



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 11 JUNE 23, 1988

DEADLINE IS MONDAY, JULY 4, 1988

COST: PRICELESS

White Paper has First Anniversary

OTTAWA -- The Minister of National Defence recently marked the first anniversary of the Defence White Paper with a review of Canada's new defence policy and remarks about the recent Moscow Summit in an address to The Empire Club in Toronto.

"I hope the interdependence and mutually supportive nature of the elements of our security policy have come through in the White PAPER — ARMS CONTROL IS NOT A SUBSTITUTE FOR DEFENCE BUT A COMPLEMENT TO IT. And together with measures to resolve, by peaceful means, conflicts which could escalate into war — they lead to strategic stability band peach with security," the Minister said.

Over the past year since the White Paper was tabled, implementation of the new defence policy has progressed significantly with each passing month.

AUGUST 1987

- the definition phase of the New Shipborne Aircraft (NSA) Project begins with the government entering into negotiations with European Helicopter Industries (Canada).

NOVEMBER 1987

- a contract is awarded to Frontec Logistics Corp. of Edmonton, for the operation and maintenance of equipment and facilities of the new North Warning System.

DECEMBER 1987

- approval is received for the procurement of six more Canadian Patrol Frigates for Maritime Command, to be built by Saint John Shipbuilding Ltd.

FEBRUARY 1988

- three major projects to increase Canadian Forces operations in the Arctic are announced: the commencement of planning studies to establish

CONTINUED ON PAGE 14

Navs Get "Big Nose"



Checking out a CT-142 nav trainer on the ramp at the deHavilland Canada plant in Toronto are (left) Capt Dale Erhart and Maj Chuck MacIntyre. Both are pilots with 402 Air Reserve Squadron, CFB Winnipeg, and in civilian life both fly for Air Canada. (Photo: Capt Ted Morris, 402 Sqn).

New Nav Trainer for CF New Role for Air Reserve

It might have a funny-looking nose, but the deHavilland Canada CT-142 "Dash-8" navigation trainer looks just fine to the pilots and groundcrew of Winnipeg's 402 Air Reserve Squadron. As part of a revitalization of Canada's Air Reserves, the unit will help operate four of these aircraft on behalf of the CF Air Navigation School at CFB Winnipeg.

More than 30 aircrew and groundcrew from 402 Squadron recently flew to CFB Toronto to visit the adjacent deHavilland Canada plant, where the CT-142s—a variant

of the popular Dash-8 commuter airliner—are being built.

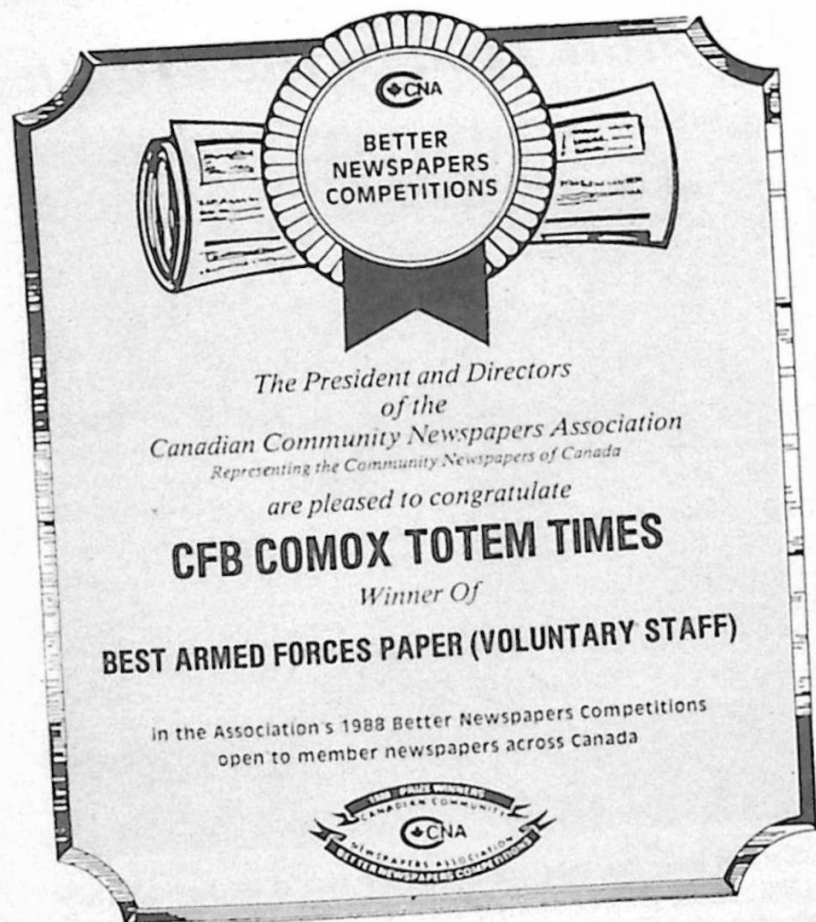
During their visit, the air reservists received several in-depth briefings on the aircraft's systems and capabilities from deHavilland officials, and a number of 402 pilots were treated to a demo flight by deHavilland test pilot Barry Hubbard—himself a former air reservist in Toronto.

Each CT-142 has sophisticated consoles to accommodate four student navigators and two instructors. The quartet of CT-142s will replace a like number of CC-130 Hercules transports now

performing the same role at Winnipeg, and this will permit the Hercs to go back into the airforce's transport fleet. The Dash-8s will burn less than one-quarter the fuel a CC-130 requires for a typical training mission.

The first CT-142 is to be delivered to Winnipeg later this year, with the remaining three to arrive in 1989. As they are taken on strength, the venerable CC-129 Dakota transports now flown by 402 Squadron will at last be retired—after an average 44 years of service.

Another First for Fishwrapper



The old Fishwrapper has done it again. For the second year in a row we have managed to fool all the experts and place first in the recent Canadian Community Newspapers Association competition.

The Totem Times was selected first in the Canadian Forces newspaper division using a volunteer staff. It's a pat on the

back to those few dedicated volunteers who make the thing work every couple of weeks.

The old Editor would like to give a tip of the hat to all the contributors who are such an integral part of the newspaper and to his dedicated staff who put it all together.

Thanks to you all and "well done."

The Misfits...KIWIs Extraordinaire

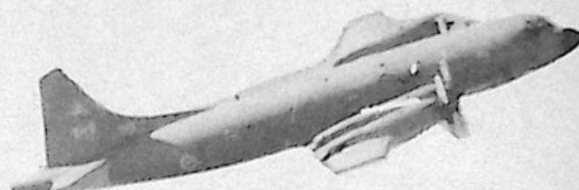


The Misfits as presented by LCol Mack. Bill "Hobo" Snow, Ted "The Holy Man" Norrie, Ray "I'm always dressed for any occasion" Cossette, Dick "The Flasher" Mohns. Any military organization would be glad to have this fine group of officers for their own.....So why don't they take them (see more Kiwis on page 3).

AROUND THE BASE



Demon Doins



DEMON AIRCREW

Navcom God Lt Ron Vincent at Crew 6 has won this quarter's Navcom of Excellence award. While on a recent exercise with some naval-type boats, Ron asked a female ship's communicator if she was hot. When she called back and asked him to say again, Ron lost all composure and now probably won't even get a dinner date out of the deal.

Crew 4 recently took advantage of some of their travel coupons to get a week's worth of sightseeing in Adak, Alaska. Unfortunately their plans were cut short due to a heavy flying schedule which allowed only one day off for the shopping sprees. The bus tours and art gallery and amusement park visits will have to wait until next time.

A couple of weeks ago Crew 4 came back from a very brief stay in Lajes NAS in the islands of the Azores. Latest reports from the Chicken House Restaurant in Praia have indicated that their stock of 'Whino Verde wine' has been replenished back up to normal operating limits.

Capt John Maris of Crew 3 spent two weeks of May in exciting Cold Lake. John went up to Cool Pool for some bang-seat family time in the Tutor, F-5 and T-Bag and to find out if he had any of the hand-eye coordination required for test-pilot school. John was hoping that the crippling nervous twitch that has plagued him since grade school wouldn't rear its ugly head at an inopportune time, such as at the top of a loop or worse, in the back bar during TGIF.

Fortunately it didn't happen that much and he's still allowed to go on course. John starts the year-long USAF Test Pilot course at Edward's AFB in July where he will be flying most of the aircraft known to man such as the T-38, F-4, A-7, A-4 and the Cessna 150.

On the home front Capt John Alcott, for the second time in as many trips, had his car eat itself in Nanaimo. Capt Steve Amo went down on the SAR mission to bring John back after 1½ hrs of hitchhiking proved fruitless. John's Trans-am and its bottomless lake of oil under the engine can be seen on display at the Gutwald Auto Showroom.

The first 1988 Demon camp-off took place last month up near Black Creek which resulted in Capt Ken Westerveld walking away with the Happy Camper Award for May. Ken's first camping incident occurred when a marshmallow he was roasting caught fire and hurled itself at his nose causing the torching of the top 12 layers of skin.

Later the next day, Ken recorded a physiological incident which resulted in the disposal of two pillow cases and three unserviceable sleeping bags.

Ken wasn't available for comment but he probably wouldn't remember anything anyway.

Ex-cub scout John Alcott would like to add that he still believes that full beer cans don't usually explode after being placed in the hottest part of a fire, and that what happened Saturday night was

somehow a fluke of nature.

Last week Capt Pete Holst paid dearly for his decision to get married. The 407 party core which uses any excuse to road trip, rented a school bus to bring everybody including Pete up to JJ's, a local art gallery in Campbell River, for some cultural experience.

Pete was later forcibly removed from the gallery due to a slight cultural overdose. When the gallery finally closed the group changed venues to a nearby opera house for some relaxing music. Unfortunately, Mr. Holst was unable to negotiate the mode of transportation used for the transit. Totally against his character and his peer's advice Pete took it upon himself to take a ride in a shopping cart.

Before his loyal friends could stop him for his own protection his cart hit a pothole. The rapid deceleration of the cart along with its high centre of gravity resulted in Pete being very quickly deposited on the sidewalk. Fortunately the fall was broken by the presence of his face which prevented any critical damage.

In any case Pete took a break from the evening's festivities and paid a visit to the local medical facilities which found no physical problems to worry about. The staff did, though, note numerous physiological disorders but they were quickly dispelled by Pete's entourage and further discussion was discouraged.

Once the nightlife subsided the rent-a-bus brought all the happy campers back home to recover.

On a final note, Pete's fiancée, upon seeing his remains lying on the bed the next morning, said she was not impressed and was somehow not convinced that it was totally his fault.

Nuff said. FLEETEX 1988 14 APR - 25 APR

It's been almost 2 months now since Cpl Gagnon pointed the finger to an unauthorized shutdown of the IN system, which began FLEETEX 1988. For all those on the trip who thought all was forgotten, you were wrong. Just as everyone began to breathe easier, the story finally appears.

We left Comox on a beautiful sunny day heading for sunny California only to discover the heatwave had passed and the rainy season had just begun. Which, by the way, ended the day we returned to Comox. Mass confusion began on arrival with one aircraft U/S for radar and the second with a cracked oil tank. Once we had a serviceable aircraft and arrived at the hotel, mass confusion began once again as rooms were found and lost. 4 of the groundcrew, known as the Vagabond boys, were banished to the Vagabond motel for a night due to a room shortage.

The bar at the Cattleman's wishes to never meet another Canadian wanting Caesars or Newfie Screech. So bring your

own clamato juice when travelling to California or you may get some bad looks from not-so-friendly barmaids. By the way Fred, did you find a dress for yourself?

Generally the trip was a working one. 7 out of 10 missions were completed and we only went through 3 airplanes. We would have tried a 4th but 109 was in maintenance. The hours were long but we kept up the good humour with crew rivalry noted each day in 407 South.

When all was said and done Old songs came to mind, for instance "Do You Know The Way To San Jose?", Keith Tanner doesn't. We did end up in Los Gatos several times but as for San Jose, we'll have to wait til next trip.

When all was said and done and the final flight went limping home, those of us left finally got to have our pool party with courtesy beer from the hotel. But as usual the weather didn't agree with us and the party was moved inside. Thanks to MCpl Swinamer and his guitar, a good time was had by all.

Needless to say, after 11 days of hard work we were happy to return HOME.

CONTINUED ON PAGE 20

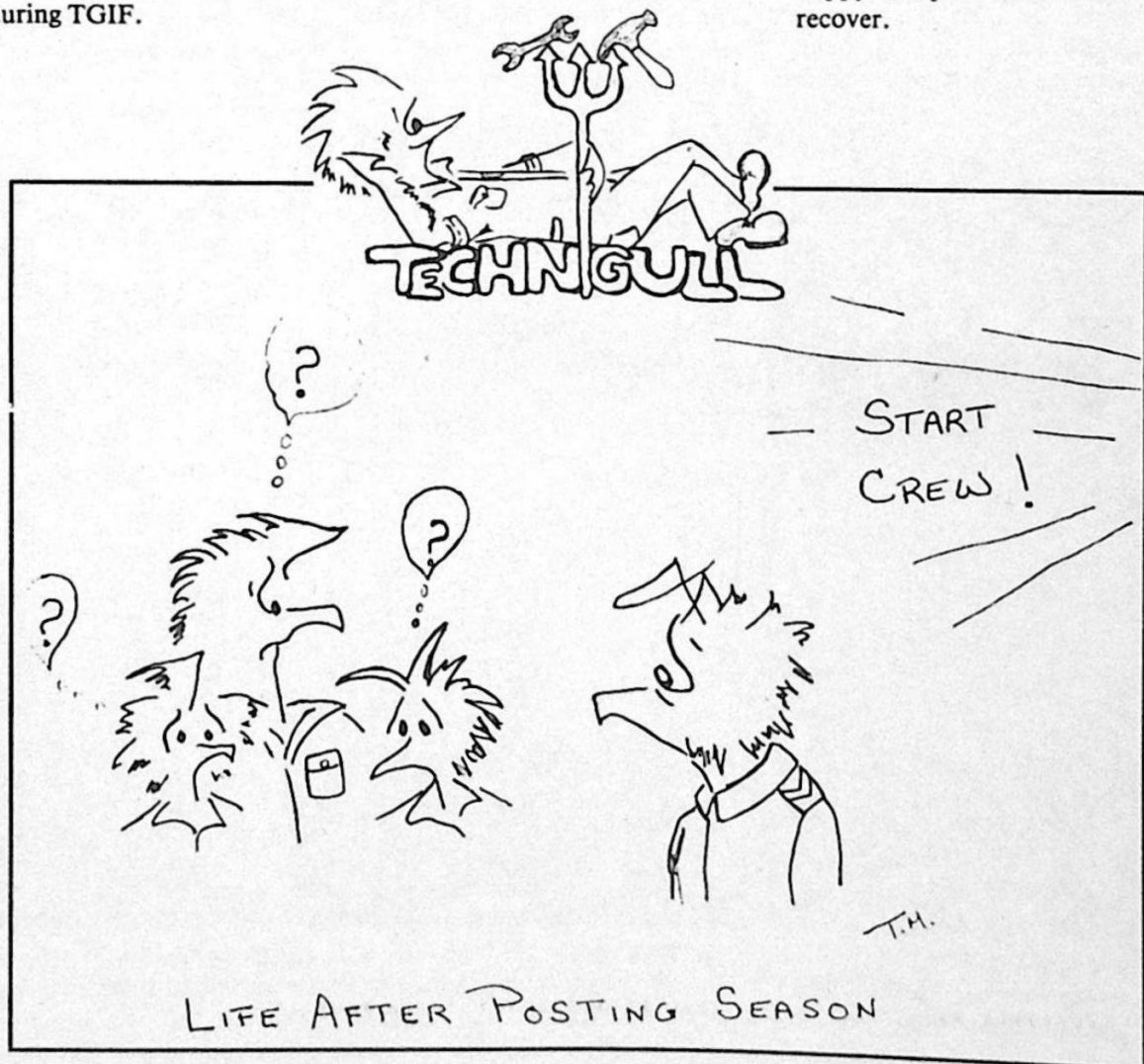
Demon Tech of the Month



MCpl Neil Duffy has been selected Demon Tech of the Month for May 1988 because of his extremely efficient research and superior initiative in his role as 407 Flight Safety Investigator.

The prevention of aircraft accidents has become an increasingly important factor in the aircraft maintenance world and it is essential that each and every flight safety incident be thoroughly investigated. MCpl Duffy has consistently made a dedicated effort to thoroughly research every CP140 Flight Safety Incident and he identified many potential problem areas. He has initiated Unsatisfactory Condition Reports to recommend corrective actions well beyond what is expected by his terms of reference and this reflects his very high motivation and superior initiative.

MCpl Duffy's conscientious efforts to eliminate recurrence of our flight safety incidents have contributed greatly to the overall aim of preventing aviation accidents.



AROUND THE BASE

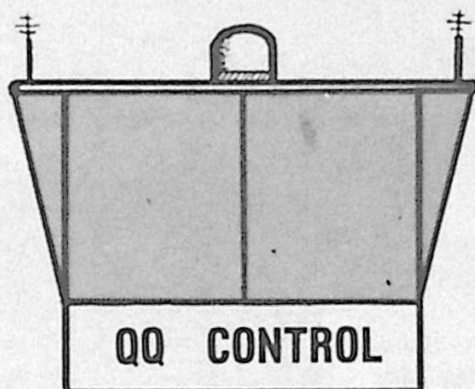


From the Top Rung

COL TED GIBBON

It's about recreation. We are blessed with numerous outlets for the energies remaining after the expenses are covered. Most in this area are natural, enhanced by our desire to make things more efficient or more accessible through technological improvements. Generally we succeed and even the purists will agree that better equipment and facilities add to the enjoyment of the R & R we permit ourselves. It is really annoying when some individuals take it upon themselves to deprive the rest of us from taking advantage of these efforts by deliberately trashing our work. Last year somebody thought the pavilion required better ventilation; this year the new structure at the ball fields has been subjected to a similar assault. It takes time, money and considerable effort to make these facilities available and they are only replaced and repaired at the expense of future improvements. We all have a responsibility to protect our investment. Please help us help you respect what we have, God given or man-made.

What did you do during Fitness Week? I think I set some kind of a Canadian record by playing golf on both the east and the west coast of Canada on the same day. I played the front nine at Shearwater and the back nine at Comox. While I can now say I broke 90 coast to coast, a 15-hour lapse between the front and back nine may render the score invalid. The much maligned service flight got me across the country, didn't miss a stop and arrived here 15 minutes early. Perhaps that's the record we should recognize. Thanks 437 Squadron.



As The Beacon Turns

If you look hard enough upon the mighty ocean this week, beyond the churning upheaval of waves, the driving rains, and the gale force winds, you may see them. They are the participants of the annual gravel pit Fishing Derby. Every year these bold and courageous individuals descend upon the waters in their attempt to capture the grand prize. The final day of competition and the wind up presentations will take place Friday, June 24th. Festivities commence at 1500 hrs at the gravel pit.

The fishing derby celebration coincides with a mug-out for three of our people. Maj Lothar Hopp posted to Edmonton, Capt Lloyd Friesen -- to Portage and from the technical side -- MCpl Alex Bedard who is off to Trenton.

We hope you've all enjoyed your tours here in Comox.

As always, I have a host of promotions, appointments, and qualifications to report. Things are changing quickly around here, some of these changes may have passed you by.

Promotion wise, Lothar Hopp is ATC's newest Major, and Phil Robinson is a full-fledged lieutenant. Al Munday moves up another notch on the promotion scale as he becomes a WO effective July 1st.

A new duo has taken over the Ratcon supervisory positions. Capt Pat Wolfe-Milner is the new Chief Controller with Sgt Al Munday as his trusty counterpart in the SRC slot. Sgt Dave Tack is feeling important these days. He has assumed the duties of

STD and TRG NCO.

Qualifications in the RATCON include Capt Murray Turnbull, Cpl Sylvie Richard, and Pte Tom Banks. Up above we have 2Lt Martin Gagnon, and Pte Andre "La Fenetre" LaFontaine.

The Orcas ball team holds down a tie for first place in intersection fastball. The team is 6-1 and we still have not acquired new jerseys. Steve Herve Guenette is rapidly surfacing as one of our premiere players. Herve has made some stunning catches in the field in recent games.

Also worthy of mention in the sporting world, is the fact that the IFRCC "Old Guys" narrowly defeated the Tower team in a recent Quadrant event. Enough said.



ANKER KLANKIN'

Despite cold, blustery winds and the promise of rain VU 33 Sqn personnel showed their spirit by turning out in large numbers for our annual Tree Island fishing derby and picnic. That the spirits of those assembled on the beach remained high throughout the day was due in no small part to Cpl Ron Fortin's cooking and Sgt Merv L'arrivee's huge fire. When the fishermen arrived on the scene in the early afternoon prizes were awarded to Sgt Oscar Grubweiser, Sgt Andy Clark and Capt Wayne Cuthbert. Capt Pete Bush should have received a prize for being the most intrepid sailor. He braved sub-zero temperatures and light winds to sail a 420 dinghy to the Island. Finally, thanks are due to the marine rescue section without whose help far fewer people could have safely participated in this important Sqn social event.

Two weeks ago the Squadron aircrew assembled at the Great Steak Co. to bid goodbye to Maj Richie Clements and his wife Gloria. Faithful readers of this space will recall the many good things we've said about

Richie over the last two years. Since his service with the Fighting 33rd was eulogized in the last issue of the Totem Times all we'll say now is "au revoir" Maj, and good luck in your new job. We will all miss you.

It isn't all fun and games over here at VU 33 Sqn; there has been some good work done as well. Maj Arsenault and Capt Martin Baggaley recently returned from McChord AFB in Washington where they were participating in Exercise Felix Angel. Closer to home, VU 33 conducted a rocket firing exercise to hone our pilots' already sharp skills. Capt Wayne "Top Gun" Cuthbert proved himself the most accurate pilot by scoring a direct hit - certainly no mean feat.

Last week the Squadron played host to former CO and present MAG Standards pilot Maj Trevor Owen. Maj Owen made the most of his time here by doing a lot of flying and some fishing. During his stay he also gave Capt Martin Baggaley a checkout as a T-33 backseat Captain.

CONTINUED ON PAGE 25

KIWI Wheelbarrow Race

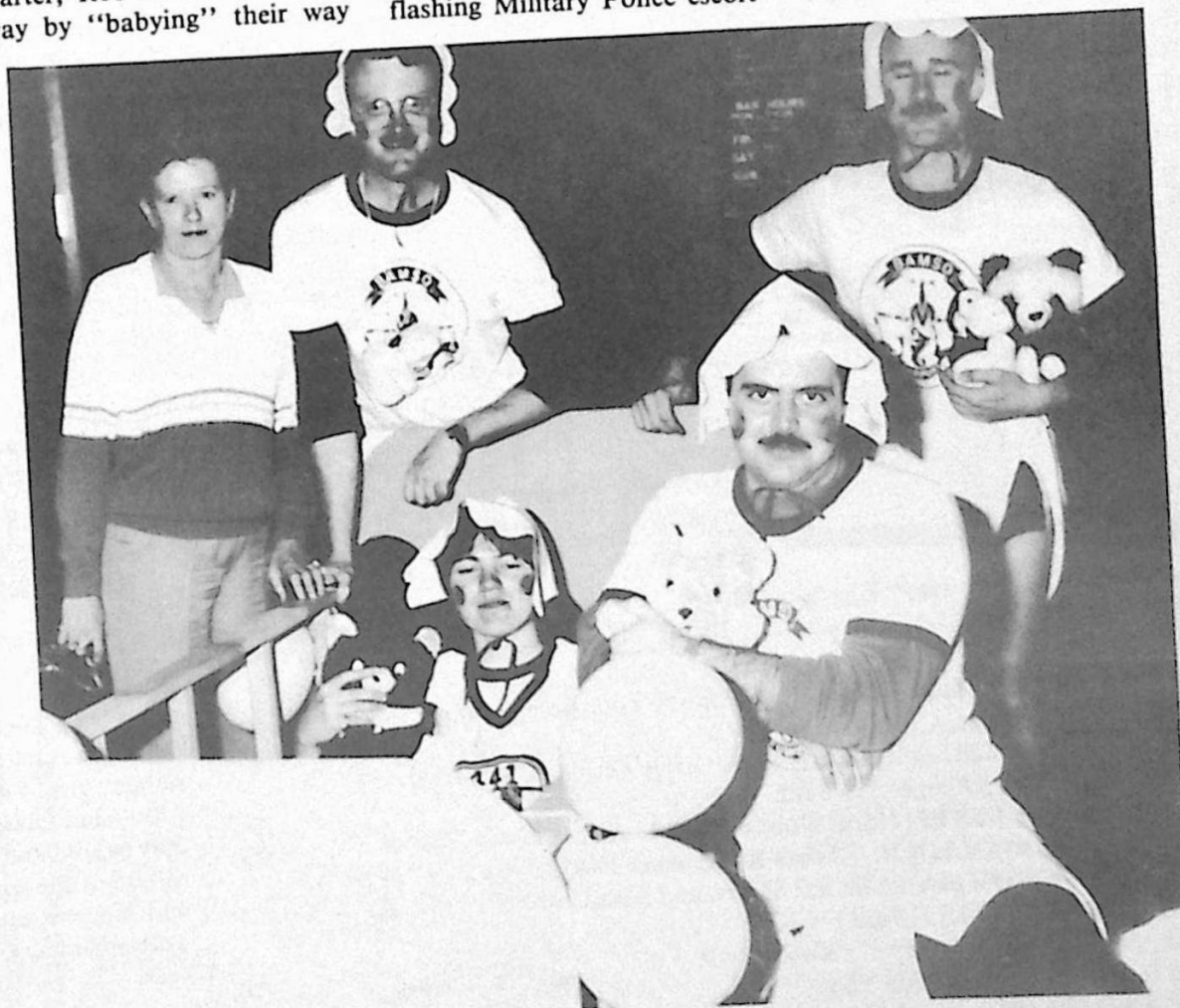
On 26 May the BTSO KIWI Club undertook the annual wheelbarrow race to collect donations of food and money for this year's charity "The Comox Valley Food Bank."

Led by the BTSO LCol Mack and his 5 Merry Teams, the KIWI Club successfully collected over 1000 tins of food for the food bank from the Base and PMQs.

The BAMSQ Pediatrics (Jim Kightley, Marion Corak, Paul Carter, Rob Boucher) led the way by "babying" their way

into receiving the most donations and taking the best dressed category. Maj Jim "Wah! Wah!" Kightley, in accepting his wins, stated to Anne Gibbon that his team won due to his abstinence from injury and stay-dry diapers. The Misfits (Dick Mohns, Ray Cossette, Ted Norrie, Bill Snow) took the fastest team in prize, however the B Secur O Capt Ray Cossette stated that his being a member of the Misfits had no bearing on the flashing Military Police escort

for their team to the finish line. Meanwhile, the Flying Scotsmen (Wayne Collins, Dave Jones, Christa Robertson, Chris Halliday) had to fend off the marauding and pillaging of food from their wheelbarrow from the aptly named 407 Sqn Demons team (John North, Roy Green, Norm Landry, Kathy O'Brien). The BTSO, KIWI Club and the Food Bank would like to thank everyone for their donations and assistance in this year's very successful race.



The BAMSQ Pediatrics and their winning entry presented by Anne Gibbon. Jim "Wah! Wah!" Kightley, Paul "It's my Naptime" Carter, Marian "Teddy Ruxpin" Corak, Rob "Aren't I a beautiful Baby" Boucher.

Our
CO
OF
POS
TAR
form
ANN
repre
GEO
150 E
BAR
Busir
Resid

EDITORIALS



COMMENT

GORD KRUGER

ROSIE OPENS THE FLOODGATES

In this ever amazing world of ours the incredible forever continues to happen. I just can't believe that our society can hold ransom, the cigarette companies even though for many years they have poisoned our health and well being.

Somewhere up there good old Rosie Cippalone must be smiling. Her passing has stoked up the legal fires and now every smoked out and coughed out disciple of the weed will want his or her piece of flesh.

I have spoken out against the evils of the weed for many a year but to no avail. I took briefings in smoke-filled rooms, sucked in the foul odours in the back ends of many aeroplanes, and generally have been abused by the multitude who insisted on playing the part of a chimney. But for the life of me I can not see how those foolish enough to partake can now turn around and blame the cigarette companies for their misfortune.

The court was somewhat lenient in the Cipollone case by holding Rosie 80% responsible for her passing. Personally, I'd like to see tobacco companies put out of business but I can not side with fools who participate in their own undoing. I suppose though it might have a positive effect eventually. If enough hacked out smokers file suits and win partial or ever increasing victories the tobacco industry could be forced out of business.

Generally the lawsuits against the tobacco companies claim that the manufacturers have sold a product that it knew to be dangerous but did not adequately warn cigarette users of the risks. What a bunch of poppycock. People have been dying for years of smoke inhalation in fire and smoke filled surroundings.

Smokers must accept personal responsibility for their addiction. The weed is dangerous and in the end lethal, yet people continue to dish out ever increasing handfuls of coins for the hungry mechanical cigarette machines.

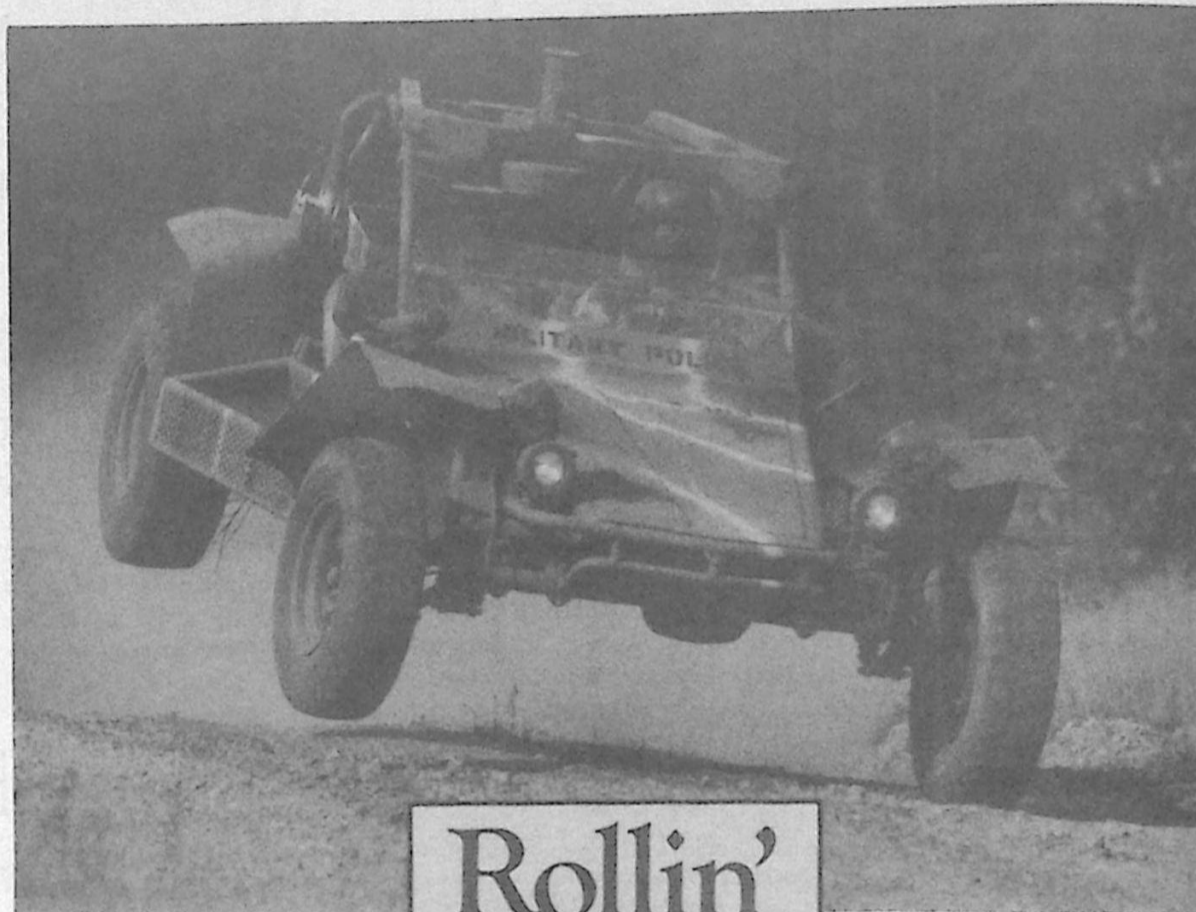
Some argument can be made I suppose for the fact that the tobacco industry has never freely admitted that its product is harmful to one's health. Grudgingly I would give the smoker that bit of legal argument but in the end it's he (or she) who must answer the bill.

The liquor industry has been somewhat more willing to admit that its product is a potential killer. The tobacco people may have been somewhat reticent in not doing so. The Rosie Cippalone case should be a warning to them that they should tell of the inherent dangers of cigarette addiction and misuse.

Somehow though, I hope they don't and deep down I hope they lose their ever lovin' shirts in all those upcoming lawsuits. But there I go defending my argument.

So smoke, smoke, smoke that cigarette and after you've gone your relatives will live like millionaires.

Ray's Boys Unveil New Toy



Rollin'
Rollin'
Rollin'

Pictured above one can see the reason for the rumours once again floating through the breeze-ways. Whispers in past have indicated MP K-cars ride well over rough terrain. OK, not exactly Coupe de Ville cushy, but better than a rockslide. This may be hard to believe perhaps, but proven nevertheless; just ask the neighbourhood bambies and the mechanics who have straightened many a bent frame.

Now, in the interests of durability, it is suggested that the local military constabulary is planning to ride into the next war on dune buggies. Spectacularly unbelievable, but not horseradish! Usually reliable sources report seeing a fleet of things that look like camouflaged, Paul Bunyan lawn chair with VW engines in back and knobby Goodyear Wrangler R/T tires on the cor-

ners (impenetrable by such foreign objects as railroad spikes), being tested on the local beaches. One must also note the curious lack of bendable sheet metal, body work.

Dune buggies? Get serious! The average mustachioed, beer-bellied MP is accustomed to riding into domestic disputes on horseback with boots and blisters, clanky sidearms drawn and jockeys loaded with TNT. But we're now talking the present day, neo-modern, all-volunteer force here, where front gate security is tight, attack commissionaires ever-ready (and charged?) and midnight fence patrols never more vigilant.

Fears that a once taken for granted and highly visible part of our daily lives is to be forever obscured by camouflage and high tech can

also be laid to rest. To the rescue comes the cherry red beret (chin straps mandatory), a piece of woollen headdress so magnificently vibrant, that flashing red and blue lightbars can now be relegated to the archives as ancient pieces of ingenuity, long past their usefulness. Besides, there remains no room on these new mud-putts to place mobile light shows.

So beware all you who traverse the Queen's soil at speeds in excess of posted limits, because that off-road racer filling up your rearview mirror could be justice on the prowl. Ray's security service has never been better equipped! What will they think of next to battle that onslaught of radar detectors and turboed Sunday drivers?

.....The Vicious Pen

NEXT
DEADLINE
JULY 4th



TOTEM TIMES



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

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

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:

The Totem Times is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription rate: \$6.50 per year.



EDITORIALS



Lightside The Comox Air Force Museum

NORM BLONDEL

EVERGREEN

I sat reading a publication of the Courtenay Recreation Association the other day, to do with the city's summer programme, when something caught my eye. "Ye Gods!" I exploded.

"Wha, what!", responded Wife, falling out of her recliner, (Wife startles easily).

"This bit about the Evergreen Club -- you only have to be 55 to get in."

"What's an Evergreen Club?", Wife enquired, getting back into her recliner.

"It's for Senior Citizens. I'm 55. That means I'm a Senior Citizen.... I'm old!"

"I could have told you that, mate. Some days when you don't shave, you look like my dad," Wife replied, unhelpfully.

I didn't quite know how to take that; Wife's dad has been with the angels for the last eighteen years. Carefully, I felt around the bridge of my nose. Reassured at the presence of eyeballs, I pursued the subject.

"Oh, I don't know, I think I'm in pretty good shape."

"You are when you're flat out in that recliner, chum. But when you stand up, not everything falls into place, so to speak. Some of it falls out," Wife added.

I tried diverting that thrust back to its source. "Your

cooking is too good. How can a guy resist your cooking," I ingratiated.

"I don't cook beer," Wife countered.

It was obvious I'd get no sympathy from the adjacent recliner, so I slipped into silent introspection, searching my recent experiences for signs of aging. Exercise was one. When you exercise, you burn up cells, get tired, ache, eat protein, sleep, and then get stronger.

I'm waiting for stronger.

The Libido: The two big mounds of topsoil outside my gate should remind me of Dolly Parton. Instead, they remind me I've two hundred wheelbarrow loads ahead of me. What's worse, I like topsoil. When I look at it I don't think of Dolly Parton at all. Worse, yet, I don't think of Dolly Parton even when I'm not looking at topsoil.

The memory: It's supposed to fade a bit as you age. I can remember clear back to....last week.

Athletics: I can still sprint the hundred metres in fifteen....Minutes.

Dentistry: My dentist says I have fewer cavities -- I also have fewer teeth.

Sleep: I can sleep anytime, anywhere. It's staying awake that's the problem.

Oh God, I feel old.

A LETTER

To the Totem Times:

Congratulations are in order! Congratulations to the Comox Valley for their outstanding support of the recent Cancer Campaign. Our goal was \$52,000 and as of today, donations totalled \$57,400, a significant achievement.

The generosity of Comox Valley residents, coupled with the unselfish volunteers who canvassed long and hard, made this success possible.

To the service and fraternal organizations, sororities, individual and business donors, the 275 volunteer canvassers and organizers, my sincere thanks and congratulations for making this year's Jubilee Campaign such a resounding success. You can be certain that patients and families will benefit from your generosity and you should take pride in your accomplishment.

R.G. Wreggitt
Campaign Chairman

OUR NEXT DEADLINE
JULY 4th

Family Support Centre

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

With Lieutenant Governor Robert Rogers' ceremonial cut of the ribbon, the *Comox Air Force Museum* became a reality on 12 September 1987. In attendance at this occasion were the Air-Vice Marshal Leigh Stevenson (Ret'd) and the current Base Commander, Colonel J.E.H. Gibbon.

The Museum had its beginnings as far back as 1981 when the Outdoor Exhibit of heritage aircraft -- an Argus, a CF-101 Voodoo and a CF-100 Canuck -- was established.

Planning for the Museum began in earnest in November 1986 when Air Command gave its approval to establish a museum at CFB Comox,

thereby instituting the timely preservation of our unique heritage. Captain (N) Marc Garneau gave the official send-off in March of 1987 with his promotional visit on the Museum's behalf.

Although the Comox Air Force Museum receives logistic and some financial support from the Base, the majority of the funding has come from generous donations by both individuals and commercial establishments of the Comox Valley. The *Comox Air Force Museum* is pleased to announce the unveiling of an Honour Roll established to recognize these outstanding contributions. This unveiling took

place on 15 June in the main foyer of the Museum where the Honour Roll is prominently displayed.

In attendance were Lieutenant Colonel T.B. Rogers, Acting Base Commander; Major D.S. Thain, Museum Chairman; Captain D. Blamire, Vice-Chairman; and Mrs. N. Greene, Curator.

The *Comox Air Force Museum* is dedicated to the preservation and presentation of a unique portion of Comox Valley history and with the continued enthusiastic support of the community, the Museum looks forward to a bright future.

The Blue Review

On Tuesday the 28th of June, Channel 10 of Comox Valley Cable Net will premiere the first performance of the program "The Blue Review." There was a time in entertainment history when slightly risqué, or more than slightly risqué, films were called "blue" films. The Blue Review, scheduled to be shown at 8:30 pm on the Tuesday night, and 11:30 am the following morning, is not a program about "blue" films.

The program which will become a regular feature of Channel Ten, is one developed by Nancy Greene, Curator of

the Comox Air Force Museum, whereby people who have been active in aviation, chiefly military, will be interviewed. Events and personal experiences form the basis of the interviews, and any one interested in history and aviation will find the program most entertaining.

The first instalment, which consists of two segments of about 15 minutes each, will have comments from a local retired member of the wartime RCAF who flew on operations in Boulton Paul Defiant aircraft and served in Walrus aircraft while engaged in the air-sea rescue role. (One

automatically thinks a Walrus would be better at SAR work than a Buffalo!) The other segment has a former German Luftwaffe pilot telling of his experiences while flying a ME 109 aircraft at the Battle of Dieppe on the 19th of August 1942.

The Air Force Museum will welcome comments and suggestions re this first showing and subjects that the viewing public would like to see in future shows. Remarks should be directed to Nancy Greene, Curator, Air Force Museum telephone 339-8635.

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



THIS WEEK'S TRIVIA:
Name this aircraft and what country it originated from.

TRIVIA ANSWER:
This is the Australian Commonwealth Aircraft Corporation Sabre Mk. 30 prototype. The aircraft was also known as the CA-26. The Rolls-Royce Avon RA7 powered this aircraft. Production versions of this aircraft were known as the CA-27.

SECTION NEWS

BTSO Presentations

CDs at BTSO



BTSO CD Presentations: Back Row L to R - Cpl Glanville (BAMSO), MCpl Bigelow (BAMSO), MCpl Plante (BAMSO), Cpl Wessel (BAMSO). Front Row L to R - Cpl Kinshella (BSupD), LCol Mack (BTSO), Cpl Davie (BTnO).

BTSO Retirements



Master Warrant Officer Fred Johnsen, the Deputy Fire Chief, being congratulated on his retirement after 27 years of service. He is now the Fire Prevention Officer at the Suncor Refinery at Fort McMurray.



BTSO Branch Retirement: Master Corporal Bigelow, an Aero Engine Technician with BAMSO, received his retirement certificate after 12 years of service.

West Coast Ships Sail West

On 28 April, 1988 ships of the Canadian Task Group Pacific sailed for a 3 month deployment to the Far East and Hawaii. The Task Group consists of HMC Ships Provider, Huron, Terra Nova, Restigouche, Mackenzie and Yukon. During the deployment, the ships will visit Japan, the Republic of Korea, the Peoples' Republic of China, and Okinawa. Following the series of goodwill visits in the Far East, we will transmit to Hawaii to take part in Exercise RIMPAC 88.

"In total this represents nearly 1500 Canadian sailors including 30 men and women of the Canadian Naval Reserve and 16 Sea Cadets from all across Canada," said Captain (N) Gary Garnett, Task Group Commander.

"In addition to improving operational effectiveness and completing individual training, Canadian sailors will have a

marvelous opportunity to experience some of the cultures of our Pacific Rim neighbours," added Garnett.

On departing Esquimalt the ships sailed north taking the great circle route along the Aleutian Islands to Japan. While transiting along the Aleutians, the Task Group was supported by 407 (MP) Squadron from Comox.

Crossing the international date line was an event in itself. The Task Group "crossed the line" Friday May 6 which meant the next day was Sunday not Saturday. So we missed our Saturday but the XO said we could have it on Monday which was really confusing as the days then went Friday, Sunday, Saturday then Tuesday. Confused yet? Wait until we get two Mondays on the way back!

After 16 days at sea landfall was made on Japan and a ceremonial wreath was laid near the position where

Lieutenant Robert Hampton Gray, flying from HMS Formidable on 9 Aug 1945, led a flight of Corsair aircraft in an attack on Onagawa Bay on Japan's east coast. During the action LT Gray lost his life and was awarded the Victoria Cross for sinking a destroyer escort.

On May 14, a formation of two Sea Kings dropped the wreath on the estimated route of Lt Gray's last flight.

"The Sea King crews were honoured to pay tribute to this brave Canadian because it was said that the Victoria Cross award symbolically recognized the accomplishments of all Canadians who had died while serving aboard aircraft carriers," said Major Chas Cormier, a Sea King pilot aboard HMCS Huron.

After 18 days at sea and some rather rough weather, the Task Group entered the busy port of Tokyo. The weather was sufficiently rough to sort the sailors out from the landlubbers.



A Sea King from HS 443 Det (West) flies above the Canadian Task Group Pacific as it heads for Tokyo, first port visit on a three months deployment. (CF photo by Cpl D. Prost)

BAMSO Promotions



MCpl Ian Neilson, a Safety Systems Technician, was recently presented with his promotion by Maj Kightley. The promotion was accompanied by a posting message to the nation's capital.



Cpl Al Wessel, an Airframe Technician, was recently presented with his MCpl hooks by Maj Kightley. Al will be going to 407 Squadron.

SECTION NEWS



From The Fire Chief's Office

FIRE SAFETY FOR BOATING ENTHUSIASTS

Explosions and fires on boats can be terrifying experiences, often resulting in serious burns and even death.

Each year the boat population grows, enhancing to a great extent the number of explosions and fires aboard boats. Most fires or explosions occur immediately after boat motors have been refuelled.

With common sense and proper precautions, boating fires can be prevented. The following safety precautions following are safety precautions which should be followed while refuelling your boat:

- don't smoke when you use gasoline: shut down engines, motors, fans, and heating devices before fuelling.

- Leave room in the tank for fuel expansion.

- Wipe up spills.

- Never refill portable fuel tanks in the boat: take them ashore for filling and wipe off any spillage before placing them aboard.

- check bilges for leakage, fuel odors: ventilate until fuel odor is gone.

- now start your engine.

Listed below are good housekeeping practices which should be followed while afloat:

- use stoves approved for

marine use; portable stoves and heaters are unsafe.

- follow safety precautions for using LP gas.

- keep the bilge free of rags and other combustibles, as well as fuel odors and lubricant spills.

- have fire extinguishers that you know how to work and locate them in areas of immediate accessibility.

For more information on Boating Safety, please contact the CFB Comox Firehall at local 8552.

FROM THE RUMOUR MILL

It's that time of year again. The firehall would like to extend Good Luck and Best Wishes to the following personnel who were, or who will be posted out in the near future.

Capt Halliday - CFB Borden, WO Whitehead - CFB Lahr, Sgt Kuyper - CFB Halifax, MCpl Evans - CFB Halifax, MCpl Gougeon - CFB Esquimalt, MCpl Harlock - CFB Edmonton, Cpl Dunn - CFB Halifax, Cpl Lowe - CFB Esquimalt, Cpl Ratte - CFB Halifax.

The following personnel will or have arrived recently. The new Fire Chief will be Capt Livingston and the new Deputy Fire Chief will be MWO Babin.

The other new Smoke Eaters are Sgt Mott, Sgt Mason, Sgt Dube, MCpl Peterson, Cpl Dore, and Cpl Luj.

Congratulations to WO Edwards and to MCpl Beazley on their recent promotions. And while we are congratulating people for their fine efforts, it was noted that on a recent MAG deployment in Yellowknife, NWT, Cpl Breau was able to slam one girl down on the dance floor and break her nose, then dance with a more attractive female without missing a step. However, Cpl Breau did complain to the management of the establishment for letting people sleep on the dance floor. Boy! These MAG deployments sound like fun don't they?

MWO Johnsen is now known as "FRED THE FIRE PREVENTION OFFICER" at Suncor Inc Oil Sands Project in Fort McMurray, Alta. The staff at the Base Fire Hall would like to wish Fred and his wife, Wally, all the best of luck in the future. Fred's knowledge will be greatly missed in the military Fire Trade.

In closing the Fire Hall Slow Pitch Team would like to issue a challenge to CE's team because in a recent match "WE WAS ROBBED!"



Supply Signals

Another two weeks has passed and it's finally beginning to feel like summer. This being my first summer in Comox, I was becoming quite convinced that the sunshine came only in the liquid form here. That fear, I'm happy to say, has been dispelled if only temporarily.

As is normal for this time of year, there are a lot of comings and goings. MCpl J.P. Ullock just popped in to say his last goodbye. Our brand new CWO Bowerman is off to his old stomping grounds (that's Edmonton, for those of you not in the know). I've heard he's writing a book "Have Fishing Rod Will Travel" destined to be a bestseller about the same time as "All you ever wanted to know about fishing but were afraid to ask."

Congratulations to MCpl Pat Adams and wife Debbie on the arrival of Daniel, 8 lbs and change, eh! Not bad for a brownie!

MCpl Pat Armstrong is back in town after his vacation in the Middle East. Where's your tan, Pat? Cpl Sue Gougeon was recalled from Ontario. Nice try Sue, but you're going to have to go further than that to get away from that old IBM.

One Group has enlisted the help of Paul McAndrew for the summer and at the same time received Cpl Kitchen from Masset. At the rate they're going, they'll be standing shoulder to shoulder this time next month.

I understand they had to drag MS Ray Bailey kicking and screaming out of Rations and into Customer Services.

Not a pretty sight. He was replaced by Cpl Dave Spindler. Good luck Dave, and give me a call when you get that pool table and dart board installed. Pte Leloni Lowe has finally made up her mind and decided to stay in Customer Services, for now anyway.

Congratulations and best wishes to Cpl Mary Jo Bourdon on her fast approaching wedding. She keeps telling everyone she is not nervous, but just mention her wedding when she's in the room! Forty-five minutes later Mary Jo will be about done telling you how nervous she's not!

Wendy Shaw is away because of some minor surgery. Get well soon! Brad is saving all the filing for you. Clothing Stores, it would seem, is having a problem keeping track of its people. An APB has been put out for one Cpl Karen Charbonneau alias the Spanish Lady, and one Pte JoAnn Martin, alias Joe. Anyone with information on these escapees contact Sgt Vander Kooy. There have also been rumours of another couple of escapees pending. Cpl Jim Bulmer is going about as far as you can go - Lahr, West Germany. It's not too late to change the colour of that uniform, Jim. Also, Cpl Mary Anne Baer is shedding her uniform and rejoining the civilian community. Good Luck to both of you.

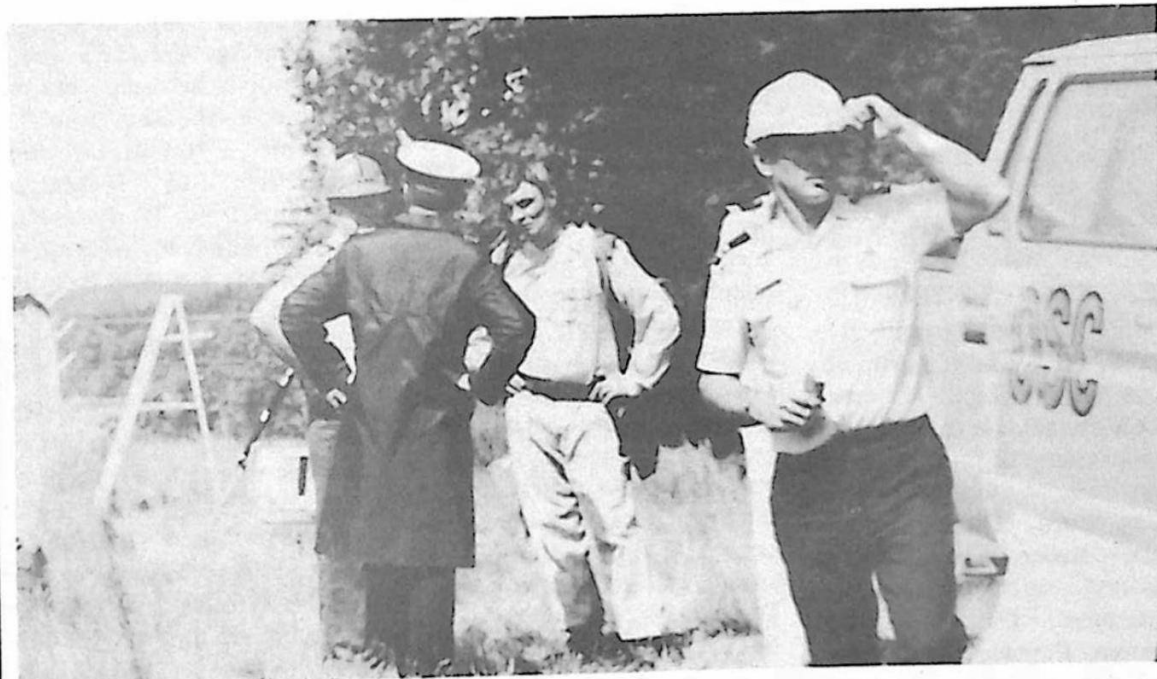
Last and least MS Matt Snettinger. Matt is moving from General Stores to 6 Group. Hey, it's a tough job but someone has to do it, right?

Promotion



LCol G.T. Mack, BTSO, congratulates CWO Wayne Bowerman on his recent promotion to Chief.

It Happened One Day....at Nanoose



What do you mean only satisfactory? Capt Gavin and WO McLaren discuss the happenings of the recent NewEval at Nanoose. The mysterious man in the trenchcoat is LCdr Tilley. Meanwhile back at the ranch Capt Wolfe-Milner peers out for that ever elusive submarine. (Base Photo).

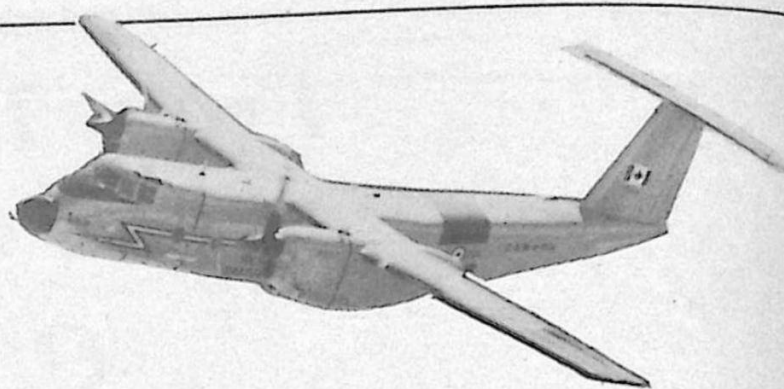
NEXT DEADLINE — JULY 4th

Dep
Imp
Canad
Dental
author
effectiv
follows
Board
the Pu
Plan.
High
proved
- M
tributic
May p
for cov
1988 v
payer.
allotme
CF pla
Direct
- All
childre
cluding
were n
plan.
- Co
to ag
childre
educati
time.
- Ort
your cl
you jo
covered
their c
tive. (
which b
is cover
ment m
- Fee
claims
ular)
se of th
July,
curred (
- The
thodon
1000 d
per cov
1988 an
June 19
- Ber
percent
percent
- All
bers, a
Reserve
service,
automa
tive 1 Ju
is requir
that me
changes
dant stat
unit rec
quickly
tor Pe
Systems,
dependa
mation
based on

SECTION NEWS



442 Squadron



SAR SUMMARY

26 MAY
The Labrador was called out early in the morning for two fishermen missing in the Tofino area. Just as the Lab arrived on scene, the men were found by the Coast Guard.

Both the Buffalo and the Lab were launched for a missing aircraft between Dease Lake and Whitehorse. The search was cancelled when the aircraft was found.

The Lab, returning from the Dease Lake search, was called out from Prince Rupert for a freighter drifting on to Brooks Peninsula. The Lab held standby in Port Hardy until the freighter was able to secure itself.

27 MAY
Out of Port Hardy, the Lab was tasked to look for an ELT in the Comox area. Nothing was heard and the aircraft was stood down.

The Lab was tasked for an aircraft that crashed into a house on Redonda Island. The one survivor was flown to St Joseph's Hospital.

28 MAY
The Lab medevaced a patient from a freighter 230 miles out to sea and brought the patient to a hospital in Victoria. The Air Reserve out of Portland provided top cover during this operation.

30 MAY
The Buff was launched on an overdue boat from Lawyer lighthouse to Prince Rupert. The Buff found both the body and the boat underwater in the surf.

31 MAY
Buff was called out for an ELT in the Liard River area. Aircraft was located on a field ¼ of a mile from the airport. Probably the result of a hard landing.

2 JUNE
The Lab medevaced an injured hiker off the West Coast Trail. After attempting a night pickup the Lab had to wait for first light to accomplish the mission. The hiker was transported to a hospital in Victoria.

3 JUNE
The Buff was launched for an overdue aircraft in the Prince Rupert area. Search was called off when the aircraft was found safe at another airport.

4 JUNE
The Lab was called out for an ELT in the Vancouver area. ELT was isolated to a group of tug boats.

The Buff was called out to 108 Mile Ranch on a SARSAT hit. The Buff homed directly to the site and had the aircraft turn its ELT off.

Promotions at 442 Sqn



Maj R.C. Mohns, the Squadron Aircraft Maintenance and Engineering Officer signals the "thumbs up" following announcement of several promotions in SAMEO flight. The promotees are L to R: Sgt Dave Lepatourel (promoted to WO eff 1 Jul 88), MCpl Wayde Parchoc (promoted to that rank eff 31 Mar 88), Maj Mohns, Cpl Denis Booker (promoted to MCpl eff 1 Jul 88) and Pte Thordarson (promoted to Cpl eff 7 Apr 88).

7 JUNE
Both the Buff and the Lab were launched for a Medevac 100 miles off the coast of the Queen Charlottes. The medevac was stood down in Sandspit as the patient had died.

14 JUNE The Lab medevaced a crew member off HMCS Saskatchewan ten miles north of Port Hardy. The patient had two broken arms and was flown to Esquimalt.

16 JUNE
The Buff was called out for an ELT in the Smithers area. Nothing was heard and the aircraft was stood down.

442 SQUADRON MAINTENANCE
Here we go again: It's A.P.S.'88." There's an obvious ploy by the "500" series career managers to strip 442 Sqn of many of the "Good ole boys/girls." Goodbyes to Doug Ford, Gilles Dufour, Garry Keller, Gilles Philie, Ginette Kozakovich, Dave Lepatourel, Dennis Booker, Theresa Boyer, Jim Gaylor, Rick Sylvain, Blain McMillan, Al Camphius, Corey Sooley and Rick McNab, who are all posted out of God's country. Best of luck to all. We are also losing some very good guys to retirement. This list includes Al Martin, Frank Lewis and Patty Burke. Patty chose not to join the Newfs in Gander, but will resume his world famous career as a D.J. right here in the Comox Valley. The big dart

board in Ottawa has been very good to 442 Sqn of late, favouring us with the following promotions: WO Dave Lepatourel, and MCpls Dennis Booker, Joe Gautreau, and John McKenzie. Congratulations.

In the Avionics section the news to date is that Sgt Davies is off to AMDU Trenton. Pte Cam Miller is in better spirits now that he is soon to be a Sgt. He suspected the promotion was on its way when he found out that someone had been posted into his REMAR number.

Rotary Wing Maintenance members, commonly referred to as the Rotor Heads, are celebrating Cpl Al Widmeyer's promotion to MCpl. With the promotion he has been reassigned to the real world in servicing, after years of spinning in Rotary Wing Maintenance. To bring himself up to speed, Al is vacationing in Disneyland. The maint crew has decided to give Sgt Burke a retirement present. They are attempting to have A/C 304 out of Maintenance on time.

442 Sqn technical personnel recently attended a Buffalo maintenance rationalization meeting in Trenton. Our aero engine rep would have made a late entrance to his meeting, on the second day, if it hadn't been for our I.E. rep noticing the time when he got up to dispense of bodily fluids from

the night before. A big thanks to Ken White, our Powell River Associate, for the delicious cake. It was enjoyed by all.

Our MOR clerk, "Wicked Wanda," has packed up her giggle and moved her typewriter to the diefenbunker at the Nanaimo military camp. Speaking of clerks in general, now that Sgt Antoine's wife is in Ethiopia he keeps himself occupied by shooting "cans."

Before I forget, a fond farewell to Martine Veldhuizen, our favourite supply tech. She is off to the great white north, and after spending six months in the dark at CFS Alert she will link up with her hubby in Cold Lake.

Gilles Dufour is off to sea with a posting to the boats on the east coast, and "they can hear you coming," Gilles. This puts Sgt Gerry Lauzon in possession of E-Bay, moving Sgt Ness to 1 Crew until he either retires or pulls the plug after his first 2 AM SAR launch.

That's all for now except for the following true story: The other morning Ab was telling fish stories up in the canteen and just when he was getting to the "How big were they?" part of the tale, the window behind him slammed shut, shattering glass all over him. My question is: Was Someone else trying to tell us a slightly different story? Amen.

The Best Dressed



442 Sqn and CFB Comox bid fond farewell to CWO Doug Ford. His dogmatic attention to the details of dress and department will be sorely missed! (Editor's Note: Bon Voyage et Bonne Chance).

LIFESTYLE



In The Mags

A REPORT ON WHAT'S NEW AT THE NEWSSTAND

With the Post Office telling us one day that we'll have to pay a ten cent fine if we forget to put the postal code on a letter, and then rescinding it the next, it's no small wonder that hating the Post Office would seem to be part of Canada's cultural identity.

While little practical good is achieved by dwelling on Canada Post's inadequacies, there is a certain gory pleasure in it. Did you realize that the corporation proudly boasts an 87 percent reliability record? It might make you feel pretty good...until you translate that into a half-billion late letters a year!

This month's *Saturday Night* presents a convincing argument in favour of saying "goodbye" to a ludicrous anachronism: the state-run post office. "The Last Post" dispels any myths that might abound about an efficient postal system and offers us a litany of reasons for abolishing Canada Post's exclusive privilege in letters. Don't miss this excellent article!

In the same issue of *Saturday Night*, there's a great tongue-in-cheek article on the upcoming Economic Summit. According to John Fraser, Summits are the crowning achievement of journalism - and statesmen are invited too! The International Journalist's Summit is being held this year in Toronto from June 19 to 22 and you can read all about it beginning on p. 7.

Are you dissatisfied with your working environment, but figure that if you move on, things will eventually end up the same? If so, have a look at "How to spot a great place to work" in this month's *Self*. It's a good guide to learn how a bad company can sour a fabulous job and how a good one can turn an ordinary one terrific!

If you're in the market for a new car, this month's *Motor Trend* may well have you rushing out to arrange financing. While all of us certainly can't afford the likes of Mer-

cedes, BMWs and Porches, Honda has come out with a new Accord LXi Coupe which should have little trouble pleasing those prospective buyers looking for solid value in a great looking package. Get all the details on this new player in the auto market on p. 49.

According to "Boy-Girl Guides" in this month's *Toronto Life*, the range of books purporting to guide us to a neurosis-free nirvana is testimony to the modern faith that a well-lived life is only \$5.95 away.

Unfortunately, these books admit to none of the problems we ourselves experience. But, if you're looking for self-help guides that will make you love, leave, merge, marry or remain in place, have a look at p. 17.

What do you think drives the real estate market? Interest and mortgage rates, of course, but changing sexual/marital mores have enlarged the demand for housing, and increased the rate at which houses turn over. While we recognize that nearly every marriage creates a demand for a single-family home, we overlook split-ups, which often create the demand for not one, but two single-family homes. See "Splitting Headache" in this month's *Your Money*.

Britain's Margaret Thatcher is analyzed, adored, disliked and admired. Last June, the Brits gave her a third mandate as Prime Minister to allow her to continue her extraordinary battle against certain entrenched social attitudes and values that have persisted in England for the last 40 years. Not since Winston Churchill has any British leader questioned the basic thrust of the British welfare state, but Thatcher is proving that private enterprise works. "Macho Maggie," in this month's *Chatelaine*, IS AN MONTHS'S *Chatelaine*, is an excellent profile of this powerful leader.

Courtesy the *Periodical Marketers of Canada*.

THE GRIFFIN PUB
COME FLY WITH US

NOW OPEN
UNDER NEW OWNERSHIP

.NEW CHEF
.NEW MENU
.NEW DECOR
.FRIENDLY TABLE SERVICE

COMOX VALLEY'S
ONLY COLD BEER
DRIVE THRU
SALES

ROAD TO KIN BEACH
LITTLE RIVER RD & KIMORLEY
339-4466

ENTERTAINMENT FRIDAY & SATURDAY 9 TILL 1

THIS WEEK - DAVID VAN CLEEF



AUTOPLAN *plus*
Best of ICBC -
Best of Private Insurance

Autoplan Plus is a new concept in auto insurance - a program that brings together the best features of the government plan with the customer benefits of freedom of choice and market competition.

ICBC

- Uniform class rating
- Claim-rated scale (discount system)
- Community claim centres

Private Insurance

- Competitive rates
- Wide choice of options
- Continent-wide service

Autoplan Plus

- Competitive rates
- Wide choice of options
- Service across North America
- Fast claim settlement
- Uniform class rating
- Claim-rated scale (discount system)
- Community claim centres
- Ceiling on premium rates
- Independent Auto Insurance Review Board

Autoplan Plus is being prepared for presentation to the government of British Columbia.

For information, call toll-free 1-800-663-0249 or write:



B.C. Auto Insurance Task Force
Suite 1970, 1055 W. Hastings St.
Vancouver, B.C. V6E 2E9

Representing participating private insurers in British Columbia.

Comox Shoe Repair

1836 Comox Avenue
(Across from Legion)

Tuesday to Saturday -- 9:00-5:30

TOP QUALITY

SHOE AND LEATHER REPAIRS

SPORTS AND RECREATION

Sports Shorts

FITWEEK

CFB Comox's 2nd Annual Fitweek was a success. All 5 events -- Bowling, Softball, Golf, Floor Hockey, and the Quadrathon had good participation. On Monday, 9 people tried to improve their bowling averages. Tuesday 12 teams struggled it out on the softball diamonds. Wednesday 48 golf fanatics pounded the polyurethane balls around the golf course in the rain. Six teams participated in a single round robin floor hockey tournament on Thursday. Fitweek ended Friday with 11 teams participating in the Quadrathon, which was won by B Photo.

PAC REGION GOLF PLAY-OFF

The Pac Region golf championship will be held at CFB Chilliwack 15-17 Aug 1988. In order to choose a team to represent CFB Comox, a play-off will take place 6 - 13 and 20 July 88. (If rain, 25 July).

Any military personnel interested in participating in this play-off are to register with the Base Rec Centre at local 8315 prior to 30 Jun 88. All non-CFB Comox Golf Club Members will be responsible for their own green fees.

CULTUS LAKE (TRIATHLON) CHILLIWACK

When: 16 July 88 at 0900 AM.
Distance: 1.5 km swim; 30.4 km bike; and 10 km run.
Cost: \$35 - Individual and \$60 - relay mixed team.
Deadline for entry NLT 1 Jul 88. Pick up your entry form at the Base Rec Centre.

COMOX LAKE TRI-K TRIATHLON

July 17 - 18, 1988 - Comox Lake.
Distances: Swim - 1500 metres; Bike - 40 K; and Run - 10 K.
*Team categories (must have 3 different persons each doing 1 segment of the race).
Entry Fee: \$39 per individual and \$75 per team.
Please contact the Comox Tri-K Triathlon Society at 339-5121.

BASE SOCCER TEAM ACTIVITIES FOR 1988 SEASON

The Base Soccer Team is currently practising every Monday and Wednesday at 1600 hours at the Base Comox Field. All interested persons are invited to join us.

Capt H. Pronk is coaching and S/Lt V.P. Chung is managing the team.

It is anticipated that the Base Soccer Team will be involved in a number of exhibition games starting in July.

It is also anticipated that CFB Comox will host a soccer tournament the end of July or early August.

For more information please contact S/Lt Chung at local 8267.



FITNESS FOR LIFE CLUB

MCpl Josee Descoteaux, president of The Club and Capt Gary Pronk, BPerO, were pleased to present their first Fitness for Life award (500 pts Certificate) to Capt J. Pelurson, Capt C. Overton, Cpl G.P. Phillie and Cpl B. Wild.

Congratulations and keep up the good work.



Outdoor Writers of Canada

Pipe Smoke

Gerry Gerow



Another good doggy book tumbled out of the old mail box a few days ago. *Second Hand Dog*, by Carol Lea Benjamin, Howell Book House, New York.

Benjamin is one of North America's foremost dog writers, who excels in writing books on training subjects. In this 96 page paperback edition she attacks the subject of training a dog which the owner acquired after it was grown up and perhaps had learned some very bad habits in its previous life.

House training, leash training and more. It's all here and nicely illustrated and complimented by the author's own cartoons. As a paperback it is inexpensive and consequently well within the budget of those who need it most. The book was never intended for the owner of a purebred obtained in puppyhood, but for the person who has adopted a mutt from the SPCA or the local pound. It's just published but should be in book stores soon.

XXXXX

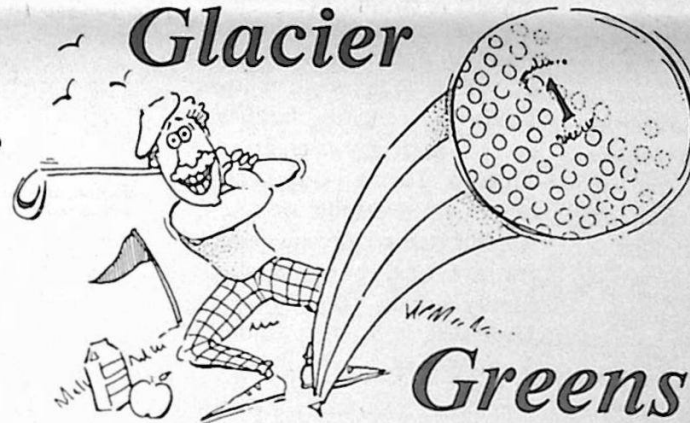
Not long ago I was called an elitist by the editor of a major West Coast newspaper because I had the audacity to suggest that a contest they ran in their newspaper in which they gave away crossbred pups as prizes, should not have taken place. To my question as to whether or not the animals had been neutered before being given away, he replied that the newspaper would not presume that the recipients could not make their own decision in this regard. He, of

course, made no comment about my challenge that they do yearly follow-up stories on each of these puppies. They wouldn't dare. The whole contest was, in my mind, something that should never have been held. Puppies, crossbred or purebred, or any other live animals should never be given away as prizes, and aren't by any person with a little sense of responsibility to animals.

The number of unwanted dogs and cats which are destroyed every day in Canada is mind-boggling. It is time that someone took a hard look at all the pets that are allowed to breed at random and produce litters to add to the thousands and thousands of unwanted animals in the country.

Unwanted pregnancies are only one result of letting pets run free. Almost daily one can see dogs and cats dead at the side of the road. Naturally the owner didn't realize he was sentencing the animal to death when he let it run free. In almost every case of a pet being run over the owner will claim that it got out of the yard by accident, and in almost every case that isn't true.

A real serious consequence of a pet on the road is that drivers may obey their basic instinct to avoid the animal and kill or injure a passenger or a bystander as a result. Keep your pets safely in your own yard so that you can continue to enjoy them. *Thanks for the coffee, Frank.*



GLACIER GREENS LADIES INVITATIONAL GOLF TOURNAMENT

Field Low Gross - Carol Strachan 75. Sponsored by Comox Valley Credit Union.

Field Low Net - Teri Sleight 64. Sponsored by Holland & Associates.

A FLIGHT WINNERS

1st Low Gross - Lynn Follett 80
1st Low Net - Doris Squires 66
2nd Low Gross - Bev Aitken 84
2nd Low Net - Francis Shaw 66
3rd Low Gross - Karen Todoruk 87
3rd Low Net - Val Materman 69

B FLIGHT WINNERS

1st Low Gross - Frankie McCaffery 90
1st Low Net - Christa Robertson 68
2nd Low Gross - Betty Richardson 94
2nd Low Net - Kay Banks 69
3rd Low Gross - Gladys Mitchell 95
3rd Low Net - Joyce Aylward 69

C FLIGHT WINNERS

1st Low Gross - Hine Robichaud 95
1st Low Net - Maggie Miller 66
2nd Low Gross - Anne Sutton 98
2nd Low Net - Rose McLeish 68
3rd Low Gross - Esther Dodd 98
3rd Low Net - Millie Legge 68
Longest Drive - Lynn Follett 194 yds
Closest to the Pin No.7- Rita Dalby
Closest to the Pin No.2- Irene Murphy

Thanks to all our generous sponsors.

NOTICE

Glacier Greens Golf Course will be closed to all but employees on Sunday August 7 until 1700 hrs due to the airshow.

NEXT DEADLINE JULY 4th

SPORTS & RECREATION

SUMMER FUN

PRESENTED BY THE CFB COMOX REC CENTRE



The summer staff...from left to right - Dana Carlson, Monique Rehor, Renata VanderBasch, Andrea Hutching and Dawn Patrick.

The summer staff of CFB Comox Recreation Centre would like to welcome you back for another fun filled summer. This year's staff are:

Program Supervisor: Andrea Hutchings, who has one year left in a Bachelors of Education degree, with three years past experience in recreation.

Recreational leaders are: Dawn Patrick, who is in her 1st year of Human Performance with past experience in coaching; and Dana Carlson, a sports oriented grade 11 student from Highland Senior Secondary. With their new and exciting ideas they will make this year's Day Camp unsurpassable.

The four lifeguards/instructors are: Liza Grindler, who is in her 2nd year of Chiropractics with experience in Toronto and Courtenay Recreation Centres; David Paulson comes to us with excellent qualifications and experience in lifeguarding and instructing; Monique Rehor has recently returned from Australia, where she worked as a lifeguard and

instructor; and Ranata VanderBasch, who is currently enrolled in the Faculty of Physical Education at UBC, with three years experience in competitive swimming.

DAY CAMP

This summer's Day Camp will include arts and crafts, games, beach exploration, hikes, swimming, special events, and a variety of different activities. Boys and girls from 6-12 are invited to come and join the fun, Monday to Friday, from 12:30 to 15:30 in the arena.

RED CROSS SWIMMING

Red Cross Swimming lessons will be held between 8:30 and 11:30, Monday through Friday. Each session will take two weeks to complete, which includes a fun day. Levels offered are: Yellow, Orange, Red, Maroon, Blue, Green, Grey, and White.

Both the swimming lessons and Day Camp are open to all CFB Comox personnel and DND dependants.

SESSION DATES

Dates for the four sessions are:

- 1 July 4 - 15
- 2 July 18 - 29
- 3 Aug 2 - 12
- 4 Aug 15 - 26

REGISTRATION will be held at the Rec Centre for ONE day per session, from 8:00 AM to 2:00 PM.

- Session 1 June 30
- Session 2 July 15
- Session 3 July 29
- Session 4 August 12

For CFB Comox Community Council Members the COST is \$18 for each session of Day Camp or Red Cross Swimming. Valid cards must be shown upon registration. The COST for non-members is \$20.

Our summer promises to be fun for everyone! Come out and join us. For more information contact Andrea Hutchings at local 8315.

If enough interest is shown, CFB Comox Rec Centre will offer other activities such as adult swimming lessons, small craft safety, stroke improvement, and day camp overnights. If interested in any of the above please contact Ian Small or Andrea Hutchings at local 8315.

SUMMER 88 BASE POOL SCHEDULE

FEES: 50¢

	MON-THU	FRI	SAT-SUN
830	+	+	
	RED CROSS SWIM LESSONS		
1130	MILITARY AND DND EMPLOYEES		CLOSED
1300	MASTERS SWIM CLUB		1300
1400	CASUAL	CLOSED	FAMILY SWIM
1600	CADETS		1500 ADULTS ONLY
1800	FAMILY SWIM		1600
1900	ADULTS ONLY		CLOSED
2000			1800
			FAMILY SWIM
			1900
			ADULTS ONLY

DAY CARE PROGRAM

Mon	12:30-1:30	Program discussion (rules etc.)
	1:30-2:15	Craft: Name Tags
	2:15-3:30	Beach Exploration (collect shells etc.)
Tues	12:30-1:30	Games: Indoor and Outdoor
	1:30-2:30	Film or Movie
	2:30-3:30	Craft: Using items collected from the beach
Wed	12:30-1:30	Drama Activities/Games
	1:30-2:30	Craft: Sponge Painting
	2:30-3:30	Swimming
Thurs	12:30-1:30	Balloon Activities/Games
	1:30-2:30	Craft: Paper Bag Kites
	2:30-3:30	Hike
Fri	12:30-1:00	Games
	1:00-1:45	Craft: Paper Flowers
	1:45-3:30	Field Trip: Filberg Lodge Petting Farm
Mon	12:30-1:30	Drama Activities/Games
	1:30-2:30	Craft: Stuffed Fish
	2:30-3:30	Sandcastle Building Contest
Tues	12:30-1:30	Bowling
	1:30-2:30	Craft: T-Shirt Painting
	2:30-3:30	Obstacle Course
Wed	12:30-1:30	Games
	1:30-2:30	Craft: Snow Flake Mobiles
	2:30-3:30	Swimming
Thurs	12:30-1:30	Craft: Animal Masks
	1:30-2:30	Games
	2:30-3:30	Scavenger Hunt
Fri	12:30-1:00	Craft: Painting
	1:00-3:00	Sports Day
	3:00-3:30	Clean Up, Distribute all belongings,

SWIFT DATOO DOHERTY LAWYERS

A FULL RANGE OF LEGAL SERVICES

COMMERCIAL & CORPORATE	GENERAL & ESTATE	LITIGATION	FAMILY
BUSINESS, CONTRACT CREDITORS' REMEDIES, INCORPORATIONS & PARTNERSHIPS	REAL ESTATE, CONVEYANCING, MORTGAGES, WILLS & PROBATING ESTATES	PERSONAL INJURY, INSURANCE CLAIMS, CRIMINAL, CIVIL, LITIGATION	DIVORCE & FAMILY PROPERTY SEPARATION AGREEMENTS, CUSTODY & ADOPTIONS
RICHARD J. SWIFT — AZIM N. DATOO — PETER M. DOHERTY			
201 - 467 CUMBERLAND	334-4461	COURTENAY, B.C. V9N 1K3	

ON AND OFF THE BASE

Golden Oldies

BCOMD CONGRATULATES RETIREES



CAPT CLARK



MAJ McDONALD



MAJ DEVANA



CAPT GAVIN



CAPT WILLIAMS



WOS & SGTS WIVES CLUB

WOS & SGTS MESS WIVES CLUB

Last Monday night we had our final meeting for the 1987/88 year and we bid farewell to the old executive and welcomed in the new executive. We also had to say goodbye to several of our members who are leaving on transfers with their husbands. We wish them well on their travels and in their new homes and they will be missed by all.

We had dinner at Columbo's as our wind-up meeting, and the service and the food was excellent. We had a good turnout and everyone enjoyed themselves. After dinner there were a few surprises, with gifts for the retiring executive and the new executive, as well as a few door prizes. Next September is a time to look forward to and we hope to see lots of new faces and of course, the present members at our meetings. Watch this paper for the date and time when our first meeting is scheduled. Have a good summer!

SEE YOU AT THE LEEWARD!

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

THE LEEWARD NEIGHBOURHOOD PUB & BREWERY

- country cooking
- rural hospitality
- reasonable prices
- cleanair system
- brewing our own natural Leeward lager

RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS
649 ANDERTON RD., COMOX 339-5400

good food!
KITCHEN HOURS 11AM - 10PM
good times!

Keep your kitchen clean - eat out at **Smitty's**

MAKE NOTE

PLEASE CHECK THE FRIDAY'S ENTERTAINER FOR OUR WEEKLY SPECIALS.
COMOX

Open 7 a.m. - 8 p.m. seven days
1747 Comox Ave 339-3911

RE/MAX Above the Crowd!

RELOCATION REFERRAL NETWORK

Organized thru Re/Max offices at or near Military Bases across Canada. We can provide you with an agent at your destination to locate and complete the transaction of that special home you are purchasing. If you've received your message or transfer notice, and need an evaluation on your present home or an agent to contact you near the base you're posted to.

CALL dave procter
Off 339-2021 Res 339-6814

RE/MAX

WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

ALBERTA Calgary Cold Lake Edmonton Penhold Suffield	NOVA SCOTIA Cornwallis Dartmouth Greenwood Halifax Sydney
BRITISH COLUMBIA Chilliwack Comox Coquitlam Esquimalt North Vancouver Surrey	ONTARIO Barrie Borden Downsview London North Bay Ottawa Pembroke Petawawa Toronto Trenton
MANITOBA Portage LaPrairie Shilo Winnipeg	PRINCE EDWARD ISLAND Charlottetown Summerside
NEW BRUNSWICK Chatham Gagetown Moncton St. John's Fredericton	QUEBEC Aylmer Drummondville Longueuil Montreal Rimouski St. Hubert St. Jean Westmount

Re/Max Real Estate has one of the largest and most efficient relocation networks in North America
We'll fix you with all the information that you'll need about the city you are moving to:

- *housing prices
- *street maps
- *neighbourhood information
- *accommodation information
- *housing trends
- *city profiles
- *school information
- *economic trends

Call or write me today with your new location to receive your "Relocation Worryender Kit."

ocean pacific realty 282 anderton road comox, b.c. v9n 7a1 (604) 339-2021

Canada Post Corporation

Keeping our commitment in rural Canada

Canada's rural communities are vital to Canada Post. In fact, one of the most important parts of our commitment is making postal products and services more accessible to rural Canadians. To help us do this, we plan to use the resources and the expertise of the private sector. Where practical, we are approaching local business people in communities across the country offering them the opportunity to provide you with postal products and services through their businesses. As a result, you will be able to buy postal products or services in attractive locations at convenient hours, often including evenings and weekends.

*Change: the more you understand,
the more you'll agree*

Certain groups see our changes as an erosion of postal services in rural communities such as yours. Nothing could be further from the truth. By allowing local merchants to operate retail postal outlets, postal services as a whole will be more accessible – and more efficient – than ever before. In the long run it will help us keep postal rates reasonable and leave the way clear for Canada Post to preserve their presence in rural Canada.

Simply stated, by using retail merchants to sell stamps and other postal products and services, Canada Post can concentrate on what it does best: picking-up, processing and delivering the mail in a cost-effective way that benefits all Canadians, rural and urban alike.

Real benefits for everyone

– Nothing to lose –

Consultation For a start, we will engage in at least a 90-day consultation period involving all of our customers in your community, including your municipal authorities.

Jobs Changes are being made when natural opportunities occur, such as when a postmaster resigns, retires or is promoted. No postmaster has lost a job as a result of this program.

Identity The postal identity and name of your community will be preserved intact on signage and for addressing purposes.

Security Retail outlets will be bound by contract to maintain the same security and sanctity of mail standards as Canada Post.

Commitment, service More and more, retail postal outlets will be operated by local business people who already have strong roots in your community and share with you the same interest in maintaining high postal standards, and where possible, improving them. Local delivery service will be maintained.

– Everything to gain –

More outlets The objective is to increase the number of rural locations where you can access postal products or services from 5,000 to 7,000 and nationally by a third to 18,000.

More convenience Retail postal outlets will be conveniently located in a business close to other services in your community. Longer business hours will give you even more flexibility.

More business for local merchants Opportunities for local merchants to provide postal products or services will strengthen the community's business base.

More efficient service By utilizing local merchants' retail experience, Canada Post will be able to concentrate on reliable pick-up, processing and delivery of mail to Canadians.

*Canada Post is in rural Canada to stay.
That's a promise.*

CANADA POST CORPORATION
Our commitment: better service for you.

NEXT DEADLINE— JULY 4th

Suggestion Award Winners



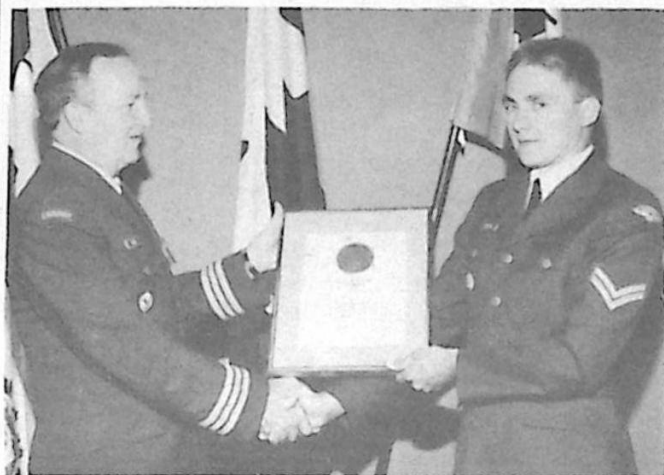
Corporal Christine Ratte, a Safety Systems Technician in BAMS0, received a \$200 award for designing and proposing the use of a special tool for the removal of belt buckles on Aurora, Hercules and Boeing aircraft at Comox, Greenwood, Winnipeg, Trenton and Edmonton. LCol Mack, her commanding officer, made the presentation.



Mr Arnold Epp, a trades helper in Construction Engineering, received \$350 for suggesting that a portion of the Base perimeter fence be relocated to eliminate flooding caused by the buildup of debris at the points where the fence passed over drainage ditches. LCol Mack, our BTSO, presented his cheque and certificate.



Master Corporal Wybenga and Corporal Lesard shared a \$400 award for suggesting that the CF use a special tool that they designed to replace the turbine locking device on T33 engines at Comox, Cold Lake, North Bay, Shearwater, Baden, Winnipeg and Ottawa. Maj Arsenault, the CO VU33, presented a certificate and cheque to MCpl Wybenga.



Corporal Gauvin, a Comm Radar Systems Technician in the BAMS0 Nav/Comm Labs, received a \$100 award for suggesting a mod to the BP10 TDS alignment test sets at Greenwood and Comox. LCol Mack, his commanding officer, presented his cheque and certificate.



When Carl Charko was a master corporal Radar Systems Tech in BAMS0 he made a suggestion that was not adopted but did cause NDHO to come up with a better method of marking certain data on the outside of CP140 Aurora freon bottles. His former Commanding Officer, LCol Mack, presented him with a cheque and certificate.



Corporal Sandra Leibelng, an Air Weapons Systems Technician on 407 Squadron, designed and proposed the use of a special tool to clean CP140 sonobuoy launch chutes. LCol Sutherland, her commanding officer, presented a certificate and a \$200 cheque.



Master Corporal Neilson, from the BAMS0 Safety Systems Shop, received a minor award for bringing a problem that required alternative corrective action to light. LCol Mack, our BTSO, made the presentation.



Mr. Richard Downey, a carpenter in Construction Engineering, suggested that door hinges be locally modified to permit their use when security ones are required. Investigation revealed that his suggestion was already covered in orders, a fact that was not known in his shop, and therefore he was given a minor award for bringing a problem that required alternative corrective action to light. Col Mack, our BTSO, made the presentation.



Corporal Sylvie Guibord, a Safety Systems Technician in BAMS0, received a \$150 award for suggesting a locally manufactured rack for the safe storage of oxygen generator cartridges. LCol Mack, her commanding officer, made the presentation.

...more white paper

CONTINUED FROM PAGE 1

a northern training centre at Nanisivik, on Baffin Island; the construction of a new Northern Region Headquarters in Yellowknife; and an increase in personnel, equipment, funding and employment of the Canadian Rangers.

- 1,122 heavy trucks under the Heavy Logistics Vehicle Wheeled (HLVW) Project are being manufactured by UTDC, Inc. of Kingston, Ont.

MARCH 1988

- two mine countermeasure auxiliary vessels are to be acquired for Canadian Forces

Maritime Command, primarily for use as training vessels for the Naval Reserve of Canada.

- a contingent of Canadian Forces reservists deploy to Cyprus.

- an increase in pay and benefits for reservists is announced.

- establishment of the headquarters for the army's new 1 Canadian Division is announced in Kingston, Ont.

APRIL 1988

- approval is given for a Department of National Defence sponsored Defence

Industrial Research (DIR) Program, whose objective is to improve the capability for innovation in Canadian industry.

- three new naval reserve divisions are to be established over the next three years in London, Ont., Sept-Isles, Que. and Charlottetown.

MAY 1988

- 1 Canadian Air Division is activated in Lahr, Federal Republic of Germany.

- a new site for a new 200-member naval reserve armoury is dedicated in Kingston, Ont. and will be occupied by HMCS

Cataraqui, the local naval reserve unit.

During the speech the Minister of National Defence also called upon Canadian industry to give reservists two weeks' summer training leave

and, if possible, to make up the difference between their reservists' civilian and military pay during these periods. In this way employers, like reservists, can make a contribution to the security of their country, the minister said.

**NEXT
DEADLINE
JULY 4th**

Canadian Forces Update

Ethiopian Aid

CFB EDMONTON, ALTA - FEEDING THE STARVING

The Canadian Forces now have a two-aircraft and 56-person Air Command detachment in Ethiopia. They have been sent to help fly food to drought stricken Ethiopians. Because of the country's civil war, internal transportation within Ethiopia is best by air. Food supplies have been piling up at Ethiopia's chief ports and there are fears that unless it is moved much of it will spoil. The Canadian Forces members join the crews of three United Nations chartered Hercules and a fleet of Soviet transport air-

craft in trying to solve the food distribution crisis. The relief effort is headed by LCol Ray Brown, commanding officer of the Edmonton-based 435 Transport Squadron. LCol Brown and his fellow Canadians have been told that the operation could continue to the end of August. Their mission is in response to an urgent appeal from the United Nations Disaster Relief Operations (UNDRO) and the recommendations of a Canadian International Development Agency (CIDA) study team that recently returned from Ethiopia. (DND01 Edmonton photo by Cpl Jozef Baars)



CFB EDMONTON, ALTA -- Some of the 56 Ethiopia-bound Canadian service men and women head for their Hercules transport as they depart from Edmonton 2 June 88. (DND01 Edmonton photo by Cpl Jozef Baars)

NATO WOMEN HOSTED

OTTAWA-- The Committee on Women in NATO Forces will hold its annual meeting from June 7th to 9th at the Government Conference Centre in the National Capital. Member of 11 NATO countries, representing the 275,000 military women in NATO forces, will be participating in the meeting.

Canada's first woman general, Brigadier-General Sheila Hellstrom, was appointed chairman of the committee last year. The deputy chairman is Commander Elizabeth Westeing of Norway. "We are actively involved in the employment of women. The Canadian Forces are truly an equal opportunity employer," Brig.-Gen. Hellstrom said. "Canada is a world leader in the occupations it has made available to women."

The Committee is responsible for the collection and maintenance of current information relating to women serving in NATO armed forces. The Committee ensures that this data is made available to all NATO and national authorities concerned, and also maintains contact between the various national armed services.

The Committee meets every two years at NATO Headquarters to reinforce its links with the Military Committee. During alternate years, meetings are normally held in another member country.

The Committee was formed during the NATO Conference of Senior Service Women Officers held in Brussels in 1973.

Dragoon Extended

OTTAWA -- The Minister of National Defence announced recently that Brig.-Gen. G.G. Bell (retired) MBE, CD, 68, of Thornhill, Ont. has accepted a one-year extension as Colonel of the Regiment, The Royal Canadian Dragoons (RCD).

Brig.-Gen. Bell will serve in the position from July 21, 1988 until July 20, 1989.

The position of Colonel of the Regiment is an honorary appointment made by the Minister of National Defence on the recommendation of the Chief of the Defence Staff. The honour is bestowed upon a retired senior military officer, who, as colonel of the regiment, advises National Defence Headquarters on matters of significance to his regiment. The appointment is for three years and can be extended, as in Brig.-Gen. Bell's case. This is his second one-year extension.

ACID RAIN REDUCED

OTTAWA -- The Honourable Perrin Beatty, Minister of National Defence, and the Honourable Gerald S. Merrithew, Minister of State for Forestry and Mines, announced today that a low nitrogen oxides/sulphur oxides (NOx/SOx) burner has been commissioned at the Canadian Forces Base Gagetown, N.B. Central Heating Plant. This announcement comes during Environment Week, which is being observed from May 30 to June 5.

This novel burner system, developed and installed by the Canada Centre for Mineral and Energy Technology (CANMET), Department of Energy, Mines and Resources Canada with the participation of the Directorate of Base Maintenance and Defence Construction Ltd., will suppress acid rain emissions by up to 50 per cent.

"The protection of the environment has always been, and will continue to be, a major concern of the federal government," Mr. Beatty said.

"The strong commitment of our government to develop and utilize clean energy technologies has allowed us to develop this system," added Minister Merrithew.

The Departments of National Defence and Energy, Mines and Resources are also involved in numerous other projects involving environmental protection.

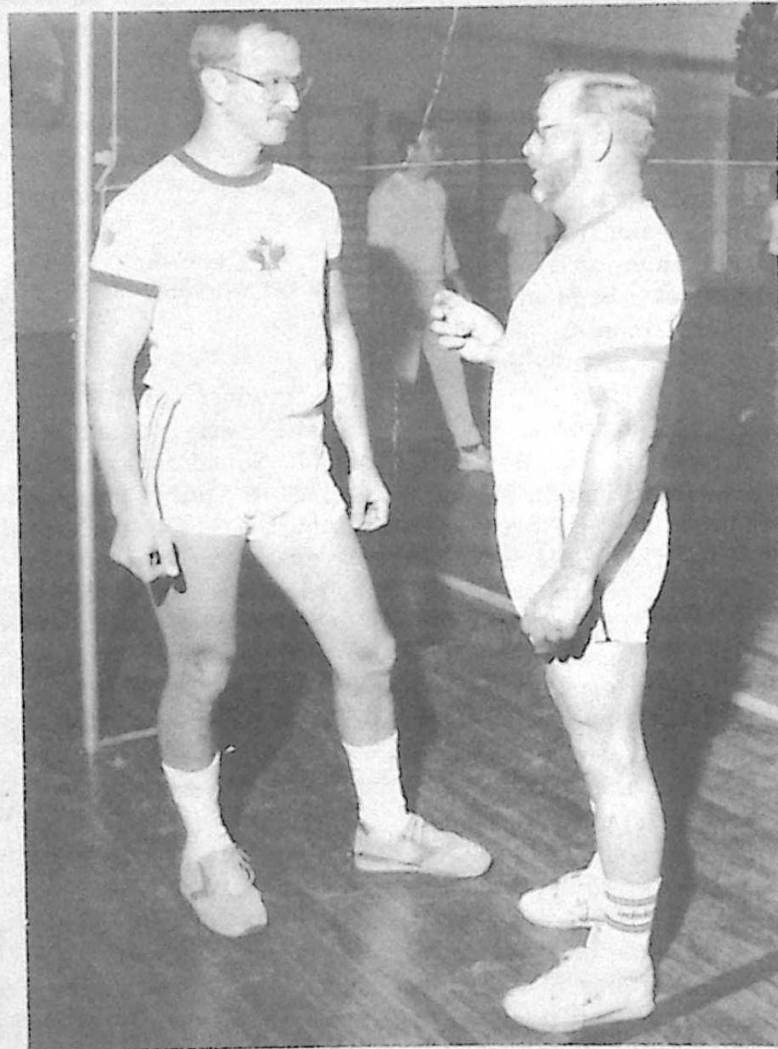
EUPE12

CFB SUFFIELD, RALSTON, ALTA --

Wilfred (Wish) Walters is unique -- although he doesn't think so. "My wife June says I'm not unique -- I'm antique!" he laughs. As an EUPE12 (recreation specialist) Wish Walters is one of only two "rec specs" of that rank in the federal civil service. (The other is at the Kingston Penitentiary.) But that isn't the only thing that makes Walters unique. He is the only civilian to head a base physical education and recreation section. As senior PERI at Canadian Forces Base Suffield, Wish and his two military subordinates look after the base's many recreational facilities and 38 operating clubs. Wish has been at Suffield for a long time and has seen many changes. After retiring from the Forces as a sergeant in 1965, he was hired by the civilian controlled Defence Research Establishment Suffield as a physical education teacher at the establishment's dependant school in Ralston. In 1972 when the base was formed and the British Army Training Unit moved into Suffield, Wish was transferred to the newly formed base staff as senior PERI.

He's been there ever since. "I've had no problems working with and supervising military rec specs," Wish says, "especially since I was one myself for twelve years." Wish says that now that he is approaching middle age at the ripe old age of 53, he doesn't regret anything about his 35-year association with DND -- not even the hearing loss that forced him out of the military in 1965. "I test fired an anti-tank weapon called the Heller in 1954-55 when I was a young infantryman with the Queen's Own Rifles and after three weeks of that I had sustained the hearing loss that eventually led to my release. But if it hadn't been for that I wouldn't be here and wouldn't have been able to enjoy Suffield like I have so I guess you can say that even that was a fortunate occurrence!"

So "unique or antique," take your pick, whichever you choose Wish Walters remains a valued member of the military community. As Master Corporal Mike Dawson, Wish's second-in-command, says "He's a good guy to work for. He's got my respect and we get along well. With his experience and his education -- civilian or not -- he's my boss and has taught me a thing or two!"



WISH WALTERS (RIGHT)

IT'S A MATTER OF LIFE AND BREATH

DON'T SMOKE



OUR NEXT DEADLINE
JULY 4th

AROUND THE BASE



Origins of the Species

John Bradley

20 & 120 SQUADRONS

As was common with many of the immediate pre-war Auxiliary squadrons, No. 120 began life with a different designation. The unit was originally formed as No. 20 Bomber Squadron as part of the Non-Permanent Active Air Force. No. 20 was formed at Regina, Saskatchewan on 1 June 1935 but as was commonplace with the Depression era Auxiliary squadrons did not receive any aircraft until almost two years later in April 1937. The first aircraft they received were a number of DeHavilland DH-60 Moths.

Like the remainder of the NPAAF squadrons, No. 20 was renumbered in Nov 1937 to allow for the expansion of the Permanent or Regular Air Force. As of the 15th of that month, the unit was now known as No. 120 Bomber Squadron (Auxiliary). The squadron gave up their DeHavilland Moths during August of 1938 but in compensation, had received De Havilland DH-82A Tiger Moths earlier that year during the month of June. These Tiger Moths would remain with 120 Squadron until Nov 1939.

With the coming of WW II, No. 120 was called up for voluntary active duty and was one of eight squadrons designated for West Coast defence. Of these eight units, three were Auxiliary squadrons. These three were Nos. 111, 113, and 120 Squadrons. All of the Auxiliary squadrons were not readily available for use as there was a severe shortage of operational, and for that matter, serviceable aircraft. The situation was so bad that within a couple of months, No. 113 Squadron was actually disbanded.

120 Squadron was redesignated as a Bomber Reconnaissance unit on 31 October 1939 and by 7 November was transferred to Sea Island, BC, to begin service training with No. 4 (BR) Squadron. After initial training was fully underway, the unit received additional aircraft in the form of a number of Northrop Delta Mk. IIs which were fairly large single engine all metal aircraft. The Deltas could be either wheel or float equipped and while in service with 120 Squadron, would be utilized in both configurations.

The first operational mission was flown on 30 June 1940 by F/O M. Fraser and crew in Delta 675 as they flew a patrol over the Juan de Fuca Strait. Patrols were kept to a low number throughout the remainder of the summer and by August, 120 moved from Sea Island to Patricia Bay on Vancouver Island. Patricia Bay was to be their home for just over a year when on 10 December



Northrop Delta serial 667. This particular aircraft served with both No. 8 (GP) Squadron and No. 120 (BR) Squadron. (MAP)

1941 they moved to their war station at Coal Harbour located on the north end of Vancouver Island.

120 was reinforced with additional aircraft in March 1941 with the arrival of a number of twin engine Lockheed Hudson Mk. I patrol bombers. With the arrival of these aircraft the unit would slowly divest itself of the single engine Deltas and would from that point on remain equipped with a variety of multi-engine aircraft.

The Hudsons would not be on strength for more than five months as they were in turn to be replaced with the Supermarine Stranraer starting in November 1941. The Stranraer was a large twin engine biplane flying boat that looked like it was a refugee from the closing days of WW I. Despite its looks, the Stranraer gave sterling service while deployed with the RCAF and indeed, a number were placed into commercial use on Canada's West Coast.

By October 1943 the Stranraers were withdrawn from 120 Squadron as earlier that year, in April, a group of Consolidated Canso amphibians were delivered to the unit. The Cansos were used until September of that year when they themselves were replaced with the Consolidated Catalina Mk. IVA flying boats. These Catalinas were to remain with the unit until it was disbanded.

The squadron had a rather monotonous war, with the exception of contending with the West Coast weather, as no enemy ships or aircraft were spotted. No. 120 (BR) Squadron flew their last operational mission on 21 April 1944 when Catalina JX571 was sent out on an uneventful patrol. Two weeks later, on 1 May, No. 120 was stood down and disbanded at Coal Harbour.

While the squadron lost no aircraft or personnel to enemy action or on any operational missions, they did suffer the loss of three aircraft and five personnel on non-operational sorties. During the war they flew 1058 sorties and accumulated a total of 12,068 operational and non-operational flying hours. There were three individual awards to squadron members that included one each, AFC, AFM, and BEM. The squadron was disbanded prior to being awarded any Battle Honours but had they remained in service they would have received Pacific Coast 1941-1945. No Squadron Badge was designed or authorized for No. 120 (BR) Squadron. During the early war years, the squadron carried the MX fuselage code between 1939 and early 1942. During the middle and latter half of 1942, all squadron aircraft carried the RS code.



Ducks Unlimited Canada

WE CONSERVE WETLANDS...

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.

LICENSED COMMERCIAL DIVER

AVAILABLE FOR UNDERWATER REPAIRS, SALVAGE, INSPECTIONS, HULL & PROP SURVEYS, HULL CLEANING, AND RECOVERIES.
FREE ESTIMATES
SPECIAL RATES FOR CF PERSONNEL
ON CALL 24 HOURS
BILL 334-4568

COMOX CUSTOM GUNSMITHING AND MACHINING Sales and Service

1755 ARDEN ROAD, COURTENAY

MARK JESSEE
Ph. 338-1203P.O. BOX 1256
COMOX, B.C. V9N 3Z0

MEL FERRABY



REALTY WORLD

The first step in buying or selling Real Estate is to get a good realtor who will answer all your questions.

MEL FERRABY
Bus 334-3124 Res 339-4692

REALTY WORLD™ - Coast Country Realty Ltd.
576 England Avenue, Courtenay, B.C. V9N 5M7
Bus. (604) 334-3124 Res. (604) 339-4692 Telex 044-62541
Each office is independently owned.

WE
SPECIALIZE

IN GROWING QUALITY ORNAMENTAL
TREES & SHRUBS

We also carry roses,
fruit trees, bedding
plants & Hanging baskets



JENSEN NURSERIES

Idiens Way, One Mile North of Comox off Anderton

Do you really want TOP
DOLLAR for your used car?

Do you really want to SELL
your used car?

If the answer is yes then come
and see us today. We'll either
buy your car or we'll sell it for
you on consignment!

CALL CLARE AT: (BUS) 338-9393 OR (HOME) 335-2797

CLARE ROGERS
MOTORCAR SALES

2780 CLIFF AVE - ACROSS FROM THE DRIFTWOOD MALL

DLR No. 8537

ON AND OFF THE BASE



Legion Log

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri Jun 24
Sat Jun 25
Sun Jun 26

Music by PRIME TIME

Music by BRANDY

FUN CRIB TOURNAMENT

Registration 12 - 1 PM

Music by COUNTRYMEN

Music by PRIME TIME

Music by COUNTRYMEN

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

Fri Jun 24

Fridays Jul 1, 8, 15, 22 & 29

Music by WESTWIND

T.B.A. (See Comox Legion

Log for Jul, Aug available Jun 25).

REGULAR ACTIVITIES

SUNDAYS
MONDAYS

11 am to 6 pm

LA Drop-In Bingo-7:30 pm

Mens Dart League recessed until

Sept 12 (Fall Start-Up)

Mixed Dart League recessed

to Sept. 13 (Fall Start-Up)

FUN DARTS-Navy Rm - During recess

Navy League Drop-In Bingo*

Upper Hall 7:30 PM

TUESDAYS

WEDNESDAYS

THURSDAYS

1st Branch Executive Meeting 8:00 pm

L.A. Executive Meeting as required

2nd L.A. General Meeting-UpperHall 8:00 pm

3rd No Branch General Meeting Jul or Aug

T.G.I.F. in Lounge 2 - 6 pm

FRIDAYS

Meet Draws *Lounge* 2 - 6 pm

Dance - Lounge - Downstairs unless advised

SATURDAYS

Meat Draws *Lounge* 2 - 6pm

No Dance* June, July, Aug. Unless advised.

SPORTS

POST MORTEM—LEGION SALMON DERBY SAT JUN 11 - 97 Entries, 101 Coho, 18 Spring weighed in. Almost \$1,000 in prizes. Main prizes as follows: Largest Spring (17.5 lbs) & Largest Coho (4.25 lbs) by a male-Jack Marjus. Largest Spring (13.8 lbs) & Largest Coho (5.15 lbs) by a female-Millie Korsa. Total Weight of catch-Coho only-by a male-Ian Hendry-13lbs. Total Weight of catch-coho only-by a female-Kay Banks-12.7 lbs. Least Weight, legal fish-by a male-Eddie Savoie-1.3 lbs. Least Weight, legal fish-by a female-Joyce Ruthven-1.8 lbs. Main Door Prize-picnic table-Bill Holden. Almost 75 other draw prizes distributed. Thanks to all participants, Al Cameron, Chairman Sports, B. 160.

SUNDAY JUL 10 - BBQ to celebrate Orangemens' Day Jul 12. 1-5 PM. Members & Guests. No charge.

UPCOMING EVENTS

SUNDAY AUG 14 - Annual Legion Golf Tournament, Comox Golf Club. Members only. Details to follow.

SUNDAY AUG 28 - Annual Legion Picnic - Air Force Beach 1-6 PM. Members, L.A. families. No charge. Hot dogs, hamburgers, corn on cob, soft drinks and other.



Let's Talk

PROMISES! PROMISES!

We often hear "promises were made to be broken." And somehow, as we think about it, this statement, though made rather glibly, proves itself to be true.

We all make promises. We all hear promises being made; to the youngest child who promises to be at his best behaviour at some special event, to the upcoming politician who appears to be the answer to all our social problems.

Promises are often made on the "spur of the moment," with little thought being given to their consequences. Someone has said "he who is most slow in making a promise is usually the most faithful in the performance of it."

Whether we realize it or not, a promise is binding. It is really a commitment. The dictionary very clearly states in rather definite terms: "a promise is words said or written, binding a person to do or not to do something." Promises were never meant to be broken. Yet, sometimes because of changing circumstances or things beyond our control, we have often been reprimanded by these haunting words "But ...you promised."

At this time of the year, as another school term draws to a close, we are reminded of the

promises young people will make to each other. As they bid farewell to familiar surroundings and old friends, there are promises to keep in touch, to remain true, to live up to their best potential.

During this time as well, promises will be made as two lives unite in a special way, in the bond of marriage. Such promises will be made in the presence of God, so it should indicate to us their significance and importance.

A promise is a pledge, and as such, it gives the receiver of the promise a sense of security. Promises give us hope and expectation. The most special of all, are the promises which God gives to us, for they will never be broken. In the Holy Scriptures, there are promises for comfort, for times of sorrow, for strength in the hour of trial and difficulty. There are promises of light for dark days. Promises are given to the weary, to the discouraged, the poor, the needy. In fact, there is a promise to meet every situation.

Promises given by God are for us to claim, to accept and prove. In the Bible we read, "And by that same mighty power, He has given us all the other rich and wonderful blessings He promised..." (2 Peter 1:4). All we need to do is

believe and receive. How often have we been uplifted with that special promise from God "I will never leave thee nor forsake thee!"? Perhaps in a time of loneliness, discouragement, doubt or despair, we felt all alone. But then we remembered these precious words, and we realized again that the Great God of heaven cares about us. Our hearts were uplifted and joyful again.

These little verses remind us of God's promises and we may experience them in our lives every day:

God's Word has precious promises
He's waiting to fulfill
With gladness, hope and confidence
To those who do His will.

If faithfully obedient
You walk with trusting heart
His blessed presence will not fail
Nor from your life depart.

God's Promises are always sure
On them you can depend
They'll give your life a happy song
And all your way attend.

Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services



NOTICE

CANEX GASOLINE COUPONS

WILL

NO LONGER BE VALID

AT CFB COMOX AFTER 23 SEPTEMBER 1988

QUALITY CUSTOM FRAMING

You get
UNLIMITED
FRAMING
at the



When you think of
DECORATING & FRAMING
think of us!

480-C 6th St., Courtenay, B.C. V9N 1M3
338-7855

THINKING
OF SELLING?

CALL TODAY FOR PROVEN
PERFORMANCE. LET ME WORK
FOR YOU. GOOD SERVICE DOESN'T
COST - IT PAYS.



TOM PROCTER

YOUR GUARANTEE
OF HONESTY *
INTEGRITY * SERVICE *

5 Years British Army
22 Years RCAF/CAF
13 Years Realtor
8 Years MLS Comox leader
1 Year Vancouver
Island Leader

CALL ME ANYTIME
AT 339-2668

RE/MAX OCEAN PACIFIC REALTY
282 ANDERTON ROAD
COMOX, B.C. V9N 7A1



OFFICE 339-2021 RESIDENCE 339-2668



CANADIAN FORCES UPDATE

Beatty Visits Brussels, CFB Lahr

OTTAWA -- The Honourable Perrin Beatty, Minister of National Defence, recently attended the Defence Planning Committee (DPC) meeting in Brussels.

The Defence Planning Committee is the forum within NATO's North Atlantic Council where military policy is discussed. Established in 1963, the committee meets biannually

when member countries are represented by their defence ministers. Under the chairmanship of the Secretary General, NATO defence ministers can discuss issues of mutual interest to the Alliance.

Following the committee meeting, Mr. Beatty proceeded to Canadian Forces Base Lahr, Federal Republic of Germany. There he was reviewing officer

at a parade and ceremony on Saturday, May 28, to mark the reactivation of 1 Canadian Air Division.

The reactivation of this division is a concrete result of the consolidation of our European commitments announced in the defence White Paper. With the termination of Canada's commitment of Allied Command Europe

Mobile Force (Air) in northern Norway at the end of this month, the rapid reinforcement role will be shifted to the Central Region where five Canadian fighter squadrons will operate as an air division out of the Canadian airfields of Lahr and Baden-Soellingen. Three of these squadrons are already stationed in the Federal Republic of Germany while the

other two can be deployed from Canada in time of crisis.

The creation of 1 Canadian Air Division in Lahr and Baden-Soellingen will enable Canada to make more effective use of the already existing facilities and will significantly increase Canada's contribution to Allied Air Forces Central Europe, as was promised in the White Paper.

It's the only one we've got.

"The environment cannot be the price we pay for an energy and resource-rich Canada. Our children cannot afford it." MARCEL MASSE

Energy, Mines and Resources Canada has helped develop alternative energy sources, improved combustion techniques, efficient industrial processes, sound waste management practices, strong anti-pollution measures and detailed information about the physical environment. All of these activities are designed to improve the environment locally, regionally, nationally and globally.

We are working toward the day when everyone involved in Canada's resources - minerals, metals, and energy production and use - will consider environmental problems before they begin, rather than cleaning up after the damage has been done. The following examples illustrate some of the things that are being done about environmental problems.

Pollution Prevention

The government is working with industry and research groups to reduce acid rain caused by the long-range transport of pollutants (sulphur dioxide and oxides of nitrogen) that emanate from smelters, powerplants, pulp and paper mills, and vehicles. When carried by winds, these noxious emissions can cause deterioration of the environment over vast distances. Reducing these emissions has become a major national and international challenge.

In concert with private industry and research groups, the government is developing more efficient engines and exhaust systems for trucks, buses, passenger cars and mining vehicles. The primary objective is to reduce exhaust emissions, a serious cause of air pollution.

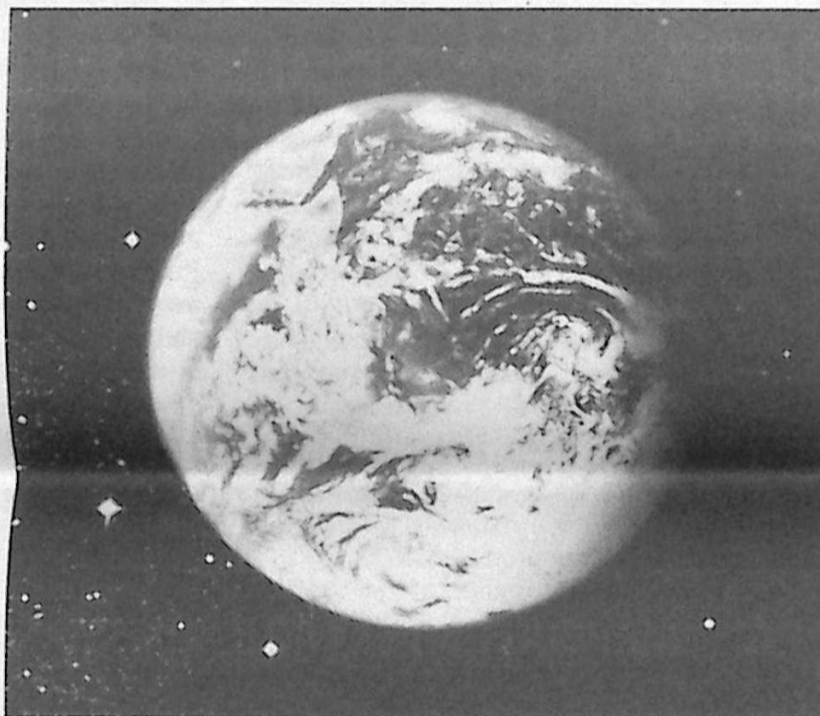
We are also working on the development and application of alternative fuels for vehicles as a means of reducing noxious emissions. This includes short-term alternatives such as propane, natural gas, and alcohol, and long-term fuels such as hydrogen.

Clean Renewable Energy

Canada has a wealth of clean, renewable energy sources and has the expertise and products to put them to practical use. Whether for homeowners, businesses, industry, or Canada's remote communities, renewable energy technologies are playing an increasingly important role in expanding Canada's environment-friendly supplies.

Bio energy, hydro, photovoltaic, active and passive solar, earth energy and wind energy systems are already providing heating, electricity, and transportation fuels.

The Government of Canada, through research, development, and demonstration support, is working with the growing renewable energy industry to continue Canada's progress in the reduction of pollutants in our atmosphere.



Coal Research

Energy, Mines and Resources Canada continues to fund a substantial program to develop clean coal technologies that promise to significantly reduce acid gas emissions.

The recent completion of the world's newest coal research centre in Devon, Alberta (a \$22 million project sponsored by a joint federal-Alberta research fund) is a major step in this important program.

Natural Gas

Canada is blessed with an abundance of clean-burning, efficient natural gas. Yet the great majority of our vehicles are still dependent on gasoline or diesel fuel as a fuel source. In an effort to expand our fuel alternatives, a program to convert automobiles and trucks to natural gas is being actively pursued.

The greater the choice of cleaner alternative fuels, the greater the flexibility for the future.

M.I.L.E. - Methanol In Large Engines

Energy, Mines and Resources Canada, in conjunction with provincial governments and private industry, is pioneering the use of methanol as fuel for large vehicle engines through the M.I.L.E. (Methanol In Large Engines) program.

A clean-burning fuel, methanol can significantly reduce the build-up of noxious emissions associated with the use of diesel fuels. Produced from natural gas, methanol is used in a form which provides for the range necessary in long-haul usage.

In tests currently under way in British Columbia, Alberta and New York State, trucking firms and municipal transportation systems report that results to date have far exceeded their expectations.

The Dialogue Continues

We would welcome your comments, suggestions and ideas concerning Canada's energy and environment future. Please write us:

Energy, Mines and Resources, Distribution Centre,
Communications Branch, 580 Booth Street, Ottawa, Ontario K1A 0E4

I am interested in more information on:

NAME _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____



Energy, Mines and
Resources Canada
Hon. Marcel Masse,
Minister

Energie, Mines et
Ressources Canada
L'Hon. Marcel Masse,
Ministre

Canada

The energy of our resources... the power of our ideas.

HOME AND FAMILY

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

Saturday - 1900 hours
 Sunday 1000 hours

Daily Masses - As announced in the Bulletin,
 usually at 0900 hrs, except
 during Lent & Advent at 1900 hrs.

RECONCILIATION -Confessions will be heard before each
 Mass or upon request. Penitential Celebration are held during
 the Advent and Lenten Seasons.

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

CATHOLIC WOMENS' LEAGUE-Second Tuesday of the
 month in Parish Hall, preceded by Mass in the Chapel at 7:00
 p.m. President: Mrs. Mary-Anne Stagg, Phone 338-6214.

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN-Maj G.A.Milne

CHAPEL-St. Michaels & All Angels Chapel, Wallace Gar-
 dens, 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 Prit-
 chard Rd., Comox.

CHAPEL GUILD-First Thursday of every month at 2000 hrs
 in the Chapel Annex. President: Margaret Campbell - Phon
 338-1084.

About The House with Lorry



Another school year has come to a close and all our children should become bored and hungry within roughly 10 or 15 minutes. I find the summer to be a time when the children need snacks they can carry around with them to camp or the beach or just to their neat forts somewhere. The snacks listed below will travel and keep very well. I measure them by the cup and store them in baggies.

PEANUT BUTTER NIBBLE MIX

INGREDIENTS

3 C corn & rice bites or bite-size wheat, corn or rice squares cereal
 1 C bite-size shredded wheat biscuits
 1 C salted peanuts (1 good cup)
 1 C chocolate chips (or more)
 1/2 C peanut butter flavoured pieces
 1/2 C milk
 1 C raisins

UTENSILS

Large bowl
 Cookie sheets
 Saucepan

Preheat oven to 350°

METHOD

Mix cereal and nuts into a large bowl. Measure other

ingredients except the peanut butter bits and milk and set aside. Melt the chips and milk together and pour over cereal mixture. Toss to coat and bake in the oven for 10-12 minutes stirring occasionally. Mixture should be dry. When completely cooled add the chips and raisins and place in baggies - about 1 cup each. Makes roughly 25 bags. (Do not use Life cereal - it falls apart.) The cereals I used were shreds and shredded wheat. I think that chex, corn bran or any other close weave cereal would be fine. I also used 1/2 cup of honey and 1/2 cup of peanut butter for my mixture instead of milk and chocolate pieces.

POPCORN TOSS

INGREDIENTS

15 cups popped popcorn
 1 bag coloured mini marshmallows
 2 C raisins
 2 C peanuts
 2 C banana chips, coconut, chocolate pieces, etc. (any dried fruit or something the family likes)

UTENSILS

Popcorn maker or pot
 Large bowl

METHOD

Mix them up and measure into bags.

FRUIT AND NUT MIX

INGREDIENTS

1 C raisins
 1 C chopped mixed dried fruit
 1/2 C toasted whole almonds/peanuts
 1/2 C coconut pieces
 1 C mixed nuts/dry roasted peanuts
 1 C chocolate, peanut or butterscotch chips
 1 C sunflower seeds

UTENSILS

Large bowl
 Measuring cups
 Spoon

METHOD

Mix well and put 1/2 cup in each bag. In warm weather store in cool spot.

These are recipes that the children really like to make and eat. They are for the most part good for them and make great take-along hiking snacks, too. (You see Rosie I told you I would get you this recipe, and on time, too.)

Truck Talk



CFB Comox Transport Section won the first place award for a "zero" accident rate in the year 1987 on B class vehicles (HE).

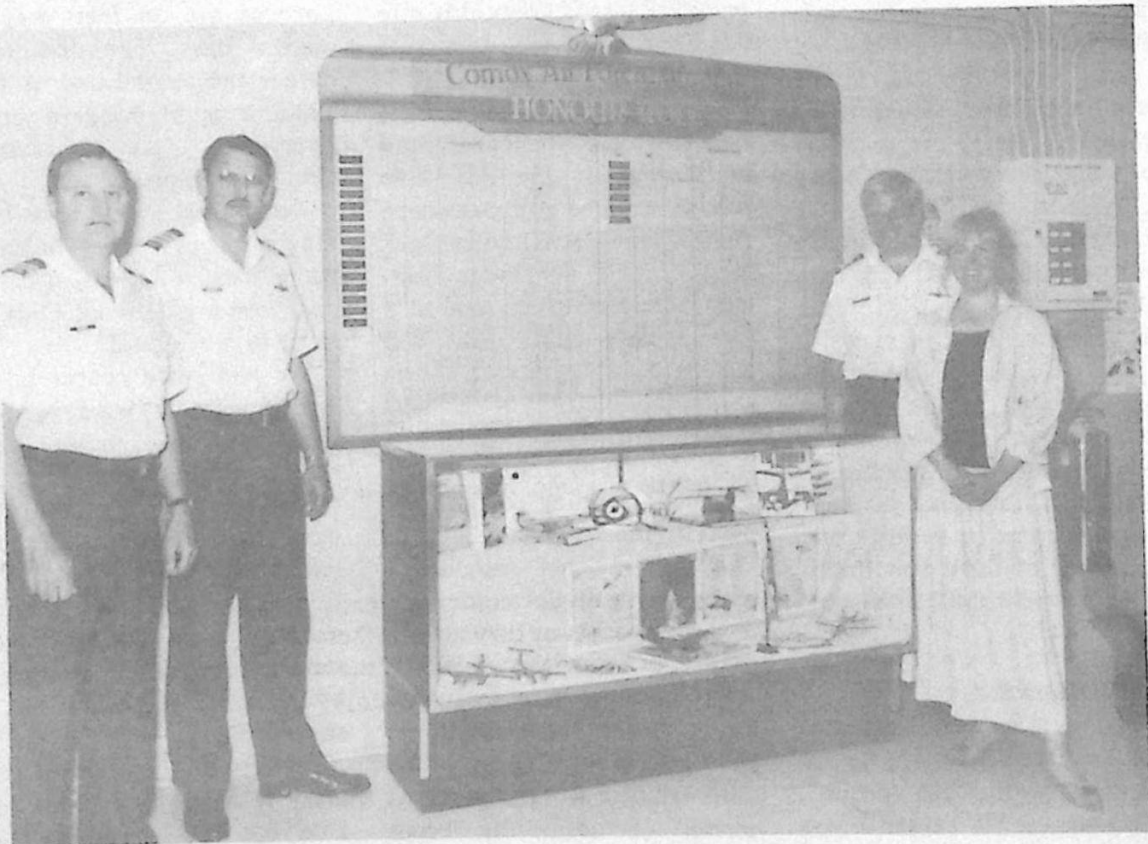
The presentation was made at the recent Air Command Transportation Conference by LGen Ashley, the Commander of Air Command Transport of Air Command.

Capt Rollie Tasse, CFB Comox BTNO accepts on behalf of the section.



To make sure he didn't escape, it took both the BTNO, Capt Rollie Tasse and the MSEO, Capt Jan Van Gelder to make up their newest MCpl. Congratulations to Ray McElhinney in his new rank.

Honour Roll Unveiled



The Airforce Museum Honour Roll of contributors was unveiled 15 June. Attending were (L-R) Capt Blamire, LCol Rogers, Maj Thain and Museum Curator, Nancy Greene. See article on page 5.

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

ON AND OFF THE BASE

...more Demon Doins

CONTINUED FROM PAGE 2

407 PHOTO

Hello again, photo fans, and welcome to another episode of "As the Shutter Clicks."

It's been a pretty quiet time lately, with people away on TD, courses and leave, but things should be picking up again soon with RIMPAC just around the corner.

Just back from Kingston, Lynn Fralick rejoins her servicing crew with her fresh knowledge as a "performance orientated electronics expert." Welcome back to the "real" world, Lynn.

Also just returned to us is Joanne Parker, our newest junior leader, who has been sighing with relief ever since she got back from Penhold. Welcome back, Jo. Hope you can get a gri on that servicing crew of yours.

Congratulations to both Lynn and Joanne on their excellent course results.

Congratulations, also, to Mary Ann Lawless who, it appears, is better at fishing than her husband, Stan. She reeled in a 25 pound spring.

I guess Pete Veldhuizen's food bills have been too outrageous, lately, as he has taken up hunting. As he was leaving, he was overheard saying "They shoot houses, don't they?" Seriously though, we wish him luck in finding the house he wants. We also wish him luck in moving his D, F & E to Cool Pool by himself, as Martine will be vacationing in Alert at the time.

Guy Tardif, just back from a recent NORPAT, and Christine Tremblay have just left us for a short break during which they will be trying out their new titles - Mr. and Mrs. Tardif - just in time for their upcoming release in July.

Speaking of releases, Bernie hasn't been saying much lately (does he ever?). He must be counting those U.S. dollars he'll soon be earning. Or maybe he's daydreaming about his recent marriage to that cute little bartender from Moffett. Eat your hearts out, aircrews.

Brian Buttner is heaving a sigh of relief as he takes a breather after finally mastering the art of "shift schedule juggling." I imagine his new skill will come in handy upon the arrival of the 4 new Photo Techs posted to 407 this summer.

AMCRO/RESEARCH

Thanks Anne but next time you write an article don't have another Newfie help you out, it'll make more sense. I was going to spend some time writing about Log Control but they have seemed Abiotic the last couple of weeks, so there's not much to say. There is one thing though, Wayne Irving went and got himself hitched on the 4th, and guess who was the only rep from the section. Wayne and Patti handled themselves quite well, mind you when I talked to them after the ceremony they were both

stuttering and shaking. Must have been caused by something they ate -- or something. Anyway they will have just returned from their honeymoon by the time you are reading this and Wayne should be back to work.

At the same time PO Lawson should be back from wandering about the country telling all his friends how he finally got to be a Warrant Officer. Congrats from all of us, Stan you sure deserved that break.

Neil is back from Winnipeg and from all reports the big "A" is still doing a booming business, however it has probably tapered off since the "Duffer's" departure. Peter is also back from his swan down East, but it did take some doing. Apparently the flight Sunday was postponed only to be cancelled Monday, causing him to "heaven forbid", fly back here Civilian Air just in time to be called in for the night-shift of the exercise...good timing Pete.

Rick and Michel were caught playing a round of golf by this intrepid reporter and when interviewed stated that if it hadn't been for Michel's expertise as a Caddy he wouldn't have broken 100, he then muttered something about "%?&!\$ computers." I also found out that a certain Captain who shall remain nameless, but can be identified by the red ink stains on his pockets needs some fishing lessons...the main one being how to tell if there is a fish on the line....(the rod jerking like mad is a good clue, Cap'n).

Alas the "Bumble-Puppies" are finally splitting up, which means no more hilarious bridge games. Larry is going down to the Serv world while most of the troops are on RIMPAC...ask for TD rates Larry!! PO Wayne Roberts will be leaving us the day Stan returns as he is going down to ramrod 1 Crew...good luck Wayne...and our most heartfelt condolences go out to 1 Crew. Hey guys, ask WO Roberts how his picture got on the same picture of a navy boat!!

By the end of June the Single Parents are going to outnumber the married ones 3-2, so Pete and Michel should get ready for multiple phone calls in the wee hours as they are the only ones who don't have to worry about getting a babysitter. Stick it to them you three. Poor Michel is going out of his mind waiting for the stork to arrive. It seems it keeps bypassing his house which has Michel getting more and more agitated.

A good time was had by all at the 1st ever AMSEARCH/DIAC/FISH/GOLF/BBQ which had some appropriate prizes handed out to most of the participants. I must admit that I did have a few minor problems with my boat that night. Now to set the record straight, Capt Green

was the one who made me miss netting three of his fish (which were minnows by the way) by not getting out of the way.

407 SERVICING

There is some good news and there is some bad news. Read on and evaluate these items as you see fit.

Gina Wetmore should be adjusting well to the upheavals, getting her M slash, going to 3 Crew and getting posted to Greenwood; Fred Otterman should be well on his way to Germany; Bill Pegg will be leaving soon for the land where the wind never stops and everything leans because of it (Summerside); Rick Franke leaves for higher altitudes - he has gone upstairs to the second floor of 7 Hgr (N.D.T.); Shawn Johnson should be well settled in Eng Bay by now and everything should be running smoothly (his way); our WO Overholt is off to Ottawa, much better choice than Greenwood (sorry Gina).

Speaking of our WO, on a recent trip to Japan, I heard that he was requested to sing a song "Love Me Tender" to throngs of unwilling bystanders. Later the ASO, Capt North, was heard to say "I have never heard anyone sing quite like that before," just before he was loaded on the ambulance.

Mike Pilon has just had his car painted. It is a black and gold '84 Trans-am. Richard Cassie put his blue and white '65 Mustang convertible on the road, (showroom condition). They are fair game, the season just opened on the two species, good hunting!

Pauline Demers and Mark Laroche are on their way to marital bliss. The doomsday date is the second day of July 1988, it is at Niagara Falls. Everyone is invited! Congratulations!

Bernie Hebert is now running a hobby farm. He has a white goat, 4 kittens, a cat, a dog, and a girlfriend. Only \$5 to get in, a real deal!

We had some people in the Azores recently (wherever they are). Even though the crew were told only moments before the aircraft left the ground they were finally leaving, after the initial panic when they couldn't find Fred (Boy! Is he a sound sleeper), everything went smoothly. A good time was had by all, hah!! Too bad it was so short though.

Finally...in the misc. file, we are just about over RIMPAC. Everyone will be coming back soon, yea! Yippy! Hooray! Now we have a whole herd of JX and JY Techs, a bunch just got back from wunnerful, wunnerful downtown Greenwood (sorry again Gina). Steve Wadams aced his Aurora first line course, but he is only an I.E.Tech. (no worries). And lastly...maybe Cecille Blanche and the Totems have won a baseball game?.....Nah!

Demon Promotions



Promotion time in the SOR. Soon to be Cpl Anndalyn Schaller is congratulated by the DCO, Maj Thomas, on her accelerated promotion.



Squadron CO, LCol Sutherland, congratulates WO Stan Lawson on his recent promotion.



The DCO, Maj Thomas, congratulates Sgt Randall "Punch" Nahu on his recent promotion.



Maj Clarke 407 (MP) Sqn SAMO presents MCpl Wetmore with her new rank.

LIFESTYLE



music reviews and syndicated columnist

MONTY PYTHON'S FINAL RIP-OFF

The irreverence that personified Monty Python's incomparable lunacy is once again brought to the attention of an unsuspecting public. Titled "Monty Python's Final Rip-Off" (Virgin Records VD-3031) this two record set, as the liner notes claim "the idea of the Final Rip-Off" album came from the group's accountant following suggestions made to him by "Her Majesty's Customs and Excise."

There is a wide range of material here, drawn from previously released material, that is fast paced, often absurd, and frequently outlandish. The Monty Python troupe consisted of Terry Gilliam, John Cleese, Graham Chapman, Michael Palin, Eric Idle and Terry Jones who collectively helped refashion British comedy.

Their social satire can be heard through the "Introduction" and "Constitutional Pheasant" while pure unadulterated silliness is highlighted in vignettes like "Fish Licence" and "Eric The Half-a Bee Song." The group poke fun at establishments, people, situations and even sing a paean to "Traffic Lights."

Admittedly, to sit through the two record set this reviewer found the comedy wearing thin in a number of places but, this is the type of humour that is best taken in segments. There are touches of black humour (Undertaker) and, because of language, religion or a variety of other reasons, there are many tracks on this double album that will never be heard on radio.

Monty Python's meteoric rise to fame as a multi-media assemblage led to stage shows, TV series and full-length movies and made the group as popular in North America as they were in their native Britain. Their humour is visual based and while it doesn't necessarily transfer itself to vinyl, it does conjure the listener's imagination. There are some tremendously funny spots here (Parrot, Lumberjack Song, Crocodile) and as the group appeals to such a wide audience, various segments, not necessarily deemed humorous by some, will be seen by others as their best ever.



Aids Awareness

by JAMES GREIG

SHOULD AIDS TESTING BE MANDATORY?

EDITOR'S NOTE:

...The importance concerning the public's education about AIDS cannot be overstated. The AIDS epidemic which is rapidly spreading throughout the world should be of concern to all of us. It will take years to develop effective medical treatments and vaccines, and mount a global program that will effectively contain the disease. In the meantime, the need for comprehensive information on AIDS is great if our country is to avert what has the potential to become a major epidemic and a national crisis. AIDS AWARENESS will be a regular feature in this newspaper and becomes one more vehicle to provide that information to our readers. HAVE A QUESTION ABOUT AIDS? Write to AIDS AWARENESS, c/o 10 Tempo Ave., North York, Ontario M2H 2N8.

SHOULD AIDS TESTING BE MANDATORY?

Why is AIDS testing not mandatory? T.A., Whitby, Ont
The most popular AIDS test is the one designed to identify anti-bodies to the virus in the blood. When any virus gets into a person's bloodstream, the body's immune system reacts by immediately producing specific antibodies to fight off that infection. In the case of the AIDS virus, however, these anti-bodies cannot destroy the virus, but only serve as an indication of its presence in the blood.

Because the AIDS virus can remain dormant in the system for up to 14 months before coming active and consequently stimulating the immune system into generating antibodies accordingly, anyone tested during the 14-month period would test negative to the virus. They would, however, still be a carrier of the disease and be capable of transmitting it. While mandatory AIDS testing might serve to provide some indication of those infected with the virus, in many cases it would only give people a false sense of security.

How is my life insurance affected by the AIDS epidemic?
C.A.B., Toronto, Ont
Most life and health insuranc-

ce contracts are issued on a non-cancellable basis - once the contract is issued it cannot be modified or withdrawn by the insurer, except in cases where information was withheld at the time of the contract application.

As long as the necessary premiums are paid, the contract continues to be in effect and all claims will be paid. If, however, you are applying for life or health insurance and happen to:

- a) Be a member of an AIDS high risk group who has been exposed to the AIDS virus.
- b) Have tested positive in an AIDS antibody test.
- c) Be suffering (although perhaps not visibly) from any AIDS-related illness (ARC) or related symptoms....

your request for insurance will likely not be granted. If you fail to divulge your current state of health or status and you are granted insurance, any likelihood of you or your heirs appreciating the benefits of that insurance is unlikely since you did not make full disclosure at the time of your application and your claim will be denied.

Insurance companies may require you to take a medical examination at the time of your application and this physical examination usually requires a blood test. While this test was originally performed to determine blood factors, such as your cholesterol count, it now also explores the possibility of AIDS antibodies in your system.

Certain groups have suggested that this is a discriminatory practice by the insurance companies, since the fact that you may have the AIDS antibodies in your bloodstream does not suggest that you will develop AIDS or AIDS-related illnesses, it should be understood that insurance companies deal with risks, not with certainties.

Everyone who has been exposed to the virus has a significant extra risk, just as

anyone who has had a recent heart attack has some increased mortality risk. Insurers evaluate and deal with these and deal with these risks; they don't wait until the eventual outcome is certain.

Efforts are currently underway by the insurance companies to determine whether it will be possible to provide at least partial insurance for those who are unable to obtain full coverage as a result of AIDS-related risks; for instance, to provide life insurance for deaths which arise from any condition not caused or influenced by AIDS. These efforts are complicated seriously, often by the lack of accurate and complete information on the cause of death, and also by incomplete medical information at this stage on the full impact of the AIDS virus on various body systems.

However, this possibility is still being explored. All medical research concerning AIDS is being closely monitored by the insurance industry. However, until a cure or vaccine is on the horizon, insurance companies will continue to adapt risk evaluation and classification procedures. AIDS will definitely have a significant impact in terms of additional benefit payments, and additional insurance costs to all of us.

However, existing legislation and safeguards are adequate to ensure that the voluntary risk-sharing process of the system is preserved, providing that the spread of AIDS can be controlled through public education and research. AIDS has resulted in more than 200 death claims in Canada, as of Nov 87, amounting to more than \$12.5 million. It is estimated that AIDS will result in life insurance companies in Canada paying \$2.3 billion extra in death benefits over the next 12 years, equal to five or six percent of total death claims.

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

WALTAIR SERVICES

- CHARTER SERVICE - FLOATS & WHEELS
DOWNTOWN VANCOUVER/VICTORIA SERVICE
- FOR RENT - At Courtenay Air Park
Cessna 172 full IFR. Check Rides.

Phone
WALTAV INDUSTRIES LTD.
HANGAR No. 1, Courtenay Airpark - Box 3715, Courtenay V9N 7P1
338-0771 after hours 335-0347



LIFETIME SERVICE GUARANTEE

SERVICE DEPARTMENT

NEW HOURS:

FOR YOUR CONVENIENCE

6 DAYS A WEEK SERVICE
7 A.M. — 7 P.M.

Drop your car or truck off and we will drive you to work.



COMOX VALLEY FORD SALES
(1964) Ltd
360 Island Highway, Courtenay
334-3161



Pewter Room Restaurant

498 ISLAND HWY., 334-4401

Excellent Dining • Steak & Cordon Bleu Specials
\$6⁹⁵ — \$8⁹⁵

Everything for your dining pleasure

EUROPEAN CUISINE

FRIENDLY SERVICE

HEALTH AND WELL BEING

info
health

Dr. Bob Young



ALL ABOUT WORMS

Worms. Ugh! Unlike the AIDS virus, herpes virus, and all the "new" bacteria, worms don't make the news very often. But the three brothers, Round, Pin, and Tape are still out there, looking for new intestines to conquer.

Medical students all spend a number of hours learning about intestinal parasites. Most were not impressed, feeling that these beasts were confined to tropical areas - and who wants to practice in the jungle?

There have always been a few cases of exotic parasitic disease in Canada, and pinworms are quite common. Tropical worms are entering the country in increasing numbers as immigrants arrive and Canadians return from tropical climates. Worms have no trouble getting through customs.

The worms have intriguing names - *Strongyloides*, *Enterobius*, *Diphyllobothrium*, *Ancylostoma*, and other tongue twisters.

Most worms remain in the intestine but there are some species that penetrate the bowel wall and settle in the

liver, lung, or elsewhere, causing serious illness at times.

Those remaining in the bowel compete with the host for nutrition. One absorbs vitamin B12 and can cause pernicious anemia in the host. Another can cause the bowel to bleed, leading eventually to an iron-deficiency anemia. Pinworms cause irritation in the anal area.

Diagnosis of worm infestation is done by examining stool specimens for worm parts or eggs. This requires a trained technician and often repeated samples. Pinworm eggs can be collected by applying transparent tape to the rectal area.

Diagnosis is the difficult part. The possibility of worms must be thought of, the search made, and identification confirmed.

Treatment is relatively easy and, nowadays, effective. There are few side effects or complications with modern "deworming" drugs, but the drug must be matched to the type or types of worm present. Reinfection, especially from untreated family members or other contacts is often a problem.

MEDDLING WITH MEDICINE

Meddling with nature can be disastrous. Meddling with people can also lead to unpleasant and unforeseen results. Such is the case with the limiting of access to billing numbers for doctors wishing to practice in B.C.

Other provinces, also anxious to reduce health-care costs, are reportedly very interested in the pending judgement in B.C. If the present law (Bill 41) holds, new billing numbers (which allow a doctor to bill the medical plan) will continue to be in very short supply, and limited by a number of strict conditions.

Should the medical interns and residents (who are supported by the provincial medical association) receive a favourable judgement - and this is expected by many - it is difficult to know what may happen. It is thought that the government is ready with new legislation which will immediately block access to billing numbers again.

This is what happened when they lost an earlier court case.

There are, we understand, just over 1,000 doctors with their names on the waiting list for a number. If the legal judgement made them all

eligible the doctor population in the province would increase by about 20% overnight.

This thought horrifies the government and is not very pleasant news for some of the doctors now in practice. Physicians generally support the residents and interns but, like any other business or professional person, are uneasy with unbridled competition.

As nobody gets a doctor's bill anymore there is no marketplace - the traditional way of determining success or failure is gone. There are only so many patients to treat, a fact that has resulted in some doctors resorting to unusual alternative forms of treatment (still paid for by the plan) to attract clientele.

If there really are too many doctors (disputed by some experts) it would make much more sense to limit the number by reducing the size of medical school classes and markedly limiting immigration of physicians. But that, too, would be meddling.

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

Diet Facts
and
Fallacies

The following nutrition guidelines are provided by Diet Center. Use them in good health.

BOTTLED WATER

Bottled water comes from various sources - natural springs, wells, or just processed tap water. If the label reads "spring type," "spring fresh," or "spring pure," it is not spring water at all, but processed tap or well water. If it says "naturally carbonated," "naturally effervescent," or "naturally sparkling," this might indicate that carbonation was already present in the water. Otherwise, it has been added artificially.

Club soda is processed tap water with heavier carbonation than is found in most spring waters. It may also contain other additives such as sodium bicarbonate, sodium chloride, and others, making it likely to be higher in sodium content than plain water or spring water. Seltzer water contains no additives, preservatives, added sugar, or flavourings. It is a very pure product low in sodium.

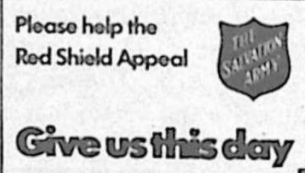
Don't be misled. Diet Center recommends that you check the labels closely before purchasing bottled water.

ESSENTIAL FATS

Do people need fat in their diets if they are trying to lose weight? The answer is yes. Many times, people feel that in order to lose weight, they must cut all fat from their diet plan. They do not realize that fats in the proper kinds and amounts are essential to maintain good health.

Fats in a reducing diet are necessary to help dieters feel more satisfied, and they can, therefore, stay on their diets. Fats keep the body lubricated, leaving the skin soft. They also lubricate the bowels, alleviating constipation problems during dieting.

While on a reducing program, it is essential to trim all fat from the meats you eat. Sybil Ferguson, founder of Diet Center, recommends using polyunsaturated vegetable oils, such as corn and safflower oil, instead of animal fat.

ASK YOUR
PHARMACIST

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

REST EASY ABOUT GETTING TO SLEEP

Have you ever realized you spend about a third of your life asleep? Of course, not everyone needs eight hours a night. Some can get by with fewer, babies and young children need more. The key is getting enough to be able to wake up rested, refreshed and ready to meet the challenges of a new day.

When you don't sleep well, it's usually no secret. Your tiredness or irritability is sure to invite comments about getting up on "the wrong side of the bed."

Some sleep disorders you may come across can't be helped by a glass of warm milk or a hot bath before bed. They can only be diagnosed and treated by a doctor.

For example, narcolepsy is an irresistible urge to sleep, accompanied by muscular weakness, especially in stressful situations. "Night Terror," a condition common to children, usually occurs within an hour of falling asleep. Symptoms in-

clude a racing pulse and disorientation. Nightmares, which happen to us all at one time or another, are not the same.

The causes of insomnia are usually simpler to pinpoint, ranging from personal problems or physical ailments to changes in lifestyle. Having your regular bedtime upset or even a new mattress can lead to a fitful night of counting sheep.

Tossing and turning for a couple of nights in a row is no reason for concern. If the ceiling starts to be the focus of attention for a longer period see your doctor. Remember, the worst thing you can do after a couple of bad nights is keep yourself awake by worrying about falling asleep.

Be sure to check with your Shoppers Drug Mart pharmacist if you have any questions about medications your doctor might prescribe for insomnia. He or she can also help if you need information on non-prescription remedies.

DON'T TRY WALKING OFF A SPRAIN

With the season for outdoor sports and activities approaching, we can expect to see an increase in slips, falls and other mishaps which can lead to painful and inconvenient sprains.

Even if many of us try to function in spite of them, sprains can lead to chronic weakness of a joint or even permanent reduction of mobility if not treated properly.

Sprains are a partial stretching or tearing of a ligament anywhere in the body. Ankles and wrists are the most likely joints to be affected, but it's also possible to sprain a toe, knee, shoulder or even a rib.

"Whiplash" is a strain of the neck ligaments and the most common type of back strain is caused by lifting heavy objects improperly.

Sprains, for the most part, are preventable. It's easy, for example, to be aware of and avoid the hazards of sports such as snow or water-skiing, womens' shoes which are fashionable but provide little

support, and dimly-lit or toy-littered stairs at home. Elderly persons should take special care when faced with gravel or sand-covered sidewalks and roads during the spring.

If you do receive a sprain, get prompt medical attention and follow your doctor's advice about treatment and rest. Your Shoppers Drug Mart pharmacist can help if you have any questions about medication your doctor may prescribe. He or she can also give advice should you need tensor or support bandages.

Even though a sprain isn't as bad as a broken bone, you should treat it the same way. Make sure the injured ligament is rested and given enough time to heal. As long as a ligament hurts it shouldn't be forced to bear its normal load. If you try to come back too soon from a sprain, it could turn into a chronically painful condition.

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

Family Support Centre

OPEN FOR BUSINESS

119 LITTLE RIVER ROAD
PHONE: 339-8654
HOURS: 10 A.M. to 5 P.M.

LIFESTYLE

Dependants' Dental Plan Revised

Improvements to the existing Canadian Forces Dependants' Dental Care Plan have been authorized by Treasury Board, effective 1 June 88. This follows approval by Treasury Board of similar revisions to the Public Service Dental Care Plan.

Highlights of the new improved plan are as follows:

- Members premium contributions will cease with the May payment and the full cost for coverage beginning 1 June 1988 will be paid by the employer. Cancellation of pay allotments of members in the CF plan will be actioned by Director Pay Services, NDHQ.

- All eligible spouses and children will be covered including those of members who were not enrolled in the present plan.

- Coverage will be extended to age 25 for dependant children attending an educational institution full-time.

- 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 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 schedules in effect on 1 July, 1987 for expenses incurred on or after 1 April 1988.

- The lifetime limit for orthodontic expenses rises from 1000 dollars to 1,500 dollars per covered child on 1 June 1988 and to 2,000 dollars on 1 June 1989.

- Benefits reimbursed at 80 percent will be reimbursed at 90 percent beginning 1 June 1990.

- All Regular Force members, and members of the Reserve Forces on Class "C" service, with dependants, will automatically be covered effective 1 June 1988. No enrolment is required. It is emphasized that members must ensure that changes in marital or dependant status are reported to their unit record service (URS) as quickly as possible since Director Personnel Information Systems, NDHQ, will provide dependant enrolment information to Great-West Life based on URS input.

- Members who enrol in the Canadian Forces on or after 1 June 1988 are not eligible for coverage in the new plan until after completion of three months service.

New information booklets will be printed and distributed as soon as possible. Members should continue to use existing claim forms until advised otherwise.

Keep Smiling



CANADIAN DENTAL ASSOCIATION

YOU HIRE AND WE'LL HELP PAY

EMPLOYMENT PLUS

ARE YOU AN EMPLOYER

- wanting to hire help?
- willing to train on the job?
- interested in wage assistance during the training period?

Employment Plus could be for you.

Employment Plus is part of a \$26.7 million commitment from your provincial government to help people receiving income assistance get into the work force—and gives help to British Columbia employers.

EMPLOYMENT OPPORTUNITY PROGRAM

FOR EMPLOYERS

You can receive 50% of an employee's wage, up to \$3.50 per hour when you hire and train someone receiving income assistance from the Ministry of Social Services and Housing.

To qualify, you must:

- be a private sector business, nonprofit organization or local government; and
- create an additional job to provide full-time employment for 2-6 months for 30-40 hours per week; and,
- pay at least the provincial minimum wage; and
- provide a trainee with work experience and skills.

Think about it—you may pay an employee up to \$7.00 an hour to ease your workload—and the Ministry of Social Services and Housing pays half the cost! You could find yourself with a trained and valued permanent employee at the end of the program!

FOR THE INCOME ASSISTANCE RECIPIENT

The Employment Opportunity Program gives you the opportunity to develop or update your skills while training on the job. Additional support benefits such as day care continue while you're gaining valuable job skills. This work experience is the first step to permanent employment!

To qualify, you must be:

- receiving income assistance from the Ministry of Social Services and Housing; and
- at least 15 years of age.

If you find an employer who is willing to train you or to provide you with work experience, the Employment Opportunity Program will pay half of your wages, up to \$3.50 per hour.

Think about it—this is your opportunity to build an independent and secure future for yourself.

It's Good Business!

COMMUNITY TOURISM EMPLOYMENT TRAINING PROGRAM

Are you a registered nonprofit organization wanting to spearhead a project leaving a tourism legacy in your region or community? If you have the materials, we can pay you 100% of an employee's wage of up to \$7.00 per hour for jobs providing work experience and developing skills.

Some possible projects include construction, restoration and upgrading of tourist facilities, or providing significant improvements to tourist related activities, services and events.

ENVIRONMENT YOUTH PROGRAM

If you are an income assistance recipient between 17 and 24 years of age, the Environment Youth Program can employ you on park improvement projects. It will provide work experience and training to those not only in rural areas, but also in urban areas throughout the province.

The Environment Youth program is made possible through the co-operation of the Ministry of Environment and Parks, the Outdoor Recreation Foundation of British Columbia and the Ministry of Social Services and Housing.

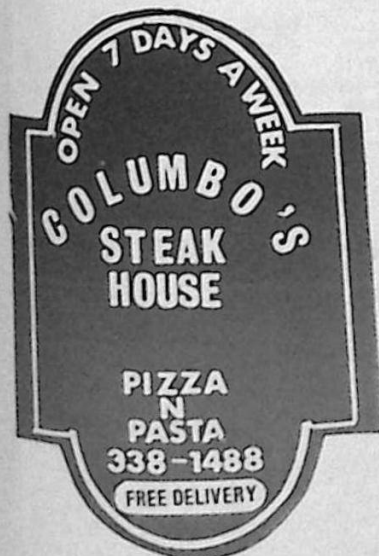
FOR PROGRAM DETAILS AND APPLICATION FORMS, CONTACT THE NEAREST DISTRICT OFFICE (See the Blue Pages of your Telephone Directory under Ministry of Social Services and Housing)



Province of British Columbia
Ministry of Social Services and Housing

Honourable Claude Richmond, Minister

THE JOB TRAINING PROGRAMS THAT WORK... FOR YOU.



LIFESTYLE



Stamps by Larry McInnis

SPECIAL FLIGHTS OFTEN NOTED WITH OVERPRINTS

The Hawker Hurricane is the poor brother of the Battle of Britain in 1940: the sleek Spitfire is credited with turning the tide, preventing a German invasion by winning the war in the air.

Actually, there were far more Hurricanes than Spitfires. At the onset of the battle, there were 19 Royal Air Force squadrons equipped with Spitfires and 30 with the Hurricane -- not counting No. 1 Squadron, Royal Canadian Air Force, Canada's contribution to the battle, which was equipped with Hurricanes.

The Hurricane was featured on a 35-cent Canadian stamp (Scott 876) issued Nov. 10, 1980 as one in a four-stamp set honouring military aircraft that had been manufactured in Canada.

I have a deep affection for the sleek and beautiful Spitfire, but I have a special memory of sitting in the cockpit of a Hawker Hurricane.

The Hawker in the name comes from Harry G. Hawker, who has a connection with Canadian philately in addition to the 1980 stamp.

During the early days of powered flight, Newfoundland was often the launching pad for attempts at transatlantic crossings. There were two good reasons: Newfoundland is closer to Europe than anywhere else in North America unless you travel across the north pole, and the prevailing wind blows from North America towards Europe (west to east).

Canada's first airmail flight was from Montreal to Toronto, starting on June 24, 1918, flown in a "Jenny" aircraft by Capt Brian Peck, a Canadian serving in the Royal Air Force. Other flights carrying mail soon followed.

But Hawker was after the

first transatlantic airmail flight. A Newfoundland overprinted stamp was prepared for the occasion, the first of many stamps commemorating flights originating in Newfoundland.

On Jan 2, 1919, Newfoundland had issued a tremendous stamp tribute to those who had served during the First World War. It was called the "Caribou Issue" because each stamp featured a caribou, with each of the 12 values carrying the name of the battles in which Newfoundland units took part.

The 3-cent stamp (Scott 117) in the issue marked participation at the battle of Gueudecourt.

It was this stamp that became Newfoundland's first airmail stamp when it was overprinted "First/Trans/Atlantic/air post/April 1919."

A single of this stamp in mint condition catalogues at \$25,000, a used at only slightly less, \$22,500.

According to the *Scott Specialized Catalogue of*

Canadian Stamps, some 15 copies of the stamp were damaged and destroyed, but 95 are known to have been used on envelopes. In addition, 11 were given as gifts and 76 were sold to aid the Marine Disasters Fund.

The name Hawker may be famous in regard to aircraft if not transatlantic flight, but that's not the case for the 1919 flight of "Alcock and Brown." A 15-cent Canadian stamp (Scott 494) was issued June 13, 1969, to mark the 50th anniversary of their flight.

The actual flight began June 14, 1919, from Lester's Field, near St. John's, in a First World War adaptation of the Vickers Vimy bomber. John Alcock, 28, of Manchester, England, and Arthur Whitten Brown, 34, of Glasgow, Scotland, started out.

In anticipation of the flight, Newfoundland issued a stamp on June 9, 1919. It was an overprint of the 15-cent (Scott 70) in the June 24, 1897 issue of 14 stamps to commemorate the

discovery of Newfoundland.

The Alcock-Brown overprint reads "Trans-Atlantic/air post/1919/one dollar." Catalogue value is a modest \$350 for a mint copy and \$1,500 on cover.

Alcock was killed in an air accident on Dec 18, 1919, not long after the famous transatlantic crossing. Brown died in 1948, in Wales, in his 63rd year.

Newfoundland airmail stamps are among the world's most valuable, and most interesting.

As a footnote to the Battle of Britain, the 25th anniversary was marked with an 8-stamp set on Sept 13, 1965, an almost unprecedented number for a British single issue. Four stamps allude to Spitfires and two to Hurricanes.

It's a bum rap for the Hurricane -- and Hawker.

LETTERS

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

Metropolitan

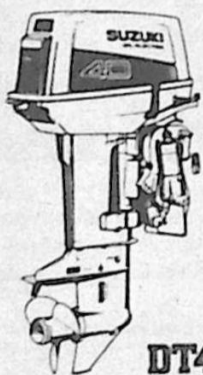


JOHN HACKETT C.D. BSC.

**SPECIALIZING IN
TAX PLANNING
RETIREMENT
PLANNING
SEVERANCE PAY
MANAGEMENT
EDUCATION PLANS**

FOR FREE CONSULTATION PLEASE
CALL 338-5155

SUZUKI



DT40

- True Outboard Oil Injection
- Loop Charged Fuel Induction
- Dual Water Intakes

BOATS
TRAILERS
MOTORS

Pacer Carb. Ltd.
2467 Cousins Ave.

Courtenay

NEW 2 YEAR
LIMITED WARRANTY



Network Classifieds

USE OUR COMMUNITY NEWSPAPER NETWORK CLASSIFIEDS.
87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON.
CIRCULATION TO OVER 1 MILLION HOMES.
2.4 MILLION READERS.

25 words for \$159.00
(\$3.00 each additional word)
Phone: 339-2541

AUTOMOTIVE

Buy/lease any gas, diesel car or truck, new or used. Direct from volume factory dealer. Call for pre-approved credit. Call collect 464-0271. D5231.

\$1 Down leases a new car or truck. Seven year warranty. Payments from \$139./Mo. O.A.C. Call lease manager at (604)465-8931. DL5584.

1987 Ford F-800 18' Reefer Priced to Sell. Call Norm Diedrich, Bob Langstaff. 5200 M.L.S. Out of town call collect 327-0431. D#5662.

All makes truck auto. Lease before you buy giving leasing a try. Info call Bob Langstaff, Norm Diedrich 327-0431. Out of town call collect. D#5662.

BUSINESS OPPORTUNITIES

"An Introduction to Deer Farming". Learn from experts about Canada's newest and fast growing industry. Turn your acreage into a profitable business. Topics include regulatory requirements, economical deer and bison farming, marketing, disease prevention and design of basic operations. Based on workshops directed by Dr. Alsager at Okanagan College. Package includes 6 hour video of lectures and materials. To Order Send Postal Money Order, for \$79., Game Farm Workshop, 1156 Brookside Ave., Kelowna, B.C. V1Y 5T4.

Grant\$\$\$ Subsidie\$\$\$ Grant\$\$\$ Government(s) approved monie\$ available to business & individuals. Guaranteed provincial & federal financing. Receive complete details now. Send \$10. "Grants Unlimited", P.O. Box 817, Victoria, B.C. V8N 2P9.

Delicatessen: Sandwiches, Fast Foods, seating thirty-six. Good family business. Parksville B.C. Heavy tourist area. Business plus stock. Box 815, Parksville, B.C. V0R 2S0.

BUSINESS OPPORTUNITIES

Aalphene Research/Bio-Care Laboratories seeks regional distributor to supply beauty salons. Marketing ability is more important than beauty industry experience. Flexible investment. Reply to Mr. Schroeder, 2820 Huntington Place, Port Coquitlam, B.C. V3C 4T3. (604)464-4511.

Owner Network Franchise Opportunity. Successful concept in Real Estate Sales. Previous Experience not required. Full training provided. Protected territories, excellent returns. Phone 1-763-7355.

Introducing Body Toning By Tonemaster, complete turn key packages, protected territory, training and marketing support. Financial assistance available to make your own toning studio a pleasant and profitable experience. Call collect (604)943-9718 or write P.O. Box 1402, Point Roberts, Washington 98281. Details.

Established company with good reputation, location, experienced salespeople. Medical reasons. Phone confidentially Vergie Snider 378-6181, 378-6675. Decade Real Estate Ltd., Merritt, B.C.

Excellent Self-supporting boarding/grooming kennel. Excellent location/clientele. 6 1/2 beautiful acres. Lovely large home, shop, outbuildings. A gem for serious animal lovers \$198,000. Box 7155, Depot 4, Victoria. V9B 4Z3.

RV Park Investor Operator \$25,000. required. Operating in Northeastern B.C. Good potential. 736-6361.

Hardware Store, warehouse with apartment. Ranching, lumbering, mining area. Excellent climate. Retiring. Good deal for cash. Box 189, Greenwood, B.C. V0H 1J0. Phone 445-6535.

BUSINESS OPPORTUNITIES

Unlimited Opportunity. Manufacturer of Patented house and car device looking for people to assemble and distribute in your area. The whole family can become involved. Company supplies all equipment, materials and training. Minimum investment of \$6000. protected by contract. For interview phone (604)435-1321 or write Box 319, c/o The Sunday News, Suite 102-508 Clarke Road, Coquitlam, B.C. V3J 3X2.

EDUCATIONAL

Diploma correspondence. Free calendar. High School upgrading, accounting, management, administration, secretarial, computers. Established 1964. National College, 444 Robson, Vancouver, 688-4913 toll free 1-800-387-1281, 24 hours.

Victor Hairdressing School, 738 Fort Street, Victoria, B.C. V8W 1H2. Now accepting applications for June and July classes. Also offering refresher courses in hairdressing. Phone (604) 388-6222.

EQUIPMENT & MACHINERY

Belly Dumps, 20-yd. Schiller, \$8,000. and 10-yd. Decap c/w converter Dolly, \$5,000. New brake drums and brakes. Good 11R24.5 tires. Make an offer. Phone 1-743-9826 7-9 p.m.

FOR SALE MISC.

Lighting Fixtures. Western Canada's largest display. Wholesale and retail. Free Catalogues available. Norburn Lighting Centre., 4600 East Hastings Street, Burnaby, B.C. V5C 2K5. Phone 1-299-0666.

Alfalfas, Clovers, and Grasses, Field Peas, Canola Seed. Combine your orders with your neighbours. Discounts available. Phone toll free 1-800-661-1529, Hanna's Seeds Ltd., Lacombe, Alta. T0C 1S0.

FOR SALE MISC.

1980 Mack Motor 400-Plus partly unassembled. Phone 798-2432.

Plywood and Cedar Siding Specials. All enquiries welcome. Special 4X8X3/4 unsanded plywood \$12.30/ sheet F.O.B. Aldergrove. Phone: (604)533-0066.

GREENING

Greenhouse and Hydroponic Equipment and Supplies - The most complete selection in Canada. Low prices, plus we are a Gold Card retailer. Send \$2 for catalogue and free magazine to Western Water Farms, 1244 Seymour Street, Vancouver, B.C. V6B 3N9. 1-604-682-6636.

HELP WANTED

Pressman, fully qualified to operate and manage small printshop in the interior of British Columbia. Interested parties please reply by mail to: David Comrie, RR#4, RMD#2, Prince George, B.C. V2N 2J2.

Fraser Valley Broadcasters is searching for an aggressive community minded team player to assume the marketing/sales position of CKGO Radio, Hope, B.C. Salary plus commission. Contact Manager, Greg Phillips at 1-869-9313.

WEB Offset Press Person. 8-10 years experience, 6-10 Unit Press. Responsible for crew, quality deadlines, high production. Mature responsible individuals only. Apply Bayweb Ltd., Box 280, Elmvalle, Ont. L0L 1P0, Phone (705)322-1882.

Coaches, Players, Service Club Members, Sporting Goods Retailers, Scratch - A -Patch Fundraising Systems requires sales agents in your area. Part or full time, work your own hours. Call collect (604)421-5326.

Overseas Positions. Hundreds of top paying positions. All occupations. Free details. Overseas Employment Services, Dept. CA, Box 460, Mount Royal, Quebec. H3P 3C7. Call toll-free 1-800-361-2461.

HELP WANTED

Compugraphic MCS100 operator with extensive display ad typesetting skills required. Union scale and benefits. Send written resume to: Box #64, c/o The News, 34375 Cyril Street, Abbotsford, B.C. V2S 2H5.

PERSONAL

Intimate Relationships. Improve your intimate relationships naturally and easily with four outstanding subliminal audio tapes: Loving Relationships, Mutual Satisfaction, Gaining Confidence with the Opposite Sex, and Feeling Love and Giving Love. Buy all 4 tapes for \$149.95 or individual tapes for \$45. each. 90 day money-back guarantee. To order or to obtain a free information kit, please call: Power Learning Systems 1-800-663-2424.

PETS & LIVESTOCK

Charmac Horse Trailers USA is pleased to announce the appointment of Parkers Auto Mail, Pentlton as the exclusive B.C. distributor of their complete line of horse and stock trailers. For information and pricing Phone 492-2244.

REAL ESTATE

6.85 Acres, meat cutting business and equipment, 3 Bedroom Home, Surrey, B.C. Business operating for 18 years. Trades considered. Mitten Realty 533-3231, Judith or Gwendolyn.

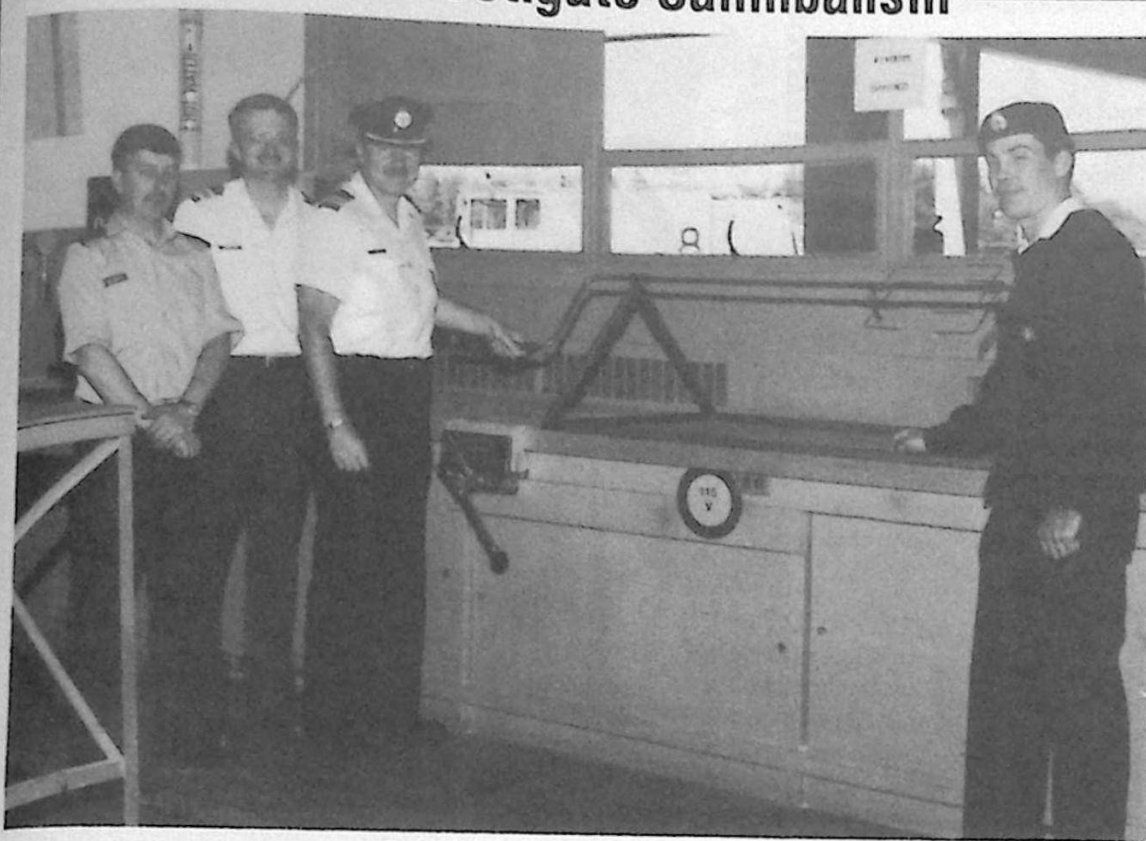
SERVICES

"ICBC Offered me \$3,500. Carey Linde got me \$194,000." G.N. - Abbotsford. Vancouver Lawyer Carey Linde (since 1972) has Free Information. Phone 1-684-7798. Second Opinions Gladly Given.

ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law. 0-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

ON AND OFF THE BASE

MPs Investigate Cannibalism



Responding to allegations of cannibalism within his ranks, Capt Ray Cossette (pictured above) has commenced an internal investigation to root out the truth and nip these rumours in the bud. During a recent golf tournament, a swine named Spot was won by the Base MPs for fair play (in plain words, they lost!). The intended victim was to be given a safe home but it is alleged that a plot had been hatched to kill said suckling and roast him on a spit. This instrument of destruction was recently seized by Capt Cossette and MCpl Keating and during further investigations during which no trough was left unturned, a large apple and a book entitled "One Hundred and One Uses for a Dead Pig" were seized. When pressed for more details, Capt Cossette remained mum and Spot would not squeal!

'...more Anker Klankin'

CONTINUED FROM PAGE 3

VU33 TECHSIDE

All seems relatively quiet on the VU 33 tarmac after a week of sharing our flight line with visiting Hercs and whirlybirds from south of the border.

The highlights of the past two or three weeks came in a few short get-togethers in the canteen when we congratulated Dave Sabourin on his accelerated promotion to Cpl effective 10 Jun 88, Micki Martin to Cpl effective 10 Jun 88 (Micki is now a member of CFB North Bay), Bert Hatin to MCpl effective 1 Jul 88 and last but not least Al Nantel to MCpl as of 1 Jul 88.

Recent arrivals to the Sqn are Cpl Jim Paul, an AE Technician, on a posting from the Cool Pool. Jim either knows someone or he was doing some great things at the Pool to luck in on a West Coast

tour. By the looks of things it must have been the latter. Welcome aboard Jim. Pte Patrick Enns joined the Sqn for a round of ATTAT servicing and flight line training. Pat welcomes the line training after a stint at the Brake & Wheel shop. Good to have you Patrick - welcome aboard.

Dave Brown's VU 33 slow pitch ball team added 3 spectators to the roster and managed to get by 407 Armament 11-6 and in doing so increased their win column to 2.

The guys had a great time at Boss's Night on Fri 17 Jun. Many of us were still enjoying the conversation late in the evening.

Watch out guys - the Warrant has returned.

OUR NEXT DEADLINE JULY 4th

SERVICE DIRECTORY

GOODS GROCETERIA

P.O. BOX 190, LAZO, B.C.

339 2376

VOR 2K0

LOTTO TICKET CENTRE

RED & WHITE FOOD STORES

OPEN 8AM — 10PM
DAILY



Westwind

"A Band for All Reasons"

Good Music at Reasonable Prices

For Bookings Please Call
Gord Kruger 339-4389

MARKET TRAVEL

WORLDWIDE
PROFESSIONAL TRAVEL

ARRANGEMENTS

338-1474

(Area Code: 604)

OR B.C. TOLL FREE 1-800-232-9294

549 ENGLAND AVE., COURTENAY, B.C. V9N2N2
ACROSS FROM THE BANK OF NOVA SCOTIA

LAWSON ELECTRONICS

478A 5TH ST.
COURTENAY, B.C.

338-6631

Service For All Makes

T.V., Stereo & Microwave Ovens
Warranty Depot For Most Major Brands
Sales & Service For Auto
Stereo, Marine VHF, C.Bs, Depth
Sounders, Zenith T.V.

COMOX HARDWARE LTD.

A COMPLETE LINE OF
HARDWARE PAINT
APPLIANCES AND
FISHING TACKLE

IN THE
SHOPPING CENTRE



339-2911

COMOX MINI WAREHOUSE

"BEST LITTLE WAREHOUSE IN THE WEST"

Store It
Lock It
Keep the Key

CLOSE TO THE BASE & TOWN

★ Safety ★ Security ★ Supervision

Knight Rd & Pritchard Rd. Comox B.C. 339-3424

BAYVIEW



COLOR CENTRE

PAINTS WALLPAPER DECORATING SUPPLIES

BAPCO PAINTS
CIL PAINTS
SHERWIN WILLIAMS PAINTS
INTERNATIONAL
MARINE PAINTS

OLYMPIC STAINS
CABOTS STAINS
SIKKENS STAINS
GENERAL PAINTS

3080 COMOX ROAD

PHONE
339 3711

COURTENAY, B.C.



Tel 336-2700

Comox Valley Auction Sales Ltd.

WE PICK UP AUCTION ITEMS

2691 DUNSMUIR AVENUE
CUMBERLAND, B.C. V9R 1S0

DAVID STEVENS
AUCTIONEER AND APPRAISER

HARTMAN AUTO SUPPLY 338-7261

367 - Sixth St., Courtenay, B.C.

BRANCHES IN
CAMPBELL RIVER
& PORT ALBERNI



'Bicycles, Tricycles
and lots of accessories'
Full repair service

PEDAL PUSHER

NOW OPEN AT OUR NEW LOCATION
137 - 5th St.
BELOW THE MAIN CIVIC PARKING LOT
334-4845

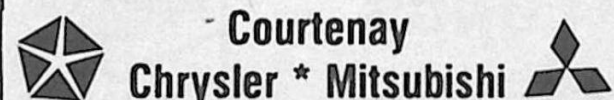
TSOLUM GLASS SERVICES

SINGLE GLASS OR THERMAL ☆ CUSTOM CUTTING
NEW WINDOWS & PATIO DOORS

MIKE

REAR
5976 ISLAND HIGHWAY NORTH
COURTENAY, B.C., V9N 5M9

SHOP 338-1813
RES. 338-8781



Sales * Service * Parts

7 days wk Mon - Sat 8 - 5

ICBC approved collision shop

Mon - Fri 8 - 5

Top of Mission Hill Courtenay 338-5451

LIFESTYLE

Bike Safety Rodeo '88

The 1988 Military Police Bicycle Safety Rodeo was again a successful event which involved over 100 Base dependants and their friends between the ages of 4 and 12 yrs. old.

The day started with the viewing of a video on bicycle safety. The participants were then divided into four age group categories. Each participant had their bicycle inspected and went through six manned obstacle courses which

- manned obstacle courses in which they performed the following:
- a. straight line cycling - stay between the blocks;
 - b. shoulder checking - see what is behind you and stay cycling straight;
 - c. figure eight - turning in both directions;
 - d. slalom - controlling your bicycle;
 - e. stopping in the box - control of the bicycle; and
 - f. quick turns - to the left or the right.

Points were awarded for bicycle skills and the mechanical soundness of bicycles. All points were tabulated and trophies were awarded to the three highest scores in each respective category. The following are this year's winners:

a. Cat 4-5:

BOY

1st - Christopher Jones

2nd - Daniel Caughey

3rd - Jake Dojak

GIRL

1st - Angeliqe Oullette

2nd - Vivian Overton

3rd - Tina Micklewaite

b. Cat 6 - 7:

BOY

1st - Mark McIsaac

2nd - Jamie Sharp

3rd - Martin Charbonneau

GIRL

1st - Andrea D'Amours

2nd - Jessica Martin

3rd - Kathleen Brochu

c. Cat 8-9:

BOY

1st - Scott Moore

2nd - Jeff Russell

3rd - Joey Sopp

GIRL

Felicia Gauthier

1st - Felicia Gauthier

2nd - Jennifer Drover

3rd - Roxanne Bernard

d. Cat 10-12:

BOY

1st - Mike Cottingham

2nd - Billy Cousley

3rd - Jason Mohns

GIRL

1st - Terra MacDonald

2nd - Adrienne Prothero

3rd - Lisa Prothero

The Best Overall Safety Equipped Bicycle winners are Boy - Christian Larson and Girl - Kyla Mohns and the Grand Prize winners of the bicycles are Boys - Scott Moore and Girl - Felicia Gauthier who were randomly selected by a draw.

It wasn't all checks and tests; there were video movies and the bowling alley was open all day. Our A & W Root Bear was still part of our crowd to delight all the kids. Food, drink? There was a lot of it. All participants received a prize for their participation i.e. reflectors, flags, lights, locks

and backpacks.

This bicycle rodeo would not have been possible without the following sponsors who donated over two thousand dollars worth of prizes and refreshments:

The Pedal Pusher Bicycle Centre; Wallace Gardens PMQ Association; BTNO; Metropolitan Funds, Courtenay; Island Honda; Overwaitea; A & W Restaurant; Ryan Company, Campbell River and Goodwill Bottling (Coca-Cola).

A big thank you to all who volunteered their help to make this rodeo so successful.

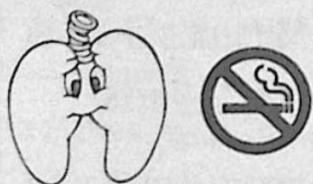


Ms Sandra McCormick of Pedal Pusher, Cpl Luc Guibord, Coordinator, both seem happy to be presenting brand new bicycles donated by Pedal Pusher to the winners of the Bicycle Safety Rodeo Grand Prize draw: Scott Moore and Felicia Gauthier.



Mr Bob Heron from Island Honda who donated the trophy of the Best Overall Safety Equipped Bicycle and Cpl Luc Guibord, coordinator, jointly present trophies to the boy and girl winners Christian Larson and Kyla Mohns.

PROTECT YOUR LUNGS



DON'T SMOKE

British Columbia Lung Association

TRANSFERRED OVERSEAS?
 Inspect our facilities - store with confidence
 The choice is yours

COMOX MOVING & STORAGE

"THE GENTLEMEN OF THE MOVING INDUSTRY"
 • CONTAINERIZED STORAGE • HEATED WAREHOUSE

COMOX - HEAD OFFICE
 339-2281
 RYAN ROAD

DO YOU LIKE COUNTRY MUSIC?

THEN JOIN

Westwind



JAMMIN' AT THE "MEX" WASHINGTON INN

EVERY SATURDAY AND SUNDAY AFTERNOON

Washington Inn

338-5441

1001 Ryan Rd
 Courtenay, B.C.
 V9N 3R6

BANQUET, MEETING ROOMS
 ENQUIRE ABOUT OUR WEDDING PACKAGES.

DINING

OPEN FOR BREAKFAST 6:30 a.m.

LUNCH BUFFET

SATURDAY AND SUNDAY

\$6.95

THE MEX

THE BIGGEST "LIP SYNC" CONTEST EVER
 (OVER \$1,300.00 IN PRIZES!)
 STARTING MARCH 3

JAM SESSION

Saturday 2 p.m. - 6 p.m.
 Sunday 5:30 p.m. - 11:30 p.m.
 GORD KRUGER & WESTWIND
 All Jammers and Old Time Fiddlers invited

MARGARITA'S LOUNGE

OPEN MON - SAT

PROVINCIAL & LOCAL

"Mountain Brew" Receives Key to Creston



"Mountain Brew," canine star of Kokanee beer's television commercials, was honoured by Creston, B.C., recently for his contribution to the town's profile. Creston Mayor Lela Irvine presented Brew with the key to the town at a special civic ceremony. Kokanee beer is a product of the Columbia Brewing Company of Creston.

Shell Canada Joins Parks Promotion

Travellers will soon be able to pick up free full-colour map/guides to provincial parks at 250 additional locations across B.C., Environment and Parks Minister Bruce Strachan announced today.

"Shell Canada is making the maps available to customers at all their stations in B.C.," Strachan said.

"This is an addition to the Ministry's regular distribution of these maps through Parks Branch offices and Tourist In-

formation Centres," the Minister said.

Maps are available for five park regions -- Kootenays, Northern B.C., Lower Mainland, Vancouver Island, Caribou Shusway -- as well as for Coastal Marine Parks.

The map promotion is part of a summer-long campaign to promote provincial parks as preferred holiday spots. Special emphasis is being given to less frequently visited areas in Northern and Southeastern B.C.

Changes to Pesticide Regulations

A further revision to provincial pesticide regulations has been announced by Environment and Parks Minister Bruce Strachan.

The change modifies new regulations introduced on May 13, and reinstates the requirement that a pesticide dispenser, trained and certified by the Ministry, must be available where products labelled DOMESTIC are sold.

The same condition applies to pesticides labelled COMMERCIAL, RESTRICTED

AND PERMIT-RESTRICTED.

"Although labelling instructions are designed to ensure proper use, certified dispensers provide a valuable service by helping customers to choose pesticides carefully and use them safely," Strachan said.

Other changes to the regulations, dealing with a training program for farmers and modifications to the provincial classifications system for pesticides, remain as originally announced.



B.C. Heart Foundation

Classified

RATES

Effective October 1, 1987 ALL insertions will be \$3.50 per column inch.

MUSIC MUSIC MUSIC
35 Years of Gold Music
Music for all occasions
Reasonable Rates
Lights Show Available
Our specialty "Solid Gold Music"
Call 339-5806

FALCON MOBILE HOME PARK. Only 3/4 mile from the Base. Quiet, nice treed lots available. Only \$135/mth. Ph(604) 338-6115.

BAD BOYS
YOUR FIRST GOOD STOP FOR FURNITURE

NEXT TO THE COURTENAY HOUSE HOTEL

OPEN 10 - 5 MON - SAT

POSTED TO BORDEN ONTARIO? For Real Estate Information contact: ANNE CARROLL representing GEORGIAN REALTY INC 150 Essa Rd., Box 1122 BARRIE, Ont L4M 5E2 Business (705) 722-3722 Residence (705) 737-3526

Apartments For Rent - Furnished bachelor suite - \$250. Unfurnished one bedroom - \$275. Rent includes: Heat, hot water, cable. Close to Base. Greenwood Apts 1751 Greenwood Cres. 339-3090

BUILDING MATERIALS
Lumber & Plywood
Panelling - Arborite
Doors & Windows
Builders Hardware - Tools, etc
Electrical & Plumbing Supplies
Paints & Finishes
Roofing - Siding
Cement Department
Truck Delivery
Customer Financing

CENTRAL BUILDERS
610 Anderton Avenue
Phone 334-4416

IMPORTER/EXPORTER
Needing people to market products or want to start a business. Wanting more info send self-addressed envelope to: PHD ENTERPRISES, 146 Londonderry Square, Edmonton, Alta. T5C 3C4.

Upkeep Home Rentals

If you are posted in 1988, and are planning on renting out your property. Call us now for best tenant selection.

We can tailor our package to suit.

1380 Cliff Ave
Box 3666
Courtenay, B.C. V9N 7P1
334-4486

CAKES FOR ALL OCCASIONS: Birthdays, weddings, anniversaries, etc. Call: 339-2170.

We are the talk of the town with over 600 units sold last year. We're not the best because we're the biggest...we're the biggest because we're the best!

LANTZVILLE RECREATION CENTRE LTD.

Cash & Consignment Service
LET US SELL YOUR RECREATION PRODUCT FOR YOU WHY?

- There are no listing charges to you at all.
- We sell no new units to distract you from your used units.
- We have the finest advertising promotions.
- We take trades.
- We will buy out the trade so it's cash to you for your product.
- We will do a 30, 60, 90 day guaranteed buy-out plan to you.
- We have full time security.

REMEMBER

...We still sell a lot of RV units through the winter. Free appraisal and pick up anywhere on Vancouver Island. We are open 7 days a week for your inspection.

WEEKDAYS 9 to 6

LANTZVILLE RECREATION CENTRE LTD.

PHONE 390-3441

Dealer No. 7363

Become a UNICEF Volunteer
IT'S A CHANCE TO GROW



Ma Hla Hla, Burma

For both of you!

Unicef Canada



1-800-268-6364

COMOX Air Force Museum
GIFT SHOP

SOUVENIRS!

Unit crests and badges, decals, pins, and more!

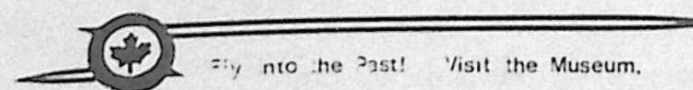
Museum Memorabilia

Aircraft posters and prints

Aviation toys and gadgets

Take home a memory of an unforgettable day

Regular Summer Hours: Tues - Sun 10-4





Riverside Nissan

TAKE A 3 MONTH VACATION
FROM CAR PAYMENTS

1988 MICRA



FROM \$7294⁰⁰

1988 MULTI



FROM \$15,888⁰⁰

1988 PATHFINDER



FROM \$15,988⁰⁰

1988 PULSAR



FROM \$14,988⁰⁰

- . No payments until Oct. 1988
- . 90 days no payment
- . 100 % financing O.A.C.
- . No down payment
- . Sale ends June 30th

CONGRATULATIONS!



Daniel and Lucie Labbe of CFB Comox
winners of our 1st Boat Contest

Buy a car/truck - win a boat Contest No. 2

Contest Rules are Simple

1. After you purchase any new NISSAN fill out an entry form.
2. Your name will then be entered at the DEALERSHIP.
3. Once the DEALER has 20 names in the box they will make the draw.
4. Winner must answer a skill testing question.

YOUR CHANCES ARE ONE IN TWENTY

100% FINANCING NO DOWN PAYMENT O.A.C. YES, WE DO LOAN CONSOLIDATIONS

SUMMER HOURS

OPEN

9 A.M. TO 9 P.M.

BUILT FOR THE
HUMAN RACE



SHANE LAPOINTE
Sales &
Financing

Riverside Nissan

1355 Comox Road, Courtenay

Located on the Island Highway By-Pass

(Across from Farquharson Farms)

Dealer No. 8561



OUT-OF-TOWN CALL COLLECT

338-1988

FOR PRIOR CREDIT APPROVAL