



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 9 MAY 12, 1988

DEADLINE IS MONDAY, MAY 30, 1988

COST: PRICELESS

## Dental Plan Revisions Announced

A revised dental care plan for military spouses and children will come into effect 1 Jun 88, with the entire cost of premiums to be borne by DND.

These are the highlights of the revised plan, amended by NDHQ on May 5, 88.

Member premium contributions will cease with the May 88 payment. All eligible spouses and children will be covered, including those of members who were not enrolled in the present plan, and coverage will be extended to age 25 for dependant children attending an educational institution full-time.

### FURTHER DETAILS

Orthodontics treatment for your children in progress when you joined the plan is now covered, retroactive to the date their coverage became effective. Orthodontic treatment which began before you joined the plan and continued after you joined is covered, even though treatment may now be finished.

Fee schedules used to pay claims will be updated regularly, beginning with the use of the schedule in effect on 1 Jul 87 for expenses incurred on or after 1 Apr 88.

The lifetime limit for orthodontic expenses rises from \$1,000 to \$1,500 per covered child on 1 Jun 88, and to \$2,000 on 1 Jun 89.

Benefits reimbursed at 80 percent will be reimbursed at 90 percent, beginning 1 Jun 90.

### ELIGIBILITY

All members of the CF Regular Force and Reserve Forces on Class C service with dependants will automatically be covered effective 1 Jun 88. No enrolment is required, but members must ensure that changes in marital or dependant status are reported to their URS as quickly as possible.

Members who enroll in the CF on or after 1 Jun 88 are not eligible for coverage in the new plan until completion of three months service.

## From the Kiwis



Our BTSO LCol Mack present a brand new shiny computer to Jill Sutherland for use at the recently opened Family Support Centre. Thanks to all the Kiwis for their most generous donation.

## Political Activity Policy Reviewed

OTTAWA -- The Minister of National Defence has accepted the recommendations of a report that dependants of members of the Canadian Forces be allowed to be politically active on the military bases where they live.

The advisory group responsible for the report and headed by University of Toronto historian and educator Dr. Desmond Morton, examined current policy, visited several Canadian Forces bases, and met with senior officers as well as representatives of community groups and military families. The report contains seven recommendations, of which six are either being implemented or are being examined in greater depth.

"These changes," said the Minister, "will provide greater political freedom to those

civilians who live on our military bases. I believe that these changes are consistent with the Canadian Charter of Rights and Freedoms and can be made safely without putting the political neutrality of the Canadian Forces at risk."

The seven recommendations are:

1. The members of the Canadian Forces be given a better understanding of the evolution of the concept of political neutrality of the Armed Forces of Canada and of the importance of this principle in a free and democratic society. (This recommendation has been accepted and this subject will be given more attention, particularly in officer professional development);
2. That civilian dependants of voting age be given the option

in federal elections of voting in their selected places of residence, on the same terms and conditions as military members. (This is being discussed with the Chief Electoral Officer for Canada who has the ultimate responsibility for making such recommendations to Government);

3. When the changes are formally published, political meetings, advertising and statements will be permitted on the part of dependants and civilian occupants within the confines of individual married quarters in Canada;

4. Additionally, the present restrictions on political canvassing and the distribution of political advertising to married quarters and single quarters on the Canadian Forces bases will be removed. While security or privacy considerations will

dictate that some quarters remain closed to canvassing, the objective is to ensure minimum interference with the right of the occupants to be informed on political matters;

5. That municipal and provincial candidates who ask a commanding officer for the names of married and single residents living on a Canadian Forces base for the purpose of addressing political information by mail should be provided with their names or have political material delivered to members by service means. (For legal and administrative considerations, this recommendation was not supported by the Canadian Forces);

6. That no change is required to the existing ban on military members organizing or taking

part in a political or party meeting on a defence establishment. (The Canadian Forces supports this recommendation); and

7. That the minister consider the formation of a Canadian Forces family association with branches at bases and stations and a mandate to study and suggest solutions to social problems affecting military families. (The formation of a family association, along the lines suggested by advisory group, is under active consideration by a group tasked to make a wide ranging review of military family support policy.

It is anticipated that a decision on this and other aspects of military family policy will be made by the end of this August).



## AROUND THE BASE



# Demon Doins



## AIRCREW

Another couple of weeks have passed at 407 and seen Crews 2, 4, 5, 6 and 7 away at one point or another.

Crew 5 recently returned from a successful East-West exchange, which included an undesired trip to the Vikings' ancestral home, Iceland. While in Iceland the Vikings were treated to a tour of Reykjavik by former Demon, Maj Jim Loring, the CFLO at Keflavik. Crew 5 was also treated to a new MPCC, Capt Carl Marquis, upon their return to Comox.

Crew 2 recently found themselves in San Francisco, with the highlight of the trip being the entertainment provided by a packed hotel lounge and MCpl Kirby Swinmar. No Kirby was not drinking heavily or acting wild. In fact he played guitar and sang a few "down east" songs to the enjoyment of all present. It makes one wonder how one so talented ended up with the Mountain Brews. On the subject of Crew 2, Lt Mike Verville waited till his Navcom checkride to show his celestial expertise. No Mike, Polans is not just a snowmobile manufacturer.

Even with all the crews away, the really interesting "stuff" occurred right here in Comox. The All Ranks Mess Dinner held on 26 April was a great success again this year. The guests of honour included RADm Smith (USN) COM-PATWINGSPAC, and BGen Curleigh, the Commander of MAG. The evening also saw a small group from Esquimalt come to beg the return of Flying Officer (ex Leading Seaman) Geronimo, who was liberated from the Huron a few weeks ago by Crew 2, under the supervision of Maj Sponder. In fact, Geronimo required some first aid before he could be returned to the Navy types, as he suffered the loss of both legs during his daring escape from the Huron.

Speaking of Maj Sponder, reliable sources have informed us that the SopsO recently took a crack at felling a tree at Glacier Greens with a 9-Iron. Anyone with a spare 9-Iron, or requiring a cord of wood can contact Maj Sponder at local 8573.

A few of the crews made attempts at the Snow to Surf Race again this year. The Crew 3 Sub Busters were reported to have a four minute lead on Crew 4 at the start of the final leg, the canoeing. Led by Master Seaman Mick Hatch and Leading Seaman Don Traboulsee, Crew 3 was overtaken with a full quarter mile to go, by the Crew 4 Canoe, paddled by Capts Steve and Larry.

Incidentally, Capts Steve and Larry Arnold wish to thank Capt Hill for their last minute invites to the Crew 4 Post Snow to Surf Hot Tub Party, held at the home of Steve and Larry.

It appears as if Crew 6 will be Tacnavless for a while. Capt Alistair MacKay has not only managed to blackmail his way onto the Japan trip, but will be travelling to Oberammergau, West Germany for a NATO EW Course. Meanwhile, the Terminators are anxiously awaiting the arrival of their new Tacnav, Capt Kevin Ferdinand who has almost completed the MOAT course.

With the departure of Capts Ted Paul, Graham Edwards, and Jeff Bynan Nav Standards has a few new faces. Capts Dave "The Blade" Bolton, Dave "the Noose" Nurse, and Paul "the Goon" Godwin have picked up where Graham and Ted left off.

On a more serious note, we would like to congratulate Mike Wright on being the newest Captin on squadron. Nuff said.

## AMCRO/RESEARCH

Great fun was had by all at our Amsearch Golf afternoon. Turns out that Bud is the best gambler around and Shirley has a split personality what with her being so polite and all at work, but a real terror on the golf course. Stan was the first person I've ever seen who lost a golf ball within twenty feet of the tee on the fairway, and if any of you ever go golfing with Roy Green make sure you stand way behind him when he is swinging a club.

Stan will be off on his SLC course by the time you are reading this so our daily bridge game is going to suffer. We now have a duty tape-recorder tech on call 7 days a week, as the Duffer and Pete were getting tired of being the only ones responding to the telephone. Meanwhile Micki is enjoying his vacation down in Servicing wishing that it wasn't so temporary, and Larry is still down in Never Never Land learning how to manage maintenance.

I wonder how many of you readers noticed Air Photo's slight goof when they printed the picture of the returning Competition Crew getting off the Aurora. Seems we have a new model aircraft with a door on the right side of the airplane (all the rest have doors on the left side).

Seems we missed another deadline due to the writer being off enjoying himself, so this will be a combination of two articles. Winter has finally arrived just in time for the fishing season, or so it seems lately. Poor Wayne has really

been suffering at the daily bridge game, as he has been the only representative from the section and everyone is ganging up on him. The Mess Dinner was enjoyed by those of us who attended and we can hardly wait for the 1991 edition.

Rumour has it that Anne, being the typical armoureder that she is, is planning a 300 mile foray for questionable purposes to Victoria!!!! She has also been very busy corrupting the minds of their other members of the section, who are desperately trying to keep their good reputations.

## PHOTO

It's time once again to catch up on past, current and future events in the small but distinctive world of Air Photo. Going back in time we saw Cpl Granger pack his woolies and winter parka for a trip to Adak, Alaska. Dressed like that, I'll bet he cut a striking and unusual figure on the beaches, when the aircraft was diverted to sunny Hawaii. If you see our young corporal in the hallways, ask him if he was warm enough. Also, it appears the armoureders will not have WO Jean Cote to manage their affairs any longer as WO Jim Logue will have a kick at the cat in the position of D/ArmPO. Welcome back and I see that Processing's janitorial ser-

vice has given your office a facelift.

A good time was had by all who attended the Sqn Mess Dinner last week, especially Sgt Lawless, or was that his twin sister doing the starts for the unusual but entertaining aerobic team. A couple of people have temporarily departed the squadron for places near and dear to their hearts. For instance, Cpl Parker is enjoying an all expenses paid trip to sunny Alberta where she is discovering the sights and learning about JLC school in a remote place called CFB Penhold. We are sure Joanne is having a wonderful time hiking and camping. If everything goes as planned, she will return in June with colourful tales of interest for all. Cpl Jean Plante has left on an Aurora to see another Aurora way up north. He may discover other features of northern life up there, like the giant eggroll which is known to inhabit a small location in Yellowknife, or see large areas of frozen water somewhat bigger than our local ice cubes. Oddities sure to astound southerners such as ourselves. And before I forget, Jean may have to work for a few days, after all, this is a working holiday.

A strong rumour has risen from the murky depths that the

old man in Processing (MCpl Terry Wood) will be taking an extended vacation in Ontario, a place somewhere over the Rocky Mountains of Continental North America. The rumour is gathering truth. It seems that he is frantically trying to find a good calculator, "To carry him through the complicated world of electronics."

Two of our Air Photo types are Island hopping this month. Sgt Brian Buttner and Cpl Laurie Roy are leaving the Big Island for the Little Island Province (PEI). Their mission, to investigate and learn the characteristics of RATs, which have been known to inhabit photo pods.

Up and coming is the Armanent/Photo Fishing Derby and BBQ. This major sports event will be held on May 12 starting at 0800 with the BBQ at the beach pavillion at 1200. And for those 6 people who have been selected to enjoy Hawaii this summer, now is the time to make appointments for untanning sessions. It will help you blend in with the local inhabitants and possibly help to prevent a certain self-inflicted wound. More news to follow in future issues of this paper.

## DIR Program Approved

OTTAWA -- The Minister of National Defence recently announced the approval of a Department of National Defence sponsored Defence Industrial Research (DIR) Program.

"The White Paper on Defence recognized that modern armed forces depend for their effectiveness on advanced technology," said the Minister. "All aspects of defence preparedness, from policy development to equipment purchases and training of military personnel, are affected by progress in science and technology."

The DIR Program is intended to promote and improve the technological capabilities of the Canadian defence industry.

The objective is to improve the capability for innovation in Canadian industry thereby, enhancing its ability to share in the development and supply of material and equipment to meet Canadian, NATO or other Allied defence requirements. To be eligible for the program, a company must be incorporated in Canada. Applications from groups of

companies incorporated in Canada desirous of setting up and maintaining a jointly sponsored industrial research facility will also be considered.

Universities and other institutions receiving a significant portion of their operating budgets from public funds are ineligible, but may act as subcontractors for research to a company engaged in manufacturing, processing or resource utilization.

"Past experience has proven the effectiveness of the Defence Industrial Research program, both in serving defence needs and in stimulating industrial productivity and economic growth," said the Minister. "I am confident that this program will go a long way to encouraging innovative research in Canada, with benefits for both the Canadian Forces and Canadian industry."

A similar program was phased out in 1975. The new program will be funded by funds from the present Department of National Defence research and development budget, and is expected to cost up to \$5

million in the first year, rising to a maximum of \$15 million per year as the program matures.

Under this program, Canadian industries may qualify for grants of up to 50 percent of the total cost, for applied research projects relevant to defence. Companies will initiate research proposals, and will retain full rights to their results.

It will be administered by the Chief of Research and Development within DND, assisted by an advisory committee with members from several other departments. The program is expected to be fully in place by the end of this fiscal year.

## Birthday Dues

Andy Griffith and Marilyn Monroe were born on the same day, month, and year: June 1, 1926.

Woody Allen and Lou Rawls were born on the same day, month and year: Dec. 1, 1935.

Charles Darwin and Abraham Lincoln were born on the same day, month and year: Feb. 12, 1809.

## AROUND THE BASE



## From the Top Rung

COL TED GIBBON

With a little fanfare, but nothing ostentatious as befits the aim of the service, the Family Support Centre recently opened its doors. The Centre is the result of the efforts of one person in particular and the contributions of many. Jill Sutherland noted a requirement for an agency that could provide informed advice, and when required a measure of solace, to those having trouble with the system or systems that from time to time befuddle us all. She was the driving force that applied continued pressure to the command structure and circumvented every effort at procrastination. I've learned once again that delays, real or contrived, crumble under pressure from a determined lady. The opening of the Family Support Centre is more a tribute to her will than anyone's won't, but it was in many instances a unique experience for some of our military minds.

For those who may have differing views about the interest our higher headquarters have in our welfare it should be noted and remembered that we received total support from both command and national authorities in this endeavour. All those contacted responded in a positive and timely manner to our questions and requirements. This example of their interest reflects an appreciation for the social aspects of the service and is hopefully a harbinger of future developments in this area.

When the kudos for a successful project are being handed out it frequently happens that those most responsible are overlooked. The BTSO and all of his sections were involved throughout the planning and development stages and instrumental in seeing it through to fruition. They gave freely of their personal time and professional expertise, ensuring the best possible facility was provided and demonstrating that this truly was a base supported endeavour. Thank you your Feathership and all the flightless birds that frequent your nest. Well done Kiwis.

## ATTENTION COMPUTER CLUBS

At CFB Greenwood we have an active Base Computer Club. It is made up of four user sections under the umbrella of one club. We are made up of MS-DOS; APPLE; COMMODORE; and TANDY/COCO users.

Our Executive is made up of a cross section of users from the individual User Groups and each section has a Representative on the Executive Board.

The purpose of this letter is to possibly start an exchange of ideas and information with other Computer Clubs and users in DND.

If you have an established Club or are a loose collection of users who would like to start a Club we would like to hear from you.

We do not encourage or take part in the copying or piracy of Commercial or Copyrighted Software, but, we do have a growing selection of Public Domain or Shareware Software.

If you would like to contact the CFB Greenwood Computer Club you may write to us at:

CFB Greenwood Computer Club  
C/O Wayne D. Anderson  
P.O. Box 1524  
Greenwood, NS  
B0P 1N0



RENE LATOUR

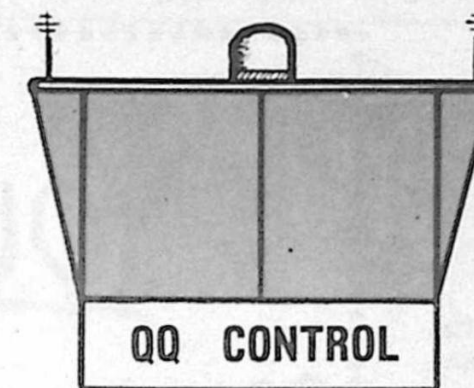
If you are selling or buying property in the Comox Valley, contact me for dedicated service.

## RENE LATOUR

BUS: 338-1334  
RES: 338-0891

Holland and Associates Realty Limited  
625 England Ave., Courtenay, BC V9N 2N5

## As The Beacon Turns



Hello again all ye faithful readers. Spring is definitely here for we ATC types, as two annual spring events took place recently. They being the ATC golf tournament and the gravel pit opening.

The ATC golf tournament was once again another driving success thanks to the hard work of the sections. This year's winners were Garth Gwillam of Vancouver (gross) and Jim Clements of Victoria (net). "Closest to the Pin" winners were Jim Clements and Glen Graves of Vancouver. The "Longest Drive" award went to our very own MCpl Pete Wooldridge. (It's the first time Pete has ever won anything). The tourney was wrapped up with an excellent banquet at the Glacier Greens where Capt

Trevor Jones once again displayed his talents as the MC. Last Friday saw the opening of the gravel pit for another season. Two of our finest technicians were mugged out in fine Air Force tradition.

Cpl Tom White is posted to Greenwood, and Cpl Greg Korn will soon be entering the UTPM program. WO Serge Roy was the proud recipient of the "Gravel Pit Horseshoes" trophy after an exciting showdown with the athletic horseshoe master Herve Guenette. Herve will persevere and try again next year.

Congratulations are in order for various people throughout the section. Pte Doug Godden will be off to CFOCS in January to pursue a career as an ATC Officer. Pte Sandra

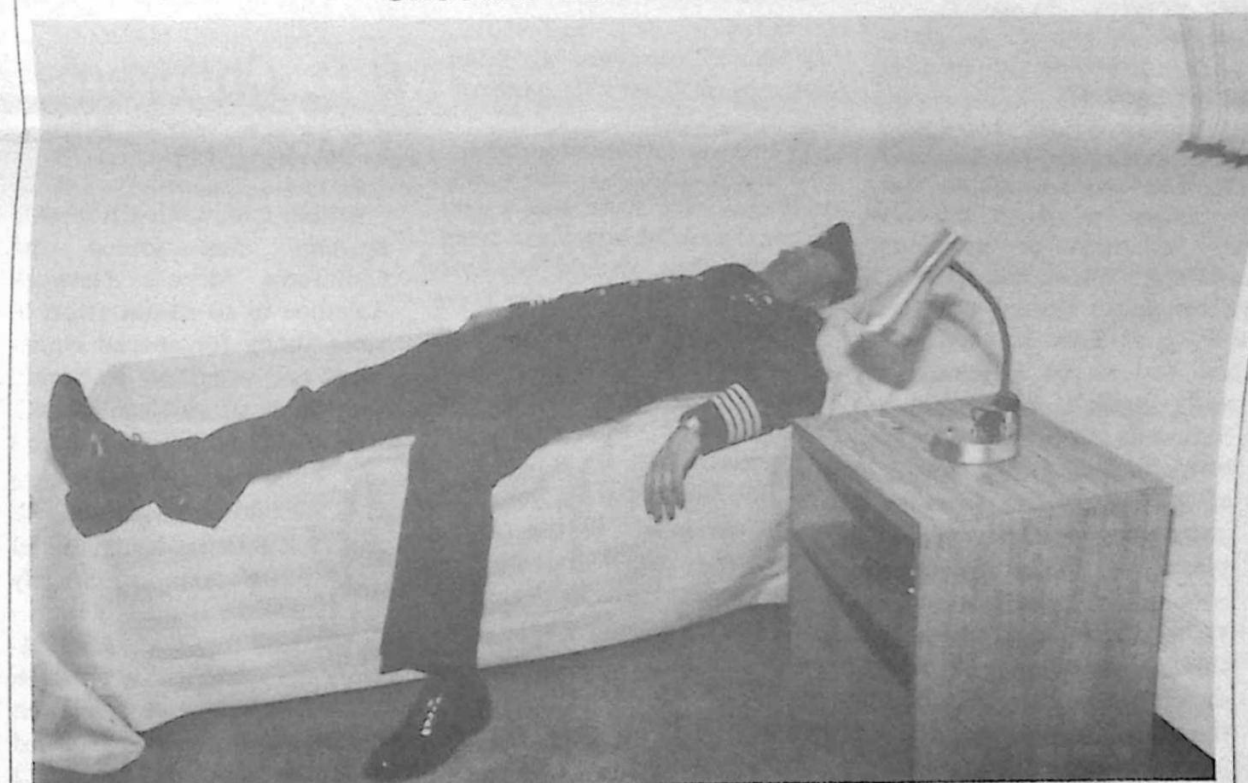
Vermuelen recently qualified in the Terminal Assistant Position, and 2Lt Phil Robinson is in Toronto tying the knot.

In the world of sports, the "Orcas" had their first ball practise recently. The team looks like it's in for another good season so all you "Orca Boosters" come on out in full force and cheer us on.

The Steak and Lobster Night is scheduled for May 27th. It will be held at our very own Gravel Pit. Contact any member of the Entertainment Committee for more details.

The only humorous thing to report on this week is that Andre LaFontaine's new car doesn't work. Alien says it's the No.13 fuse to the left of the steering wheel.

## Checkin' Out the Facilities



The BComd Col Gibbon does a mattress test at the recently renovated BB24. The new quarters are now available for residents.

## Countdown at Trenton

Canadian Forces Base Trenton's ARMED FORCES DAY-QUINTE INTERNATIONAL AIR SHOW is taking off June 25th and 26th with MEDIA DAY to be held on the 23rd of June.

The gates will open each day at 9:00 a.m. revealing a great variety of ground displays including a mock-up of the CANADA ARM and CF-18 cockpit, a NASA display and the OPP GOLDEN HELMETS motorcycle team. Many of the static aircraft will give the public the opportunity to "see" as well as "touch" some of the world's finest flying machines.

All eyes will be looking skyward at 1:00 p.m. as the

SKYHAWKS parachute team paint the sky to open the 3 hour main aerial program. This year's extravaganza will feature the F-14 TOMCAT popularized by the film "Top Gun" and the U.S. Marines' HARRIER jet that can fly close to the speed of sound then

stun on-lookers by manoeuvring like a helicopter. Civilian performers will include MANFRED RADIUS and his ever-graceful glider act and introducing the ULTIMATE - a Canadian-built aerobatic airplane piloted by Canadian Aerobatic Champion GORD PRICE.

For history buffs, there's the SPITFIRE and F4U-4 CORSAIR complimented by a

host of HELICOPTERS, RESCUE AIRCRAFT AND FIGHTERS.

This year's show is also proud to present not 1 or 2, but 3 aerobatic display teams. A man and wife team up to fly in the FRENCH CONNECTION and then it's Canada's own SNOWBIRDS back again to dazzle the crowd. The grand finale will star the Brazilian Air Force's ESQUADRILHA DA FUMACA (SMOKE SQUADRON) with their exhilarating solo and formation feats.

Several performers have yet to be confirmed. We'll keep you posted on INTERVIEW opportunities as well as MEDIA DAY events.



## EDITORIALS

COMMENT  
GORD KRUGER

## WHERE'S JOHN?

When you act like amateurs - you get exactly what you deserve - amateurs.

Nobody looked more like a bunch of amateurs this past Sunday than the National Hockey League. How a multi-million dollar organization can appear to be led so aimlessly is fast becoming one of the world's great wonders. John (the President) Zeigler should have his head read or his ticket punched for his past performances as leader of this great Canadian pastime.

Every true hockey fan is well aware of the many ridiculous things that have gone on in the league under Zeigler's leadership so I'll not bore you with details. The ironic part of the Sunday night incident is that here we have the league down to its most exciting and most important time of the season and its leader, when needed, was nowhere to be found. Where's John, was the cry but John was AWOL. Rumour has it by the way that Johnnie is paid several hundreds of thousands of dollars to do a job. Question now is - is the money well spent?

The Sunday night incident was indeed a black eye for the NHL. The happenings of the last couple of days haven't really changed or improved anything. When the guys in yellow shirts skated out onto the ice at East Rutherford it just had to be a joke. This really wasn't happening on National television. Give the teams their due here because in spite of all of this nonsense a game was played and the players for the most part were cooperative. The guys in the yellow shirts did OK too, even though they spent a lot of time dancing around trying to lodge the players and the puck.

So what happens now? After the smoke has cleared a guilty coach gets a one game suspension and a thousand buck fine. That's probably his per diem for travel days and you can bet it won't come out of the guilty coach's pocket. The incident with coach Schoenfeld and referee Koharski was by no means an isolated incident. This life of a referee is no bed of roses what with confrontations, death threats, assaults! I have to side with the officials in this one. What they did on Sunday was not so much a reaction to Schoenfeld being back but a reaction to possible repetition by some other half-baked goon who would want to do his good deed for hockey.

The lack of security for officials is abominable. To think that they have to run a gauntlet of abuse is absurd. It's just another example of how this great organization is run by the seat of its pants and whatever will be, will be.

I think it's time big John took a page from this baseball rules of conduct.

The recent 30-day suspension and fine given Cincinnati Red's manager Pete Rose was a perfect example of how these types of situations should be handled. Rose shoved umpire Dave Palone and National League President A. Bartlett Giamatti promptly held a hearing and took action, now that's performance!

So Johnnie boy, anything you say or do in the coming weeks can never undo the embarrassment you've caused the league. But then again I wonder just how much you really care, or for that matter how much anyone cares.....G.M.K.

NEXT DEADLINE  
MAY 30TH

## TOTEM TIMES

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

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Second Class mail registration is 4098. Office Phone: 339-2541  
EDITOR: Gord Kruger 339-8322  
EDITORIAL STAFF: Norm Blondel Marc Leclerc & Sheila Tanner.  
BUSINESS MANAGER: Christa Robertson 339-8291  
CIRCULATION MANAGERS: Shawn and Susan Johnson 339-0580  
SECRETARY: Judi Hooge 339-6210  
CAMERA OPERATOR: Katie Wylie  
PHOTOGRAPHY: Base Photo  
CARTOONISTS:

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## EDITORIALS

Lightside  
Norm Blondel

## CAT IN THE BAG

There is a grocery bag sitting in front of the fireplace in our house at Erin Place. It is the large, brown kind one gets from Safeway or Village Food Mart. Most of the time it is vacant, and it causes some of our visitors to raise their eyebrows.

"What's the bag for," they ask. "That's for Chainsaw," we reply. "You keep a chainsaw, in your living room, in a paper bag?" they ask, stepping back a pace, looking for a quick exit. "Oh no," we reply, "Chainsaw is our cat." Since we don't get the look that says Oh, that explains everything, we hasten to explain; "Cat was chased up the maple tree by Himmler, the neighbour's Doberman. He wouldn't come down for hours, and he was so traumatized by the experience, he wouldn't go out into the yard any more.

When we came home from the grocery store one day and dropped a grocery bag on the kitchen floor, Cat dived into it and wouldn't come out. Since he likes sleeping in front of the fire, we carried him in his bag and set him down there. Come bedtime, Wife carried our bagged Cat out into the garage for his normal overnight sojourn. We've followed that routine ever since.

In the mornings we let the cat out of the bag... "Oh ha ha, that's very funny," our visitors chortle.... so he can use his box," we finish, lamely.

A little while after the last of these conversations took place, Cat metamorphosised -- perhaps from something he ate.

No longer a brown bag wimp, Cat resumed his normal life as a killer. Daily, he would drag various small corpses up to our front door, look for some kind of approval from us -- which he didn't get -- then charge back into the bushes for more prey.

He didn't stop at decimating the rodent and bird population however; he decided to take on Himmler. From the safe side of our pagewire fence, I might add, Cat isn't stupid. He would wait for Himmler to appear, then set up the kind of yowl usually reserved for rival cats. Himmler would respond, of course, by tearing up to the fence, snarling and snapping, and attempt to get at Cat by sticking his head through the wires. Which was just how Cat planned it.

Zap! Exit one Doberman with a set of bloody grooves across his nose. We have watched this exercise for some days now: Himmler might be learning to overcome his savage instincts though, he still gets a nose rake daily, but afterwards, he slinks off to a corner of his yard, hidden from our -- and Cat's -- view. Yesterday, intrigued by the strange sounds coming out of Himmler's hideaway, I sneaked through the bushes for a peek.

Himmler had a couple of poles set up, six feet apart. Hung between them was another pole, five feet off the ground.

Our fence is five feet tall. Himmler was practising high jumps.

## 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.

## Family Support Centre

119 Little River Road  
PHONE: 339-8654  
HOURS: 10 a.m. to 5 p.m.

WE GET  
LETTERS

## To the Editor

As I look out the window and see the last throes of winter quickly vanishing and fresh life anxiously awaiting the beautiful warm sun so it can burst from the ground, I look around me and feel very thankful that by some stroke of fate I am here in Canada and able to enjoy the fresh, clean air, the blue sky and rich fertile soil that is so much a part of us.

But along with being grateful for where I live, I am also very grateful for the people who are a part of my country.

"Canadians Care." Yes, they really do, and nowhere is it more apparent than in the Third World. Of course there is much more to do, but I think we should acknowledge our accomplishments. Accomplishments such as the number of man hours that Operation Eyesight volunteers donate, the \$25 donations, saved out of

grocery money, or pension cheques that go toward restoring eyesight. They are truly impressive.

Visiting a Third World country can make one feel very humble. To see the smiles of mothers and fathers whose children's sight has been restored or to observe an elderly woman, whose cataracts have just been removed, try to bend over to kiss the feet of monitoring personnel to show her gratitude. My wish is that all of those who donate to Operation Eyesight could experience these feelings, to know what a wonderful thing they are doing -- giving individuals a feeling of self respect, a new lease on life, the joy of sight. Donations can be forwarded to P.O.Box 123, Station M, Calgary, Alberta T2P 2H6.

I have one more wish, which unfortunately is an impossible one. I wish my mother's sight could have been saved, so she

could have seen her grandchildren married, or the beautiful smile of her first great grandchild. But I also know what she would have said, "Don't worry about me, help those who really need your help, restore their sight so they can experience all the joys I've had most of my life."

Albert Schewietzer said: "I don't know what your destiny will be, but one thing I do know; the only ones among you who will be really happy are those who have sought and found how to serve."

My mother was really happy! Her whole life was spent doing for others.

Have a very Happy Mothers Day, and may God protect and bless all our volunteers and may we recognize and thank them for their devoted efforts.

Very sincerely,  
Doreen Ransom  
1503, 200 Tuxedo Blvd  
Winnipeg, Manitoba  
R3P 0R3

OUR NEXT DEADLINE  
MAY 30TH

## Air Force Trivia

WHAT WHERE WHEN WHY



## Answer from Last Issue

## THIS WEEK'S TRIVIA:

First of all what is the name of this aircraft and what role does it carry out? Name the two countries this aircraft is or was in service with.

## TRIVIA ANSWER

This ungainly looking helicopter is a Bell H-1B. Photograph was taken in 1976 at the Army Transportation Museum.



## SECTION NEWS



## BAMSO

DSLT 116

'Tis the start of the posting season for the CF and it is an interesting, challenging and sometimes difficult time for all. Old friends and familiar locations are left behind and the challenges of settling in a new area are encountered. For those BAMSO personnel leaving this summer, thank you for a job well done and I trust that your new position will be successful for you. To the new members arriving in Paradise West, welcome to what I am sure will be a rewarding and enjoyable location for you.

Lorry Lourie our Admin Clerk, baking expert and all around nice person has been away in Borden on course for the past two weeks and we have sorely missed her. She said that she was attending a Medical Administration course but I have it from reliable sources that she is actually attending a

special cooking and baking course so her chocolate chip cookies will be able to complete with mine. Lorry issued a challenge to me in 1987 saying her cookies were better than mine. Unfortunately she has welsed on the challenge as it has been so long since I brought in a sample of my wares that our judge has left the organization. If Lorry learns enough on her course, we will have to invite Linda back for a cookie bake off!!

In closing, I would like to compliment the Military Police on their vigilance in spotting and apprehending a blonde female lieutenant who was recently seen wandering the streets of CFB Comox without appropriate headdress. CWO Ford is still trying to identify this unnamed Base Transport Officer and Capt Cossette certainly won't mention any names, Christa so I am sure your secret is safe.

## Aerobics at its Best



Relaxin' at the Greens...Members of the Base Supply organization enjoy some "physical fitness" during an intense golf match. The pressure was extreme.

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## Capt "K" Receives Farewell From Friends



Left to Right: Tom Stecyk (referee); Capt Gary Pronk (BPERO); CWO Doug Ford (Coach); MCpl Alex Beddard (Referee); Col J.E.H. Gibbon; Sgt Wayne Moore (Referee); WO Al Brazeau (SR PERI); Cpl Rick McNabb (442 Rep).

On Thu 5 May 88 a small group of Capt Gord Kruger's friends got together at the Base Rec Centre to honour the "Old Guy" for his fast approaching retirement in August. Some of you might think he should have done this a few years ago (especially if you play hockey or ball) but let's be nice!

This was a time to say goodbye to someone who has been posted to Comox since it first opened, or close to it eh Gord. Throughout his many years in both Comox and the CF, Gord has been an avid supporter of our sports programs. Recognizing his lack of skills for playing, he elected to take on the chores of umpiring in the summer and refereeing in the winter. He has attended many regional and national competitions in both sports throughout his career and is highly recognized for his fairness and enthusiasm towards them. Gord will retire in August, but only from the CF. In conversation with him the other day, he says he will continue his hockey refereeing and take it one year at a time. Sorry 442 but I tried to convince him to retire, to no avail.

As you can see, Gord was presented with a number of tokens of appreciation. The BComd Col J.E.H. Gibbon presented him with the Base Commander's Commendation recognizing his accomplishments as the Editor of the Totem Times and as a strong supporter of the CF and Base sports programs.

The BPERO Capt G. Pronk presented Gord with a beautiful plaque from the Regional Sports Director in Esquimalt for his contributions to the Pacific Region Sports Program. Gord was presented with a framed picture of himself at his finest by Sgt Wayne Moore on behalf of the referees and coaches of the intersection hockey league. And last but not least the Base Commander presented Gord with an engraved silver platter on behalf of the personnel at CFB Comox.

Thanks Gord for your total support and commitment over the years and you will surely be remembered by all of us for many years to come. Actually, some more than others!

Your friend and fellow official,  
Wayne Moore

## WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

## ALBERTA

Calgary  
Cold Lake  
Edmonton  
Penhold  
Suffield

## BRITISH COLUMBIA

Chilliwack  
Comox  
Coquitlam  
Esquimalt  
North Vancouver  
Surrey

## MANITOBA

Portage LaPrairie  
Shilo  
Winnipeg

## NEW BRUNSWICK

Chatham  
Gagetown  
Moncton  
St. John's  
Fredericton

## NEWFOUNDLAND

Gander  
St. John's

## NOVA SCOTIA

Cornwallis  
Dartmouth  
Greenwood  
Halifax  
Sydney

## ONTARIO

Barrie  
Borden  
Downsview  
London  
North Bay  
Ottawa  
Pembroke  
Petawawa  
Toronto  
Trenton

## PRINCE EDWARD ISLAND

Charlottetown  
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## SECTION NEWS



## From The Fire Chief's Office

## CAMPFIRE SAFETY

## FOREST CAMPFIRES

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

## USE YOUR ASHTRAY KILL THAT MATCH DOUSE THAT CAMPFIRE TO PROTECT OUR FORESTS:

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

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

## RESTRICTIONS AND CLOSURES:

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

## CAMPFIRE RESTRICTIONS:

Campfires may be lighted at any time in any area of B.C. where fires are not prohibited by notice, or otherwise exempted, unless campfire restrictions are imposed by the B.C. Forest Service. Persons lighting such fires must adhere fully to the "Regulation Governing the Use of Campfires" issued under the authority of the Forest Act of B.C.

OTHER FIRES REQUIRE A FIRE PERMIT:

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

## TRAVEL RESTRICTIONS:

Travel in forest areas by any means may be prohibited. When imposed, travel restric-

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

## RESTRICTED CLOSURE:

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

## COMPLETE CLOSURE:

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

## CAMPFIRES:

-Prepare your campfire site by removing all leaves, twigs and other inflammable material from an area extending at least three feet around the fire and down to mineral soil. Never light a campfire when strong winds are blowing.

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

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

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

feet in height.

-Attend to your campfire at all times and be certain it is fully extinguished before leaving it. Sift the ashes with your fingers to be sure.

## REMINDERS:

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

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

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

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

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

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

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

## Making the Grade



"Capt" Chris Halliday receives his new stripes from the BTSD LCol Mack.



## Supply Signals

**WARNING ORDERS WERE ISSUED!** Four-man assault teams were required to carry out a mission. Volunteers were to assemble at the staging area by 1200 hrs on the 27th. Civilians were to be included.

The 27th arrived. The weather was overcast and cool with drizzling rain...PERFECT patrol weather. The troops mustered at the staging area awaiting the Major's final orders. Situation - No Change. Mission - Confirmed...Supply is to go on the offensive, attacking a minimum of 9 objectives. All personnel to be back in this location no later than 1530 hrs for debrief.

With that, exercise "Swimming Eagle" began. As the 10 teams departed to cross the start line, one could hear team leaders giving advice on how to overcome obstacles that may be encountered during the assault and the odd comment about the weather.

As one team overtook and cleared an objective, through some miraculous act, the enemy flag would reappear as one team started its attack on the next, forcing the team behind to retake the once claimed ground.

It was at the half way mark that the harsh elements and battle fatigue began to have its effect. This was a typical conversation between team members, "Where are you?" "I don't know, I think I'm in the trees...nope, that's him. I think I'm lost...did anyone see where I went?"

At 1530 hrs the weather beaten war torn troops made their way back to the staging area. During the debrief it was confirmed that all objectives had been realized and despite the bad weather, Supply's Annual Four Ball Best Ball Golf Tournament had been a success.

The winning team, Ron Campbell, Dan Lampron, Derrell Sears, Karen Parrott, received a dry T-shirt for their efforts. And the booty prize (packages of golf balls) went to Mich Scott, Matt Snetinger, Dan Boulet, Al Chappin. Everyone who participated got a monumental golf ball for their mantles.

Now that the fiscal year has ended (except at the SCO section) we find that APS is upon us again and it's time to say "Happy Trails" to some of our comrades. PO1 Derrell Sears pulling up anchor and sailing for (can you believe) Vernon. (I think you're pulling a boat trailer on a "JP" Ulloa

to leave, then will eventually report to CFS Masset (when's the COS date again JP?)

Congrats...Kevin Luther is at home playing Mr Mom while waiting for his two little women to get home from the hospital. Kev and Deb are the proud parents of a 9 pound baby girl.

Apparently Paul Fletcher and his wife are expecting an addition to their family, only I hear it's Paul who's doing all the craving (pickles and what?). Good Luck.

A couple of our Sup Techs will be sporting new names by the time this is published. Karen Parrott will be making an honest man out of Jean Charbonneau on the 7th of May (and I thought all MPs were honest). The couple will be heading south of the border to honeymoon in California. Apparently, Karen has to break the news to a long lost love...will Goofy survive?

Christine Couture and Yves Carignan (Ziggy) took off on leave to Quebec and will return as Mr. and Mrs. Their wedding is to take place on the 7th as well. Rumour has it, they are going to risk the Bermuda Triangle and honeymoon in the Martinique Islands.

On behalf of Base Supply, I want to extend best wishes for luck and happiness in the future to both couples.

Dan Lampron is not to be outdone by these weddings. Rumours have been confirmed that he is engaged to be married on the 16th of July. Good Luck.

We welcome Debra Burns back from the Sinai, where she spent the winter. She is now employed at General Stores. (What do you mean parkas in the desert? I hear June's chili will warm you up if you're still suffering from the chills).

Base Supply can now LEGALLY have a beach party. We now have a bonafide Lift Guard in our midst. Way to go Sue!

That wraps up another edition of Supply Signals. Just one more closing comment. "Matt" the object of the game is to be smarter than the stool or is that the auctioneer. Maybe you can give me a Dick so we don't have to cut the legs off his desk.

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## 442 Squadron

### FROM THE HEAD SNAKE CHARMERS

Winox is over! "Winox" you say, "What's that?" Winox is an event that happens yearly and involves the BAMEO personnel from Winnipeg invading the sunny and warm climes of Comox for a two day R & R that includes golf and salmon fishing and just plain arm exercising. This year was exceptional in that aircraft boarding in Winnipeg was a sunny and warm 27°C and arrival in Comox was a dreary 6-8°. Nevertheless every event went as planned and

everyone enjoyed. Thanks go out to overall coordinator Mr. T. Everyone knows how he enjoyed himself. It's now a week later and I think we can safely say he's all healed up. Special thanks to all BAMEO people who loaned their boats so more fishermen could hit the water. CWO Ford was again up to his old tricks and willingly arranged for the trophy to disappear again. Nothing is sacred Chief, not even your lock. Rumour has it that you doctored the scores and they only stole what belonged to them anyway.

Recent comings and goings saw us saying goodbye to the Leeward to Cpl Helene Nantel.

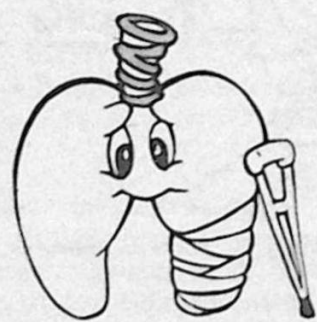
Her cheery disposition and excellent work will certainly be missed. We wish her the best in her new trade. Welcome aboard to Pte Leger from Borden. He'll be industriously employed with Paddy's Marauders in Rotary Wing Maintenance.

That wraps up this article from the illustrious folks who keep our funny yellow things in the air.

### Cash For the Child Development Centre



Glenda Lake, Administrator for the Cumberland Child Development Centre, receives a cheque for \$506.62 from MCpl Al Hughes, Entertainment Chairman for the Junior Ranks' Mess. The donation was a percentage of proceeds raised by a series of Bingos held in the Junior Ranks Mess. Looking on is P02 Glynn Evans, Mess Manager.



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### The Happy Winners



Sgt Doug Slauenwhite, of the Base Photo Section is usually behind the camera, but May 2nd, he and his wife Heather, stepped in front of a camera to accept their \$5,000 lottery cheque.

Sgt Slauenwhite's recipe for winning a lottery is having a wife who knows how to pick a winner. Heather scratched her instant ticket at home and couldn't believe her eyes. "It was the first TIC TAC TOE ticket I'd purchased and I didn't think winning could be that easy." After staring at her ticket for about 5 minutes, Heather called the store to have her win confirmed; but admits that "I still didn't really believe that it could be true."

The Slauenwhites purchased a mobile home 2 yrs ago and their lottery win is going towards home improvements. "We are going to use the prize to take care of all those little things we want to do around the house, but never seem to have the money for." Congratulations Doug and Heather!

### 17TH AIRBORNE SEEKS TO LOCATE MEMBERS

The 17th Airborne Division Association, composed of men who served as paratroopers and glidermen in the Division during WW II, is conducting a membership drive to locate all former members, including Gold Star mothers and family members of those who were killed in action. If you served with this Division, please contact Edward J. Siergiej, Secretary-Treasurer, 62 Forty Acre Mountain Rd., Danbury, Connecticut 06811, for details of the Division Association as well as information about the 35th Annual Reunion which this year will be held at the Radisson Hotel, St. Paul, Minnesota on August 3-7, 1988.

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## Anker Klankin

### ANKER KLANKIN

The past two weeks have been quite uneventful over here at the Fighting 33rd. With the departure recently of most of the West Coast Navy on a Far East deployment, action on the T-33 fleet support side of the house will likely stay quiet for some time yet. But it won't be long until the boys catch on to this and deluge the OpsO with trip requests.

Speaking of OpsO, on 19 May VU 33 will mug-out Capt Richie Clements who has earned our admiration for the way he has handled this job over the past year. Richie is departing the fix after only two years on Sqn to take up his new job as a Flt Commander at 2CFFTS Moose Jaw. As a former instructor and Snowbird Richie has what it takes to do well there. His sense of humour should also be a real asset at the Big 2. Our best wishes to you and Gloria, Richie; just remember that when you need to escape the pressures of "the Jaw" we'll be here!

On Saturday the first of this summer's three VU 33 adventure training trips got underway. A two yacht convoy set sail for an arduous voyage around Desolation Sound under the command of Maj Arsenault. The CO hasn't done a lot of sailing but since he's from the Maritimes he's used to being near or on the water. The only problem might be finding room for all the lobster traps he wants to take along. Skippering the CO's flagship is that old tar Capt Wayne Cuthbert. The other boat is the CF Sailing Association's Lalage skippered by 407 Mp Sqn's own Capt Dave Nurse. Check this space next week for news and photos from the crews. Later on this summer other adventuresome folks from VU 33 will be canoeing and hiking.

In the afternoon of Mon 23 May VU 33 will parade the Squadron's Colours in Cumberland in celebration of that community's 100 anniversary. This will be MWO Cooper's last parade as SWO so you can bet that we will all be sharp!

Receiving the salute will be the Base Commander Col Gibbon. If you want to see an exceptionally fine Squadron on parade you had better make early plans to stake out a spot along the parade route.

### TECH SIDE

The VU 33 line is humming along a little easier now that people are getting back from courses, house hunting trips, etc. Cpls Chris Shelly and Ivan Charpentier returned via the Boeing Boeing Sunday evening after nearly a month at Shear-

water and Cpls Pam MacCallum, along with Josh Fontaine, are back from a seven day stint at the Cool Pool. Tracker detachments are great in the land of the palm trees this time of year! Cpl Dave Maloney is back from the Borden area HHT. He must have looked long and hard because he requested a days leave to rest up when he got back.

MCpl Mike Woodworth, just recently promoted, returned last month from a one year tour with the peacekeepers at El Gorah, Sinai. Mike offered to tend the camels if they would let him stay longer but no luck. Cpl Fortin has found himself an abode off base and has found that there is a difference between seeing someone else cutting a quarter acre of grass and doing it yourself. Exercise!

Exercise! There's no life like it aye Ron?

Cpl Frank Dumoulin, Ptes Micki Martin and James Cumberland are three of the techs lucky enough to be a part of the VU 33 Adventure Extra Effort. On 8 May two sailboats departed Comox Harbour enroute to Bute Inlet. If the weather holds they will have a very rewarding 7 days.

Don't forget the parade guys! The practice is on the 17th and the real thing at Cumberland is on the 23rd of May.

Want to play ball? See Cpl Dave Brown. Dave hopes to get as many players as possible so come on out.

Last but not least - THE ARMOURERS HAVE RETURNED (WTA) Welcome aboard.

### The Last Flight



Capt Mike Cummings raises a glass on completion of his last flight in the Canadian Forces. Mike is now employed with M.O.T. "Bonne Chance" Mike.

## Fit Week

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

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

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

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

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

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## SPORTS AND RECREATION

## Sports Shorts

## PAC REGION CHAMPIONSHIPS TO REMEMBER

Pac Region Golf will be hosted by CFB Chilliwack from 15-17 Aug 88.

Pac Region Servicemen's Softball will be hosted by CFB Chilliwack from 25-28 Aug 88.

Pac Region Servicewomen's Softball will be hosted by CFB Comox from 26-28 Aug 88.

## INTERSECTION SOFTBALL

The 1988 Intersection Softball League will commence on Mon 16 May 88. The Fast Pitch League will play on Mon and Wed and the Slow Pitch League will play on Tue and Thu. Game times will be 1630 hrs and 1830 hrs for both leagues. For more info contact the league President MCpl Pete Woolridge at local 8115 or the Base Rec Centre local 8315.

## MASTER SWIM

New Schedule (starting 2 May 88)

Mon and Wed PM 1545 - 1645 hrs  
Mon to Fri PM 1300 - 1400 hrs  
Tue and Thu AM 0600 - 0700 hrs

To become a Master Swim member you have to register at the Base Rec Centre to MCpl Descoteau on daily basis Mon, Thu, Fri. The prerequisites are:

- Swim 12 lengths - non stop
  - able to do a surface dive
  - cost \$10 per year
  - minimum 20 yrs of age
- The Master Swim will have coaches sessions in the afternoon 1540-1645 hrs. and also workout provided to all members. For further info contact the Base Rec Centre at local 8315.

## BRONZE MEDALLION/BRONZE CROSS SWIMMING COURSE

CFB Comox will conduct a Bronze Medallion and Bronze Cross from 17 May 88 for approximately four weeks.

## Prerequisites are:

- minimum 14 yrs of age and over
- military, DND employees, and dependants of both.
- recommended Life Saving III and Senior Resuscitation Awards.

Registration NLT 13 May 88 at the Base Rec Centre at local 8315.

## CF EXPRES PRE-EVALUATION INSTRUCTIONS

In order to ensure accurate evaluation results, members are to be informed that prior to their appointment they should not:

- Exercise the same day
  - Consume alcohol for at least six hours
  - Eat, smoke, or drink tea or coffee for at least two hours
- Additionally, members should be dressed in light running shoes, loose fitting shorts and a T-shirt or a shirt. Women may wish to wear the top part of a two piece swim suit as a substitute for the T-shirt or shirt.

The CF Expres Evaluation should be done on your birth month, except for those who are going on course. Please contact the Base Rec Centre to make an appointment prior to your course.

The fiscal year for the fitness evaluation is from the 1st April to 31st March.

## 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:

- Individual - \$20
  - 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.

## 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:

- Members of the regular force and dependants;
  - Members of the reserve force and dependants;
  - Members of other nations attached on exchange duty with the CF and dependants;
  - Civilians employed by DND;
  - 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.

## CD1/CD2 Presentations



Presentations of CD1s/CD2s made by Col Gibbon on 28 Apr 88 as follows:  
Left to Right - Sgt A.L. Munday - CD1; Sgt W.A. Chappin - CD1; Col Gibbon - Base Commander; MCpl J.W.E. Conroy - CD1; Sgt D.E. Hutmacher - CD2.

## Bring a Friend to the 1988 Military Police Bicycle Safety Rodeo 28 May 88

Open to all Dependants of Military and  
Civilian employees (Presently employed)  
between the ages of 4 and 12 and one  
Guest

All participants will be eligible to win Two  
bikes (Boy's & Girl's) which will be  
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P.M.Q. Assoc.



May is

Bicycle Month

"Rain" or "Shine," the Bicycle Rodeo will be held at the Base Recreation Centre. Encourage your son or daughter to participate and "Bring a friend" to this years Bicycle Rodeo. For more details contact the Military Police Section local 8218.

## SPORTS &amp; RECREATION

## Well Done Al



Pictured above is the BComd Col J.E.H. Gibbon presenting WO Al Brazeau, SR PERI with the Base Commander's Commendation. The inscription reads:

"WO Brazeau is awarded this commendation for his exemplary contribution to an outstanding physical education and recreation program at CFB Comox and the consequent positive impact it has on the esprit de corps of this base. This award specifically recognizes his superb leadership, and dedication to his job. It further acknowledges the many long hours of extra work he has devoted to the excellent organization and supervision of the highly successful tabloid sports meets, intersection leagues and Pacific Region sports championships and the worthwhile fund raising drives he organized for several charity organizations.

Well done, Al.



## 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.

## BASE SOCCER

All base personnel interested in playing soccer are invited to attend practices being held at the Canex field Wednesdays at 1600. For further info contact Sub Lt Chung 8267.



Elections for GGC executive positions will be held Thursday 19 May at 8:30 PM at the Golf Course. Positions open are Mens Club Captain, Tournament Chairman, Public Relations Rep and Secretary.

Names of nominations and/or volunteers for these positions should be submitted to the Nominations Chairman GGC Vice President Maj Dick Mohns, prior to 12 May.

NOTE because nominations/volunteers will

also be accepted at the meeting, votes by proxy or mail-in votes will not be accepted.

Men's GGC Open will be held on the 28th, 29th May. Entries available at the Pro Shop. Results of the Mens and Womens President's Cup sponsored by Comox Mens Wear are as follows:  
1st Low Gross - Steve Bailey - 75  
1st Low Net - Walt Trailing - 66  
2nd Low Gross - Doug MacArthur - 77

2nd Low Net - John Wilkie - 66  
3rd Low Gross - Ted Sauve - 77  
3rd Low Net - Jack Picard - 66  
4th Low Gross - Larry Kozakevich - 77  
4th Low Net - Fred Zaruk - 68  
5th Low Gross - Ron Carter - 80  
5th Low Net - Ken MacDonald - 68  
6th Low Net - Fred Crocker - 69

## WOMEN'S PRESIDENTS CUP

Field Low Gross - Inge McArthur - 94  
1st Low Gross - Frankie McCaffery - 97  
2nd Low Gross - Judy Felbaum - 98  
3rd Low Gross - Kay Banks - 99  
4th Low Gross - Jan Verbeek - 101  
1st Low Net - Martha Campbell - 70  
2nd Low Net - Marg Wreggett - 70  
3rd Low Net - Mimi MacDonald - 71  
4th Low Net - Millie Legg - 80

## TOTEMS FASTBALL

The following is the schedule for the servicemens softball team. The base team is playing a 24 regular game schedule in the Bill Moore Fastball League. During the summer the team will be playing in different tournaments in the local area in preparation for regionals at CFB Chilliwack in August. We hope to see you at the field in support of your ball team.

DATE	TIME	TEAMS
17/05	1900 hrs	Totems vs Mountain Meadows
19/05	1900 hrs	Totems vs Arbutus Hotel
24/05	1900 hrs	Totems vs Hamilton Logging
26/05	2030 hrs	Totems vs Mountain Meadows
31/05	1900 hrs	Totems vs C.V. Merchants
02/06	2030 hrs	Totems vs Cumberland Luckies
06/06	1900 hrs	Totems vs Hamilton Logging
15/06	1900 hrs	Totems vs DSJ Electric
21/06	1900 hrs	Totems vs Arbutus Hotel
23/06	1900 hrs	Totems vs Cumberland Luckies
28/06	1900 hrs	Totems vs C.V. Merchants
29/06	2030 hrs	Totems vs DSJ Electric
5/07	2030 hrs	Totems vs Mountain Meadows
07/07	1900 hrs	Totems vs Arbutus Hotel
12/07	1900 hrs	Totems vs Hamilton Logging
13/07	1900 hrs	Totems vs Mountain Meadows
20/07	1900 hrs	Totems vs C.V. Merchants
21/07	2030 hrs	Totems vs Cumberland Luckies
26/07	2030 hrs	Totems vs Hamilton Logging
03/08	2030 hrs	Totems vs DSJ Electric

PLACE ..... LEWIS PARK

## Meet Terry Small

Major Terry Small was born in Halifax, Nova Scotia but has managed to reside for 17 of his 27 years in uniform in Comox with his wife Betty and their three children (Ian, Jeffrey and Meagan). Along with his primary duty as the Base Operations Centre Director, he is also heavily involved with personal fitness, sailing, skiing and local community affairs. He is an Honorary EA to the Lt Governor of B.C., and holds executive positions on our local Canadian Forces Sailing Association and on the Base Recreation Council. Downtown, he is a member of the Comox Advisory Planning Commission and a joint publicity director for the Blue Devils Swim Club.



Maj Small was instrumental in setting up a most successful CFB Comox Recreation Council which looks after all the recreation clubs here at CFB Comox. Volunteers like Maj Small are hard to find.

It is only through the assistance and extra efforts of such dedicated personnel that make our community a better place to live and participate in the activities we enjoy. Thanks Terry and keep up the good work.



## ON AND OFF THE BASE

## 13 Receive CDS Commendations

Thirteen people have been awarded the CDS Commendation for their actions in nine separate incidents.

**Capt William Ropp** of Halifax, **Capt Kenneth Whitehead** of Halifax, **Lt Vic Ruzgys** of St. Catharines, Ontario and **MCpl Hugh Forrest** of North Bay, Ontario, all receive the CDS Commendation for their actions during a helicopter rescue on 26 Feb 87.

A helicopter from 443 Helicopter Anti-Submarine Squadron, CFB Shearwater, launched from HMCS Nipigon responded to the aid of the tug *Gulf Gale*. Due to a fire, the crew had abandoned ship and boarded the barge in tow. However the tug drifted into the barge and the spread of fire was imminent. As the helicopter hovered at 20 feet and began to rescue the last four men, the tug became engulfed in flames. Intense heat, burning debris and thick smoke were sucked through the rotor arc. Throughout the stressful mission, pilot, Capt Ropp, maintained a stable hover and ensured a successful rescue, while co-pilot, Lt Ruzgys, performed his duties calmly and competently. Capt Whitehead remained in the open cargo door, guiding the pilot and operating the hoist while MCpl Forrest, lowered to the barge, calmly supervised the hoisting of the last four crewmen even though the burning tug drifted to within 40 feet.

It's the second CDS Commendation for Capt Whitehead, the Air Detachment Commander aboard HMCS Nipigon. He received the award for his part in the dramatic rescue of two injured men from the swordfishing vessel *Sea Hawk* during a bad storm in October 1986.

Cpl Joseph Bertrand of 4 Service Battalion in Lahr and Cpl Joseph Donais of CFS Seneberr receive the CDS Commendation for their actions after discovering a refuelling tender on fire while both were serving with 5 Canadian Service Battalion at CFB Valcartier on 11 October 1986.

On that day, Cpl Donais, who is from Ville de Beloeil, Quebec, noticed smoke and flames coming from a refuelling tender parked close to seven other similar vehicles. He immediately notified Cpl Bertrand and telephoned the firehall. Cpl Bertrand, from Montreal, raced to the scene and moved the vehicle to a safe area before he and Cpl Donais extinguished the fire.

CPO2 Wayne O'Hara, whose home town is Edmonton, receives the CDS Commendation for his assistance to casualties of a radio tower collapse at CFE Aldergrove on 10 October 1986.

A 25 metre antenna toppled, dashing three construction workers to the ground below. Without stopping to help the gravely injured men, on-scene personnel panicked and immediately left to notify the site supervisor, CPO2 O'Hara. He immediately took charge, summoned additional help and proceeded to the site. There he attended to each victim, directed personnel and, under the most stressful conditions, applied life-sustaining resuscitation to the sole survivor, who unfortunately died later in hospital.

**CWO Edwin Hawkes**, a native of Amherst, Nova Scotia, coordinated support to survivors of a PMQ explosion and fire on 15 Nov 1986. He receives the CDS Commendation for his humanitarian actions.

The explosion and fire demolished the residence of Warrant Officer and Mrs. C.A. Dewar, claimed the lives of their children, completely destroyed their possessions and injured both of them. From his arrival at the scene of the fire, CWO Hawkes, an MP at Canadian Forces Service Prison and Detention Barracks, Edmonton, provided all possible physical and emotional support. Though near exhaustion, he anticipated and saw to their many needs in a manner far exceeding any perceived obligation of duty, rank or position. His immediate and extended actions considerably eased the Dewar's terrible anguish.

Sgt Andrew Berg of the Royal Regiment of Canada receives his CDS Commendation for his quick life-saving actions during a live grenade firing practice on 26 July 1985.

While conducting a standard grenade range practice, Sgt Berg saw a trainee start to switch a grenade from one hand to the other, thus freeing the striker and igniting the four second fuse. The trainee then froze. Sgt Berg forced him to the wall of the grenade bay and, by slamming his arm against the wall caused the grenade to tumble free over the other side. Sgt Berg then pulled the trainee down behind the wall to safety just as the grenade exploded.

Lt Raymond Robitaille of 2 PPCLI, CFB Baden-Soellingen, formerly of 1 PPCLI, saved the lives of two fellow soldiers and possibly others, on two separate occasions during a live grenade training exercise on 13 April 1987.

On the first occasion, when a thrown grenade stuck into a sandbagged wall, Lt Robitaille quickly pulled the soldier out of danger and shielded him with his body. On the second, after another soldier dropped an

armed grenade and then froze, he kicked the grenade around a bend in the wall and then knocked the soldier to the ground, again using his body as a shield. Lt Robitaille is from Scarborough, Ontario.

**MCpl Donna Collins** of CFB Moose Jaw receives the CDS Commendation for her life-saving action prior to an airshow at the base on 8 July 1987.

A CF member was erecting a barricade for the airshow when the metal stake he was holding contacted an underground high voltage power line, freezing his grasp on the stake and subjecting him to potentially lethal electrical current. MCpl Collins, who was working nearby, noticed the man's predicament and, at considerable personal risk, freed him from the stake, thus limiting his injuries to electrical burns. She then directed others to summon medical assistance. MCpl Collins' home town is Calgary, Alberta.

While serving with 2 PPCLI on a night deployment in Feb 87, MCpl Kenneth Myers of Englehart, Ontario, stopped a runaway M113 armoured recovery vehicle at considerable personal risk.

MCpl Myers now with 2 Service Battalion, Petawawa, was crew commander in the M113 AVR(L) when it was struck from behind. The driver was knocked unconscious and his body weight fell on the accelerator, causing the vehicle to leave the road and accelerate uncontrolled across rough terrain. MCpl Myers left his position and crawling across the top of the moving vehicle to the driver's compartment, activated the fuel cut-off switch and stopped the vehicle.

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**Cpl Terry Patterson** receives the CDS Commendation for his assistance to a road accident victim on 10 Nov 86.

Cpl Patterson happened upon a single-vehicle accident in which the car had come to rest on its side against a tree. One of the occupants had been assisted from the car by an RCMP officer. The other, who was unconscious, had been left

inside because of suspected back injury. Cpl Patterson, of Halifax, perceived that death was imminent unless first-aid was given immediately. Assisted by others, he removed the victim and applied mouth-to-mouth resuscitation, though with no effect. Subsequently he assisted a military police officer in the successful application of CPR.

## WOs &amp; 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.

JUNE 3rd

MCPLS NIGHT

Invite your MCpls to the Mess

1530 til closing

Finger Food

Career Planning

Alternate transportation will be provided

Games - Fun - Good Times

JUNE 9th

KENNY SHAW IN PERSON

2000 hrs to 2200 hrs

Tickets sold at door "ONLY Y"

First Come - First Served

Tickets:

\$5 Members & Associates

\$7.50 Honorary & Guests

Dress: Casual - NO JEANS

JUNE 18th

FATHERS DAY BARBEQUE — Dinner & Dance

Band "MILLER TIME"

Watch for more info to follow

SPORTS

4 BALL BEST BALL GOLF

1 June and 22 June

Starts 1200 hrs

## AROUND THE BASE

## Graduation Upcoming at Royal Roads

## HONORARY DEGREES GIVEN

Royal Roads is proud to announce that at the Convocation Ceremonies for 1988 two Honorary Degrees will be presented.

The first will be to Doctor Eric Graham, Principal Emeritus of Royal Roads Military College. Doctor Graham will also give the Convocation address.

Doctor Graham has had a long and prestigious academic career that started with his graduation from Queens University in 1942 with a BSc (Chemistry). In 1950 he completed his PhD (Organic Chemistry) at Massachusetts Institute of Technology, Cambridge, Massachusetts. He was the Principal and Director of Studies, Royal Roads Military College from 1961 until 1984. He has been a member of various councils and a visiting professor at several universities. This lengthy list includes being the chairman of the first meeting of the Association of Deans of Arts and Sciences (Western Region). He has also been a visiting professor at the

University of Dacca, Dacca West Pakistan. Doctor Graham presently resides in Victoria.

The second will be to Air Marshal Charles Roy Slemmon, RCAF (retired). In 1924 Air Marshal Slemmon was a Provisional Pilot Officer in the RCAF. In 1942 he went overseas and served as Senior Air Officer, No. 6 (Canadian) Bomber Group. He became the Deputy Air Officer Commanding in Chief, RCAF overseas in 1945. From 1953 to 1957 he served as Chief of Air Staff. Air Marshal Slemmon retired in 1964 and took up residence in Colorado Springs, Colorado.

## GRADUATION CEREMONIES

Royal Roads will hold graduation ceremonies on 13 and 14 May 1988. The ceremonies are to celebrate the graduation of 23 Officer Cadets who have completed four years of study at Royal Roads. These events are open to the public.

Wednesday, 11 May 1988

Sunset Ceremony Dress Rehearsal

7:00 - 8:00 P.M., spectators to be seated by 6:45 P.M.

Thursday, 12 May 1988

Graduation Parade Dress

Rehearsal

2:00 - 3:30 P.M., spectators to be seated by 1:45 P.M.

Friday, 13 May 1988

Convocation Ceremony

10:00-11:30 A.M., spectators to be seated by 9:40 A.M.

Sunset Ceremony

7:00-8:00 P.M., spectators to be seated by 6:45 P.M.

Saturday, 14 May 1988

Graduation Parade

2:00-3:30 P.M., spectators to be seated by 1:30 P.M. The

Reviewing Officer for the parade will be the Chief of Defence Staff General P.D. Man-

son, CMM, CD.

Post Graduation Tea

Approximately 3:30-5:30 P.M. on the Castle Lawn.

In addition to the Sunset Ceremony on 13 May 1988 the

Canadian Forces Parachute Team the "Sky Hawks" will be performing.

All events will take place on the College Parade Square unless the weather does not permit. Ample parking is

available on the grounds and the public is encouraged to attend any or all events.

## SKYHAWKS TO PERFORM

The Canadian Forces Parachute Team, Sky Hawks will be performing at the Royal Roads Military College Sunset Ceremonies, Friday, 13 May 1988 at 6:30 P.M.

The Sky Hawks were formed in 1971 as a Canadian Forces freefall parachute demonstration team. The team consists of volunteer service personnel representing a wide variety of military occupations in the Regular and Reserve Forces.

Since 1971, the Sky Hawks have performed each year in many airshows and exhibitions across Canada and the U.S. Last year the Team completed some 3,500 parachute descents before an estimated two million spectators. Each member is an expert parachutist with 250 to 2600 jumps to their credit. They can fly their bodies

through the air under absolute control, performing aerobatics and formation flying as they fall. They can also vary their rate of descent and move across the sky at speeds from 120 to 200 MPH (190 to 320 KPH).

Normal jump altitude is 10,500 feet AGL, or about two miles high. To assist spectators in following the Sky Hawks descent, jumpers trail coloured smoke from canisters attached to their boots. Using an altimeter and stopwatch, the parachutists will freefall up to 45 seconds prior to activating their Ram-Air Canopies at 2,200 feet AGL. With this steerable square parachute, the jumper will then control his descent for a pinpoint landing.

When not on tour with the Sky Hawks, members assist in the development of parachuting techniques and training of military freefall parachutists at the Canadian Airborne Centre in Edmonton, Alberta.

## FIGHT THE LUNG CRIPPLERS



DON'T SMOKE

British Columbia Lung Association

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THE SPORTS NETWORK

Channel 20



# Canadian Forces Update

## Waincon '88



CFB WAINWRIGHT, ALTA -- First troop, A Squadron, Royal Canadian Dragoons, head off for their turn on the Ram's Head 88 battles. Unfortunately, they weren't the straightest shooters. The week-long armored corps gunnery competition was won by Calgary's Lord Strathcona's Horse (RC). (DND/Edmonton Photos by Cpl Myles Turple).



WAINCON 88 -- Master Corporal Kevin Ryan, left of Whitborne, Nfld, and Corporal Henry Dufrenne of Thunder Bay, Ont. guard the approaches of brigade headquarters' underground command post during Exercise Waincon 88, at this Alberta army training centre. Members of the 1 Canadian Brigade Group Headquarters and Signal Squadron's defence and security platoon, the two infantrymen defend the brigade commander and his staff, provide protection to headquarters reconnaissance parties and perform many other valuable tasks as part of their daily duties in the field. More than 3,600 Canadian and American soldiers and airmen are involved in the three-week exercise. MCpl Ryan laughs when he admits that guarding a bunker in Wainwright isn't exactly what he had in mind when he joined up to "tour the world" but, says the veteran infantryman "It's all part of the job!" Corporal Dufrenne is one of three militia soldiers from the Lake Superior Scottish Regiment serving with the "D and S" platoon during the exercise.



CFB WAINWRIGHT, ALTA -- Assisted by troopers from the Lord Strathcona's Horse ammunition party, the crews of first troop, A Squadron, Royal Canadian Dragoons bomb up for their trial during Ram's Head 88. Even though the week-long competition was won by the LdSH(RC), who swept all four of the competition trophies everyone "won" as all improved their gunnery skills.

CAMP WAINWRIGHT, ALTA -- Once again, this Alberta army training centre was bustling with activity as more than 3,600 Canadian and American soldiers and airmen participated in Waincon 88. The annual three-week spring concentration is the culmination of the year-long training cycle of all units belonging to the 1st Canadian Brigade Group headquartered in Calgary.

Participants arrived from as far afield as 1 Canadian Signal Regiment in Kingston Ontario and the U.S. Army's Third Battalion, 27th Light Infantry, from Ft Orde, California. Although the brigade only spent three weeks in Wainwright, more than 2,000 of its officers and men spent another three weeks at Canadian Forces

Base Suffield Alta., approximately 280 kilometers south of Wainwright. There they participated in live fire battle group exercises at that base's field firing centre.

This year's concentration was a bit smaller than usual because two of the brigade units are serving overseas on peacekeeping duties. More than 500 members of the 3rd Battalion Princess Patricia's Canadian Light Infantry are on United Nations duty in Cyprus while more than 125 airmen from 408 Tactical Helicopter Squadron are flying support for the Multinational Force and Observers in the Sinai.

Cyprus and the Sinai may have one thing in common with Wainwright and Suffield this year - dry arid conditions.

## The Ram's Head Trophy Shoot

CAMP WAINWRIGHT, ALTA -- Many people have heard of the famous gunfight at the OK Corral where the Earp brothers assisted by Doc Holliday earned undying fame by outgunning their feared outlaw opponents. But how many people have heard of another gunfight called the Ram's Head trophy competition?

In this one though, there are no bad guys -- only good guys. In addition, six-guns have been exchanged for 76mm guns and 7.62mm general purpose machine-guns!

First held in 1981, the Ram's Head competition is designed to select the top regiment, squadron, troop and crew in the Cougar gunnery in the Royal Canadian Armoured Corps. Run by Mobile Command Headquarters' armoured section and staffed by members of the host regiment, in this case, the Lord Strathcona's Horse (Royal Canadians), and members of regular support staffs from across the Prairies, this year's event was held at Camp Wainwright, Alberta.

The weather was excellent; except for high winds -- nearly perfect gunnery conditions. Everyone, support troops and competitors alike, worked hard to make the shoot a success.

"What a great day," an obviously happy Trooper Ashley Ward said after his final battles. "You can see the targets a mile off!" A gunner from second troop, B Squadron, Royal Canadian Dragoons, Tpr Ashley liked the weather but found the dust created by Alberta's dry warm winds posed quite a problem for prairie gunners and drivers. "I'm going to enjoy a shower at the end of today," he said brushing the layers of dirt off his uniform and body. "They say it pays to be the lead vehicle, but I don't know about

that after today!"

In addition to good weather, this year's event was blessed with excellent participation and support. Air Transport Group flew two squadrons of both eastern regular force armoured regiments to Wainwright and also brought five troops of eastern and prairie militia tankers to the site. Apart from Pacific Militia Area, every militia area in Canada was represented by a composite troop. Pacific Militia Area only has one armoured regiment to draw from unlike the other areas and was not able to field a troop.

How did the militia gunners do? "They did really well," according to the contest's operations officer, Capt Craig Fletcher. "Their morale was great and they were really keen."

Fire support was provided by a joint troop of militia artillerymen from Red Deer's 78th Field Battery and the Edmonton-based 20th Field Artillery Regiment which fired the artillery fire missions required of every tanker squadron headquarters.

In the end though, it was the Strathcona's who not only worked hard to make the competition work logistically and administratively, but who also swept all four of the trophies up for grabs! By winning so decisively they broke a four-year stranglehold on the competition established by the 12e Regiment Blinde du Canada from Valcartier.

And the militia? Well they were represented too even though none of the composite troops won any awards. A young lieutenant, James Eden, on loan to the Straths from the King's Own Calgary Regiment, led his troop, second troop, A Squadron LdSH, to win the best troop trophy.

# Canadian Forces Update

## When a CP-EX is not Make-Believe



MCpl Allen A. MacClellan of 748 Communication Troop in Nanaimo, B.C., Line Construction Foreman, gives directions to MCpl Richard D. Johnson of Langley, B.C., from 744 Comms. Regt. MCpl Johnson was deck commander of the line crew laying cables for a Command Post Exercise at Vancouver, 27 Feb. 1988. (Photo by MCpl Paul Peacock)



VICTORIA -- Naval Reservists from Canada and the U.S. plan the movement of merchant ships during Exercise Expanded Sea 88. (Left to right) Petty Officer Second Class John G. Ybarra, USN, of the Great Lakes Naval Training Centre in Chicago, Sub-Lieutenant Darren Blois, Lieutenant Gordon Anderson both members of HMCS Malahat in Victoria and Commander Jean Harris of the Naval Control Shipping Office in San Diego assess charts as they plan shipping routes.

Designed to test and evaluate plans and procedures for the control of merchant shipping during a period of increased world wide tension, Expanded Sea 88 was conducted April 11-22, 88. (Canadian Forces Photo by Sgt. J.F. Smith)



The Sherman Armoury in Richmond was recently opened. The armoury designed with the best interests of the militia in mind is a monument to functionalism. In the above photo MGen Leech, Chief of Administration and Finance at NDHQ is escorted by 2Lt G. Ardie Sloot as he inspects the Military Police Platoon at the armoury opening.

VANCOUVER -- Militia participants in a Command Post Exercise are familiar with the scenario: unit command groups located in tents and rooms in a base receive intelligence notes on a Fantasia attack; we marshal our unusually well-equipped, imaginary forces and counter-attack in coordination with other brigade elements. "Blue Forces," namely us, win the battle and we all retire to celebrate the end of another successful exercise. The euphoria of victory is moderated by a lack of sleep and an end-of-exercise lecture on our sloppy voice procedure and neglect of communications security. For most of us, a CP EX is an exercise in fantasy to prepare participants for the realities of the annual militia concentration in summer.

A CP EX, however, is not make-believe for everyone. For the personnel of Communication Command who make it all possible, the work is all too real. This became evident to me as I discussed Pacific Militia Area's Command Post Exercise in late February with members of 74 Communication Group Headquarters who had supported this exercise. They were first alerted by a message from the militia area requesting support. One of the three British Columbian and three Alberta reserve communication units, a composite Headquarters and Communication Squadron was formed. 155 all ranks made up the squadron for the PMA exercise in February: 149 for radio operation and a six person line crew. Planning started as soon as the exercise Operations Order was received. A site plan and telephone line diagram received comments and amendments. There had to be sufficient equipment on hand for exercise requirements. The initial planning and coordination for communications was handled by Capt "Les" Adams, Staff Officer (Operations) of 74 Communication Group HQ, and his assistant, Lt Dale Bendfeld, from 749 (Red Deer) Communication Troop. During the exercise the composite squadron was commanded by the CO of Vancouver's 744 Communication Regiment, LCol S "Scotty" Davidson.

First on the site was the Line Crew under MCpl Allen A. MacClellan of Nanaimo, B.C. Most reserve communicators can work as radio or teletype operators; NCOs with an expert knowledge of land line communications are rare. At least a day and a half was needed to lay cables and to prepare the switchboard for about 35 telephone locals in preparation for the CP EX. Another twenty remote lines between telephones were laid for this exercise. On a brigade field exercise as much as 48 kilometres of cable might be needed. A prudent line crew will lay the cable carefully, using poles to lift it over roadways where it might be damaged by passing vehicles. Damage and breaks are always a hazard and the line crew remains on "fault control" duty to deal with these problems. According to Sgt "Marty" Brown, the regular force Line Sergeant advising the reservists, the line crew is "always first on the ground and the last to leave" after a CP EX. The crew retrieves and cleans the cable, while testing its electrical resistance. Splices and cut-in lines increase the resistance and reduce the efficiency of the line; those that are close together are cut out of the cable before it is put away for future use.

Pacific Militia Area's February CP EX had about thirty radio sets in use. The communicators were divided into thirteen detachments consisting of a det commander and two or three operators. They were on the radios for four hour shifts, which alternated with equipment maintenance. The principal problem with a CP EX in a limited area is the interference that adjacent radio sets cause for one another. Remote relay sets can avoid this nuisance, but on this exercise, greater use was made of the land lines when several lower level control sets in one room generated mutual interference. Military communications are on authorized VHF frequencies not available to civilian radio transmissions and this is averts external interference. Continuous military transmissions near airports are, however, a no-no. Good pre-exercise planning, said Capt "Les" Adams, anticipates these problems. The next time you celebrate "endex" in your mess, drink a toast to the busy Communication Command personnel who made it all possible.

## WANTED

A PRE-WORLD WAR II RADIO  
(WORKING OR NOT WORKING)

PLEASE CONTACT THE COMOX AIR FORCE MUSEUM  
339-8635



## AROUND THE BASE



## Origins of the Species

John Bradley

## 433 BOMBER SQUADRON

433 Squadron came into the war as Canada's last Bomber squadron. Formed under No. 6 Group, the squadron came to life on 25 Sep 1943 at Skipton-on-Swale in Yorkshire. Like the majority of No. 6 Group at that time, 433 was equipped with the Handly-Page Halifax four engined heavy bomber. In 433's case they were equipped with the B. Mk. III version. For the entire war all of 433's aircraft would carry the BM codes.

## ADOPTED BY TIMMINS

Right from the start, the unit was adopted by the Northern Ontario town of Timmins, located in the Porcupine District. This adoption gave the unit both its mascot and its motto which was Qui S'y Frotte, S'y Pique which meant Who Opposes It Gets Hurt. The porcupine was also included into the Squadron Badge. The animal stood in front of a Blue disc or "hurt" which symbolized the hurt done to the enemy and the sky through which the sqn operated.

Unit personnel began arriving at Skipton-on-Swale almost immediately and began the long, slow process of training for operations. As part of the ongoing training process, selected pilots were sent to 427 Sqn to gain experience on actual operational missions. During this intensive training an exceptionally bad accident occurred in which a Halifax rolled upside down after take-off. The aircraft crashed into another Halifax that was undergoing maintenance and was being worked on by four groundcrew. Five aircrew were killed and two of the mechanics were injured.

## FIRST MISSION

At last the training was over and the Porcupines allowed their first mission. On the evening of 2 Jan 1944, four aircraft departed their base and headed out to lay mines off of the Frisian Islands. Seventeen days later the squadron departed on its first bombing mission. On the night of 18 Jan, 433 in concert with other No. 6 Group squadrons, bombed Berlin with a load of 2,000 pound bombs and incendiaries. Two aircraft were forced to return early and had to jettison their loads to lighten the aircraft enough so that they could safely return to England.

By the end of January, the Porcupines had returned to Berlin on two more occasions with the loss of only one aircraft and crew. For the rest of

the winter of 1944, 433 was involved in incendiary attacks on targets in Stuttgart, Schweinfurt, Augsburg, and high explosive raids on such areas as rail yards in France and Belgium. By the spring the unit was returned to the bombing of targets over Germany and raided such locations as Dusseldorf, Essen and Karlsruhe. During the Dusseldorf raid the squadron suffered the heaviest losses up to that time when three aircraft failed to return.

## PREPARING FOR D-DAY

By this time the preparations were in full swing for D-Day and 433 was not to be excluded from the overall plans. The sqn was returned to its first role of laying mines as they had done on that original mission just five months earlier. Mines were laid in the waters around St. Malo, Brest, Cherbourg, the Kattegat, Mortain, and the Frisian Islands. By June they had returned to tactical bombing missions in direct support of the landings with missions directed at gun emplacements and transportation centres including rail yards and road junctions.

During July they were tasked to bomb the V-1 launching sites in concert with other units of the RCAF and RAF. In addition further support was provided to the Army and they were even able to add four more "Gardening" or mine laying missions off the enemy coast. In the latter part of July, 433 returned to the strategic bombing role and attacked targets in Stuttgart, Hamburg and Wessling.

Through August and September Porcupine continued on with a mixture of tactical and strategic bombing missions.

One the tactical side they directly supported the 1st Canadian Army by bombing enemy troop concentrations in Calais, Le Havre, Boulogne, and numerous other locations. By October and for the remainder of 1944, 433 was returned to the strategic Bombing Offensive with only the odd mission being flown in direct support of the Army. To complete the year 433 Squadron was the only Bomber Command unit to fly operationally when they were sent on a "Gardening" mission near Oslo.

## LANCASTERS ARRIVE

New aircraft were in the offering and on 2 Jan 1945, the first of the new Avro Lancaster B. Mk. I and IIIs began to

arrive. Each Flight was temporarily suspended from operations until conversion was completed. "A" Flight was first with "B" Flight following by the end of the month. It was "B" Flight that the Porcupines flew the last Halifax missions.

These included visits to such cities as Magdeburg, Hanover, Saarbrücken, and Grevenbroich.

The first day of February 1945 saw the first Lancaster raid carried out by 433 Sqn with an attack of Ludwigsburg. One aircraft was slightly damaged on this raid. Within a couple of weeks the true reason for receiving the Lancaster was made clear when the unit was tasked to fly to its target near Dresden in support of the advancing Red Army. With the longer range and heavier payload, the Lancaster was the obvious choice for this type of long range mission. Even with the new aircraft however, the unit found it was once again laying mines around Oslo. By this time they had become No. 6 Group's premier mine laying unit.

## THE END IN SIGHT

By this stage of the war the end was in sight as the German Reich was rapidly diminishing in size. Despite this though, bombing missions continued on in a steady pace with raids over Hamburg, Chemnitz, Heligoland, Oslo, Dortmund, Mannheim, and Cologne. Just before the end, the Porcupines became involved with an estimated thirty Me. 262 jet fighters. None of the unit's bombers fell victim to these revolutionary fighters but one member, P/O R. Pierson, an air gunner, claimed two of the jet fighters destroyed.

The end came for the Porcupines on 25 April 1945 as ten Lancasters bombed gun positions on the Island of Wangerooge. They were not repatriated at wars end but remained in Europe to take part in "Operation Exodus" which was the return to Britain of Allied POWs. After this was completed they were tasked with loading up surplus bombs and dropping them out to sea. After this was over they were given another tasking which was "Operation Dodge." This was the airlifting of troops from Italy to England. Finally, on 15 October 433 was allowed to disband and sent all of their personnel back to Canada.

433 lost 38 aircraft and 266 aircrew killed, wounded, missing or taken prisoner. Losses to the enemy were even

higher as they had dropped 7486 tons of bombs in 209 missions. Included in this number was 54 minelaying missions. Aerial victories included five destroyed, two damaged and three probably destroyed enemy aircraft.

## BATTLE HONOURS

To the squadron was awarded 2 Bars to DFC, 132 DFCs, 9 DFMs, 1 BEM, 14 Mentioned

in Despatches and 1 Air Medal (USA). Battle Honours presented to the Squadron were:

English Channel and North Sea 1944-1945, Baltic 1944-1945, Fortress Europe 1944, France and Germany 1944 - 1945, Biscay Ports 1944, Ruhr 1944 - 1945, Berlin 1944, German Ports 1944 - 1945, Normandy 1944, Rhine and Biscay 1944.

## 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.

WEDNESDAYS MAY 11, 25  
OWC BRIDGE CLUBSUNDAY 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  
Members \$25  
Reservations by 11 May 88

WEDNESDAY MAY 18  
OWC WIND-UP & ELECTIONSFRIDAY MAY 20 to MAY 27  
FISHING DERBYCOMING 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.

## OFFICER'S MESS FISHING DERBY

The Officer's Mess Fishing Derby will be held 20-27 May 88. There will be a trophy presentation at TGIF Friday 27 May 88. Registration is at the Back Bar of the Officer's Mess with a cost of \$2.00 per person. Official weigh-in will be at the Fire Hall. Come out and participate in Vancouver Island's number one pastime.

## ON AND OFF THE BASE



## Legion Log

BRANCH 17 COURTENAY

## \*\*\*ENTERTAINMENT\*\*\*

Fri & Sat May 13-14  
Fri & Sat May 20-21  
Fri & Sat May 27-28  
Sun May 22

Music by WESTWIND  
Music by PRIME TIME  
Music by COUNTRYMEN  
STEAK BBQ \$5  
Food 4:30-6:30  
Entertainment 3:00-7:00  
FUN CRIB TOURNAMENT  
Registration 12-1 PM

Sun May 29

## \*\*\*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.  
NOW OPEN SUNDAYS...1-7 PM

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

## BRANCH 160 - COMOX

## \*\*\*ENTERTAINMENT\*\*\*

May 13-14  
May 13 Fri

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  
Music by COUNTRYMEN  
Music by ALLEYCATS

May 20-21  
May 27-28

## \*\*\*REGULAR ACTIVITIES\*\*\*

SUNDAYS  
MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

11 am to 6 pm  
LA Drop-In Bingo 7:30 pm  
Mens Dart League recessed until Sept 12 (Fall Start-Up)  
Mixed Dart League recessed to Sept. 13 (Fall Start-Up)  
Crib League-Lounge\* 7:00 pm  
Navy League Drop-In Bingo\* Upper Hall 7:00 pm  
\*1st\* Branch Executive Meeting 8:00 pm  
L.A. Executive Meeting as required  
\*2nd\* L.A. General Meeting-UpperHall 8:00 pm  
\*3rd\* Branch General Meeting - Upper Hall 8:00 pm  
T.G.I.F. in Lounge 2 - 6 pm  
Meet Draws \*Lounge\* 2 - 6 pm  
Dance - Lounge - Downstairs unless advised  
Meat Draws \*Lounge\* 2 - 6pm  
Dance \*Lounge\* Downstairs unless advised  
Dance or Jam Session TBA

## SPORTS

No Sports events in May. Advance notice of other sports events coming up. Details to follow:

Saturday, 11 June - Fish Derby  
Sunday, 10th July - BBQ to celebrate Orangemen's Day July 12  
Sunday, 14th August - Annual Legion Golf Tournament  
Sunday, 28th August - Annual Legion Picnic - Air Force Beach

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## Let's Talk

SO MUCH TO SO MANY

"Why are mothers special?" a young boy was asked.

"Cause everyone's got one," was his quick reply.

Yes, we have all entered this world, from a mother's womb. She gave us a life.

But motherhood is more than holding a new-born baby is your arms. It is more than pink dresses of lace and frothy frills.

Motherhood is more than listening to the oohs and aahs, as baby photos are displayed. Being a mother today is more than roses, perfumes and "hazy, lazy days of summer" attitudes. There are the day to day experiences which may not be the chosen topic of some featured article in a glamour magazine.

Mothers are discovering that each new day is a new challenge. Many try to meet the demands of family household chores, a part-time job, and still keep their sanity.

They need today especially, the intellect of Einstein, the patience of Job, the wisdom of Solomon and the disposition of an angel.

To be a mother is certainly a privilege, but with that privilege, there also comes a lot of responsibility.

What have great men of the past written about mothers? Emerson reminds us "Men are what their mothers make

them."

Napoleon Bonaparte said "The future destiny of the child is always the work of the mother."

Abraham Lincoln gave this tribute: "All that I am or hope to be, I owe to my angel mother."

Being a mother, on a daily basis, gets down to the "nitty gritty" of life.

It means being awakened in the middle of the night, by the cries of a sick or frightened child.

It may mean standing at the door, and helplessly watching a child leave home, simply because he doesn't want to feel "cramped" in his life-style.

It may mean rising early in the morning, planning meals for the day, doing the laundry, checking for baby-sitting, and then trying to hold down that part-time job.

Perhaps, it means sitting alone, in the quietness of the night, after kissing the children "good-night," and wondering why and how their father could just "walk out of their lives."

It could mean dealing with the 16 year old girl, who has just become an "unwed" mother.

For some mother, responsibility means standing before a magistrate in Family Court, waiting to see what will happen to her 12 year old boy, who has

been arrested again for shop-lifting.

For another mother it is the 24-hour a day task of caring for a helpless teenager, with the mind of a 3-year old.

And, mothers never stop being mothers. As they grow older, the family simply extends itself.

Yes, mothers are honoured on their special day. Gifts, flowers and especially chosen greeting cards all convey that message of love and gratitude, and rightly so. But, as mothers, have we aspired to the real expectations of what God intended for us? Have we provided all physical and material needs and somehow neglected to teach them basic Christian principles?

Children learn by example. They do what you do! What picture would your child paint to describe you? What moment would stand out in his mind apart from everything else that you have done?

We need mothers today who will stand for what is true. We need mothers who will value things that are right and those who will engage in activities that will honour God alone.

Proverbs 14:34 reminds us that "righteousness exalteth a nation," and the place to begin is in the home. Mothers can have a part to play in making our nation strong and free.



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## AROUND THE BASE



# Ride for Sight

## WHY RIDE FOR SIGHT?

One rider's answer is "I believe in Ride for Sight because I couldn't ride my motorcycle if I was blind. Part of me would be taken away. I could still ride by moving controls or adding a sidecar to overcome other disabilities. But nothing could be done if I was blind."

The annual Ride for Sight is planned and organized voluntarily by motorcyclists and gives you the opportunity to help those who are losing their sight. You are raising funds for research in Canada into RP eye diseases which cause blindness. At the same time, you rally and have fun with your fellow motorcyclists.

Ride for Sight started in 1979 and is now the largest motorcycle rally in the world dedicated to a common cause. Over 7,000 Canadian motorcyclists joined the 1987 ride. They raised over \$500,000 from 80,000 individual donors.

More than half of the research funds granted by the RP Eye Research Foundation each year are raised through Ride for Sight. In addition to raising funds, motorcyclists have helped increase public awareness and understanding of RP diseases and the need for continuing research into these blinding eye disorders.

## WHAT IS RP?

RP is the name given to a group of closely related eye diseases which affect the retina. Vision is gradually lost and blindness is often the end result. As a group, RP is the major cause of blindness in Canada.

The retina at the back of the eye acts like a film in a camera. Its function is to transfer pictures to the brain. In RP the cells of the retina degenerate and fail to renew themselves properly. The pictures to the brain are fragmented or blocked.

An early symptom in one form of RP is the loss of night vision. As the disease progresses, peripheral vision narrows and the person affected is left with just a tunnel to see through. In another form of RP, central vision is lost first and then peripheral vision gradually deteriorates.

## WHO GETS RP?

RP eye diseases are not contagious. But, they do run in families. They are genetic. In some cases, they appear suddenly where there is no family history of serious visual impairment or blindness. In others, they may skip several generations before appearing

retinal degenerations. No treatment or cure has been found for them and the estimated 100,000 Canadians who are affected by these baffling RP eye diseases.

## WHAT IS BEING DONE?

Research scientists from such disciplines as anatomy, bio-chemistry, genetics, ophthalmology and physiology are searching for answers to RP eye diseases at major university

research centres across the country.

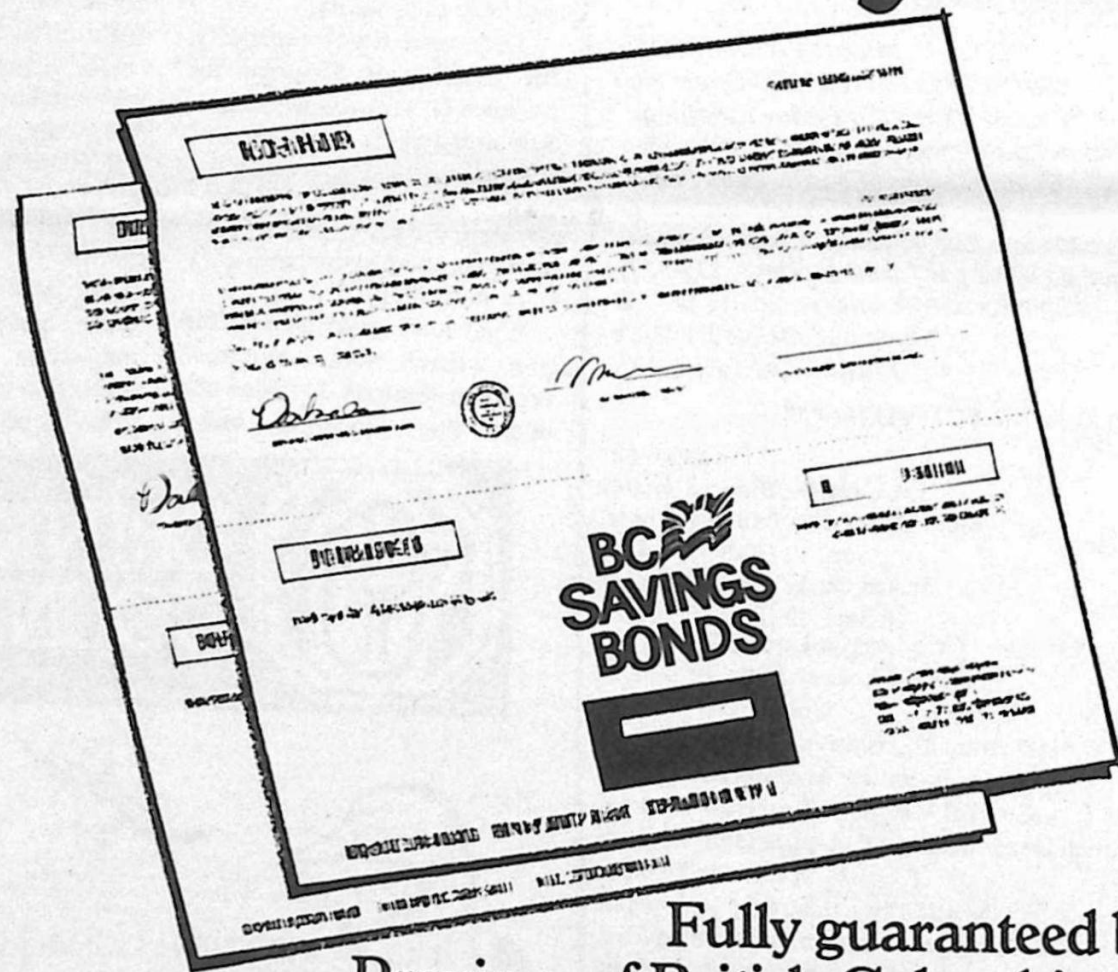
In less than twenty years, the team effort of scientists studying the retina and comparing sick cells with healthy cells has led to improved knowledge about the nature and course of RP.

Techniques for earlier and more accurate diagnosis have been developed. Libraries of RP families have been established. A breakthrough is near in identifying at least one

of the defective RP genes. In many cases, it is now possible to identify carriers of RP deficiencies.

Research is slow, tedious and costly but must continue if prevention, treatment and a cure for RP eye disorders is to be found. Since 1974, the RP Eye Research Foundation has granted \$3.2 million to Canadian eye research scientists. Ride for Sight donations account for \$1.5 million of this total.

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Ministry of Finance and Corporate Relations,  
Honourable Mel Couvelier, Minister.

## HOME AND FAMILY

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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 WOMEN'S 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

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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.

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## About The House with Lorry



I'm pleased to announce that Lorry has completed her course in sunny Borden, and is currently taking a well-deserved break with her parents in London.

Unfortunately for me, Graham Bell invented the telephone and Thursday night the conversation went something like this, "Gee Brad, I won't be back in time to do the column. Would you guest for me?" Somehow or another the "No way" that was to come out of my mouth changed to "Oh, all right," which totally shocked the hell out of me. So without further ado, Lorry, this is for you... Happy Mother's Day!

In this edition we're going to cross two borders and go Mexican, where tortillas are found on tables at almost every meal. They are served plain or buttered (used almost the same as we use bread), or are wrapped around a variety of fillings. The two types of tortillas we'll cover are corn, found mainly in the southern corn producing regions of the country; and flour, found in the northern areas where wheat is grown.

## CORN TORTILLAS

The best method for making corn tortillas is to buy tortilla flour.

INGREDIENTS  
2 C tortilla flour  
1 C water

## METHOD

In a bowl combine flour and water, mixing with hands until the dough is moist but holds its shape (add more water if necessary).

Let stand for 15 minutes. Divide the dough into 12 balls. Dampen the dough balls slightly with water then place them between sheets of waxed paper. Using a tortilla press (if you don't have one of these marvelous tools - we don't - use the bottom side of a heavy baking dish) and press the balls into 6-inch rounds. Carefully peel the top sheet of paper off. Place the round, paper side up, on a hot, ungreased griddle or skillet. Gently peel the other piece of paper off. Cook about

30 seconds, or until the edges begin to dry. Turn; cook the other side until the surface appears puffy.

Repeat these steps for the remaining dough balls. Makes about 12 (6-inch) rounds.

## FLOUR TORTILLAS

INGREDIENTS  
2 C all purpose flour  
1 tsp salt  
1 tsp baking powder  
1 T shortening or lard  
1/4 - 1/2 C warm water (110°)

## METHOD

In a bowl, stir together flour, salt, and baking powder. Cut in the shortening until the mixture resembles cornmeal. Stir in 1/4 C of warm water, mixing until the dough can be gathered into a ball. (Add more water, one tablespoon at a time, if necessary).

Let stand 15 minutes. Divide dough into 12 balls. On a lightly floured surface, use a rolling pin to flatten the dough ball into 7-10 inch rounds (trim uneven edges to make the tortillas round). Cook in an ungreased skillet over medium heat for about 1 1/2 minutes per side or until lightly browned. Makes about 12 tortillas.

## PREPARING TORTILLAS FOR FILLING

After cooking the tortillas, they will become brittle, making it almost impossible to wrap anything in them without breaking.

To soften the tortillas; Heat 2 T of cooking oil in a small skillet. Using tongs dip the tortilla in the oil for about 10 seconds or until it goes limp. Drain on a paper towel. Do the same for the remaining tortillas, adding oil as required.

## MAKING TACO SHELLS

In a heavy skillet heat 1/4 inch of cooking oil. Fry the tortilla about 10 seconds or until limp. Using tongs, fold the tortilla in half and continue frying, holding the edges apart. Cook about 1/4 to 1 1/2 minutes longer or until crisp, turning once. Drain on a paper towel. Do not release the tongs until the shell has cooled slightly or

the edges will fold together. **CHIMICHANGAS (FRIED BEEF-filled flour tortillas)**

No sense in making tortillas without a purpose for them.

## INGREDIENTS

2 pounds stew beef  
1 1/2 C water  
2 garlic cloves (minced)  
2 tsp chili powder  
1 T vinegar  
2 tsp dried oregano (crushed)  
1 tsp salt  
1 tsp ground cumin  
1/8 tsp pepper  
12 10-inch flour tortillas  
cooking oil for frying

## METHOD

In a medium saucepan combine beef, water, garlic, chili powder, vinegar, oregano, salt, cumin, and pepper and bring mixture to a boil.

Cover; reduce heat and simmer about 2 hrs or until the meat is tender. Uncover and boil rapidly, about 15 minutes or until the water has almost evaporated. (Watch closely and stir near the end of the cooking time so the meat doesn't stick).

Remove from heat. Using 2 forks, shred the meat very fine. While shredding the meat, wrap the stack of tortillas in foil; heat them in the oven at 350° for 15 minutes. (another way of softening them for filling). Remove the tortillas (one at a time) from the foil (we wrap to keep warm and pliant). Spoon about 1/4 cup of the meat mixture onto the tortillas near one edge. Fold the edge closest the filling up and over the filling just until the mixture is covered. Fold in the two sides envelope style, then roll up; fastening with a toothpick (if required). Continue doing this until all tortillas are filled. In a heavy skillet, fry the filled tortillas in 1/2 inch of hot cooking oil, about 1 minute on each side. Drain on a paper towel and keep warm in a 300° oven while frying the remaining chimichangas. Serve warm, makes 12.

With that I close. Good luck and Good eating. (Can't believe I made the deadline!)

## PPCLI Return to Winnipeg

OTTAWA -- The Second Battalion, Princess Patricia's Canadian Light Infantry will be returning to Winnipeg's Kapyong Barracks this summer after a four-year absence. They are completing a tour of duty at CFB Baden-Soellingen in the Federal Republic of Germany.

They will be replaced by the

Third Battalion, The Royal Canadian Regiment who moved to Winnipeg from Germany in 1984.

This rotation, dubbed Operation Princess Royal II, will be the second that these particular units have executed.

Unit rotations between Canada and the Federal Republic of Germany started

in 1984 to ensure that all Canadian infantry regiments had a chance to gain expertise in mechanized field operations in a European theatre.

The rotation also allows Air Command's Air Transport Group to test the operational and administrative aspects of its long range troop life capability.



## ON AND OFF THE BASE



## Truckin' Tales

The BTNO Annual Golf Tournament was held on May 4 at Glacier Greens Golf Club. The weather was cooperative and a good time was had by all. Six full teams set out, having taken one day's annual leave, in pursuit of a share of the many prizes. When the smoke cleared, Larry Kozakevich emerged low gross winner with a 78 followed by Joe McLeod who shot 82. Low net was won by Jan Moyer (as was the Texas Mickey) with 70 and Greg Noble took second low net shooting a 73.

The APS fast approaching, we seize the opportunity provided by this outlet to bid fond farewell to several members of the organization. Capt Tasse leaves us in July for training systems HQ in Trenton. Capt Van Gelder, now fluently tri-lingual, and Cpl Kozakevich both depart this summer for Edmonton. MCpl James heads north to Cold Lake in June and Vic has offered \$40 for his mower. MCpl Collier will be tearing up the bowling lanes in Kingston. MCpl Warren travels to Goose Bay, joining MWO Ellis who is already there.

Sgt Young and MCpl Lucas, *snakebite kits in hand*, to CFB Suffield, Sgt Bostock and Sgt Holland are proceeding to London (England that is) and 436 Sqn Trenton respectively. Cpl Moseley heads to sunny Holbert in Aug. Cpl Pemberton, Col Belanger and MCpl Greve all off to Lahr, also Cpl Cardinal. LS Gilbert joins the crew of HMCS SASKATCHEWAN (in Esquimalt). Cpl Tremblay and Cpl Bureau are both scheduled for Valcartier this summer, and Cpl Moyer, 1 SVC Bn Calgary. Also goodbye to our Adm Clk Cpl Suzanne Beaulieu who leaves us 30 Jun for another inner base challenge.

Happy birthday to all BEME staff (15 May) and happy motoring to all. The following is a history of the LEME Branch since WW II.

## LAND ELECTRICAL &amp; MECHANICAL ENGINEERS

The LEME Branch has a total of 21 service personnel stationed at CFB Comox as

part of the BTNO's organization. The History of LEME dates back prior to 1944 when the Corps of Royal Canadian Electrical Engineers (RCEME) was officially formed; Canadian fighting soldiers were principally supported by three separate corps; the Royal Canadian Ordnance Corps (RCOC), the Royal Canadian Army Service Corps (RCASC), and the Royal Canadian Engineers (RCE).

Although these three provided excellent service to the Army there was, nonetheless, a degree of inefficiency associated with the duplication and triplication of efforts from the three corps. This was not a uniquely Canadian problem, since our army structure had been borrowed from Great Britain. It was therefore not surprising that Canadian and British planners were keen to rectify this problem at the outbreak of war in 1939.

As a result, a British committee under the chairmanship of Sir William Beveridge investigated the situation and subsequently recommended that a distinctive Corps of electrical and mechanical engineers be formed with the aim of removing electrical and mechanical engineering functions from the British ROC, RASC and RE. The recommendations were accepted and in October 1942 the corp of Royal Electrical and Mechanical Engineers (REME) came into being. The Canadian Army overseas followed the British lead but did not officially form the Corps of the Royal Canadian Electrical and Mechanical Engineers (REME) until 15 May 1944.

In the fall of 1944 as part of the British Eighth Army, Canada participated in the invasion of Italy. During the campaign, Canadian Craftsmen distinguished themselves with their ingenuity and ability to keep equipment serviceable during extreme adverse conditions. Following the Italian campaign Canadian Craftsmen received four Military Medals,

three Military Crosses and several Honourable Mentions in Despatches for gallantry under fire.

Besides the Italian campaign, Canadian Craftsmen distinguished themselves in Europe during the latter part of WW II. As a result of the war, craftsmen received several decorations for gallantry in the face of danger. These ranged from Military Medals, Military Crosses and Honourable Mentions to the very prestigious Bronze Cross of the Netherlands.

All in all, some 11,000 RCEME personnel participated in WW II. Of these there were about 500 officers, 2500 storemen clerks, cooks, drivers and general duty personnel; 100 artificers and 7000 artisans, mechanics, fitters, blacksmiths, welders and electricians.

With the end of WW II RCEME personnel busied themselves with the damaging role of preserving machinery, repairing equipment casualties and refurbishing damaged ones. The Corps flourished and was quick to rise to the task presented to it by the Korean War in 1950. Combat arms personnel, as before, rapidly learned the value of the multifaceted RCEME tradesmen. During the 50s and 60s the Corps expanded and assumed new roles in order to keep pace with a rapidly advancing military technology.

Beside these functions, RCEME personnel contributed admirably in peace-keeping duties in Vietnam, Cyprus, Egypt, the Golan, the Congo, Cambodia and Laos.

In February 1968, following 24 years of distinguished service, the RCEME Corps became the Land Ordnance Engineering (LORE) Branch. Tradesmen were transferred from the Air Force and Navy vehicle trades into the common LORE trades; likewise some RCEME trades moved to the Aerospace Engineering (AERE) and Communications and Electronics (CELE) Branch. During its 16 year life the

LORE Branch, in keeping with tradition, served the Canadian Forces with distinction. But because the term ordinance did not fully describe the functions of the branch, military planners reached the decision to reintroduce the electrical and mechanical engineering terminology back into the name. Approval was received to proceed and a new name was selected. So it is that since 15 May 84 the LORE Branch name began fading in the memory and personnel reunited under the new name: The Land Electrical and Maintenance Engineers (LEME). With the change, the ghosts of yesteryear will finally be set to rest and LEME tradespersons will be handed the torch of traditional excellence to carry forward into the twenty-first century.

Within Air Command there was further name change which is known as Base Electrical Mechanical Engineers (BEME).

## MSE SAFETY/USER DISPATCH

Posting season is always a busy time at MSE Safety and there have already been lots of new faces coming in. Not new to the Base but new to MSE Safety is Lea Brandt. Lea is the name of the person behind the pleasant voice on the phone when you call for a 404. She's doing really well in her new spot, memos are flying all over the base. We're waiting for our new boss coming from Beaverlodge; Dave Foreman will be taking Pte Hill's vacated spot at the end of July.

1988 may be a good year for our "accident rate" on Base. So far there have been only 2 MSE accidents, the last being on 9 Feb. The MSE Ops haven't had an accident since 14 July of last year. But what is an "accident rate?" If you have one accident in every 160,000 Km you have an accident rate of 1. This is considered acceptable by Command. Comox's rate for the first quarter of 1988 is .91 (2 accidents for 348,086 KM travelled). Ten percent below the "targeted" rate of 1 (a 75% reduction over the first quarter from last year).

We're doing fine so far, let's drive defensively!



## RIPPLES FROM THE BEAVER POND

The stork has made two trips to our section since our last report. Ben and Marina Rave are pleased to announce the arrival of their first, a little boy named Jacob Michael born on 18 Apr and the BCEO and his wife Joan welcome a new little girl (unnamed at this writing) their third child born on 6 May 88. Congratulations to both families from the CE Section.

The Fridge Shop would like to welcome Mr. Bob Harrington to the fold. Bob hails from Ontario and decided enough shovelling and headed to "Lotus Land." Mr. Don Neufeld is out of action for a couple of months with an operation. Get well soon Don. Norm seems a little lost but Andrea is smiling. Wonder what it means?

Whereas the salmon fishing is once again upon us, we are reminded by "The Bull," skipper and head guide of Bullwinkle Charters to check the fishing regulations for new changes in restrictions and catch quotas. We are also reminded that The Bull has a few vacancies in his Monday night workshop on buzz bombing and fishing in general and as an extra added bonus we are informed that he has a new 1988 selection of his own personal touch rod and reel combinations. For more info call local 8271 and ask for "The Bull."

MCpl Jason Evans has just returned from his fun loving excursion in Alert. As of Jun 1st it won't be too quiet around here anymore. On a closing note we must say congratulations to Cpl Perry Johnson on both his marriages. Now it's legal. Chimol!!!

Be Careful with Fire in the Forest

B.C.'s Most Valuable Natural Resource



## LIFESTYLE



## RUSSELL RETURNS BY SHOWING HOW TO "GET THERE"

Her father was a professional singer who performed with the legendary Ink Spots; her mother was a singer/songwriter and both parents encouraged Brenda Russell's interest in music. Although born in Brooklyn, Brenda moved with her father, at age 12 and three years later she was performing in the all-female R & B group, Tiaras. She moved to New York and back to Toronto and joined the touring company of the musical Hair. When Brenda married Brian Russell, the couple moved to Los Angeles and recorded a pair of albums for Elton John's Rocket label.

Brenda continued to expand her musical horizons. She worked as a session singer with such stellar performers as Barbra Streisand, Elton John, Cher and Bette Midler and moved into the solo spotlight with the recording of "Brenda Russell" and "Love Life" albums. Proving her varied talents, Ms Russell wrote songs for Earth, Wind and Fire, Anne Murray and Roberta Flack. When Herb Alpert recorded his "Wild Romance" album, it was Russell who co-wrote several tracks as well as singing a lead vocal.

To continue with her credits, Brenda contributed "Totally Academic" to the "Soul Man" soundtrack and it was Russell's song "Dinner With Gershwin" that became an international hit for Donna Summer. The list goes on and on but I think you get the picture.

In her return to wax Brenda's latest album "Get Here" (A & M SP-5178) has already launched her skyward and the debut single, "Piano In The Dark" has become a radio chart favourite. This is one of those albums with timeless appeal. The vocals are on-target and the instrumentation is there to augment, not overwhelm. By the time the "piano" track has finished its run, the album should have been certified for sales in excess of a million copies and Ms Russell will be well on her way to finally establishing her credentials as a bona fide hit-maker for herself, rather than writing, singing or producing for others.

Her voice is used like a well tuned instrument and whether you're tuned to the uptempo "Make My Day," the bluesy "Le Restaurant" or the pop balladry of the title track, "Get Here," you know you're hearing one of the most talented entertainers in the business. Brenda will be opening for Billy Ocean on the British leg of his worldwide tour.



BRENDA RUSSELL



WE CONSERVE WETLANDS...  
Ducks Unlimited Canada  
We've been doing it since 1938. Today we employ more than 400 professionals and support staff in 44 offices across Canada. We keep an eye on wetlands - and we're good at it.  
During 1988, we're celebrating our golden anniversary. How? By building wetland conservation projects. And when we finish those, we'll work on more, because helping out Canada's waterfowl and wildlife is the best way we know to celebrate the beginning of our next fifty years.  
We don't think of ourselves as saviours of the natural world. We're hard-working, down-to-earth, nuts-and-bolts conservationists who do what we know best... conserve wetlands.  
THE DUCKS AND GESE DO THE REST.  
Call 1-800-665-DUCK for more information.

## Aids Awareness

by JAMES GREIG

## EDITOR'S NOTE:

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

## CHILDREN AND AIDS

Is there any possibility that someone could contract AIDS through human feces or urine? R.R. Guelph, ONT.

Yes, there is a very slight possibility. Urine is a body fluid and traces of the AIDS virus have been found in the urine and feces (blood) of some AIDS patients. This very slight risk, however, is one that would really only be appreciated by HCWs (Health Care Workers) and those who might be caring for an AIDS patient. In most cases these people have been well trained in exercising the proper precautionary measures.

Your letter specifically mentions your concerns about changing diapers. Unless you work in a pediatric ward of a hospital, in which case you would be knowledgeable about proper hygienic procedures in caring for children, you have nothing to be concerned about. The majority of children

who have AIDS or are AIDS virus carriers acquired the disease from their infected mothers before birth. Some children contracted AIDS from the transfusion of infected blood or blood products before blood donations were carefully screened. Pediatric AIDS, however, remains rare in Canada. As of Feb. 22, 1988 there have been 26 cases of children (under 15 years of age) diagnosed with AIDS in Canada, of whom 19 have died. In the U.S. (as of Feb 18, 1988) there have been 839 recorded cases of children with AIDS (under 13 years of age).

My ex-boyfriend was an intravenous drug user less than two years ago. We have had sex frequently since then. Does that put me in the high risk group? Should I be tested for AIDS? A. Happy Valley, Nfld.

I'm afraid anyone who had had a sexual relationship with an intravenous drug user is at considerable risk of contracting AIDS. You are categorized as being in a high risk group as is your ex-boyfriend, particularly if he has shared contaminated needles or syringes.

Intravenous drug abusers are the second highest group (following homosexual and bisexual men who engage in the practice of anal intercourse) to be most concerned about AIDS and represent approximately 17% of the AIDS cases in the U.S. This group, however, only represents 0.6% of AIDS cases in Canada.

The difference from American figures may be due to a smaller drug abuse problem in this country, but more importantly it may stem from the fact that needles and syringes are more readily available here, and are

therefore not shared as frequently. They can be purchased at most pharmacies over the counter, while in the U.S. a doctor's prescription is usually required.

Should you be tested for AIDS? I think I would discuss this with your doctor and seek pre-test counselling. Local health authorities and/or local AIDS community groups may also be consulted. Pre-test and post-test counselling is of paramount importance. Your local AIDS Community Group is the Newfoundland and Labrador AIDS Association which can be contacted at P.O. Box 1364, Station C, St. John's, Newfoundland, A1C 5N5 or telephone (709) 739-7975.

My son recently required a blood transfusion when he was vacationing in Europe. How can I be sure the blood he received did not have the AIDS virus? W.C. Vancouver, B.C.

The likelihood of your son receiving blood that was contaminated with the AIDS virus is very remote. However, you should know that blood donations are only screened against the AIDS virus in North America, Australia, Western Europe, and Japan. If it would ease your mind, you might consider having his blood tested. I suggest you consult your doctor.

I work in a variety store. Is there any possibility of me contracting AIDS from handling money or making change? K.C. Scarborough, Ont.

No. JAMES GREIG is a member of the Canadian Public Health Association and the author of the book AIDS: WHAT EVERY RESPONSIBLE CANADIAN SHOULD KNOW.

## Divers Sought

In August 1969, a group of Scuba Divers from the North Bay Aqua Jets recovered an old flying boat from the bottom of a lake in Northern Ontario. The aircraft was an HS-2L, number 3 in the civil aviation registry in Canada (G-CAAC), the first bush aircraft in Canada, called "LA VIGILANCE."

The National Aviation Museum has now restored "la

vigilance" and plans to unveil it in a special ceremony at the new Aviation Museum in Ottawa on the 13 of May 1988.

A special invitation has been forwarded to the divers involved in the recovery. They were (rank as of 1969): Cpl Rick Bouffard, Cpl Vic Yankee, Cpl Bob Braund, Cpl Terry Clarke

who knows the whereabouts of these divers please contact Tom Calow in Ottawa at (613) 957-6350 or (613) 733-1231.

The new Aviation Museum officially opens 17 June 1988 and all personnel are invited to come and see one of the main attractions: "La Vigilance."

This display was made possible in part, by members of the Armed Forces.



DRINKING DRIVING COUNTERATTACK

## Spar Contract Announced

OTTAWA -- The Associate Minister of National Defence, the Honourable Paul Dick, announced today that Spar Aerospace Ltd. was awarded a \$40 million contract for Night Observation Devices Long Range (NODLR). The system allows army personnel to conduct night observation by

detecting heat emissions of objects on the battlefield.

The devices will be built at the Spar Aerospace plant in Kanata, Ont.

Spar Aerospace Ltd anticipates that this contract will maintain 200 full-time jobs for three years, including sub-

contractors across Canada.

The Canadian Forces will purchase a total of 233 of the devices, which are capable of functioning under any type of weather condition. They will be used by the Canadian Forces in NATO as well as in North American operations, peacekeeping internal

security.

"Spar's proposal fully satisfied all the requirements of the Department of National Defence for the lowest price," said Mr. Dick. "This is in line with this government's policy of getting the best value for the best price."



## HEALTH AND WELL BEING

# info health

Dr. Bob Young



## BLOODLESS SURGERY

Part of the scene at many operations is a plastic bag of blood (we do not use bottles anymore) hanging on a pole at the anaesthetist's end of the table. It is running into the patient, slowly or quickly, as need dictates.

The use of donated blood during surgery is diminishing, for a number of reasons. Don't stop being a blood donor as we still need all that we can get. In fact, perennial shortages of donor blood is one of the reasons doctors are trying to use less.

AIDS is a concern. Although all donor blood is tested for this virus a patient will not get infected from a transfusion if the transfusion is not given.

"Bloodless surgery," meaning operating without using donor blood, is increasingly feasible. If an electric knife and cautery are used, blood vessels are sealed as they are severed. These devices, which spark a bit, could not be used in the days of explosive anaesthetics.

Anaesthetists can reduce the patient's blood pressure during the operation. Less pressure means less bleeding. More is known about blood clotting,

and the "bleeder" who lacks one or more clotting factors can have them provided to stop persisting ooze.

In major surgery, especially heart and blood-vessel surgery, large amounts of blood have traditionally been lost, requiring replacement transfusions. Now, instead of mopping up the mess with gauze sponges, the blood that has leaked is collected and recycled.

Blood is sucked into a cell save, a magic box that washes and cleans the blood (which is the patient's own). The blood is then transfused back into the patient, in effect replacing itself. The equipment is costly to buy and requires a technician to run it.

Blood is still required for many operations. The cell saver cannot collect the blood spilled at the roadside, and blood lost into muscles and other tissues around a broken leg or hip cannot be retrieved. Blood is the best treatment for many forms of shock.

We are aiming for "bloodless" surgery but have a way to go. So please keep going to the Red Cross blood donor clinics.

## THE QUALITY OF CARE

"What is the diagnosis? Do you want a medical or surgical bed?" These are the first two questions a doctor will be asked when a patient is admitted to hospital. The third question, asked at the same time, is "When will you be discharging this patient?"

Except in routine cases (if there are such things) the question is impossible to answer. Patients get well sooner than expected, the diagnosis proves to be wrong (the appendix is just a belly-ache), or the patient gets worse, complications arise and hospitalization is prolonged.

Why the question, then? Hospital beds are at a premium in many areas and must be used efficiently. Gone are the days when a patient was admitted two days prior to surgery to be "worked up."

In larger centres most admissions are in the emergency category. Urgent cases wait a week or a month, elective cases just grow old gracefully.

There are many causes for bed shortages. Costs are perceived to be high, nurses are scarce, there are many more medical procedures requiring hospitalization, population is up and people are living longer.

Post-hospital nursing homes are full, blocking discharges. And medicare is free.

Hospital administrators are pressured to increase turnover. Doctors monitor the wards, suggesting which patients other doctors should send home. Social workers scramble to arrange later placement or home help soon after the patient is admitted. The physicians' lounges display signs saying "desperate for beds."

Something's gotta give. Any fat in our health care system has long gone. The meat is being eaten away. Will the bones start to crumble?

There are many people wrestling with the problems. Often they feel like the canoeist frantically paddling upstream as the waterfall creeps ever closer to the stern. Why, they ask, if you cannot turn off the water, will you not at least provide another paddler?

And yet, the quality of care remains good. It would be better, I feel, if it could be provided in a more relaxed manner.

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

## Vision Update

NO, YOU CANNOT WELD A CONTACT LENS TO YOUR EYE!!!

They're at it again...those media gremlins that occasionally sneak a good yarn into the works that somehow ends up in print in some publication somewhere. And then another publication picks it up and the next thing you know, North America wakes up one morning to learn: "Contact lens welded to eye -- Result: permanent blindness." The resulting alarm takes months and years to rectify.

"This rumour has made it into the media at least four times in the last twenty years, and it's absolutely false," said Dr. Bill Jackson, President of the B.C. Association of Optometrists (BCAO). "We have issued public statements each time, but in March it surfaced again in the Canadian Amateur Radio Magazine, and now other reports are being published all over the country."

Although many reputable organizations such as the BCAO, Workers' Compensation Board, American Optometric Association, and others have publicly refuted the story, it hasn't changed a bit since it last surfaced in 1983, said Dr. Jackson. The story claims that two Pittsburgh men ripped their corneas off when trying to remove contact lenses that had been "welded" to their eyes by an electrical flash in one case, and a welding flash in the other. Even the company names remained unchanged: United Parcel Service and Dusquene Electric.

Careful checking by an American newspaper, the American Optometric Association, the National Society to Prevent Blindness, the Occupational Health and Safety Administration and others, revealed that the accidents didn't even occur, let alone the tearing off of the cornea. Optometric experts have stated that it would be a physical impossibility for the radiation from such flashes to cause a contact lens to join the cornea.

"On the other hand, this is no reason not to take proper precautions in the workplace," said Dr. Jackson. "The right eye protection must be worn whether welding, grinding, chipping, or any other activity where the eyes are at risk. There have been times when contact lenses acted as a fortunate shield for chemical sprays or light impact, but they DO NOT offer acceptable eye protection in the workplace."

Ultraviolet radiation in welding or electrical flashes can cause a painful condition known as photokeratitis, said Dr. Jackson, however the effect is not usually permanent and recovery is normally expected within six to twenty-four hours. Proper goggles or shields can protect against this.

## ASK YOUR PHARMACIST

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

## IF IN DOUBT, THROW IT OUT

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

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

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

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

us have noticed ASA products which yellow and develop a vinegary odour with age.

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

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

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

## HIGH BLOOD PRESSURE CAN BE A SILENT KILLER

High blood pressure, or what doctors call hypertension, is one of the country's major health problems. Nearly 2 million Canadians have blood pressure which is much higher than it should be.

Many people think hypertension and nervous tension are the same thing and that simply "keeping your cool" will prevent or control high blood pressure. This just isn't so. While the exact causes of hypertension remain a mystery, such things as heredity, smoking, obesity and some diseases play a major role in its onset.

The dangers of high blood pressure are obvious: it puts extra strain on the walls of arteries, heart, kidneys and other organs. The person who thinks hypertensive headaches are a harmless symptom easily taken care of with painkillers may be risking life by allowing time for other invisible, painless symptoms to do irreversible damage.

One high blood pressure reading doesn't mean a person has a chronic problem; three

separate readings should be taken. Early diagnosis can head off more serious conditions. By following your doctor's instructions about treatment, hypertension can be safely and easily controlled.

Your neighbourhood health care team -- doctor, nurse and pharmacist -- all understand the importance of using the right medication in the right way to control high blood pressure.

Unfortunately, often the most difficult thing for the hypertensive patient to accept is the need to take daily medication when he or she feels "just fine."

A person on long term medication needs reassurance and "re-inspiration" to keep taking it. Your Shoppers Drug Mart pharmacist is qualified to provide any information or advice the hypertensive patient may need with regard to his or her prescription, so don't hesitate to ask for help.

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

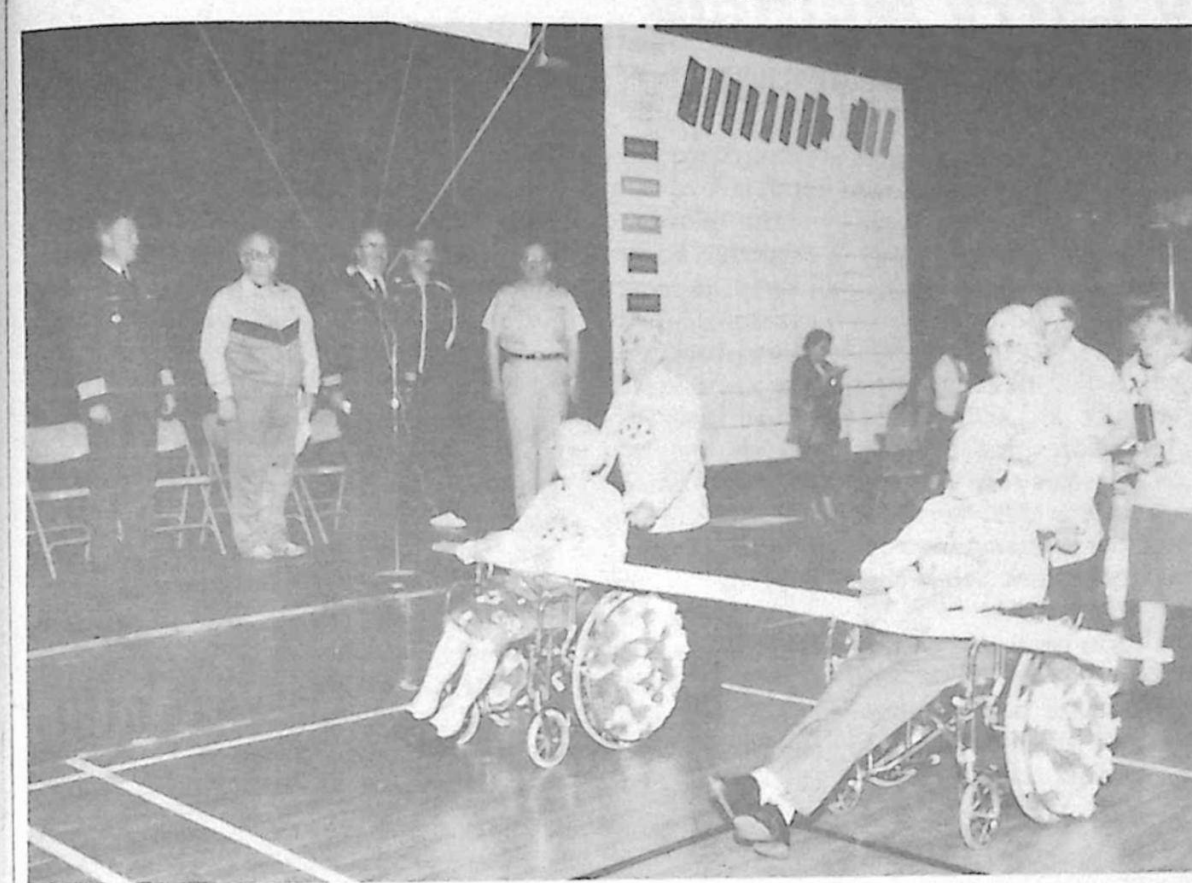
## Bike-a-Thon

The Comox Valley Branch of the Canadian Diabetes Association will hold its second annual Bike-a-Thon on Sunday June 5th. Pre-registration and pledge forms are obtainable at all 7/11 Stores (the Bike-a-Thon sponsors). All cyclists who register before May 20th will receive 7/11 caps. Walkers and joggers may also participate this year on either the 7 km or 15 km course.

The purpose of the event is to raise funds for diabetes research in the hope that a cure can be found. One in every twenty Canadians has diabetes which, in its severest forms, can lead to blindness, heart disease and other cardio-vascular diseases.

## LIFESTYLE

## The March Past



Pictured above is the BComd Col J.E.H. Gibbon presiding over the march past to officially open the Pioneer Olympics held at the CFB Comox Rec Centre on 21 Apr 88. Leading the way for these enthusiastic athletes are the Cumberland All-Stars. The entire day was a total success and all competitors and fans went home with a tremendous amount of pride for their accomplishments.

## Benefit Day at Saratoga

The Campbell River Chapter of the United Way has been selected by the Upper Island Racing Association, and Saratoga Speedway, as the charity group to receive all profits from what has become an annual event at the racetrack -- a special event race day in which all proceeds go to a recognized charity.

Jake Nickel Sr., in making the announcement, indicated that the United Way was chosen because of the excellent community service done by the organization. Nickel noted that last year's designated charity was the Rick Hansen "Man In Motion" tour, where close to \$2,000 was handed over to campaign officials, thanks to the generous support of the U.I.R.A., Saratoga Speedway, and loyal fans.

Traditionally, the annual benefit race has been held on opening race day, but for a variety of reasons, including the time needed to sell the 5,000 tickets that have been printed, the special race day will actually be the third event on the U.I.R.A.'s 1988 schedule.

As in the past, U.I.R.A. drivers, both hobby stock and roadrunner classes, donate their time, and their cars and crews, in an all out effort to raise as much money as possible for the charity chosen. Saratoga Speedway waives the normal track fee charged the racing club, while track officials and tower staff donate their time as well, towards making the event an unqualified success.

Unfortunately, only the Campbell River United Way is involved thus far. It was hoped that both the Comox Valley District and Campbell River United Ways would be able to benefit from what promises to be the biggest event ever held at the Speedway, but so far, the Comox Valley group has been unable to commit itself to the project, although many members were eager to take part when first approached.

A Comox Valley District United Way general meeting is apparently scheduled for April 28th, at which time the executive will make a final decision about participation. The Campbell River United Way, along with the U.I.R.A., and Saratoga Speedway felt that it was not possible to wait that long for a decision, if all efforts needed to make the benefit day a gigantic success were to be expended. To date, close to 1,000 race tickets for the benefit day race have been sold, and organizers are confident that by the 23rd of May, they will be very close to a ticket sell-out.

All persons involved would like their loyal Courtenay/Comox Valley area race supporters and fans to know that everything possible was done by the U.I.R.A. and the Speedway, to ensure that this race day would indeed benefit clubs and groups from all over the area, and not just Campbell River.

The May 23rd holiday Monday event includes the new "Hit to Pass" class, so spectators will be treated to 3 different classes of cars racing on the same day, rather than just the two classes normally seen.

Gates open on the 23rd at 3 p.m. Time trials follow at 4 o'clock, and showtime is 5 o'clock sharp. Fans are advised to arrive early to assure the best seating location, and also to ease the flow of traffic, which given the expected crowds, is sure to go a lot more smoothly if everyone isn't trying to get into the track at the last moment before race time.

U.I.R.A. officials expect a great turnout of cars for the first race of the season, Sunday, May 8th at 2 p.m. (gates open at noon, and time trials at 1) There is still time to build a race car in the few weeks left before the first race day. If you would like a copy of the 1988 U.I.R.A. Rule Books, they are available for \$5 from Warren Burd Chrysler in Campbell River (see Ted), and from Georgia Straight Collision in Courtenay. Free "Hit to Pass" rules are also available from the above location.

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## Announcing B.C. Home Based Business

Richard C. Purdy's dream started at home. A simple business concept, based on his family's recipes. He created chocolates and confections in his kitchen. Mr. Purdy sold them from a small covered cart he pushed up and down Vancouver's main thoroughfare, Granville Street.

Today, the Purdy's Chocolate Company has grown to 40 stores across B.C., Alberta and Washington State. A simple home based business concept that developed into a major industry. In fact, 50 percent of all businesses in North America began at home.

The Ministry of Economic Development has developed a new program to assist and encourage the growth of the home based business throughout British Columbia.

If you have an existing home based business and want some assistance, or if you're just considering starting up, the B.C. Home Based Business program is here to help you.

If you are interested in starting a Home Based Business or would like to better develop your existing business please write:  
B.C. Enterprise Centre,  
750 Pacific Blvd. South,  
Vancouver, B.C. V6B 5E7.  
Telephone in Vancouver  
660-3900, elsewhere in B.C.  
call 1-800-972-2255.

Ministry of Economic Development  
Honourable Grace McCarthy, Minister



B.C. HOME BASED BUSINESS

# IT'S A MATTER OF LIFE AND BREATH

# DON'T SMOKE



## LIFESTYLE

## Stamps



by Larry McInnis

SPECIAL AIRMAIL STAMPS HAVE INTERESTING HISTORY

Starting in the late 1920s, Canada's Post Office Department sanctioned stamps to be used for airmail, to be affixed to envelopes in addition to regular stamps for postage.

The stamps were, in effect, to levy a special charge for the air carrier.

The special stamps were to be affixed to the non-address side of the envelope. But it didn't take the fledgling airlines long to learn they were popular with philatelists. A special stamp on the front, especially if cancelled on the date of a first flight, could be sold easily.

Today these stamps are known as semi-official air mails and are listed in Canadian specialized stamp catalogues.

Stamps were issued much earlier by air clubs and for special flights.

One of these stamps, issued in 1927, is one of Canada's scarcest -- and rarest.

It's scarce because only 100 copies were printed. It's rare because only three mint copies and one on a cover are known to exist.

A mint single catalogue at \$12,500. The catalogue value of the one on cover is \$20,000.

Following WWI, intrepid aviators were attempting to prove that air travel was practical, for people and cargo -- particularly mail. Commercial enterprises added incentive by offering fabulous prizes for new record-setting flights.

One such flight commenced at 1:43 p.m. on Saturday, June 14, 1919, when pilot Capt John Alcock, with Lt Arthur Whitten Brown as navigator, coaxed his 5,200-kilogram (14,000 pound) Vickers-Vimy converted bomber into the air at Lester's Field, St. John's, Nfld.

The flight was to seek the prize of 10,000 pounds sterling for the first non-stop transatlantic flight, offered by the *Daily Mail* of London.

At 8:40 Greenwich Mean Time on Sunday, June 15, they

landed at Clifden, Ireland, winning the prize.

Canada issued a 15-cent stamp (Scott 494) on June 13, 1969, to mark the 50th anniversary of the historic flight.

A more ambitious flight began in 1927, again in search of a grand prize.

In that year, Carling Breweries of London, Ont. offered a prize of \$25,000 for a Canadian or British pilot making the 6,300-kilometer trip from London, Ontario, to London, England.

Capt Terrence Tully was chosen as pilot and Lt James Medcalf as navigator.

The Canadian government gave permission for a special

semi-official 25-cent stamp to be issued. It showed the two crew members and their aircraft, the *Sir John Carling*, over part of a globe showing the North Atlantic.

Only 100 of the stamps were printed, by a London, Ont. printer under postal supervision. It seems now like a lot of effort for \$25 worth of stamps, but the stamps were intended for persons closely connected with the flight.

The flight began at London, Ont., on Aug. 29, 1927, with mail on board, but was aborted because of bad weather. A Sept 1 attempt also failed. But on Sept 5, the weather was

more cooperative and the aircraft arrived at St. John's.

The following day, Tully and Medcalf learned that *Old Glory*, an American aircraft sponsored by Hearst Newspapers, had taken off. The Canadians hurried off in an attempt to overtake the competition.

Both planes vanished. Wreckage of *Old Glory* was eventually found at sea, but there was no trace of the *Sir John Carling* and crew.

Remember the aborted flights at London, Ont. After one of them, the London, Ont. postmaster removed one of the envelopes, and that's the one that has survived.

A mint copy of the stamp was sold at an auction by J.N. Sissons Inc. of Toronto on Jan. 14, 1986, for \$5,750.

Another was sold at the March 11-12, 1986, auction of Harpers of London (England) for about \$8,900 Canadian.

Considering the fuss generated when the *Titanic* was located, collectors can only imagine what might happen if the wreck of the *Sir John Carling* were to be found, with the mailbag and its precious covers intact.

## LETTERS

Letters are invited. Please send enquiries to the writer at Box 40, Beauharnois, Quebec, J6N 3C1.



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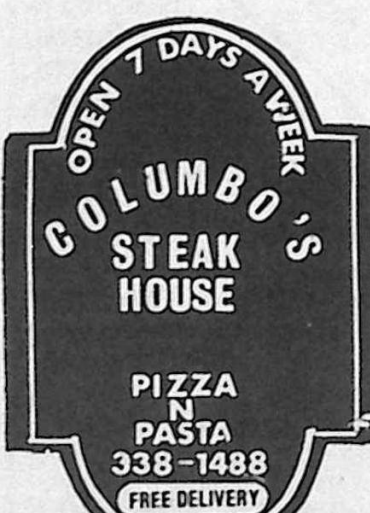
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## Chatham to Continue

OTTAWA - The Minister of National Defence recently announced plans to keep Canadian Forces Base (CFB) Chatham, N.B., as a viable, operating base.

"I am pleased to reassure the community of Chatham that our commitments will not only be kept, but enhanced," said the Minister. "This should put to rest any fears, that have been felt over the past years, that the Base would be closing."

The Low Level Air Defence System, now being introduced, will ensure the long-term operation and prosperity of CFB Chatham, maintaining the current levels of employment, the Minister said. In addition, there will be a permanent detachment of 15 to 25 people

located at the Base. This will be to support frequent visits of CF-18 aircraft to CFB Chatham in connection with the Tracadie Range.

The activity will ensure that the Chatham airfield remains fully operational well into the 1990s. Included will be air traffic control, firefighting, runway maintenance and other related support. Regularly scheduled DND flights will also continue.

Because 434 Squadron operates the aging CF-5 aircraft, and because its operational role terminates this summer, that particular activity cannot provide a basis for continued economic security for the Chatham community. Security will be assured, however, by the build-up of the

LLAD operation and CF-18 support mentioned above.

"I have ensured that, during the transition period between the phase-out of the CF-5 operation and the establishment of the full LLAD Program, there will be no reduction in the current level of approximately 1200 Canadian Forces personnel at CFB Chatham," said the Minister. "As well, there may be more civilian employment opportunities as the LLAD Program is implemented at the Base."

The Department of National Defence will continue to look for longer term military aviation activities at the Chatham base to supplement the growth now underway, the Minister concluded.

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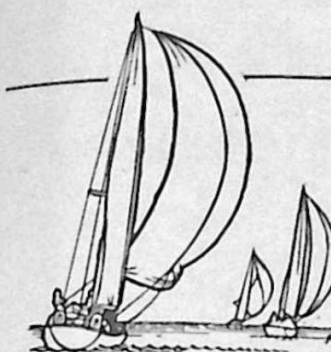
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## SAILING SPLATTER

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Just as advertised in our last issue, May has blossomed into a real bevy of activity around the Sailing Club.

Our Annual Open House on 1 May was the best attended in this decade. If this is a barometer of things to come, we are in for our best year EVER! The keelboat course is now complete and 4 more individuals are eligible to charter Lalage to exotic destinations. Standby for an update on Phase II of this popular course coming to a keelboat near you.

The first "Learn to Sail" course is also complete as we speak. Fourteen new club members are now qualified to pursue this breathtaking yet relaxing recreational activity at their leisure. A note of congratulations to all concerned.

All dinghy racers are quite pleased at the prospect of fresh blood to challenge when Wednesday night racing for the Spring Series trophy begins on 18 May. And as we may be short of boats, "first come, first sail" applies.

"Learn to Sail" Phase II is on the boards for the end of May or mid-June. If you wish to join in call Dave Nurse at local 8604 or 339-6494. When details are finalized, all interested persons will be notified.

The social event of the keelboat season is all ready to roll during the final weekend in May. Organizer Don Thain has provided a comprehensive list of boats and crews and is asking all concerned to contact their skipper for details. As the event approaches ever-closer, last minute cancellations will inevitably lead to open berths. If you are interested in participating please call Don at local 8332. Rumour has it that a couple of dinghy-crazies are contemplating dinghy-ing to the as-yet classified destination. Wait for it!

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## Well Done



## MARIO GUITARD

Congratulations go out to MCpl Mario Guitard from 442 Sqn, who recently attended the CF National Badminton Championships at CFB St. Jean, placing second in doubles. His partner was MCpl Paul Best from CFB Chilliwack. Well done Mario and keep up the good work.

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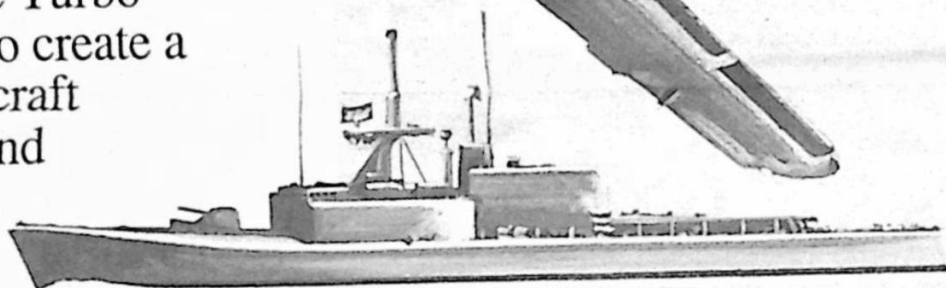


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AND COUNTING  
IN ASW!

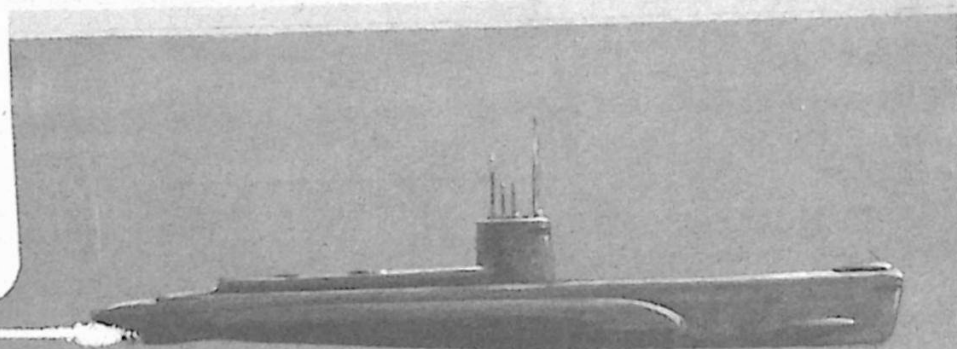


Computing Devices Company and our partners in the NSA Mission Systems Consortium have joined forces with IMP Group Limited to establish the Turbo-Tracker Program - a program to create a Canadian Anti-Submarine Aircraft with modern turbine engines and state-of-the-art integrated mission avionics.



For additional information contact:

**COMPUTING DEVICES COMPANY,**  
P.O. Box 8508, Ottawa, Ontario, K1G 3M9  
ASW Division, Terry Doyle,  
Telephone (613) 596-7009, Telex 053-4139,  
TWX 610-563-1632.



**COMPUTING DEVICES COMPANY**  
a division of Control Data Canada, Ltd.

**REMEMBER**

**Our Next Deadline**  
**May 30th      Noon**

