



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 14 AUGUST 18, 1988

NEXT DEADLINE IS MONDAY, AUGUST 29, 1988

COST: PRICELESS

## WHAT A SHOW!!

### AIRSHOW 88 REPORT

A huge crowd - estimates ranged from 45,000 to 65,000 - turned out on a gloriously sunny August 7 at CFB Comox for its biennial air and ground display, entitled "Airshow 88."

It was the biggest bash ever put on by the base, and the most entertaining in years. The weather was perfect -- clear skies under a high, thin cloud cover which tempered the sun's heat and provided a backdrop for cavorting aircraft of every conceivable size and purpose.

These ranged from the B-52 - proof that if you hang enough engines on an apartment block, you can make it fly -- down to the impudent little Pitts Special biplane flown in and out of incredible airborne predicaments by red-clad Bridgette de St. Phaille. "Smoke-n-Thunder" - a sort of wingless F-104 - took on all airborne comers in an acceleration contest, and beat the lot: In absolute con-



Beautiful weather and an exciting display of aviation combined to make Airshow 88 a complete success.

trast, the sailplane of Manfred Radius performed a soundless ballet above centre field, using the hot updrafts of sun on concrete to stay airborne for what seemed a very long time.

Those haughty thoroughbreds from MacDonnell Douglas -- our own CF-18 and the USAF's F-15 -- put on their now usual display of impossible flying, square loops and straight up acceleration (for the aeronautically uninformed, this is possible if your engine produces more pounds thrust than the aircraft weighs), tight turns and standing-on-your-tail slow flying, but as far as this crowd was concerned, a spunky little CF-5 from 419 Sqn stole their thunder.

#### BEAT THAT!

Perhaps it was the contrast in size, or that maybe, compared to its technological superiors, the CF-5 is the No-Name Brand of interceptors, and therefore the underdog in these supersonic stakes, but the little coke-bottle from Cold Lake drew the biggest applause of the afternoon with its screaming fly-bys and final "Beat that, you Mothers" corkscrew climb up into the cloud layer, leaving its derisive thunder to fall like stable-droppings all over the Twenty-Five-Million-a-Pop pampered pets of MacDonnell D. I've been watching these shows for forty years, but I was still impressed by our little Freedom Fighter.

For those who really appreciate the art of flying, the grace of a very old but yet ageless bird, which has seen its contemporaries -- the Gloster Meteor and DeHavilland Vampire -- go to the scrapheap decades ago, was put on faultless display by our do-it-yourself CO of VU33, Maj Arsenault. The T33, our original jet conversion trainer, now assigned to towing targets and radar reflectors, seems as new now as it was when the first Shooting Star rolled off the production line at Lockheed prior to the Korean conflict. The good work of VU33 technicians would also have something to do with that.

The tracker of VU33, the Aurora of 407, a STOL performance by a 442 Buffalo and the derring-do of a double SARTECH leap from a hovering Labrador helicopter, reminded this huge crowd of

## 407 SQUADRON CHANGE OF COMMAND

The 30th of July marked another memorable occasion in 407's history. On that day the command of the squadron was passed from LCol R.B.Sutherland to LCol J.F. Bennett who will become the 18th CO since the squadron was reformed in July of 1952.

LCol Sutherland, who started flying the Tracker aircraft

on board the aircraft carrier HMCS Bonaventure in the late 1960s, came to 407 Sqn in Aug of 1986, after serving as Deputy CO of 415 Maritime Patrol Squadron in Greenwood.

LCol Sutherland, his wife Jill and their two children will be moving to Halifax, Nova

Scotia where he has been appointed Deputy Commandant of the Canadian Forces Maritime Warfare School.

LCol J.F. (John) Bennett comes to 407 Sqn from the CF Recruit School in Cornwallis, N.S., where he commanded from July 1985 until February of 1988.

The new CO originally com-

pleted flying training in Gimli in 1968 and remained there for his first posting as a T-33 advanced jet instructor until the base closed in 1970.

In 1970, after serving a short period on the base operations staff at CFB Comox, he completed the Argus Operational Training Unit at CFB Greenwood, and returned to Comox to fly with 407. Four years later he attended the Aerospace Systems Course in Winnipeg and then continued on to the Maritime Proving and Evaluation Unit at CFB Summerside in 1976. He has logged over 3,500 hours on the Argus and has 4,500 total flying hours.

Since 1980, LCol Bennett was selected to attend the RAF Staff College in England, and the Air War College at Maxwell AFB in Alabama which he completed as a Distinguished Graduate in 1985.

LCol Bennett is married to the former Elizabeth Mather of Brampton, Ont., and they have two sons, Christopher and Gordon.

The serving members of 407 Squadron extend a warm and open hand to LCol Bennett and hope that the next two years will be challenging as well as rewarding, as he takes control of the largest squadron in Canada.

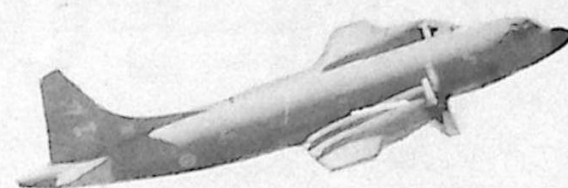


Base Commander Col Ted Gibbon receives the 407 Squadron Standard from outgoing CO, LCol Sutherland, before presenting it to the new CO, LCol Bennett.

# AROUND THE BASE



## Demon Doins



Life around the Demon Squadron is a little more relaxed right now as crews start to go off on leave. As well, Crew 2 is well on their way to Australia for Tasmanex. The most important crews, though, (3, 4 and 5) are still around to handle any tasking.

Last month, 407 Sqn had their Change of Command Parade which saw LCol Bruce "Suds" Sutherland hand over the reins and the remains of his antacid pills to LCol John Bennett. Suds heads eastward to join the Maritime Warfare School as Deputy Commandant as well as becoming a staunch regular at Peddler's.

The actual parade went over well with some very impressive examples of dress and deportment. Capt Ken Westerveld made his own fashion statement, a la Harry the Dresser, by wearing a nice CF green tie with his dress blues. That's what happens when you take clothes out of the closet while still asleep.

Congratulations are extended to Capt Paige Cutland who amazingly enough did not fall over when he wasn't marching. A few reliable sources in the audience noted that Mr Cutland was a fine wind indicator for anything over two knots.

LCol Bennett, who thrilled seismologists everywhere during his unit check-out, started out his 407 stint on an amusing note. While standing in the deputy flight comman-

der's office in front of the aircrew mug shots, the new CO commented, "How come the old guy's still a lieutenant?" while pointing at Crew 3's Lt Mark Wisted.

Crew 5 recently came back from North Island with one note of interest. Capt Carl Marquis confirmed that it is not possible to transmit on VHF when the radio is in the DF position. He also added he'd rather not have it known that it was a nav under training who had to point out the incorrect switch position.

In local news Paige Cutland recently announced that rumours regarding his engagement to Lt Kathy O'Brien of 442 Sqn are indeed substantiated and the knot will be tied sometime next spring. Anonymous warnings and threats have already been issued about what may happen at the stag due to Paige's vicious participation at Capt Pete Holst's stag.

The weekend of August 13 was of course the Abbotsford Airshow and this year Crew 3 had the honour of displaying the Aurora. For the crew this deployment was no different from many others in that, once again, Mark Wisted was left sleeping alone in the crew van after an evening's entertainment. Mark usually only becomes aware of this when he comes back to consciousness at about 5 a.m.

On 13 July Maj Bill Mazey of 407 Nav Standards logged a

memorable 10,000th flying hour. Maj Mazey claims he began flying in 1955 when he got his basic nav wings on the Beech Expediter. Throughout his career he has logged time on the DC-3 Dakota, Lancaster, Neptune, Argus and, of course, the Aurora. Archive records, however, also show the Maj has flown on the Wright Flyer, the R.E. 8 observation aircraft and the Curtiss Jenny.

Nuff said.

### 407 SERVICING

Everybody is back from Hawaii with sunburns and aching heads. The exercise went well with everybody working hard and enjoying their time off. Rob Kuziw discovered how hard it is to apply suntan lotion without help. He returned to Comox with a white hand on his back outlined by sunburn. Guy Moreau is now known as "Guy the GECKO," after the insect devouring lizards. Way to go Warrant! Not everyone fared as well though. On a tragic note Bernie Hebert returned to find his goat had been eaten by a cougar. The entire crew extends our sympathies, Bernie. We have one marriage, one promotion and many postings to mention. Congratulations to Pauline Demers who married Mark LaRoche in Niagara Falls, Ontario. On their honeymoon they stopped off at the West Edmonton Mall complex and report that the Jungle Room is worth every penny.



Maj Bill Mazey is congratulated by Col Gibbon after the flight on which he logged his 10,000th flying hour.



LCol Sutherland and the crew of the Aurora with Maj Bill Mazey after his 10,000th flying hour.

### CD Presentation



MCpl Clevett recently received his Canadian Forces Decoration from LCol Sutherland, Commanding Officer of 407 (MP) Sqn. John joined the Canadian Forces as a Photographer in his home town of Sydney, N.S. on the 16th of June 1976. He then completed his basic and trades training at CFB Cornwallis, and CFB Borden in April 1977. John has since worked in Summerside, P.E.I., St. Margaret's, N.B., and then finally arrived here in the sunny Comox Valley to take up his latest job as a highly valued member of 407 (MP) Sqn Photo in November 1985. Congratulations John and the best of luck in the future from all members of the Demon Squadron.

The wedding, which had been billed as an extravaganza went off without trouble and the newlyweds are back at work showing off their rings. It is no surprise that Dennis Hennessey is comfortably handling his new rank of Master Corporal. Well done! Gone are: Ron Overholt, who along with everyone else is happy to be going to Ottawa; Wayne Sloan goes to the Cal Centre in Esquimalt, closer to his daughter attending university; Bill Pegg is off to Summerside to help Search and Rescue to their job. With all the work involved in moving we hope there's a fridge full of box lunches waiting for him; he'll need it. Fred Otterman has gone to Geilenkirchen, West Germany after a visit to his hometown of Fisherville (just where the heck is that, anyway?) for his brother's wedding.

The surprise of the season goes to Bernie Lebel. We sure hope he likes cross-country skiing 'cause that's all there is in Winnipeg. But on the plus side; the bicycling will be easier! We'll miss everyone of you and wish you all the best in

your new posting. Whenever someone leaves we're supposed to get replacements, and some of them are here. We welcome the crew: our new crew chief Wayne Roberts, a Comm Tech Avs type from somewhere in the "upstairs" part of 407. Recently promoted Jim Helpard joins us from Mob Spares. His first job was to supervise the Argus refurbishment. Now everyone who drives past it will know who to congratulate. Also joining us is Al Lindsey, an Airframe Tech from 409 Sqn. Our expertise continues to grow with Andre Laliberte and Georges Lemieux recently finishing the JX course in Greenwood. Georges did very well on his course but still doesn't know the difference between an order of toast and two toast. You will have to ask him why. Cecille Blanchette needs encouragement because her ball team hasn't won a game yet. At least things can't get any worse, Cec. This is all the news we have this time, but with a crew party soon we should have plenty of news for next time. Till then we wish everybody a good summer. Take care and we'll talk again.

(from Naylor)

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## AROUND THE BASE



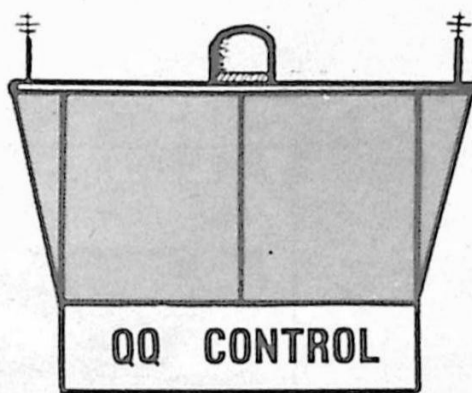
### From The Top Rung

COL TED GIBBON

Well Airshow 88 is history and the collective sigh from the committee members could be heard in Ecum Secum. To say it went well is an understatement and its success is surely a tribute to the hard working committee whose diligent efforts put it together and to all of those who worked Saturday and Sunday to execute their plans. Frequently forgotten when the kudos are being passed out are the folks in roads and grounds who expend considerable effort in keeping our base looking great year round and made a special effort to get the grass green and trimmed and the flowers blooming on August 7th. A special thank you to them for their extra work.

The Commander of Air Command expressed his satisfaction with our approach to bringing the forces to the public eye and the Commander of Maritime Air Group seconded that opinion with a well done. Our special guests Their Honours, the Lieutenant-Governor and Mrs. Rogers, were equally impressed with every aspect of the day. I would also like to extend my thanks to everyone of you who put in the extra hours, performed the extra and sometime unusual duties and put on that happy face to ensure our visitors enjoyed a show they will long remember and will surely attend again in the future. We can all be very proud of our base and our Airshow, particularly those who accepted this extra commitment with enthusiasm and professionalism.

Ecum Secum is in Nova Scotia.



## As The Beacon Turns

Once upon a time, in a kingdom on the other side of the base, there existed a fastball team. (A dynasty if you will). This fastball team after two victorious seasons of Intersection ball came to be known as the "Orcas." Many teams throughout the course of history challenged this ruling class, all to no avail. Yes, I will concede, small battles have been won by the other forces, but the Orcas managed to win the wars.

If you wish to witness history in the making, you can do so by attending the Intersection Finals this weeks, as King Tinker and his band of omnipotent men vie for their third consecutive league title.

Another ball game of sorts was played last week as the ATC and Telecom Gurus

challenged the underlings in a Slo-pitch match, the supervisors claimed a narrow victory, probably due to the lack of the scorekeeper's mathematical ability.

Immediately following the Slo-pitch contest the troops congregated at the renowned Gravel Pit for a mugout of MCpl Elgin Fulford. Elgin will be retiring in the picturesque Comox Valley. The other event was a farewell cast upon Capt Ted Norrie before he embarks on his tour of the Sinai.

Two new controllers have been bestowed upon us recently. Welcome to Capt Bob Trainor from Cold Lake, and to Capt Gerry Chute from Portage. Don't fret guys, Dave Tack is not our regular ATCWO. The only reason Dave got the job of acting ATCWO

is because Herve Guenette was on leave.

The Hugh Shaver farewell party on Friday night was a rather electrifying experience. Has Hugh been living in an alternate dimension for the last two years or what? We saw a side of Hugh that we did not know existed until last Friday. What a pillar of the party community that Hugh Shaver is. Hugh has certainly left his mark on Comox ATC - everybody in the tower is talking to each other in deep voices in a poor attempt to imitate the man.

On a final note, 2Lt Kim Downey has just graduated from the ATCO's course. Kim is leaving the nest and taking wing for Baden in the near future. Auf Wiedersehen!

## PNE — GREAT VALUE

### ENJOY GREAT FREE ENTERTAINMENT

Vancouver (August 1988) - The best things in life are free - and you'll find many of them at the PNE.

FANFAIR '88 offers visitors a wide variety of free special events, displays and attractions. On the fairgrounds, fairgoers will be thrilled to discover a series of special PNE features that are "on the house."

The free entertainment package includes events and activities that aim to please all ages. Check out these great free acts...

### GREAT AMERICAN HIGH DIVE SHOW:

Record crowds were attracted to the team's great show last year - Olympic-style diving sequences and acrobatics set to music. Divers include ex-Olympians and world champions presenting spine-thrilling acts such as a fiery 60 ft. fire-dive from a tiny platform. Aqua-maniac clown perform in rapid-fire comedy routines, completing 20 dives in less than 3½ minutes.

Location: Aquastage  
Dates: Aug 20 - Sep 5 Daily at noon, 2, 4 and 6 PM. Plus additional shows on Aug 20, 21, 27, 28, Sep 3 and 5 - all at 7:30 PM.

### REAL CANADIAN SUPER CATS:

This two-day show provides

purr-fectly exciting entertainment. More than 225 purebred and household pet cats from Canada, and the U.S. (including California) will compete for top honours.

Location: Garden Auditorium  
Dates: August 20 and 21  
Times: August 20, 10:30 AM - 6PM  
August 21, 10:30 AM - 5 PM

### REAL CANADIAN SUPER DOGS:

A guaranteed crowd-pleaser, the Real Canadian Super Dogs show is once again taking place in the Garden Auditorium. What will visitors find at this show? Costumed canines in elegant pageants, drag strip racing, snooker sweepstakes

and agility relay races. Visitors will see an incredible variety of dogs in the parade of breeds.

Location: Garden Auditorium  
Dates: August 22-September 5 (eight 40-minute shows daily)  
Times: 11:30 AM, 1:00 PM, 2:30PM, 4:00 PM, 5:00 PM, 6:00 PM, 7:30 PM, and 9:00 PM.

### CREATIVE CRAFTS AND HOBBY SHOW:

What do photography, jams and preserves, porcelain dolls and woodwork have in common? These are some of the exhibits presented by talented local craftspeople at the PNE's Creative Crafts Show. Demonstrations of crafts include the beautiful creations of The Fraser Valley Quilters Guild,

The Dogwood Tole Society and the Vancouver Lace Club. As well as daily exhibits, visitors will enjoy the Creative Crafts Special Events, taking place at B.C. Pavilion Theatre on Level 1.

Visit the new Creative Kids Club featuring newspaper columnist Lois Walker. Kids will have an opportunity to make their own crafts.

Visitors will also enjoy the skills of enthusiastic artisans and hobbyists at the Hobby Show. A variety of leisure time activities will be demonstrated, including exhibits from the Model Railway Club, International Plastic Modellers and Stanley Park Zoological Society...and many more. Location: Level I, II and III, B.C. Pavilion.



As hard as LCol Denny Thomas may work, that is not perspiration. After his last flight as a Demon, LCol Thomas had a chance meeting with a fire truck. The former CO, LCol Sutherland congratulates his former DCO. All the Demons would like to thank LCol Thomas and wish him well in Ottawa.

SEE YOU AT THE LEeward!

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# EDITORIALS

## STROKES

TERRY STROCEL

First off, I would like to say that all of you people who did not attend the Totem Times "Change of Command" parade last week, really missed the Gala Ceremony of the year. There was pomp and pageantry as Gord Kruger finally relinquished his strangle-hold on CFB Comox's News-Media Centre. Gord, as you know, is now basking in the sunshine and enjoying his retirement after 25 years of dedicated service in the Canadian Forces.

For those of you who do not know me, my name is Captain Terry Strocel and I will be handling the reins at the Totem Times from now on, as Editor and chief nagger to all you Totem Times reps. When I'm not playing Newspaper magnate you will find me flying the Buffalo for 442 Search and Rascal Squadron. I am looking forward to the job and I hope that I will be able to maintain the same standard of reporting as has been set in the past.

Some of you may recall the 442 Squadron Reunion and the History Book that was produced to commemorate the event. Well, I had a little part in the production end of that book, so I figured I might be able to take over and apply my somewhat shaky skills to keep the paper going. I soon found out that it's like being force-fed with a fire hydrant. Maybe with a little practice I'll get the hang of it. The previous guy made it look so easy.

Speaking of Gord I had the opportunity of doing the "last rounds" with him a couple of weeks ago. He introduced me to all the people who I would deal with while producing the paper. It seemed like he knew everybody...come to think of it, he did know everybody. And

as he chatted or waved to "everybody," I thought to myself 'here's a guy who really poured himself into this paper because he believed that it was necessary for the base and the community. Even for all the thankless hours he put in to ensure that everyone read out CFB Comox every second Thursday, he still cared. But he got something in return...he got a sense of belonging to both the military community and the people of the Comox Valley.

And as Gord was saying goodbye to each person he met I couldn't help noticing a crackle in his voice or a sparkle in the corner of his eye that told me that his relationship with the Totem Times was something that went far beyond the term "Secondary Duty."

As I was opening the usual stack of Totem Times mail the other day, I came across a rather heavy package. I opened it to find a plaque from the Canadian Community Newspaper Association. It was an award from the 1988 Better Newspaper Competition for the Best Armed Forces Base Paper. Well I turned to Judi Hooge, the secretary here, and told her that here I was, only two days on the job and already they're sending me awards. Even though we had a good chuckle I still kept thinking 'Boy, have I got some big shoes to fill.'

My hat is off to you, Gord. I think everyone on the base should take just one crack at trying to put this paper together and then they would appreciate (beyond a shadow of a doubt) the hard work put into the production of the Totem Times paper.

So while I'm on the subject of work and Totem Times, I

## AIRSHOW SMILES



Smiling faces were everywhere during the Airshow this year at CFB Comox. The smiles were not just on the faces of these children as they peer out through the back door of a U.S. Navy C-130. Airshow organizers are also very pleased with the huge success of this year's display.

## Happy Birthday Grammie Love Katie & Megan

am going to start by politely soliciting help from anyone on the base who has an interest in journalism, paste-up artistry or camera work. The hours are bearable and the end result is something to be proud of.

So now that I have written my first editorial and put my first newspaper to bed I'll leave you with a favourite saying that I heard at Staff School... "Just because you're not paranoid, don't think there's nobody out to get ya."



# TOTEM TIMES

CFB COMOX, LAZO, B.C. V0R 2K0

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EDITORIALS



Lightside

NORM BLONDEL

THE BAG LADY

I'd just returned from the hardware store and was gazing into my paper bag full of nails, when there was a rush of wind and I felt a blow on my elbow.

My bag disappeared. The nails hovered briefly in their porcine-like mass, then plunged to the garage floor and spread in all directions. I heard an "I'll take that," and glimpsed a shapely pair of jeans disappearing around the corner. Oh boy, I thought, it's seed time again, Wife is collecting paper bags.

I should never have written that article about "Julie Lupin-seed." It's gone right to her head. Where small envelopes sufficed for her modest collection before, now she's using paper bags. Any size. Especially large grocery bags.

Overwaita isn't worried; they use plastic grocery bags. The Village Food Mart is. They are converting to plastic a year ahead of schedule. Safeway has taken out a court injunction against Wife, and Leung's has her mugshot posted at each checkout counter.

Word has spread all over North America. Colonel Oliver North was even asked if his shredder took paper bags, but he took the Fifth Amendment.

Central Builders now charges a fifty dollar refundable deposit on each bag, and a shoppers' panic has started. Every conceivable kind of paper bag has disappeared from the shelves.

If I'm away from home the next day, I prepare my lunch-bag at night. In the morning my sandwich and muffin sit there naked. There's a huge padlock on the spare bedroom door. I don't have the key, Wife does. But I know what's in that room. Seeds. Not just flower seeds -- oh no -- this has really got out of hand. We've got acorns, cherry pits, apple cores, whole Witches Broom bushes, melon seeds, wheat, oats and barley, dandelion heads -- if it's a seed, Wife is collecting it. If she starts collecting coconuts I'll have to build another bedroom.

The Canadian Wheat Board called. They didn't mind Wife collecting wheat, oats and barley, since it gave the farmers a steady market, but there's been this drought: could she do it another year?

MacMillan Bloedel wants her on its board of directors.

This is getting too much for me. The only bags left around here are the ones under my eyes.



LETTERS WE GET

The Editor,

I would like to express my sincere appreciation to all military and civilian participants who performed in the "Air" portion of the 1988 Tattoo. I was a witness to this wonderful spectacle and pleased with the obvious enthusiasm displayed by all participants.. You can be justifiably proud of your efforts.

I also wish to thank those personnel who spent many hours preparing for and organizing Air Command's input into this event.

Thank you for a job well done.

LT. Gen. Ashley  
Commander Air Command

The Editor,

I am researching material for my latest book. The book will be on RCAF/RCN and CAF aerobatic teams and "one-off" aircraft. The book will cover all teams from the original Siskins to the current Snowbirds. By "one-off" aircraft I mean those aircraft that carried special paint schemes such as the Tiger striped CF-104s of 439 Squadron to the 30th anniversary MR-880 Tracker. The only criteria required is that the aerobatic teams must

have had an actual name even if, as was the case for some teams, the team itself may have only been in existence for a single weekend. To date I have information on over 40 different teams. I would like to contact anyone from pilots to groundcrew or anyone with photographs or information on any of these teams or "one-off" aircraft. Any photographs or slides sent to me will be copied and quickly returned. Full credit will be given for all material used.

For our trivia buffs - Our supply of trivia photos is increasing thanks to your help. However, we can always use more photos of aircraft or unusual predicaments that they might be found in. Also, it is proposed that a trivia contest be run with each photograph. If there is an interest in a contest, let us know and we will put together a set of rules and prizes. With luck and your help, we will start the contest with the next edition of the Totem Times.

John Bradley  
PO Box 385  
Lazo, B.C.  
V0R 2K0  
339-0249

Dear Editor,

416 Lynx Squadron will reactivate on Friday 9 December, 1988 and stand-up festivities will continue throughout the weekend. The festivities will celebrate not only the reactivation of a purebred fighter squadron, but also the culmination of the CF-18 acquisition. Any ex 416 Squadron members or other persons interested in attending are asked to contact the 416 Squadron Stand-Up Committee at P.O.Box 1809, Medley, Alberta, T0A 2M0 or Major D.C.Burt at Cold Lake local 7611, commercial 403-594-7611. Come celebrate with us! AD SALTUM PARATUS.

D.C.Burt  
Major  
416 Squadron  
Stand-up Committee



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**Air Force Trivia** WHAT WHERE WHEN WHY

**Answer from Last Issue**

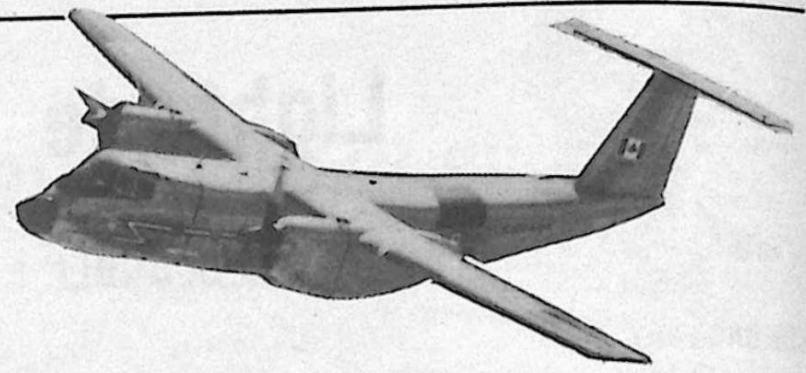
**THIS WEEK'S TRIVIA:**  
What is the aircraft type, who owns the aircraft, and what arm of service does this aircraft belong to?

**TRIVIA ANSWER:**  
This is a Canadian Vickers Vancouver. The item that is missing is the forward machine gun mount. Though not always so equipped, the majority of surviving photographs show that the mount was usually installed.

# SECTION NEWS



## 442 Squadron



### LAB FLIGHT

These last few weeks have had their share of ups and downs for the hard-working crew in Lab Flight; most of which related in some way to the Comox Airshow.

Firstly, a warm welcome is extended to two new members of the flight: Captains Lorne Reid and Kirk Sunter. Lorne joins us from scenic Gander, while Kirk, who also flew Labs in Gander, comes to us directly from 3CFFTS in Portage La Prairie, where he was employed as a helicopter instructor.

No sooner had our new members arrived than they were put to work on the Airshow. Kirk Sunter "volunteered" to man an Airshow promotion booth in the Driftwood Mall before he even knew there was an Airshow. Lorne had a better idea; disappearing completely by teaming up with Dale Fritzke to take the standby Lab to Victoria for the duration of the show. The rest of us earned our sunburns in other ways.

Major Kippel and Hans Kleeman wowed the crowd with their SAR demonstration, while Louise Neil, Brian Myrah, and Tom Hughes an-

swered the public's questions near the static Lab. Just the facts please: "One engine runs the front rotor and the other runs the rear one." "The big red things at the back aren't tanks. They're really beer kegs." "No, it's actually much faster than the Buffalo." One spectator was rumoured to be so impressed that he tried to extinguish a non-existent fire by pulling the fire handles. Thanks.

Overall, the Airshow was a great success and a lot of fun, but let's not have another one for a while, okay?

### SAR SUMMARY

**MAYDAY MAYDAY** MAYDAY...Just kidding. No freighter and no passenger liner. There I was...No. it was not a dark and dirty night. It was clear and a million and we were on a normal trash hauling mission. Actually, we were off to the Vanderhoof Airshow with the Skyhawks on board when tower advised us that they were picking up an emergency locator transmitter (ELT) to the West. We homed the ELT to a crashed helicopter which Kirk Steeves spotted on a 6000 ft peak. As we had already accomplished our task

by scooping the standby Buffalo we decided to call in the Lab to hoist the people from the crash site. Luckily for all concerned, the Aircraft Commander of the standby Labrador was the infamous Capt Charlie "Res-Q"!! Due to the steepness of the peak, Capt Q thought his rotor wash would blow the victims off it so he hovered lower down the mountain, hoisted his SAR Techs down and made them walk up the mountain (Boy, did they complain!) to assist the "rescuees." After hoisting everyone back up and transporting them to the Campbell River Airport another successful mission was entered in the 442 Sqn History Book.

Otherwise, it has been a fairly quiet few weeks rescue-wise. The ELT gremlins have been up to their usual mischief, and there were a few reports of unusual "sightings."

On 22 July a Buffalo was tasked to investigate a possible downed aircraft, as a "shiny thing" was sighted near Mount Cayley. After contouring the area, nothing was found and the Buff returned to Base.

A dramatic rescue at sea took place on 28 July. RCC

tasked the standby crew to assist a 45' cabin cruiser that was reported to be taking on water. After the coordinates were plotted, the Lab sped to the scene, which was in Kye Bay about 100 yards off of Air Force Beach. The boat was aground and a SARTECH was lowered with a pump. Soon five pumps were operating, with help from the CGV Teal, MV Albatross, and an RCMP vessel. After about an hour the sea finally overcame the pumps - GLUB, GLUB- and the boat was abandoned.

Moments after this daring marine rescue, RCC advised that they were receiving a transmission on FM channel 16, which is the emergency frequency. Although they suspected it to be a stuck microphone, the standby Lab was sent to investigate. The signal was homed to a fish farm near East Thurlow Island, where the fish were found to be making unauthorized transmissions. The SARTECHS intervened and the fish relented. That's all for now from the exciting world of Search and Rescue.

### NAVS

Capt Brad White and his

family are all moved in but not necessarily settled and has started to do some West Coast flying. Scuz and Mark Ouellet are back from the Herc OTU. Mark will be heading back to Trenton for the Buff OTU and Scuz, although nothing is on paper, is rumoured to be heading to Edmonton 1 Sep 88 to fly on Hercs. Fletch drops into the office every now and again between airshows to see how the rest of us are making out, generally he sees Harold keeping the Sqn running smoothly in Ops, Rudge scratching out airshow minutes and the Maj he doesn't see because he is off flying. Gord Currie's move to the hinterland went surprisingly well considering he let his helpers get into the beer trough before the work was complete.

### BUFFALO CHIPS

The beach party was a riot and the bad guys were all Buffalos. The Buff Beach Volleyball team won all the games except one. We also won the Tug-Of-War.

It's airshow time and Maj Allott staying busy by showing the Buffalo's performance to all BC residents, Capt Vanderpek is leaving us for Germany where he will fly the Dash 8.

Comox Air Force Museum



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SECTION NEWS



# From The Fire Chief's Office



# Supply Signals

**FIRE SAFETY TIPS FOR PROPANE BARBECUES**

The following information was gleaned from "In Fire Mation," a magazine published by the BC Fire Commissioner's Office.

A recent fire in New Westminster was caused by the ignition of leaking propane from a gas barbecue. The initial explosion threw the owner six feet back and singed his hair and eyebrows. Since the barbecue was placed on a back porch against a cedar siding wall, the ensuing flames ignited the siding and rapidly spread to the soffits and roof. Total damage is estimated at \$85,000.

The tank was filled just prior to the incident and the owner did not use a wrench to tighten the hose connection to the tank. The leaking propane ignited causing the explosion.

In 1986, there were 29 similar incidents related to propane barbecues although none of them caused as much damage as the New Westminster incident. The 29 incidents caused a loss of \$97,402 and two injuries. (There was one additional incident of a leaky connection on a portable propane stove in a church hall which caused \$40,000 damage and six injuries.) Closer to home, a similar incident occurred at Comox in May 1986. A leaking propane hose ignited

causing \$200 damage.

Here are a few safety tips for the outdoor cooking enthusiast.

Always locate a barbecue away from any combustible material.

Check and make sure the connections are tight. Leaks can usually be detected by dabbing joints with soapy water. If bubbles occur, there is a leak that must be corrected.

The pressure relief valve will release propane if the pressure inside the cylinder becomes too great. Pressure varies according to temperature, regardless of the amount of propane inside. At -42°C (-44°F) the propane will stay liquid and there will be no internal pressure. At 74°C (165°F) the pressure release valve will start to release propane. This valve should never be tampered with.

Cylinders should never be overfilled. When filled to rated capacity, there is always a vapour space left to allow for expansion of the liquid propane as temperature varies. Cylinders are filled by weight, so a 20 lb cylinder, a common size, would hold 20 lbs of liquid propane. Some cylinders are equipped with a liquid-level bleed valve that indicates when rated capacity has been reached.

Cylinders must always be upright, whether in storage, during transportation or in use.

This will ensure that in the event of excess pressure, vapour escapes and not liquid propane. This would immediately vaporize, expand 270 times in volume; the associated dangers are obvious.

Cylinders should never be transported, stored or installed in an enclosed space. In permanent dwellings or recreational vehicles, cylinders must be outside, or in compartments that are sealed from the inside and vented to the outside. This will avoid a dangerous build-up of propane vapours.

It is mandatory that after ten years of service a cylinder must be requalified. To requalify a cylinder, the relief valve must be replaced; however, in most cases, the shutoff valve and relief valve are one combined unit. Cylinders are date stamped usually on the protective collar. Your propane supplier can assist you in getting cylinders reinspected. In practical terms, it is usually easier to buy a new tank because it costs almost as much as replacing the valve and requalifying an older tank.

For more information on propane barbecues and Fire Safety contact ICG at 1421 McPhee, Courtenay, 334-2478, or the CFB Comox Fire Hall at 339-8552.



MWO Smith, Maj Blakely, Capt Collins and WO Maude present Joann Martin with her accelerated promotion to Corporal.

The summer season has brought about strange and wonderful things; the most recent of these being the long-awaited and delightful Comox Airshow. It's surprising to see that some master corporal in 6 Sup Grp still had a white uniform at the end of the day. Although a lot of great work was done by all, there was still time to have fun and relax. One of these cases was the dirty dancing contest during the Saturday night bash in 3 Hgr.

All supply techs on hand think that Debra and hubby should have won hands down, hint, hint. The final point to add about the Airshow is that Kathy and Joanne became totally convinced that Dickie Dee bikes and Airshow traffic come together to make an ice cream sandwich "Crazy Drivers." We admire their bravery. They did all this for their ball team! Wow!!

Among all these happy faces are those that have to leave our Comox homeland to venture on to Borden and their TQ5 course. Good luck, Kim, who follows the footsteps of fellow worker, Karen, who is now enjoying the sunny weather of the Ontario desert. Ha! Ha!

While we're talking about movement, yes, you guessed - John Clark moved AGAIN!! He sold his house and bought a new home in Comox. He has admitted under torture that this is his last move.

On the more mushy side; Caroline Borkent, now Anderson, became a newly wed on 30th July and may now be found honeymooning along the California coast. We wish her and her new hubby lots of happiness in the years to come. We all know something is

coming and Mary-Jo is showing us a little more every day. We wish her well. What will it be...boy or girl?

On behalf of all the supply techs, we welcome Sgt Jim Sulek from Kamloops, now working in Purchasing. Cpl Darrell Strong arrived from Esquimalt and the mighty HMCS Qu'Appelle. He will be working in MPO. Civilian Rick Taylor has replaced Paul McAndrew and is now on the job in 1 Sup Grp. Vicky Smith has also joined 1 Sup Grp. She just arrived from CFB Greenwood.

This issue's signal fire is slowly dying down but we must not forget about our illustrious marshmallow hitters. Yes, Wally Berger led his team to a victory in the 27th of July golf tournament held at Glacier Greens. Cathy Hailes, Norm Hailes and Heather Smith were the other members of the team. Wally took the longest drive for the men, while Claire Gagnon took it for the ladies. Claire didn't stop there, taking closest to the pin, too; while Jack Picard gladly took closest to the pin for men. All and all everyone seemed to have fun between issues. So, so long and have more fun.

**LATE FLASH!**

Base Supply Softball Team defeated 442 Sqn in a sudden death game and went on to meet the powerful ATC Team. Sad as it is, we were defeated two straight and now must spend the rest of the year looking for other forms of sport for enjoyment. The Coach thanks all the players who faithfully turned out for all the games and also thanks the fans for their support.



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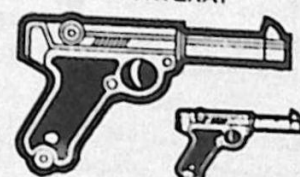
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## SECTION NEWS

# Anker Klankin

## VU 33 TECH SIDE

With a good number of techsiders away on summer leave and TD there doesn't seem to have been many notable happenings as of late.

The summer lull has given maintenance techs "Bert and Ernie" a little time to set up a coffee and card shack right out there on the repair floor. A while back Fred Kay and some of the guys opened up a tracker engine crate right next to one of the CT133 repair spots. "Bert and Ernie" couldn't pass up a good thing. They soon found a table and two benches to outfit the 3 walled wooden structure. "There's no life like it," say "B and E." "Bring us a coffee and we'll break out the cards guys."

The techs and supervisors put in many hours during the CFB Comox Airshow. Cpl Ron Fortan and his crew served up hundreds of hamburgers and hot dogs during the Saturday evening dance and again on Sunday for the clean-up party.

Ron's team members were Nancy Hamsel, John Johnson, Dave Brown, Dean Young, Trevor Jones, Wayne Horten, and Lynn Lambert.

Harry Weeds and Ray Weber got to welcome the visiting pilots at the Airshow Reception Centre and get pertinent servicing and ETD data from them. To pass the time Harry sipped on club sodas and Ray improved his sandwich and pastry sampling techniques. Nice work if you can get it.

The rest of the VU 33 members were "servin' suds" at the beer garden. This, of course, is a mission impossible as the customers always outnumber the flow of draughts.

## ANKER KLANKIN'

The 1988 Comox Airshow is now over and, although the planning for 1990 has already begun, most of us have a few moments to reflect on what was a very successful event. As the Special Events Director I'd like

to thank all members of the Fighting 33rd for their magnificent efforts that weekend. Thanks to you Saturday night's Hangar Dance and the Beer Tent ran smoothly and we were able to accomplish our aims. While all Sqn members displayed the attitude and spirit that makes this Sqn such a great Unit two individuals are worthy of special mention.

Corporal Ron Fortin was certainly in his element as our head chef. In the weeks leading up to the airshow his preparations for the barbecue were meticulous. That planning paid off and he and his crew produced an excellent dinner for a very large crowd.

Sergeant Ted Town was responsible for the operation of the bars and ticket sales on Saturday and Sunday. He made a very difficult job look easy and kept his people motivated through what was a very long and tiring weekend. Thanks to both of you for a job very well done.

One of our Sqn aircrew members has been conspicuous by his absence recently. Captain Orlando Bokor is presently in North Bay where he's learning to fly the venerable T-33. So far his Sitreps haven't included many details about the flying but we understand his social performance is generally meeting the standard with occasional lapses to "acceptable with debrief." Expect "Bok" back in another week, at which time Captain Pete Bush will travel to North Bay in his bid to join the ranks of those who fly the fluorescent fighter.

One of the unsung heroines at VU 33 is Katie Wylie who has served as the CO's secretary for the past two years. Despite her relatively short time in the job Katie has become something of an institution at the Sqn. We who have become accustomed to her sharp wit, ready smile and "can-do" attitude are starting to wonder what we'll do when



Paul Nolan earned an accelerated promotion to Cpl as a result of hard work and application to his trade advancement and his job as a member of the T-33 maintenance team. SAMEO Capt Bill Snow presenting.



Tracker draws a crowd at the Vanderhoof Airshow.

she's gone. In addition to her regular duties Katie has taken an active part in Sqn life by attending our events and parties. And surely there aren't many secretaries who remember all of

the aircrew's birthdays and bring in a cake to celebrate!!

Katie has already earned high praise from her colleagues at the Totem Times for her

hard work at the paper. All of us at VU 33 Sqn would like to add our thanks for your work, Katie, and wish you all the best for an enjoyable time in Edmonton.

## COMBINED OPERATIONS

CFB COLD LAKE, ALTA -

- Flying a lumbering C-130 Hercules loaded with propaganda leaflets and supplies for friendly guerrillas deep behind enemy lines, is not an easy task at the best of times. At Maple Flag XXI, with squadrons of enemy air defence fighters actively searching for such intruders, it was even more difficult. Proper mission planning; accurate, up-to-date intelligence, properly presented and interpreted;

cooperation between transport, escorting fighter and covering early warning aircrews; all had to be perfect if any mission was to be successful. Lieutenant Peter Scales, right, Cold Lake's intelligence officer, knew this and in his mission planning with, from left, German Luftwaffe 1st Lieutenant Michael Heinrich, a NATO Airborne Early Warning Force weapons controller, serving in the Maple Flag NAEWF aircraft on loan from Geilenkirchen West Germany; Captain Craig Finney, a

435 Transport Squadron Hercules pilot; Captain Mark Lecours, a 435 Transport Squadron navigator; and, Captain Doug Sparks, a F-16 fighter pilot from the U.S. Air Force's 70th Tactical Fighter Squadron, everyone worked hard to get the Herc across the lines and back safely. They must have planned well because the mission succeeded! "It's sure a change from last year when we got shot down ten days out of ten," Capt Lecours said. "I guess that's why we come here to get experience!"



## ON AND OFF THE BASE

### AIR COMMAND'S NEW MARINE RAILWAY AT HMCS QUADRA

On Tuesday 19 Jul 88, the Crash Rescue vessel Albatross YAG 661 became the first vessel to be hauled from the water on the new \$130,000 marine railway at HMCS Quadra, Goose Spit.

The new "Ways" replace an old facility made obsolete when CFB Comox acquired two new large crash rescue boats in

November 1985, and will eliminate an expensive three day trip to Nanaimo to clean hulls and replace zincs, etc. The railway is also used to launch and haul out Sea Cadet Motor Cutters and Tenders.

Present at the inaugural "haul-out" were the Base Commander, Col J.E.H.Gibbon. The BT-

SO, LCol G.T.Mack and the A/B TnO, Capt J.A.Van Gelder.

The Marine Superintendent, CP01 G.K.Hunter was in charge of the docking assisted by Marine section personnel and two SAR divers from 442 Sqn.

Albatross now has a clean bottom, new zincs and two extra knots.



Chief Petty Officer G.K.Hunter about to complete the last phase of haul out.



"Haul Out" completed - Albatross ready for bottom wash. "Haul Out" crew and observers. Left to right CPO G.K.Hunter Marine Supt, PO D.Meade, Mr M.Glenmore Defence Construction Inspector, L/S D.MacKay, PO G.Saunders, PO R.Morris, Mr. A.Derby Marine Engineer, L/S M.Potter, Mr. A.Rosie, LCol G. Mack BTSD, Capt J.Vangelder A/BTNO.



Chief Petty Officer Hunter explains the requirement, procurement and workings of the new marine railway at CFB Comox to R/Adm R.E. George Commander MARPAC and B/Gen C.M.Curleigh Commander MAG, while Col J.E.H.Gibbon Base Commander CFB Comox looks on.

#### PRESENTATION OF SQUADRON COLOURS



THE PRESENTATION OF SQUADRON COLOURS WILL BE HELD AT CFB SUMMERSIDE, P.E.I. ON SEPTEMBER 24, 1988. A REUNION FOR ALL WAR-TIME AND POST-WAR 420 SQN MEMBERS WILL BE HELD DURING THE WEEKEND OF 23-25 SEPTEMBER

FOR FURTHER INFORMATION CONTACT:

COMMANDING OFFICER  
420 AIR RESERVE SQUADRON  
CFB SUMMERSIDE,  
SLEMON PARK, P.E.I.  
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ATTENTION: COLOURS CO-ORDINATOR  
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VANIER SECONDARY SCHOOL

7:30 PM  
including

- information about club membership and get-to-meet the new head coach, Ken Radford  
Swim practices start at the indoor pool on Monday, September 12th at 5:00 PM

Information:  
337-5759 338-6815

## SPORTS AND RECREATION

## Sports Shorts

## PAC REGION SERVICEWOMENS SOFTBALL CHAMPIONSHIPS

Did you know that the Servicewomens' Pac Region Softball Championships will be held right here in CFB Comox from 26th to 28th Aug 88. CFB Esquimalt will be playing a best 2 out of 3 against our Base Team.

Come out and cheer our team on to victory.

## GAME TIMES:

- Sat 27 Aug 1000 hrs - 1st game  
1400 hrs - 2nd game
- Sun 28 Aug 1000 hrs if necessary (3rd game)

## PAC REGION TENNIS MIXED CHAMPIONSHIPS

The Pac Region Tennis Mixed Championships will be held at CFB Esquimalt 30 Sep - 3 Oct 88. In order to choose a Team to represent CFB Comox, a play-off will take place during the week of 5 - 9 Sep 88. All service personnel (male/female) interested in participating in this play-off are to register with the Base Rec Centre at Local 8315 prior to 26 Aug 88.

## CATEGORY:

- Open Single Men and Servicewomen
- Open Double Men and Servicewomen mixed

## TEAM COMPOSITION:

- (4) Four open Men
- (2) Two open Women or Individual entry.

## PAC REGION RUNNING CHAMPIONSHIPS

CFB Det Nanaimo will host the Pac Region Running Championships 6 - 9 Sep 88. All military personnel interested in representing our base at these Championships are to contact the Base Rec Centre at Local 8315 NLT 18 Aug 88.

## CATEGORY AND DISTANCES ARE AS FOLLOWS:

- (4) Four Open Men
- (2) Two Master Men over 40 years of age
- (2) Two Open Servicewomen
- (2) Two Seniors Men over 48 years of age

## Day 1 Wed 7 Sep 88 Cross Country Race

- Men 10 km
- Women 5 km

## Day 2 Thu 8 Sep 88 Rest Day

## Day 3 Fri 9 Sep 88 Road Race

- Open Men 15 km
- Women and Master Seniors 10 km

## BOWLING

The Base Bowling Alley will reopen 11 Sep 88 for the Fall and Winter Season.

The Bowling Schedule is as follows:

## Casual

- Sun 1 - 4 p.m.
- Thu 6 - 9 p.m.

Contact Pat Hudson at 339-3965

## Mixed League

- Sun 6:30 - 11:30 p.m.

Pres. Dennis Roy 339-7998

## Mixed League

- Wed 6:30 - 11:30 p.m.

Pres. Peggy Valiquette 339-4472

## Mens

- Mon 7 - 11 p.m.

Pres. Al Barron 338-0951

## Ladies

- Tue 7 - 11 p.m.

Pres. Michelle Bennett 339-4203

## Wed Afternoon Ladies

- 1 - 4 p.m.

Pres. Marlene Allott 339-5767

YBC Harry Lavoie 338-1049

NOTE: A General Meeting will be held on 25 Aug in the Rec Centre at 7 p.m.

Any person wishing to enter a team or to get on a team please call the President of the League.

For Party Booking, alleys are available Fri or Sat evenings. Call Pat Hudson 339-3965.

## GYMNASIUM CLOSED

The Base Gymnasium (Gym floor only) will be Out of Bounds in order to have the floor resurfaced from 1630 hrs on Friday 19 Aug 88 until 0800 hrs 28 Aug 88.

## CAPE LAZO POWER &amp; SAIL SQUADRON

Registration for the Power Squadron's Boating Course will take place at Courtenay Junior Secondary School on Harms-ton Road September 6, 7 p.m. room 104. There will be NO pre-registration. Classes will commence Thursday September 8 and run for 15 weeks. For further information call Bob Hilborn, 335-2238 or Hank Oke 339-2148.



Outdoor Writers of Canada

## Pipe Smoke

Gerry Gerow



Fall is almost in the air. It won't be long before we start thinking seriously of that all important first bird shoot. I just picked up a copy of the 1988 B.C. hunting regs and was surprised to see the cover decorated with a photo of friends Chuck Cronmiller and young Mike Gavin, not to mention Chuck's Brittany Spaniel, Chivas. (Everyone can't own a German Shorthaired Pointer, right Frank)? Mike hunted pheasants and chukars with his dad and I last year, but this will be his first year to carry a gun. I asked Frank one day if Mike would be starting out with a 20 gauge shotgun. No way he retorted. He'll start out with a 12 gauge. That's real good thinking.

Far too many sportsmen start their youngsters off with a small gauge gun, fearing that they are too light to handle a 12. Fiddlesticks. I own a .410, a 28, a 20, and a couple of 12s. The only guns that go hunting are the 12 gauges. .410s (really a 36 gauge) and the 28 belong strictly on the target range, where they can be a lot of fun, and really separate the good shooters from the rest. So too, to a little less degree does the 20. It does have some limited application in certain field situations. A study of velocities will show that the 20 gauge cartridge doesn't have what it takes to do the job under all conditions, even when handloaded to maximum pressures.

The small guns result in a lot of crippled game, not to mention the missed opportunities. To have any kind of success with a small gauge, the shooter must get his shot away

at a considerable closer range than with a 12 gauge. A lot of sportsmen don't realize or don't stop to consider that a given choke setting will result in the same spread of pellets at a given range, but with the small gauges there are a lot less pellets in the pattern, and this results in holes at longer ranges than you could drive a truck through.

There are many factors that contribute to a successful wing shot, but by far the greatest is the amount of energy in the pellets which make contact. A given size shot pellet will produce a given amount of energy depending on its velocity at impact, which naturally declines with range. Therefore a certain number of pellets must make contact. One or two won't do the job.

So, let's give the youngsters a chance. They'll be shooting at longer ranges and with less accuracy than those with more experience. So they need everything going for them. That means a 12 gauge shotgun. If they're too light to handle the recoil from a 12, then perhaps they are a little too light to be in the field this year and should wait till next. Better to wait a year than to suffer disappointment after disappointment because of missed chances. Many youngsters have lost all interest in bird hunting for just this reason. It's also a good idea to take the young nimrod to the skeet or trap range and let him get the feel of shooting at a moving target in a controlled situation, before going out in the field. *The puppy will be ready to take home in only 4 weeks, Frank.*

## BASE SOCCER TEAM WINS

CFB Comox travelled to Victoria last Monday to play against the Fleet in a home and away series for a final birth to the Pacific Region Championships.

The Base team defeated a strong Fleet team 3 - 2. Two fine goals were scored by Bob Ritchie and Kelly Smith was responsible for the other goal after he fired a shot that deflected off the goal post.

Our two goalkeepers, Hank Niewiadomski and Warren Whitehead were very steady and impressive in goal. The three fullbacks (the Enforcers) Pete Howe, Gary Johnson, and Dave Muldoon played a very strong game. The midfield players Vince Chung, Dave DeVries and John Cassidy set up many players and scoring opportunities. Our forwards, the speedy Kelly Smith, Bob

Ritchie, and Kelly Maude, the imposing Davis Mitchell, the workers Jeff Buxcey and Brian Reid created many good scoring opportunities and gave the Navy goalie grey hair. In all it was a good solid game and only two injuries, right Ziggy.

The next match in the total point series against the Fleet will be at CFB Comox at 1400 hrs on our soccer field on Sunday 21 August.

## INTERSECTION SOFTBALL LEAGUE FINAL STANDINGS

AS OF 4 AUGUST 1988

## FAST PITCH DIVISION

TEAM	GP	WON	LOST	TIED	POINTS
BOPSO	18	13	4	1	27
407 SERV	18	11	6	1	23
OLD TIMERS	18	10	8	0	20
SUPPLY	18	9	9	0	18
442 SQN	18	4	13	0	8

## SLOW PITCH DIVISION

TEAM	GP	WON	LOST	TIED	POINTS
BTNO	15	12	2	1	25
CE/MIR	16	8	8	0	16
407 ARMT	13	1	11	1	3

# SPORTS & RECREATION

## FITNESS FOR LIFE CLUB



MCpl Josee Descoteaux, president of The Club and our new SR PERI P01 Ken Brondel, were pleased to present their first Fitness For Life Award (500 pts Certificate) to Capt Cossette, WO Howell and MCpl Ward. Congratulations and keep up the good work.

## TIME TO REMEMBER HERO TERRY FOX

Several years ago Canadians began to talk a lot about their country. What does it mean to be Canadian? What special events in our past made us stand apart? Who are our national heroes? Then a young man had his leg amputated because of cancer. The night before the operation he had a dream - to run across Canada to help people with cancer. The summer of 1980 that average Canadian kid with his artificial leg gave many Canadians something they had been looking for - a hero, Terry Fox.

Fox Run in Merritt, Oliver, Kamloops, Quesnel and many small communities en route. "The Terry Fox Run is a big event for many small communities in B.C.," says Staley. "The volunteers are always pleased to meet Mrs. Fox and quite often they will share with her the personal ways cancer has touched their lives." Mrs. Fox always has time to listen and answer their questions. People recognize in her the compassion she draws on as a mother who lost a son to cancer," explained Staley.

Today Betty Fox, Terry's mother and Cecilia Walters, Honorary Chairperson for B.C. Terry Fox Runs announced the start of the advertising campaign for the Eighth Annual Terry Fox Run for cancer research. Volunteers are busy planning for Terry Fox Run Day at over 350 locations in B.C. and the Yukon. Mrs. Fox announced to representatives from local radio stations: "The Terry Fox Run is more than a Run. People come out to keep Terry's dream of finding a cure for cancer alive. I've talked to researchers, cancer patients and volunteer Run Organizers across Canada and I know the Terry Fox Run is very important to them." Mrs. Fox says "their enthusiasm keeps me going." Mrs. Fox and provincial coordinator, Kathy Staley leave Saturday on a promotional tour of B.C. to encourage support for Terry

Cecilia Walters announced the goal for B.C. is \$500,000 this year. "And although Terry Fox died of cancer at age 22, his dream is now a part of our Canadian culture and is celebrated every year on Terry Fox Run Day. The Eighth Annual event will be held at over 350 locations in B.C. & Yukon on Sunday, September 18, 1988.

Hundreds of thousands of people across Canada and around the world have been pledging money to help find a cure for cancer every year. As one more individual among hundreds of thousands who participate each year, you too can make a difference. "Catch the Dream" and celebrate the hope that Terry Fox started when he so aptly said, "Somewhere the hurting must stop," and together on September 18, 1988 we will be one step closer to realizing Terry's dream.

## OFFICERS MESS

WEDNESDAYS AUGUST 24, 31  
WEDNESDAYS, SEPTEMBER 7, 14, 21, 28

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

FRIDAYS AUGUST 19, 26  
FRIDAYS, SEPTEMBER 2, 9, 16, 30

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

FRIDAY SEPTEMBER 23

MEET & GREET: Everyone is invited to an evening and a chance to meet new friends and greet old ones. Dancing to DJ.

TIME: 1800 hrs  
DRESS: Casual  
COST: Free

FOOD: BBQ Steak/Fresh Fruit Dessert  
Reservations

WEDNESDAY SEPTEMBER 28

OWC BRIDGE CLUB

COMING EVENTS FOR OCTOBER:

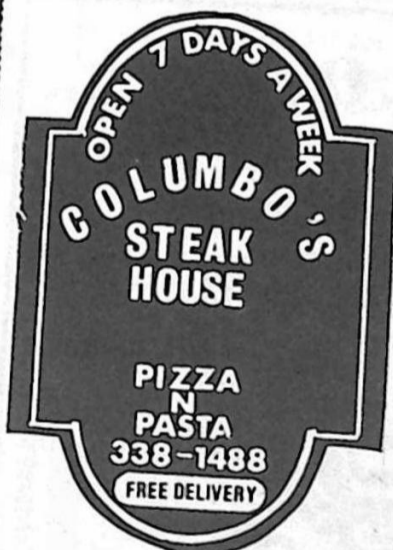
TBA - British Comedy Act  
TBA - Oktoberfest

"COOK YOUR OWN BBQ" Individuals wishing a "Cook Your Own BBQ" can now obtain frozen steaks from the bar. Cost \$3.50. Condiments provided.

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

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

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



PROTECT YOUR LUNGS



DON'T SMOKE

† British Columbia Lung Association

The 8th annual!  
Make this the year you get involved, organize a run,  
sponsor a participant, cheer the cause.  
Make this the year you take part in

THE TERRY FOX  
RUN  
WALK  
JOG  
BIKE  
WHEEL  
RIDE *Bring a Friend!*

COMOX VALLEY RECREATION CENTRE (ARENA)  
LOCATION

REGISTRATION 1200 HRS - STARTS 1300 HRS  
TIME

COMOX BASE GYMNASIUM  
PICK UP YOUR PLEDGE SHEET AT

The Terry Fox Run  Sunday Sept. 18th  
Proceeds from The Terry Fox Run go to the Canadian Cancer Society for cancer research.



## WOS & SGTS WIVES CLUB

Our first meeting for 1988-89 will be a Meet and Greet Social, to be held in the Mess Lounge on Monday, Sep 12. Doors open at 7:30 pm. Meeting starting at 8 pm.

A warm invitation is extended to our previous members to come out and get reacquainted with old friends, as well as new members.

We'll be looking forward to seeing you. For more information call: Marilyn Gray (President) 339-7157. Jackie Simms (welcoming person) 339-6669. Rae Knelson (phoning person) 339-3909.

## New magic date for CSBs—Nov. 1

If you're a regular buyer of Canada Savings Bonds, you'll probably want to circle Nov. 1.

That's the last day investors will be able to buy new CSBs for cash at face value.

If the new bonds are still on sale after Nov. 1 - and there is a strong likelihood they won't be - investors will be required to pay accrued interest charges.

"For most CSB purchasers," says John Campbell, a director of the CSB Payroll Savings Plan Organization, "this will not be a problem."

"In fact," he added, "it could make things even easier."

Special arrangements have been made to accommodate holders of Regular Interest Canada Savings Bonds, who use their annual interest cheques to purchase new CSBs as well as holders of maturing bonds, who may also wish to reinvest in this year's issue.

Series 36, issued in 1981 and coming due this Nov. 1, is wor-

th about \$6.4 billion in principal.

In both cases, CSB owners will be able to go to their bank or other redemption agents and complete all the paper work associated with redeeming their maturing bonds and purchasing the 1988/89 issue, starting Oct. 20 - the first day the bonds go on sale.

Buyers will be able to date their settlement Nov. 1 - the day the new bonds start earning interest.

Under this arrangement, purchasers will not have to pay for their Canada Savings Bonds before they start earning interest.

As in past years, he noted, the minister of finance can cut off sales at any time at his discretion - but applications arranged with payment dated Nov. 1 will be valid even if the bonds are withdrawn from sale before Nov. 1.

The rate of interest on the 1988/89 CSB issue will be announced in October.

## SUPPORT CENTRE

Have you just been posted to CFB Comox? Or, have you been here a while and are in need of information about the area? You may not be aware, but there is a place that can help you. The CFB Comox Family Support Centre has recently opened its doors to the members and their families at CFB Comox.

For those of you who are not sure what a Family Support Centre is, you can call or drop in any time. Our hours are 9 AM to 3:30 PM Monday to Friday. We are NOT a Crisis Centre. We are here to help you obtain information on the Comox area from the recreational and clubs to health

services and counselling services. We give assistance to anyone in need in many services. These include: Volunteer Information, Practical Problem Solving, Referral, Financial Counsellors, Babysitter Lists (Adults and trained teenagers), Safe House, and Bilingual services.

Bring your children and stay for a coffee. Our volunteers are friendly and willing to answer any questions you have. We are located at 119 Little River Rd., just a couple of yards past the Ryan Road intersection on the left. Our number is 339-8654. We are looking forward to seeing you soon.

## OUR NEXT DEADLINE AUGUST 29th-NOON

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STARTING MARCH 3

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Sunday 5:30 p.m. - 11:30 p.m.  
GORD KRUGER & WESTWIND

All Jammers and Old Time Fiddlers invited



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OR 339-3357 after 5 pm

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**TOTEM LOUNGE**

**26 AUG 88**

**US/CANADA TGIF**  
SPORTS & ENTERTAINMENT (DJ)  
DON't miss it!

## CANADIAN FORCES UPDATE

### MAJOR DEFENCE PROJECT ANNOUNCED IN CALGARY

CALGARY -- The Minister of National Defence was joined by his colleagues the Minister of Western Economic Diversification, Bill McKnight, the Minister of Supply and Services, Otto Jelinek and the Minister of Consumer and Corporate Affairs, Harvie Andre to announce recently that the Department of National Defence has received project approval-in-principle to acquire a large fleet of northern terrain vehicles for the Canadian Forces.

Canadian Foremost Ltd. of Calgary and Hagglunds Vehicle AB of Sweden plan to incorporate a jointly-owned Canadian company for the production of a Canadian-manufactured all-terrain, all-weather vehicle.

The total cost of the project will be about \$420 million over 10 years. It is expected that a minimum of 150 direct jobs per year will be generated over the four-year production period

for the approximately 820 vehicles, as well as others for design modifications, training, tooling-up and long-term servicing contracts.

"Today's announcement is a positive step toward developing an effective Reserve Force, as promised in the White Paper," Mr. Beatty said. "New northern terrain vehicles are part of the planned re-equipment and revitalization of the Militia, which, as part of our Total Force army, will play a greater role in the defence of Canadian territory."

Mr. McKnight said, "I am very excited about the industrial and regional benefits as well as the diversification opportunities a project such as this can have for the West. High Canadian content in vehicle production, technology transfer arrangements and small business sub-contracting plans will be part of the contract negotiations with the company."

Mr. Jelinek added, "This is the third announcement in as many weeks of procurement initiatives which will assist the West in obtaining a larger share of government contracts. It is expected that the spin-off for sub-contracts will result in many opportunities for small business in the West."

"I am delighted to be here today. This is a good example of the saying, 'What's good for Calgary is good for the West,'" said Mr. Andre.

The Haagglunds vehicle, the BV 206, has been field-tested and proven effective by the Canadian Forces. These vehicles will be used for the territorial defence of Canada and will enable Canada to meet the NATO objectives of standardization and interoperability.

The Canadian Forces will utilize these four-tracked vehicles for the movement of personnel, weapons, ammunition and equipment.

### THE RED HAT IS HERE TO STAY

We can't give you a colour picture (it costs too much) that will show what the "Security Branch Scarlet Band" looks like but for those of you who have seen it, it is here to stay. The Scarlet band on the forage cap will be accompanied by an armband for wear with the short sleeve shirts, that is once they become available from supply.

The Scarlet band is the MP identifier that will be worn by all Security Branch members whether they wear Navy Blue, Army Tan or Air Force Blue. The band is worn at all times when in the DEU. For the Air Force, a Scarlet insert will soon be issued that will slip on the front of the Wedge and for the Army, a Scarlet beret has been issued. Yes, it is the exact same colour as the Para-Rescue beret. For those who are Navy MPs, the forage cap is currently the only head gear they have issued that will have a Scarlet identifier.

Current regulations are such

that when in DEUs, no badge will be worn as its present location will cover and obscure the CFS Commendation or any miniature hazardous skill badge that the wearer may be authorized to display.

Until the new Base/Garrison dress is issued beginning in 1989, the duty dress for MP Patrol Personnel will remain the WD pants, light green shirt, and forage cap with White hat cover. When in this dress the Scarlet identifier will not be worn. As of next year, who knows exactly what we will be wearing. With MP from all three services here at CFB Comox, the different and various forms of dress will be a challenge for all to get used to let alone the BCWO.

### SALUTING THE BLUES

Every man and woman in the Canadian Forces who wears air force blue will receive a free copy of the RCAF Association's 40th Anniversary issue of *Airforce* magazine in September. The special issue will also be a salute to Air Command.

By special arrangement with LGen Larry Ashley, commander Air Command, the magazines will be shipped to bases and stations across Canada for distribution.

The Royal Canadian Air Force Association was founded by Air Chief Marshal L.S. Breadner, CB, DSC, to preserve the traditions of the RCAF and ensure continuing support for the RCAF from the civilian community. The association today continues these lofty aims, while promoting the cause of aviation in both the military and civilian fields.

*Airforce* magazine provides something old, something new, something borrowed and all of it in air force blue. Profusely illustrated, the magazine carries tales of wartime derring-do, as well as articles about Canada's air arm today, and the future of aviation and aerospace.

Make sure you get your free copy in September.

### NAVAL RESERVE VESSELS TO BE ACQUIRED

QUEBEC CITY -- The Minister of National Defence announced on board HMCS Ottawa visiting here recently, Cabinet approval of the project definition phase for the acquisition of 12 Naval Reserve minesweeping patrol vessels. Total project cost is expected to be approximately \$750 million, including monies for funded project definition and \$11 million for early procurement of training equipment.

The project originates in the 1987 Defence White Paper which identified a serious deficiency in the ability of the Canadian Forces to defend Canadian ports and coastal waters. In particular, there is a

complete absence of a minesweeping capability. Canada's new defence policy assigned maritime coastal defence, including minesweeping activities, to the Naval Reserve and promised them the necessary modern equipment to do the job properly.

"These vessels will play a crucial role in our coastal security and sovereignty. Without minesweeping, Canada's ports could be shut down by hostile mining activity," said the Minister. "In effect, we have presented the Naval Reserve with a challenge and a sense of purpose which it has not had for many years.

The Naval Reserve will be making an important - indeed, an essential - contribution to the defence of Canada." The Naval Reserve Headquarters is located in Quebec City.

The acquisition of 12 coastal defence vessels will enable the Naval Reserve to conduct surveillance operations off Canada's east and west coasts, and to detect, identify and neutralize mines in vital military and commercial ports.

It is expected the new vessels will be 50 to 60 metres in length, with a displacement of about 1,000 tonnes. They will be fitted with a mechanical minesweeping system for use in deep water, and a remote-control mine-hunting system to counter mines. The ships will also be fitted with the 40 mm Bofors gun and an effective command, control and communication system. The project will include minesweeping training systems, exercise mines and diving equipment.

The Government intends to ensure considerable Canadian participation in the project. Only Canadian companies will be considered for definition work as the prime contractor. The vessels will be designed and built in Canada, providing extensive industrial benefits to major regions of the country. The project will create about 2,400 person-years of employment.

"Above all, the project addresses a critical weakness in Canada's state of defence preparedness," Mr. Beatty added. "We have taken an important step toward ensuring that we can protect our ports and coastal waters. In the process, we enhance our sovereignty and security, for current and future generations."

Project definition involving Canadian industry proposals will begin next month. Construction of the first vessel is expected to begin in 1992, with delivery about one year later. All 12 ships will be completed by 1998.

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



**MAKE NOTE**

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

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# AIRSHOW 88

(continued from page 1)

what we do at CFB Comox as a part of our working days and nights, as did the well-explained static displays of equipment in the hangars. Indeed, one should not forget even the smallest part played by a military person on this busy day. Polite, well turned out in their new uniforms, the CFB personnel made this show go.

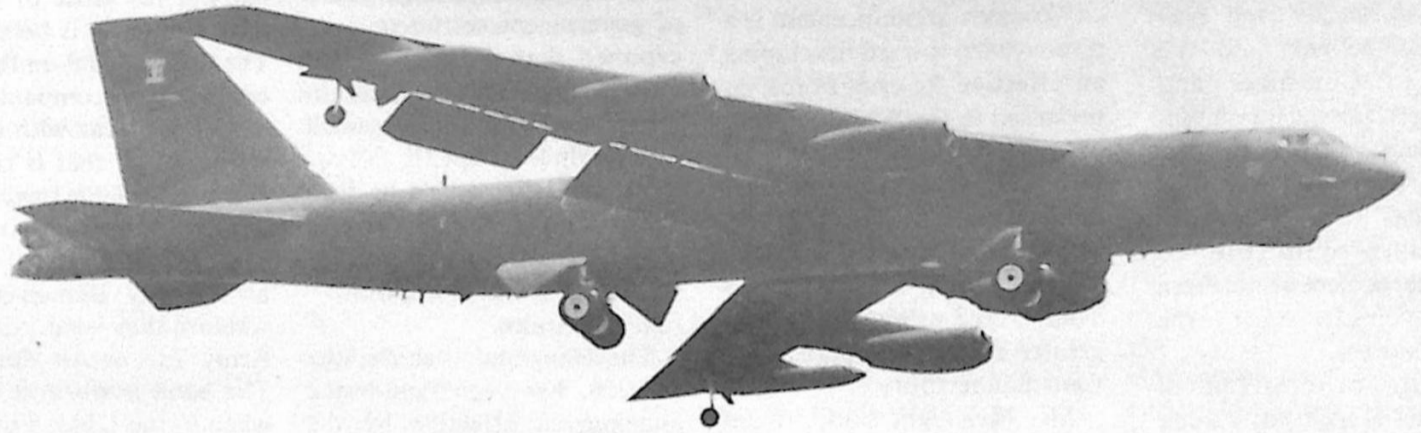
But oh, those Snowbirds.

## GREAT FINALE

Emerging in the late afternoon haze from the direction of Texada Island, they crossed the coastline looking like a collection of UFOs -- all one could see at first were their lights -- and then they suddenly exploded upwards in all directions, climbing atop trails of white smoke, to reform into the tight phalanxes and lines-astern, the echelons, the bomb-bursts, the inverted fly-bys and all the many variations of team flying that we've become familiar with at CFB Comox, because this is where the Snowbirds practice.

It was a great finale to a great show, and a well organized one at that. Traffic control, the supply of refreshments and souvenirs, the excellent conduct of all in uniform, made this a day of enjoyment. I'm looking forward to Airshow 90

....Norm Blondel



Boeing B-526 Stratofortress made two very impressive passes to the thrill of thousands.



The KC-10A Extender, made by McDonnell Douglas for the U.S. Air Force, had a constant line-up throughout the Airshow.



Smoke-n-Thunder - Exhibition Jet Dragster, piloted by Scott Hammack, powered by a Westinghouse J-34 jet engine. Capable of speeds in excess of 260 mph. Holder of multiple land speed records. (Background - H101 SALTO aerobatic sailplane piloted by Manfred Radius.)





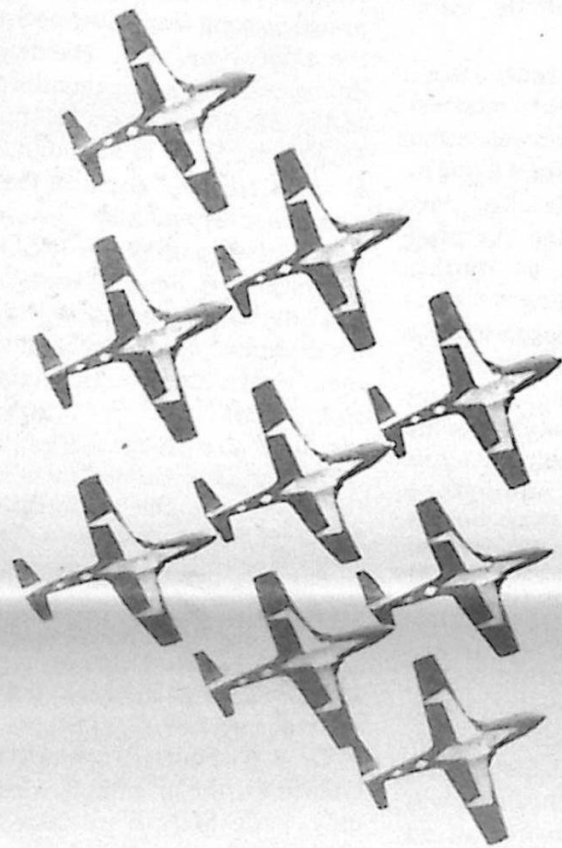
Major John Allott from 442 Squadron impresses the crowd with a STOL landing.



The new 441 Squadron CF 18 on static display.



The old DC-3 Dakota was a favourite among the Airshow goers.



The Canadian Forces' Snowbirds Aerobatic Team put on their usual spectacular show.



The Western War-Birds taxiing in after a superb performance.



## AROUND THE BASE



## Origins of the Species

John Bradley

## THE SISKINS

During the August 7 Comox Airshow and again this past weekend at the Abbotsford Airshow, 431 (AD) Demonstration Squadron, commonly known as the Snowbirds, thrilled the crowds with their amazing performances. At the beginning of each performance, the announcer mentioned that the Snowbirds are direct descendants of the Siskin aerobatic team of the early Thirties.

After the Great War, thousands of aviators returned home to tell their tales and where possible, make a living at flying. They made their way by barnstorming, created airlines that just as quickly failed, and by telling their exploits. All of this began to raise the public's awareness of aviation and the growing dependency on this new mode of transport. To help with this new awareness, numerous Flying Clubs held open houses at their respective fields with minor RCAF participation in the form of one or two static aircraft at some of these shows.

By the late Twenties RCAF Headquarters decided that with the arrival of their new Armstrong Whitworth Siskin IIIA biplane fighters, the time was right for the formation of an official aerobatic team. At that time the Siskins were Canada's only front line fighter aircraft, all 12 of them. The Siskins would remain in RCAF service, in one form or another, until 1942.

The Siskins were located at RCAF Station Borden and were kept in immaculate condition and were occasionally shown to the flight cadets to give them inspiration to strive for bigger and better things, as being a Siskin fighter pilot was considered the ultimate and most prestigious flying job in the RCAF.

In the summer of 1929 the team was formed and consisted of three aircraft and two pilots. The pilots were P/Os E.A. McGowan and E.A. McNab. Training was well underway when P/O McGowan was in-

involved in an accident that resulted in damage to two aircraft. Until P/O McGowan was returned to flight status, P/O McNab carried on with three solo performances in southern Ontario. By the end of the summer a request was received for the team to perform at the Canadian National Exhibition in Toronto.

At that time the team was increased by one as F/L D. Harding, an RAF exchange officer, joined as team leader. At about the same time, F/L Harding discovered that a full squadron of US Army Air Corps Curtiss Hawks would be in attendance at the CNE. He decided that something spectacular would have to be done by the RCAF contingent. A new manoeuvre was developed whereby the three aircraft separated slightly then went into a right hand spin. After three revolutions the three aircraft recovered, in formation, and carried on with the rest of the program. Needless to say, everyone was suitably impressed.

The Siskins began their 1930 season with intense training at Borden in May. By now the team had grown to include F/L F.V. Beamish, another RAF exchange officer, F/O Minnes, P/Os R.C. Hawtrey and F.M. Gobeil. Of the original Siskins, only P/O McNab remained. Within a few weeks of reforming, one pilot, F/O Minnes, was posted to another unit leaving the team as a four ship team. The fourth aircraft was actually the RCAF's one and only Ford Tri-Motor. This aircraft was used to transport the groundcrew, spare parts and baggage required on the trips away from Borden.

The 1930 tour started on August 8 and finished on October 5 at the Ottawa Exhibition. The majority of the shows were flown in Ontario at Montreal. With the success of the 1930 tour thought was given to the next year and what could be done to give the public an even better performance. As it turned out, a number of aircraft manufactureres in conjunction with a civilian flying clubs proposed the Trans-

Canada Air Pageant. Over twenty different aircraft were to participate including those of the Siskins.

The 1931 version of the team included two new members in the form of F/Ls H.W. Hewson and W.I. Riddell. Of the old team, only F/L Beamish did not remain. F/L Riddell was selected as the solo pilot and it was he who opened up each and every performance. The pageant would travel from one end of the country to the other and would give a total of 35 different shows. Included in this total were two shows flown at the Cleveland Ohio Air Races where the performance of the Siskins completely outclassed the US Navy High Hatters aerobatic team. By this time the team has progressed from the simple rolls and loops of the 1929 team to vertical cross-overs, formation rolls, stall turns, three plane spins and their trademark Prince of Wales Feather. By the end of the pageant, the participants had flown over 11,000 miles without a serious accident.

The 1932 team was in the midst of training for the upcoming show season when F/L Hewson was killed in a mid-air collision at RCAF Station Trenton. It was this accident that caused the already harried RCAF Headquarters to disband the team as a cost cutting measure. It must be remembered that the Great Depression was by this time into its fourth year and funds for the RCAF were in a constant short supply.

So ended the short career of the Siskins, arguably one of the best aerobatic teams in the world during the Thirties. Their legacy would have to wait until the Post World War II era, before the RCAF would once again authorize aerobatic teams. These new teams would thrill millions of people on two continents. Such teams as the Sky Lancers, Golden Hawks, Golden Centennaires, Goldilocks, and the Snowbirds themselves, owe a large debt to the men who flew the Siskins.

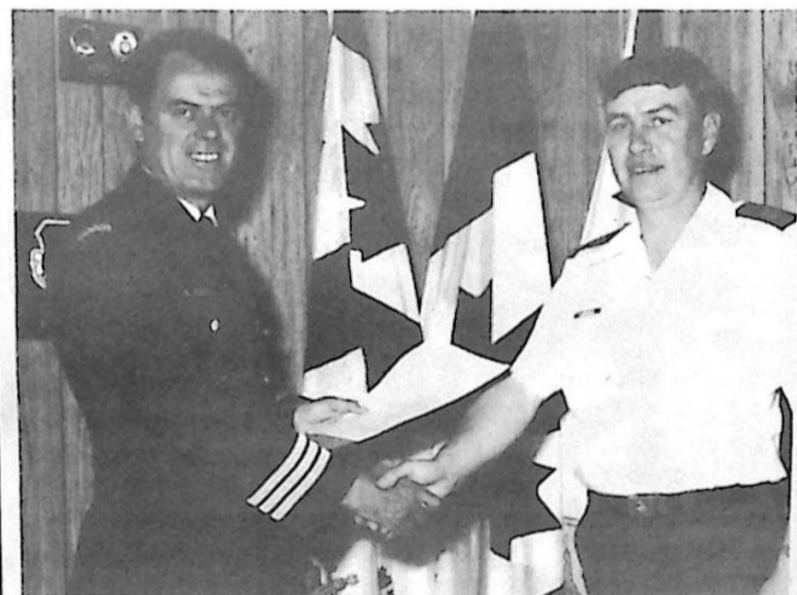
## CONGRATULATIONS



WO Munday, ATC, being congratulated by the BOpsO, LCol Bishop, on his recent promotion.



MWO Garrett, Base Security, being presented with his retirement certificate by the BOpsO, LCol Bishop.



MWO Campbell, ATC, being presented with letters of commendation from Aircom, NDHQ and the U.S. 1983 Delta Communication Squadron by the BOpsO, LCol Bishop.



Capt Gavin, BNDO, being presented with his retirement certificate by LCol Bishop, BOpsO. Capt Gavin's service extends over 33 years in both the RCAF and CF.

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# ON AND OFF THE BASE



## LEGION LOG

### BRANCH 17 COURTENAY

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

Fri & Sat Aug 19-20  
 Fri & Sat Aug 26-27  
 Fri & Sat Sep 2-3  
 Fri & Sat Sep 9-10  
 Fri, Sat, Sun Sep 9,10,11

Music by **COUNTRY MEN**  
 Music by **COUNTRY CLUB**  
 Music by **COUNTRY MEN**  
 Music by **WESTWIND**  
**SUGAR BEAR**  
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**BINGOS** - Thu, Fri, Sun at 7 p.m.

**MONDAY**  
**TUESDAY**  
**WEDNESDAY**  
**THURSDAY**  
**FRIDAY**  
**SATURDAY**  
**SUNDAY**

Fun Euchre  
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 Fun Darts  
 TGIF & Money Draw at 6:30  
 Fun Bridge at 12:30  
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### BRANCH 160 COMOX

#### ENTERTAINMENT

Aug 19  
 Aug 26

Music by **PRIMETIME**  
 Music by **COUNTRYMEN**

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

**SUNDAYS**  
**MONDAYS**

11 am to 6 pm  
 L.A.Drop-In-Bingo-7:30pm  
 Men's Dart League starts up Sep 12-7:30 pm  
 Registration on Board at Hall

**TUESDAYS**

Mixed Dart League starts Sep 13-8:00 pm  
 Registration on Board at Hall  
 Navy League Drop -In Bingo  
 Upper Hall 7:30 pm

**WEDNESDAYS**

**THURSDAYS**

\*1st Br Exec Mtng 8:00 pm  
 L.A.Exec Mtng as required  
 \*2nd L.A.General Mtng. Upper Hall 8:00 pm  
 \*3rd Br.General Mtng. Upper Hall 8:00 pm

**FRIDAYS**

TGIF in Lounge 2-6 pm  
 Meet Draws \*Lounge\* 2-6 pm  
 Dance-Lounge-Downstairs unless advised

**SATURDAYS**

Meat Draws \*Lounge\* 2-6 pm  
 Dance-Lounge-TBA

#### UPCOMING EVENTS

**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.  
 Competitions for children. Adults-Horseshoes and lawn darts.



It is with a considerable amount of dislocated shoulders from patting ourselves on the back that we, the ATAT coordinating staff present for publication this picture of a most outstanding lot.

This past June's MOC 500 Technician Advancement exams produced this rogue's gallery of awards winners with above 90% scores.

Pictured in the first row are: WO Raskob the ATAT Coordinator, Maj Kightley (wearing his long suffering "every four months I get a sore hand from these guys but won't the other TACOs turn green when they see this" grin). The Technician Advancement Coordinating Officer who gets to do all the grip and grins, and Cpl Charpentier 97%; on behalf of the CRST QL-4 top score.

In the back row are: Pte Ethier 94%; Pte Boutet 93%; IET QL-4 top score Pte Laroche 91% and Pte Reade 97%; the other half of the CRST top score.

With 6.8% of the apprentices writing forces wide, Comox got 25% of the honours awards and glory. The officers of the units these men belong to can be well proud of their Techs who can also expect congratulatory messages from the Commander Air Command.

The ATAT Coord staff hereby offers to share the secret of our success with the OPDP Coordinators for a nominal rate.

## CANADIAN FORCES CAMPGROUNDS

When Cmdre 'Mike' Cooper's plan comes to fruition, members of the Canadian Forces will be able to escape to many attractive recreational areas across the country. Cmdre Cooper, director general personnel services, envisions a chain of campgrounds from coast to coast built to provincial specifications on Canadian Forces bases and stations.

The campgrounds will provide members and their dependants with access to many prime recreational areas at an attractive rate. However, the intent is not to compete with commercial industry, but to provide service members with additional benefits. By locating campgrounds on Canadian Forces bases, campers will also enjoy the use of many base recreational facilities, such as golf courses, archery ranges and sailing clubs.

Until recently, bases that created campgrounds with their own non-public fund (NPF) money have kept the use of the facilities almost exclusively for the base's members.

"The existence of these campgrounds was generally a closely guarded secret," Cmdre Cooper says. Most personnel remained unaware of such



Campers at CFB Greenwood's campground enjoy the relaxing atmosphere at Lake Pleasant.(Photo by WO Robertson, CFB Greenwood)

retreats as the beautiful 75-site Lake Pleasant refuge near CFB Greenwood, or CFB Cornwallis' 'Raven Haven' in Nova Scotia's picturesque Annapolis Valley. But these bases, among others, may open up their resources to the military public in the near future.

Under a provision in the NPF regulations, funds for 'developmental facilities' are available to bases that wish to develop or improve campgrounds on their properties for the use of all military personnel. 'Developmental facilities' are those projects involving new concepts where the benefit will be to the system as a whole rather than to an individual base on which the project is located.

Several bases and units have already requested financial

assistance from the Canadian Forces Central Fund, which administers the grants for the project. CFB Petawawa, the first base to receive benefits for a project of this type, has received a grant phased over two years that will be sufficient to construct 50 waterfront campsites on the beautiful Ottawa River. The new facility, with many fully serviced lots, will accommodate up to 33 trailers and 17 tent sites. It will also feature centrally located coin-operated washers and dryers as well as washroom and shower facilities.

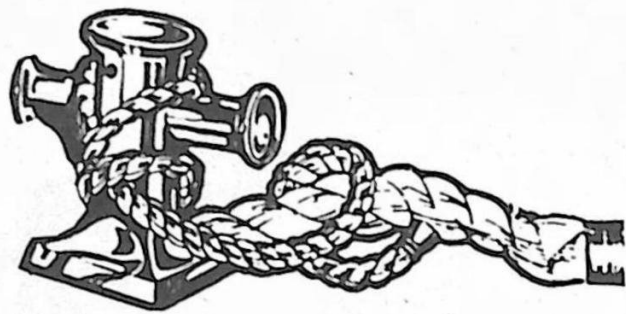
This campground, opening in time for the 20th anniversary celebrations of the Canadian Airborne Regiment in August, will mark the beginning of additional benefits for the Canadian Forces.



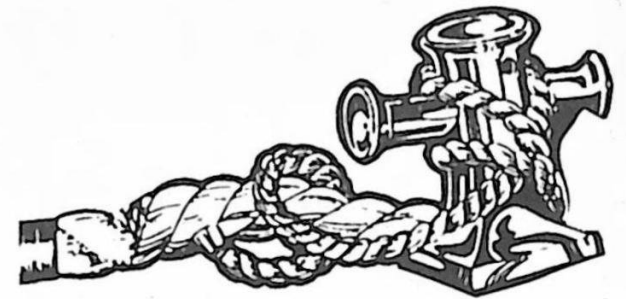
Oh what a feeling!

PARTICIPATION

# CANADIAN FORCES UPDATE



## Quadra Update



### QUADRA FEMALE COXSWAIN A FIRST

HMCS Quadra this summer has its first ever female Coxswain. Since Quadra's inception as a National Royal Canadian Sea Cadet Training Establishment in 1952, the ship has always had males as Coxswains. Quadra Chief Petty Officer First Class C. Burns hails from Royal Canadian Sea Cadet Corps "Undaunted" in Calgary.

At the age of ten she enrolled in Calgary's Navy League Cadet Corps "Jenny Wren." She transferred to "Undaunted" at age thirteen. At her home corps she is an instructor, the Drill Team Captain, and of course, the corps Coxswain.

Our Coxswain enjoys swimming, reading and playing both the flute and piccolo.

She credits the Sea Cadet Programme for making her outgoing and confident. The programme, she states, gives a teen maturity and a good frame of reference to draw on later in life. She went on further to say that it creates a well-rounded and open-minded individual. The Chief is a strong believer in the Royal Canadian Sea Cadet Programme.

As the Coxswain of HMCS Quadra she is responsible for



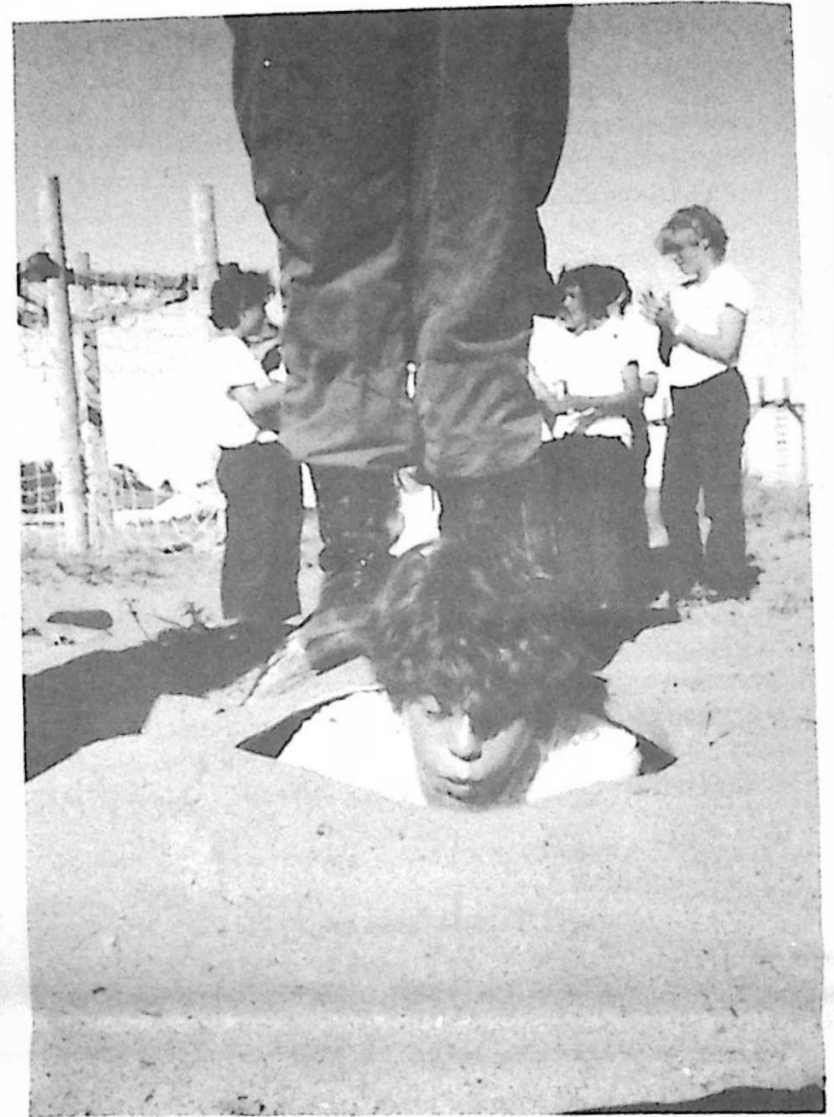
morning parades, discipline in general, supervision and work of the staff cadets, plus ensuring that the staff cadets are being looked after properly and disciplined when necessary.

The Coxswain has had many courses during past summers onboard Quadra, including two week general training, six week junior leadership, six week drill instructor, eight week practical leadership, and a position as a Staff Cadet

Gunner for ten weeks.

At home, she has a full time job at the Xerox Corporation in Calgary. In the evenings this winter she will be taking courses toward Bachelor of Commerce degree.

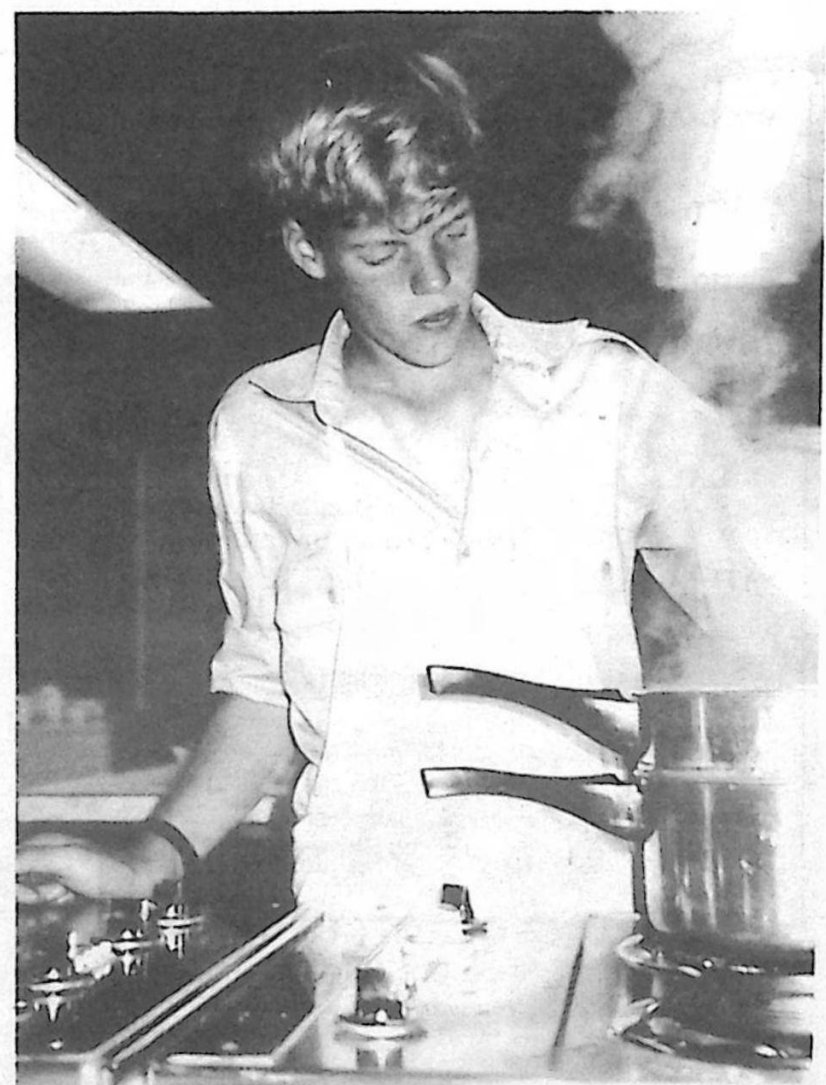
Yes, indeed, QCPOL Burns, Coxswain of HMCS Quadra, will be remembered as being the first female to hold such a high appointment onboard this training establishment.



Almost out! And a gunner above! This cadet is the first through the culvert. All course cadets do the confidence course at Quadra twice. The first one is a walk through while the second is timed. Gunnery staff award points for teamwork and attitudes...while keeping in mind safety.



A Sea Cadet Naval 12 pdr Saluting Crew stands by to fire during the Ceremony of the Flags in Victoria. A strong detachment of over 250 Royal Canadian Sea Cadets from HMCS Quadra visited Victoria in early August. The cadets were billeted at CFB Esquimalt.



Looking Good! Smelling Good Too! Seen here is a naval cookery course cadet checking out his latest assignment. Our cookery course cadets take on the job training at CFB Esquimalt. They also practice their talents on the senior officers and chiefs onboard HMCS Quadra. Most of their time is spent at Highland Secondary School in Comox. An excellent course!



HEALTHY WEIGHT IN '88



# CANADIAN FORCES UPDATE



The bridge onboard the mighty Sea Wave is always an active part of the ship. Here the ship is navigated by her Sea Cadet officers. Sea Cadets are posted as look-outs on the bridge too. The Sea Wave is a multi-purpose vessel. The cadets who train onboard the Sea Wave and other Quadra vessels come from all parts of Canada.



Someone's got to do it. Mom's not here! Yes, this PL Course Cadet and over a thousand others get their first major sewing lessons at Quadra. PLs have their badges X'ed more than any other course. Care of one's uniform, workdress, and P & RT strip is stressed at Quadra. A dress code is also in effect for staff cadets going ashore. First impressions are the best impressions. Sea Cadets are sharp!

## MILITIA TRAINING AND SUPPORT CENTRE TO BE ESTABLISHED

MEAFORD, ONT. -- The Minister of National Defence announced recently that the first army Militia Training and Support Centre will be established here at a cost of approximately \$60 million.

The centre is part of the Land Reserve Modernization Project designed to provide the Militia with the centralized training facilities, equipment and support it needs to prepare

Canada's part-time soldiers for their vital role in the Total Force as outlined in the 1987 defence White Paper.

Construction on the project is expected to begin in 1990, with completion scheduled for 1992. It will offer support services and accommodation for up to 500 Militia members. By about 1995, the centre will have the equipment and facilities to train a full battle group of 1,000 soldiers.

The permanent staff of this army centre will be approximately 200, of which 70 are slated to be civilian jobs.

"The Meaford training area has had its share of ups and downs in the past, although of late its use as an army training site has been increasing," said the Minister. "Now, as a result of the government's commitment to revitalize the Reserves and to restructure the army, this training area takes on even greater significance."

This is the first of several Militia Training and Support Centres that will be set up across the country to provide our reserve army with centralized facilities, equipment and support. All of the centres will be opened by 1995.



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**FOOTYE!**

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participation



Oops! Here a crew of Two Week General Training Cadets are fetching for HMCS Quadra after an overnight sail. As you can see more work on pulling the large sweeps is required. At night the cadets anchor in one of the local bays and make camp onboard. They aren't allowed to touch land...while at sea in their 32' cutter.

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## ON AND OFF THE BASE

### SUGGESTION AWARD



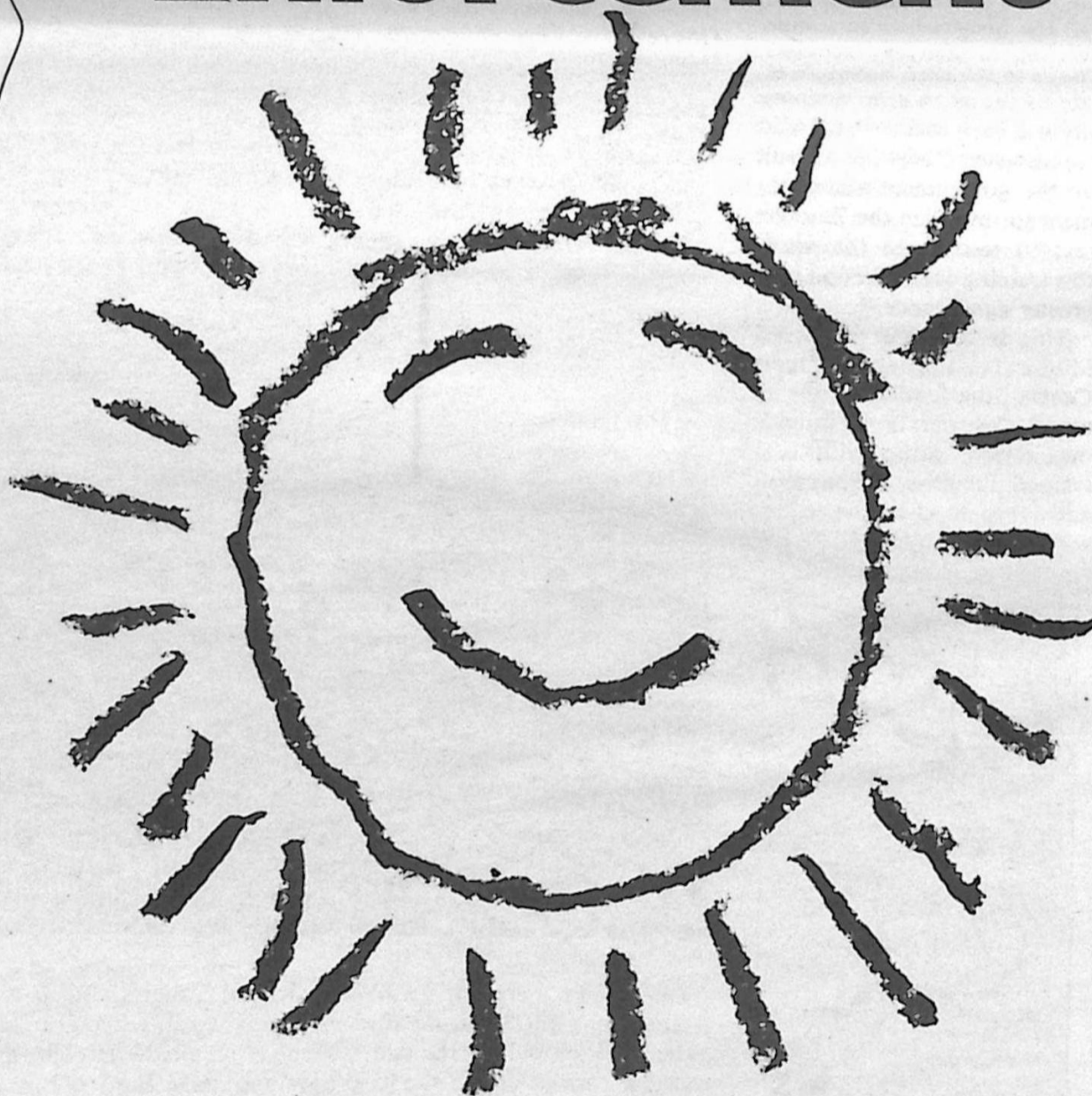
When Sergeant MacDonald, an Integral Systems Technician, was on 407 Squadron, he suggested various precautionary measures and improved education of personnel for electrostatic sensitive component handling. Lieutenant Colonel Mack, his new commanding officer, presented him a certificate and a \$400 award.



Sergeant Lesage, an Admin Clerk in the Base Orderly Room Reception and Dispatch Section, received a minor award, for his suggestion which brought attention to an existing regulation that was not previously known. Major Hart, the Base Personnel Services Officer, made the presentation.

## Announcing British Columbia's New

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Ministry of Attorney General  
Honourable Bud Smith, Attorney General

LIFESTYLE



SHADOWLAND HITS BIG FOR CONSORT'S LANG

Over the years there has been a steady progression of Canadian talent heading south-of-the-border. That list includes every style of singer from Robert Goulet to Hank Snow and Paul Anka to The Diamonds. I don't recall any Canadian, certainly not in recent memory, that has had the impact of k.d.lang. No that is not a mistake, ms. lang prefers to have her name in lower-case.

Kathy Dawn Lang hit the charts and tour circuit with the impact of a hurricane. She blitzed across the country, headed into the States and did a few appearances with Johnny Carson and showed up on numerous awards shows, watched as her debut album powered onto the American best seller listings and picked up a gold album for sales in Canada.

With the release of her "Shadowlands" (Sire 92-57241) the lark has accomplished so many things that it can't quite all fit into one column. She brought ace Nashville producer Owen Bradley back into the studio to produce this powerhouse album. Between Owen and k.d., they gathered Kitty Wells, Brenda Lee and Loretta Lynn into the studio to share vocal credits on "Honky Tonk Angels' Medley" and her latest single ("I'm Down To My Last Cigarette") has already broken top ten while the "Shadowlands" elpee is casting its own shadow over the top ten. There is more than gold at stake here. This time around it will be platinum and it will represent a million plus sales worldwide.

There has been a lot of comparison between lang and Patsy Cline. Quite justified, I would say. lang is a song stylist and proves it more in this album than her previous works. She revives a number of classic western tunes ("Lock, Stock & Teardrops," "Don't Let The Stars Get In Your Eyes") and with Bradley's deft touch takes "Western Stars" and "Busy Being Blue" to dizzying heights - exactly where her career is heading!



k. d. lang



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.

Are lesbians likely to get AIDS?... (name withheld by request) Winnipeg, Man.

No. There is no evidence of AIDS being transmitted from an infected woman to another woman through sexual contact. However, contact with menstrual blood, which may contain the AIDS virus should be avoided.

There is one incident reported in the Annals of International Medicine (Dec 86) of a lesbian with AIDS. This was a letter submitted by a doctor citing one case of a lesbian who had claimed to have contracted AIDS from her female partner. This claim has not been substantiated according to the Centres of Disease Control in Atlanta, and it may be that the virus was contracted at some earlier time from a male partner.

AIDS CASES AROUND THE WORLD

How many AIDS cases are there in my homeland? ...S.P., Burlington, Ont.

You omitted in your letter to tell me where you are originally from however, I'm guessing from your name that you are likely Italian. The last global AIDS statistics I have from the World Health Organization (WHO) at the time of writing this column are as of Jan 12, 1988. As of that date Italy has reported 1,104 people with AIDS (PWA). Other countries that may be of interest to readers (also as of Jan 12):

Australia	...681
Brazil	...2,325
Britain	...1,170
Canada	...1,423
China	...2
Denmark	...202
East Germany	...4
Finland	...22
France	...2,523
Greece	...78
India	...9
Ireland	...25
Mexico	...713
Netherlands	...370
New Zealand	...59
Norway	...64
Spain	...624
Sweden	...156
Switzerland	...299
West Germany	...1,588
Yugoslavia	...21

The total number of AIDS cases reported worldwide by WHO as of Jan 12, 1988 was 75,392. This represents only one half of the estimated cases worldwide currently set at 150,000.

How can I help someone I know with AIDS? ...Ms.L.T.W., Vancouver, BC

The same way you would help anyone you know who has a fatal disease. While you may experience a feeling of helplessness, your frustration will not be as great as that of the person with AIDS (PWA). Fear of the unknown and isolation seem to be the biggest factors affecting the AIDS patient.

Your demonstration of support, compassion and understanding will never be more appreciated.

I directed your question to a person with AIDS in Vancouver. Here was his response:

"It is important that people understand that the person with AIDS does not want to be treated as a social outcast or thought of as a 'victim' or 'leper.' It is vitally important to our mental health and physical being that we be allowed to maintain hope, think positively and 'get on' with our lives."

"It is inappropriate for people to be constantly asking 'How are you feeling?' or 'Have there been any new developments?' It is particularly hurtful when meeting someone for the first time and they turn away or cover their mouth when they discover I have AIDS. What they are forgetting is that it is my immune system that is destroyed. There is far more likelihood of me catching something from them than the reverse."

JAMES GREIG is a member of the Canadian Public Health Association

403 REUNION

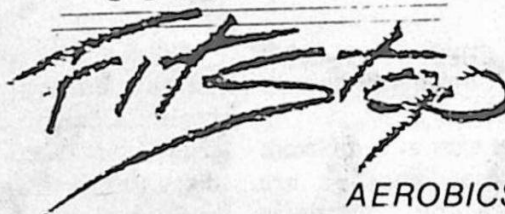
403 Squadron is planning its fiftieth anniversary reunion in 1991. We are compiling a list of all present and former members of the Squadron. Anyone who has served with 403 Squadron is asked to send their address and that of as many of their former Squadron mates as possible to:

Commanding Officer  
403 Helicopter Operational Training Sqn  
CFB Gagetown  
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Attention: Lt.D.Dash

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## HEALTH AND WELL BEING

info  
health

Dr. Bob Young



## MULTIPLE MYELOMA

Myelos is Greek for marrow, myeloma is a tumor of the marrow, and multiple myeloma is an overgrowth of cells in the marrow known as plasma cells. The disease results in excess production of certain proteins which damage other parts of the body.

Secondary problems associated with multiple myeloma include eating away or dissolving of bone (causing pain), anemia, kidney damage, and loss of resistance to infection.

The "multiple" refers to the fact that there are numerous areas, usually in the spine, skull, ribs, and pelvis, that show evidence of bone destruction. The dissolving bone raises the level of calcium in the blood, and this also causes problems.

*Diagnosis is made on the basis of symptoms such as persistent bone pain, anemia, weakness and fatigue, along with characteristic changes in the blood. X-rays reveal a "punched out" or "Swiss cheese" appearance of the bones. Examination of the bone marrow is usually conclusive. Most patients are aged 40 or more.*

Treatment is worthwhile as it can improve the duration and quality of life, but the disease is progressive, with patients who do respond to treatment living only two or three years on average.

Pain can be managed with drugs and x-rays to affected bone. The abnormal proteins can "plug up" the fine passages in the kidney, leading to kidney failure which requires dialysis using the ar-

## IT'S NEVER TOO LATE TO CHANGE

Exercise is probably the single most important way to keep fit, trim and healthy. If you're already exercising regularly, keep it up. If you're not, the first step is to see your doctor for a check-up to determine what exercises are best for you.

It's important to start slowly. Don't try to catch up to years of inactivity in a week. After you've established a regular exercise program, choose the activity you enjoy most and do it for 15 to 30 minutes, 3 to 4 times a week.

The belief that you are suddenly old at the magic age of 65 is a myth. Sure, you may be

tificial kidney.

Infections must be treated aggressively, as the patient is immune deficient and has few defences.

Chemotherapy is used, usually with some degree of success. The most effective protocol and choice of drugs is contentious but present medications increase average survival by three to seven times compared with untreated patients.

In some ways multiple myeloma resembles leukemia, one of the more treatable cancers. It is hoped that more effective management of this relatively common disease is not too far away.

The breakthrough may come from cancer researchers, or from those studying AIDS. AIDS is an immune deficiency disease; multiple myeloma is characterized by an overproduction of immune-system related serum proteins.

## DEALING WITH DRUGS

Junkies are still out there, although the focus may have changed a bit. In broad terms there are two types of drug abuse. Illicit use of cocaine, heroin, and marijuana is one; use of prescription drugs illegally is the other. The border is vague.

Many legitimate drugs are appealing to addicts. Most of these are used by doctors to treat pain, anxiety, and psychiatric problems. Many are sedatives or hypnotics, stimulants or mood-modifying chemicals. They have a high street value if they fall into the wrong hands.

Addicts, and individuals making a living from drugs

labelled a "senior citizen," but that doesn't mean you have to act or feel old.

Everyone ages at a different rate. Some people are physically and mentally younger at 70 than others are at 50. Genetics and overall health play an important role in the rate of aging, but nutrition, exercise and attitude are also important factors.

Now may be the perfect time to do all the things that you've been putting off for years. Take special interest classes, start new hobbies, or get involved as a volunteer at your neighbourhood hospital, church or synagogue. No matter what, stay active!

(sometimes one and the same person) have been conning physicians for years. Most doctors are aware and do not succumb to the sometimes quite clever tricks of the addict-patient. We probably all get caught occasionally, and write an inappropriate prescription.

And there are a few doctors who cooperate with addicts, usually for a reward, and write excessive numbers of prescriptions.

Once the patient gets the prescription he or she may forge copies, using blank prescriptions pilfered from the doctor's office or by using a high-quality photo-copier. He or she then "hits" several drug stores in rapid succession.

Depending on the drug and local demand each tablet may sell for \$30 to \$50 or more.

Controlling is difficult. The three western provinces, and several states are either using, or considering a numbered triple prescription form. The original is for the druggist, the first copy goes to a government agency for collating, the second copy stays with the doctor.

The patient must sign the form when the prescription is dispensed.

This system has already identified physicians with aberrant prescribing habits. They can then be appropriately disciplined. The recipients of the prescriptions can also be tagged, but punishment, other than refusing to fill the prescription, is more difficult. It's not a crime to be carrying a prescribed drug.

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

Good nutrition is the key to weight control and good health. A balanced diet of fresh fruits and vegetables, low-fat dairy products, beans or meat and whole grains will provide adequate vitamins, minerals, protein and carbohydrates. Adding fibre to your diet with bran and whole grain breads will aid in digestion and help avoid constipation.

If you are on medication, certain foods can interact and change the effects of the medicines. Also, some drugs increase your need for certain nutrients. Ask your doctor or pharmacist which foods you should avoid when taking medication.

ASK YOUR  
PHARMACIST

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

TRANQUILIZERS CAN SOOTHEE  
STRESS AND STRAIN

Coping with the stress and strain of modern life can overwhelm almost anyone. That's why, for many people, tranquilizers play an important role. In fact, tranquilizers are one of the most widely prescribed medications. Unfortunately, they are also one of the most abused.

Tranquilizers are prescription drugs used to treat everything from ordinary tension headaches to anxiety, depression, epilepsy and even schizophrenia. People from all walks of life, whether they're business executives or housewives, rich, middle-class or poor, city, suburban or rural residents, are trying to cope with life through the help of tranquilizers.

Side effects vary for the many different types of tranquilizers. If you notice anything unusual about any bodily function, consult your doctor or pharmacist immediately. Do not take another dose before getting expert advice. In most cases, the side effects are harmless, like dryness of the mouth or drowsiness, but others can be quite severe.

If you are pregnant, taking other medications or have health problems such as high blood pressure, allergies, asthma, diabetes, heart, kidney or

liver disease, to name a few, tell your doctor or pharmacist. They can advise you on the safe, effective use of tranquilizers, how they may affect you and if they are compatible with your current medication.

Taken correctly, tranquilizers are relatively safe. But, taken incorrectly or over long periods of time, they can cause dependency, giving the user a feeling that they cannot cope without them. For the abuser, stopping the use of tranquilizers can result in withdrawal symptoms such as delirium, trembling, psychosis and exaggerated reflexes. When taking tranquilizers, it is important to see your doctor at regular intervals so your progress can be carefully monitored.

Almost everyone has heard of someone who has died from mixing alcohol and tranquilizers. It is a very real problem. So, if you're taking tranquilizers, don't drink alcoholic beverages.

Tranquilizers are meant to be a temporary solution to some of life's pressures. The more you understand about them, the better off you'll be. If you have any questions, ask your Shoppers Drug Mart pharmacist.

## BE ON THE WEATHER WATCH

We're all sensitive to the weather in one way or another. But, with age, the body becomes less able to respond to long exposure to heat or cold. Heat-related illnesses can be every bit as dangerous and disabling as hypothermia, a drastic lowering of body temperature. Heat stroke requires immediate treatment by a doctor. Symptoms include dizziness, headache, nausea, body temperature of 40°C (104°F) or higher, rapid pulse and flushed skin.

Heat exhaustion is harder to spot because it takes longer to develop than other heat-related illnesses. It is the result of a loss of body water and salt. Symptoms include a feeling of weakness, heavy perspiration, nausea and giddiness. Treatment includes bed rest and drinking plenty of cool liquids.

Obviously, the best way to avoid heat-related illnesses is simply to stay cool. Remain indoors in an air-conditioned room. If your home is not air-conditioned, go to a cool public place, like a library or store, during the hottest part of the day.

Other ways to cool off include taking baths or showers, placing ice bags or wet towels on the body, and using electric fans, during the hottest part of the day.

Other ways to cool off include taking baths or showers,

It's also a good idea to stay out of direct sunlight and avoid strenuous activity. Wear lightweight, loose-fitting clothing that permits perspiration to evaporate. Remember: light-coloured clothing reflects the sun.

Drink plenty of liquids to replace what you lose through perspiration. Water, fruit and vegetable juices are recommended. Most importantly, take the heat seriously. Don't ignore danger signs like nausea, dizziness and fatigue.

For more information on heat-related illnesses, ask your Shoppers Drug Mart pharmacist. He or she has the knowledge to help you help yourself.

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

# LIFESTYLE



## In The Mags

A REPORT ON WHAT'S NEW ON CANADIAN NEWSSTANDS BY PADDY BATEMAN

Being a city-girl myself, the current state of farm livestock has never been high on my "need to know" list. But, after reading "Chiperzak's Ark," in the current issue of Harrowsmith, I now have a need to know a lot more.

Filmmaker-turned-farmer Jy Chiperzak owns and operates Canada's only working farm preserve for endangered livestock called Joywind Farm Rare Breeds Conservancy, located in central Ontario, 30 miles north of Belleville. This 155-acre holding numbers among its current stock the second largest herd of Irish Kerry dairy cows in North America -- all three of them! Even if farm animals don't turn you on, this is one read you shouldn't miss.

With a federal election imminent, Canada's three party leaders are under the gun in the closest three-way political race in history. If you're a female voter pondering on how you'll vote, and want to know how the parties rate on women's

issues, have a look at "Rating the Leaders," in this issue of Chatelaine.

Los Angeles is Rodeo Drive, Dodger Stadium, Griffith Observatory and movie stars. It's also the land of "shake, rattle and roll," one of the most volatile earthquake regions in the world. This issue of Discover has a fascinating article on a recently discovered fault that lies miles beneath the Hollywood Hills, and which has already reared its ugly head.

When the monster roared last October, the ground around L.A. heaved violently for 20 seconds in the most powerful earthquake since 1971. Registering a whopping 5.9 on the Richter scale, it killed eight people and destroyed \$360 million in property. Some experts believe the next time it stirs, it could devastate L.A. Have a look at "Finding Fault," before you make the move to "Tinsel Town." You might find our own Hollywood North in old T.O. a lot more attractive!

You may think that every

golfer has his or her own style on the course, but that's not always so. More than a few of the big money professionals don't hesitate a minute before picking up useful tips, hints and habits from their competitors. In this issue of Golf Digest, Masters champion Sandy Lyle demonstrates how he copies Jack Nicklaus' putting style to improve his stroke on the greens. If you're like me, and usually on the green in seven, and hole out in 13, this is a read you shouldn't miss.

In today's booming housing market, a career selling residential real estate probably seems a tempting and easy way to make a lot of money. Entering the business is within most people's grasp, but while some agents make fortunes, others struggle for years. If you've been thinking of moving into a career in real estate, have a look at "The Highs and Lows of Selling Real Estate" in this issue of Your Money. It might be the smartest move you make.

Although your dreams may seem like an illogical jumble of

people, places and things, did you know that some experts believe they're really a hidden intelligence that you can use to resolve emotionally-charged problems? To see how a dream might serve to advise you about how a current waking situation can be resolved, read "Understanding Your Dreams" in this issue of New Age.

If one of your dreams has been walking down the aisle to marry the man you love, for richer or for poorer, have a look at this issue of Self. "Marrying for Money" breaks the last romantic taboo, but no matter how single-mindedly romantic a man or woman might want to be, today's financial crunch is forcing people into a more practical, realistic stance toward marriage and lifestyles.

According to a 16-year study of more than 600 college students, economic concerns have risen dramatically in the public consciousness since 1972. Feminism notwithstanding, today's women are openly looking for a spouse who can support them financially. And that's as true for those seeking high-paying careers, as for those heading for more traditional, lower-paying professions. An interesting article!

The philosophers say that laughter cheers us up. But, did you know that it might also help us live longer? Some researchers believe a hearty laugh may release endorphins, the brain's own pain-killing chemicals, and that it helps to strengthen the immune system.

This issue of McCall's has some great suggestions from the experts on how to take ourselves and our problems less seriously, and that alone makes this highly informative piece well worth more than just a passing glance.

He was the hero of a generation; the master of Camelot; an international symbol of a youthful and dynamic presidency that challenged destiny with a vigour the world hasn't seen since Andy Jackson.

His name was John F. Kennedy and he was, at 42, the youngest U.S. president in history. Three years later he was dead, the victim of a demented Dallas sniper.

But what if Lee Harvey Oswald had missed? How would our lives be different today if JFK had served his allotted two terms? For a fascinating peek into what might have been a golden generation, don't miss this issue of Video Scene.

## Museum at the Airshow

There was a new exhibit out on the flight line this year. The new Comox Air Force Museum moved outdoors with a mobile exhibit unit which was built especially with the Airshow in mind.

While the Museum itself was open during the Airshow, a special display was planned to bring the Museum to the Airshow crowds. An expected attendance of 40,000 visitors to this year's show conjured visions of thousands queuing up to visit the new Museum just outside the Base gate, but the Museum's location prevented most Airshow patrons from wandering back during a quiet moment for a quick look. Off Base is, after all, off Base.

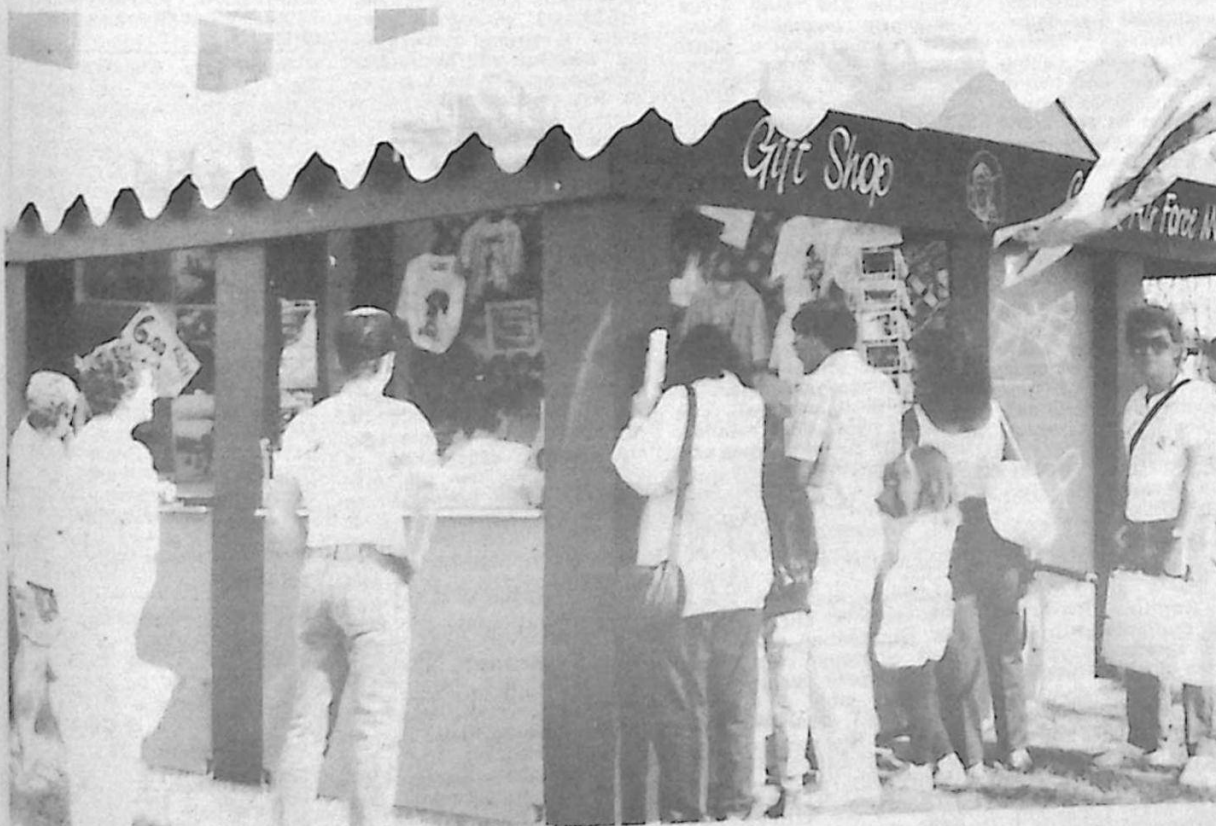
Although attendance to the Museum was excellent, nonetheless, many visitors doubtless will remember the Museum's special exhibit amid the noise and excitement of Airshow Day between the candy floss stand and the beer garden.

The display theme, "We've Come a Long Way," was designed to provide some historical contrast to the spectacular high-tech performance of the modern aircraft flying overhead -- a glimpse into early Canadian aviation history and the beginnings of flight. Our fascination with flight spans more than 80 years from simple aircraft built with fabric and piano wire to the sleek state-of-

the-art fighters of today.

The Museum Gift Shop, an integral part of the unique modular exhibit unit, designed and constructed for the Museum by graphic artist and designer, Brian Banks, and Carpenter, Erwin Osler, did a brisk business, proceeds going to the Museum's operating fund. Mrs. Carol Harvey, Museum Gift Shop Manager, and volunteer staff experienced the "Airshow fever" of crowds eager to take home a memento of the day or a souvenir related to our aviation history.

Another day, another Airshow! And next year we'll be off to the Abbotsford Airshow and perhaps even the Victoria Airshow to do it all over again.



The Air Force Museum mobile exhibit at the Airshow attracted many interested people.

## Chapel Chimes

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CHAPEL-Our Lady of the Sacred Heart (on Base)  
OFFICE-Headquarters, Bldg.45, Rm 48, Phone 8274  
MASS SCHEDULE:

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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.

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CHAPEL-St. Michaels & All Angels Chapel, Wallace Gardens, Bldg. 88.

OFFICE-Headquarters, Bldg.45, Rm 48, Phone 8273  
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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.

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

## LIFESTYLE



## Stamps — by Larry McInnis

SE-TENANT STAMP ISSUE FEATURES TWO STEAMSHIPS

Canada came up with a rather novel idea in a recent stamp issue: two stamps set-tenant (side by side) but of different sizes.

On July 20, two 36-cent stamps were issued. They showed two famous Canadian steamships, both of which are still operating. One of them is 100 years old this year.

The first in the set shows the "Princess Marguerite," a West Coast coastal steamer. The ship is 114 metres (368 feet) in length; the stamp is 56 mm in width.

The other shows the "Segwun," a cruise vessel on Muskoka lakes. The vessel is 38 metres (123 feet) and so gets a stamp 40 mm in width. The two stamps are a particular thrill to me. I have seen the "Princess Marguerite" sail from Victoria to Seattle; I've seen the "Segwun" at Gravenhurst, Ont., during restoration.

Let's put the smaller first.

The "Segwun" was launched in 1887. It is of a type that was common on Ontario's larger north-central lakes late in the last and early in this century. But the "Segwun" survives.

The "Segwun" is now the oldest operating steamship in North American and Canada's only surviving coal-burning steamship.

Philatelists are especially well-served aboard the "Segwun." She was, for many years, an official Royal Mail Ship (hence, could be referred to as RMS "Segwun" with the same pride as, say, RMS "Queen Mary" or RMS "Queen Elizabeth," the majestic Atlantic Ocean liners) and today provides special mail cancellations.

The "Princess Marguerite" is a relative baby, compared to the "Segwun." It is of the same cruise-ship style of an old era, but much larger, yet was only launched in 1948.

The "Princess Marguerite" is for the daughter of Baron Shaughnessy. He was born in Milwaukee, Wisc., and went on to become president of Canadian Pacific Railway (1899-1918), a Canadian citizen and a British baron.

Marguerite was not a princess in the true sense because she was not royal, but that's what the vessel was christened anyway.

Actually another vessel had carried the same name, but was torpedoed in the Mediterranean Sea in 1942.

It is perhaps fitting that the "Princess Marguerite" is the last vessel in Canadian Pacific's once-great Pacific coastal fleet, begun by none other than Baron Shaughnessy in the early 1900s.

The stamps were designed by Douglas Champion of Toronto. He did a painting of each,

showing the ships as they would be under way.

The paintings are shown on the stamps through five-colour lithography. Printer is Canadian Bank Note Co. Ltd. of Ottawa.

Also interesting are the of-

icial first day cover cachets.

The "Segwun" cachet shows a picture taken during its restoration, not unlike what I recall seeing a few years ago.

The "Princess Marguerite" cachet shows the ship in the Esquimalt Graving Dock, near

Victoria.

Another touch of history is so noted because 1987 is the centenary of the graving dock.

Clever, how two 100th birthdays are celebrated in the same issue, even though the ages of

the vessels depicted differ by more than half a century.

It is unfortunate that the official first day covers will bear Ottawa cancellations, but even so, it seems a really interesting issue.



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# ON AND OFF THE BASE



## Financial Tips

Savings are an important part of personal financial planning.

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If you saved \$50 a month starting at age 30, by 55 you would have accumulated more than \$66,000, assuming an annual interest rate of 10 percent. (Remember, though! Unless these savings are in a tax-sheltered investment, such as an RRSP, your interest income will be taxable.)

A small difference in the interest rate can make a huge difference in the end result over a long period of time. So you should shop around for the best

rate. Compare the different savings plans - and don't be afraid to switch accounts if you find later that someone is offering a better rate.

Once you have accumulated a significant amount in your savings account, you should consider transferring some of it into other types of investment that offer a guaranteed rate of interest higher than that paid on your savings account.

For instance, you can buy Canada Savings Bonds for cash or on a monthly installment plan. Other options include term deposits and guaranteed investment certificates.

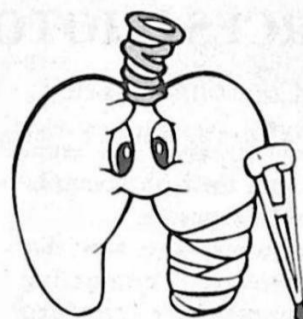
How quickly will your money grow? It's important to know that when you are calculating your long-term

savings and investment expectations.

To find out how long it will take for your money to double, here's a quick way to calculate: divide the number 72 by the rate of interest on your savings. If you have \$5,000 invested at 12 percent, it will take about six years for your \$5,000 to double to \$10,000 (72 divided by 12 equals 6).

This calculation is a rule of thumb, and is not precise, but it will give you a good idea of how fast your savings are doubling.

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# LIFESTYLE

## CANADIAN FORCES PHOTO CONTEST

By OCdt John Blakeley

"I appreciate the professionalism you and your staff have given the competition this year," said Cmdre "Mike" Cooper. The director general of personnel services was addressing members of the photo unit from CFB Ottawa (North) during the opening ceremonies of the annual CF Photo Contest held at NDHQ in June.

The photo unit, commanded by Maj Frank Jonker, has been instrumental in upgrading the forces-wide competition. Under the direction of WO Andre Cabuche, the unit, which provided only technical advice to the competition in the past, has taken over the administration of the contest. It has incorporated many changes that will standardize and improve the competition. Standard operating procedures for the contest have been developed and the judging process has been changed.

Guidelines for running the competition, and judging and displaying the many exhibits, have been established. The contest is now run according to the standards of the Photographic Society of America, Colour Photographic Association of Canada, and the National Association of Photographic Art, three major North American organizations that run international photo competitions.

Under the new guidelines each entry is individually displayed before a panel of judges. They register their votes electronically using a silent voting machine and the results are then tabulated by a contest clerk. Entries in each category that achieve a score of 10 points or more (of a possible 15 points) are displayed in a two-week long exhibition at NDHQ.

The competition, which was formerly staged in the passenger terminal of the air movements unit at CFB Ottawa (South), was moved to NDHQ

this year to give the competitors and their photographs more public exposure.

Entry forms, also new this year, ensure competing photographers are provided with feedback on their entries. The new form, which must accompany future entries, lists the photographs submitted by each competitor and includes the score attained by each entry. These forms will be provided through base coor-

dinators who will be responsible for submission of base or station entries. A copy of the form will also appear in CF-SOs.

These improvements to the photo contest will provide a more consistent and equitable competition for the many camera buffs in the Canadian Forces. For more information on the competition, contact the base coordinator for the CF Photo Contest.



WO Andre Cabuche from NDHQ's CF Photo Unit, and Capt Joanna Calder, a contest judge, discuss the photographic quality of entries in the CF Photo Contest held in June. (IS88-433 by Sgt Tim Smith)

### Professional (open category)

Color:	1st	Sgt B.R. Kyte	CFB Summerside
	HM	Cpl J.L. Germain	CFB Ottawa
	HM	Cpl R. Dubreuil	CFB Halifax
	HM	Cpl M.A. Carrier	CFB North Bay
	HM	Cpl G.G. Kean	CFB Halifax
Slide:	1st	Cpl G. Desjardins	CFB Montreal
	HM	Sgt B.R. Kyte	CFB Summerside
	HM	Sgt B. Thibeault	CFB Ottawa

### Professional (portrait)

Color:	1st	Sgt R.A. Kolly	CFB Ottawa
	HM	Cpl L.F. Marszowski	CFB North Bay
B&W:	1st	Sgt R.A. Kolly	CFB Ottawa
	HM	Sgt R.A. Kolly	CFB Ottawa

### Professional (military life)

Color:	1st	Cpl D. Smith	CFB Chatham
	HM	Sgt R. Baril	CFB Valcartier
Slide:	1st	Cpl G. Desjardins	CFB Montreal
	HM	Cpl J.C. Marcoux	CFB Ottawa
	HM	Sgt B. Thibeault	CFB Ottawa

### Amateur (open category)

Color:	1st	Pte T. Constien	CFB Shilo
	HM	Pte M.M. Adans	CFB St Jean
	HM	Lt S.J. Sharpe	CFB Baden-Soellingen
	HM	Capt E.M. Lemoine	CFS Mont Apica
B&W:	1st	MCpl D. Grenier	CFS Carp
	HM	MCpl D. Grenier	CFS Carp
Slide:	1st	Cpl W. Gomm	CFB Baden-Soellingen
	HM	Cpl W. Gomm	CFB Baden-Soellingen
	HM	Cdr J.N. Edkins	CFB Halifax

### Amateur (portrait)

Color:	1st	Maj G.M. Whiting	CFB Edmonton
	HM	MCpl G.M. Dwyer	CFB Baden-Soellingen
B&W:	1st	Maj G.M. Whiting	CFB Edmonton

### Amateur (military life)

Color:	1st	Mr. C.M. Michaud	CFB Lahr
	HM	Mr. C.M. Michaud	CFB Lahr
	HM	Cpl J.R. Gelinis	CFB Lahr
B&W:	1st	Pte A.P. Jobson	CFB Lahr
	HM	MCpl J.A. Godin	CFB Montreal
Slide:	1st	Capt Y. Desjardins	CFB Montreal
	HM	Capt Y. Desjardins	CFB Montreal
	HM	Pte A.P. Jobson	CFB Lahr

## SCHOOL DISTRICT NO. 71 (COURTENAY)

### SCHOOL REGISTRATION FOR SEPTEMBER 1988

Registration for school opening in September will take place at all schools in School District No. 71 (Courtenay) as follows:

<b>ELEMENTARY AND JUNIOR SCHOOLS</b>	
Wednesday, August 31 -	9:00 a.m. - 12:00 noon
<b>G.P. VANIER SECONDARY SCHOOL (Please phone for an appointment)</b>	
Tuesday, August 30 -	10:00 a.m. - 2:00 p.m.
Wednesday, August 31 -	10:00 a.m. - 2:00 p.m.
<b>HIGHLAND SECONDARY SCHOOL (Please phone for an appointment)</b>	
Tuesday, August 30 -	10:00 a.m. - 2:00 p.m.
Wednesday, August 31 -	10:00 a.m. - 2:00 p.m.

**ELIGIBILITY FOR REGISTRATION**  
 \* Kindergarten - all children born in 1983  
 \* Grade 1 - all children born in 1982  
 All children attending school for the first time must produce a birth certificate.

### SCHOOL OPENING 1988

The first day of school on TUESDAY, SEPTEMBER 6th will be a full day in session but will end ONE HOUR EARLIER THAN NORMAL CLOSING TIMES which are as follows:

<b>SECONDARY SCHOOLS (10 - 12)</b>	
G.P. Vanier - 3:20 p.m.	
Highland - 3:00 p.m.	
<b>JUNIOR SCHOOLS (7 - 9)</b>	
Courtenay Jr - 3:13 p.m.	
Cumberland Jr - 2:50 p.m.	
Lake Trail Jr - 3:05 p.m.	
Robb Road - 2:56 p.m.	
<b>ELEMENTARY SCHOOLS (K- 6)</b>	
2:30 p.m.	2:45 p.m.
Arden	Courtenay
Black Creek	Glacier View
Brooklyn	Hornby Island
Comox	Puntledge Park
Cumberland	
Miracle Beach	
Royston	2:50 p.m.
Tsolum	Denman Island
Union Bay	
Village Park	2:55 p.m.
	Airport

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# CANADIAN FORCES

## THE COMBAT ARMS CHALLENGE

(from an article by Sgt Gary Naylor)

Imagine the challenge! Navigating at 80 miles per hour just feet above the ground! Evading the enemy as you dart around the battlefield, advising ground commanders, directing attack helicopters to their targets, controlling fighter aircraft as they bomb and strafe the enemy, calling down artillery fire on enemy positions or leading airmobile troops to their landing zones!

Imagine the satisfaction of flying "home" at the end of the day, knowing that because of your actions, the soldiers on the ground have been able to secure their objectives.

This challenge and satisfaction can be more than just a day-dream! Because of a current shortage of observers (many have been promoted beyond the base working rank of senior master corporal/sergeant), there are several openings for qualified

personnel at most tactical helicopter squadrons.

The trade specialty, tactical helicopter observer, is open to infantry, artillery, and armored corps NCMs who have enough experience to become an integral part of a light observation helicopter crew.

Before being placed on a qualifying course, a candidate must first meet medical requirements and pass a screening which is conducted at the helicopter squadron nearest the home unit. Although physically and mentally demanding, the specialty course taught at 403 Operational Training Squadron at CFB Gaagetown, New Brunswick, prepares the observer for employment in an operational squadron.

When qualified, the NCM will be posted to a tactical helicopter squadron in Canada or Lahr, Germany where he will gain valuable experience in tactical operations while employed in the speciality. On Completion of a "tour" of two



The challenge! An observation helicopter crew provides tactical support to combat troops during a training exercise. (CF Photo IOC 87-170)

to four years, the observer will return to his unit with knowledge and skills that will benefit both him and his unit. Combat arms supervisors are

encouraged to inform their soldiers about this challenging speciality. By providing highly trained and well-motivated candidates, units make an in-

vestment in their future. For further information contact the training officer at the tactical helicopter squadron nearest you.

# Classified

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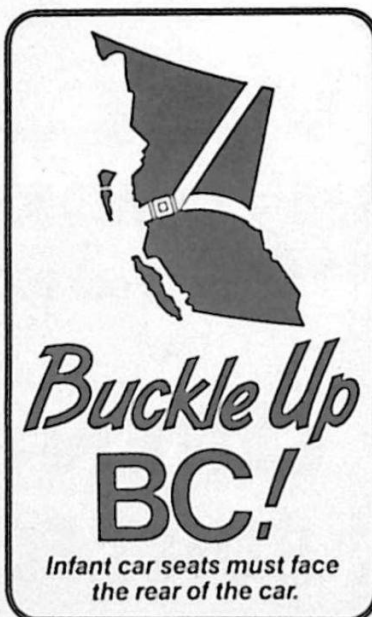
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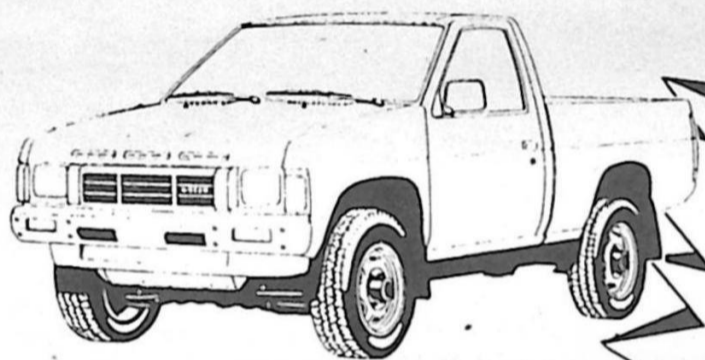
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