, Korea and the American Hawaiian Islands.



Brigitte de Saint Phalle and her Pitts Special S1S aircraft will be one of the many acts featured in Airshow '88 at CFB Comox. The airshow will be held August 7 and promises to be a dandy.

Airshow '88 Upcoming

The aerobatic flying of Brigitte de Saint Phalle will be one of the many acts featured in the 1988 CFB Comox Air Show to be held on August 7. Brigitte de Saint Phalle has been flying aerobatics in the Pitts Special S1S aircraft since 1975 and has competed as a member of the U.S. Aerobatic Team at two World Aerobatic Competitions.

There promises to be a full day of exciting events with air demonstrations by the world renowned Snowbirds, the sophisticated CF-18 fighter jet and a search and rescue demonstration by Labrador and Buffalo aircraft. Manfred Radius will also be on hand to give an unparalleled gliding demonstration and the jet powered car, Smoke and Thunder, will display its amazing acceleration. As well, there will be a large contingent of NATO and NORAD aircraft of all descriptions both in the air and on display.

"We're hoping to get a lot of

support from the people of Vancouver Island," says air show chairman Maj Don Thain. "CFB Comox is only a couple of hours drive from anywhere on the Island and the airshow will be a tremendous opportunity for people to get away for the day and see a great show at the same time. We feel that this years show is bigger and better than ever."

The last air show held at CFB Comox was in August 1986, and was attended by 50,000 people.

With many visiting aircrew/groundcrew expected at the upcoming Comox Air Show, the Hosting Committee is planning various activities to promote our area. These activities include salmon fishing, golfing and touring. If you own a boat and are willing to take a few of our guests for a few hours fishing on Sat 6 Aug, please contact Capt Hank Niewiademski at loc 8573 or 339-6992 to leave your name

and boat size. We will be covering any expenses including use of your boat.

FOOD CONCESSION OPERATION

Applications are still being accepted for the operation of food concessions for the 1988 Armed Forces Day Air Show. Community and base organizations are invited to contact the air show office (339-8114) for an application form. The deadline for applications is 15th May. After all applications have been reviewed by the air show committee, a decision will be made as to which applicants will be granted concession privileges. Any questions regarding the operation of food concessions may be directed to Capt Barry Kimmerly 339-8118 or Capt Pete Holst 339-8573.

NEXT
DEADLINE
MAY 9TH

Welcome
To
CFB Comox

SEE OUR SPECIAL INSERT

PAGES 13 - 24



AROUND THE BASE

Demon Doins

Last week the Crew 3 Sub Busters, under the leadership of Capt John Maris and his lucky toque, came back from Greenwood as clean-sweep champions of the O'Brien Cup, the Canadian Anti-Submarine Warfare (ASW) Championships. Each competing crew from 407, 405 and 415 flew a day trip and a night trip in a designated flying area against a Canadian submarine. As well, the crews completed a trip in the Operational Mission Simulator (OMS). The results of each trip were tabulated to determine the final winner.

The OMS was first on the list for the 407 representatives which allowed them to demonstrate their superior abilities in coordinated operations with surface and subsurface units. Led by NavCom Capt Brian Baltis who was working like a one-armed TV-hanger, the crew turned in a scintillating performance.

The first flight for the venerable busters was the day trip where the sub was simulating a harassed diesel. Things started out slow but a radar riser on a shorting whale quickly broke the ice. After the acoustic station had finished playing with the whale's signature they realized that they had also developed contact on the submarine. This led to two hours of tracking and localization although the crew did not put in an attack. Mind you, they could have it they really wanted to.

For the night trip the sub was simulating a transiting nuke, and it was here that Crew 3 made their mark. After only dropping four sonobuoys they got firm contact and followed up two hours of precise tracking with an illuminating, eye-watering attack which left the sub dazed, confused and prone to wandering. After some quick wrap-up work to ensure the awesomeness of the attack was down in the history books, the elated 407ers departed home to catch the last few hours of the Demon Den.

Flying, however, wasn't the only form of competition between the squadrons. After the trips were completed, a day was set aside for some Olympic-level volleyball. Led by the cannonating serve of Sgt Brian Welin and the cat-like reflexes of the ever-moving Lt Mark Wisted, the Sub Busters easily walked away with victories against both other crews.

For some of the 407 greats, it had been a while since they had laid a hand on a volleyball. WO Bob Pokeda remarked that he hadn't played since 1962, nude, on a beach in Greece. No wonder tourism has been struggling ever since. Incidentally, in 1962 Lt Wisted was still in diapers (although Mark's mother

commented that Mark continued to wear diapers well into the late seventies).

All in all it was a momentous occasion for Crew 3 who will now represent Canada at Fin-castle, the Commonwealth ASW Championships, held this year down under in Adelaide, Australia.

On the home front, Crew 5 Vikings unleashed a real shocker. Capt Paige Cutland is now qualified as ASO 1. Black armbands can be picked up in the Viking crew room, and donations in the name of sympathy can be made out to the crew fund.

Congratulations are extended to Capt Ken P.Y.C. Westerveld, who was promoted last week. No doubt he'll be back down at the jeweller's with his newfound wealth.

Crew 5 departed yesterday for Partytown Nova Scotia (Greenwood) for a few simulator sessions before heading eastward to Keflavik. The sheep have been forewarned and have been herded away from the vicinity of the base.

Crew 6 Terminators arrived home yesterday from a brief stint in Hawaii after a rather heavy flying schedule which didn't allow for two much time off. Lt Ron Vincent, though did manage to get lei'd on the beach for the nominal price of three dollars. As well, crewmembers who wore extra DT60s, while in fancy restaurants did report better service and more personal attention.

Since the issue of the Doins is being used as part of a Comox welcoming package, the air-crew wish to extend a large hand to the new Demons. For those who aren't familiar, the operational crews (2 tp 7) work on a six days on, three days off shift schedule. The standards and admin staff work Mon to Fri, and Capt Graham Edwards doesn't work at all because he's figmo.

Some frequently called phone numbers are: CO 8203 DCO 8365 OPSO 8407 Flt Comdr 8241 Crew Rms 4,5,6,7 - 8573 Dep Flt Comdr 8404 PAdminO 8204 SOR 8318 Crew Rms 2,3 & lounge 8538 Mr. Sweeper Vacuums, Crtny - 338-1900

The Demons hope that those posted to 407 will heartily enjoy their stay and immediately engage in the myriad of on and off-base activities that are available. And keep an eye for those beach parties.

Nuff said.
2 CREW

The talkative voice of 2 Crew has picked up her pen to report the latest in happenings on the ever active 2 Crew.

I guess we have to make some changes sometime and 2 Crew is no different. We say goodbye to Cpl Dave Lammare who was transferred to 3 Crew recently. We'll miss you Dave, don't forget us, because believe me, we won't forget you! Remember, we still have your phone number!

Cpl Joanne Parker is off to her JLC course to show 'em what she's made of! Good luck Jo from all of us on 2 Crew.

Welcome back to Cpl Kym Devries who's returned to us from Maternity leave. It's nice to have you back with us, Kym and we know you are glad to be back at work with all of us!

Welcome back to SgtBrauner, that's it, yeah, Sgt Brauner. Come on guys, you know who he is, the funny guy who's been away forever! Yeah, that's him, you've got it. Great to have you back behind the desk Sgt.

Since this is a short article this week, I've saved the best for last.

Congratulations to the Competition Crew on their "Clean Sweep" at the O'Brien Cup, in Greenwood. We are all extremely proud of every member of the crew. All those long, hard hours of practice and dedication sure paid off and you all made 407 Sqn look clean and sharp. Now you all can look forward to "Fin-castle" in Australia. Good luck and congratulations once again!

Before I sign off, I'd like to warn everyone, now that ski season has come to an end, ball season has fallen upon us. 407 is sure looking hot this year and will be giving everyone a run for their money, don't say we didn't warn you!

Until next time, smile and enjoy the spring weather!

ARMAMENT

It's Armament's turn to write the Totem Times article again and since I was on the Competition Crew representing 407 Squadron, someone figured it would be easy for me to write the article (considering all the fun I must have had in Greenwood). Well, here it goes. The Comp Crew went, saw, and conquered, winning all the trophies that were to be had. It was a clean sweep by 407 Sqn for the Aircrew, Loading, Groundcrew and Sports trophies. The Loading Trophy was won by Sgt Steve Watts, MCpl Dan Booth, Cpl Tom MacInnis and Pte Todd Giles. The Unicorn Mascot from the VPI lounge in 6 Hangar was not up for grabs but we took that one also. However, we were kind enough to return it before leaving. The Comp Crew did a fantastic job and demonstrated the professionalism of 407 Sqn.

The Armament and Photo departments are planning a fishing and BBQ day in May so let's get those rods threaded and lures sharpened. After all, what good is a Bar-B-Q if there isn't anything to place on the grill. Also in the news we have our new Armament Photo Officer, Lt Melenchuk in place.

She will be taking over from Lt Landry who is to become the new ASO in 407 Servicing. Good luck to both of them. And to Lt Landry, DON'T FORGET FROM WHENCE YOU CAME. That about covers it for this edition. Until next time, it's been a genuine pleasure.

Demon Tech of the Month



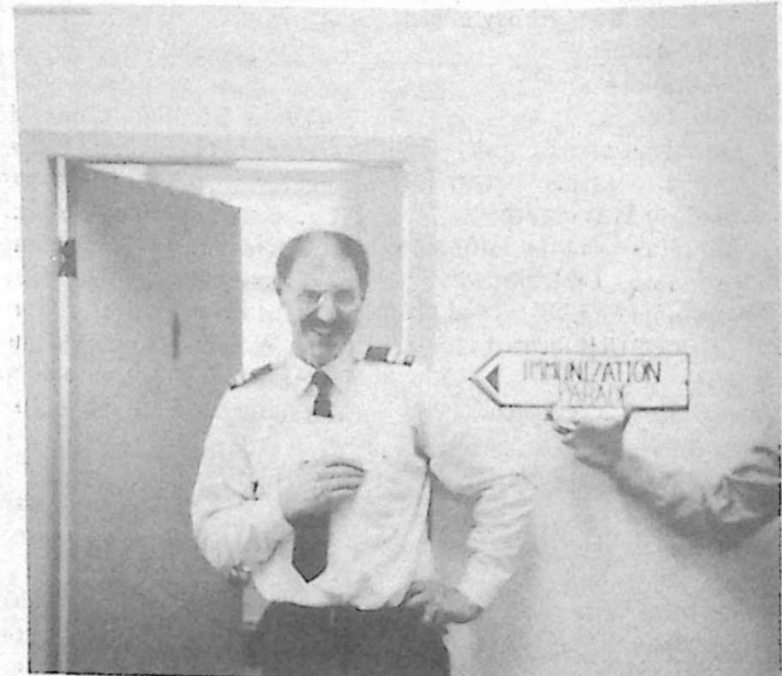
Pte Lemieux is presented his "Demon of the Month" award by 407 SAMO Maj Clarke. (Base Photo)

Pte Georges Lemieux has been selected DEMON TECH OF THE MONTH for March 1988 because of his outstanding achievements in the Air Technicians Advancement Training program (ATAT).

In spite of the continuous heavy workload in 407 Sqn Aircraft Servicing, Pte Lemieux demonstrated outstanding diligence and dedication in his studies for the IS Tech QLS ATAT. He achieved 91 percent on his Tech Advancement Exam, the highest mark for his trade in the Canadian Forces.

In achieving this, Pte Lemieux presents an excellent example for his fellow technicians to follow and maintains the high standard desired for all 407 (MP) Sqn members.

IT DOESN'T HURT AT ALL



Proof that Gerry Zanussi really does get needles is right here as "Z" saddles up to the "Robot Arm" at the Demon Needle Station. By the way, that's quite a wide part you're wearing these days Z.



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

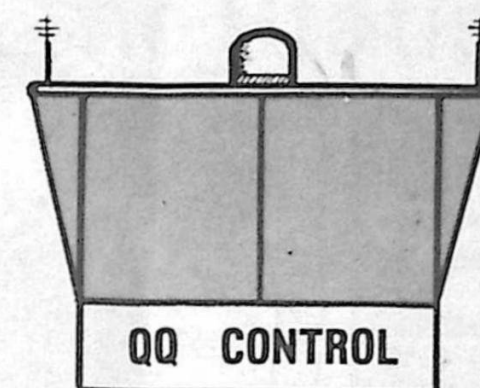
AROUND THE BASE

From the
Top Rung

COL TED GIBBON

The Snow to Surf extravaganza took place last weekend with reasonable weather and enthusiastic participants. From my vantage point near the finish line it looked like the battle of Tippecanoe was being fought before my very eyes. According to Christa Robertson at least 145 of the 150 teams finished - like the Boeing better late than never! There will be hundreds of stories told and retold about the parade, the dances, the recovery parties and even a few about the race itself before next year's event but one that you probably won't hear is; what happened to the Snow Snakes?

A team from AETE, CFB Cold Lake limped away with the Base Commander's trophy as the first military team to ring the finish bell, taking CF bragging rights to Alberta for the first time by replacing 442's Snow Snakes, winners the previous two years. What happened to the Snow Snakes you cry? A fair question and the answer is simple, they didn't get their entry in on time. But the reason for that is a little more complex. 442 has just completed (do they ever complete their duties?) a lengthy period of demanding deployments that has severely taxed their air and servicing crews. For the past nine weeks at least, loving relatives and just plain friends have seen little of the Snakes as they roamed about BC and points beyond that boundary conducting a SAREX, supporting Herring Roe and participating in SAR Erickson. Sure I'm disappointed the trophy left Comox and the Snow Snakes weren't there to defend it but I'm proud of those teams that did represent us and prouder still of 442's record of service that precluded the defending champions from participating. Wait till next year Gene, the Snakes will be back.

As The
Beacon
Turns

Welcome to another chapter in the never-ending saga of "As the Beacon Turns." I've been contemplating changing the name of the article. Some titles which come to mind are "Beacon Banter" or possibly "Fireside Chat with K.Y." So if you have any suggestions let me know.

I will begin this week's article with the announcement of the official opening of the "Gravel Pit" for another season of enjoyment. It will take place Friday 6 May. A good turnout is anticipated. Free hamburgers will be available so we can rest assured Steve will be there.

Intersection fastball is just around the corner and the current league champion "ATC ORCAS" have every intention of entering another talented team this year. Cpl Steve Tinker is at the helm

and he claims we will get new uniforms. No more yellow canary suits. Our very own Capt Mike "THE MODEL" Maillet is the league president this season, and MCpl Pete Wooldridge will become the vice-president. With these two at the top the "ORCAS" should secure another league title this year.

A new reign of terror has enveloped the tower with the return of WO Earl Taylor from the Senior Leaders' Course. E.T. can be seen administering drill to the tower BStands in the IFRCC parking lot on sunny afternoons.

Sgt Greg Templeton has also returned from Winnipeg after completing the Electronic Warfare Course. Greg tells me he didn't just "ATTEND" the course - he completed it. I asked him to prove it by jamming the radar but he

wouldn't.

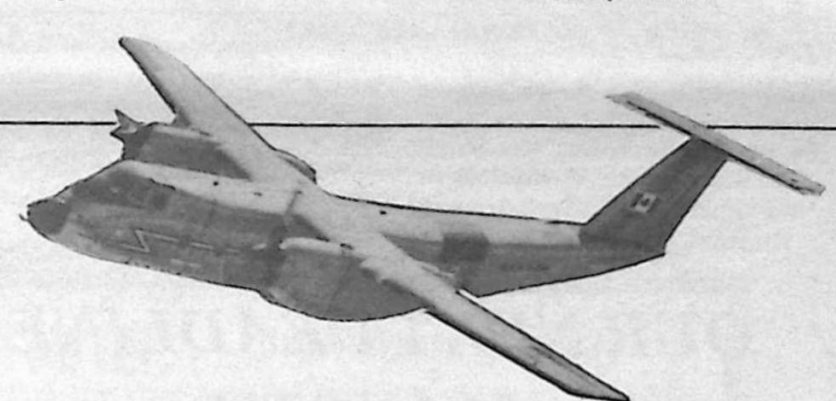
The section is feeling a little unbalanced with the absence of two of our top guns, Capt Joe "PAC-MAN" Pacowski in Borden and Capt Butch March in Kingston at Staff School.

The ATC Career Manager for the NCMs will be making his way out here Jun 6 and 7 this year hoping to find someone who might want to get posted out of here. Do we really believe that story about the massive backlog of controllers trying to get into Goose Bay?

On one final note Tower Controllers take heed, your practice of reprimanding BStands by locking them out on the tower railing for the night will no longer be tolerated. Barry is now receiving treatment after his harrowing experience.



442 Squadron



April has been a busy month for the Squadron.

SAR SUMMARY
APRIL 1

Two Labrador crews were deployed to Prince Rupert for 12 days for Herring Roe.

A Buffalo went to Tofino to investigate an ELT hit from the SAREX. The ELT turned out to be an EPIRB located at Hot Springs Cove. Communications were established with the residents and the EPIRB was turned off.

APRIL 2

The standby Buffalo was called out to look for five persons in a life raft at the southern end of Vancouver Island. These people were picked up by a USCG cutter. The Buffalo was then called out to look for a missing sailboat off Cape Flattery. The Buffalo found the boat and remained on scene until a navy vessel could assist it.

One of the Lab crews in Prince Rupert evacuated a fisherman with head injuries to Prince Rupert Hospital. The hoist from the boat had to be done with the boat stationary as there were 500 boats in the immediate vicinity.

APRIL 3

The standby Buffalo was called out to investigate a SAREX ELT hit in the Vancouver area. The Buffalo found the ELT on a Seaspun Tug. After localizing this ELT, the Buffalo flew to Scum Lake to investigate another ELT. This turned out to be a home built aircraft which had just force landed. There were no injuries and the ELT was turned off.

APRIL 4

A third Lab crew (the 2 standby crews being in Prince Rupert) was scrounged up to Medevac two Army Cadets from the West Coast Trail near Port Renfrew. The cadets were picked up and transported to a hospital in Victoria.

APRIL 5

At first light, the standby Buffalo and two Labradors were launched from Comox for a CF 18 that had disappeared in Hurricane force winds in the Brooks peninsula area. Low visibility and high winds hampered the search for the initial two days. On the third day, the weather improved and allowed

the Labrador in Prince Rupert to come down and join in the search. The search continued for 5 days when at the end of the fifth day, the Buffalo found the impact point of the CF 18 on the side of Brooks peninsula. There was no survivor. Two Labs remained in Port Hardy an additional two days to transport DFS staff to the crash site.

APRIL 9

With three Labs deployed on SAR Erickson, the Sqn was able to round up a fourth Lab and crew for a night rescue on Salt-spring Island. A man had fallen over a cliff and could not be found. The Lab found the body of the man on a ledge and did a 150' night hoist on the side of the cliff to recover the body. The body was then transported to hospital.

APRIL 12-14

Both the Lab and the Buffalo searched for three days for a 13 foot skiff reported overdue between Harwood Island and the mainland. No vessel or survivors were found.

APRIL 15

The standby Buffalo picked up an EPIRB and homed it to

the Powell River Pulp Mill where it was discovered aboard a tug and was shut off.

APRIL 17

The standby Lab was called out for a traffic accident in the Tahsis area. A van with nine persons had rolled over an embankment. Most of the nine were critically injured. A second Lab was also tasked to aid in the transporting of the casualties. The standby Buffalo was also called in in the event that Medevac to Vancouver was required. Base doctors and SAR techs stabilized the patients at the crash site and the five critical patients were medevaced by the standby Lab to the hospital in Comox. The second Lab took the last, less seriously injured, casualties to Comox.

APRIL 21

The standby Buffalo was called out to localize an ELT in the Vancouver area. The Buffalo located the ELT just east of the Vancouver airport.

APRIL 22

A barge with dangerous cargo caught fire just off Texada Island. The training Lab transported some fire

fighting equipment to the barge while the standby Lab crew remained on 30 minute standby into the evening in the event any of the firefighters became injured.

NAV TALK

Easter Monday was the date for the Nav's first party of the '88 physical year held at Maj Howe's home. It gave everyone in the section a chance to meet Capt Brad White, his wife Debby and generally to snoop around the Maj's new house. After everyone had dined on Italian, exquisitely prepared by Doctor Bruce, Rudge produced a dessert that started to disappear only after he added a great deal of Triple Sec to help sweeten the pie. After everyone had disinfected themselves with peach schnapps provided by Mark Ouellet, Gord Currie and friend Chris stopped by to say hello. Everyone agreed that Gord was looking well. Operationally the Golden Eyeball award goes out to the boss for spotting the F-18 crash. Scuz and Mark are off on the Herc O.T.U. in Trenton and should be getting back in late June or early July.

EDITORIALS



COMMENT

GORD KRUGER

SPEAKIN' O' FISH' AL

"Hiyamac"
"Lobuddy"
"Binearlong?"
"Coplours"
"Cethanenny?"
"Goddafew"
"Kindarthay?"
"Frigingrile"
"Ennysizetoom?"
"Cuplapowns"
"Hittinhard?"
"Sordalike"
"Wahchoozin?"
"Bluoochies"
"Fishanonaboddum?"
"Rydonaboddum?"
"Whatchadrinkin?"
"Cuplablooze"
"Igoddago"
"Tubad"
"Seeyaroun"
"Yeahtakideezy"
"Guluk"

You've probably been involved in one of these conversations many times and not even realized it. What is it? Why it's Speakin' O' Fish' Al, that's what aye.

Now that the sun begins to cut a higher arc across the heavens every man's fancy turns from good intentioned

spring chores to fishin' - for around here the salmon is King!

In spite of new regulation and increased cutbacks we'll still all be there buzz bombing, mooching or trolling our lives away. That's just the way it is when you live in this part of the world. It's a yearly ritual out here in Lotus Land and there are few amongst us who do not partake in the phenomenon.

As we drive around the Valley these days we see the many hopeful fishermen with dusty boats pulled out from under canvas or carport and clean-up action underway. The sales have all started and artful retailers are set to pounce on their very susceptible prey. It's that time of year when every fisherman needs a dozen new hootchies, a flasher or two, maybe even a few more zingers. To the uninitiated it must sound as though we are going bonkers.

And that's the way it is - "Gone Fishin'" will be the buzz word for the next few months. And don't forget to "Speak O' Fish' Al."

NATIONAL JUDI'S DAY

It's National Secretaries' Week elsewhere in Canada, but at the Fishwrapper we don't feel like sharing it with all of the other Girl Fridays, because we think our Judi is the best.

Therefore, be it known throughout the Comox Valley, the province and this nation that the day of April 27th shall hereby be known as NATIONAL JUDI'S DAY.

OUR NEXT DEADLINE
MAY 9TH

IT'S A CHANCE TO GROW

For both of you!

Unicef Canada

1-800-268-6364



LAROCHE 67

"Oh, that one Sir...that's my long service medal."

...thanks to Chuck Moore for submitting this oldie but goodie from Air Force Magazine - circa 1968.

TOMORROW'S
FORESTS...
TODAY'S
CHALLENGE

National Forest Week
May 1-7, 1988

TOTEM TIMES

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

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EDITORIALS



LITTLE ALIEN

Lightside

Norm Blondel

Wife stepped into the shower, turned the water on and stood, letting the healing, warm flow carry away the aches and soreness of a day's gardening. Busy with shampoo and soap, she didn't notice the slow opening of the bathroom door, or the silent approach of the intruder, as he crept toward the shower.

Suddenly, a hand grasped the shower curtain and flung it back. Wife screamed! The figure raised his other hand. In it was the mashed and squishy remains of a peanut butter and jelly sandwich. Momentarily startled by Wife's reaction, the figure recovered and exclaimed, "Hi Grandma."

Last week we played host to our son and his first-born, Nathan Andrew, aged two and a half. Our quiet, carefully ordered existence was suddenly disrupted by a dynamo with short legs, a vocabulary consisting largely of the word, "No!", the talents of a burglar, two stomachs - a tiny one for meat and vegetables and a bottomless pit for ice cream, chocolate milk and cookies.

To Nathan, a table was something to climb on or under, but not to eat food from. Bedtime was in the afternoon, when one adult was required to remain on station to protect anything in the house, should the nap suddenly end and the marauding begin, and very late

in the evening when everyone over the age of two and a half had been worn to the point of absolute exhaustion.

He asked interminable questions -- but heard no answers. For instance, upon hearing my neighbour's cock-bird crow, he asked where the "Doodleoo" was. We told him it was over the fence, so his next question was, "Where's the Doodleoo?" And so it went. We all got laryngitis. His short legs could propel him along at blinding speed (towards a cookie) or the velocity of a garden slug (towards his bed). No nook and cranny was safe from his exploratory tours. No lock, no barrier, nothing with knobs on was safe from his pudgy hands.

Wife's gastronomic talents were taxed to the full trying to get some nutrition into the kid. I tasted one of her concoctions, Ice cream on spaghetti, not bad. All too soon, Nathan and his dad disappeared over the horizon, and a sort of glum peace descended on Erin Place. We worked hard at our landscaping to take our minds off things, and at day's end, headed for the shower. Wife first.

Along with her customary load of clothing, dressing gown and sweet-smelling soap Wife carried a chair into the bathroom. I asked what the chair was for.

"To jam under the door handle," Wife replied.

MOTHER

Who is the most important person in our life? Some say it's the Boss - he pays Dad. Some say it's Dad - he brings home the bacon. Others say, because they are the future, our kids are the VIPs. But really, we know who's Number One. We celebrate the fact every second Sunday in May.

Mother's Day arrives one month before Father's Day chronologically, or nine months after, biologically. It is a day to delight the precious hearts of flower sellers, chocolate makers, proprietors of fancy restaurants

is - but also a day of appreciation of someone who is a warm presence in our daily life.

Dishes he unwashed (and the day after) because Dad says, "I'll do 'em." I can write poems and sing songs or let it show up from time to time (and actually sing a song once in a while) but the appreciation of that day is a warm presence in our daily life.

HAPPY MOTHER'S DAY

The Statistical Skeptic

Are you a statistical skeptic? Although many people clearly recognize the importance and usefulness of statistics in decision making, there are still those who have reservations about their benefits.

Here are five arguments often put forward by the "statistical skeptics" with a reply from Statistics Canada.

"I'm too busy to use statistics." The analysis of statistical data is often a low priority for firms facing short-term problems. The unwillingness to use statistics for the development of business plans or market research can however jeopardize a firm in the long run.

"Statistics can only tell about the past." It is true that the past is not always a reliable indication of what will happen in the future. However, statistics can provide a basis for making informed decisions about the future.

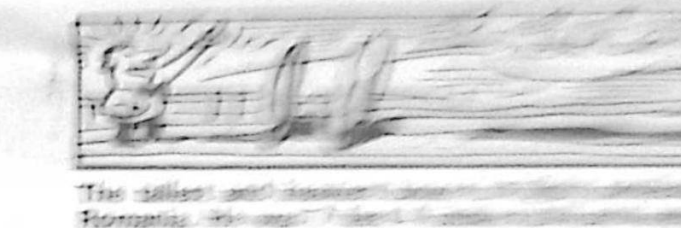
"I'm a business person, not a statistician." You don't have to be a professional statistician to use statistics. In fact, statistical analysis only requires some common sense and a willingness to do basic research and digging. You can also get help from the staff at the nearest Regional Statistics Canada Reference Centre.

"I can't use statistics because they are unavailable/inaccurate/out-of-date." These sorts of data problems are very real. When data are not available for an exact industry, product or geographic area, there is often information available at a broader level that can serve as a reasonable measure or allow some sort of estimation.

As for data being inaccurate or out-of-date, Statistics Canada has a reputation for being up-to-date and accurate. The use of statistical information in the planning, marketing and financial decisions can make a significant contribution to the success of your business.

should realize that a good measure of the market size, financial health of an industry, etc. is still important and useful, even if it is not as timely as you would like.

"There's too much emphasis on statistics." Statistics are often seen as detracting from an "intuitive" approach to running a business. They are only a tool and never a substitute for good management. One must use judgement in the interpretation and application of statistics to specific business problems or opportunities. The use of statistical information in the planning, marketing and financial decisions can make a significant contribution to the success of your business.



Air Force Times



ON AND OFF THE BASE



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ASK ABOUT THE FOREST

CAN WILDERNESS AND OTHER FOREST USES CO-EXIST?

It is important that they do and there are some positive signs that they can. A recent poll clearly demonstrated that the public believes important uses of the forest can be integrated. Although there are many land use conflicts in B.C. along with some strongly polarized points of view, solutions to these problems can be found.

B.C., with its small population and large land mass, has significant potential for wilderness values and wilderness tourism. However, being endowed with forest cover on much of this land, the province at the same time supports a forest industry that is essential to its economic health and Canada's trade balance.

Forests are used in numerous ways. They are developed and managed for timber production by the forest industry; they shelter wildlife and serve various recreational pursuits. Looking at the recreational aspects alone, it could be noted that use of the resource by industry actually enhances certain types of recreation. Consider, for example, how many British Columbians would be prohibited from current recreational opportunities if logging roads were unavailable for travel. However, there are valid reasons why conflicts between the different uses do occur.

As there was a recognized need to address them, in 1985 the provincial government appointed a Wilderness Advisory Committee to review certain areas where there was controversy in B.C. After extensive public hearings and following the Committee's 1986 report, the government made decisions on a number of outstanding trouble spots (South Moresby, the Cascade Wilderness, Robson Bight). In 1987, a bill was passed to give the Ministry of Forests and Lands a mandate to manage provincial forests for wilderness values. This is good evidence that there is an evolution in conflict resolution taking place.

During this evolutionary period, it is important to recognize that demands on B.C.'s forest lands vary from area to area. For example, some areas may have high timber values and low potential for wilderness, while the reverse may be true elsewhere.

The next step is development of a strategy which properly considers all valid uses of our natural resources.

WHICH OF OUR B.C. TREES HAVE THE LONGEST LIFE SPAN? WHICH ARE OUR SHORT-LIVED SPECIES?

The trees that live the longest in B.C. are those that have the ability to suppress or dominate other species. Such trees ultimately make up what is called a "climax forest," a forest that will perpetuate itself indefinitely. After all the plants in a climax forest become established, they tend to sustain themselves unless they are disturbed by a major ecological factor, such as fire or heavy winds.

In B.C.'s coniferous climax forests, tree ages can vary from a few hundred to over a thousand years, depending on soils, exposure, moisture and other environmental factors. Climax forests in B.C.'s coastal region are often dominated by western hemlock and western red cedar. In other areas of the province, balsam fir (Abies amabilis) and western hemlock may be the climax species. Further up the mountains, alpine fir (Abies lasiocarpa), often in mixture with mountain hemlock (Tsuga mertensiana) for climax forests and reach great ages.

In contrast with climax forests, there are forests which become established as a result of logging, fire or insect kill. These are known as pioneer forests. Pines, poplars, birches, and alders will form such forests and are known as pioneer tree species. These trees usually require light, grow quite fast and occupy the area within a relatively short period of time. In a few years, they will tend to change the local environment, allowing the climax species to become established. Over time, the latter will suppress the pioneer species and dominate the area. This entire cycle is called "succession."

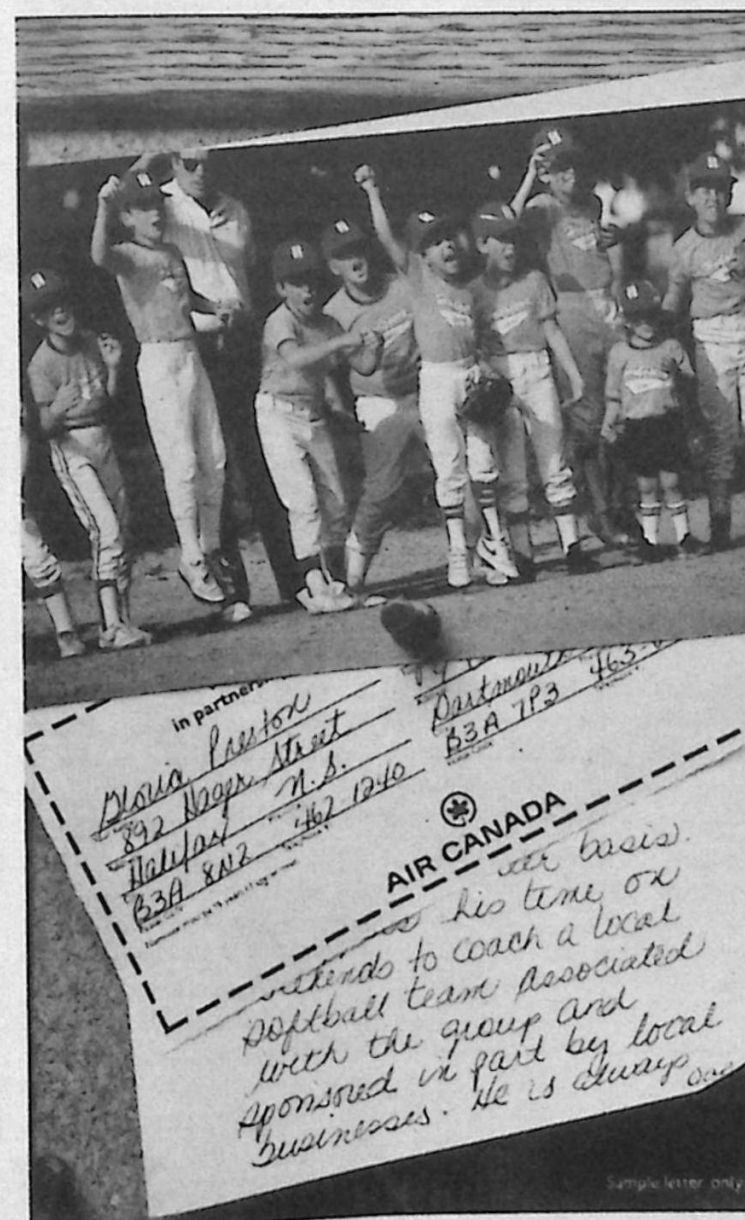
SECTION NEWS

Commissioning Scroll Presentation



Col Gibbon Base Commander presented the Officers of the Language Training Centre with their Commissioning Scrolls.

WE'RE SEARCHING FOR A HEART OF GOLD



Selflessness. Willingness. Understanding. Qualities you may see in someone you know. Someone who goes out of his or her way to make your community a better place to live.

Air Canada, in partnership with your community newspaper, would like to salute these individuals who bring so much to your community. That's why we created Air Canada's "Heart of Gold" Award.

Now's the time to speak out on behalf of these individuals. Make your nomination for

Air Canada's "Heart of Gold" Award today. It's time we all said thanks.

Complete the form below and include a note, or letter, giving the special reasons why you feel the person you're nominating makes your community a better place to live. Mail it to this newspaper care of Air Canada's "Heart of Gold" Award.

**TOTEM TIMES
CFB COMOX
LAZO, B.C.
V0R 2K0**

Air Canada's "Heart of Gold" Award in partnership with your community newspaper

My nominee for Air Canada's "Heart of Gold" Award is:

Your name: _____ Nominee's name: _____
Address: _____ Address: _____
City: _____ Province: _____ City: _____ Province: _____
Postal Code: _____ Telephone #: _____ Postal Code: _____ Telephone #: _____

Nominee must be 19 years of age or over.

AIR CANADA

SECTION NEWS



From The Fire Chief's Office

OUTDOOR FIRE PREVENTION BARBECUING

When cooking outdoors, the following precautions should be taken;

- keep flammable liquids away from live coals to avoid explosions and burns;
- keep children away from the barbecue;
- use charcoal electric starter of an approved type or chemicals in cake form to start your charcoal fire; never use gasoline, naptha or other such flammable materials;
- never add fire starter after you have started your barbecue; to speed a slow fire or rekindle a dying one, tuck dry kindling under the charcoals;
- make sure the barbecue stand is level and steady; keep a water container nearby;
- when the cooking is over, soak the coals to prevent their re-ignition; never keep damp or wet charcoals in an unventilated area due to the dangers of spontaneous combustion.

CAMPING

A little extra caution is well worth considering on any camping trip whether in the backyard or the open woods. A fire extinguisher is a must in every camper's equipment; it could be a life saver. It is also recommended that a portable smoke alarm be part of every vacationer's equipment. A minimum of one of these life-saving devices properly located in a recreational vehicle, a tent, or a motel room can detect the presence of smoke and provide those precious extra moments for evacuation. On all camping trips, all fire laws, ordinances, and regulations must be strictly observed.

GARDENING

When mowing your lawn, your Fire Chief suggests that your lawn mower be certified, and double-insulated or grounded. Wait for a dry day before cutting lawns as water may cause a shock. Also, heat and

ultra-violet rays from the sun may cause deterioration of the insulation. All power tools should be stored in a dry place. Do not carry an appliance by the cord, and never pull the cord when removing it from a receptacle; grasp the plug, not the wire. Keep the cord away from sharp edges, water, oil, and heat.

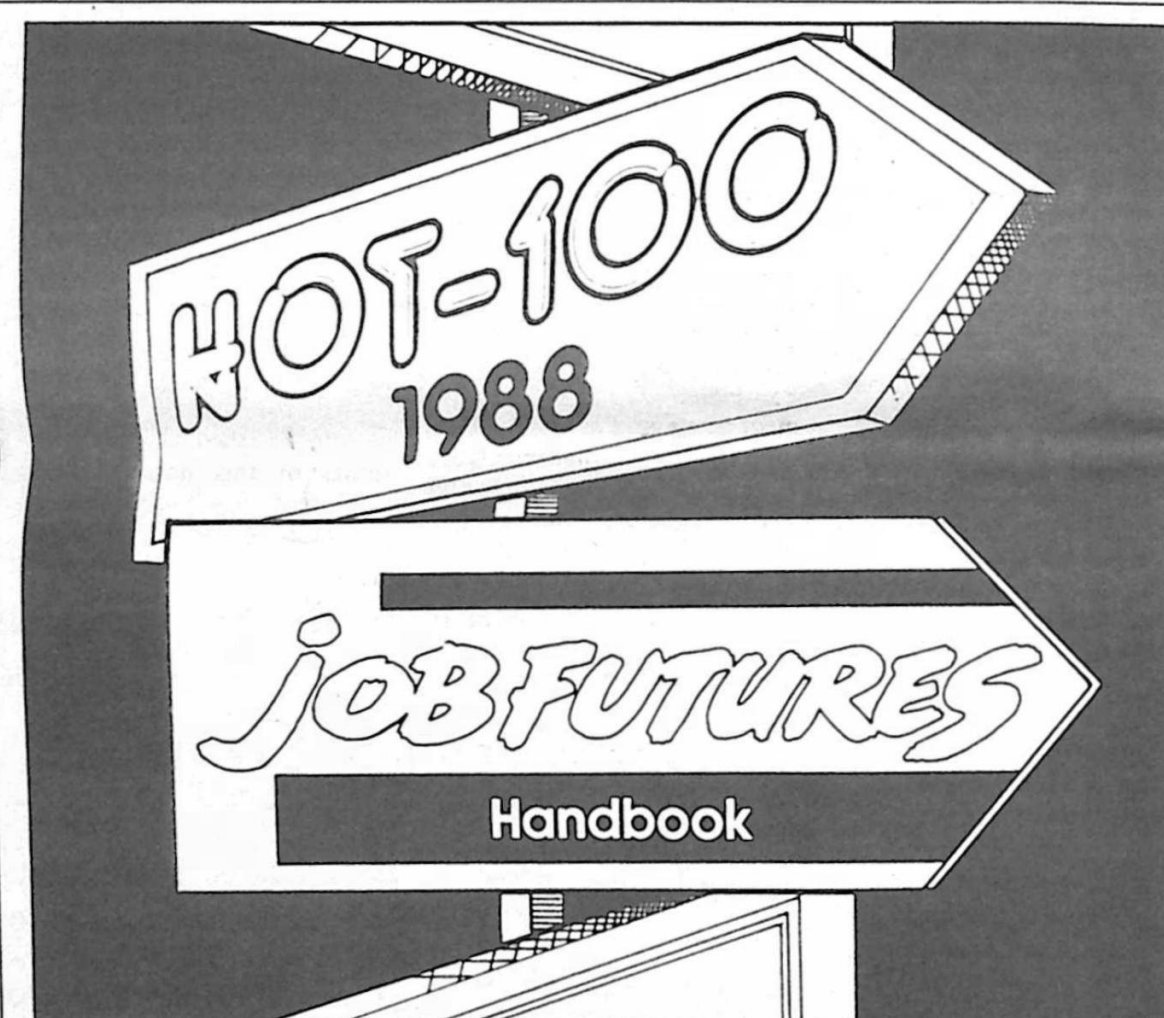
Keep your appliances sharp and clean for good performance and follow the manufacturer's directions for servicing. Keep children a safe distance away from your work area.

Suggestion Award



Corporal English, a Vehicle Technician, and Mr. Ross Oliver, a VHE 9, both in the Base Transportation Section, shared a \$200 award for suggesting a modification that increased operational reliability of the VOHL runway sweepers. Lieutenant Colonel Mack made the presentation during a recent BTND parade.

OUR NEXT DEADLINE MAY 9TH



Canadian Youth. Free pointers for your future.

Two books—the "Hot 100" and the "Job Futures Handbook" are now available to help you make the decisions you are faced with right now. They have been designed to meet your needs and give you information that will be helpful in planning your future.

"Hot 100" contains details on 100 Government of Canada programs and services for young people including jobs and training, learning opportunities, travel and culture as well as health, fitness and support services.

The "Job Futures Handbook" is an exciting book that looks into the future potential of more than 200 occupations through until 1995!

As Minister Responsible for Youth, I believe you will find these books useful. Please write to me for your free copies or send the coupon:

Please send me
☐ HOT 100
☐ (bilingual)

☐ JOB FUTURES HANDBOOK
☐ English ☐ French

Name _____

Street _____

City _____

Prov. _____

Postal Code _____

Mail to: Jean J. Charest
Minister of State for Youth
Hot-100/Job Futures
140 Promenade du Portage
Ottawa-Hull K1A 0J9



Government of Canada
Minister of State for Youth
Jean J. Charest

Gouvernement du Canada
Ministre d'État à la Jeunesse
Jean J. Charest

Canada

ON AND OFF THE BASE



Supply Signals

The new shelving in No.1 Supply Group is still the ongoing concern. There will be some happy Supply Techs when that project is over with. However, the quality of service will not suffer in the slightest during the installation of the shelving.

No.3 Supply Group has completed their Automated Location System. The result will be a more efficient location system to help the staff better serve the customer.

With the new fiscal year came the new funds for CE. This has resulted in a steady workload for No.5 Supply Group. It's nothing the capable staff, under the direction of PO2 Watts, cannot handle.

No.6 Supply Group was kept busy with 442 Sqn having to keep flying on a search over the past month. The bulk storage rewarehousing project is now complete, making it even easier to spot items than ever before.

General Stores is busy with several projects underway, one of which is supplying the furniture for the new Family Support Centre. However, with the quarterbacking skills of M/S Snetsinger, the team runs smoothly.

POL is happy just dealing with the day to day issuing and receipts of fuel and petroleum products.

MPO is kept hopping, but Cpl Arnold is a good hopper and everything is being done. Well done Barb.

Ration Group is stocking up in preparation for the return of the cadets to Quadra.

In LPO, Ray Robert has fit in well performing the purchasing off contracts function. Pte Ratcliffe is catching on to petty cash, and the rest of the staff are busy ensuring the budget is off to a proper start.

Customer Services is a little hectic with a change of personnel and the training at the new jobs. However, they are adapting.

Update on the issue of Base Dress to Air and Sea personnel. The information that follows is for general information and planning purposes only. Garments AIR are Trousers Man(s) AF Blue, Slacks Woman (s), AF Blue and Sweater AF Blue. Garments SEA are Trousers Man(s) Black, Shirt Man(s) Postman Blue, Slacks Woman (s) Black, Shirt Woman(s) Postman Blue and Sweater Black. The garments will be produced in Standard sizes only.

Trousers and slacks will be considered as personal allotment issues and as such will be subject to replacement/exchange, without charge, as and when required. Shirts Postman Blue and Sweaters, AF Blue and Black, will be considered part of permanent kit items subject to replacement using CUA. Again this is a preliminary plan and will depend on when assets become available to Bases. At present the date that we expect to receive them for issue to personnel is unknown.

Cpl Tom Mann who works

RIPPLES FROM THE BEAVER POND



Our first item of business this week is to name our "Turkey of the Month." This time we are going to pick on the Utilities Section, for it was in this section that we found our glorious culprit. Once upon a time a few weeks ago, the Steam Plant Foreman and 2 other nameless souls were up on top of the HQ Bldg when lo and behold the ladder they climbed up on mysteriously fell down (check with Roads & Grounds, they have a history of moving ladders). These 3 (Larry, Moe and Curly) unfortunate souls had to stay up there until some polite passerby reluctantly put it back for them. Gentlemen, in the future it may be wise to take a safety belt and rope with you.

The BCEO would like me to pass on to all CE pers who are tasked with being a sponsor for incoming pers to ensure you contact, either verbally or by mail, the individuals you are sponsoring and relay any info that may be of any assistance to them in the form of housing, shopping facilities, schools and things of this nature. Make note that the BOR sends a welcome package on the Base and the Comox Valley to all incoming pers, so be prepared to elaborate on or differentiate from the occasional discrepancies between the book and what is actually available.

Cpl Tom Mann who works

Maybe Joe would rather have Glen (I lost my balance) Anderson or Wayne (you're not supposed to hit me) Gretzky. Keep it in mind Ross.

I must print a retraction from the Mar 24 article in which I stated that MWO Jim Howe was right marker on Porker's Parade. In fact he is third in line for that position. Sorry Jim. Chimo!!

Officers Mess

WEDNESDAYS MAY 4, 11, 18, 25

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 29 MAY 6, 13, 20, 27

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

SUNDAY MAY 8
MOTHERS DAY BRUNCH
1100 - 1300 hrs
CHILDREN'S MENU
SOUTHERN FRIED CHICKEN & CHIPS
with DESSERT and BUFFET

ADULT'S MENU
ROAST BEEF/GRVY
SHRIMP NEWBURG/LEMON WEDGE
BAKED POTATO/SOUR CREAM
MIXED VEGETABLES
FULL BUFFET

COST: Adults \$6

Reservations by 5 May 88

Children \$3

WEDNESDAYS MAY 11, 25
OWC BRIDGE CLUB

SUNDAY MAY 15
CANDLELIGHT DINNER
MENU

FRENCH ONION SOUP
CAESAR SALAD
VEAL CORDON BLEU
BAKED POTATO
BROCCOLI/CHEESE SAUCE
CARROT FINGERS
FRESH FRUIT CUP

COST PER COUPLE:

Limited Associates & Guests \$30

Reservations by 11 May 88

WEDNESDAY MAY 18
OWC WIND-UP & ELECTIONS

FRIDAY MAY 20 to MAY 27
FISHING DERBY

COMING EVENTS FOR JUNE
4 June - HAWAIIAN NIGHT

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.

SEE YOU AT THE LEeward!

THE LEeward
NEIGHBOURHOOD PUB & BREWERY

PUB HOURS:
Monday to Thursday
11:00 a.m. to 1:00 a.m.
Friday and Saturday
11:00 a.m. to 1:30 a.m.
Sunday
11 am - 12:30 am

good food!
KITCHEN HOURS
11AM - 10 PM

good times!

- *country cooking
- *rural hospitality
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- *brewing our own natural Leeward lager

RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

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IDEAL ADULT LIFESTYLE

2 Bedroom, one and two level units, RV parking, Rec centre.
Monthly fee as low as \$75 includes yard maintenance
More leisure time for golf and fishing

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HARRY SQUIRE 334-3427 **Chris Squire 334-2328**

WELCOME HOME !!

If you are transferred here to the Comox Valley and need information on Real Estate or wish to make this your retirement home, get in touch with me. Having been affiliated with the military for 24 years and a licensed realtor here for 9 years I can appreciate your needs. For a full information package about real estate and/or the Comox Valley - write or call

JANET MARRIOTT
576 England Avenue
Courtenay, B.C. V9N 5M7

334-3124 or Res: 339-5267

SALES PROFESSIONAL

REQUIRED TO SELL INNOVATIVE B.C. HYDRO ELECTRICAL HEATING PROGRAM TO RESIDENTIAL CONSUMERS. QUALIFIED LEADS ARE PROVIDED BY STRONG MARKETING PROGRAM. VERY ATTRACTIVE COMMISSION SCHEDULE. THIS POSITION IS IDEAL FOR A RETIRED MILITARY PERSON WITH A TECHNICAL BACKGROUND. FOR INFORMATION

Mr. Build.
CALL
339-4149

Oh what a feeling!

participation

SPORTS AND RECREATION

Sports Shorts

CFB ESQUIMALT FOURTH ANNUAL NADEN MINI-TRIATHLON

CFB Esquimalt Base Gym will be hosting a Mini-Triathlon at 0830 hrs Sun 29 May 88. This event is in aid of National Physical Activity Week.

The course will consist of a 1 Km Swim (42 lengths Naden Pool), and 18 km bicycle route (Esquimalt area) and a 5 km run (Esquimalt area).

Categories are open men, open women, masters men (40 plus), masters women (40 plus), military open (male and female) and mixed relay team.

Entry fees are as follows:

1) Individual - \$20

2) Mixed Relay Team - \$45

Teams must be mixed, ie 1 male, 2 females or 2 males, 1 female.

If you are interested in participating in this event contact the Base Rec Centre, local 8315. Deadline for entries is Fri 20 May 88.

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

Personnel are reminded that the Base Gym summer hours for casual use are as follows:

Monday - Friday: 1800-2100 hrs.

Saturday and Sunday: 1300-1600 hrs. and 1800-2100 hrs.

USE OF SPORTS FIELDS

All base personnel are reminded that bookings for the ball diamonds and soccer pitch must be made through the Base Rec Centre at local 8315.

INTERSECTION SOFTBALL MEETING

There will be an Intersection Softball Meeting on Thu 5 May 88 at 0800 hrs at the Base Rec Centre. All sections wishing to put a team in either the Slow Pitch or the Fast Pitch league are requested to have a representative at this meeting. In addition, any personnel wishing to umpire in this years intersection league are urged to attend. For more info contact Capt Mike Maillet (League Pres) at local 8115 or the Base Rec Centre local 8315.

CF PHOTO CONTEST - 6-11 Jun 88

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

1) Members of the regular force and dependants;

2) Members of the reserve force and dependants;

3) Members of other nations attached on exchange duty with the CF and dependants;

4) Civilians employed by DND;

5) Members of the Sea Cadets, Army Cadets and Air Cadets.

Personnel wishing to submit an entry are asked to contact the Base Rec Centre at Local 8315 for further info.



Pipe Smoke

Gerry Gerow



A good breed book is essential if someone is going to fully understand what any given breed of dog is all about. This week's book is a good one, *The New Complete Afghan Hound*, by Constance Miller and Edward Gilbert Jr., Howell Book House, New York. U.S. \$17.95.

This 4th edition is a complete rewrite of the original. Through its pages you will find out all about the majestic and beautiful Afghan hound. Like all ancient breeds the origin of the Afghan is steeped in mystery, but the book offers some plausible suggestions as well as all the known breed history.

Naturally, the attributes found in all good breed books are included. There are separate chapters on confirmation and breed standard, breeding, care, exhibiting, obedience and courting.

This is a hard cover, 288 page edition well illustrated with excellent photographs. Both authors are well known and respected Afghan fanciers and breeders. This book is a must for the library of any owner or would-be owner of an Afghan hound.

XXXXXX

About now, Cdn Forces members are receiving their transfer notices. There are a lot of concerns requiring attention at this time, but to the outdoor sporting person, a whole new world awaits. One of the things I enjoyed most in the service was the moving on to greener, or at least different, pastures every few years.

Some will have transfers to the west coast where the saltchuck awaits. Springs and Cohos, cod and snapper. All there for the taking. Steelhead can be had in many rivers and Chilliwack's Vedder is perhaps the best

steelhead river in the world.

Maybe you're headed for Cold Lake and its long, harsh winters. But just think of the pickerel and pike in Primrose Lake. I got a 13-pounder there, once, and people just said hohum. Another so-so fish. Lake Trout await in Cold Lake itself and there's splake over into Saskatchewan.

kSouthern Ontario has some nice surprises for those who look for them. I recall some good fishing enjoyed in the Rideau River, right inside the Ottawa city limits. Lake Ontario has some great fishing. Especially for Salmon. I recall Jack Hedger who runs a charter boat on the lake, remarking that "Maybe we can't eat them, but it's still good fishing."

Up around North Bay, of course, Lake Nipissing is famous for its Walleye and Northern Pike. As are some of the rivers in the area, notably the French. Northern Ontario rivers, as well as the Saint Lawrence boast some of the finest Muskellunge known.

Heading down home to the Maritimes? Atlantic Salmon aren't what they once were, but they're still there. Of course, the good old standby, the Rainbow Trout can be found almost anywhere.

Off to CFE. Don't take your equipment along. It's not that there isn't any fishing, but it gives you an excellent excuse to buy some more at great prices. I can personally assure you, as an instructor authorized to certify Canadians for German fishing licences, that there are lots of opportunities to fish in Europe. You'll find light spinning tackle of the most value over there. My tackle is cleaned up and ready to go, Frank.

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



ARE YOU MISSING THE BOAT?

CANEX SERVICE STATION OFFERS YOU

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

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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

Now that's a Big Saving!

Thank you for your support

David Allen



PLEASE CALL THE BBUTTO MAJ TAMMINEN AT 8347 BEFORE MAY 13 TO REGISTER.

IT'S YOUR LIFE - ENJOY IT

BUTT-OUT PROGRAM

OUR NEXT DEADLINE
MAY 9TH

SPORTS & RECREATION

CFB COMOX FITWEEK
30 MAY - 3 JUNE

CFB Comox will generate "Fitweek" from 30 May-3 Jun 88. This year's theme is "Participate With A Friend." During the week of 30 May - 3 Jun 88 it is the intent of the BPerO Staff to involve as many of our personnel in a physical activity as possible. Therefore the following program has been put together to provide a wide avenue of participation:

Mon 30 May 88 - Aerobics, Bowling, Pickleball 1130-1300 hrs
Tue 31 May 88 - Softball Tournament 1200-1600 hrs
Wed 1 Jun 88 - Golf Tournament - 1300 - 1600 hrs
Thu 2 Jun 88 - Floor Hockey Tournament 1200-1600 hrs
Fri 3 Jun 88 - Quadrathlon (Bike, Run, Swim & Walk) 1200-1600 hrs

As our theme "Participate With A Friend" indicates, this week is a good time for all our "Jocks" to encourage those friends who are not athletically inclined to jump into some sweat gear and get involved with any of the activities being organized throughout the week.

Over the next few weeks, members of the BPerO Staff will be contacting sections to solicit their participation or if you or your section are interested in participating in any of the events please contact the Base Rec Centre Local 8315.

ORIENTEERING CLINIC

CFSPER Borden will host an orienteering coordinators clinic from 24 - 28 May 88. This clinic will include:

A. NCCP Level One Orienteering Coach

B. Canadian Orienteering Federation (COF) Level One Official

C. Info on organizing events for military units and organizing military clubs.

Certification will be possible for those who meet the criteria in A and/or B above. Participants are advised that there will be a meet on Sunday 29

May 88 on Borden's new Blackdown Map. All levels of courses will be available from beginners to expert.

Clinic registration is \$75 and is limited to 20 participants.

Orienteering experience is an asset but not necessary. Individuals should, however, be in a position to apply the clinic either for their unit or base.

Any military personnel interested in attending this clinic are asked to contact the Base Rec Centre, local 8315 NLT 16

May 88.

BREAK OPEN

The Glacier Greens Complex (Golf Club and Social Centre) has been chosen as an official British Columbia Lottery Corporation outlet. Break Open tickets may now be purchased over the bar. Representatives of the B.C. Lottery Corp will provide an introductory promotional event on Friday 29 Apr from 1630-1830 hrs. Interesting games, complimentary tickets, hats and T-shirts. Come out and take part in the latest popular form of entertainment.

Bar - Grill - Lounge - Golfing - Music - Cable TV - Section Parties - Outdoor (All weather) BBQ

WANTED - Swingers of All Ranks
Open every day - Info 8592

We are the Base experts in re-cycling DND dollars



Cpl Josh Pemberton

BASKETBALL PLAYER EXTRA-ORDINAIRE

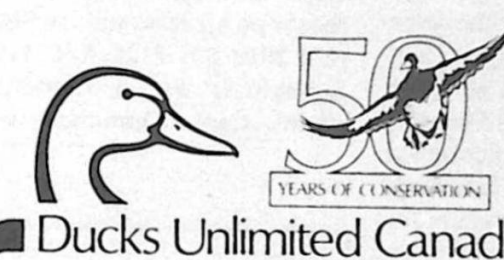
Cpl "Josh" Pemberton was born 26 Oct 60 in Windsor, Nova Scotia, the third oldest of twelve children. She graduated from Hants West Royal High School in 1979 excelling in both field hockey and basketball.

Josh joined the CF in Aug 81 as an MSEOP and was posted to Comox in 82. She is an avid

sportswoman and an enthusiastic competitor in every activity (and there are many) that she participates in. To list a few, Josh is a pitcher in slow pitch, skis, cycles and is an avid supporter of the sport of basketball. She played basketball with Tsolum in 1983 and has been the back bone of the Base Servicewomen's Team since

1984. He pleasant personality and love of the sport has made for a very successful 87/88 season.

We would all like to wish Josh the best of luck in his new posting to Lahr. Her smile and dedication to the Base sports program will be greatly missed.



WHAT'S IN A WETLAND?

We are. Since 1938 we at Ducks Unlimited Canada have put all of our resources into this country's wetlands. We know them as incredibly beautiful, bountiful, complex and fragile places. We are proud to say we're the Canadian partner in the world's most effective privately-funded waterfowl and wetlands conservation organization. Behind us are hundreds of thousands of North Americans who find pleasure and purpose in providing the support we need to carry on our work. We are Ducks Unlimited Canada.

WE ARE.

FOR MORE INFORMATION, CALL 1-800-665-DUCK.

15 Students will reach the Summit

Write your own ticket to Toronto

Fifteen young Canadians will win an all-expense paid trip to the Toronto Economic Summit, June 19-21, as officially accredited reporter-observers. The Government of Canada wants to encourage the active participation of Canadian

youth in this major international event which will be hosted by Prime Minister Brian Mulroney, and attended by the leaders of the United States of America, United Kingdom, France, Federal Republic of Germany, Italy, Japan, and the

European Economic Community.

To enter this competition simply write a short editorial on the topic "A Key Issue for Canada at the Economic Summit." The issue selected should relate to Canada in the world economy or to social and other factors that directly affect our economic performance.

A video and an information kit are being sent to your high school (or CEGEP) and should be there by April 18. Ask your teacher or principal for details, or call 1-800-267-0829 for further information.

Competition rules:

Entries in English or French. Length up to 500 words. Double spaced. Typed or legibly written. Open to full-time high school (including CEGEP in Quebec) students age 19 or under on December 31, 1988. A panel of experts will judge entries for clarity, style, strength of argument and originality. Competition entries must be received in Ottawa by May 12, 1988. Entries cannot be returned. Winning entries may be adapted, translated, reproduced, and made public.

Send entries to:

SUMMIT EDITORIAL COMPETITION
Department of the Secretary of State of Canada
Ottawa K1A 0M5

Attach this entry form or facsimile to your Summit Editorial

NAME _____	
ADDRESS _____	
PHONE _____	AGE _____
SCHOOL NAME _____	
SCHOOL PHONE _____	
I have read the competition rules and accept them.	
Signature of student _____	
Signature of parent or guardian if student is a minor _____	
Pour une copie de cet avis en français, veuillez composer le 1-800-267-0829.	

Hon. Lucien Bouchard
The Secretary of State of Canada
L'hon. Lucien Bouchard
Le Secrétaire d'Etat du Canada

Hon. Jean Charest
Minister of State for Youth
L'hon. Jean Charest
Ministre d'Etat à la Jeunesse

Canada

SECTION NEWS



The most important event of the past two weeks here at VU 33 was the recent retirement of Capt "Mountain Mike" Cummings. On 14 April Sqn aircrew and guests gathered at the Seaside Restaurant and bade farewell to Mike and Wendy in a manner befitting the departure of one of our favourite sons. Since Mike and his family have many close ties to this area we expect that they will be back to visit often.

A departure from the Sqn usually means an addition of a new face or two. VU 33 is playing our part in DND's new Total Force concept and is pleased to welcome two members of the Reserves to the Sqn. Capt Don Fair is no stranger to either the Sqn or the Tracker aircraft, having flown with 420 AR Sqn and VU 33 following service with the Regular Force as an CF-5 pilot. Sergeant Dick Rousseau is an AESOp formerly of 407 MP Sqn. Dick is also an experienced Tracker hand who is rapidly proving his worth to the Sqn - particularly now that we have weaned him from that MP way of thinking. Welcome Aboard!

Capt Richie Clements recently received some good news and some bad news. The good news that he is promoted to Maj on 1 Jun 88. Unfortunately for him and his family that means leaving Paradise to

move to Moose Jaw, Sask. Richie is no stranger to that part of the world, however, having served there for seven years already as a Tutor instructor and Snowbird Pilot.

These comings and goings have caused the inevitable cabinet shuffle; Maj Arseneault is still the CO but nearly everything else has changed. Capt Greg McQuaid moves into the DCO's (hot) seat; Capt Orlando Bokor gets the even hotter OpsO job; and Capt Martin Baggaley will get even more flying as the T33 StandO.

With the aforementioned departure of Mike Cummings we VU 33 aircrew have lost the use of our party place at Ships Point. MCpl John Motyer has thoughtfully rectified this abysmal state of affairs by purchasing a replacement "Exercise Area." It's not near the water but it will do. Thanks John.

TECH SIDE

The VU 33 line techs are finding the spring weather to their liking as most of working days have been sunny and a few cloudy and not much rain to speak of. Can't be too rough, I'm sure I saw Dave Maloney out refuelling a T-Bird the other day.

Before the next issue comes out we will be saying so long (they're moving about 80 yards

to 407 serv) to two great guys. Pierre Gravel and Vince McKernan have definitely added to the betterment of the atmosphere at 33. We had hoped that they would be here a few years more but no such luck. We'll be seeing you guys from time to time. Don't fuel too many visiting T-Birds guys. Take care!

On Friday the 22nd of Apr Capt Mike Cummings took to the air on his last military flight (UP 2010 DN 2125 A/C 119). Suitably it was a formation flight. Capt Cummings was

very well liked by the groundcrew and will be missed at Sqn functions. All the best Sir on your future endeavours.

Seems that after two mishaps, a training course and another scraping session our determined super "slider" Bernard was presented with a set of training wheels. It was in plaque form indicating that he is hopefully no longer in need of them.

Well! If you haven't picked up a set of tickets for the Spring Dance don't fret. "Weiner" LeVigne will let you

in the door on the 29th of Apr at the Westerly Hotel. Cocktails at 1830 and one heck of a fine meal at 1930. You can bet that if "Weiner" has anything to do with it we will all have a swell time. \$25/couple or \$12.50 single. See you retire-types there also!

Dave Maloney now recommends watering of the lawn at about 0200 hrs in order to prevent immediate evaporation.

That's about it for now. All's well at "Coops" Corner. Have fun.

Anker Klankin

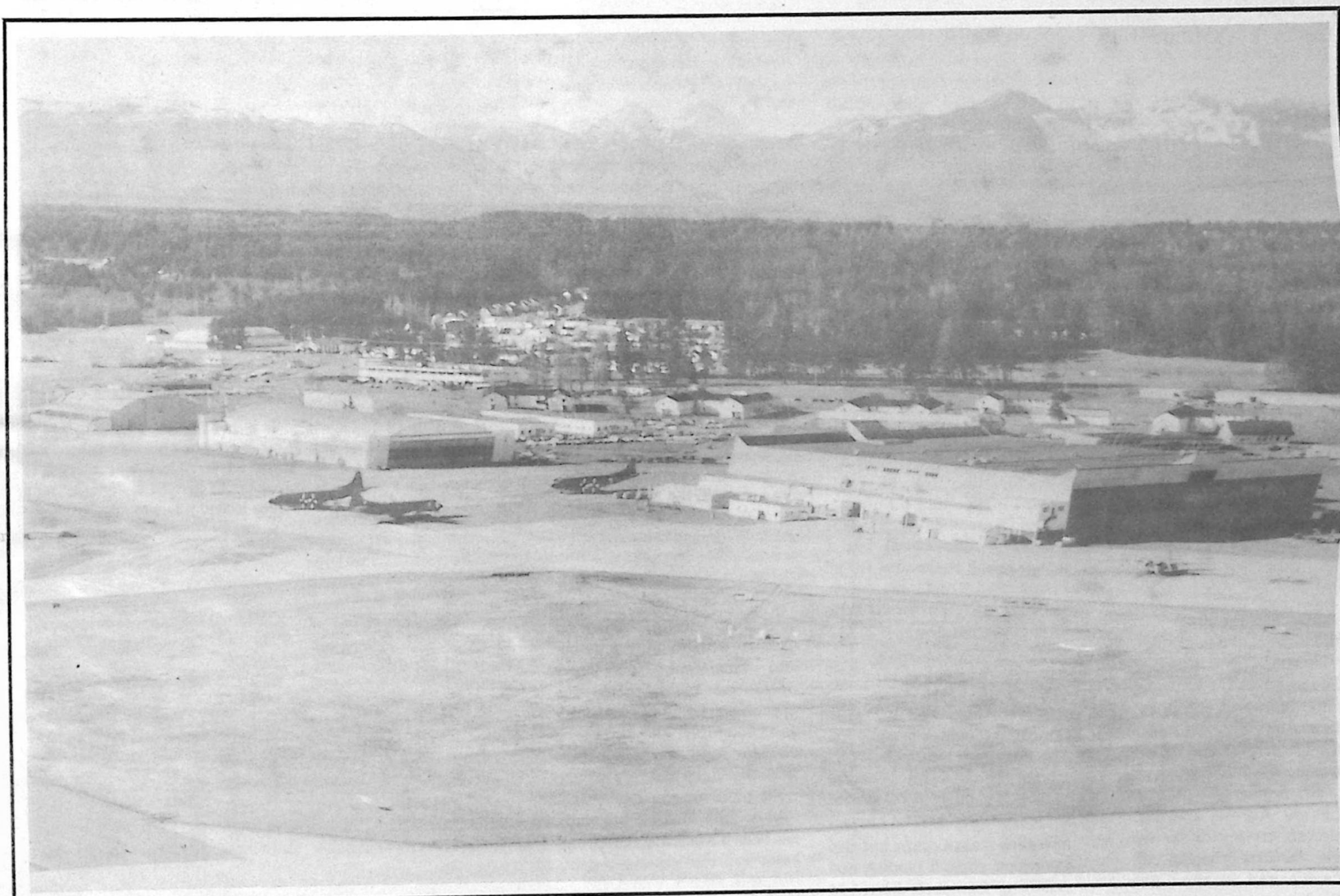
35 YEARS LATER



The SPAADS of '88 were the Sabre Aerobatic Team of '53. The top photograph shows the Sabre jocks as they were in the "good old days"...from left to right Len Benthams, Duke Warren (Sqn Commander 410), Grant Nichols, Al Robb, Garth Cinnamon.

The bottom photo shows the "boys" as they were at the SPAADS '88 Reunion held recently in Comox. From left to right, Duke Warren, Grant Nichols, Al Robb, Garth Cinnamon. (Len Benthams absent). By the way, 410 Sqn was the first Sqn to go to Europe. They travelled aboard the HMCS Magnificent.

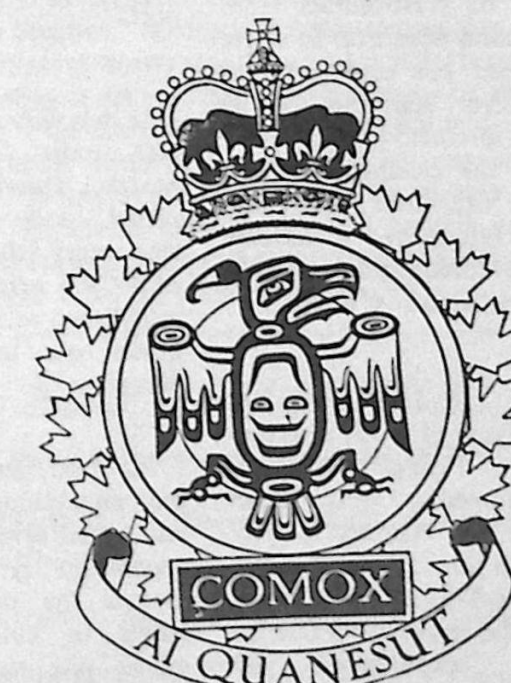
Welcome To C.F.B. Comox



THE BASE BADGE



The design is that of the Thunderbird, in the art style of the KWAKWATL INDIANS, the northern neighbours of the Coast Salish. It is not inappropriate as it has always been used by the Comox Indians since earliest historic times. The bezant (gold roundel) symbolizes plenty, abundance, riches, etc. and the motto AL QUANESUT (pronounced Al-Kwa-Nee-Sut) may be interpreted "By Vigilance Prepared," and was adopted from the old Pentlatch language with original meaning "Well Able To Take Care Of Oneself." The present Base crest was approved by Her Majesty The Queen in March of 1964.



NEXT DEADLINE MAY 9th

You can make a miracle!



By supporting the Children's Miracle Network Telethon.

JUNE 4TH AND 5TH, 1988

All proceeds will benefit B.C.'s Children Hospital



Watch it on VU13 or your local cable station.

In The Beginning

A MINI HISTORY OF CANADIAN FORCES BASE COMOX

Canadian Forces Base Comox was opened as a Royal Air Force Base in 1942 and was officially constituted as a Royal Canadian Air Force aerodrome on 1 May 1943.

Its initial task was that of flying control unit for the 32 Operational Training Unit (OTU), RAF, at Patricia Bay near Victoria, B.C. In June of 1944, 32 OTU (RAF) moved to Comox and became No. 6 OTU (RCAF). No. 6 OTU was a Coastal Command Establishment flying the C-47 Dakota under the command of Group Captain D.C.S. MacDonald.

In January of 1946, No. 6 OTU was moved to RCAF Station Greenwood, N.S., and RCAF Station Comox was closed and placed under a care and maintenance program under the direction of the Department of Transport.

In June of 1952, Station Comox was re-activated as an Air Defence Command (ADC) establishment under the operational control of 12 Air Defence Group (later changed to 5 Air Division) Vancouver. During the period 1954 to 1964 an extensive modernization program took place and several new buildings including a new large hangar (7 Hangar) were built. There was also an extension of the main runway to its present length of 10,000 feet.

The Station's first operational squadron, 407 "Demon" Maritime Patrol Squadron was re-activated on 1 July 1952 and equipped with Lancaster bombers that were modified for the Anti-Submarine Warfare role.

407 Squadron now flies the CP-140 Aurora aircraft. The aircraft are a familiar sight in the farthest reaches of the Pacific and in the Canadian North.

409 "Nighthawk" All Weather Fighter Interceptor Squadron was re-activated at Comox on 1 November 1954. The second squadron to arrive at Comox was equipped with T-33 Silver Star and CF-100 Canuck aircraft.

With the closing of RCAF Station Vancouver, 121 Composite Unit moved to its new home at Comox in July of 1964 with their Albatross aircraft.

In August of 1975, a second Maritime Flying Squadron, VU33, moved to Comox from Patricia Bay Airport in Victoria with three CP121 Tracker and three T-33 Silver Star aircraft. The move of VU33 to Comox consolidated all military flying activity in British Columbia at CFB Comox.



The Airport area being cleared in late 1942.

At the onset of integration, CFB Comox assumed the logistic responsibility of the Sea Cadet summer camp, HMCS Quadra, and the Sea Survival Training School located at the Goose Spit in Comox Bay.

HMCS Quadra houses some 1000 sea cadets in residence during the summer months. The Camp includes a number of small boats and has an excellent small boat maintenance facility. Although these boats provide excellent training for the cadets they do require considerable upkeep. Quadra is also home of the Marine Rescue Squadron which operated Crash boats and a YFP for the Sea Survival School. The Sea Survival School Detachment (the parent unit is in Edmonton) has a new building at Quadra for all their activities and train students, mostly aircrew, in the skills of survival at sea.

We have our own Air Traffic Control unit which is equipped with the new, automated Terminal Radar and Control System (TRACS). ATC service is provided not only to aircraft operating from Comox but also to civilian aircraft landing and departing Campbell River. In addition, we assist Vancouver Area Control Centre with airlines arriving and leaving Vancouver International Airport.

In February of 1953, the first 200 units of Permanent Married Quarters were completed and occupied. An elementary school for children of RCAF personnel was also established with classrooms for grades one to six and kindergarten.

In 1960 the Government built an additional 100 quarters and added seven rooms to the dependants' school to accommodate the sharp influx of pupils in kindergarten and grades one to seven. More housing was made available to RCAF Station Comox personnel in June of 1956, with the

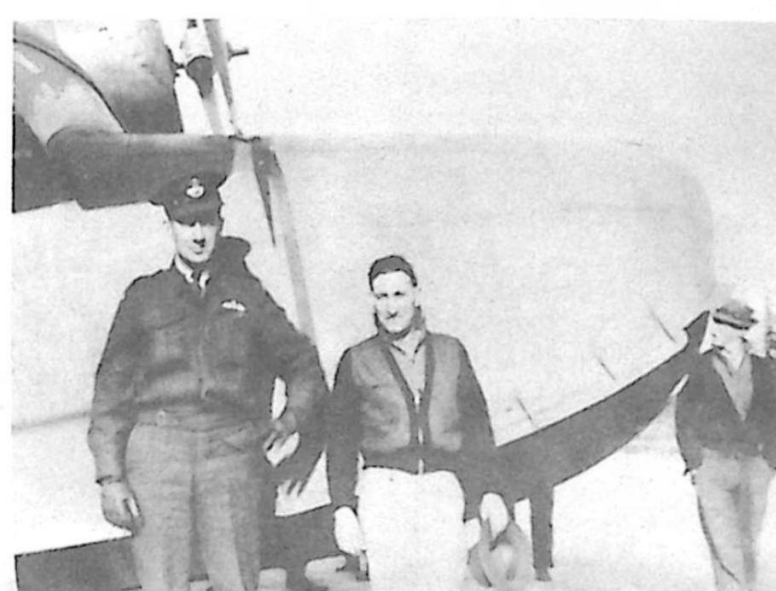
opening of fifty duplex-type limited dividend houses (100 homes) in the Town of Comox.

Comox had been designated an Air Defence Command base upon its re-activation in 1952. However, on 15 September 1961, it was officially placed under the control of Maritime Air Command. This arrangement in no way affected the operational posture of the base, however, Comox reverted to the administration of Air Defence Command when the Maritime Air Command role and name changed. On 1 September 1975, CFB Comox and all squadrons came under the command of the Commander Air Command with headquarters in Winnipeg, Manitoba.

The three Squadrons, under Maritime Air Group, today at Transport Group, today at Comox work closely together and maintain a heavy operational commitment. The approximately 1550 military and 300 full and part-time civilians fulfill the task of putting the right aircraft in the right place at the right time. "As of July 1982 CFB Comox has been a Maritime Air Group base."



Early RCAF Station Comox - many buildings still exist with a new facade.



Taken on 3 March 1943, this photo shows the first aircraft to land at RCAF Station Comox. The pilot of the aircraft, a Grumman Goose, was Flight Lieutenant Howard A. MacDonald. F/L MacDonald was returning to Patricia Bay from a flight to Holberg when he decided to "drop-in" for a visit. With F/L MacDonald is Mr. Mundy McRae who was supervising the airport.



Still a favourite watering hole in "downtown Comox," the Lorne Hotel as it looked some years ago.



Parade time in Courtenay as the RCAF Station Comox band marches past the corner of 5th and Cliffe.

407 Maritime Patrol Squadron

THE DEMON SQUADRON

407 Squadron RCAF was formed at Thorney Island, Hampshire, England on 8 May 1941 as one of seven RCAF units to serve Coastal Command; thereafter the Squadron's history can be divided into two distinct phases. From formation until January 1943, the Squadron served as a strike unit attacking enemy shipping at daringly low levels (so low in fact that on one occasion a crew lost its bomb bay doors - caught on the mast of a ship). By January 1943 an estimated 500,000 tons of enemy shipping was destroyed or damaged. Small wonder 407 became known as the "Demon Squadron." At this time the "Demons" switched roles and the remainder of hostilities saw 407 protecting Allied shipping from the U-Boat menace. By war's end the "Demons" had destroyed four U-Boats and received credit for damaging seven others. The Squadron flew its last wartime sortie on 2 June 1945 and was disbanded two days later after having served at ten different stations and flying Blenheim Mark 4s, Hudsons and Wellingtons.

407's wartime reputation resulted in a distinctive Squadron Badge which was originally approved in March 1943. The approved design centres upon the winged trident of "demon stick." The golden winged trident is symbolic of air power striking at sea and the black anchor represents AXIS sea power. The breaking of the anchor into a symbolic V by the trident representative of the crushing losses inflicted by 407 Squadron on enemy shipping.



Squadron colours and hardware.

407 Squadron was re-formed at Comox on 1 July 1952 as the country's third Maritime Patrol Squadron. To fulfill maritime patrol responsibilities the Squadron has been equipped with several generations of aircraft including 12 MK-10 Lancasters in 1952, 12 P-2 Neptunes in 1958, 6 Canadair built CP-107 Argus in 1968 and most recently 4 Lockheed built CP-140 Aurora in June of 1981.

The CP-140 Aurora looks virtually identical to the Lockheed P-3C Orion externally but internally it is quite different, utilizing computer systems that were first installed in another Lockheed ASW aircraft, the carrier based S-3A Viking. The design changes to the internal layout of the P-3C and the software and hardware changes to the S-3A systems have merged to produce what is really a new aircraft. The name of the P-3 and CP-140 are drawn from ancient mythology. Orion was a famous hunter and Aurora was the Goddess of the Dawn. Changes to the internal layout of the P-3C have resulted in self-contained tactical crew area aft of the cockpit. The seating pattern enables all navigators and non-acoustic sensor operators to see each other ensuring the optimum in command and control of the aircraft's sophisticated navigational, sensor and weapon systems. As a result, the Aurora's reconnaissance and surveillance capabilities are presently unmatched by any other aircraft now in service.

With her advance Anti-Submarine Warfare (ASW) equipment the Aurora has greatly increased 407's capabilities, but nonetheless the Squadron has



CP-140 AURORA

407 SQUADRON BADGE



The badge of 407 Squadron was approved by King George VI in March of 1943. A badge design usually depicts the Squadron's role or some aspect of its character. Since 407 had already been dubbed "The Demon Squadron," the approved design centres upon a golden winged red trident of "demon stick." The winged trident is symbolic of air power striking at sea and the anchor represents Axis sea power. The breaking of the anchor in a symbolic "V" by the trident indicates the crushing losses inflicted by Demon crews on Axis shipping.

The motto "To Hold On High" was adapted from the poem "In Flanders Fields." The allusion to the passing on of the torch from failing hands and the entrusting of new members to hold it high was, and still is, an apt charge on the new squadron members.

Sub Busters '88

At CFB Greenwood in April '88, 407 won:

THE O'BRIEN CUP- Canada's National Anti-Submarine Warfare Competition

C.D.S. TROPHY - Champion Maintenance

AURORA ARMAMENT TROPHY, and COMPETITION SPORTS TROPHY - a round robin indoor sports tournament against other competing squadrons.

remained proficient in Search and Rescue (SAR) capabilities when required. This was first evident July 1981, just one month after receiving the Aurora, when 407 was instrumental in the quick rescue of the crew of the Global Ambition and again in October 1981 when 407 helped located the crew of the Jeanna Marie. SAR is 407 Squadron's secondary role, acting as backup for 442 Squadron. The Aurora's 17 hours endurance and deployment range of 8000 km makes it a particularly valuable asset in searches far to seaward and in February 1984 the aircraft was fitted with Survival Kit Air Droppable (SKAD) equipment making its SAR role more complete.

The Demon area of operations covers the eastern Pacific Ocean and the western half of Canada's Northwest Territories. The Squadron works in close operation with the United States Navy, the Royal Australian Air Force and the Royal New Zealand Air Force, as well as our own navy element of the Canadian Forces. In the north the Squadron is tasked to fly Northern Patrols in which we show the flag to northern settlements, maintain surveillance over a variety of activities, and gather information for various government departments.

407 (MP) Squadron is the only West Coast Aurora squadron and it is also the only Aurora squadron which has self-contained squadron maintenance. As a result, although it has a relatively small number of aircraft (four CP-140s), 407 is the largest squadron in Air Command with 365 personnel.

442 Squadron

THE TRANSPORT & RESCUE SQUADRON

After the Japanese attack on Pearl Harbour in early December 1941, concerns about the vulnerability of Canada's West Coast were immediately raised. A decision was taken to strengthen the area with several fighter and bomber squadrons, based at Sea Island, (now Vancouver International Airport) and other smaller stations along the coast. On January 1, 1942 at RCAF Station Rockcliffe, Ontario, 14 Fighter Squadron formed under S/L B.C. Russell, DFC, and, equipped with ten Curtiss P-40 Kittyhawks, moved west to Sea Island in April.

Less than a year later, after training and standing alerts from Sea Island, the Squadron moved north to the Aleutians in February 1943, where it joined "X" Wing, operating from Amchitka on strafing and dive-bombing sorties against Japanese held Kiska. Eight Squadron pilots were awarded the U.S. Air Medal during the Aleutian campaign.

A return to Boundary Bay, B.C. in September 1943, and several weeks of embarkation leave, preceded the Squadron's move to England in January 1944. In early February, re-equipped with Spitfire IXs, and a re-designated 442 Squadron, the Unit became part of 144 Wing under the famous W/C J.E. (Johnnie) Johnson, of Battle of Britain fame. For the next year, from bases in Britain, and later throughout Northwest Europe, the Squadron flew ground attack

sorties against retreating German armies. In March 1945, 442 Squadron returned to England, where it was re-equipped with Mustang fighters and assigned to long range bomber escort duties for the remainder of the War.

By the time of its disbandment on 7 August 1945, 442 Squadron could claim 58 enemy aircraft destroyed, 5 probables and 25 damaged; 91 rail lines cut, 3 supply dumps destroyed, over 900 vehicles, 125 locomotives, 200 freight cars, 23 tug boats, and 6 midget submarines to its credit. All of this at a cost of ten pilots killed, four taken prisoner, two evaded capture, and two pilots killed in flying accidents.

442 Squadron re-formed at Sea Island, B.C. in April 1946 as a Reserve Fighter Squadron, and over the ensuing twelve years, flew a variety of aircraft types, including Harvards, Vampires, Mustangs, T-33s, and F-86 Sabres. In 1958 the role of the Reserves underwent a major change, and the Unit was re-designated an Auxiliary Transport Squadron tasked with emergency and light transport duties. For this, 442 was equipped with C-45 Expeditors initially, and later Single Otters, both wheel and float-equipped. With the closing of Sea Island as an RCAF Station in 1964, the Squadron was disbanded.

Concurrent with 442's post-war Auxiliary existence, two Regular Flights also served at Sea Island: 123 Rescue Unit



CC-115 BUFFALO

and 121 Composite Flight. Tasked with rescue, mercy flights, light air transport, and target-towing for army and coastal artillery, these Units operated a variety of aircraft types, including Norseman, Lancasters, Dakotas, Cansos, Expeditors, and Single Otters. The two flights were merged in 1953 to form 121 Composite Unit (121 KU), which continued the roles of both predecessors. Over the following several years, 121 KU flew Cansos, Dakotas, Expeditors, Single Otters, Albatross, and Boeing-Vertol H-21 helicopters. When Sea Island closed in 1964, 121 KU relocated to RCAF Station Comox, and shortly thereafter replaced the H-21 helicopter with newer CH-114 Labradors.

In July 1968, 121 Composite Unit was re-designated 442 Communications and Rescue Squadron, and a few months later, 442 Transport and Rescue Squadron. In 1970 both the Albatross flying boat and Dakota transport were replaced by CC-115 Buffalo aircraft giving the Squadron an entirely turbine-powered fleet. Since

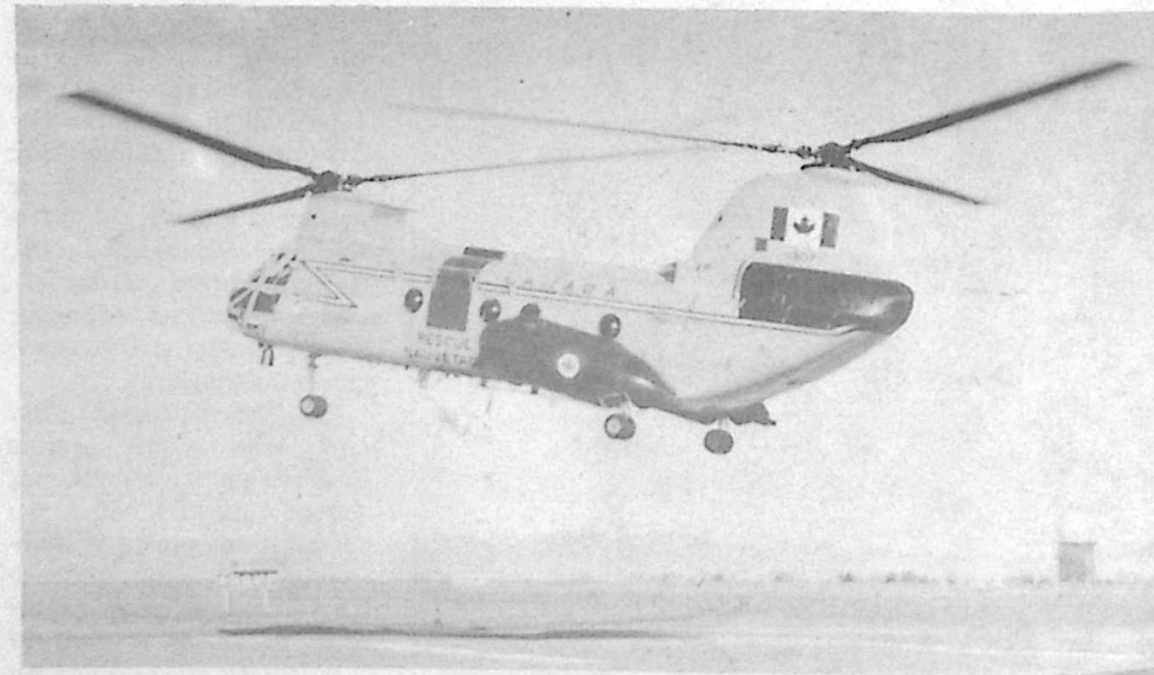
that time, the rapid increase in business and pleasure flying and boating in the Pacific Region, and the resultant increase in numbers of accidents and mishaps, has made 442 Squadron the busiest Rescue Squadron in Canada.

Annually, nearly 3000 search and rescue incidents occur in the Victoria Search and Rescue Region, and 442 Squadron participates in many of them. With a strength of some 200 personnel, the Squadron maintains 24 hour/7 day a week standby posture throughout the year. In addition to operational missions and flying training, 442 Squadron is also tasked to conduct all operational conversion training for flight engineers and pilots on the CH-113 Labrador helicopter. This is accomplished by the Operational Training Flight (OTF), located in 3 Hangar.

To perform its many and varied missions, 442 Squadron is equipped with 4 DeHavilland CC-115 Buffalo aircraft, and 5 Boeing-Vertol CH-113

Labrador helicopters. While approximately 80 personnel of the Squadron's strength of 200 are aircrew trades, including pilots, navigators, flight engineers and search and rescue technicians (SAR Techs), the majority, or some 120, are maintenance personnel, charged with keeping the fleet of nine aircraft at peak operational readiness. On occasions when major search operations dictate the establishment of a forward operating base somewhere in the province, 442's maintenance personnel will deploy with the aircrew, providing servicing and repairs to aircraft on-site.

Throughout the years, both in peacetime and in war, 442 Squadron has earned a distinguished reputation for efficient and versatile service to Canada. After nearly twenty years in the search and rescue role at CFB Comox, 442 Squadron looks forward to the challenges of the future with every intention of maintaining its enviable standing in the Canadian Forces and the B.C. community.



CH-113 LABRADOR

442 SQUADRON BADGE



Designed and approved in 1957, 442 Squadron's badge is evidentiary of the Unit's long association with British Columbia. The central device is HAIETLIK, the Lightning Snake of Nootka Indian Legend. According to Nootka lore, the Lightning Snakes were despatched by the Thunderbirds to kill whales as a source of food. Once a whale was sighted, HAIETLIK attacked. Its head as sharp as a knife, and with a tongue which shot bolts of fire, HAIETLIK was able to inflict injuries sufficient to permit the whale to be carried off as prey.

The Squadron's motto "Un Dieu, Un Reine, Un Coeur" (One God, One Queen, One Heart), is particularly appropriate in light of the present day role of 442 in Search and Rescue and Mercy Flights.

VU33 Squadron

THE UTILITY SQUADRON

VU33 was formed as a Naval Air Squadron at Patricia Bay Airport, Victoria on 1 November 1954. The Squadron was first equipped with Avengers; and it also flew the Piasecki HUP helicopter for a brief period. In 1960 VU33 received its current inventory of 3 CP-121 Grumman Trackers and 4 T-33 Silver Star jets. The Trackers were employed primarily in an anti-submarine warfare role, and the T-33s performed a variety of fleet support missions.

VU33 moved to CFB Comox in August 1974, and that same year the Tracker was converted from an ASW platform to a maritime reconnaissance platform. Maritime reconnaissance remains the main function of the Tracker today.

VU33 received its Squadron Colours on 9 April 1983 in recognition of more than 25 years of meritorious service to the Royal Canadian Navy and the Canadian Armed Forces.

VU33 has a complement of 12 aircrew, administrative staff of 4 and 55 maintenance personnel. The Squadron flies and maintains four T-33 aircraft and three CP-121 Tracker aircraft. Although a small squadron, VU33 performs a variety of roles and provides a service to the Fleet that both in magnitude and scope is very significant.

The Tracker is equipped with radar, a day/night photopod, and a powerful searchlight. It has a crew of three and an endurance of about 7½ hours. It flies frequent maritime reconnaissance patrols over Canada's coastal waters and

adjacent land areas, both day and night and in all types of weather. These patrols are flown to maintain Canadian sovereignty, protect our territorial integrity, and protect Canadian and allied interests.

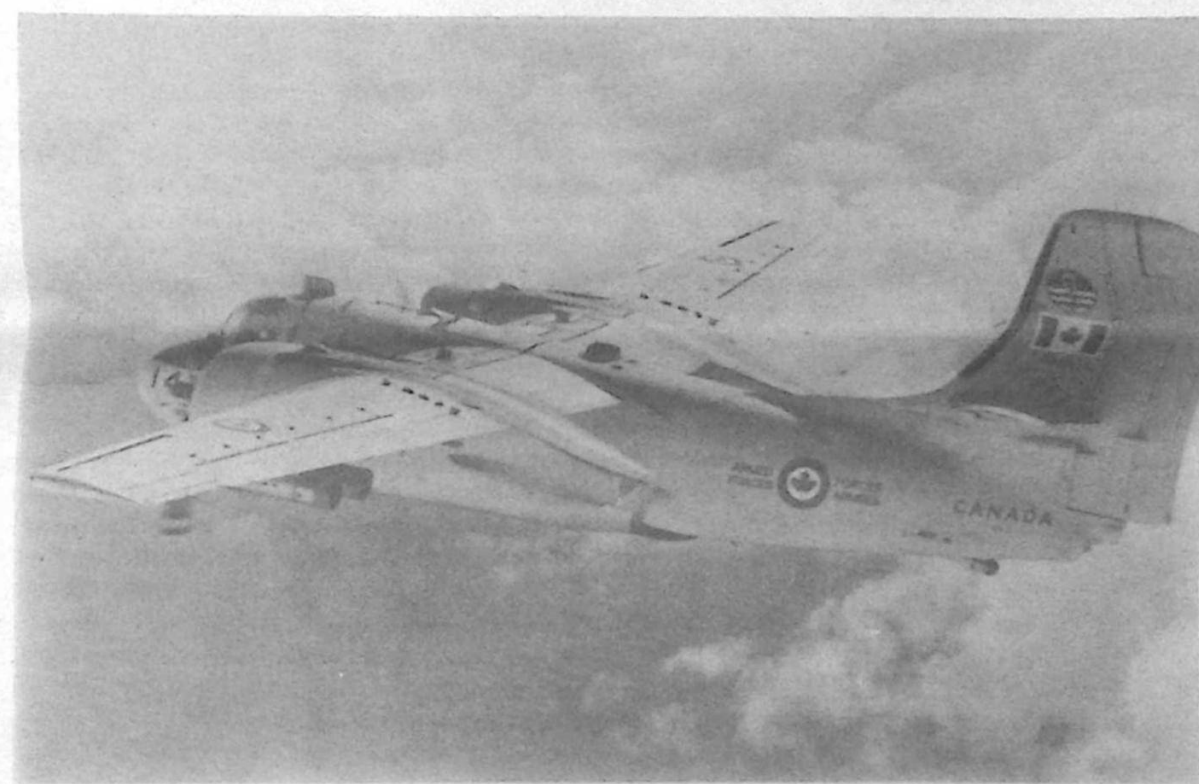
Many of the Tracker's patrols are flown in support of the Department of Fisheries. They cover the entire West Coast, from Vancouver Island to the Queen Charlotte Islands, and ranging as far as 200 miles to sea. Tracker crews have been very successful in apprehending violators of Canadian Fishery regulations, and thus have performed important services to the Department of Fisheries. Other Tracker roles include pollution protection, search and rescue, transport, and participation in joint maritime exercises. The Tracker also maintains an air-surface rocket capability.

The T-33 performs a variety of roles in support of the Fleet. It acts as a target during radar tracking exercises, simulates missile profiles for ships' air defence exercises. These missions are flown in support of individual ships and as part of large coordinated maritime exercises. The T-33 also participates in Air Defence exercises, and is occasionally called upon to perform a high-speed courier service.

VU33 is an active squadron which performs many roles in support of West Coast maritime aviation. It provides considerable challenges and ample opportunities for fulfilment for aircrew and technicians alike.



T33-SILVER STAR



CP121 - TRACKER

VU33 SQUADRON BADGE



The VU33 Squadron Badge depicts the close cooperation and unity that exists between a Maritime Air Squadron and the Sea elements that it supports. The Squadron motto "Finis Coronat Opus" is very appropriate and translates into "The End Crowns The Deed."

Vacationland

SOMETHING FOR EVERYONE

One of the great strengths of a fishing vacation in the Comox Valley is that it can be a family vacation. Our resorts are situated in areas that offer excellent swimming, clam digging and beachcombing. All members of the family can be part of the action - according to interests, age and capabilities.

The coast line north from Kye Bay to Kitty Coleman Beach, is an excellent choice for family vacations. Here you can combine camping, R.V. vacation, our housekeeping accommodation along with your special fishing activities.

The waters in the area team with a wide variety of sea life.

The beaches are safe for the little people to build sand castles, swim or collect sea shells. When the tide is out, the table is set. All you do is concentrate on the clam of your choice. The most popular and easiest to harvest, are the delicious little neck clams.

For an exciting family day, go to Seal Bay Marine Park. When the tide is out, it is like an aquarium. The difference here is that all of the creatures that you will see are wild and free. At Seal Bay, you can frequently observe the following large sea animals: sea lions, harbour seals, otters and killer whales.

At the tidal pools, there are a multitude of crab, sea stars, shrimp, flounder and a variety of small fish and even small octopus are frequent visitors in the deeper pools. The ever changing colour and shapes of the many types of seaweed reminds one of a coral garden associated with warmer oceans.

Seal Bay is accessible along the beach from Bates Beach or off Bates Road. The access off Bates Road is along a nature path that winds down a bank, through a lovely second-growth forest, reminiscent of past coastal forests. Ferns, flowers and coastal blacktail deer can be found along this path.

740 COMM. SQN.

COMMUNICATIONS FOR CFB COMOX

The Detachment is part of 740 Comm Sqn Nanaimo under 74 Comm Gp Vancouver, one of six Comm Gps responsible to Canadian Forces Communications Command (CFCC).

In the early '60s CFB Comox was an Air Defence Command Base and the Commdet was under the Base Telecommunications Officer and was physically located in the main headquarters building. The Detachment provided custodial and message service to the Base and the Squadrons.

In 1965 CFCC was created and in keeping with its role to provide strategic communications for the Canadian Forces, CFCC Commdets were

established as lodger units on most Bases/Stations in Canada. However, ADC and CFCC decided that since separation of operational from strategic Comcen functions at Comox would result in a requirement for an overall increase to the Comox establishment the Commdet was not brought under CFCC Command and Control at this time.

In July 1970 ADC, MARCOM and ATC agreed to CFCC assuming responsibility for the operation and maintenance of CFB Comox Commdet and the COMSEC Account with the effective date of transfer being March 1971.

In July 1977 VP 407 Squadron Radio Teletype Laboratory (RTT LAB) personnel, responsible for the maintenance of crypto equipment became part of the Detachment; however, in July 1979 the RTT LAB personnel were re-assigned to the Base Aircraft Maintenance and Servicing Officer (BAMSO).

In 1981 the Detachment moved from the Base HQ to its present location in 7 Hgr, adjacent to VP 407 DIAC and correctly so, as VP 407 Sqn is the major loanholder of COMSEC.

740 Commdet Comox provides vital communication service to all units at CFB Comox. The Detachment is

manned by fourteen personnel and operates 24 hours a day, 7 days a week. It is broken down into two sections, the Message Centre and the Crypto Centre.

Some of the services provided by the Crypto Centre involves the holding/issuing of Comsec material and equipment for VP 407, VU33 Squadron Base Comox, the Comcen and soon 442 Sqn. It also provides secure storage for visiting aircraft and is a drop-off point for courier shipments for Canadian National Distributing Authority (CNDA) located at Ottawa and Canadian Forces Distributing Authority (CFDA(E)) located at Esquimalt.

From The Base Commander



Perhaps the most traumatic time of our service life is when we are forced to pick up stakes and move from familiar environments to unknown and frequently hostile territory. It happens to all of us and no matter how eagerly anticipated a move is, there are rough spots when friendly and well informed advice is required. We at CFB Comox are delighted to receive the annual influx of new blood and talent and we like to think only those who are departing are disappointed with the Canadian Forces posting policies. It is the aim of all departments to assist your relocation and make your move as painless as possible. Should you receive service that is wanting, I want to hear about it.

Like all other bases we have a system of sponsorship that is only as good as the demands placed on it and the individuals involved. Do not hesitate to use these people and take advantage of their local knowledge. This is the first step in making this the easiest transfer you have ever had. CFB Comox is proud to have recently opened a Family Support Centre that has trained staff available to point you in the right direction if the curves begin to exceed the navigation system. You will find that they have information on services and special facilities located in the Comox Valley as well as lists of professionals available to families in transition. We hope that those with unique requirements will avail themselves of this particular base resource.

Finally, a word or two on my philosophy. You have been posted to one of the most beautiful areas in Canada and you would be foolish not to plan on taking advantage of every recreational facility available. Believe me there is something for every taste and you will probably encounter entertainment overload sometime during your tour however, I caution you not to lose sight of why we are here. CFB Comox is the only Airforce Base in British Columbia and with the exception of four Sea Kings in Victoria all of the air assets on the west coast operate from here. We are always in the public eye and our reputation for professional effectiveness is always under critical examination. This reputation was hard earned and will only be maintained through the contribution of all who are assigned here. You are joining a proud and dedicated team, be responsive to the demands placed upon you. In short my philosophy is: work hard and play hard; just make bloody sure you get them in the right order. Welcome, Bienvenue.

Col J.E.H. (Ted) Gibbon
Base Commander

This special edition was prepared for you by
Judi, Christa, Norm, and Gord. We hope you find
it useful in your posting to Comox.

Capt. Gord Kruger
Editor

Recreational Facilities

A WIDE ARRAY OF THINGS TO DO

Recreation Centre

A fine recreational centre that contains regulation basketball, two volleyball courts, six badminton courts, indoor tennis court, exercise and jogging areas, weight lifting rooms, sauna, bath and changing facilities.

Base Bowling Alley

One of the finest 5 pin bowling alleys on Vancouver Island. There are four lanes that accommodate mens, ladies, mixed, YBC leagues eight months a year.

Tennis Courts

Two excellent tennis courts are available on the Base and are in operation approximately seven months a year.

Glacier Gardens Arena

For years the only facility of its kind in the Comox Valley, the arena seats 500 persons and

provides Base Teams, intersection and minor hockey activities for its users.

Swimming Pool

Adjacent to the Recreation Centre is a heated outdoor pool with a heated deck that provides year round swimming. Red Cross lessons are run each summer.

Golf Course

A beautiful nine hole course is located right on the base. Club House, bar facilities and inexpensive membership are enticing features that make this an excellent facility.

Community Centre

A newly furnished Community Centre/Lounge is now located in conjunction with the Glacier Greens Golf Course Clubhouse. The facility will accommodate approximately 200 personnel and is available for all rank's social functions.

Air Force Beach Area

A beautifully sandy beach, 43 campsites and a fully paved boat launch are probably the highlight of all the facilities at CFB Comox. These Base operated areas are located right on the confines of the Base and provide an excellent service to its members.

Sportsfields

Three softball fields, soccer and football fields make these activities readily available to the servicemen/servicewomen and families.

Sailing

The Comox Canadian Forces Sailing Association operates out of HMCS Quadra with a fleet of ten 420 class dinghies and a Columbia 22 keelboat for day and weekend sailing.

MILITARY SPORTS

The following Base Team Sports Male (M) and Female

(F) participate in season:

Fastball (M & F)
Soccer (M)
Flag Football (M)
Hockey (M)
Old Timers' Hockey (M)
Volleyball (M & F)
Basketball (M & F)
Broomball (M & F)

The following intersection sports are available in season:

Softball (Slow & Fast Pitch)
Flag Football
Hockey
Broomball
Volleyball
Bowling
Curling

RECREATION CLUBS

Windsurfing Club
Parachute Club
Masters' Swim Club
Auto Club
Hobby Shop Club
Tae Kwon Do Club
Remote Control Airplane Club
Ski Club
Glider Club

District Clubs

SERVICE CLUBS AND FRATERNAL ORGANIZATIONS

Rotary
Kinsmen
Kiwanians
Lions
Masons
B.P.O.E.
Oddfellows
Elks

Canadian Legion
Native Sons of Canada
Knights of Columbus
Knights of Pythias

YOUTH ORGANIZATIONS

A number of Scout troops, Girl Guide companies, Brownie

and Cub packs are active in the district. For further information call the Courtenay Recreation Association or the Comox Recreation Commission. Many of the leaders in the district are Canadian Forces Personnel.

The Youth Bowling Council has an active program both at the Base alleys and the Courtenay bowling lanes.

Minor Hockey in the district is handled by the Comox Valley Minor Hockey Association

with extensive use being made of Glacier Gardens and the Comox Valley Sports Centre.

Many of the leaders in the minor hockey program are Canadian Forces volunteers.

For the PMQ residents, other minor league sports are handled by the PMQ Council's controller of recreation.

Dependant children, both male and female between the ages of 13-18, may enlist in one

of three cadet units which parade as follows during the school year:

1726 Canadian Scottish Regt Comox District. Every Wednesday at 1900 hrs in Bldg 22, CFB Comox.

189 Royal Canadian Sea Cadet Corps Port Augusta. Every Thursday at 1900 hrs at HMCS Quadra.

386 Royal Canadian Air Cadet Squadron. Every Thursday at 1845 hrs in Bldg 22, CFB Comox.



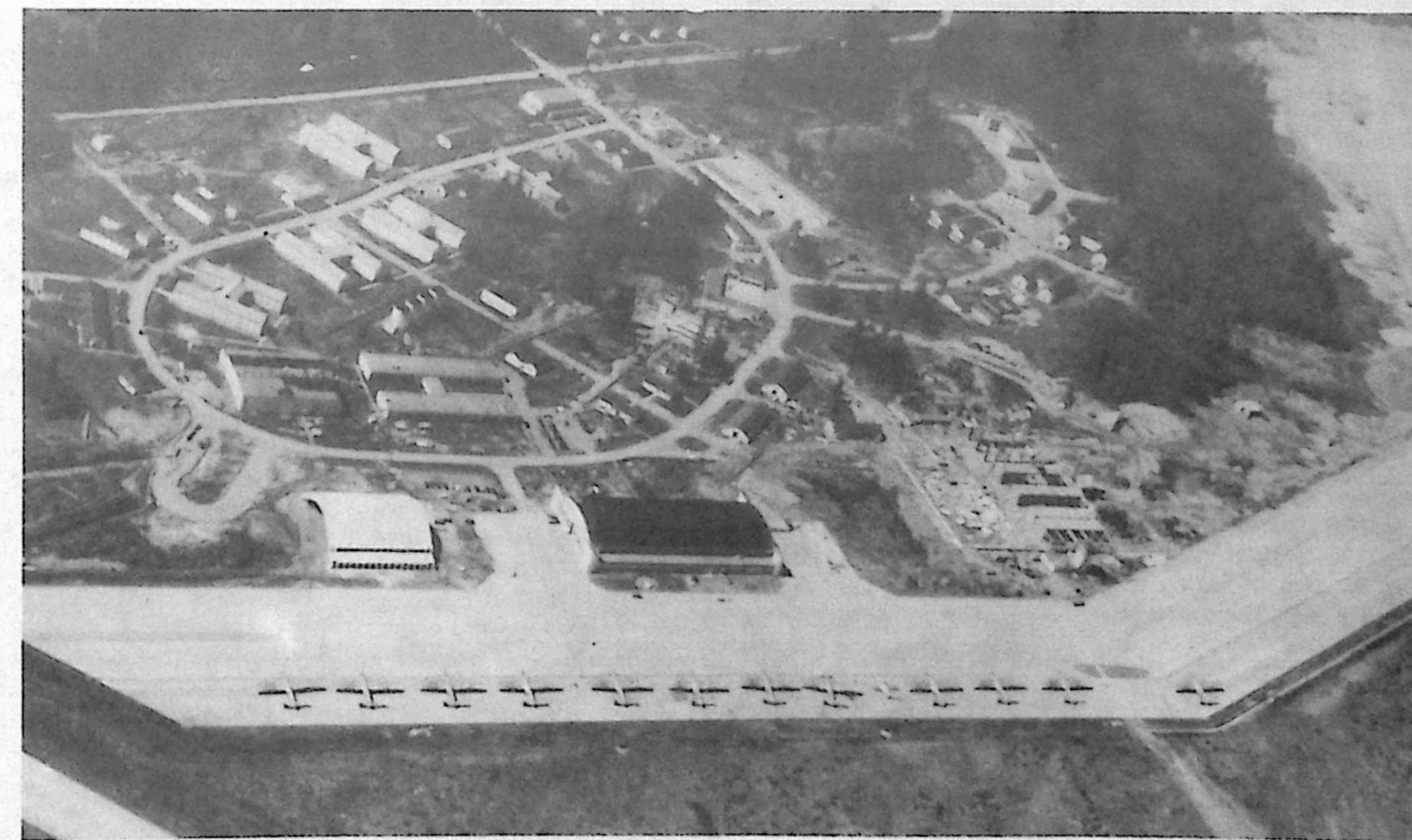
The old - CF101 Voodoos



The new - CF18 Hornets



Lockheed Ventura No.2232D over Comox Airport - Circa 1943.



Lancasters on the line at Comox - Circa 1952.

Base Administration

ADMINISTRATION & FACILITIES AT CFB COMOX

REPORTING-IN

All personnel reporting-in to CFB Comox on posting must report to Reception and Dispatch (R&D) located in Room No. 13 of the Base Headquarters Building in uniform.

ACCOMMODATION

Single Quarters

On Base accommodation and parking space is provided for all ranks. Personnel reporting-in should contact the following for allocation of quarters:

A. Working hours, all ranks report to the Base Accommodations Centre in BB80.

B. After duty hours and weekends, all ranks report to the Base Duty Officer who can be located through the Base Operator.

Married Quarters

Wallace Gardens provides accommodation for 304 families in four, three and two bedroom units. In addition, 100 Limited Dividend Housing units are located in Comox in a development known as Tyee Park. Application for MQs and LDHs are to be made at the Accommodation Office.

Housing Market
The Comox Valley offers a reasonable amount of housing prices averaging \$50,000 to \$75,000. Sales are very good and prices are expected to increase by 5% to 10%. More information is available in the Accommodation Office.

REGISTRATION OF AUTOMOBILES

Permanent Base Decal

Each POMV must be in possession of a valid vehicle permit issued by the Military Police in the form of a Base decal before the vehicle may be operated on the Base. Requirements for a permanent Base decal are a B.C. Driver's License and Vehicle Registration and proof of insurance.

Temporary Sticker

Providing that the vehicle is fully insured, a temporary sticker valid for one month will be issued to allow a POMV to be registered in British Columbia.

Day Pass

Vehicles entering the Base on a single visit will be issued a Day Pass following proof of insurance liability.

Licensing

Incoming personnel are required to register vehicles within 30 days of taking up residence in B.C. These may be registered at the Motor Vehicle Office in the Courthouse in Courtenay.

Driver's License

A B.C. Driver's License must be obtained within 6 months of taking up residence. This may be done at the Courthouse in Courtenay also.

Provincial Government Auto Insurance

Personnel are advised to obtain proof of accident-free driving record in order to obtain British Columbia accident-free discount. Up to four years at 10% per year is allowed. It is your responsibility to show proof.

Messing

Meal cards will be issued to all living-in personnel by the Base Orderly Room.

MEAL HOURS

Meal hours in the Messes are as follows:

Combined Mess - WO's & Sgt's Dining Room and Jr. Ranks Dining Room

Summer Hours
Breakfast 0615-0815 hrs
Brunch (weekends) 1000-1300 hrs
Lunch 1130-1300 hrs
Dinner 1600-1745 hrs

Winter Hours

Breakfast 0630-0815 hrs
Breakfast (Sat/Sun) 0630-0900 hrs
Coffee hour (Sat/Sun) 0900-1000 hrs
Lunch 1130-1300 hrs
Dinner 1600-1745 hrs

Officers' Mess

Summer Hours
Breakfast 0630-0815 hrs
Breakfast (Sat/Sun) 0700-0945 hrs
Lunch 1130-1315 hrs

Snack Bar
(Mon-Fri except holidays) 1145-1245 hrs
Dinner 1630-1800 hrs

Winter Hours
Breakfast 0630-0815 hrs
Breakfast (Sat/Sun) 0700-0945 hrs
Lunch 1130-1315 hrs

Snack Bar
(Mon-Fri except holidays) 1200-1300 hrs
Dinner 1630-1800 hrs

RESTRICTED AREAS

As with many other CF Bases, Comox has certain areas of the base designated as Restricted Areas. These areas are properly identified by signs. A Restricted Area Pass, issued to personnel requiring access to these areas, will be prominently displayed on the upper left of a person's outer garment while within any Restricted Area. During alert conditions all service and civilian personnel will be required to display their passes regardless of where they are on the Base.

BASE SERVICES

Post Office

The Post Office is Federally operated and is located across the road from the Theatre Building outside the Main Gate.

Mon-Fri 0830-1730 hrs
Lobby 0830-2000 hrs
Sat 0830-1230 hrs

Lobby 0830-2000 hrs
Last mail run Mon-Fri-1530 hrs
Last mail run Sat 1300 hrs
Living-in Other Ranks may receive their mail at the Sub Post Office located in the entrance foyer of the Combined Mess.

Hours of Operation:
Mon-Fri 1000-1230 hrs

Living-in Officers will have their mail delivered to the Officers' Mess.

Post boxes may be rented at both the Federal Post Office and the Sub Post Office (Other Ranks Only). Personnel moving off Base should ensure a change of address is given to the Post Office and to their correspondents.

Mailing Address:

SIN Rank Name & Initials

General Delivery

Canadian Forces Base Comox

Lazo, B.C.

VOR 2K0

Shipping Address:

SIN Rank Name & Initials

c/o Base Commander

Canadian Forces Base Comox

Lazo, B.C.

VOR 2K0

Banking Facilities

The Comox District Credit Union is located next to the Base Exchange. Hours of operation are from 1000 to 1630 hrs Monday through Friday.

Base Library

The Base Library is located in Building 22. It is open from:
Mon-Wed 1100-1300 hrs
Thu 1800-2100 hrs
Fri, Sat & Sun Closed

Retail Store

Hours of Operation are:
Mon-Fri 0930-1700 hrs
Sat 0930-1600 hrs
Sun & Holidays Closed
Included in the Retail Store are the Canex Video Club and the Laundry and Dry Cleaning Service.

Expressmart (open 7 days a week)

Hours of Operation are:
Daily 0930-2100 hrs
Holidays 1200-1900 hrs

Beauty Salon

Hours of Operation are:
Tue-Sat 0900-1600 hrs
Sun, Mon & Holidays Closed

Base Cable Television System

The Base Television System provides the Base and Married Quarters with excellent reception.

Barber Shop

Hours of Operation are:
Mon-Fri-Summer -0730-1530 hrs
Mon-Fri-Winter -0730-1600 hrs
Sat, Sun & Holidays Closed

Service Station

The Base Exchange Service Station is located on base and offers self-serve gasoline including marine gas and a four bay garage with fully licensed mechanics on duty.

Hours of Operation are:
Mon-Fri 0800-1700 hrs
Sat, Sun & Holiday 1000-1700 hrs

Snack Bars

The Base Exchange Snack Bars are located on base. A Snack Bar is located on the upper level of the Base Recreation Centre.

The No. 7 Hangar Snack Bar is located on the second floor of No. 7 Hangar for the convenience of those personnel who work in and near the hangar.

A canteen is also operated in the Glacier Gardens Arena.

Tailor Shop

A tailor shop is located on base in the clothing stores building and offers a wide range of tailoring services during normal working hours.

Social Services

Social Services are available to all personnel. The Area Social Services Officer is a specialist and is prepared to give counselling on marriage, child care and financial problems. This officer visits the base regularly and appointments may be made through the Base Chaplain's office at Local 2237/2247.

Family Support Center

A Family Support Center has recently opened at CFB Comox. Contact person is Jill Sutherland at 339-8654.

Legal Aid

Legal Aid and counselling may be obtained from a member of the JAG Branch who visits the Base regularly and appointments may be made through the Base Chaplain's Office at Local 2237/2247.

Construction Engineering

Maintenance services on buildings, utility systems, and married quarters are provided by the Base Construction Engineering Officer (BCEO). Requirements should be telephoned to Work Reception at Local 2234.

The PMQ School

The PMQ School is located in the Married Quarters Area for elementary students living in Married Quarters (Grades 1 to 6 inclusive). Junior Secondary students (Grades 7 to 9) may attend in Comox or Courtenay or whatever town they live in. Senior Secondary students (Grades 10 to 12) go to Comox.

Base Hospital

The Base Hospital is situated in Building 27 which also houses the Dental offices and the Pharmacy.

Community Welcome

A package of civic information on the Comox Valley and gifts and greetings from local merchants. Contact Corenda Hayes 335-0628.

Medical Services Plan of B.C.

The Medical Services Plan of British Columbia allows that all servicemen's dependants taking up residence in B.C. are eligible for benefits the first day of the third month following taking up residence. Registration is made by application to the Base Orderly Room when reporting-in accompanied by BOR/Records

when dependants arrive after a member has reported in. A brochure is available on request at the BOR. In B.C., it is not necessary to register or pay premiums for hospital insurance benefits. A person qualifies for hospital benefits on the first day of the third month following the month of arrival. A beneficiary is required to pay \$2 for each day he receives in-patient benefits. It can be reclaimed if a person qualifies for GSMIP.

CHAPEL SERVICES

Roman Catholic

The RC Chapel is located just inside the Main Gate. Mass is celebrated in the Base Chapel (RC) at the following times:

Sat 1900 hrs (Sun Vigil Mass)
Sun Mass 1000 hrs
Weekdays 0900 hrs
Feast of Obligation - Christmas and New Year

Sacrament of Penance - 30 minutes before all Masses
Baptism - By appointment
Catechism - Every Wednesday evening in the MQ School from 1830 to 1930 hrs for Grades 1 to 9 inclusive.

CWL-Our Lady of the Airways Council - First Tuesday of the month at 2000 hrs in the Parish Hall.

Knights of Columbus - Second Wednesday of each month at 2000 hrs in the Canadian Martyrs' Church, Courtenay.
Marriages - By appointment. A few months notice is required.
Protestant

The Protestant Chapel is located in Wallace Gardens (MQ) area and Divine Service is held every Sunday at 1100 hours. This is the Base Chapel and everyone is warmly invited to share in the Service.

Holy Communion - Once a month as announced (normally the first Sunday).

Baptism and Weddings - Arrangements are made through the the Chaplain. At least six weeks notice required for weddings.

Women's Guild - All women are encouraged to support this group which is very active in missionary efforts. Meetings are in the Chapel Annex at 2000 hours on the first Thursday of each month.

Chapel Choir - Our senior choir extends a warm welcome to all new arrivals. New voices are always needed. Please speak to the Choir Director, Organist or Chaplain.

Sr Choir Practice 1830 hrs Tues
Sunday School - The Sunday School operates from September to May. The Sunday School meets at 0945 hours in the Chapel for ages 6 through 15 years. Nursery and Kindergarten classes are held during Divine Service at 1100 hours while parents attend church.

Office Hours - 0800 - 1630 hours.

Base Technical Services

TAKING CARE OF BUSINESS — AND MAKING IT WORK

BASE TRANSPORTATION

The services provided by Base Transportation cover the entire spectrum of transport modes: land, sea and air. The MSE Section provides on-duty land vehicle transport for individuals or groups throughout the local area and to the lower mainland. Base Traffic provides complete air movements services, and in particular, services the thrice weekly Boeing service flights.

Arrangements for space on service flights are handled through the Base Orderly Room, R & D Section. Additionally, Base Traffic also processes all Furniture & Effects, movements for service personnel and a Materiel Traffic Service. (CMTT).

The Marine Section of Base Transportation provides sea support for training programs as well as a complete sea rescue, crash response capability.

Other functions of Base Transportation include vehicle and equipment repair through the Base Maintenance (Land), safety support for military vehicles and POMV, and postal services to the Base.

CONSTRUCTION ENGINEERING

The CFB Comox Base Construction Engineering Section is established for approximately 160 personnel (military and civilian). The CE organization exists to design, construct and maintain works and buildings; operate utility plants and distribution systems; upgrade and maintain roadways, runways and lands; and provide fire and crash protection.

The BCEO is responsible for these services and does so through six sub-sections; The Requirements sub-section is responsible for evaluating and assigning the customer's requests to the different sub-sections.

The Engineering sub-section designs and estimates labour, material or contract costs for construction or maintenance projects. Implementation is carried out by contract or the Production sub-section. The Production sub-section is responsible for the physical execution of construction or maintenance projects carried out by Base CE personnel.

The Utilities sub-section is responsible for the provisions of utilities by operation of the power, water treatment and heating plants.

The Administration sub-section is responsible for accounting and personnel management.

The Fire Hall is responsible for fire prevention and fire inspections, airfield crash rescue, fire services and fire fighting in defence of all base buildings and MQs.

Any problem with your building or PMQ, contact Construction Engineering local 8234; CE Work Reception.

BASE TELECOMMUNICATIONS

All ground communications resources at CFB Comox are managed by the Base Telecommunications Section. The Section is established at a manning level of 33 personnel consisting of Radio and Radar Techs plus 6 civilian personnel.

The Base Telecom Organization is responsible for providing and maintaining all base ground communications and electronic facilities including non-tactical communications, airfield, airground communications, navigational aid facilities, cable plant facilities, all communications requirements for the Base Marine Section, the Sea Survival School and the Quadra Cadet Camp. Additionally, the Base Telecom Section has the responsibility for the management and administration of the Base telephone switchboard and all base telephone services.

The Base Telecom Section is a small but active organization. If further information is required on any communications-related problems, please contact the "Telecommunications Section" listed in your telephone directory.

SUPPLY

Base Supply is an integral part of the Technical Services Branch, and the Base Supply Officer is directly responsible to the BESO 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 BSUP, 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.

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.

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.

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 coordinates 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.

The Supply Administration Officer is responsible for ad-

ministration and management, training, Management Information Statistics, and Stocktaking. Administration is handled by the Base Supply Orderly Room which also coordinates training requirements.

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

BASE TECHNICAL SERVICES

The CFB Comox Technical Services include five sections and are divided as follows:

-Armament/Maintenance Support
-Supply
-Telecommunications
-Construction Engineering
-Transport

Their task, under the BT-SO's responsibility, is to provide technical support to the squadrons as well as every other section or service on the base. The following describes their basic functions and activities:

BASE AIRCRAFT MAINTENANCE SUPPORT ORGANIZATION (BAMSO)

The BAMSO is responsible for providing air maintenance and general support to squadrons and base in the areas of special purpose electronic data processing, armament, photo, avionics, mechanical support, tool control, and base technical library. Services provided are mainly second line activities with close lateral relationships with squadrons required at all levels.

The Armament and Avionics Officer is responsible for the Base Armament and Avionics Support Shops. Armament support includes small arms training, maintenance and storage, explosive storage area, and Explosive Ordnance

Disposal (EOD). Avionics support includes the Navigation Communications (NavCom) Lab, Instrument & Electrical/Integral Systems (IE/IS) Lab, Battery Shop, and the Radio Teletype (RTT) Lab. The RTT Lab carries out second and third line maintenance or special purpose and teletype equipment, and similar support to the message centre.

The Mechanical Support Officer is responsible for the mechanical support shops which include Brake & Wheel and Component, Safety Systems, Workshops, Refinishing, Aircraft Maintenance Support Equipment (AMSE), and Non-Destructive Testing/Spectrometric Oil Analysis Program (NDT/SOAP). These shops provide support to all flying units as well as industrial support to the base as required.

The DIAC Services Officer (DSO) has three primary areas of responsibility which are: DIAC (Data Interpretation Analysis Centre) Maintenance, DIAC Computer Operations, and ADAM (Automated Data for Aerospace Maintenance) System Management. DIAC Maintenance involves first and second line maintenance of all the major DIAC Computer Systems as well as operation of the DIAC Maintenance Training School which trains CF technicians on DIAC Computer System Maintenance. DIAC Computer Operations involves Data Base Management of the main DIAC Computer System. The third area of responsibility involves the management and operation of the CFB Comox VAX-11 ADAM Computer System.

The Aircraft Control and Records Officer is responsible for base photo, maintenance records centre, tool control and the Master Technical Library.

Weather Facts

or

Why We Live Here

The weather is probably one of the major factors that people most enjoy during their stay here at Comox. It is not uncommon to snow ski and play a round of golf on the same day without leaving the Comox Valley area. The following records, as compiled by the Base Meteorological Section, will provide a useful picture:

Mean January temperature	2°C
Mean July Temperature	17.2°C
Record maximum temperature	34.5°C 31 Jul 65
Record Minimum temperature	-21°C 31 Jan 50
Mean minimum Jan temperature	-0.8°C
Mean maximum July temperature	22.6°C
Months with least rainfall	May to Aug
Months with most rainfall	Nov to Jan
Greatest snowfall in one day	60.2 cm 4 Jan 78

Base Operations

THE CFB COMOX NERVE CENTRE

The CFB Comox Base Operations Branch consists of those base sections devoted directly to maintaining the operational capability of CFB Comox. As such, it includes the Military Police, Air Traffic Control, Nuclear Defence, Forecast Centre and the actual Base Operations Centre.

The Base Operations Branch is administered by the Base Operations Officer (BOpsO), assisted by the Deputy Base Operations Officer (D/BOpsO). The offices of the BOpsO and D/BOpsO are on the east end of the second floor of No. 7 hangar within the roof annex.

The Military Police Section is responsible for the management of all Base Security and Police resources.

This includes the implementation of base security policy to ensure the operational capability of CFB Comox.

Military Police personnel are responsible for the review of security requirements and all security area surveys. As well, the Base Security Officer, as the Military Police section head is tasked with directing and supervising the MP section with respect to the prevention, detection and investigation of crime and service offences both on and off base. The MP section is housed in the guardhouse directly outside the main gate. Incoming personnel must report to the MP section for vehicle registration and pass control as required.

Air Traffic Control services

to CFB Comox and within the Comox Military Terminal Control Area are provided by the Base Air Traffic Control section. Air Traffic services are provided both via the Tower and the Instrument Flight Rules Control Centre (IFRCC).

Both facilities are co-located on the eastern side of the aerodrome. Air Traffic Control personnel both staff and manage all on-scene controller resources for CFB Comox.

Flight planning and filing at CFB Comox can be accomplished at squadron operations centres, the Base Operations Centre (BOC), and the Base Flight Planning Centre located next to the Forecast Centre on the east end of the second floor in No. 7 hangar.

The CFB Comox Canadian Forces Forecast Centre is also located on the second floor of 7 Hangar. The Forecast Centre is manned 24 hours a day and provides meteorological and oceanographic support for all CFB Comox flying operations. The type of support required from the Forecast Centre is as varied as the units operating from CFB Comox. Forecasts of a purely local nature for recreational use are provided by the "DIAL A FORECAST" service at 339-5044.

All Nuclear Defence training is conducted by the Base Nuclear Defence Section located in Bldg 22 just to the north of the Officers' Mess. All incoming personnel must report to the Nuclear Defence section in possession of their DT 60s.

The Base Operations Centre (BOC) is located on the second floor of No. 7 Hangar at the west end. Access is available via the security doors to all personnel requiring access. Personnel not in possession of a proper restricted area pass must be escorted and signed in by BOC duty personnel. The BOC briefs and debriefs all 407 (MP) Sqn and VU33 operational taskings. Fighter Group operations are also supported within the BOC. Support to visiting aircraft and aircrews is provided by the BOC and requests for visitor support should be directed to the BOC Operations Duty Officer at local 8429. The BOC provides 24 hour a day service to CFB Comox.

Comox Air Force Museum

DEDICATED TO PRESERVATION OF R.C.A.F. HISTORY

If enquiries are any indicator, a visit to the Air Force Museum in Comox seems to be high on the agenda for a large number of potential visitors to the Comox Valley this year. In particular, a large attendance can be anticipated on August 7th, the date of the CFB Comox Airshow. The last airshow held in Comox was in August, 1986, and was attended by 50,000 people.

The museum, which officially opened its doors during September of 1987, has already attracted thousands of happy visitors. At the present time the only other Air Force museum is located in Trenton, Ontario. Both museums are dedicated to the preservation of the history of the Royal Canadian Air Force and Air Command.

Located at the entrance to CFB Comox at the intersection of Ryan Road and Little River Road, the museum and gift shop is housed in what used to be the old base theatre. The 3,000 square foot facility is co-located with the Air Force Indoctrination School.

Summer hours beginning May to October, have the museum open from 10 a.m. to 4 p.m. every day except Monday. The rest of the year from November to April, the museum is open at the same times, Friday, Saturday, and Sundays. There is no admission charge, however donations are gratefully accepted.

Since opening, the Comox displays have been greatly enhanced and the displays are

far from static. Curator Nancy Greene is very pleased and appreciative of the support from former service personnel and their families for donating memorabilia such as old photos, documents, uniforms, equipment and keepsakes.

In commenting on the excellence of the museum, retired Air Vice Marshall, Leigh Stevenson, said, "I think everyone who has old mementos of World War I or World War II should send them here. Otherwise they, and the history that goes with them, will be lost."

A well-stocked gift shop also forms a very vibrant part of the museum and is always of interest to visitors. Here they may purchase mementos such as pins, badges, caps, crests, belt buckles, even button sets for blazers.

Just down the road from the museum, near the civilian air terminal is an outdoors static display of the 4-engined CP107 Argus reconnaissance aircraft, the CF100 Canuck fighter, and the CF101 Voodoo fighter.

All these historic aircraft at one time flew from the Comox Air Base. At present these aircraft can only be viewed through a chain link fence, however, plans are underway to permit easier access, as well as for the inclusion of at least one more aircraft type.

Over the years, CFB Comox has been the much cherished home of five RCAF squadrons, and many of their members have chosen to remain in this

area on their retirement. The five RCAF squadrons stationed here have been 409 Squadron flying CF-100 Canuck and CF-101 fighters, 407 Squadron flying Argus and now Aurora maritime reconnaissance aircraft, 442 Search and Rescue Squadron now flying twin engined Buffalo aircraft and Labrador helicopters, VU33 Naval Squadron flying T-33 and Grumman Tracker aircraft, and the 441 Detachment of 410 Squadron now operating out of Comox with CF-18 fighter interceptor aircraft.

Plans for the future include guest speakers for a film and lecture series and the use of the AFIS 80-seat theatre for these events.

Throughout the year the museum will host travelling exhibits from the Aviation, Technology and Science Worlds, popular Aviation Air Exhibitions from the Canadian War Museum and displays focusing on various aspects of Canadian Air Force and RCAF history. School programs will be developed to complement the curriculum of School District 71. On subjects such as flight, gravity, etc. As well as permanent exhibits there will always be something new to see.

Those interested in contacting the Comox Air Force Museum for further information or to arrange group tours may contact Nancy Greene, Comox Air Force Museum, CFB Comox, Lazo, B.C., V0R 2K0, Telephone (604) 339-8635.



Some may recall it as the old base theatre but now it's the Comox Air Force Museum (also the home of the Totem Times).

AFIS AIR FORCE INDOCTRINATION SCHOOL

AFIS was formed at CFB Comox in 1980 so that all officers serving in Air Command could be made aware of the air force's proud history and rich heritage. The school also teaches present organization and roles of the various Groups; Research and Development; Space; Air Force Customs and Traditions; etc.

These lectures are supplemented by distinguished guest speakers and visits to various sections and squadrons on the base.

The course last 9 working days and is run 14-16 times a year. Annual graduates number some 500 - 600 Officers and Officer Cadets, and 40 Senior NCMs.

The Comox Valley

WHERE IT IS AND WHAT IT'S ALL ABOUT

Stand back and have a look at us. Take a wide-angled view and you can see clearly that Vancouver Island is a special place. It is, in fact, the largest North American Island in the Pacific Ocean. The 280 mile-long island inhabited by almost a half-million people stretches from sandy shores to snow-capped peaks and glaciers, some rising to more than 7,000 feet. Yet, a warming current flowing across the Pacific keeps the island climate temperate, cool in winter and warm in summer (never extreme in any season.)

Now move in a little closer to the island that was circumvented by Captain George Vancouver in 1792. You'll notice that no point on the island is more than 40 miles from salt water and much less to fresh water lakes. That is why there are more boats per capita on Vancouver Island than almost anywhere else in the world and why fishing of all types is a major attraction.

Now zoom in on the island's most complete area: The Comox Valley.

Here, everything that makes Vancouver Island so wonderfully attractive has been packed into a single gorgeous expanse.

There are waterfalls, tennis balls, and several worth-your-while shopping malls, golf courses, riding horses and the Canadian Armed Forces. There's golfing, sailing, swimming, skiing and, of course, reeling in the big ones at a multitude of fishing resorts.

And when you're reclining and thinking about dining, there's an unbelievable selection of fine restaurants.

From horticulture to hoards of culture, it doesn't take long to discover why Comox Valley residents believe that anyone who would want to live anywhere else is deranged.

Snuggled in between the Beaufort Mountains and the sandy shores of the Pacific, the Comox Valley offers an island adventure for every fantasy.

COMOX

The fastest growing area of the Comox Valley. It's 7,000 residents enjoy a stunning view of Comox Bay and the Island mountain range, especially from its Marina Park or historic Filberg Lodge and Park. They also enjoy a close affinity with Canadian Forces Base, Comox, located adjacent to the municipality. The town's business centre is rapidly growing.

Comox, Courtenay's sister community is situated a few miles east on the peninsula that forms Courtenay's harbour. The Indians called it Komuckway, meaning "plenty" or "abundance," but the name

was shortened to Komoux, then Comox. As in many other places on Vancouver Island, the Hudson's Bay Company sent settlers to open this region in 1862. Except for two married couples, all in the original group of 60 were single men.

From these early beginnings, the Comox Valley has become established as a farming region, supported by temperate climate and fertile soil. Visit the Old Lorne Hotel, built in 1878 on Comox Avenue, then drive along to Filberg Lodge, built in 1890. Open to the public as Filberg Estate, this is the scene of the Arts Festival in August. Stroll through the gardens and take a look inside the unique heritage home to see the handcrafted details and fascinating features, like the stonework fireplace and yew tree handrail on the staircase.

Plan to spend some sunny days at Kye Bay Beach off Lazo Road, golf at one of our four courses in the area, play tennis or enjoy the facilities of the recreation centre.

The Canadian Air Force Base at Comox is the site of a dazzling display of all types of aircraft at the bi-annual Air Show held in early August of even-numbered years. Don't miss this show. From antique planes to the latest in technology you will see jets that perform like rockets and oldies that tumble through the sky like toys.

Fishermen's dreams come true in this area whether its for salmon or trout. Comox Valley offers some delightful lakes, like Comox Lake, Douglas and Maple Lake, Willemar Lake, Anderson and Wolfe Lakes for trout plus Black Creek, and Oyster River for fly fishing. The Trent River is good for steelheading in winter.

COURTENAY

The hub of Comox Valley, incorporated in 1916 and now populated by about 9,000 residents. It is the commercial centre of the Comox Valley. Criss-crossed by rivers and abounding with parks, the city is one of the most picturesque on Vancouver Island. It is the northern terminus of the E & N Railway and boasts the only land and float plane facility north of Vancouver.

Named after Captain George Courtenay, HMS Constance, Courtenay is a busy city that support a large farming community as well as the logging and fishing industry.

Summer visitors enjoy fishing, hiking Forbidden Plateau, listening to the Youth Music Festival concerts and cruising on Georgia Strait. In winter, the featured attraction is skiing at Forbidden and Mt. Washington.

The terrain that skiers enjoy in winter is open to hiking when the snow melts. The Forbidden Ski Lodge stays open through the summer to serve snacks and meals, while the chairlift gives visitors a bird's-eye view of the Valley and hikers a headstart. There is good access to the hiking trails of Strathcona Provincial Park up to McKenzie Meadows and the Plateau.

It is possible to hike across the park along the mountain trails. Trout fishermen will find bountiful rewards for their hike in the lakes on the plateau. Use trail guides and maps when hiking in this area to avoid getting lost on the multiple trail system.

Climbers from around the world come to experience the challenge of these mountains, classing them with the world's best, citing the accessibility matched with the excitement of unspoiled wilderness climbing. Strathcona Park is also accessible by road west of Campbell River along Highway 28.

Summertime is a creative season filled with music, crafts and art. The Courtenay Youth Music Centre brings gifted students and world-class musicians together to study and perform classical, jazz and contemporary music. Top-notch craft fairs and arts festivals in Courtenay and Comox present the best of area artisans. Take a look at the Courtenay and District Museum, and check for detailed information at the Information Centre on Cliffe Avenue.

Drive up to the Puntledge River Fish Hatchery to see how the salmon population is being brought back to its original quantities. Explore Stotan Falls, and the Medicine Bowls on Brown's River.

In winter, the Comox Valley comes alive with skiers who come to enjoy some of the best skiing in the Pacific Northwest. Two major ski areas are located just minutes from downtown and are accessible by road, or convenient ski bus. Ski packages are offered by most hotels and motels in the Courtenay/Comox area.

Forbidden ski area opened several years ago, and remains a favourite for families, since beginners and experts find challenge on the downhill slopes. Miles of cross-country trails give long vistas over Georgia Strait and the Island coast. Open for skiing December through late April, Forbidden offers complete facilities including a double chair, three T-bars and rope tow.

Mt. Washington Ski Resort has steep slopes, powder, and moguls to challenge avid skiers. While beginners can enjoy a gentle slope, intermediate skiers take the Red Chair or Whiskey Jack run, experts find

30% difficulty on the two and a half mile (4 km) runs. Facilities include two triple chairs, two double chairs, and tow-ropes. Cross-country skiers can explore 18 miles (30 km) of triple trackset trails. Some trails are great for beginners, while the rolling expanse of Paradise Meadows is suited to more advanced skiers, and the challenging hills of West Meadows for experts.

Courtenay is a favourite place for conferences and small meetings, since it is easily accessible by air and road, has good facilities and offers so much for participants to do in all seasons.

Shopping is great, at malls and small boutiques. The cultural scene offers plays and concerts, while local artisans produce striking works that are available in galleries and shops. Visit the Courtenay Museum, found in the world's largest log cabin. Go neighbourhood pub hopping - one has its own brewery.

Accommodations in Courtenay include top-notch hotels and motels which offer ski packages in winter, fishing packages in summer. Boaters will find excellent marina facilities, too.

Wildlife in the Comox-Strathcona region from the Forbidden Plateau to the coastal marshes of the small offshore islands, gives a variety seldom found in other areas. Winter brings large concentrations of sea and shore birds of many varieties, while spring and fall offer an opportunity to spot migrating birds. One quarter of the world's population of trumpeter swans overwinters in the Comox Valley.

Strathcona Park has long been known for its reserve of Roosevelt elk, black bear can be spotted almost everywhere, but cougars and wolves are more nocturnal and seldom seen. Hikers should be prepared for chance meetings with bears, cougars, and wolves when spending time in the wilderness, and know the precautions to take.

For complete information, contact the Comox Valley Tourist Information Centre, 2040 Cliffe Ave., P.O. Box 3187 Courtenay, B.C., V9N 2L3, or call (604) 334-3234.

CUMBERLAND

The historic spot of the Comox Valley. Incorporated in 1898 during the heydays of coal mining the current 2,400 residents carry on the village's unique tradition. The stormy past of mine disasters, strikes and major fires, as well as a record of the largest Chinatown north of San Francisco, are recalled in the new

museum on the village's main street. Today, Cumberland is also the gateway to spectacular Comox Lake, where water-skiing, trout fishing and camping adventures await you.

In the 1880s, rich deposits of coal were discovered at Cumberland, seven mines were opened and one continued to produce into the 1930s. During the boom years, Cumberland's Chinatown was the largest on the continent as Chinese labourers come to work in the mines. As an historic reminder, one of the Chinatown shacks stands alone on the old approach to the mines. Drive along the road, leading out of town, and note the row of "company"-style houses, now part of the modern neighbourhood. Stay on this road to Comox Lake, where you might spend the day or camp overnight. Rent fish boats, canoes, or windsurfers. Hike around this glacier-fed lake, or go for a swim.

The Cumberland Museum and Information Centre will give you a close look at the history of mining in the area as well as maps and guides. Union Bay, on the waterfront, took its name from the Union Coal Mining Company which built docks there in 1889 for ships that carried its coal.

For further information, contact the Cumberland Tourist Information Centre, Box 74, Cumberland, B.C. V0R 1S0 or call (604) 336-8313.

DENMAN AND HORNBY ISLANDS

At Buckley Bay, take the eight-minute ferry trip to Denman Island. Another ferry will take you to Hornby Island from Denman. A handy, free brochure for these islands calls them the "undiscovered Gulf Islands," and truly they are worth discovering.

On Denman, visit Fillongley Provincial Park, hike the many trails to places time has forgotten, like the Madigan Farm, to Graham Lake and Henry Bay. Visit artist's studios for wonderful pottery, porcelain, weaving and handcrafts.

Accommodations include camping by lake and ocean and several guesthouses.

Take the ferry from Gravely Bay to Hornby Island to explore Helliwell Bay Provincial Park, and enjoy the beaches at Tribune and Whaling Station Bays. Helliwell, on the southeast corner, provides unique birdwatching along high cliffs and abundant wild flowers - it's a naturalist's paradise. Enjoy shopping for crafts, visiting the neighbourhood pub, and stay for the weekend dance. Accommodations include a campground, and some bed and breakfast homes. It's always best to reserve ahead, to ensure accommodation.

The Comox Valley

THE OUTDOOR RECREATION CAPITAL OF CANADA

What have fishing for salmon, steelhead and cutthroat trout got in common with skiing, sailing and golf? The Comox Valley, that's what. It offers all of these activities and much more.

The Valley's western reaches sweep down from the rugged peaks of the Beaufort Mountains, most famous of which is the eternally snowcapped Comox Glacier. Bordered on the eastern side by the Strait of Georgia, its tortuous shoreline is a blend of rock beaches and high cliffs of eroding sand. Mingling between the two extremes are dense, second-growth evergreen forests, swamps, open farm lands, lakes, rivers and small streams.

Outdoor enthusiasts have a veritable potpourri of outdoor recreation in which to indulge, including hiking, trail riding, birding, fossil hunting, rockhounding, clam digging, oyster picking and scuba diving near Hornby Island in what many consider the most spectacular underwater scenery in North America.

Outlying areas are popular with hunters of black-tailed deer, black bear, cougar, wolf and Roosevelt elk (the latter on limited entry permits only). Upland game birds include blue and ruffed grouse, ring-necked pheasant, band-tailed pigeon and California quail. Most uninhabited estuaries and marshlands provide good shotgunning for transient and resident waterfowl.

In recent years the Valley has become a wintering ground for hundreds of trumpeter swans. Their annual arrival delights birders, but dismays farmers, for the large, graceful birds wreak havoc with their seeded fields.

Several lakes are scattered throughout the region. Ten mountain tarns on Forbidden Plateau offer hike-in fishing. The lakes are small, but the rainbow trout are not. Further down the Valley, lakes such as Wolf and Maple are well stocked with cutthroat and rainbow trout, as is Chickadee on Denman Island. About nine miles in length, Comox Lake, near Cumberland, is the Valley's largest lake. It harbors kokanee, rainbow trout and Dolly Varden, but is best known for cutthroat trout up to 10 pounds.

Saltwater fishing enthusiasts brag that the waters bordering the Comox Valley are some of the most productive found in the Strait of Georgia, and federal fisheries records appear to back them up. This is partly the result of having relatively protected waters with an abundance of feed, but the main reason is location — almost dead centre between Campbell River and Qualicum Beach.

As the result of a successful chinook salmon enhancement program on the Quinsam River, major tributary of the Campbell River, the area north of Comox has maintained its well-deserved reputation as a world-famous salmon fishery. To the south, the Qualicum River hatchery ensures Qualicum Beach maintains its equally enviable standing as prime salmon waters. Although Qualicum chinook are of a generally smaller size, they are abundant. As the Comox Valley is situated where the southern and northern extremes of these two regions overlap, anglers enjoy the best of both worlds.

Trotting, mooching, drift fishing and casting from the shores of King Coho and Little River all yield good catches of chinook throughout most of the year. A winter fishery for "feeder springs" is popular with some hardy souls from December through February, but the majority wait for warmer weather, usually from mid-May until mid-September, when there is also the opportunity to tangle with coho. Averaging barely three or four pounds early in the season, coho pack on weight at an astounding rate and may weigh over 20 pounds by their spawning run.

Call them bottom fish or ground fish, species like lingcods, rockfish and flounder are popular with many anglers. While none would win any beauty contests when pitted against the salmonids, many lovers of fish would far rather eat these white-fleshed species.

It's a fact that outdoor enthusiasts are never at a loss for things to do in the Comox Valley. The only trouble is, it's just one decision after another. Should one go salmon or bottom fishing, oyster picking, clam digging...?

The Comox Valley can be reached by scheduled airline from Vancouver, Via Rail from Victoria, Highway 19 from Victoria and Nanaimo to the south, Port Hardy to the North and by ferry from Powell River.

Courtesy Bob Jones and Fish Comox Valley.

GOURMET SHELLFISH

The Comox Valley beaches are unquestionably the best spots of the entire west coast for gathering shellfish. The varieties which are the easiest to obtain by recreational harvesters are little neck and manila clams, butter clams and oysters. Mussels, too, can be found, but they are not as abundant as the other species. One only needs a low tide and a bit of time to gather up a feast of shellfish. The summer months see the lowest tides occurring during daylight hours which simplifies things considerably.

Ski Comox Valley

MT. WASHINGTON

There's never been a better time to try skiing.

And there's never been a better place to try it than at Mr. Washington, Vancouver Island's premier ski resort.

Affordable rates, top quality instruction, and special programs for beginners combine with spectacular scenery, tons of snow and a friendly atmosphere to make your family's day on Mt. Washington one to remember.

The motto for the Mt. Washington Ski School is "Let Us Turn You Into A Skier" and the qualified staff will help you get that "turning feeling" in no time at all, safely and comfortably.

Turning on your skis is the key to getting down the slopes, and whether you're at the snowplow stage or you're able to do parallel turns with a pole plant, Mt. Washington has a run for you.

And the Ski School has a class for you, all based on your ability level. The guideline is easy to follow starting with Level 1, for people who have never skied before, right up to Level 6 for the more experienced skier who is after some fine-tuning.

Skiers of all levels can benefit from instruction and Mt. Washington has a program that incorporates everything from group half-day sessions to five day Ski Adventures.

Even if you've never strapped on a set of skis before, you'll be negotiating the beginner's handle tow and sliding down the easy slopes before you know it.

Mt. Washington has a special welcome for novice skiers, and they're especially prepared for families, offering a full range of fully-supervised children's programs.

The lodge offers everything a ski family needs for a day on the slopes. There is a cafeteria with a large and varied menu and snack bar. The rental shop has a full range of equipment, and trained, friendly staff to get you in and out in a hurry, outfitted properly for the day.

Lift price tickets are among the lowest in the province, keeping with Mt. Washington's policy of providing affordable family skiing.

A fully professional and highly trained Ski Patrol makes your day a safe one, no matter what your ability.

Above all else, the staff at Mt. Washington prides itself on its friendly, knowledgeable and helpful reputation.

FORBIDDEN PLATEAU

Vancouver Island's original ski resort has gone through a lot of changes in the past few years, but several things remain the same: affordable price and the friendliest staff and service this side of the Rockies — everybody's always smiling.

Accessibility has always been a big drawing point for Forbidden: it only takes 30 minutes to climb out of downtown Courtenay into blue skies and snow on a government maintained road. Chains are rarely, if ever, needed so the journey up is a comfortable one.

And when you get there, the friendly staff and top-notch facilities will make you glad you made the trip.

Forbidden is a family resort, largely because of the reasonable prices. You don't have to mortgage your house or sell your car to spend the day skiing with your family or friends. Special youth prices are provided, and children six and under get their day on the slopes free, an attractive incentive for young families. Check Forbidden's schedule for days of lift operation. The resort is open during all school holidays, with a wide variety of terrain to please all types of skiers.

A double chairlift, three T-bars and a handle tow can move 3,900 skiers per hour up from the base elevation of 2300 feet to the top where there's more than 20 runs to choose from. Forty percent of the terrain is novice, with 50 percent intermediate and 10 percent expert.

The Jay Way, at 1.5 miles, is the longest run on Vancouver Island and a relaxing place to work on your technique.

From the top, the view is spectacular with Comox Glacier almost near enough to touch and the Comox Valley and Strait of Georgia far below. On a clear day, massive Mt. Baker can be seen jutting prominently above the horizon.

Forbidden is proud of its safety record, which is statistically one of the best in Canada. The area's layout gives good skiers an opportunity to let fly without endangering those on a more leisurely excursion down the slopes.

Ski theft is rare at Forbidden — the friendly atmosphere of the staff and skiers keeps potential thieves away.

The comfortable day lodge offers every service you need, and a spectacular view of the skiers above and the valley below.

CROSS COUNTRY

Discover Paradise.

Cross-country ski at Mt. Washington and discover the peace and serenity of wintery Paradise Meadows.

Mt. Washington is one of the most popular cross-country ski areas in Western Canada — and it's easy to understand why.

Thirty kilometres of skating and double-track-set trails groomed by tiller-equipped packers, a long season that runs from late November through to the end of April, and scenic beauty unsurpassed in few places combine for a cross-country skiing heaven.

Cross-country or nordic skiing is a unique sport in that it offers something for everybody: if you're a fitness buff, few sports produce such a good aerobic workout; if you're not in such great physical shape, you can enjoy the touring aspect of the sport, taking your time and enjoying the scenery; if you're into competition, there's plenty of action including a 35 km. marathon race.

And cross-country skiing is also a good introduction to downhill skiing for those who'd like to try the latter sport, but are still just a little fearful.

Mt. Washington offers a wide variety of trails and lessons to appeal to the wide variety of people who cross-country ski.

Skiers from seven to 70 enjoy the trails right along with world class athletes who train here for national teams and youngsters participating in the national Jack Rabbit program.

It's the type of sport where you can jump right in and progress at your own speed and own pace.

And most of all, it's truly a family sport. Pack up a picnic lunch and take the whole gang out for a leisurely ski.

For beginners, there's the Look-Out trail, which is a gentle route perfectly suited for learning the proper techniques. Intermediate skiers can experience the rolling expanse of Paradise Meadows and Jutland Trail while the Lake Trail offers a bit of everything for the advanced skier.

For the touring skier, there are superb wilderness routes along the open glades and long alpine ridges of Strathcona Park.

The Nordic Lodge at Mt. Washington is located at the bottom of the Red Chair at the beginning of the Cross-country trail system.

SECTION NEWS



Glacier Greens Ladies Opening, scheduled for Apr 5, unfortunately was not to be. The winds howled and the rains came down, but fortunately, none of our trees. Needless to say we were rained out.

The Ladies Committee for 1988 is:

Pres. Barb Carter
Club Capt Judy Felbaum
Vice Capt Rose McClesh
Sec Treas Jackie Wilkie
Food Beth Daeger, Kathrine Salter and Joan Collins
Boards Marg Wreggit
Prizes & Trophies Irene Perry
Publicity Barb Carter
Housekeeping Claire Rathbon
Mon Nite Ladies' Rep Joan Curtis

April 12 proved to be a fantastic day, which we well deserved.

We were happy to welcome new members, Ann Blake and Frances Kern. We're looking forward to golfing with you both soon.

24 ladies were on hand for our first 18 holes of 88 and it was a surprise to find on completing we were playing with secret partners. The best Low Net prize went to Barb Carter, 1st Gross Frankie McCaffrey and Millie Hudson with a combined net of 131. It was Millie's first time ever to "Break 90" so congratulations Millie.

We're looking forward to the Sunnydale ladies visiting us on Apr 19.

Until next time may you all have Low Nets and enter "Play The Greens" contest.

Sun Apr 17 was our Early

Bird Tournament. Field Low Net winner was Marg Wreggit with a 68. 1st Low Net Anna Sotton, 1st Low Gross Pat Verchere, 2nd Low Net Judy Fellbaum, 2nd Gross Frankie McCaffrey, 3rd Net Martha Campbell, 3rd Gross Kay Banks, 4th Net Joan Webber, 4th Gross Tackie Wilkie.

Tues Apr 19 we had a delightful visit with the Sunnydale ladies. Although the day started fairly cool it warmed up for the back 9 and was very enjoyable. Winners for Sunnydale: 1st Low Net was Rose Muir, 1st Gross Kassy Cessford, 2nd Net Daphne Kelly, 2nd Gross Kay Wetzel, 3rd Net Ev Andrews, 3rd Gross Ev Kardynel, 4th Net Jackie Gray, 4th Gross Ann Gardom, Best Putter went to Shirley Hornstein. For Glacier Greens 1st Low Net went to Barb Carter, 1st Gross Frankie McCaffrey, 2nd Net Mickey Behan, 2nd Gross Kay Banks, 3rd Net Irene Perry, 3rd Gross Millie Legg, Best Putter was Judy Felbaum.

April 23 was our Spring Fling, a cool day that got cooler when the rains came down on the last few holes. However the team of Kay Banks, Marg Wreggit and Mar-

tha Campbell came first with the 2nd place team of Lori Cameron, Judy Felbaum, Terry Ford, and Barb Carter, Low Gross was Barb Carter with a 94 and Low Net was Marg Wreggett with a 66.

June 19 is our Ladies Invitational. It is already half full, so get your entries in soon.

MENS EARLY BIRD

The Mens Early Bird Tournament was sponsored by Comox Moving and Storage.

The winners are as follows:

Lo Net
Walt Traying
Glen Mergaert
Jack Picard
Boxer Scott
Lo Gross
Ted Sauve
Steve Bailey
Mike Berger
Garry Brown
KP
No2 Doug Ford
No 11 Boxer Scott
No 7 Mike Berger
No 16 Art Dreger

748 Comm Troop Reunion

748 COMMUNICATION TROOP 10 YEAR REUNION

748 (Nanaimo) Communication Troop is a Reserve Communication Troop that will be celebrating its 10th year as a unit of the Canadian Forces on July 1, 2, and 3, 1988.

The 748 Communication Troop Association was formed to keep former members in touch with each other, and this Association is looking after organizing the reunion.

All correspondence should be directed to the Association at the address below:

748 Communication Troop Association

Nanaimo Military Camp
Nanaimo, B.C.
V9R 5J9

SCHEDULE OF EVENTS:
Friday July 1 - Registration and Meet & Greet, WO & Sgt's Mess, Nanaimo Military Camp.

Saturday July 2 - Tour of new 748 Comm Tp Bldg B.B.Q. and dance at the WO & Sgt's Mess
Sunday July 3 - Pancake Breakfast

Early registration by May 15, 1988 \$20.00 each. After May 16 \$25.00 each.

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AROUND THE BASE

Royal Canadian Air Force Memorial

A memorial to the men and women who served in the Royal Canadian Air Force will be unveiled this summer in Ottawa, 21 years after the RCAF Memorial Fund was formed to develop a suitable facility.

The RCAF Hall of Tribute occupies 900 square feet in the brand new National Aviation Museum at Rockcliffe. Both the memorial and the museum will be dedicated by the Governor General, the Rt. Hon. Jeanne Sauve, on 17 June.

The Royal Canadian Air Force was founded in April 1924, following in the footsteps of the more than 3,000 enthusiastic young Canadians who sailed to England to join

British air squadrons during the First World War. These flyers participated on every major front, in every type of operation, and won more than 800 decorations and awards of valor, including three Victoria Crosses. It was their dedication and willingness to do the best they could under uncommon hardships that set the early standards for those who followed.

The RCAF Memorial Fund was organized in 1967 to develop a memorial to honour these men and women. The Hall of Tribute at Rockcliffe was designed by Mr. John McEwen, whose proposal came closest to meeting the fund's

objective of capturing the spirit of a memorial hall that would "dominate the overall structure both physically and spiritually. A room of great dignity, designed to produce an emotional impact on the visitor and symbolize the RCAF motto — Per Ardua Ad Astra, Through Adversity to the Stars."

McEwen's concept achieves this through the medium of a walk-in sculpture consisting of a cylinder, 40 feet tall, with burnished stainless steel interior surfaces and a bronze casting 38 feet in diameter serving as the floor and representing the earth's surface, and a

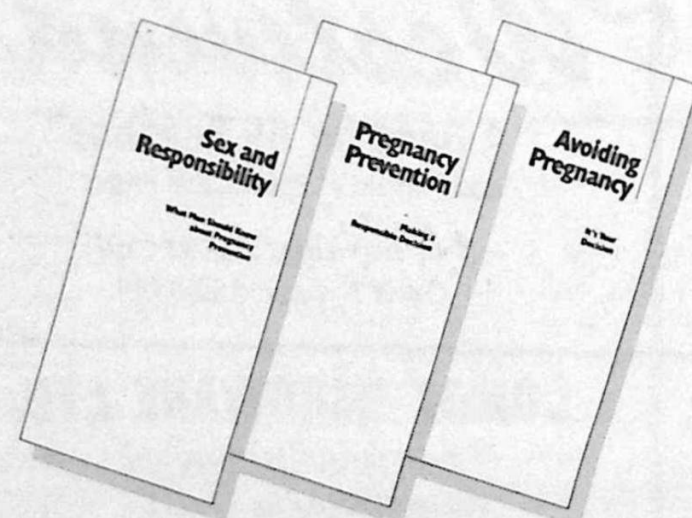
"sky" consisting of a multifaceted and translucent iris or lens spiralling upwards to the skylight. The latter is designed to provide varying lighting effects to blend with those projected by high pressure sodium lights embedded in the bronze floor.

The RCAF motto is engraved in the sculptured floor near the entrance to the aviation museum and is one of the first features to enter the visitors' view. Mr. McEwen's proposal has a contemplative, thoughtful character and this quality is effectively achieved through the symbolic use of space and light.

With the completion of the memorial project, the RCAF Memorial Fund will be disbanded. Its assets will be space transferred to the Chief of the Defence Staff, who has appointed the Commander Air Command as the official administrator. The formal agreement requires that remaining funds be used for the maintenance and upkeep of the memorial and for mounting periodic displays to commemorate significant events in the history of the RCAF.

The RCAF memorial and the National Aviation Museum will open to the public on Saturday, 18 June.

Current information about pregnancy prevention:

To help
British Columbians
plan responsibly.

Brochures that provide information on pregnancy prevention are available through your doctor, your pharmacist and at your local Health Unit listed in the Blue Pages of your telephone directory.

For those who are ready, the rewards of having a family can be great. But if you're not ready for the challenges it brings, make sure you plan responsibly.

Our future needs responsible decisions.

BC
Ministry of Health
Honourable Peter A. Dueck, Minister

SPORTS AND RECREATION

SAILING
SPLATTER

April has got to be the longest month of the year. We are all familiar with how long it takes to shake off that sleepy feeling first thing in the morning. Well, for the sailing club, April is our morning. It's that seemingly endless month where the sailing club awakens from its hibernation and tries to shake off an entire winter's restlessness before embarking on an eight month cycle of fun in the sun. It also represents many hours of labour by a devoted few to prepare the boats for another summer's use.

On April 9th, a large (considering past years) crowd turned out to help the Dinghy Fleet Captain ready the (what else?) dinghy fleet for another year of abuse. The dock had some minor repairs performed on it to prepare it for the arrival of the fleet. The boats had their collective bottoms scrubbed and cracks filled (enjoyed by one and all!) and progressively the hulls were rigged to the point where we now have eight 420s on the dock (six in racing condition

complete with spinnaker and trapeze gear!). The clubhouse also received some TLC in the form of a complete defrosting of the fridge which led to the discovery of a now-extinct form of life under a thousand layers of ice. Thanks to all who provided their valuable time to accomplish what has taken the Dinghy Fleet Captain weeks to achieve in past years. The general membership owes this group of people its gratitude.

Now that April is almost complete, the time has come to lay all of our plans into effect and indulge in the joy of a well-planned year. First on the agenda is the CFB Comox Sailing Club OPEN HOUSE scheduled for the 1st of May. The Executive will be on hand to answer all your questions about the club and sailing in general. Your opportunity to get a quick hands-on introduction to dinghy sailing will present itself this day. And you should get an opportunity to have a look at some of the keelboats of our members as they prepare themselves for another fine year on the water.

Videos, chili and a fridge full of your favourites will be on hand. And to round out the day, everyone who pays their 1988 membership dues that day (a paltry \$35) will have an opportunity to win two seats on the Learn To Sail course which begins the following Monday evening. Hope to see you there!

The second event of the season is our Learn To Sail course. It gives all of the prerequisites for you to enjoy sailing after only a week of instruction. The course consists of one evening of classroom discussion (Monday) and three evenings and one full day (Tuesday-Friday and Saturday or Sunday) on the water. It will be held during the first week in May with a second course to be held the following week if the demand exists. If you wish to get in on the ground floor of a very worthwhile lifetime recreational activity, call Capt Dave Nurse at local 8573 or 339-6794. This course fills quickly and as always first come, first sail!

Dinghy racing will kick off this year in usual form with the

Spring Series Trophy up for grabs. Last year's winner has no desire to relinquish it but we all know that it will change hands. First race is on Wednesday, the 18th of May and the final race of the series is slated for 29th of June. This year, you must compete in a minimum of four (count 'em, 4) races in order to qualify for the trophy. Your best four finishes will count if you are a regular participant. Good luck to all. According to Small, you'll need it!

And the fourth event slated for the month of May is the Annual Spring Stag Cruise. On the weekend of the 27-29 May, a flotilla of club keelboats will escape on the first sorties of the

year. Maj Don Thaine is the person responsible for this silliness, and if you are interested in participating in this weekend of gourmet dining, homemade beer and destinations unknown, call Don at local 8332. It has been rumoured that even the Senior Officers have been known to let their proverbial hair down this particular weekend.

If you've managed to read this far without falling asleep, then you are better informed than the average bear about the Club's wide-ranging activities for the month of May. And, believe it or not, things just keep getting better. More to follow so stay tuned!

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AROUND THE BASE



Origins of the Species

John Bradley

421 FIGHTER SQUADRON

421 Squadron was the last of the Article XV BCATP fighter squadrons to be formed. They came into being on 9 April 1942 and were equipped with Supermarine Spitfire Mk. VA and Mk. VB aircraft. The Mk. VAs were only used for training and were never used on operational missions. Their first home was to be Digby in Lunenburg where they were under operational control of the RAF's No. 12 Group, part of Fighter Command. They were allocated the AU fuselage code which was retained on all of their aircraft throughout the entire war.

The squadron originally had a high proportion of RAF air and groundcrews but the policy of "Canadianization" of the Overseas squadrons resulted in the almost complete complement of pilots being RCAF. The exceptions were one American and one RAF pilot with the groundcrew being almost evenly split between RAF and RCAF personnel. Shortly after forming they moved to Fairwood Common in Wales where they remained until the middle of October.

First operational mission was a convoy escort in which two Spitfires took part on 16 May. Convoy escorts turned out to be their mainstay in life while in Wales. During this time frame though, training sorties still outnumbered the operational sorties by a high percentage. The unit was at last allowed to tangle with the enemy when, on 6 July, a number of aircraft were scrambled after an undetermined number of enemy aircraft. F/L G.D. Robertson was credited with damaging two aircraft, an Me. 109 fighter and a Ju. 88 bomber. Ten days later a second Ju. 88 was attacked and damaged. The first enemy aircraft shot down by 421 Squadron was claimed by Sergeants C.D. Myers and J.A. Omand. The victim was yet another Ju. 88 that went down into the sea near Pembroke. Each pilot was given credit for half a kill. During August, 421 supported the Dieppe Raid by flying convoy escort and defensive patrols.

October saw 421 move from Fairwood Common to Angle which was also in Wales. Patrols and escorts carried on throughout the remainder of the year. In early December the unit's Tiger Moth proficiency trainer was destroyed in an accident when taking off. Within a couple of weeks they were able to acquire a replacement Tiger Moth.

By the end of January 1943 they were on the move once again, this time to Kenley in Surrey to become part of the Canadian Kenley Wing. They

had left their Mk. VBs at Angle and took over some other VBs that had been left behind by another departing squadron. From Kenley, 421 was able to conduct far more offensive missions than they had been previously able to do.

While at Kenley the squadron heard that RCAF Headquarters in London had received a telegram from the McColl-Frontenac Oil Company advising them that they would be honoured to have 421 Squadron use their Red Indian Head logo in the Squadron Badge. It should be noted that the Oil Company had adopted the squadron at an earlier date. A preliminary design was sent off and received approval from King George VI in September 1944. The design consisted of a Red Indian Head facing to the right in front of two tomahawks. The motto, Bellicum Ceciner translated to They Have Sounded The War Trumpet. Shortly after the telegram was received from McColl-Frontenac, squadron aircraft began to sport Indian Heads on the forward fuselage.

The "Red Indian" as they were now appropriately named, were on the move once again on 22 March and arrived at Redhill the next day. Their tenure there was short lived as they returned to Kenley on 17 May. During May they turned in their Mk. VBs for the more powerful Mk. IXs. For the remainder of 1943, 421 found itself flying a large number of escorts for the various Fortress, Boston, Ventura, Marauder, and Mitchell squadrons of the Allied Air Forces.

August of 1943 saw the Red Indians moving not once but twice. The first move was to Lashenden and then to Headcorn. Both of these moves required the unit personnel to become adept in digging trenches and living in tents. The move back to Kenley was much appreciated in October because no one in the squadron relished the thought of spending a damp English winter in a tent.

A December 13th mission brought a triple victory claim to F/O A.R. McKenzie which resulted in an immediate award of the DFC. After analyzing all available data, the claim was reduced to two Fw. 190s destroyed and one Me. 109 probably damaged. The new year saw the arrival of the Mk. IXB Spitfire. With this new Spitfire version was added the role of dive bombing. To practice this new role, 421 sent to No. 16 Hutton Cranswick Armament Practice Camp during March. This new technique was put to good use when they were sent, on April 15, to bomb to

destruction a particularly annoying flak position in France. Eight aircraft, each carrying a five hundred pound bomb, were sent on the raid.

Starting in earnest during April, the Red Indians began to fly missions in direct support of the upcoming D-Day invasion. Attacks were made against road and rail bridges, flak emplacements, V-1 launching sites, and escorting of the bombers going after enemy positions. In preparation for the big day, a number of 421 pilots, on the 5th of June, cut their hair into a Mohawk like their Red Indian namesakes. On D-Day itself they had to be content with flying patrols, four in all, without seeing any aircraft but the vast Allied aerial armada.

421 followed the Armies on-

to French soil on 16 June and set up operations at B.2 at Bazenville. Moves would be rapid after that with an additional eleven moves up to the date of Germany's surrender. One of these was a return to England to spend two weeks at the No. 17 Armament Practice Camp at Wormwell in Dorset. This was carried out in December and was required as the unit was re-equipped once more. This time they received the Mk. XVI Spitfire.

Shortly after arriving at B. 154 at Soltau, Germany on 28 April, the Red Indians flew their last mission. On 4 May four Spitfires engaged a number of Fw. 190s near Hamburg. As an almost fitting end to all the destruction that had occurred in the previous six years, neither side was to inflict any

casualties in this engagement.

421 Squadron was disbanded at B.174 located at Utersen on 10 July 1945. By the war's end 421 was able to claim 79 destroyed, 27 damaged and 2 probably destroyed enemy aircraft. They also dropped 45 tons of bombs. Total sorties numbered 10,915 and they had flown 14,609 operational and 8,216 non-operational flying hours. Losses incurred by 421 included 36 aircraft and 35 pilots killed or wounded.

Awards to unit members were relatively low and included only 1 Second Bar to DFC, 2 Bars to DFC, and 5 DFCs. 421 Squadron received the Defence of Britain 1942-1943, Fortress Europe 1942-1944, France and Germany 1944-1945, Normandy 1944, Arnhem and Rhine Battle Honours.

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LIFESTYLE



music reviews and syndicated columnist

PONTIAC PROVES LOVETT A MODERN DAY POET

In Lyle Lovett's eponymous '86 debut the artist showed brilliance in his writing style and ability to deliver a song. Four singles, including the classic "God Will," reached the charts and while unspoken, the Lovett promise for the future was written into every verse.

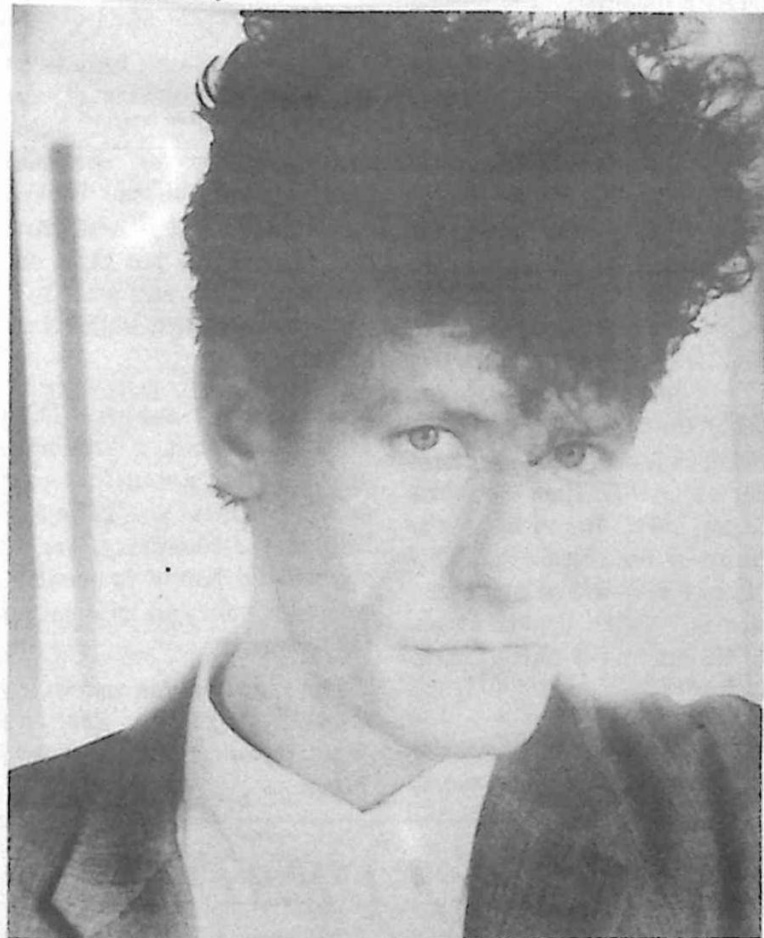
Now, with the release of "Pontiac" (MCA/Curb 42028), Lovett has delivered on his unspoken promise. He has keenly observed life and the intricate interplay between the players on the stage of life. He deftly describes the workings between "the masked man" and Tonto in his visionary "If I Had A Boat" and with Vince Gill serving up some tasteful background vocals in "Give Me Back My Heart," Lovett tells of a meeting with a "chip-kicker woman."

Throughout the musical proceedings the instrumentation is understated which gives the listener the opportunity to concentrate on the superb lyric line that Lovett fashions like a lariat to lasso the mind. Emmylou Harris, who is currently enjoying platinum success for her part in the "Trio," joins Lyle on the hauntingly beautiful "Walk Through The Bottomland" which has enough commercial ingredients to become an out-of-box hit. Ms Harris also joins in vocally on "L.A. Country" which can only be described as a sweetly chilling revengeful love turned to hate.

A graduate of Texas A & M where he earned a degree in journalism, Lovett's keen eye for detail and sharp reporter's sense for a hot story are brought to the fore through his words which virtually spring to life in every song. His current "She's No Lady" has broken top 20 nationally and there's enough potential hit material here to keep him high on the charts for the next few months.

The horns in "M-O-N-E-Y" add the same punchiness as the bluesy keyboard styling of "Black and Blue" while a "Simple Song" is filled with complexities and, in a different time, could easily become an anthem. The piano and cello in "Pontiac" belie the horrible truth the lyrics convey.

Described by Rosanne Cash as "Too hip for vinyl," Lyle Lovett is riding the razor's edge of the new wave of country/contemporary.



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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 2N8.

Should I donate blood? Are blood transfusions safe?
...K.N., Scarborough, Ont.

Dear K.N.

By all means feel free to donate blood. The Red Cross needs your donation. There is NO possibility of contracting the AIDS virus from the needle used when you donate blood. A new needle is used for each donor. If, however, you feel there is any remote possibility that you could be an AIDS virus carrier, you SHOULD NOT donate blood. Since November 1985, the Red Cross has been screening all blood donations for AIDS virus antibodies. Blood that tests positive for the antibody is not used for transfusions. Do not donate blood for the purpose of determining whether or not you are an AIDS virus carrier. This will put others at risk. Consult your physician regarding testing. If the Red Cross

finds these antibodies in your blood, your results will be reported automatically to the local health authorities.

Why until recently has AIDS only been considered a homosexual disease?...T.L., Port Perry, Ont.

Dear T.L.

While medical researchers and physicians are loathe to tie the disease to any one sociological group, no discussion about the spread of AIDS can ignore that part of our society which has been struck the hardest by the epidemic. Initially described as "The Gay Plague" AIDS was already epidemic in the homosexual community long before it came under the international spotlight. For many in this community, a lifestyle involving multiple sexual partners and anal intercourse provided the disease with an environment in which to spread effectively. While many tried to divert public attention away from the most-visible victims of the disease, the media rarely reported an AIDS news story without referring to it as "the gay" or "homosexual" disease. This has left an indelible impression in the minds of many people that only recently seems to be diminishing as AIDS becomes more visible in the heterosexual community. Although the gay community may have suffered the initial onslaught of AIDS, it has clearly been established that the virus is completely indiscriminating concerning those it attacks. Recent figures suggest that up to 27% (western hemisphere) of victims currently afflicted with the AIDS virus are in fact heterosexuals (this figure includes children and intravenous

drug users) and this percentage is steadily on the increase. In Africa, AIDS strikes men and women in almost equal numbers and heterosexual spread is most common. It is clear then that AIDS should not be considered exclusive to any one group; rather, it is associated with certain behaviour patterns.

Are condoms a guarantee against AIDS?...Mrs. R. St. Jean, Quebec

Dear Mrs. R. While condoms are not an absolute guarantee against AIDS, they are the best preventative measure available other than sexual activities without the exchange of semen or blood, or abstinence (no sexual activity). Researchers at the University of California, San Francisco have proven in laboratory tests that condoms can stop the AIDS virus. The virus cannot penetrate the condom material of latex rubber unless the condoms are ruptured. Further research is being done to establish the degree of effectiveness of natural skin condoms as a barrier against the virus. It has also been clinically proven that condoms will help prevent the transmission of other sexually transmitted diseases including herpes simplex, gonorrhea and syphilis. Regardless of precautions taken, all sexually active people with multiple partners (non-mutually monogamous) are advised to exercise safe sex practices. The use of condoms is statistically considered 95% effective.

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

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HEALTH AND WELL BEING

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Dr. Bob Young

THE BREATH OF LIFE

Oxygen in, carbon dioxide out. Breathing is a very complex process controlled by a number of reflexes and chemical sensors in our body. We don't have to think about it very often.

Hyperventilation syndrome (HVS) is a common condition associated with breathing too fast. The overbreathing, in turn, may be due to chemical changes in the blood, usually resulting in an altered pH (acidity).

Going back one more step, the chemical changes may be due to lung diseases such as asthma, some medications (ASA), poisons, and visiting in high altitude. While there is a long list of organic ('real', or due to disease) causes for hyperventilation syndrome, most cases are related to anxiety, stress, or other psychological problems - which, of course, are also 'real.'

Females are affected from two to seven times as often as males, usually in their late teens or early adulthood. Males peak in middle age. Hypochondriacs, obsessive, and anxious people are prime targets.

CYCLE SAFELY

The snow is gone and the sun is out. So are the bicycles, out from cellars and garages, ready for riding, usually only after a trip to the neighbourhood service station to pump up the tires.

Unfortunately, by the end of the year, there will be about 120 people dead as a result of cycling accidents - 100 of them from head injuries.

Biking is enjoyed by young and old. It can be recreational, competitive, or just plain functional - getting to school or work. It provides exercise, but not as much as you might think. It takes far less energy to ride a well-tuned bike a mile than to walk that mile.

Bikers are vulnerable. Slippery patches, road gratings (the notorious street-car tracks have almost disappeared), gravel and mud are there to trap the unwary.

You can improve the odds considerably by making sure all members of your family are "properly dressed" for safe cycling. The start of the season is also a good time to review riding habits, particularly with the kids. Happy pedalling!



SUMMER SAFETY

Whether spending your summer vacation travelling, camping or just staying at home, remember to use the same caution as it at work. Here are a few hints to help in avoiding those little mishaps that can so easily spoil summer fun.

HOUSE CHECK BEFORE LEAVING ON VACATION

Stop deliveries (mail, milk, papers, etc.). Ask neighbours to remove advertisements, flyers, etc., that land on your doorstep. Be sure all heating units are "OFF" and unplug all electrical appliances. Make sure all the doors and windows are locked. Ask the police to keep an eye on the house while you're away. Use light timers to give the house a lived-in appearance in your absence.

Tell close neighbours what kind of alarms you have in the house and what they sound like (smoke, burglar). Then, if the devices are set off, the neighbour will know what authority to call for assistance. If you are a Block Parent be sure to remove your sign.

SUN BATHING

Start with 5 minutes on each side and gradually increase your exposure to the sun. It's surprising how fast most people can tan or burn. Remember, you can burn as badly on hazy days as on bright, sunny days. Wear a hat for protection.

OUTDOOR COOKS

Make fires only where allowed. Never use gasoline or similar products to start or freshen a fire. Use the prepared campfire sites whenever they are available, otherwise, dig a shallow pit and scrape the topsoil away. Always drown and bury fires when you're through.

BOATING

The number of seats doesn't indicate a boat's capacity. Never overload a boat. Consult the capacity plate. Keep the weight balanced. Standing up, changing positions, or making sharp turns can cause a tragedy. The law requires that an approved life jacket, personal flotation device, or life-saving cushion be provided for each person aboard. The Canada Safety Council recommends that everyone wears a flotation device at all times in small boats. Check the marine weather forecast before taking a boat out on the open water and keep an alert lookout for signs of an impending storm. Storms and rough waters go together. Head for shore immediately at the first sign of foul weather. If going away for an extended trip, always file a "float plan" with your Marina, the Canadian Coast Guard, or a friend indicating where you are going and how long you plan on being away.

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



ASK YOUR PHARMACIST

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

FIRST AID FIRST

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

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

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

The workshop and garage are also potential accident sites in this age of do-it-yourself.

PUT YOUR BEST FOOT FORWARD

In an average lifespan, your feet carry you the equivalent of three times around the world, so they deserve to have you stand up for them.

Simple care will prevent many of the problems leading to that often heard complaint, "my feet are killing me." Your feet can reveal disorders in other parts of the body. For example, swelling caused by abnormally large amounts of fluid can be a sign of heart, kidney or other diseases of the vascular system.

Foot conditions can also indicate the onset of diabetes. Diabetics must pay close attention to giving their feet the proper care. Because of the nature of the disease, patients may not be aware of small foot injuries, cuts or scratches which can allow infection to start.

Careful foot care includes bathing the feet in warm water,

Fingers nicked by hammers, splinters from lumber, or cuts and scraped from fiddling with the car are among the emergencies you may have to deal with.

And don't forget strains and sprains from jogging, tennis and other popular sports.

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

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

careful nail cutting and the prevention of "Athlete's Foot," a contagious infection characterized by itching and redness.

Foot care doesn't have to be difficult and knowing all the rewards make it that much easier. Shoes, for example, shouldn't need to be "broken in." They should fit well from the moment you put them on. Shoes which fit and wear well don't cause corns, calluses or bunions.

Ask your Shoppers Drug Mart pharmacist if you have any questions about foot care or the products you'll find to help in the pharmacy. He or she will be happy to make it easier for your feet to stand up for themselves.

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

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ON AND OFF THE BASE



Legion Log

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 29-30 Apr
Fri & Sat 6 - 7 May
Fri & Sat 13 - 14 May

Music by WESTWIND

Music by BRANDY

Music by WESTWIND

REGULAR ACTIVITIES

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

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Fun Euchre

Pub Darts

League Crib

Fun Darts

TGIF & Money Draw at 6:30

Fun Bridge at 12:30

Something doing every Sun afternoon

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.

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

BRANCH 160 - COMOX

ENTERTAINMENT

Apr 29 Fri
May 6 - 7
May 13-14
May 13 Fri

Music by PRIMETIME

Music by WESTWIND

Music by ALLEYCATS

"50/50 TRIVIA NIGHT" - Upper Hall

"Beat The Friday 13th Blues"

Doors open 7 p.m. Proceeds to Legion Charities.

Entry by teams of 8 with Team Name.

\$5/person. Raffles, Food, Fun & Refreshments. For tickets & information call:

Jean Clark 339-3316, or Lynne Marinus, 339-5725

Sponsored by Ladies Auxiliary Br. 160

May 20-21
May 27-28

Music by WESTWIND

Music by ALLEYCATS

REGULAR ACTIVITIES

SUNDAYS
MONDAYS

11 am to 6 pm

LA Drop-In Bingo-7:30 pm

Mens Dart League recessed until

Sept 12 (Fall Start-Up)

TUESDAYS

Mixed Dart League recessed

to Sept. 13 (Fall Start-Up)

WEDNESDAYS

Crib League-Lounge* 7:00 pm

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

MENS DART LEAGUE. Officers elected to 88/89 season: Larry Blais, President; Ron Collette, Treasurer; Jim Newhouse, Statistician
MIXED DART LEAGUE. Officers elected: Jim Newhouse, President; Shirley Boone, Vice-Pres; Eve Becholdt, Sec-Treas; Rose Perrier, Statistician

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Let's Talk
Walking on the Other Side

The medical science applied in terms of emergency to save human lives is called "First Aid." This work was started over 200 years ago in England and the Charter was sanctioned by Queen Victoria.

The need for this kind of work was keenly felt at the time, because there was a lack of medical skill.

Today, there are numerous accidents in traffic, in factories in offices, schools and homes. Accidents are often due to the sheer carelessness of the afflicted and the lovelessness of the afflictor.

The need for a helper of love is portrayed by our Lord Jesus Christ in the parable, "The Good Samaritan." We read about him, "A Certain Samaritan, as he journeyed, came where he was, and when he saw him, he had compassion on him." (Luke 10:33).

A number of years ago, some students in a Bible College, called themselves, "The Good Samaritans." The work they did was totally voluntary, and it was the art of giving rather than receiving, which was emphasized, for often the afflicted person is unable to give a reward.

The Motto of the First Aid worker is "Look, Think and Act." We read further in Luke "And by chance there came down a certain priest that way, and when he saw him, he passed by on the other side. And likewise, a Levite, when he was at the place, came and looked on him, and passed by on the other side. (Luke 10:31-32). But in the same verse we read that the Samaritan's look was one of love and compassion. He could not pass by to the other side as the others had done. In verse 34, we read, "And he went to him and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him."

At that point, he did not think of the carelessness of the afflicted nor the cruelty of the afflictor. His thoughts were how to better the condition of the afflicted.

The seven-fold act of the Good Samaritan is all that the First Aider should do. He went to him, bound up his wounds, poured in oil and wine, set him on his own beast, brought him to an inn, took care of him, paid his bill.

A story is told of a man named Oberlin who lived about 120 years ago. He was a German philanthropist. One day, he was travelling through a terrible snowstorm near Strassburg and lost his way. He was rescued from death by a farmer, who came along, as Oberlin was about to sink into the snowdrift. After the rescue,

Oberlin wanted to pay the farmer, but he refused to accept any reward. "Tell me your name, at least," insisted Oberlin.

"Tell me," was the reply, "the name of the Good Samaritan."

"His name is not recorded," said Oberlin.

"Then let me withhold mine," said the farmer.

Oberlin never forgot that incident. Here was a true giver, who gave without desire for recognition. Many people who give today want to tell the world tomorrow.

In the coming days, let's watch for every opportunity to show someone that we care. God is pleased when we give even a glass of cold water, in his name. The Bible tells us that when we serve the least of

these, His brethren, then we serve Him.

Yes, sometimes, it is easier to cross over to the other side and try not to get involved. It is easy to not bother at all, but let us seek to serve those who need our help in whatever way we can.

There are so many hurting people around us. They have been wounded, in a different way. There are broken-hearted people, discouraged and depressed. They may need someone to share their burdens, their heartaches. Let's be there and be available to do what we can to brighten someone's life.

Remember, "Good Samaritans" serve out of love and true compassion, and never out of a sense of duty.

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seven days

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LIFESTYLE



Stamps by Larry McInnis

NUMBER OF STAMPS ISSUED VARY GREATLY BY COUNTRY

The impossibility of one person ever completing a world-wide stamp collection has again been proven by looking at the number of stamps issued during a single year.

Each year, the West German magazine *Michel-Rundschau* publishes figures for the previous year; in late 1987, it gave the figures for 1986.

The good news was the 122 fewer souvenir sheets and 425 fewer stamps were issued in 1986 than were issued in 1985.

The bad news is, even if you could get them all, catalogue value would be an astronomical \$23,000. Even buying them at face, the cost would be about \$8,000.

There are some 263 stamp-issuing entities in the world today, some of which are not

considered too legitimate, such as the Cayes of Belize. Fortunately, there were no stamps issued for the Cayes in 1986.

Other non-issuers during the year were Burma, Lebanon, and Ross Dependency, which will never issue stamps again. It is an area in Antarctica near the South Pole administered by New Zealand, which recently announced the closure of postal facilities there.

Of the 263 issuers, Canada ranked 83rd with 39 "units" (stamps plus sheets) in 1986. Britain was 55th with 53, the U.S. was 59th with 51 and France was 40th with 63 units.

It is obvious these stamps are issued primarily for sale to collectors.

"The decrease in philatelic sales is filtering through," reports Otto Horning of the British Traders Society, noting the small decrease in the num-

ber of issues in 1986. "There is a certain improvement in the stamp-issuing situation, but it is not enough."

How right he is. In 1986, there were 85 stamps issued for Barbuda. No one lives on Barbuda. It's for the birds, literally; they're the only inhabitants and they don't write letters.

Although Guyana issued the most stamps, it ranked 7th in face value, at \$165 Canadian.

The world leader in face value was Tuvalu. It would cost \$412 to buy its 87 issues. Tuvalu is the modern name of the Ellice Islands. It is composed of a group of small islands in the South Pacific, some of which are uninhabited. The country gained dubious fame in recent years for its outpourings of issues in the name not only of Tuvalu, but each of its other islands.

During 1986, 15 issuers brought out 100 or more units, or 28 percent of the world's stamp issues.

Here are the leaders, followed by the number of issues: Guyana, 221; Vietnam, 144; Hungary, 140; Grenada, 133; Central African Republic, 130; Paraguay, 128; Grenadines of Grenada, 126; Libya, 126; Bulgaria, 118; Guinea, 110; Soviet Union, 109; Kampuchea, 105; Nicaragua, 102; St. Vincent, 102.

There were some surprises, such as the news that one of the most prolific issuers of all, the Turks and Caicos Islands, issued only nine during the year.

Guyana, formerly British Guiana, led the pack with 221 stamps. The country, which became an independent Commonwealth member on May 26, 1966, and a republic on Feb

23, 1970, has an area of 215,000 square kilometers and a population around 900,000.

The magazine that produces the figures, *Michel-Rundschau*, is published by Schwaner Verlag of Munich, West Germany, the firm that puts out the Michel stamp catalogues. They're the German equivalent of the Scott stamp catalogues in North America. The firm also prints the timetable for the West German railroads.

Polls and surveys done each year on Canadian issues show people have favourite issues, think others look ghastly or are unnecessary, but it is a rare critic who accuses Canada of issuing stamps to bilk collectors.

Oh, I nearly forgot: In 1986 worldwide, there were 8,716 stamps issued and 783 souvenir sheets.

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Make up to \$5,000 a month or more with garage sales. Details send \$3.95 cash, money order to M.E. Publishing, Box 4353, Williams Lake, V2G 2V4.

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Factory Rebuilt Intellivision 11 \$99.99 with POKER and BlackJack. Rebuilt ColecoVision 99.99. Brand new Intellivision III \$119.99. Nintendo \$169.99. All include warranty. Latest cartridges and repairs for all systems. Academy Video, 10418 Ridgeview Ave., Coquitlam, B.C. 939-0551.

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FOR SALE MISC. City of Williams Lake selling 1972 first attack mini pump. 1/2 ton 4 X 4 Ford 4 speed transmission. 360 motor. Contact Mr. Cliff Rouse at 392-2311.

FOR SALE MISC. City of Williams Lake selling Arabesque tension tent 40' W X 60' L, use as bandshell or stage cover. To view tent, call Cliff Rouse. Purchase Agent 392-2311 Loc. 26.

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MVP Athletic Supplies has everything for Softball & Baseball, selection, quality & price. Bats, Gloves, Uniforms, Bases & Accessories. Some Examples: Softballs - 17.75, \$7.95 DZ; Our Equivalent No Name Leather Soft, \$66.96 DZ; No Name Leather Cork, \$56.76 DZ; Bases - MacGregor 97B, \$44.88 DZ; Bats - Easton SX - 1 \$103.90; SX - 10, \$91.99; Smoke, \$44.90; Black Max, \$45.99; LX1, \$78.99; L7, \$37.99; Gloves - Mizuno - MTS2, \$99.90; MTS6, \$104.90; MTS7, \$99.90; MTS8, \$101.90; MTS9, \$104.90; MTS10, \$104.90; Rawlings - SG60, \$122.90; SG96, \$124.90; SG68, \$121.90; SG56, \$119.90; Bases - 19 oz. Vinyl 14" x14" x2", \$34.90/set; 15" x15" x3", \$55.50/set; Safebase 15" x30" x3", \$44.95; Spikes, \$1.95 ea. Shipping \$5. min. Over \$100.00 = 5% Visa, Mastercard. To order or for Uniform Prices (604)525-8833.

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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.

Family Support Center

PHONE 339-8654

The Family Support Center opened April 25, 1988 and our current hours are 10:00 a.m. to 5:00 p.m. Monday through Friday. This fall, hours will be expanded to include 7:00 p.m. to 9:00 p.m. and weekends.

We are presently looking for babysitters to add to our list, if you have teenagers who have completed the babysitting course they can leave their names with the support center and will be kept on a computer file. We are also looking at setting up a Child Minding Service and can only assess the success of this facility by having a list of people willing to work in this type of environment. We will continue to accept new volunteers for the center as well. Our volunteer shifts have been broken into three and a half hour (3 1/2) segments. Starting June 1, 1988 we will have the services of a volunteer financial counsellor, the hours will be posted at a later date in Totem Times.

Please remember that the Family Support Center is not a Crisis Center however we have the capacity to assist in this area. We are a support facility designed specifically for the military community. We are here for your use! We encourage you to drop in to see the center and familiarize yourself with the resources we have to offer. The center is located in PMQ 119 on Little River Road, (across Ryan Road from Canex), just outside the Base front gate.

Call us anytime for information at 339-8654.

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RE/MAX REALTORS

About The House with Lorry



I'm sure Lorry is thinking about us while in Borden on course, and is probably really sorry at not having left a new recipe for her column. However, in the true Lorry tradition of diatetic lunches, here goes!

This you'll love, especially now, with the fresh new rhubarb just starting to be ready for picking - got my first batch last weekend - what a treat!

RHUBARB MUFFINS

1 1/2 C brown sugar
1/2 C margarine
1 egg
1 C sour cream
2 C cut-up rhubarb
1 tsp vanilla
1/2 tsp salt

1 tsp baking soda

2 C flour

METHOD

Cream marg and sugar - beat in egg - add sour cream and vanilla. Beat well. Add flour, salt and soda. Stir in rhubarb.

Line 12 muffin cups with paper liners (or tins will rust). Fill cups full with mixture and top with a topping (if desired).

TOPPING

1/4 C brown sugar
1 tsp cinnamon
Sprinkle on top of muffins (before baking). Bake at 350°F for 40 minutes.

MICROWAVE RHUBARB CRISP

3 C cut-up rhubarb
1/2 C (packed) brown sugar

1 T cornstarch

1 tsp vanilla

1/2 tsp grated lemon rind

METHOD

Melt in microwave oven - sugar, cornstarch, vanilla and lemon rind, till thickened. Put rhubarb into 9 inch glass/microwave dish. Pour melted sugar/cornstarch mixture over rhubarb. Cover with crumb topping.

Bake in oven on HIGH for 10 minutes - let sit for 5 minutes. Serve warm with ice cream or whipped cream.

TOPPING

1/2 C flour
1/2 C brown sugar
1/2 tsp cinnamon
2 T margarine

Happy Birthday on the 4th, Lorry.

V-Ball

MENS VOLLEYBALL TEAM AT CF NATIONALS

The Base Volleyball Team competed in the CF National Volleyball Championships at CFB Gagetown, 10-13 April. In round robin play Comox defeated the two best teams in their first two matches, CFB Gagetown 2 - 1 and CFB Valcartier 2 - 1. During the next two matches jet-lag and no sleep caught up and we lost against CFB Winnipeg and CFB Borden 3 - 0 both times.

It was a very close race for the play-off spots; CFB Comox was one game (not much) out of the play-downs and as a consequence did not make the semi-finals. Regardless of the outcome, this year's volleyball team is rated as one of the strongest teams in the CF, even without some of the players who were left behind due to work commitments. A vote of appreciation goes to Gord Jones, Jay Campbell, J. P. Ulloch, Doug Godden, Red Longval, Rich Bedard and Chuck Harvey for all their efforts. The best player of the tournament was Bob Barrett from 407 Sqn who will certainly be a starter for the 1989 CISM team. Also a "thanks" to Butch March for his setting skills and his team spirit. Kathy O'Brien from 442 Sqn, should be mentioned, she was not only a champion card and charade player, but also one of the better women volleyball players who was augmented by CFB Chilliwack for this championship.

Finally, a thank you to Gene Graham for all the work he did over the past two years building this excellent volleyball team. And yes, don't forget practice 26 September!

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 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

MAY 7th

MIXED CANDLELIGHT DINNER

Popular "CROSSWINDS" Band

1900 for 1930

Band 2100 - 0100

Tickets available from Mess Manager

JUNE 3rd

MCPLS NIGHT

Invite your MCpls to the Mess

1530 til closing

Finger Food

Career Planning

Alternate transportation will be provided

</

LIFESTYLE

1 Canadian Division Formed

For the first time in over 20 years the Canadian Forces have combined brigades in the formation of a division.

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The Canadian Armed Forces

RESERVES

RESERVE PAY INCREASES

Less than a year ago, the Minister of National Defence, the Hon Perrin Beatty, released the White Paper on Defence which heralded a 15 year plan to re-equip and modernize the Canadian Forces. For our Reserve component, what was particularly heartening was to see the government's commitment to expand the role of the Reserves. Under this program, known as the Total Force concept, the Reserves will be fully integrated, working side-by-side in the same units as their Regular Force counterparts, and doing the same job.

As the minister noted in a Toronto news conference on 8

March, this objective cannot be achieved without a corresponding improvement in the pay and benefits package for the reservists. If the department expects to fulfil these additional responsibilities, then it is only fair and logical that an attractive option be offered to the potential recruit.

Foremost among the initiatives to improve Reserve compensation is a long term plan designed to eventually achieve pay comparability between the Regular and the Reserve Force. As an important step in this direction, the minister announced that the government had approved pay increases for Class "A" and

"B" Reserve service averaging 4.5 percent retroactive to 1 October 1987; 3.0 percent effective 1 April 1988, and another 4.5 percent effective 1 October 1988.

In addition to these percentage increases to the full and half-day rates, the minister also noted that the half-day rate -- which applies to less than six hours of work -- will be increased from 45 percent to 50 percent of the full day rate. This was in recognition of the fact that most "parade nights" are now three or four hours long and often this is after a whole day working at a civilian job.

What this all translates into in terms of actual pay rates is illustrated below. Note that these are the full day rates at

the basic incentive category and are effective 1 October 1988. The rate for "less than six

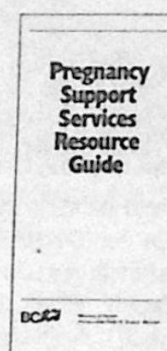
hours" would, of course, be half these rates with appropriate rounding.

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Second Lieutenant	\$ 48.99	—
Lieutenant	\$ 64.99	\$ 75.91
Lieutenant (CFR)	\$ 74.42	—
Captain	\$ 81.60	\$ 92.94
Major	\$109.87	\$118.66
Lieutenant-Colonel	\$133.31	\$135.99
Non-commissioned members:		
Private (Recruit)	\$37.08	—
Private	\$42.54	—
Corporal	\$50.80	—
Master Corporal	\$55.96	—
Sergeant	\$60.90	—
Warrant Officer	\$66.73	—
Master Warrant Officer	\$74.42	—
Chief Warrant Officer	\$81.60	—

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What to do when faced with an unexpected pregnancy.

Your doctor has current information.



Knowing who you can turn to for assistance in deciding what to do, can help provide the professional support and reassurance you may need. In British Columbia, there are many support services and agencies offering that assistance.

Your Government has prepared facts and information to help and support you in making a responsible decision.

When talking with your doctor, ask about current information on pregnancy support services and the network of community support agencies available to you.

Information to assist you in making your decision is available at your pharmacy or local Health Unit listed in the Blue Pages of your telephone directory.

This information and other Government initiatives are part of our commitment to strengthening the family.



Honourable
Peter A. Dueck,
Minister of Health

Our future needs responsible decisions.

BC
Ministry of Health