



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 13 JULY 28, 1988

DEADLINE IS MONDAY, AUGUST 15, 1988

COST: PRICELESS

AIRSHOW 88

OUTSTANDING DISPLAY OF AIRPOWER ON DISPLAY AUGUST 7th

Billed as a full day of exciting events for the whole family, the CFB Comox Airshow gets underway at 10:00 hours on Aug 7th, 1988, with the first of many flying displays. While the main airshow is scheduled for 1300 hours, a T33 air display and several civilian aircraft and balloons will entertain the crowd while they stroll around the static displays. The T33 flies at 0900 and 1200, while in between there will be flying model aircraft, balloons by Shell, Remax and Safeway, homebuilt aircraft, the Western Warbirds and an Otter/Beaver display entitled "Smoke n Thunder." A non-flying attraction will be the Molson Van.

STATIC DISPLAYS

More than 30 aircraft will be on display, including the CF Contingent of Aurora, T33, Tracker, Labrador chopper, Buffalo, CF-18, CF-5, Twin Otter, a Sea King Naval Helicopter and a veteran old DC-3 Dakota.

From the USA, two F-16s, a KC135, a KC10, the B-52, two A10 Tank destroyers, an A6 and an EA6, the A4, an OV10, the H3, the C-130 on skis, a TA4 and the F-15.

Civilian aircraft include home-builts, the aerobatic

mounts of Manfred Radius (a sailplane) and Brigitte de Saint Phaille, "Smoke n Thunder" (Otter/Beaver), the BC Air and Ground Ambulance, an L-19 spotter aircraft and its fore-runner, the Auster.

At 1300 hours, the main airshow begins. It includes the Snowbirds, a CF-18, Buffalo, Labrador helicopter, CF-5, Tracker, Aurora, T-33, the F-15, a B52 flyby, and the civilian aerobats, Manfred Radius, Brigitte de Saint Phaille and "Smoke n Thunder."

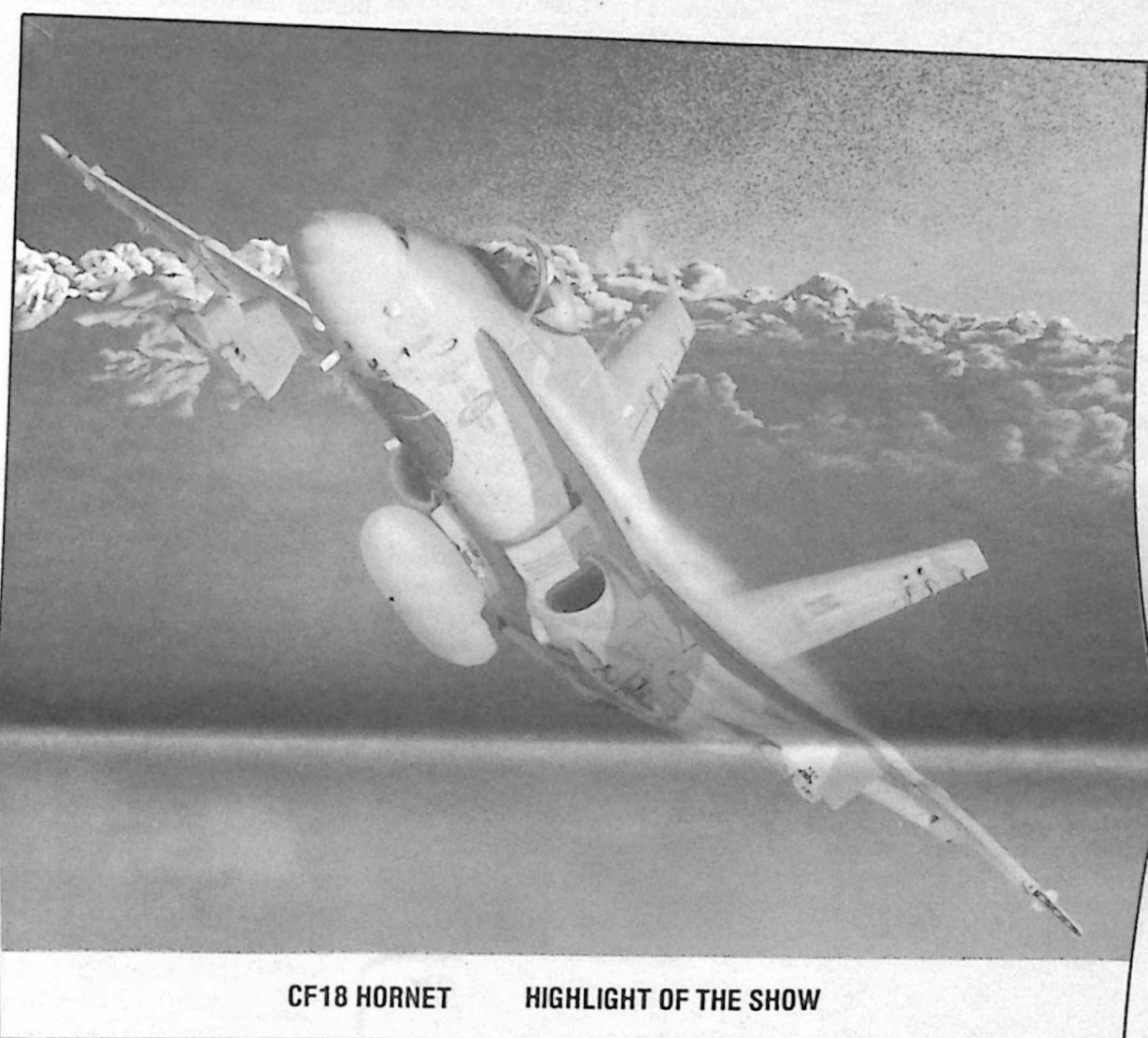
On the ground meanwhile, hunger and thirst can be satisfied at one of many refreshment stands, or in the Molson's Beer Hangar, while bands perform.

Admission to Airshow 88 is as follows:

Adults	\$4
Teens & Seniors	\$3
Children 6-12	\$2

Children under 6 are admitted free. A preferred method of admission can be obtained by purchasing car passes at Shell stations, up to August 6, for \$10. The passes admit everyone in the car, provide express routing to the airshow, and preferred parking.

The gates open at 0900: See you at the show...Norm Blondel



CF18 HORNET HIGHLIGHT OF THE SHOW

NDHQ Named After Former MND

OTTAWA -- The National Defence Headquarters building at 101 Colonel By Drive here is getting a name: The General Pearkes Building.

In a special ceremony on June 29 the Honourable Perin Beatty, Minister of National Defence dedicated the building to the memory of the late Maj-Gen, the Honourable George Randolph Pearkes, who was Minister of National Defence from 1957-1961.

Attending the ceremony were the Honourable Paul Dick, Associate Minister of National Defence, General Paul Manson, Chief of the Defence Staff, the Honourable Stewart McInnes, Minister of Public Works, Daniel Bevis Dewar, deputy minister of National Defence and John A. Pearkes,

son of the late Maj-Gen Pearkes.

Maj-Gen Pearkes served Canada in both World Wars and was awarded the Victoria Cross for gallantry at Passchendaele in 1917. He was also decorated with the Military Cross, the Distinguished Service Order, the Croix de Guerre and was Mentioned-in-Despatches. He was a Companion of the Order of the Bath and was awarded the U.S. Legion of Merit. He also served as a Member of Parliament for Esquimalt-Saanich until 1961 and was appointed lieutenant-governor of B.C., a position from which he retired in 1968.

Maj-Gen Pearkes died in 1984 at the age of 96.

NATO Composite Force

OTTAWA -- Minister of National Defence announced recently that Canada has offered to participate in a new NATO Composite Force designed to replace the Canadian Air Sea Transportable (CAST) Brigade commitment to North Norway. The creation of the Composite Force was announced today at NATO Headquarters, in Brussels.

Participation would be in the form of Canada's existing battalion group assigned to the multi-national Allied Command Europe Mobile Force (AMF).

As announced in the defence White Paper, the CAST Brigade (a force of about 5,000 infantry, artillery and support personnel) previously committed to North Norway will be re-assigned to the Central Region in 1989 and consolidated with other Canadian Land Forces there into the 1st Canadian Division.

Also in accordance with the defence White Paper, Canada is maintaining its existing bat-

tal group commitment (a force of about 1200 personnel) to the Allied Command Europe Mobile Force (Land) [AMF(L)], for service on the northern flank. This small multi-national force can be deployed rapidly by the Supreme Allied Commander Europe to NATO's flanks in either northern or southern Europe to demonstrate solidarity and the Alliance's ability and determination to defend itself against aggression.

In time of growing crisis, the Canadian battalion group - the unit which is currently assigned this responsibility is the 1st Battalion, Royal Canadian Regiment, of London, Ontario - would deploy only to northern Norway, either as part of the Allied Command Europe Mobile Force or, should the AMF (L) be assigned elsewhere, as part of the new NATO Composite Force in company with units from West Germany, the U.S., and, of course, the Norwegian armed forces.

The size of the Canadian commitment precludes logistics problems of the magnitude faced with the previous CAST commitment, and the new arrangement will provide for improved support and sustainment. In addition, the elimination of the Danish deployment area for the Canadians means that the Canadian battalion group will always have the advantage of being deployed where its equipment is pre-positioned and where it has trained. The new role is good for Canada, for Norway, and for NATO.

Strocel In Kruger Out

Team manager Col Ted Gibbon has gone to the bullpen for some relief help. The old veteran Editor is showing signs of wear (hair, teeth, etc.) and it's time for an injection of new energy.

Consequently Capt Terry Strocel takes over with the next issue. Bonne Chance Terry and thanks to all - it's been a slice!...G.M.K.



AROUND THE BASE

Demon Doins



RIMPAC '88 is over; as Crews 3, 4 and 7 made their way home last week, most came back by Aurora, but a select bunch were able to jump on a very enjoyable and relaxing Hercules ride which took the better part of 10 hours. Its maximum capacity passenger load provided stimulating conversation and high group morale.

The second half of the exercise proved rather busy with each crew spending many hours in the air as well as briefing on the ground. Post flight debriefings after a 14 hour day were especially exciting, particularly when dealing with Mr. Dithers, a very knowledgeable and straight-thinking human being.

On one trip Crew 7 provided some amusement to one air traffic controller from Honolulu Centre. Prior to going onsta, co-pilot Capt Mike Czirk reported by Fites intersection but unfortunately got the name confused and pronounced it as F-rt. Mike was prohibited from speaking on the radio for the rest of the trip to prevent further embarrassment.

Crew 4, who were fortunate enough to get all the night flights, got some great experience in coordinated ops with the Canadian ships, in particular the Huron whose main communicator seemed to sound very familiar to Crew 5's Capt Paige Cutland.

All in all there was still a little time off for the sun worshippers to work on their tans and the compulsive shoppers to browse through the different military exchanges as well as the myriad of tourist-devouring souvenir shops.

While Crews 3, 4 and 7 were suffering on detachment at Wai Kai Kai, Crews 2, 5 and 6

held down the fort. Although Crew 2 was soon observed vacating the fort to rest up for their gruelling upcoming TAZMANEX.

Crew Six's own Capt Kevin "Killer Tweety" Ferdinand recently demonstrated his considerable skills in communication. During an AFIS aircraft static display the fearless TACNAV climbed a very high soapbox and explained that one should never, never, ever walk through a prop arc. During this impassioned speech a tech walked past the soapbox directly through the nearest prop arc, much to the amusement of the students and the bemusement of Capt Ferdinand.

Lt Vincent also of Crew 6 fame recently did NAVCOM check ride. The flight was marked by much pomp and ceremony. LCol Sutherland was the MPCC, Col Gibbon and a contingent of photographers met the aircraft when it landed, and later there were beverages and festivities in the crew lounge. Needless to say Lt Vincent was impressed. So was Major Bill Mazey, who coincidentally logged his 10,000th on that same flight. Congratulations Major Mazey!

Crew 5 kept a low profile during this time frame, though we are assured by a suspiciously well tanned and rested looking Lt Bert Fenton that they worked extremely hard.

Nuff said.

407 PHOTO

We've had a few bodies go to Hawaii on vacation, oh! sorry, I meant to say "for work." There were two deployments. MCpl Pete Veldhuizen and Cpl Jo-Anne Parker were on the first tour. Then MCpl John Clevett and Cpl Jean Plante went on the second half of the deployment. The situation was extremely difficult for Cpl Frank Jahrig. He was forced to stay there for both deploymen-

ts, but like he said, "It's a dirty job but somebody had to do it, Ha! Ha! Ha! MCpl Chris Tremblay and Cpl Guy Tardif are now Mr and Mrs Tardif and are on their way to Chicoutimi, Quebec for a new life as civilians. We wish them good luck in the future. MCpl Bernie Lambillon, now Mr Lambillon has gone to California with his new wife. Good luck "B."

MCpl Pete Veldhuizen and his wife Martine have been posted to Cold Lake and are very excited about moving into their new custom built home which is being constructed at this very moment. MCpl Wood is still doing very well on his P.O.E.T. course in sunny Kingston.

We now have a few more JV electrical connector qualified Photo Techs. MCpl John Clevett, Cpl Dawn Nickerson and Cpl Laurie Roy, all passed the three day course given here on Base by two Greenwood instructors. Cpl Jo-Anne Parker is now JLC qualified and she is praying for a posting to Cold Lake so that she can be there with her fiancé, Joe Verreault. Cpl Mike Valiquette is presently in Summerside for his JLC, and should be back with us soon. Cpl Rob Granger is pretty lonely while his wife Lori (now Pte Granger), is in Borden for her Reservist Administration Clerk Course. Hang on Rob, she'll be back soon, meanwhile Rob, have fun doing the housework.

We would like to welcome a few new people to our group; MCpl Bob Davidson and his family from Ottawa and MCpl Dave Hooper, his daughter and Alisa Locke from Cold Lake. We are now eagerly awaiting the arrival of a few more bodies into the fold. MCpl Real Denechoud and family from Greenwood, Cpl Gord Morrison and family from Summerside and Cpl Dan Mallette and family coming in from Europe.

Demon Tech of the Month



PTE SANDY LEIBELING

Pte Leibel has, during the past several months, displayed a strong sense of responsibility towards her job as well as to the overall effectiveness of the Torpedo Shop and 407 Sqn.

During this period she has initiated two highly professional U.C.R.s; one for improving the vacuum checks on the afterbody of the Torpedo and the other for an improvement to the Torpedo banding tool. She was also the recipient of a suggestion award for developing a special tool to clean the CP 140 Sonobuoy Launch Tubes.

Through these fine examples, as well as her day to day high standard of workmanship, Pte Leibel has helped maintain the high standard of technical excellence that 407 (MP) Sqn has become famous for.

TOTEM LOUNGE



AIRSHOW 88 TGIF

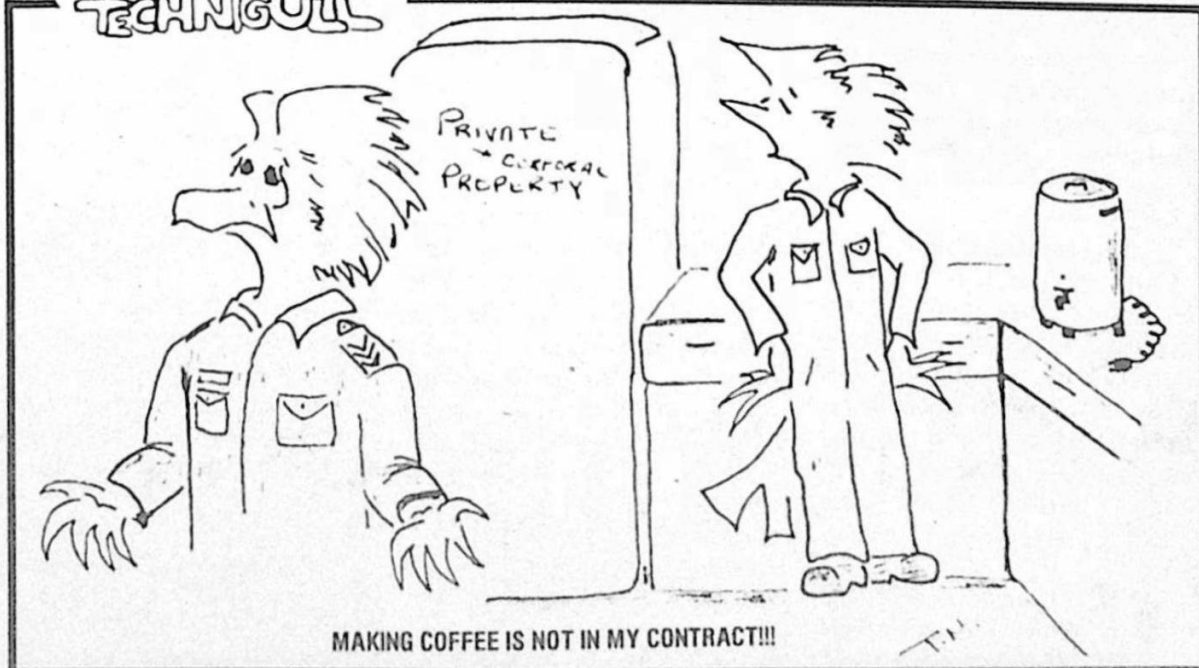
5 AUGUST 88
BBQ AT 1730 HRS
ENTERTAINMENT AT 2000 HRS
ENJOY OUR OUTDOOR PATIO & FRIENDLY ATMOSPHERE
COME FLY WITH US!

Following items are for sale by sealed bids - accepted up to 1100 hrs Aug 22/88.

Items may be viewed at the Jr Ranks Club, CFB Comox during office hours. Bids to be delivered to above location.

1) 16 mm Bell & Howell Auto Load Projector. Cinemascope lens plus three other lenses, spare lamps and bulbs. Splice kit. Excellent condition.

2) Canned Beer/Pop Machine. Working condition.



MAKING COFFEE IS NOT IN MY CONTRACT!!!

AROUND THE BASE



From the Top Rung

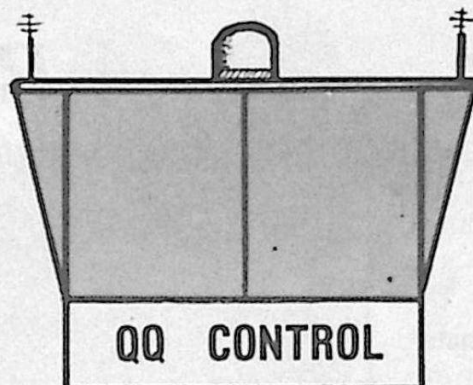
COL TED GIBBON

The biennial - that's every two years, folks - Airshow will be held on August 7th this year and as with previous events of this nature, a good number of base personnel wonder why we do it. I suppose there is a point in the planning and preparation phase when all of us wonder why we do it. The fact is we are making this effort and giving up our time for **OURSELVES**. It is the opportunity we have to welcome the citizens of our local communities, explain what we do and show how well we do it. At the same time we invite our military associates from other nations, who frequent our airfield and airspace from time to time, to put their equipment on display and demonstrate the mutual support provided one another through our Alliances.

It is a selfish motive and it demands the best effort of everybody to ensure not one question goes unanswered and not one person leaves with an uneasy feeling about the value or effectiveness of their Air Force. We all have a responsibility to ensure the success of this endeavour whether it be cleaning aircraft for display, tidying up the grounds, or meeting the public. The impression that is taken away about our capabilities will be determined by the enthusiasm we display in going about our duties and will remain with those who attend for a long time.

I depend on your professionalism to make this a safe and successful event and rely on your personal and unit pride to ensure that the Air Force and the Canadian Forces gain and retain the respect of our Canadian and foreign guests.

This is your base, your service, and your chance to show it off. Make the most of it, there won't be another opportunity until August 6, 1990.



As The Beacon Turns

Things have been rather quiet here lately on the "Far Side." The summer leave period has struck once again.

Four promotions were celebrated at the gravel pit recently. Promoted to the following ranks were Lts Phil Robinson and Martin Gagnon, WO Al Munday and MCpl John Moss. Rumour has it that John bribed the promotion board, seems that he was tired of being outranked by his wife.

Also during the promotion party, goodbyes were said to Pte Hugh Shaver who will be moving to MET section in Aug. Good times and "Grape Knee Highs" were had by all.

Pte Herve Guennette was taught the proper hair styling techniques of the modern air force man by Lt Kim Adams. It appears that with the proper beer enriched shampoo and combing techniques, any style can be achieved.

Congratulations go out to Cpl Sylvie Richard who recently checked out in Radar. A warm welcome also to Cpl Eric Ferris from Ottawa. Seems he has a preference for blue rather than khaki and likes camping in a trailer. ("hootchie" isn't in the air force vocabulary.)

In the absence of MWO Dale Campbell, Sgt Dave Tack has been filling in. So far, so good.

Not too many leave passes have been lost but Lt Kim Adams will not agree with me on that topic. When asked to comment on Sgt Tack's performance, Capt Pat Wolfe-Milner said, quote, "Sgt Tack is filling multiple positions and performing at his 'normal' level of competence." Normal??

The ATC section mugshots have been developed and are available for purchase. There are lots of smiling faces as the group yelled "fromage," part of ATC's bilingual commitment. So let's get out there, show some section spirit and buy a photo for good old gramma.

Meet the Base Chief

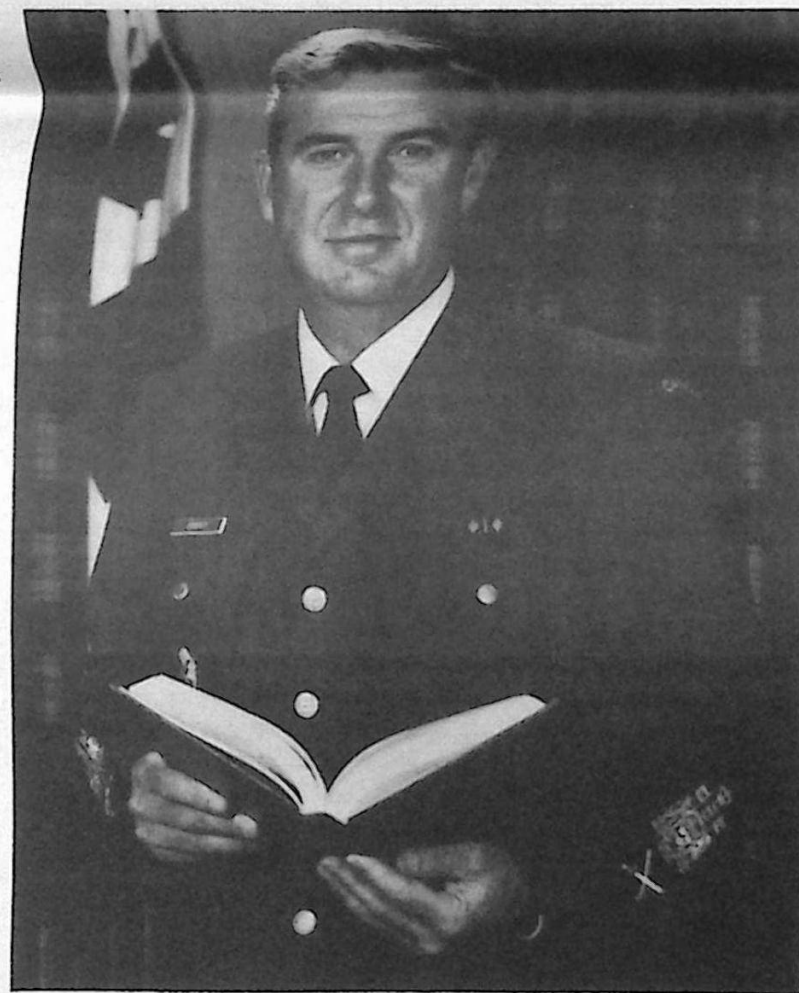
CWO T.P. (TERRY) DOHERTY TAKES THE REINS

CWO Terry Doherty has taken over as the Base Chief Warrant Officer at CFB Comox.

Terry is another "sailor" who has come to appreciate the good life in this man's Air Force and comes to us after a tour at Aircom. There Terry worked for DCOS Maint - Maritime Aircraft.

CWO Doherty hails from Peterborough, Ontario and after having joined the RCN in 1955 can boast at having "hands on" experience on six aircraft types ranging from Harvard through Banshee and Tracker. After completing new entry training at Cornwallis Terry served at Shearwater as an Engine Tech. Subsequently he served aboard HMCS Magnificent, HMCS Bonaventure and with the HELAIREDET of HMCS Nipigon. Interspersed with continued employment at Shearwater Terry added the ships Saguenay, Annapolis, Iroquois and Athabaska to his list of HELAIREDETS.

Terry went "inland" in 1982 to Aircom and became responsible for the aviation aspects of the Tracker, Aurora and Sea King aircraft. He was promoted to CWO in 1983.



CWO DOHERTY

What does he think of Comox? Well he thinks it's great and he's already convinced that it was an excellent

posting and will provide for untold new challenges.

Welcome aboard Chief....G.M.K.

ALL RANKS
AIRSHOW
DINNER/DANCE

3 HGR

\$4.00 PER PERSON

INCLUDES

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SALMON !!SAT 6 AUG
BEGINS AT 1800HRS

Col Gibbon congratulates Rex Kitching on his promotion to CWO. Congrats Rex!

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EDITORIALS



COMMENT

GORD KRUGER

THE TIME HAS COME

Time waits for no man! Oft times we hear it but always we shrug it off as just another cliché meant for others. But like death and taxes, it happens. Some things are inevitable and the reality of retirement from this man's Air Force is just another one of those things.

Here I am, with the end of a twenty-five year lifestyle just around the corner and I'm really not sure how I should react. There are many who have offered varying kinds of advice, some useful, some not. But in the end it's good old me who has to accept the fact that I'm too old for something I've enjoyed for so long. That's life I guess!

The confines of Canadian Forces Base Comox have many fond memories for me. Having been fortunate enough to have spent the larger part of my military life here I have seen a lot of things happen, many changes and the passing through of many fine people over the years. There have been many good acquaintances and friendships and many of those will remain, I hope, for the years to come.

Several flying tours with the Demons provided the opportunity to be part of a first class operational organization. The memories of the travel and camaraderie there will remain with me always. Then it was a few "on base" jobs to find out and appreciate how the support end of the operation works.

My time spent in the H.Q. offering my SERVICES as an information officer for the base was indeed rewarding. It was always easy to be positive

about a place you appreciated and an activity you believed in.

Without doubt however, the most interesting and significant contribution I have been able to make has been my many years of so called secondary duty as your newspaper person. There have been countless hours of dedicated involvement in what was always regarded as one of Canada's leading military newspapers. I cut my teeth in the early years with a handful of neat people who taught me well and left me with a genuine love for the old Fishwrapper. Over the years and tours at CFB Comox I never really could get the Totem Times out of my system and I kept coming back for more.

The base newspaper provided me with a unique opportunity, one which few others have been able to have. There have been good times and bad times but the good by far outweighed the bad. The small dedicated staffs that I've had the pleasure to work with have been just super. You have to like this thing to do for it what they did. To all of them, the people who have come and gone, I say simply - thanks.

But I'm rambling and getting sentimental. It's time to bow out and let others take the reins. Capt Terry Strocel will be your new Editor. I wish him well and would ask for your continued support in making his new position worthwhile.

Thanks to you all, the Staff, the contributors, the advertisers and the readers. You will always be a fond memory.

It's time to ride off into the sunset.....G.M.K.

A Bird's Eye View



AL SHARPE IN ACTION

Hornby Festival Upcoming

The Hornby Festival--August 3rd to 13th on Hornby Island--strikes pure gold this year as some of the country's top artists come to perform at this 11-day bonanza of theatre, music, and art. The legendary Quebec actor-playwright Gratien Gelinas and his actress wife Huguette Oligny lead off with the Western Canada premiere of *The Passion of Narcisse Mondous* (English version), a brand new comedy about a golden age romance with a 1980s twist.

Another Canadian star, Loreena McKennit, from Stratford, Ontario, brings her inexhaustible store of Celtic songs, tales, and poems to audiences at three "candlelight" concerts in a small studio overlooking the sea and distant mountains.

Chamber music in near-perfect surroundings, the Hornby Hall, will be the focus of concerts by the Purcell String Quartet.

Two top young Canadian soloists--tenor Richard Margison and pianist Jane Coop--will be heard in separate recitals. Margison, lyrical opera star from Victoria, is now singing major operatic roles nationwide and in the States. Jane Coop, a dazzling keyboard virtuoso, has walked away with numerous international prizes.

Stirring and dynamic entertainment will be provided by Katari Taiko, the Japanese drum group from Vancouver. A non-Canadian entry is the Vusisizwe Players, a group of three black women from South

Africa, in *You Strike the Woman, You Strike the Rock*, a zestful telling, in a series of vignettes and songs, of the bitterness of oppression, the energy of anger, and the uncrushable strength of the human spirit.

A number of fascinating events round out the Festival. A rare and unusual film *The Brothers Quay*, four animated shorts that deal with some of the more arcane corners of the psyche, is known for its beautiful, hypnotic--and disturbing--qualities.

Complete information on the Hornby Festival 1988 may be obtained by calling the Hornby Festival Society at 335-2734.

OUR NEXT DEADLINE

AUGUST 15th



TOTEM TIMES

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



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EDITORIALS



Lightside

NORM BLONDEL

THANK YOU GORD

For this occasion I'll abandon the usual whimsy which goes into this column and write about a friend and colleague instead.

I've worked with Gord Kruger, the Editor of this newspaper, for three years. On August 10 he retires from the CF, so this issue of the Totem Times is also his last. When I say "working with" Gord Kruger, that's just what it means. In my 28 years of involvement with military newspapers, I've never known an Editor who was less a Boss and more a mentor, receptive to ideas, willing to discuss Editorial decisions with the staff, and yet firm enough in his conception of what makes a good newspaper to lead us willingly along the same path.

Two successive "Best Military Newspaper" awards are testament to the high standards which Gord has set for himself and the rest of us at the Fishwrapper.

It is a fact of Military life that when a person leaves a job, he is quickly replaced, life goes on, and he is soon forgotten. A couple of years from now, perhaps people will ask, "Gord Who?" That's why I'm writing this now. My old Editor might be forgotten in a couple of years, but for now, I'd like everyone who reads this to know I've had the privilege of working with a true professional. I don't think there is any greater compliment one can pay to another than to use the term, "Respect." That term has underlain my involvement with Gord and the rest of the Totem Times staff for all the time I've been here.

It's what gets me up early on some Mondays, Tuesdays and Wednesdays to come in to this office and work for nothing, doing what I like to do, knowing it's appreciated.

Good luck on your retirement Gord, and thank you.



Norm Blondel, the Editor of the Fishwrapper, and anyone else there.

This is an unofficial 442 nastygram from me.

We don't mind giving the lower orders a hand, but when 407 abrogates my all too difficult labours and claims them as their own that's it! No more Mr. Nice Guy!

I am of course referring to my submission for the last issue of Totem Times on behalf of 442 T&R Sqn AMCR. The term of some low caviling 407 type to flesh out the

mewling of their yellow journalistic column with the material detailing the activities of the forthright upstanding dedicated hard working techs from the only squadron worthy of note draws my ire.

Ergo to wit and therefore consider yourselves told off!

The Mystery Scribe

Gee, M.S. we're sorry that happened. It's so seldom we see 442 stuff around here, we got all excited and pasted your column on the wrong page....Ed.

LETTERS
WE GET

The Editor,
Sir:

Preliminary planning is underway for a reunion of all personnel who served on RCAF Stn. St. Sylvestre. A possible date could be late June 1989.

I am interested in hearing from all those who would consider attending.

A.L. Cantelo
P.O. Box 42
Montague, P.E.I.
COA 1R0
Phone: 838-3295

Arthritis? Help is at Hand

Food processors, electric can openers, automatic juicers -- such handy helpers have become the mainstay of the modern kitchen. But for people with disabilities, these small appliances can be an important aid to food preparation, says the Arthritis Society.

"People with arthritis, for example, often have limited use of their hands," says Lynda McCloy, Director of Occupational Therapy with the Society's B.C. and Yukon Division. "Energy-saving devices in the kitchen can help

to protect painful joints and keep people independent."

When buying small appliances, there are some factors that people with disabilities should consider. Does the appliance have a heat-resistant handle? Are controls conveniently located and easy to use? Is the appliance easy to clean? Can parts and accessories be easily removed? Is there space within easy reach for the appliance to be stored and used?

"Last but not least, make sure your new appliance is used to its fullest advantage," says

McCloy. "Experiment with new recipes that can be made with your kitchen helper, and think of ways it can be used to make different kitchen tasks easier. Arthritis shouldn't be a barrier to the joy of cooking."

For more information about arthritis, please contact Danda Humphreys, The Arthritis Society, B.C. and Yukon Division, 895 West 10th Avenue, Vancouver, B.C. V5Z 1L7, (604) 879-7511 local 310 or 314.



GORD KRUGER

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1977-1979
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Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



THIS WEEK'S TRIVIA:

What is the name of this aircraft and what is missing from the airframe? One hint on the name-around here it is quite common.

TRIVIA ANSWER:

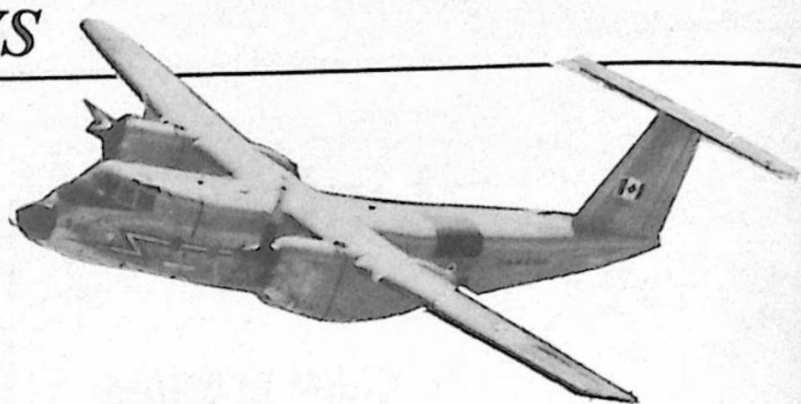
This is a Stearman PT-17 Kaydet from 32 EFTS located at Bowden, Alberta. Also flying from Bowden were Moths and Cornells.

SECTION NEWS



442

Squadron



A Cool Send-Off



MCpl Bud Taylor gets a special send-off from Buff Flight members on the occasion of his last flight with 442. So here's to ya Bud!

SAR ACTIVITIES

This summer has been a fairly busy one for 442, with the Squadron being involved in a number of operations. In addition to the usual false ELT hunts, and daring recoveries of driftwood from the Straits, there have been several significant callouts as well.

On June 22 a Lab crew was involved in a difficult rescue, while operating in the McKenzie area during a northern training trip. A Cessna 206 was reported missing, and RCC advised that SRSAT had fixed its position in a narrow valley. While the Lab was in transit, a Buffalo arrived overhead, but was unable to enter the valley due to poor weather conditions. Voice communications were established with the survivors below however, and this was relayed to the Lab. Upon arriving on scene, the Lab crew also made contact with a Wilderness Air pilot who assisted them in locating the vicinity of the crash site. Direction finding equipment was ineffective due to the terrain, and as the Lab entered the steep valley they soon realized that the crash site was in cloud. The survivors radioed that the helicopter sounded very close, so the decision was made to hover up into the cloud. The Lab climbed a further 300 feet before conditions became too poor to proceed. At this point they landed, and the SAR-TECHS proceeded on foot to the crash site. The two survivors were evacuated to the Bella Coola hospital, arriving shortly after dark.

On 4 July a Buffalo assisted a vessel in distress off the west coast of Vancouver Island. A pump was dropped, and the vessel proceeded without further incident.

On 12 July the Squadron participated in a rescue in its own back yard. An alert Commissionaire from HMCS Quadra noticed a small whaler in distress off of Goose Spit in cold, choppy conditions. It had capsized, and ten Cadets were in the water. The control tower was notified and a Labrador, which was on scene doing local training, dropped its life raft. Shortly, assistance began to converge from every direction. A Buffalo arrived on scene and coordinated events from above. The standby Labrador was launched, and they hoisted a SARTECH to the Cadets, who were by this time in the raft. The Marine Rescue Vessel Black Duck was also in the area, and their Zodiac assisted in towing the raft to shore. The standby Lab then flew the ten cold, but uninjured Cadets to the Base.

442 Squadron congratulates Commissionaire Chuck Slein for his quick action, which saved ten Cadets from possible injury.

Finally, on 15 July a Lab and the Coast Guard hovercraft were launched to investigate a semi-submerged object observed in Howe Sound. After searching the area, the object was found and identified as a tree. It was rescued, and is recovering well in hospital.

FROM THE FLOOR

All participants extend their gratitude to the organizers of the Sqn Golf Day. Fun was authorized and had by all. John McKenzie had the Best Drive and WO Lepatourel the longest. Maj Mohns played with a two handicap - they were Maj Allott and Larry LePage! The only complaint was a request that Alex not wear his pink Bermuda outfit anymore as it gave everyone a bad case of Blink Eye.

The "E" Bay puts out a big hello to Sgt Lauzon, Bob Wild, and Cpl Corneau. Welcome to "Paradise." If you have noticed a flurry of activity in the "Bay" it's just Jerry doing his spring cleaning. We would like to extend our best wishes to Cpl Sooley. Good luck in Gander, Corey.

The standard lament for those of us trying to clear out of the Sqn is, "WO Paquet, Where are you?" FLASH!!

WO Paquet's office now sports a new sign. We just have to get him to turn it over if he is home.

Welcome aboard to the new crew for Buff Maintenance. MCpl Ewing, Cpl Ford, and Pte Hardin will be handling the No.3 Periodic for A/C 458. Cpl Wilson seems to be a bit miffed at not being selected this time. Cpl Keller is quickly packing his bag for Germany. Good luck Gary and please send us a case of the best.

LAB FLIGHT

Summer has finally arrived in Lab Flight, and with it has come the airshow season. Along with preparations for our own Comox Air Force Day, the yellow bird is scheduled to participate at the Abbotsford, Penticton, and Vanderhoof Airshows.

The busy flying schedule is keeping everyone available in the air, and personnel are spread thin to cover Lab Flight's many commitments. Some of our number avoid this by being nearly constantly on course. One begins to wonder if Louise Neil will remember how to fly the Lab after completing in quick succession the Mountain Flying Course, the Simulator Course, and the Dunker Course. It is rumoured that during her last brief stop at the squadron she asked, "What the big yellow things on the ramp were".

The Dunker Course continues to be popular among its survivors. Those fond of being strapped into a cockpit and dropped upside down to the bottom of a pool are sure to love it. Mary Bryant has expressed a particular desire to experience it.

Charlie Cue, alias Captain Callout, continues to amaze the rest of us with his consistent ability to generate a callout nearly every time he steps into an airplane. RCC is rumoured to be going to a double shift whenever he's on standby.

Congratulations to Hans Kleemann, who recently became Lab Flight's newest Aircraft Commander.

NAV

442 would like to welcome a new addition to its navigator ranks. Brad White joins us from the big league of 436 Sqn in Trenton.

BUFFALO CHIPS

There is one happy guy in Buff flight, Tony Jones, who is flying again. Not much, but any flying is better than nothing.

We had a Flight party recently at Graham's place. Everyone was there except Graham, so we decided to move the furniture around a bit.

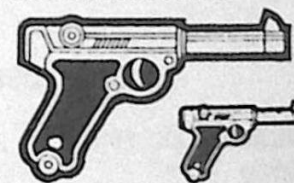
Dave "Dooner" and Tina are now officially married. Congratulations. Good occasion for gifts to the newlyweds.

Terry Strocel is back from Staff School, but we're sending him back to improve his volleyball game. Marco, our newest aircraft commander, and Tim dropped an operational jump on the West Coast of Vancouver Island recently. The jump came back with a "forty pounder" of scotch, thanks to the skipper. Now that's operational!

That's it for now from the Buffalo Chips, the 1988 Beach Masters.

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SECTION NEWS



From The Fire Chief's Office

LPG CAUSES \$2 M IN DAMAGES

Since the early seventies have brought us spiralling fuel prices, many large corporations and individuals have turned to less expensive ways of fuelling their vehicles. Propane has been the common choice of many people; however, many accidents have been caused by our ignorance of the chemical properties of propane and the fuel systems in which our vehicles operate.

Although propane is a relatively safe form of running our vehicles, we should all become familiar with the characteristics of propane fuel systems. Maintenance and service work required on our vehicles should only be carried out by a qualified technician. Back yard or self-professed mechanics will not suffice. Problems do occur usually involving maintenance or lack of understanding on the technician's part.

The following incident is from a telephone discussion between Mr. S.F. Brown, the BGSO at CFB Comox, and a representative from Reimer Express Lines in Winnipeg, Manitoba:

The circumstances began with a routine problem—fuel gauge not working. The work

was being performed on Reimer's premises by a sub-contractor; a journeyman mechanic, a lead hand, and a first-year apprentice.

The journeyman explained to the apprentice the procedure for determining which of the gauges was not working—the gauge in the cab or the sending unit at the fuel tank. The apprentice determined that the problem was at the propane tank end of the system.

The apprentice decided on his own initiative to change the tank sending unit. He mistakenly chose the four bolts which support the entire tank float mechanism and the tank sending unit. Three of the four bolts were removed without incident. On removing the final bolt, the propane overcame the seal of the gasket and the complete unit popped out along with liquid propane. The apprentice tried to push the unit back in place and was "burned" by the liquid propane. Responding to his shouts, the lead hand took the apprentice to the washroom. The lead hand smelled propane but assumed it was a minor leak. The journeyman examined the apprentice's arm and directed the lead man to take the ap-

prentice to the hospital.

Returning to the work area, the journeyman initiated the established response actions. He opened the overhead door to ventilate the work area and went to phone the emergency number. At five minutes before midnight, the building was engulfed in flames eventually causing two million dollars in damage and minor injuries. There is a difference of opinion on the source of ignition. The Fire Marshal favours a hot water tank some 100 feet from the spill. Reimer Lines thinks that the propane fumes were lifted from the floor area by the wind-blown and very cold air admitted when the overhead door was opened. They think that a "bunker light" ignited the fumes because the ignition occurred very shortly after the door was opened.

Fortunately, there was no loss of life in this fire but as we can see the incident clearly illustrates the need for a fully qualified technician to carry out service work on our vehicles.

For more information on propane fuel or for propane safety tips, please contact ICG Liquid Gas Ltd. on 1421 McPhee in Courtenay or phone 334-2478.



Supply Signals

Believe it or not, summer is finally here! We can tell by the amount of leave passes floating around.

Stkg/MIS welcomes Sgt Saretsky, who was greeted by Wendy Shaw informing him of a few problems while going out the door on two weeks leave (She will be using Brad's cottage at Horne Lake the first week and Mitch's van the second). It appears this gal has it made. Brad and Mitch are going on leave when Wendy returns, leaving the sergeant a body short, just for a month. Welcome again, Sergeant!

Someone was informing me that old age is creeping up on WO Howell. He can only manage working alternate weeks!

Despite all previous fears, things went fine during the B Sup O's three week holiday. Hope you had a nice time, Sir!

Sgt Bolton will be leaving Purchasing for the Sinai on 12 Aug. She has been very busy preparing for her trip. However, she manages to occasionally drop by her office. Good luck on your tour, Pat.

The MUX staff regrets any inconvenience in backlog of paperwork in the past weeks while attempting to train Pte Lowe. Will the MUX ever be the same? Is the afternoon off worth coming in at 4:30 AM Lone?

Customer Services would like to say thank you to Pte Tremblay for a job well done. Good luck in your new job over in General Stores.

1 Supply Group welcomes Cpl Theron Hurd who came all the way from CFB Calgary, and hope he'll enjoy his stay in beautiful Comox. John Clark informed us that the mezzanine is almost finished, and that he's doing a superb job there. By the way, Kathy Preece has a new baby girl, named Sarah Elizabeth, whose weight was 9 lbs at birth. Congrats Kathy and hubby.

General Stores welcomes Pte Norm Hailes and Kathy Warrender to their already big family. The stork also visited Paul Fletcher's place leaving behind a baby boy, Alex, 6 lbs 13 oz. Congratulations. There's also a new SYEP man on the block - name is Brian Rogers, who will be employed in General Stores for the summer. Kathy Edwardsen has gone on two weeks leave in Regina, supposedly to do some heavy duty rocking!

On the MPO side, Barbie Arnold is presently on leave for two weeks, staying home on her new hobby farm.

6 Supply Group reports that MCpl O'Connor is off to Ottawa for a year to learn French, and I've heard rumours that she might be going to "CFS Chibougamau" - just kidding, Lorena, and the best of luck to you in your future endeavours. MCpl Snetsinger is away in Montreal, supposedly standing up for Dan Lampron at his wedding.

And, someone in 5 Supply Group is having more fun - is it true what they say about blondes?



Captain W.J. Collins, Acting Base Supply Officer presenting Master Corporal W.T. Bailey with his new rank.

WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

ALBERTA

Calgary
Cold Lake
Edmonton
Penhold
Suffield

BRITISH COLUMBIA

Chilliwack
Comox
Coquitlam
Esquimalt
North Vancouver
Surrey

MANITOBA

Portage LaPrairie
Shilo
Winnipeg

NEW BRUNSWICK

Chatham
Gagetown
Moncton
St. John's
Fredericton

NEWFOUNDLAND

Gander
St. John's

NOVA SCOTIA

Cornwallis
Dartmouth
Greenwood
Halifax
Sydney

ONTARIO

Barrie
Borden
Downsview
London
North Bay
Ottawa
Pembroke
Petawawa
Toronto
Trenton

PRINCE EDWARD ISLAND

Charlottetown
Summerside

QUEBEC

Aylmer
Drummondville
Longueuil
Montreal
Rimouski
St. Hubert
St. Jean
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SECTION NEWS

Anker Klankin

Retirin'



The BComd Col Gibbon presents MCpl Peter Wybenga with his certificate of service. Good luck in the new life Pete!

The arrival of the long awaited airshow season has been greeted with much rejoicing here at the Fighting 33rd. Besides being a great deal of fun, airshows give the Airforce an unrivaled opportunity to display its equipment and capabilities to an always appreciative audience. Throughout the months of July and August VU 33 air and groundcrew will attend airshows in Seattle, Vanderhoof, Kamloops, and Penticton; however, the most important event this summer is our own airshow here in Comox on 7 August. VU 33 Squadron personnel will be doing our part to ensure the success of the day. On Saturday we will be running an all ranks dinner/dance; all base personnel and airshow participants are invited. The band "Wallstreet" from Vancouver will be playing and hamburgers and salmon will be served. It promises to be a great evening so make plans to attend. On Sunday we will be providing a service to the public by running a beer tent.

Two weeks ago VU 33 Sqn conducted a patrol through the Canadian Arctic. The crew of Baggeley, Chaulk, Motyer and Dureau covered an extensive area in a relatively short time.

The route included the coastline from Inuvik in the western Arctic eastward through the Northwest Passage to Baffin Island. The venerable Tracker proved equal to the task which included operations from gravel airstrips. In Whitehorse the aircraft was put on static display for forty cadets and several officers. Visiting military aircraft are few and far between in Whitehorse and the opportunity to view the Tracker was very much appreciated.

Observant personnel will have seen an uncommon sight above the base recently. The tip tanks of one of the Sqn T-33s have been removed for refinishing so several pilots have jumped at the chance to fly the aircraft without the tanks. Opinions vary but the consensus is that it's a lot of fun. Unfortunately, the internal fuel supply of the T-33 is limited so without the tip tanks the fun only lasts about 30 minutes!!

With the posting of Capt Mike Cummings and Maj Richie Clements VU 33 has been short handed for some time now. This situation has now been alleviated somewhat by the arrival of new Sqn member Capt Ron Franklin. Capt Franklin comes to us

from CFB Cold Lake where he flew T-33s with Base Flight. Welcome to Comox Ron, we hope you enjoy your time with the Fightin' 33rd.

VU 33 TECH SIDE

Many veteran VU 33ers have moved on this year. The "Coop," "Beach Ball," Bert Hatin, Gill Bullock, Gilles Lessard and Andy Clark have all headed on over the Rocks. Ray Webber is looking at snow tires and is overhauling the old air conditioner, not used since moving from southern Ontario. Ray will be heading for CFB Portage come September.

A short while back the guys got together at the Great Steak Co. restaurant to honour their host Peter Wybenga. The occasion was a farewell dinner marking Pete's retirement after 25 years of regular force service. Pete was a Royal Canadian Navy member prior to the Green Machine era. All the best of luck in future endeavours Pete. We all hope to see you from time to time.

MCpl "Red" Murrey appeared on the scene a few weeks ago on a posting from the Dunes of Borden. "Red" went and got himself promoted to Sgt effective the 1st of Aug so now he must move on again. Can you imagine being a member of VU 33 and missing out on the Rock Bay adventure. Best of luck Red, and congratulations.

One of the Maintenance Mavericks, our Pte Paul Nolan (still wondering how Dave manages to get home ahead of him) was recently promoted early (accelerated) to the rank of Cpl. Pte Darrin Herle figures it was Paul's good nature that did it.

Rumour has it that Lorna Oliver went away on leave and got married to a former CFB Comox member. The first name is Tom - we'll get the surname on Lorna's return.

Thanks Katie



KATIE WYLIE

Photographs and other pictorial forms come into the Totem Times office in a variety of shapes, sizes and colours. To get them into a format which can be printed requires they be processed through our camera. Diagrams are adjusted for size and printed directly. Colour and black and white glossy photographs are sized also, but are then photographed through a screen, converting the picture into dots, which can take printer's ink. These are called half-tones.

This kind of photography requires a fair amount of knowledge, skill -- and in these summer days, when the darkroom is like a furnace -- dedication. For the last couple of years, Katie Wylie has given up more than a few lunch hours to come in and process our pile of pictures. The quality of her work is outstanding. It has certainly contributed to the Best Military Newspaper awards obtained by the Totem Times two years in a row, and, incidentally to the quality of this year's Airshow 88 program, another of Katie's contributions.

To say we will miss her cheery presence around here is an understatement. Katie is off to CFB Edmonton with her husband, and we wish her well. We hope her fine work continues, even if another newspaper gets the benefit.

From all of us in the newsroom, thank you Katie, and good luck.

Summertime Dixieland Jazz

The new Florence Filberg Conference Centre behind the Civic Theatre in Courtenay will be the setting for the second Dixieland Jazz Dance sponsored by the North Island Hot Jazz Society.

The Society, a non profit organization was formed in 1987 to promote the appreciation and enjoyment of traditional jazz.

Membership currently surpasses one hundred enthusiastic Dixieland jazz lovers.

Recently, several members of the Society attended the Annual Friday Harbour Dixieland Jazz Festival held in

Washington State's San Juan Island region.

This event is the premier event for the dedicated Dixieland jazz fan, since bands come from all parts of the U.S. and Canada to play.

July's Campbell River Salmon Festival was another success for the Hot Jazz Society.

That well known group of fine musicians called the Desperation Jazz Band played great Dixieland music on the float which was created by Society members.

The result was a second prize trophy awarded to the Society for their effort.

On Friday night, August 5 from 9:00 PM until 1:00 AM the Hot Jazz Society is pleased to sponsor a Dixieland band from Nanaimo called the Harbour City Jazz Band.

Local jazz fans report they are a great group.



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NEXT DEADLINE

AUGUST 15th

LIFESTYLE



Highland Secondary School

The Honour Roll

PRINCIPAL'S HONOUR ROLL

HOUSE I

Tony Bale
Scott Inglis
Matt Rees
Doug Henderson
Ann Jackson
Simon Carvalho

HOUSE II

Jean-Marc Jaquier
Justin Olsen
Greg Walton
Penny Praine
Marnie Grant
Christine Tarras
Stephanie Taylor
Justine Thomas
Shannon Emmerson
Andi Clarke
Kerstin Arvidsson
Troy Cunningham

HOUSE III

Jennifer Muldowney
Melissa Bruigom
Ben Hopp
David Dawson
Dale Raskob
Lisa Anderson

Paulette Joel
Justin Olsen
Darryl Taylor
Greg Walton
Lynne Anderson
Sylvie Cote
Troy White
Adam Zanbilowicz
Suzanne Dwillies
Guy Lemasurier
Shannon McCormick
Penny Praine
Les Black
Deavlan Bradley
Kari Fraser
Marnie Grant
Maddy Halls
Christine Tarras
Stephanie Taylor
Justine Thomas
Tina Zinck
Billy Pegg
Barb Filgate
Derek Lewis
Shannon Poole
Grant Brydon
Shannon Emmerson
Mat Helmer
Cam Isenor
Teresa Glennie
Andi Clarke
Melissa Gammon
Alana Zanbilowicz
Kerstin Arvidsson
Daniel Ayers
Troy Cunningham
Jason Gordon
Rick Houlgrave
Brent Stoeckel
Mike Wilford

ALL YEAR HONOUR ROLL STUDENTS

HOUSE I

Ian Battle
Shelley Clarke
Tracy Ellis
Tony Bale
Ann Burr
Kathy Young
Scott Inglis
Larissa MacBeth
Chantale Pelletier
William Phillipson
Matt Rees
Tracy Steele
Caley Denton
Mary Rickson
Jonathan Boisseau
Krystal Ferris
Jamie Fournier
David Ouellet
Drew Anslow
Doug Henderson
Ann Jackson
Joachim Koch
David Doll
Trish Sauve
Simon Carvalho
Rob Emmerson
Annie Hart
Jamie Karila
Laura McLaren

HOUSE II

Mike Lawless
Sharmen Rollins
Dawn Mann
Jean-Marc Jaquier

HOUSE III

Jim Bentley
Wendy Lunde
Sandy Grant
Chris Kippel
Kevin Muir
Joanne Spalton
Paul Battle
Melissa Bruigom
Bridget Boley
Shannon Bool
Ben Hopp
Jason Berry
David Dawson
Louise Carvalho
Monica Forrest
James McPhail
Sean Moran
Shawn Taylor
Cindy Miller
Andrea Olsen
Dale Raskob
Lisa Anderson
Tammy Jonsson
Anna Vonschilling
Elana Wright



COMMUNITY COUNCIL

FROM THE MAYOR'S OFFICE

I thought it was about time the PMQ Residents heard something from their new Mayor.

First off some highlights of events and news around Wallace Gardens.

We have been supporting local Boy Scouts in the past and now plan on doing the same for local Girl Guide/Brownie packs.

Tee Pee Park is off and running with camping, Boat Ramp services and a concession stand to help you make the most of the summer sun. For more information phone the BPERO during working hours at 339-8542.

You may have noticed yours truly perusing the PMQs a while back. The PMQ Beautification Contest is being judged monthly through until Sep by June Farquer; June is the Chief Gardener at Farquarsons' in Courtenay. Prizes will be awarded as in years past; for each ward as well as best overall. New to the Prizes will be honorary men-

tions. Please try to remember to water your lawns on odd days for odd numbered PMQs and even days for even numbered PMQs. Let's get these PMQ gardens and lawns looking their best.

Around the PMQs; regarding children riding bikes and skateboards on the streets. Their safety is of prime concern to all of us. Military Police have been asked to advise the children to stay well clear of moving vehicles. Parents, please urge your children to do the same.

The Animal Control Officer has been out patrolling the area for stray dogs and cats. A recent incident had one of the PMQ children bitten by a dog. The dog came from off base and has since been destroyed by the S.P.C.A.

A few reminders about Animal Control.

a. The new number for the Animal Control Officer is 339-8406 during working hours. After hours call the base operator at 339-8100 and she will put out a call for the

Animal Control Officer.

b. All untagged dogs and cats caught by the Animal Control Officer will be held for a period of 3 days. It will then be turned over to the SPCA, where, if unclaimed, the animal will be put to sleep. All such animals will be posted on the Canex Bulletin Board.

c. Most Dog and Cat license tags are now up for renewal. Please ensure all tags are current and if not, please update them at the PMQ Assoc. office above the Gym.

We presently have one unregistered Golden Retriever that we now plan to put up for adoption. If anyone is aware of its owner, please call me at 339-6992.

If you have any suggestions or problems regarding our PMQ area, please see your ward councillor.

Let's all enjoy A HAPPY, SAFE AND RELAXING SUMMER.



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SPORTS AND RECREATION

Sports Shorts

PAC REGION RUNNING CHAMPIONSHIPS

Nanaimo Det will host the 1988 Pac Region Running Championships 6 - 7 Sep 88. Any military personnel interested in attending this championship are to contact the Base Rec Centre 8315 N.L.T. 20 Aug 88.

BASE POOL

For the remainder of summer the Base Pool will be open for military and casual swim from 0630 - 0730 hrs, Monday to Thursday. This will be in effect from July 25 - Aug 25.

PAC REGION TENNIS CHAMPIONSHIPS

CFB Esquimalt will host the 1988 Pac Region Tennis Championships 23-25 Sep 88. Any military personnel interested in competing in this championship are to contact the Base Rec Centre 8315 N.L.T. 6 Sep 88.

PAC REGION GOLF PLAYOFFS

The Pac Region Golf Playoffs were held on the 6, 13, 20 of July in order to select a team to go to the regionals being held in Chilliwack 15-17 Aug. The team this year is:

Capt Doug McArthur - 4 Hcp; Lt Bob Barrett - 5 Hcp; Mcpl Boxer Scott - 10 Hcp; Cpl Dan Dupius - 10 Hcp; and Cpl Jean Charbonneau - 11 Hcp.

There is also a three way playoff for servicewomen - Lt Christa Robertson, Lt Kathy O'Brian, and WO Joyce Fowler. The winner will represent the base.

Good luck to everyone in the championships.

Summer Program News

There are still two more sessions of Red Cross Swimming Lessons and Day Camp. All levels of Red Cross will be offered along with Lifesaving I and II.

PUPPET SHOW

Pamela Schweitzer will be performing a puppet show at Day Camp.

Day: August 5
Time: 1400-1430 hrs
Cost: 75¢ per person
Place: Garden Arena
Everyone is welcome.

NICKLE CARNIVAL

Carnival fun for everyone - activities include a variety of games, face painting, popcorn, and much more.

Day: August 12
Time: 12:30-13:30
Cost: \$1.25/person and you receive 50¢ back in nickles to spend as you like.

Place: Glacier Garden Arena
Registration for Session 3 (Aug 2-12) will take place on July 29, 0800 - 1400 hrs at the Rec Centre.

Fees for both programs are:

Community Council			
	Members	Non-members	
One Program	Per Child \$12.00	\$17.00	
Both Programs	Per Child \$18.00	\$25.50	
Family:One Program	1st Child \$12.00	\$17.00	
	2nd Child \$ 9.00	\$12.75	
	Others \$ 6.00	\$ 8.50	
Family:Both Programs	1st Child \$18.00	\$25.50	
	2nd Child \$15.00	\$21.25	
	Others \$12.00	\$17.00	

The following dates and places have been selected for 1988-89 CF Sports Championships:

Hockey	Lahr/Baden	6-10 Mar 89
OT Hockey	Ottawa	27 Feb-3 Mar 89
Broomball	TB	24-28 Feb 89
Volleyball	St. Jean	15-20 Apr 89
Softball (M)	Shearwater	3-10 Sep 89
Softball (F)	TBA	10-17 Sep 89
Soccer	Montreal	20-23 Sep 89
Golf	Ottawa	18-23 Sep 89
Running	Borden	1-5 Oct 89
Badminton/Squash	Kingston	20-25 Apr 89
Curling	Lahr	24-31 Mar 89



Outdoor Writers of Canada

Pipe Smoke

Gerry Gerow



It is impossible to look at the figures contained in the United Nations 1988 State of World Population Report and not feel some sort of apprehension.

The world's population is growing at the rate of 80 million people every year. That's not the birth rate, but the net population gain after wars, disasters, disease and famine have taken their toll. Worst of all is the fact that most of this increase is in the poor nations of Asia, Africa, and Latin America, who can least afford to support it.

The population increase in these countries is resulting in the environment being destroyed by people trying to find new land to produce food. Tropical forests are shrinking at the rate of 11 million hectares a year. That's over 27 million acres. 26 billion tonnes of topsoil are disappearing every year, and 5 million hectares (12.35 million acres) of new deserts are being created every year.

What does this mean for countries like Canada? These people have to live somewhere. The immigration and illegal alien headaches we Canadians are experiencing right now are just the tip of the iceberg and the rest is getting ready to surface real soon.

The great freedoms we enjoy in our out of doors activities will all too soon disappear. It's going to be a bitter pill to swallow, but it is going to happen. You and I will probably be

alright in our lifetimes, but our descendants are going to have their problems. We have to start now to plan for the future, taking into account the massive population increase this country is going to see.

The report states that the world is capable of supporting it's population increase for the next hundred years, but only if the proper action to reverse the environmental destruction is taken now. This means that my Great Grandchildren will live to see the day that the world can't support its population. It really is that close.

People who are worried about such minor things as the near extinction of the Whooping Crane to mention only one, need to rethink their priorities and start worrying about the extinction of the human race. I just finished speaking with my Father on the telephone. It is quite sobering to think that by the time I reach his age the Canada I know and love will bear no resemblance to the country I will be living in then. And I don't plan to move. Think about it. Here we sit in our big country of 30 million or so people, while the world population increases by three times that every year. In the next thirty years the world's population which is now a little over 5 billion people will be around 8 billion.

We need think tanks now who will sit down and consider with a realistic attitude, what Canada will be like in, say, the year 2020. Really makes a fellow think, eh Frank.?

A SHARPE EDGE

As you read this one of the members of our Base will be competing at the World Championships of his sport. The member is Capt Al Sharpe of the DIAC in Base Operations and the sport is Sport Parachuting.

During the last week of June, Capt Sharpe competed at the National Parachuting Championships. He had his best placings ever and finished fourth overall earning a position on the five man/five woman team that is representing Canada at the World Parachuting Championships in Nykoping, Sweden.

So, how does one compete at parachuting anyway? Actually, there are several different disciplines. Just as skiing includes the Nordic events, Alpine events, and Freestyle, so does Parachuting include areas such as Freefall Relative Work, Canopy Relative Work, and Style and Accuracy. Capt Sharpe's specialties are Style and Accuracy. In Style the competitor performs a series of manoeuvres in freefall as quickly as possible within prescribed limits of precision. After the possible addition of penalty time for unprecise manoeuvres, the competitor with the fastest time wins. In Accuracy, the winner is the one who lands closest to a target on the ground. Measurement is taken electronically from the first point of contact with the ground to the edge of a disc 5 cm in diameter.



Capt Al Sharpe with some of the many awards he has accumulated from parachuting competitions.

This is Capt Sharpe's first World Championships but not his first time on the National Team. Last year (World Championships are held every two years so were not held last year.) he competed for Canada at an international meet in Yugoslavia. He finished in the top third of the competition (not bad for his first international competition) and was the top finisher of the Canadian Team. This year Capt Sharpe hopes he can improve on that in Sweden.

After nine years in the sport Capt Sharpe will tell you it takes a great deal of dedication and commitment to compete at the World level. Adding to that the challenge of a career in the Canadian Forces makes such an achievement doubly difficult.

Along with the double challenge though, Capt Sharpe has received double satisfaction from his efforts.

While in Sweden he will of course be wearing the Team Canada uniform with its official team crest. We should also know that on every jump he will be sporting the crest of his home club: the "CFB Comox Sport Parachute Club." Thus, while he represents our country he will also directly represent us here at CFB Comox. Let's all wish the best for him as he tries his best for us.

Help us stop drinking drivers.

DRINKING DRIVING
COUNTERATTACK

SPORTS & RECREATION

Tri-K Victor



ROGER SKIDMORE

The 1988 Coors Light Tri-K Triathlon was recently held in the Comox Valley. As with the 1987 competition there was a military category and CFB Comox provided the "Outstanding Individual Trophy" and the "Top Team" trophy. And once again it was our own Roger Skidmore and Esquimalt's Tri-ing Amigos who came away as repeat winners.

The Amigos included swimmer Mike Leroux, cyclist Cal Faber and runner Perry Austin.

Second place honours in the military division went to Steve Vachon from HMCS Quadra while our own Dave "The Man" Tack reined in at third. Well done guys!

Meet MCpl Roger Skidmore

Super Athlete

MCpl Roger Skidmore joined the CF as a CRS Tech on 12 Feb 1980 in St John, N.B. He attended basic training in Cornwallis, N.S. in Mar 80, followed by stops in Kingston and Borden in May and Nov 80 respectively for trades training.

In Sept 81 Roger was posted to 409 Sqn in Comox. After 3 years he was posted to 407 Sqn in Jul 84 and a subsequent posting to CFB Comox in Jul 87.

Roger is an avid supporter of our Base Rec Centre and can be seen daily in the weight room doing a lot of rigorous training. He also excels at the sport of triathlon. He recently competed in the Comox Valley Tri-K placing third over all and first military member with a time of 2:02:31. Swim time was 2:02 (18th place), bike time was 1:01:53 (5th fastest time) and run time was 37:38 (4th fastest time).

Roger also recently competed in both the Naden Mini

3rd over all and Ye Ole Triathlon in Victoria placing 4th over all.

Roger will also be having a busy August as he will be competing in the Victoria Triathlon on Aug 1, the Vancouver International Triathlon on Aug 7, and the Whistler Triathlon on Aug 21.

We congratulate you Roger on your past physical feats and wish you all the best in your future competitions.

Triathlon in Victoria placing

Cindy Competes at Western Canadian

On May 28, 1988 Cpl Cindy Dickson from BCOMPT represented B.C. and the Canadian Forces at the Western Canadian Championship held in Edmonton, Alberta.

Cindy finished fourth over all making her eligible to compete in the Canadian Championships.

Cindy's training schedule for seven weeks prior to the contest was as follows:

a. Walk/Run 4x's a week prior to work

b. 25-30 mins on a stationary bike and abdominal exercises at noon hour

c. 1-1½ hrs bodybuilding followed by stationary bike for 1 hr

Listed below is Cindy's calorie intake and weight for the seven weeks prior to her competition:

7 wks away 131 lbs-1300 calories

6 wks away 130 lbs-1300 calories

5 wks away 128 lbs-1250 calories

4 wks away 127 lbs-1150 calories

3 wks away 124 lbs-1050 calories

2 wks away 121 lbs-1000 & below calories

1 wk away 117 lbs-800-1000 calories

Day of the contest - 112.7 lbs.

From all of us Cindy at CFB Comox, congratulations on a fine performance. This just goes to prove that a lot of hard work and dedication towards a sport will pay off in the end.

Good luck in your future competitions.

HOLE IN ONE

Brian Dreger got his golf "thrill-of-a-lifetime" on Saturday 16 Jul 88 when he aced the 11th hole at Glacier Greens with a perfect 4 iron shot. Dick Mohns and Bill Chiki were his playing partners. To make the shot even more special, the foursome ahead were standing on the green, having waved the threesome up...and among the group on the green was none other than Brian's dad, Art Dreger.

Congratulations Brian.



LINE TWISTS

CFB COMOX SPORT PARACHUTE CLUB

Due to the uncooperative weather the club has not been as active as it would like. Yet this has not diminished the enthusiasm and drive of members training and competing in meets. In addition, two first jump courses were conducted earlier in the summer with a third scheduled in July. After that, due to competition commitments, first jump training won't be conducted until probably September.

With competition mentioned, Comox members have been successful as usual in gathering their share of medals and prizes. Initially starting back in April, saw Clive Webb place second overall in the senior division at the Canadian National Para-Ski Championships (Giant Slalom Ski Racing/Parachute Accuracy) held at Whistler/Abbotsford. Moving on to Kamloops on the May long weekend had club members attending one of the longest running competitions in Canada (21 years now). Capt Al Sharpe captured gold in the masters (1,000 plus jumps) parachute accuracy division and bronze in the style (individual freefall manoeuvres) event. Ron Dionne won bronze in the masters accuracy also. Reid Wharton and Shelly Gottfried battled it out for 4th and 3rd places respectively in the intermediate accuracy category. Reid consoled himself though with a silver medal in the junior division of style. Congratulations all on a fine performance, as it was good training for the Provincial Championships of Style and Accuracy held at the Chilliwack drop zone in June. Capt Al Sharpe and Ron Dionne winning bronze and silver medals respectively in the

masters accuracy division and Al adding a second medal with a silver for the style event. Reid Wharton surprised himself with a bronze for the style and picked up the silver medal in intermediate accuracy division. Team accuracy against other B.C. clubs had Comox come out on top. An excellent performance by all those involved. The Canadian National Parachuting Championships were held in Red Deer, Alberta recently and Capt Sharpe, against some tough competition, made the Canadian Team for the second year in a row. The Team is due to compete at the World Championships of Style and Accuracy at the end of July in Sweden. In addition, teaming up with other B.C. competitors, Al won a bronze medal in team accuracy event.

Closer to home has had the club flying to the Victoria drop zone on alternate weekends to exchange technical information and improve freefall flying skills. With two aircraft available, members from both clubs have the opportunity for larger freefall formations and the pilots also perfect their skills in formation flying.

Upcoming events have a benefit accuracy competition in Nanaimo at the Harp and Shamrock Pub on July 23/24 and the B.C. Summer Games one week later in Victoria. In August, the Chilliwack club is hosting the B.C. Championships in Relative Work (team freefall formations) and the September long weekend has the Prince George club scheduling a competition. So, still a busy summer ahead on the competition circuit.

That's all the drop zone dirt for now, till next time, remember jumpers, E.F.S.!

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ON AND OFF THE BASE

Beautiful British Columbia Guidebook

British Columbia's first comprehensive travel guide, **Beautiful British Columbia Magazine's Guidebook**, is now available, and just in time for this summer's holidayers.

The 286-page guidebook contains some 2,300 entries including profiles of cities, towns, hamlets, natural and historic sites, national, provincial and municipal parks and campgrounds, recreation areas, information centres, airports, ferry terminals, even a bit of gossip.

These entries, called the traveller's log, follow the province's highways and byroads kilometre by kilometre, giving distances and directions as precisely as possible. Each log is complemented by a detailed-highway strip map.

The guidebook also provides travellers with all other general

information they will need about the province and each of its nine tourism regions. History, geography, transportation, accommodation, weather and what to wear, where to write or call for even more information, and events, are some of the subjects covered.

Beautiful British Columbia Magazine's Guidebook is so detailed it tells where the moose are, where to look out for beavers crossing the highway, and that the population of Coal River in northern B.C. is four adults and three children.

Information for the guidebook was compiled by writers familiar with the province, most of whom are regular contributors to **Beautiful British Columbia Magazine**. They sought help from the usual sources, such as information centres and gover-

ment offices, but also turned to the expertise of staff in small town museums, weather stations, post offices, restaurants and service stations.

"This is a guidebook that will never stop growing, one that invites participation not only from British Columbians, but from visitors to the province, as well," says Audrey LaPointe, **Beautiful British Columbia Magazine's** managing director. "The second edition is already underway, and we're hoping for plenty of feedback," she says.

The guidebook is available through **Beautiful British Columbia Magazine's** office at 929 Ellery Street, Victoria, B.C., V9A 7B4, and is also being sold at many tourist outlets including giftshops, automobile associations, some Tourist Infocentres, newsstands and food chains. Retail price is \$8.95.

Colours Presentation

420 "SNOWY OWL" SQN TO CELEBRATE

The presentation of squadron colours to 420 "Snowy Owl" Air Reserve Squadron, a squadron with a proud past and a distinguished tradition of achievement, will be held at CFB Summerside, Prince Edward Island, on 24 September 1988. All war-time and post-war 420 Squadron members are invited to attend a reunion to celebrate the occasion.

420 Squadron was formed at Waddington, Lincolnshire, England, on 19 December 1941. It was the RCAF's 10th (fourth bomber) squadron formed overseas and was initially a unit of No. 4 and No. 5 Bomber Groups of the RAF. The squadron began operations on 21 January 1942 flying Hampden I aircraft - a medium bomber with a crew of four. By 30 March 1942 the squadron was able to provide crews for 15 Hampdens on the first 1,000 bomber raid in history. The following August the squadron exchanged the Hampden for the Wellington III and resumed operations in October.

In January 1943, 420 Squadron joined No. 6 (RCAF) Bomber Group and flew tactical and strategic night-bombing as well as mine-laying operations. In May 1943, the squadron was sent to North Africa to aid the allied effort in the Mediterranean. Bombing operations were also conducted to support the landings in Sicily and Italy.

It was during all this action that 420 Squadron was "adopted" by the City of London Women's Air Force Auxiliary who sent members overseas as a stuffed snowy owl to serve as a mascot. Hence the name, "Snowy Owl" Squadron.

420 returned to England in November 1943 and was re-

equipped with the Halifax III - a four engine heavy bomber with a crew of seven. 420 continued its bombing campaign, aiding bomber command in tactical operations in France in preparation for allied landings and the D-Day invasion. In August 1944 No. 6 Group set a record for total number of sorties and weight of bombs dropped - a record which stood until the end of the war. During that month, 420 flew 271 sorties on 18 operations for 1280 flying hours. Only one aircraft was lost.

At the end of hostilities, in September 1945, 420 Squadron was disbanded. Then, as part of the developing post-war auxiliary component, 420 (F) Squadron (Auxiliary) was formed and based in London, Ontario. At first activities were limited to recruiting and ground training. In August 1949, flying was started with four Harvard aircraft. Eventually the squadron was to fly the Mustang and T-33 Silver Star. Between August 1949 and September 1956, when the squadron was disbanded, seven pilots were killed while on duty with 420 "City of London" Squadron.

420 Air Reserve Squadron was reborn at CFB Shearwater in May 1975. The squadron flew the CP-121 Tracker aircraft, already flown at Shearwater by Maritime Reconnaissance 880 Squadron of the Regular Force, and relocated to Prince Edward Island when 880 Squadron moved to CFB Summerside in September 1981.

The move meant the squadron had to rebuild from near-zero strength and it was only after two long years of hard work that the Snowy Owls flew their first

operational patrol out of Summerside. Now, 420 Squadron operates seven days a week alongside its regular force partner, conducting sovereignty flights and coastal fisheries patrols, striving hard to exemplify the requirements of the Total Force concept.

For more information about the presentation of squadron colours at CFB Summerside in September please contact: Commanding Officer, 420 Squadron, CFB Summerside, Slemon Park, P.E.I., C0B 2A0.

Be Water Wise

You can help a drowning person even if you can't swim. Extend a towel, a stick, anything that will lengthen your reach.



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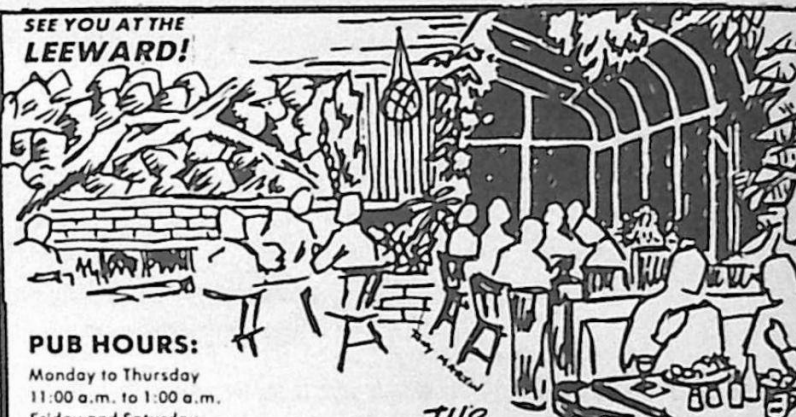
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AROUND THE BASE

Our Next Deadline Monday August 15 Noon

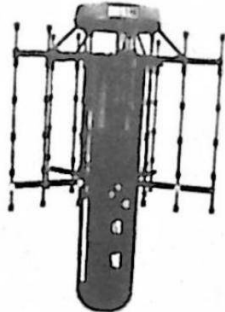
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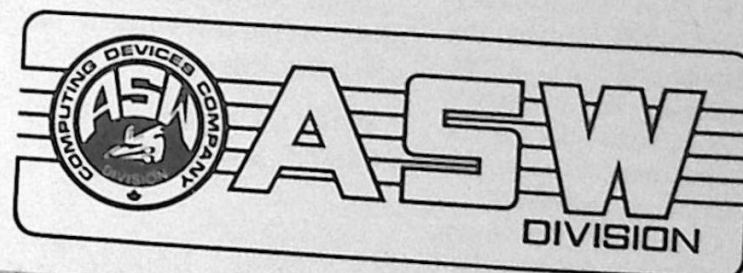
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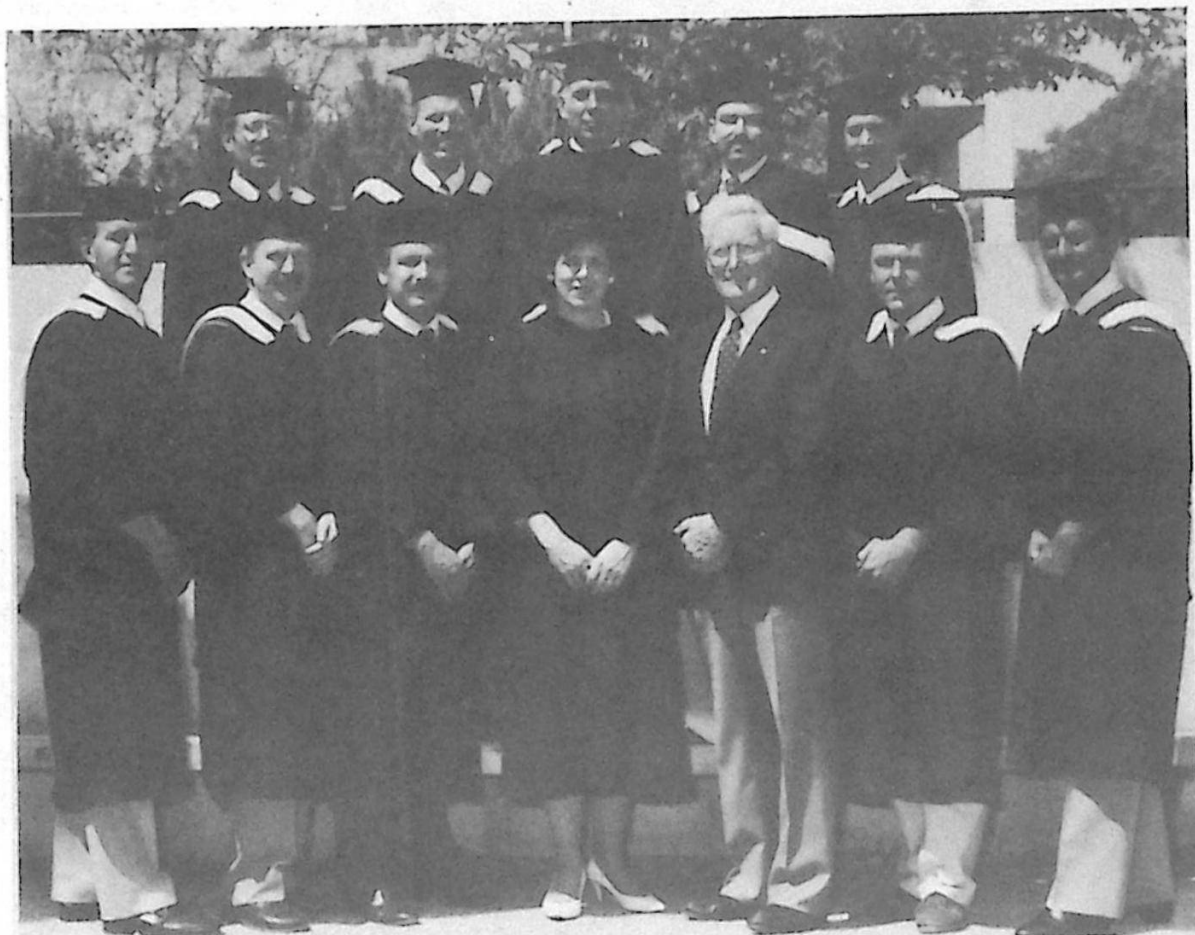
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* HAPS is a registered DND acronym.

ON AND OFF THE BASE

University Degrees
Earned

WINNIPEG -- University degrees were earned by 38 members of the Canadian Forces and their dependants under the Canadian Forces University Program sponsored through the University of Manitoba.

Eleven of the graduates were presented with their degrees at the 109th Annual Convocation at the University of Manitoba's Fort Garry Campus on May 31, 1988.

The Canadian Forces University Program was first

introduced in September, 1974 and since that time over 4500 members of the military community have participated in the program. During any one year, in excess of 900 were actually taking courses. To date, there have been 280 graduates, in addition to these graduates, there have been approximately 200 participants who have been selected to attend university full time under one of the university training plans for officers and men.

Pictured above, Back Row (left to right) - Maj Alan Morrow, LCol Gary D. Hunt, LCol John R. Chandler, WO (ret'd) James Miller and MCpl Randall Marion. Front Row (left to right) - Maj Richard D. Savard, Maj Terrance F. Lazaroff, Capt Jean E. Faucher, Mrs. Margaret I. Deschambault, Mike Piercy (Coordinator CF University Program), Capt Steven M. Phillips and Capt Gilles A. Beaulieu.

Space-Based SAR Agreement Signed

OTTAWA -- The Minister of National Defence, in his capacity as lead minister for Search and Rescue, announced today that Canada will be signing an inter-governmental agreement on the long term provision of a satellite-based system for search and rescue, better known under the acronym COSPAS—SARSAT. The agreement will be signed on Canada Day in Paris by government representatives from the four participating countries: Canada, France, the Soviet Union and the U.S. The signing marks an important milestone in what has been a major success story for Canadian search and rescue.

The COSPAS—SARSAT system employs four polar-orbiting satellites fitted with appropriate signal receiving and transmitting equipment, and has been operational since 1982 under the terms of a Memorandum of Understanding between agencies of the four founding nations. The new International COSPAS—SARSAT Programme Agreement now raises the commitment to the level of governments, a step which is expected to lead to the formal adoption of the system by the

international community for distress alerting on a world wide basis.

Access to the system is available to all states on a non-discriminatory basis and free of charge for the end user in distress. To date, this space-based search and rescue system has been credited with saving over 1,000 lives in various incidents around the world. Canada has been a major beneficiary of the system accounting for some 25 percent of all rescues attributed to the new technology.

COSPAS (the Soviet COSMOS Search and Rescue

Satellite)/SARSAT (Search and Rescue Satellite - Aided Tracking System) is an excellent example of successful east-west cooperation in the peaceful use of outer space through the application of satellite technology to detect and locate aviation and maritime distress incidents.

In addition to the four founding nations, a number of other countries have already committed themselves to involvement in the system. They include Brazil, Bulgaria, Chile, Denmark, India, Japan, Norway, Pakistan, Sweden and the U.K.



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MPs Promoted



Sgt John Bradley receiving his promotion to Sgt from the BSecurO, Capt Cossette. Congratulations John and many more.



The BOpsO, LCol Bishop, congratulates Sgt Ernie Kolmel of the Military Police Investigation Section on his recent promotion to Sgt.



The BSecurO, Capt Cossette presents MCpl Poll of the Military Police Patrol Section with his new rank. Well done Dave.

Claims Still Rising

ICBC President Tom Holmes reports that in the first six months 312,000 claims were received; representing 32,000 or 11.4 percent more than the same period in 1987. Bodily injury claims increased 11.2 percent and property damage claims were up 4.8 percent. Bodily injury claims are the most costly to the Autoplan Fund.

"If we make the effort to really examine our driving habits, we can drive the accident rate down and prevent the

needless loss of life, injuries and property damage," Holmes says.

The upward trend in claims began in 1986. In 1987, despite frequent warnings to motorists, ICBC recorded the most Autoplan claims for any year during its 15 year history.

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British Columbia Lung Association

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CFB COMOX



SUNDAY, AUGUST 7th

GATES OPEN AT 9 AM
AIR DISPLAYS 10 AM TILL NOON
AIRSHOW 1 PM TILL 3 PM



AROUND THE BASE

Origins of the Species

John Bradley

406 SQUADRON

No. 406 Night Fighter Squadron came on strength as of 10 May 1941 and was Canada's first Night Fighter unit. In reflecting their night fighter status, the unit adapted, as their Squadron Badge, a leaping Lynx and the motto *We Kill By Night*. The Lynx was chosen as their symbol due to its possession of a keen night vision. King George VI gave authorization for the Badge in December 1942.

406 or "Lynx" Squadron was formed at Acklington in Northumberland under the command of W/C D.G. Norris who was a member of the RAF. As a fighter squadron, the unit was initially under the command of No. 13 Group, Fighter Command. During the course of the war, they would remain in Fighter Command but would be bounced around between various Groups including No.s 9, 10 and 11.

MISSION AND AIRCRAFT

As was common with other fighter squadrons, 406 was tasked with the destruction of enemy aircraft over the British Isles. The fact that they would carry out their mission at night meant that they would have to be equipped with aircraft and equipment that would be able to fight and survive in the darkened skies over Britain. Initially equipped with the Bristol Blenheim Mk. I and IV in May and June of 1941, the unit soon converted to the two seat Bristol Beaufighter Mk. IIF which remained in service until August 1942. In addition, they were also equipped with the Mk. VIF Beaufighter which would stay with the unit right up to August 1944.

The Beaufighters were equipped with six wing mounted 0.303 Browning machine guns and four 20mm Hispano cannons mounted in the aircraft nose. To aid in the interception of enemy aircraft, the Beaufighters were equipped with the AI Mk. IV radar.

One tradition that the unit had in common with other RCAF and Allied Air Forces was the nicknaming of aircraft. 406 varied this by including their aircraft type into the nicknames. The Beaufighter was also known as the Beau and it was this part of the name that was included. Individual aircraft names included Anne Beau-Lynn, Greta Garbeau and Beau-Na-Fides. On these and all subsequent aircraft, the HU fuselage code was utilized.

OPERATIONS

By mid June the unit was able to take part in operations and on the 17th of that month, they took part in their first mission. On that night a pair of Blenheims were sent out on an

uneventful scramble. Training carried on throughout the summer and slowly various crews came up to operational status and were actually on "ops" even though the squadron itself was not declared operational. It was while the unit and the crews were in this state when they were able to claim their first kill. In fact this was also the first RCAF night fighter kill.

The aircraft, Beaufighter Mk. II R2336, was crewed by F/O R.C. Fumerton and Sgt L.P.S. Bing. The aircraft was scrambled from Acklington and vectored in by ground controllers until their own radar picked up the enemy aircraft at a range of about 5,000 feet. Closing in, the target was silhouetted against a full moon and identified as a Junkers JU-88. The first attack set the starboard engine on fire and the second burst caused the aircraft to explode, dropping pieces of flaming wreckage over Bedlington.

The unit continued on with operations during the remainder of the year and by mid January 1942 were on their way to Ayr in Scotland. They remained there for half a year providing cover over the River Clyde. While they were at Ayr, four aircraft were on detachment at Scroton in Yorkshire. While the majority of the squadron at Ayr failed to come into contact with the enemy, the four aircraft at Scroton were able to claim three aircraft destroyed and four damaged. By the end of June the remainder of the squadron joined their more successful brothers in Scroton.

406's scorecard began to climb and on one memorable night scored four kills and one probable in just 55 minutes. These kills were claimed on the evening of 7 July 1942. This feat brought congratulations from the Secretary of State for Air, the AOC Fighter Command and the AOC 13 Group.

Throughout the remainder 1942, all of 1943 and up to November of 1944, 406 claimed a total of 31 destroyed, for, in total of 31 destroyed, 5 probable and 11 enemy aircraft damaged. They also accounted for, in ground attacks, approximately 68 locomotives, a number of freight cars, 15 assorted vehicles, three barges, three power stations, a water tower, and two E-boats.

INTRUDER OPERATIONS

By late November 1944, the squadron began training with their DeHavilland Mosquito Mk. XIIs, acquired during April, and their Mk. XXX Mosquitos, acquired in July, for their new role as an Intruder Squadron. No. 406 (I)

Squadron was tasked to provide offensive support for the bombers that were attacking targets over Europe. They were also tasked with search and destroy missions against both aerial and ground targets.

The first Intruder mission was flown on 5 December when a number of aircraft were despatched to targets over Leeward, Steenwijk, and Biblis. First victory as an Intruder unit came on 24 December when the CO, W/C R. Bannock and F/L Kirkpatrick attacked and destroyed a JU-88 night fighter near Paderborn. The enemy aircraft was struck in the left wing and immediately caught fire. The aircraft spun in and crashed near the Paderborn airfield.

In the New Year the squadron began to rack up an additional 22 enemy aircraft destroyed and also claimed one probable and 13 damaged. They were also responsible for the destruction of a number of locomotives, rolling stock, and motor vehicles.

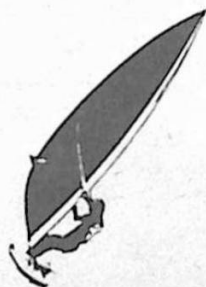
At wars end the unit was found at Predannock in Cornwall. They remained on strength until 1 September 1945 at which time they were finally disbanded. With their disbandment they had accumulated a total of 1835 sorties that accounted for a total of 23,836 combined operational and training flying hours.

FINAL TALLY

406 Squadron had been awarded with the Defence of Britain 1941-1945, English Channel and North Sea 1944, Fortress Europe 1943-1944, France and Germany 1944 - 1945, Biscay Ports 1944, Normandy 1944, Rhine and Biscay 1944 Battle Honours. Individual awards included 3 DSOs, 1 additional Bar to DFC, 1 Bar to DFC, 14 DFCs, and 4 Mentioned in Despatches.

The squadron was able to claim 3 Aces who between them accounted for a total of 18 destroyed aircraft, one probable, and an additional two damaged enemy aircraft. These successes were tempered by the loss of 11 aircraft and 37 personnel killed, wounded or taken prisoner on both operational and non-operational missions.

CFB COMOX WINDSURFING CLUB



The base windsurfing club is doing well this year, with around 50 active members from Winnipeg to California. Five beginners courses have been given so far. We are still trying to get an instructors' clinic. Hopefully, it will be this year. Thank you to all members who helped in painting the

shed, but there is a bit more to do.

We have courses almost every weekend for \$42, and yearly membership is \$44 or \$12 per month with no equipment rental fees for any of the above. For more info, call Lt Plasse loc 8437 or Lt Robinson loc 8423. Per boarda ad mara.

442 Presentations



CAPT HAROLD MULDER — GOLDEN EYEBALL AWARD



SGT JAKES GAUDREAH — GOLDEN EYEBALL AWARD



CAPT VANDERBASCH & MCPL REEVES — BOEING CITATIONS



SGT PAT BURKE — CD2 AWARD

ON AND OFF THE BASE



Legion Log

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TUESDAY	Pub Darts
WEDNESDAY	League Crib
THURSDAY	Fun Darts
FRIDAY	TGIF & Money Draw at 6:30
SATURDAY	Fun Bridge at 12:30
SUNDAY	Something doing every Sun afternoon

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NOW OPEN SUNDAYS....12-7 PM

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(NO JEANS OR T-SHIRTS)

BRANCH 160 - COMOX

ENTERTAINMENT

Jul 29	Music by 35 YEARS OF GOLD
Aug 5	T.B.A.
Aug 12	Music by PRIME TIME
Aug 19	Music by 35 YEARS OF GOLD
Aug 26	Music by COUNTRYMEN

REGULAR ACTIVITIES

SUNDAYS	11 am to 6 pm
MONDAYS	LA Drop-In Bingo-7:30 pm
	Mens Dart League recessed until
	Sept 12 (Fall Start-Up)
TUESDAYS	Aug 16 ONLY Br.Exec.Meeting-8PM:
	(Normally 1st Thursday)
	Mixed Dart League recessed
	to Sept. 13 (Fall Start-Up)
WEDNESDAYS	FUN DARTS-Navy Rm - During recess
	Navy League Drop-In Bingo*
	Upper Hall 7:30 PM
THURSDAYS	*1st* L.A.Executive Meeting as required
	2nd Branch General Meeting (see Tues)
	3rd L.A.General Meeting
	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.

UPCOMING EVENTS

SUNDAY AUGUST 14- ANNUAL LEGION GOLF TOURNAMENT. Comox Golf Club. Br & L.A. Members & Bonafide Guests. Registration \$10 by 12:30 PM. Shotgun Start 1:00 PM. Calloway Handicap System. Prizes & Lunch at Golf Course or Legion - T.B.A.

SUNDAY AUG 28 - ANNUAL LEGION PICNIC. Air Force Beach. 1-6 PM. Branch & L.A. Members & families. No charge. Hot dogs, hamburgers, corn on cob, soft drinks, and other refreshments.

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RIPPLES FROM
THE
BEAVER POND

who have just arrived, hope you enjoy it here in the land of the Monsoons.

Wally Taylor, who is in the Middle East, will be a MCpl as of 1 Aug and P.K.Jones has also been newly promoted to his present rank. Congratulations to both of you, it is your just reward, I think.

Congratulations to Cpl Jim Waddell in the Elect Shop on his recent tying of the matrimonial knot. Get on with your husbandly duties Jim.

The CE/Firehall Slow Pitch ball team has been having their problems on the field and their statistics and standing in the league will attest to that. But they do cling to 2nd place and the coach says the team is saving themselves. So BTNO beware. Meanwhile the Old Timers fast pitch ball team,

which includes seven members of the BCEO Section, have been doing quite a lot better of late. They are currently enjoying a 6 win 2 loss record in their last 8 games and look quite respectable after a dismal 1 win 5 loss start to the season. On the strength of Pete (Grand Dad) Chellew, Rosco (the Piglet) Beebe and Ed (buzz bomb) Kingston (a late edition) and some timely hits by the whole team, the Old Timers seem to be making a good run at the league leaders (BOPS). Unfortunately Harold and the Boys from BAMSO had to withdraw from the league leaving only 5 teams left to compete.

Mrs. Carole McAloon, who operates the CE Canteen, was the winner of a bottle draw held in the CE Section recently. She has donated her winnings to the CE Annual Family picnic and for this we award our Grand Poobaw of thanks to her. A good deed is not soon forgotten.

Information
about Free Trade

Of particular interest to people who live in British Columbia

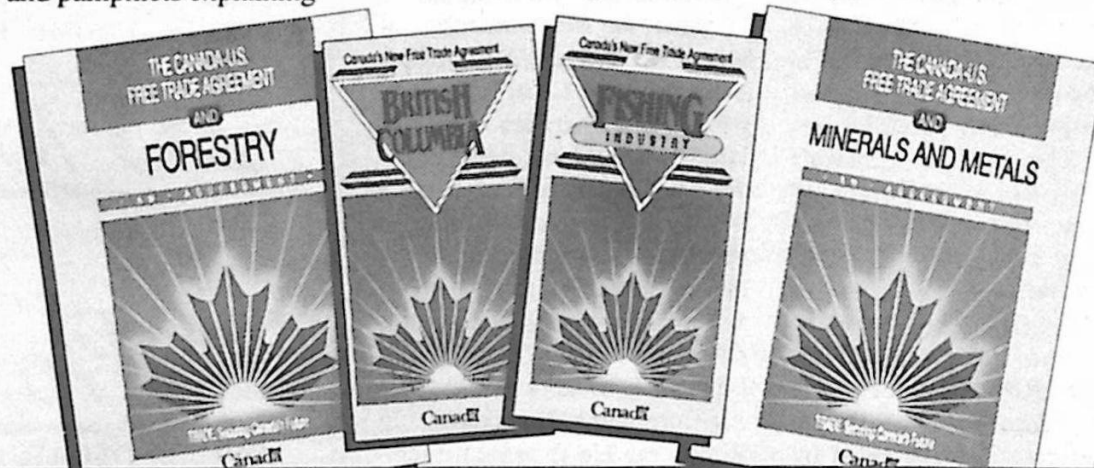
Canada's Parliament and the United States Congress are currently considering the Canada-U.S. Free Trade Agreement. You need to know what this Agreement means to you and Canada.

The Government of Canada has prepared a number of informative studies and pamphlets explaining

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☐ GENERAL

Includes pamphlets on Consumer Interests, The Agreement, Canadian Women, Culture, Key Benefits, Solving Disputes and Tariffs.

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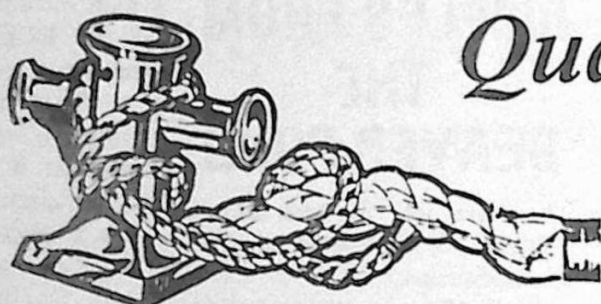
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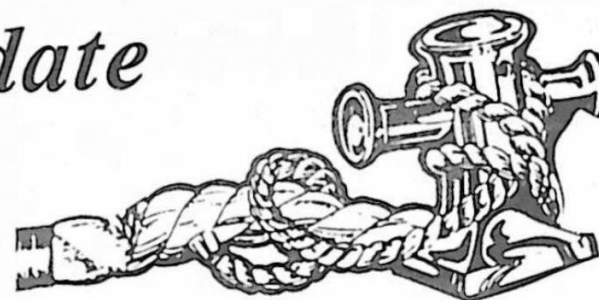
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CANADIAN FORCES UPDATE



Quadra Update



QUADRA AT FULL STEAM

During the weekend of July 9th and 10th, HMCS Quadra, the national Royal Canadian Sea Cadet Training Establishment located at Goose Spit (Comox, BC), received her full complement of cadets from across Canada. Now there are 1,200 personnel. The Sea Cadets range from 13 to 18 years of age. Most arrive in good physical condition and are ready for a very strenuous training course which will keep them ever alert.

HMCS Quadra offers many courses from the academic to the physically demanding. Courses, depending on their type, range from two to eight weeks and include: Practical Leadership, Junior Leadership, Boatswain, Operations/Communications, Cookery, Intermediate & Senior Band, Shipwright, Drill Instructor, Medical Attendant, Sail Qualification, Basic Sail, Staff Cadet Training, and Junior Officer Sea Training.

HMCS Quadra's officer complement is, for the most part, comprised of former Sea Cadets who have come up through the ranks. There are also several former members of the Regular Forces who help to maintain Quadra's high standards for training and safety.

Canadian Forces Base Comox is very instrumental in keeping the stone frigate afloat and in providing essential services. The base is Quadra's parent, in a manner of speaking. Base personnel are very supportive and cooperative.

HMCS Quadra is ideally suited as a training establishment for Royal Canadian Sea Cadets. About 98% of the stone frigate is surrounded by water. With Comox Harbour on one side and Baynes Sound on the other, Quadra has easy access to on-water training areas from its sea-going whalers to large coastal tugs such as the Sea Wave. Quadra's larger vessels only have a short steaming distance to reach the Georgia Strait and then to their training areas amongst the northern islands - such as rocky King Horn Island.

HMCS Quadra has a civilian staff who work in food services, maintenance, transportation, and the secretarial pool. These people, along with the cadets and officers, make a considerable contribution to the economic well-being of the Comox Valley.

HMCS Quadra will be holding two Open House Sundays this summer. The dates are July 31st and August 14th.

The Open House Sundays will feature Ceremonial Divisions, the Ceremony of the Flags, a buffet luncheon at a nominal charge, and a tour of the stone frigate. Those planning on attending should arrive by 0945 hrs. The Open House concludes at around 1400 hrs if the tour is taken in.

HMCS Quadra is a training establishment with challenge as its keyword. Here we put the sea into the name ROYAL CANADIAN SEA CADETS.

QUADRA SAYS FAREWELL TO COMMANDING OFFICER

On Saturday, 16th July 1988, aboard HMCS Quadra, Commander R.G. Payne turned over command to Commander R. Hinshaw during a traditional naval change of command ceremony.

During his three year tenure as commanding officer, Commander Payne has been instrumental in a number of changes onboard HMCS Quadra which have benefitted the cadets and officers. Commander Payne is an example of the type of officer common to the Cadet Instructor's List. He began his career as a Navy League Cadet in the J.R.K. Millen Navy League Cadet Corps onboard HMCS Chippawa in Winnipeg. As a teenager, he was a member of Royal Canadian Sea Corps John Travers Cornwall, V.C. which also parades onboard HMCS Chippawa. Commander Payne has risen from the status of a new entry cadet to that of a commander - the highest rank a CIL officer can attain. Since his departure from Quadra, Commander Payne has held a position at Air Command Headquarters in Winnipeg. He is presently employed by a Winnipeg

engineering firm.

The Change of Command parade was the embodiment of naval customs and traditions. Commander Payne was brought across Comox Harbour to HMCS Quadra aboard the Blue Boat, a motor seaboat, by a boat's crew in traditional white naval rig and was ceremoniously piped aboard Quadra by four General Training Course Cadets attired in the regular cadet uniform. He was then escorted by Commander Hinshaw to the Commanding Officer's day cabin, where he was met by numerous well wishers. During Ceremonial Divisions, the Commander inspected a hundred man cadet guard and the remainder of his Ship's Company for the last time. After the inspection, the Change of Command documents were signed in front of the Ship's Company. Commander Payne

took the salute during the march past of over a thousand officers and cadets.

Following Ceremonial Divisions the senior band of HMCS Quadra presented a tattoo which was well received by the viewing party and the public. The band presented a number of musical pieces and carried out a fine display of precision marching.

After the tattoo, a special luncheon was held for Commander Payne in the Captain's Cabin.

Upon completion of the luncheon, Commander Payne was pulled on a limber carriage by his former junior officers along the walkway and jetty lined with cadets. The limber carriage was escorted by Commander Hinshaw and the ship's senior officers.

On the jetty, the Commander was given a general salute by a Chief's Guard. The guard

was then piped aboard the ceremonial cutter which was manned by the ship's senior lieutenants for the trip to Comox. As he left Quadra, he was cheered by the Ship's Company and a gun salute was fired by Quadra gunners. During the passage to Comox, the cutter passed the vessels of the Quadra Flotilla anchored in review and was cheered by each in turn.

The Change of Command was followed that evening by a testimonial dinner held at the Officers' Mess at CFB Comox. At the dinner were the ship's officers, former Commanding Officers, a number of distinguished guests and Commander Payne's parents. After the dinner, Commander Payne was presented with a traditional naval officer's sword and scabbard on behalf of the Ship's Officers, staff cadets and trainees.

AUGUST 1ST

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 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 - Phone
 338-1084.

OUR NEXT DEADLINE

AUGUST 15th



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SUMMERTIME FAVOURITES FROM THE EDITOR'S COOKBOOK

SODA FOUNTAIN FAVOURITES

Frosty Fruit Shakes

½C boiling water 125 ml
 1 pkg (4-serving size) cherry
 jelly powder 1
 2C vanilla or cherry ice
 cream 500 ml
 1C milk 250 ml
 1C frozen raspberries 250 ml

Pour water in electric blen-
 der container. Add jelly
 powder. Cover and blend at
 medium speed for 1 minute.
 Scrape down the sides of con-
 tainer. Keep blender running
 while adding ice cream by
 spoonfuls. Add milk and fruit;
 blend at medium speed for 30
 seconds. Serve immediately.
 Makes 4 to 5 servings.

Simple Sodas

1 envelope (6g) Kool-Aid in-
 stant drink mix 1
 1C sugar 250 ml
 8C water 2 L
 3 cans (280 mL each) club soda
 ice cream, any flavour 3

Dissolve 1 envelope instant
 drink mix and 1 cup sugar in 8
 cups water. Stir in 3 cans
 chilled club soda. Place a small
 scoop of ice cream in each of 6
 tall glasses. Stir in soda mix-
 ture, top with a second scoop
 of ice cream. Makes 6 servings.

IT'S STRAWBERRY TIME AGAIN

Fresh Strawberry Bavarian Pie

1 pkg (4 serving size)
 strawberry jelly powder 1
 1 ½C boiling water 375 mL
 2 T sugar 25 mL
 1 container (500 mL) frozen
 whipped topping, thawed 1
 1 baked 9-inch graham wafer
 crumb crust, cooled 1
 2C fresh strawberry
 halves 500 mL

Dissolve jelly powder in
 boiling water; set aside ½ cup
 and chill until slightly
 thickened. Fold slightly
 thickened jelly and sugar into
 whipped topping. Chill again,
 if necessary, until mixture
 mounds. Line bottom and sides

of crumb crust with the whip-
 ped topping mixture, moun-
 ding high around edge. Chill.
 Meanwhile, chill remaining
 jelly until slightly thickened;
 stir in strawberries. Spoon into
 centre of the whipped topping
 lined crust. Chill until firm, at
 least 3 hours.

Strawberries, Banana and Yogurt Pie

1 pkg (4-serving size) jelly
 powder, any flavour 1
 ½C boiling water 150 mL
 2C ice cubes 500 mL
 1 container (175 g) yogurt, any
 flavour 1
 1 container (500 mL) whipped
 topping, thawed 1
 1 baked 9-inch graham wafer
 crumb crust, cooled 1

Dissolve jelly powder in
 boiling water. Add ice cubes
 and stir constantly until jelly is
 slightly thickened, about 2 to 3
 minutes. Remove any unmelted
 ice. Using wire whip, blend in
 yogurt and whipped topping;
 then whip until smooth. Pour
 into pie shell. Chill until firm,
 about 3 hours. Garnish with
 fruit and additional whipped
 topping, if desired.

Suggested Flavour Combinations:

* Strawberry jelly powder with
 strawberry banana yogurt
 * Lemon jelly powder with
 plain or vanilla yogurt
 * Apricot jelly powder with
 apricot yogurt

THE GREAT NO BAKE SUMMERTIME PIE

Chocolate and Cherry Ripple Pie

2 envelopes dessert topping
 mix 2
 1 pkg (4-serving size) cherry
 jelly powder 1
 ½C boiling water 150 mL
 2C ice cubes 500 mL
 1 baked 9-inch graham wafer
 crumb crust, cooled 1
 1 square semi-sweet chocolate,
 melted & cooled 1

Prepare dessert topping
 mixes as directed on package.

Dissolve jelly powder in boiling
 water. Add ice cubes and stir
 constantly until jelly starts to
 thicken, about 2 to 3 minutes.
 Remove any unmelted ice. Add
 prepared dessert topping to
 jelly and beat with electric
 mixer until well blended.
 Spoon into crust. Drizzle with
 chocolate. Chill 3 hrs. Makes a
 9-inch pie.

Wild Cherry Pie A La Mode

1 pkg (4-serving size) wild
 cherry jelly powder 1
 ½C boiling water 150 mL
 2C vanilla ice cream,
 softened 500 mL
 1C frozen blackberries,
 thawed 250 mL

1 baked 9-inch (1 L) graham
 wafer crumb crust, cooled 1

Dissolve jelly powder in
 boiling water. Add ice cream
 by spoonfuls, stirring until
 melted and smooth. Blend in
 fruit. Chill, if necessary until
 mixture will mound. Spoon in-
 to crust. Chill for 3 hours.
 Makes a 9-inch pie.

Refreshing Apricot and Almond Pie

2 envelopes dessert topping
 mix 2
 1 pkg (4-serving size) apricot
 jelly powder 1
 ½C boiling water 150 mL
 2C ice cubes 500 mL
 1 baked 9-inch (1 L) graham
 wafer crumb crust, cooled 1
 2 T sliced almonds,
 toasted 25 mL
 ¼C seedless green grapes,
 halved 50 mL

Prepare dessert topping mix
 as directed on package.
 Dissolve jelly powder in boiling
 water. Add ice cubes and stir
 constantly until jelly starts to
 thicken, about 2 to 3 minutes.
 Remove any unmelted ice. Add
 prepared dessert topping to
 jelly and beat with electric
 mixer until well blended.
 Spoon into crust. Arrange nuts
 in the centre and arrange
 grapes around the outside of
 pie. Makes a 9-inch pie.



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My son was injured trying to break up a fight. Can he apply for compensation?

I have concerns about a man about to be parolled. Can I tell the Parole Board about this?

My daughter was sexually assaulted. I would like to talk to someone about what's involved in laying charges.

I work at an adult day care centre and suspect one of the seniors who attends is being abused by a family member. What can I do?

The above are just a few of the enquiries received by the Victims Information Line (1-800-VICTIMS), a province-wide toll-free service launched last fall to provide information and assistance to victims of crime.

Callers are referred directly to appropriate resources in their community such as criminal injuries compensation, a transition house, counselling services or a sexual assault centre.

The line, part of the provincial Victim Assistance Program, is operated by Information Services Vancouver on behalf of the Ministry of Attorney General. Persons requiring assistance may call 1-800-VICTIMS from 8:30 a.m. to 11:30 p.m., Monday to Friday.

Did you know that...

86¢ of every dollar given to the Heart Fund goes to research and education, and community programs.

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Diet Facts and Fallacies

Few dieters realize the importance of a SCHEDULE to their dieting success. Your body needs a constant supply of energy and nutrients to function at peak efficiency. That mid-morning or mid-afternoon craving or light-headedness is usually a sign that your body needs more energy. To avoid this feeling, and the lack of control that often accompanies it, follow these rules:

- * Devise an eating schedule suited to your lifestyle.
- * Follow this schedule EVERY DAY, no exceptions, even weekends.
- * Plan meals composed of lean meats, fresh salads, fruits, vegetables and whole grains.
- * Plan in-between meal snacks of foods high in natural energy

and fiber, such as fresh fruits or vegetables.

- * Munch on an apple on your way home from the office or when you need a quick spurt of energy. Eat at least one apple every day.
- * Never wait until you are hungry to eat.
- * Drink 6 to 8 eight-ounce glasses of water every day.

COULD YOUR DIET BE HURTING RATHER THAN HELPING?

"Dieting" could perhaps be labelled the Canadian public's most popular obsession. This year, over 40 million people in the U.S. and Canada will attempt some kind of diet. The result for the vast majority is failure. In fact, only 4 percent of all those who attempt diets will be able to maintain their

weight loss for more than a year.

Consider these points BEFORE starting a diet:

- * Is this diet one that your doctor would approve?
- * If you have a health problem, is it taken into consideration?
- * Could this diet result in a dangerous health condition?
- * Is this diet one that you can live with?
- * Has this diet actually worked for others?

* Does this diet provide adequate, essential nutrients through a variety of foods?

* Does this diet teach you how to maintain your weight loss?

A diet that cannot meet these criteria provides only a temporary answer. For a nutritionally sound and permanently effective solution, contact your local Diet Center counsellor.

**NEXT
DEADLINE
AUGUST 15th**

LIFESTYLE



music reviews and syndicated columnist

SCAGGS WALKING DOWN OTHER ROADS

First of all, don't confuse pop superstar Boz Scaggs with bluegrass ace Ricky Skaggs. Secondly, as you run to your favourite record store to buy Boz Scaggs' "Other Roads" (Columbia FC 40463) don't think that this guy is new on the scene. He's been away and now he's back.

Actually, he's been gone for an awful long time - eight years to be reasonably accurate. In that length of time, a whole new generation of record and cassette buyers have come into the marketplace. Not to mention the CD, which wasn't even around when Boz left for wherever it is that he went. Of course he's not the first artist to leave the scene and come back years later with a red-hot product. Matter of fact, Boz left when he was at the pinnacle of success.

In the late 70s he released what was referred to as his watershed album "Silk Degrees" which contained the hits "It's Over," "Lido Shuffle" and "Lowdown." My favourite of his albums was "Down Two, Then Left" which preceded the "Middle Man" pak. That album contained "Jo Jo" and "Breakdown Dead Ahead." Boz is definitely not country but his romantic offering of "Look What You've Done To Me" found its way into the Urban Cowboy soundtrack mega-sales monster.

I would love to be able to tell you what he has been doing for the past eight years. Truth is, I have no idea. I do know that the "Other Roads" is a killer album that has exploded at rack and retail. Sales have been phenomenal and Boz has suddenly landed right back in the top forty with the debut single "Heart of Mine" while the album is looking like a top ten winner.

Set is a dynamite package that opens with the question "What's Number One?" and follows with such contemporary and adult oriented works as "Mental Shakedown," the dreamy "Nights Of Van Gogh" and the gentle rocker "Right Out Of My Head." It's a certified hit!!



BOZ SCAGGS



Aids Awareness

by JAMES GREIG

EDITOR'S NOTE:

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

GOVERNMENT AND AIDS

What is the Canadian government doing to avert an AIDS epidemic in this country?H.A., Sudbury, Ont.

To list the specific activities that the Canadian government is undertaking concerning AIDS would take more space than this column is allowed. However, the following overview of activities will at least in part answer your question.

In 1982, the Laboratory Centre for Disease Control at Health and Welfare Canada began a series of activities in response to AIDS. As the disease, the issues and the concerns grew, so did the activities and the amount of monies contributed to the AIDS programs.

In 1986, the Canadian government pledged \$39 million to be spent on the AIDS fight, over a five year period. Of this money, \$26.5 million is currently being spent on research programs and laboratory testing facilities. The balance is being used for community support programs and public and professional education programs.

In July 1987, the Federal Centre for AIDS was established in Ottawa. The Centre is part of the Health Protection Branch of Health and Welfare Canada.

Briefly, the Federal Centre for AIDS traces the course of AIDS and the AIDS virus (HIV) infection in Canada; supports the search for new AIDS drugs and vaccines; assists health and social services to deal with AIDS and the AIDS virus infection; educates Canadians about AIDS; fulfills Canada's responsibilities in the international fight against AIDS.

The Canadian Public Health Association was awarded \$3.7 million over a five year period to establish a National AIDS Education and Awareness program. It works in collaboration with the Federal Centre for AIDS.

There are currently 25 community aids groups in Canada that are partially funded by the Federal Government. These groups provide a variety of services in their respective communities, from counselling AIDS patients, to the production of educational materials directed at high risk groups.

The Federal Centre for AIDS also works with the provinces through the Federal/Provincial/Territorial Advisory Committee on AIDS to plan and coordinate activities of the two level of government in dealing with all aspects of AIDS.

Health and Welfare Canada established the National Advisory Committee on AIDS (NAC-AIDS), now in its fifth year. This Committee provides scientific advice and recommendations to Jake Epp, the Minister of Health and Welfare Canada on a wide variety of AIDS issues.

I will report in subsequent columns specific Federal and Provincial AIDS programs that will be of interest to readers, subject to enquiries received.

I am a senior in high school. I am working on a paper concerning the advancements being made in medical technology concerning the AIDS virus. Can you provide me with any information?...A.G., Ajax, Ont.

Many of the letters I receive each week are from students asking me for technological information concerning AIDS virus and particularly new developments regarding a cure or vaccine. There are very few countries in the world that are not actively pursuing an AIDS cure or vaccine and, although the World Health Organization (WHO) is attempting to coordinate and document any new developments in these areas, it is virtually impossible to keep ahead of the successes and failures taking place internationally.

I would suggest you write to Dr. Alastair Clayton, Director General, Laboratory Centre for Disease Control, c/o Federal Centre for AIDS, Health Protection Branch, Health and Welfare Canada, 301 Elgin Street, 2nd Floor, Ottawa, Ontario K1A 0L2. I'm sure that Dr. Clayton or his office will be able to provide you with current updates of the progress being made in Canada.

Is it true that professional boxers in the U.S. must undergo AIDS testing before they are allowed to fight in the ring? ...N.A., Winnipeg, Man.

Not to my knowledge. I did read recently that the Nevada Athletic Commission voted unanimously to require mandatory annual AIDS testing for fighters. However, Nevada is apparently the first and only state to require such tests.

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



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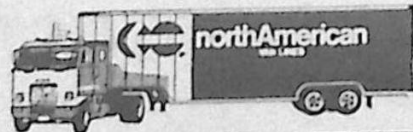
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HEALTH AND WELL BEING

info
health

Dr. Bob Young



THE REALITIES OF WHIPLASH

The sudden "whump" of being rear-ended is usually followed by a sore neck. A whiplash is a mechanism of injury, how it happens. It is not a medical description of the injury itself.

Unfortunately both the public and the legal profession have used the term to describe the damage caused by the rapid extension and flexion of the neck so much that it is part of the language. Some members of both groups find the injury to be very lucrative.

Along with low back pain, doctors often find treating whiplash induced injury frustrating. In many cases objective or hard evidence of the amount of damage to neck muscles, ligaments, disks, and other soft tissue is difficult to obtain. X-rays will detect fractures of neck bones, making the injury more than a "whiplash."

Examination of the patient will disclose varying tenderness of the neck and nearby structures. There will be muscle spasm and resistance to movement of the head. Upper back pain is common as the muscles there contract in an attempt to splint the neck.

Treatment consists of pain and spasm relieving drugs, ice, heat, immobilization or exercise, physiotherapy, acupuncture, chiropractic and a variety of other things. All seem to work some of the time, but certain patients take a long time to get better.

Doctors dislike being cynical. They want to believe their patients, most of whom are honest about their symptoms. But when a patient is still complaining of severe neck pain two years after a five mph bump from behind, suspicions arise.

These are increased when they are reinforced by letters from lawyers asking for ongoing reports about the patient's pain and suffering - letters they hope will be dramatic enough to make a splash in court, or result in hefty insurance settlements.

Doctors want to be fair to their patients, and are usually willing to go to bat for them if they have a case. Many feel they are being manipulated by their patient, who in turn is being guided by a lawyer.

It is a fact that many injured necks heal rapidly when treated with a green poultice - medical jargon for a cash settlement.

COLD IS GOOD

The Egyptians used it 2500 years ago. Hippocrates knew about it. The French army used it to amputate limbs painlessly during Napoleon's retreat from Moscow. It is now used in many ways, to treat everything from sprains to cancer.

"It" is cold, or, more specifically, low temperature. In the form of ice, often applied using a bag of frozen peas, cold is popular and useful in treating sprains, and other injuries.

Colder cold, in the form of dry ice or pressurized refrigerant gas, is used to freeze boils and abscesses before lancing them.

The coldest cold, liquid nitrogen, (-196 degrees C at atmospheric pressure) is used to treat cancers and a number of other conditions.

Cryosurgery denotes operations that utilize low temperature to destroy or modify tissue. Although used earlier, its modern history dates from the development of liquid nitrogen cryoprobes in 1961. The probes provided an accurate method of delivering a set amount of controllable cold to target areas.

It has been used in all fields of medicine, including brain surgery, gynecology, dermatology, urology, cancer, vascular headaches and hemorrhoids are some of the conditions treated.

Cryotherapy is used primarily for the destruction of tissue. Cells are destroyed by one or more of the several mechanisms, all more involved than just simple freezing.

In Canada cryosurgery is used mainly to treat skin cancers and other skin conditions. No anaesthetic is needed and, surprisingly, no scarring occurs.

Early cancers of the cervix, or suspicious pre-cancerous areas are also often treated with cold. Acceptance of cold for treatment of other areas has been slower, although there are enthusiastic individuals in many centres who use cryosurgery frequently.

I do not think there is active resistance to the use of cryotherapy - it's only that surgeons, through training or inclination, do not think of it as an option very often.

Don't Travel
Without
Medical
Insurance

VANCOUVER -- In B.C. a week in hospital costs nothing. In the USA the same hospital stay could cost \$20,000 or more. And those who think the BC Government plan will pay for it may be in for a shock.

BC Government health insurance probably won't cover all the costs of an out of Canada hospital stay, says John Ratel, BCAA's Vice President of Marketing and Public Affairs. "The government plan typically pays only about 20 percent of out of Canada medical expenses. After that you're on your own unless you have adequate private coverage," he says.

Ratel points out that Canadians have become accustomed to a high standard of free health care. "We tend to forget that other countries don't have the same system. More importantly, people forget that our government system doesn't apply outside Canada, or even outside B.C., on the same basis as here at home."

BCAA's files contain many examples of travellers who have had a heart attack, or who have been in an accident and spent time in a US hospital, and been presented with bills for thousands of dollars. Without extra coverage they might have been responsible for almost all the cost. Even with some kinds of extended coverage people have had to pay a large portion of the bill themselves.

There is insurance available for travellers which protects against the financial disaster that can befall those who require medical treatment abroad. No one should travel without it, advises Ratel.

Travel insurance may be purchased at any BCAA service centre for short trips or long. It ensures that whatever happens, holiday souvenirs won't include a stack of unpaid medical bills.

Buckle Up BC!

The crash stops the car.
What stops you?

INSURANCE CORPORATION OF BRITISH COLUMBIA

ASK YOUR
PHARMACIST

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

THESE DRUGS HURT, NOT HEAL

As parents, you face the constant challenge of keeping informed about the various drugs that can harm your children.

Although most people know about the dangerous effects of alcohol, marijuana and cocaine, there are several less well-known drugs that should not be overlooked because of the threat they pose to young people.

Commonly referred to as "killer weed," "green," or "angel dust," PCP can have devastating effects on your child. Usually smoked in tobacco or marijuana cigarettes, PCP can distort reality so drastically for users that symptoms closely resemble those of mental illness. Users can become violent and destructive towards themselves and others.

LSD is also a hallucinogen that distorts reality. "Acid" is a liquid that is usually swallowed, often after having been placed in a sugar cube or blotter paper. Users can suffer from wide mood swings, and can feel fear, nausea and other forms of extreme discomfort. Results can be so severe that complete emotional breakdown can result.

Derived from peyote, a cactus that grows in the southwestern part of the U.S., mescaline is another mind-altering hallucinogen. Sometimes called "mesc" or "cactus," mescaline is usually swallowed directly in thin slices or boiled in water which is then drunk. Users go into a dreamlike state, with heightened sensations and a feeling of unreality.

Pentobarbital, secobarbital and amobarbital - all classed as barbiturates - are drugs which have a general depressant effect on the central nervous system. Usually swallowed in pill or capsule form, barbiturates calm tensions and relieve anxiety, so they can quickly lead to dependency.

Heavy doses can impair judgement, cause drowsiness and confusion, and noticeably slur speech. Overdoses can result in death, and the risk is greatly increased when barbiturates are taken with alcohol.

We have now looked at four dangerous drugs all parents should be aware of. By knowing what these drugs can do, parents can better protect their children against harm.

There are four more dangerous drugs it pays to know something about. Quaaludes produce similar effects in the body as barbiturates. "Ludes" cause drowsiness, and interfere with mental processes and coordination. Overdoses can lead to unconsciousness, lung and heart failure, and death.

Heroin, also known as "smack," "junk" or "horse," is an extremely addictive drug. It usually comes in the form of a white powder that is either injected after dissolving, or sniffed into the nostrils. The drug affects the central nervous system, reduces the ability to feel pain, and depresses the respiratory system. Once the user is addicted, withdrawal is very difficult. Heroin overdose can lead to coma or death.

Amphetamines are stimulants which affect the central nervous system. These "uppers" or "pep pills" are usually swallowed in pill or capsule form. Their general effect is exaggerated activity, irritability and nervousness. Some abusers can stay awake continuously for as long as six days, but the crash which follows when the drug wears off can be devastating.

Substances that are abused by sniffing fall under the category of inhalants. These include gasoline, airplane glue, paint thinner, dry cleaner solution and others. An euphoric high can be produced seconds after sniffing. Abusers can suffer impaired judgement and poor motor coordination. They can become abusive and violently dangerous to themselves and others.

Damage to the brain, kidneys, liver and bone marrow are often the result of prolonged abuse of inhalants. They may also produce irregular heartbeat and death by loss of oxygen.

Keep informed about the dangerous drugs that can harm your children. Your Shoppers Drug Mart pharmacist can help by answering any questions you may have. He or she can also refer you to your local or provincial drug abuse authority should you require professional help.

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

NEXT DEADLINE
AUGUST 15th

LIFESTYLE



In The Mags

A REPORT ON WHAT'S NEW ON CANADIAN NEWSSTANDS

BIG MONEY, LITTLE MONEY, DIVING IN THE SEYCHELLES, MAKE JULY MAG READING A MUST

Bill C-51, introduced by federal health minister Jake Epp last April, is scheduled to go into effect on the first of next year. Except for a couple of small exemptions, this sweeping piece of legislation will, in effect, ban all tobacco advertising.

Many Canadians see this as a serious challenge to Canada's new Charter of Rights and Freedoms. The tobacco manufacturers will, of course, challenge the bill in the courts, but if Health Minister Epp has his way, the federal government of Canada just might find itself in the difficult position of having to ban some of its own advertising.

For an inside look at why this somewhat bizarre situation might arise, check out page 23 of this month's *Saturday Night*.

If you've ever been fired and it's happened to a surprisingly large percentage of the work force, then you know there's nothing like that slap-in-the-face sick feeling that overwhelms you when you "get the axe." But, according to this month's *New Woman*, "Being Fired Can Be A Lucky Break When...." This comprehensive piece offers many answers to the questions that most people

ask themselves after getting fired, and gives some useful tips on finding a better job - fast!

It would sometimes appear that being fired is almost a routine part of managing a baseball team. After all, the Yankees just did it again to Billy Martin -- and, for the 5th time!

The Cincinnati Reds also fired Sparky Anderson after the 1978 season, even though he had taken them to four World Series, won two of them, and made the "Big Red Machine" the dominant team of the 70s.

Their loss was the Detroit Tigers gain. Since he was hired by the "Motor City Machine" in June, 1979, Anderson has twice been American League Manager of the Year, and his win-hungry Tigers have won a World Series. Sparky is the only manager ever to win the World Series in both the National League and American League, and "The People's Manager," in this month's *Esquire*, gives a few good reasons why.

Though sisters, my cats Magic and Taboo are noting alike. While not unusual, either in the kitty or human kingdoms, I now wonder, after reading this month's *Cat Fancy*, if it's because one's black, and the other's calico. Is there a connection between coat

colour and personality? If you love cats like I love cats, have a look at page 58, and decide for yourself.

That old adage, "An ounce of prevention is worth a pound of cure" still holds true. It may even save your life. With health hazards like AIDS, herpes, hepatitis and salmonella out there waiting for the unwary, a read of this month's *Ladies' Home Journal* is a must. "Hidden Health Dangers," starting on page 104, gives you a rundown on some of the big-risk potential health care trouble spots. It's your first chance to pick up that first ounce of protection. so, read!

If your idea of a great vacation is one underwater, and you're looking for that perfect pleasure spot to vacation, and skin dive, then look no further than this month's *Skin Diver*.

This unusual specialty mag profiles all sorts of fascinating places, but, they say, if you want to really get away from it all, try the Seychelles.

Nestled in the Indian Ocean, close to really no place at all, the Seychelles are a small country of more than 100 islands, spread over 160,000 miles. The natural beauty of the Seychelles, both above and below the waves, is overwhelming, and while the un-

derwater terrain has elements similar to several of the world's most famous diving destinations, the combination it offers is totally unique.

What Frank Sinatra was to the "Rat Pack," Eddie Murphy is to the "Black Pack," a small, tightly-knit group of black comics, writers and actors. Murphy's stardom is at once a blessing and a curse for these rising stars who all work with him, and with one another.

In Hollywood's gold rush, Eddie Murphy is known as "Money" and his number one sidekick, Arsenio Hall, is "Little Money." And according to this month's *Vanity Fair*, when Arsenio makes his screen debut this month in Eddie's new

movie, "Coming to America," Little Money is going to be Very Big!

He bares those gorgeous glutes and pecs in "Red Heat," but the laid-back ex-bodybuilder with the big grin is more than just another piece of schnitzel. If you thought that Arnold Schwarzenegger was all brawn, and no brains, then turn to page 137 in this month's *Cosmopolitan*.

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LIFESTYLE



Stamps — by Larry McInnis

PIRATES NOT A POPULAR CANADIAN STAMP SUBJECT

Pirates have never been the subject of a Canadian stamp, although they are a popular topic in such places as the Virgin Islands, the Bahamas, Jamaica, the Turks and Caicos Islands, and Grenada.

Canada was not without pirate activity, however.

On Oct. 2, 1934, the United States issued a 7-cent stamp (Scott 746) showing Great Head, at Acadia Park, Maine, which is on Mount Desert Island. It was once the haunt of the famous pirate Captain William Kidd, and of Dixey Bull.

Bull was one of the earliest pirates. It's on record that in 1632, while he was in Castine, near Bar Harbor, Maine, French marauders from Quebec burned his sloop. He got a new vessel, assembled a crew of 20 cutthroats and began his career as a pirate.

Piracy at sea was not too rewarding for Bull, so he turned to raiding communities. He sacked Pemaquid, Maine, and made off with \$2,500 in loot.

When he attacked other small communities, authorities in Boston issued an order to bring him to the gallows. Five ships were sent to track him down.

Dixey Bull was never found. He vanished completely. It's been said he was hanged at Tyburn, England, but there's no record of it. It's also been said he scuttled his ships and vanished into Canada. In any event, what happened to him is as much as mystery today as it was 350 years ago.

To add to the mystery, could it be Bull's treasure that lies buried beneath Nova Scotia's Oak Island?

Oak Island, a small island about one and a half kilometres long, lies in Mahone Bay. In the summer of 1795, three young men exploring the island discovered an indentation in the ground beneath the branches of a large oak tree. There was little doubt something has been buried below — ingeniously buried, as it remains intact even unto today.

Since that time, many expeditions have failed to recover the treasure, which has been proved to be there, between 47 and 49 metres below the surface. Yet all attempts to recover it have failed.

But who buried it? The general speculation is that Captain William Kidd was responsible.

Kidd was born in Scotland about 1645. By 1690 he was a legitimate ship owner operating out of New York, highly respected by the governors of Massachusetts and New York. But within a decade, he had turned to piracy.

He was captured in Boston in 1699 and hanged in London on May 23, 1701.

Kidd often operated along the New England coast and could conceivably have buried treasure on Oak Island.

There is a lesser speculation that it could have been planted there by Henry Morgan, an even more notorious pirate than Captain Kidd, but one who survived.

Morgan's activities have been well documented on stamps. He is shown with his ships on a 3-cent Jamaican stamp (Scott 331) issued May 10, 1971. His ship from the 1666 war with the Dutch, in which he served as a vice-

admiral, is shown on a 5-cent stamp (Scott 211) issued Feb. 16, 1970 by the British Virgin Islands.

Morgan in his pirate role is shown on a 60-cent British Virgin Islands stamp (Scott 232) issued Nov. 16, 1970, sharing honours in the four-stamp set with other notorious pirates Mary Read, George Lowther, and Edward Teach (Blackbeard).

Mary Read, with Anne Bonny, was brought to trial in November 1720 for piracy. Read said, "Milord, we plead our bellies." Both were pregnant and so were not hanged. Read died in prison of fever. Bonny, an even more

bloodthirsty, cutlass-wielding pirate, was eventually freed and became a "gentlewoman" in South Carolina.

Morgan is famous for his sacking of Panama during a British war with Spain. It's treasure from this particular venture in 1671, that some say is at Oak Island. That seems farfetched. Morgan's activities were in the West Indies and he had no need to hide treasure; he operated in the open, usually with royal sanction. He was twice governor of Jamaica.

Britain showed one of the greatest pirates of all time on a stamp. On April 8, 1973, a five-stamp set was issued honouring British explorers. The 5p (Scott

691) shows Sir Francis Drake. Although he is credited with the defeat of the Spanish Armada, in 1588, from 1577 to 1580, and even before, Drake was a privateer, a polite name for a pirate.

The Canadian mysteries remain: Whatever happened to Dixey Bull, and who buried the treasure on Nova Scotia's Oak Island?

LETTERS

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NOTICES

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WANTED

Poems Wanted for publication in new book "Poetic Images - British Columbia - 1988". Send one or more to Quality Press, 450 MacLaren St., Room 30, Ottawa K1R 5K6.

More suppliers of quality handmade crafts for well established pottery studio and craft outlet. For contract or references: The Juniper Berry, Box 2424, Smithers, B.C. V0J 2N0. 847-9871.

ON AND OFF THE BASE

Up Up and Away

LESLIE SPONDER WINS AIRSHOW CONTEST WITH A "LA MONTGOLFIERE"



Leslie Sponder, a Grade 3 student at Comox Elementary proudly displays her hot air balloon which won the grand prize for art in the 1988 Airshow Contest. "Winning is great!" she said. "I worked on the project every day at home and did the writing at school." Part of Leslie's prize is having her picture taken inside an F-18 and a flight in a vintage aircraft. Although she thinks both prizes are exciting, Leslie said "I'm sort of scared of flying."

Hundreds of Comox Valley children created models, paintings, drawings, stories and poems in celebration of aviation and flight. The judges from CFB Comox and the School Board Office were very impressed with the quality of the entries and found it difficult to arrive at a final decision. "The work is simply outstanding," said Colonel Sutherland, CO of 407 Sqn. "The students and teachers of the Valley deserve to be proud of their achievements."

The grand prize for writing was awarded to a Grade 3 student from Royston Elementary, Matthew Brown. The judges were particularly impressed with the mood Matthew captures in this poem.

WHY I WANT TO FLY

Trees turn to green blurs
I slowly lift off the ground
Earth drops behind me.

Climbing for the clouds,
Soaring above the treetops,
Gliding in the wind.

Cutting through the air,
The ocean lies still 'neath me,
Gleaming like sundown.

My jet flies higher,
Stretching for crimson sunsets
And then returns home.

Name: Matthew Brown
Age: 9
Grade: 3
School: Royston Elem.

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LIFESTYLE

Filberg Festival Coming

Looking for something special to do on the long weekend? Then don't miss the Filberg Festival in Comox. It's happening Friday to Monday, July 29th to August 1st.

Groundsmen are putting the final touches to the nine-acre park and gardens surrounding the Heritage Filberg Lodge overlooking Comox Bay and the glacier. A delight to visit at anytime but this weekend will be spectacular.

70 craftsmen and artists from Vancouver Island and all over B.C. are ready to bring you the very best in crafts. They have all been through a jury of their peers to assess that they are indeed of a sufficiently high quality. Competition was fierce to be a part of what is now termed "one of the few remaining true craft fairs." The ideal place to do some gift shopping, or to treat yourself!

There will be craft demonstrations going on all day

around the grounds. Spinning, weaving, lace making, knife sharpening and polishing, quilting and woodworking just for an idea of what will be happening.

Lots for children too! They can help Shoo Shoo the clown and her friends Dr. Bob and Jackpot friends and launch a friendship balloon every evening, enjoy the story telling and free face painting. Of course the petting farm will be open too, a real attraction for the little people and an ideal time to get some photos.

We are proud to feature tremendous local talent in the Lodge as invited guest artists this year -- Linda Wagner will cover the walls with her vivid watercolours while Alan and Meg Burgess will exhibit their Little River Pottery. The combination should be a real delight. The Burgess touch with glaze is really special, and Alan has promised to throw some

pottery during his time at the Festival so try and be there to watch.

An eclectic variety of music is tuning up ready to make those breaks from walking around the grounds that much more pleasurable. There will be something to suit all tastes - jazz, classical, folk, country-western, celtic, dixie, bluegrass, big bands - just to whet your appetite.

Speaking of appetite...our food vendors are planning to make decisions difficult for you. Oyster bar, Indonesian and Greek foods, a deli, Indian fry bread, hamburgers, and very special desserts. So forget diets and don't eat before you come, you will want to try them all!

Don't forget - all this is taking place on July 31st, August 1, 2, and 3 from 11 a.m. to 8 p.m. daily at the Filberg Lodge and Park in Comox.

CD1/CD2 Presentations



The BComd Col Gibbon presented the following personnel with their Canadian Forces decorations. Pictured left to right back row: PO2 D.W.Chimko CD1, Sgt G.C.Boutillier CD1, WO T. Taraniuk CD1. Front row: MWO W.E.Munden CD2, Col Gibbon BComd, and Capt L.E.Hansen CD2.

Stalwarts Retire



The BComd Col Gibbon presented retirement certificates to (L to R) Carl Erickson for 33 years of service and Ross Orr for 42 years of service. After completing their military careers both these gentlemen were members of the Base Cleaning Staff for many years. Well done guys and good luck in retirement.

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PROVINCIAL & LOCAL

The Provincial Cabinet



Seated left to right are: Hon Mel Couveller, Minister of Finance and Corporate Relations; Hon Bill Reid, Minister of Tourism and Provincial Secretary; Hon William Vander Zalm, Premier; Hon Stuart (Bud) Smith, Attorney General and Hon Cliff Michael, Minister of Government Management Services.

Standing left to right: Hon John Savage, Minister of Agriculture and Fisheries; Hon Neil Vant, Minister of Transportation and Highways; Hon Jack Weisgerber, Minister of State for Nechako and Northeast and Minister Responsible for Native Affairs; Hon Bruce Strachan, Minister of State for Cariboo and Minister Responsible for Environment; Hon Lyall Hanson, Minister of Labour and Consumer Services; Hon Angus Ree, Solicitor General; Hon Elwood Veitch, Minister of Regional

Development and Minister of State for Mainland/Southwest; Hon Claude Richmond, Minister of Social Services and Housing; Hon Peter Dueck, Minister of Health and Minister Responsible for Seniors; Hon Rita Johnston, Minister of Municipal Affairs, Recreation and Culture; Hon Jack Davis, Minister of Energy, Mines and Petroleum Resources; Hon Terry Huberts, Minister of State for Vancouver Island/Coast and North Coast and Minister Responsible for Parks; Hon John Jansen, Minister of International Business and Immigration; Hon Howard Dirks, Minister of State for Thompson-Okanagan and Kootenay and Minister Responsible for Crown Lands; Hon Dave Parker, Minister of Forests; Hon Stan Hagen, Minister of Advanced Education and Job Training and Minister Responsible for Science and Technology and Hon Tony Brummet, Minister of Education.

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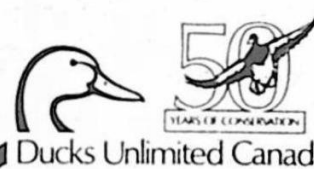
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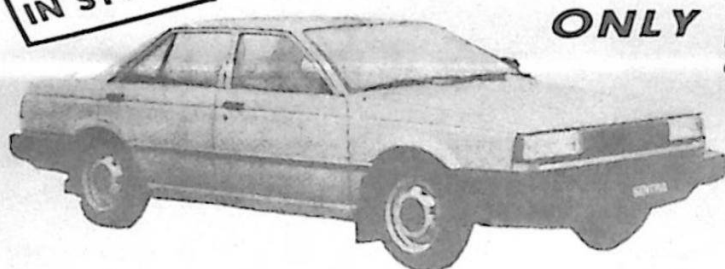


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