



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 15 SEPTEMBER 1, 1988

NEXT DEADLINE IS MONDAY, SEPTEMBER 12, 1988

COST: PRICELESS

## NHLers INVADE THE BASE

On Friday 19 August about 40 members of various NHL Hockey teams visited Comox Valley for the First Annual Golfishing tournament. The Fishing Derby took place in Port Alberni, but Comox Golf Club and our own Glacier Greens had the distinct pleasure of hosting the Golf side of the event.

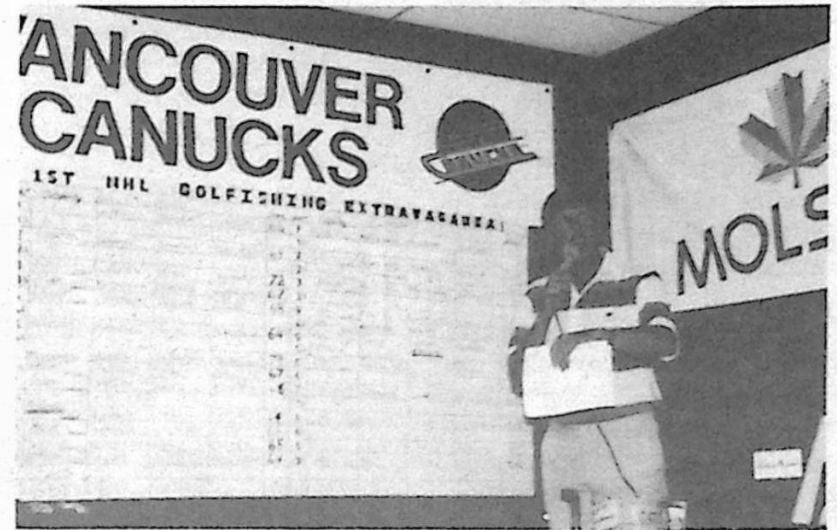
The four man scramble format tournament was played on both courses with the wind-up Bar-B-Que taking place at the Base Golf Club. With all the

well known players like Cam Neely, Toni Tanti, Russ Courtnall and Dave Sandlack the tournament was deemed a complete success.

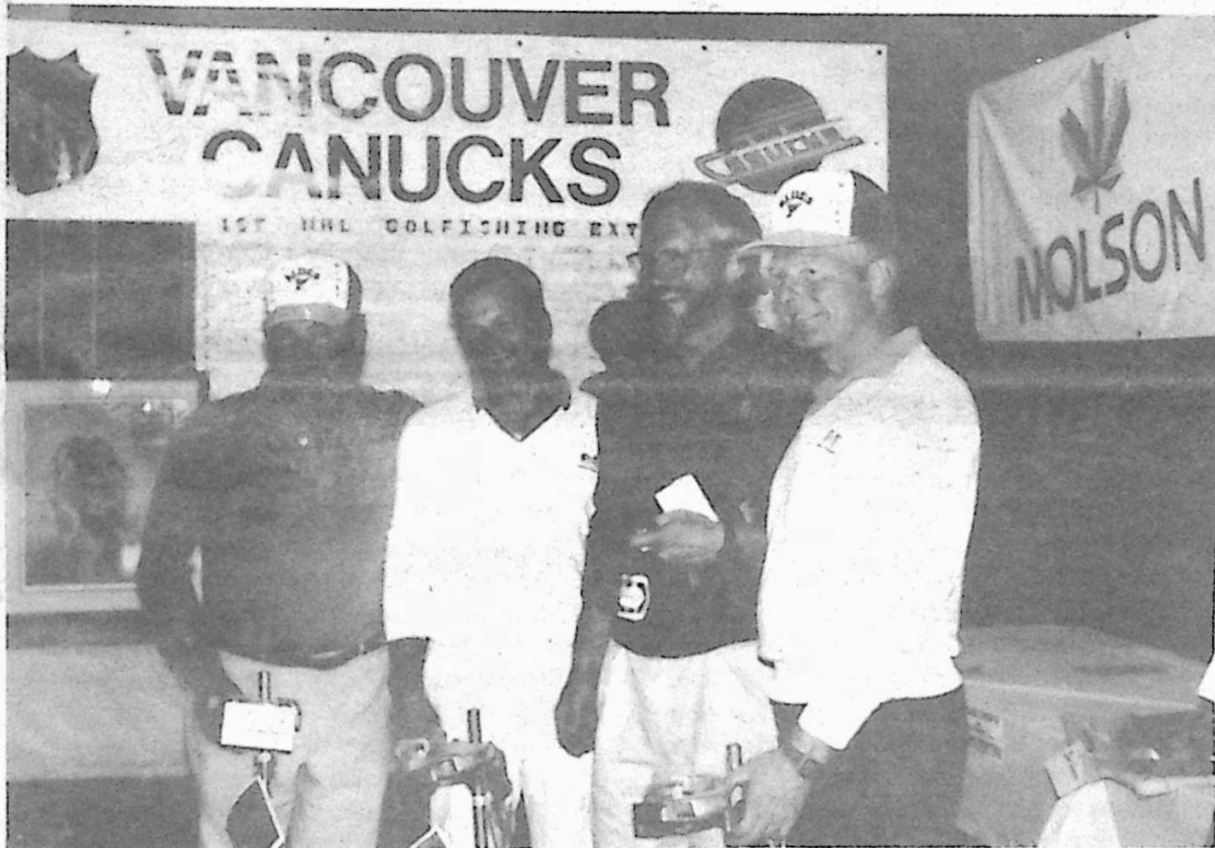
The tournament was a charity event that sponsored the Y.A.N.A. (You Are Not Alone) organization and raised about \$3,000 for them. The Vancouver Canucks Foundation should be commended for their efforts in both raising money for this group and for giving the people of Comox Valley an opportunity to meet

some of the faces of some of the stars of the NHL. By the looks on the faces of some of the kids out there it was very worthwhile.

The apres Golf Bar-B-Que and presentation ceremony had none other than BCTV's own John McCeachie as the M.C., and, along with straight-man Gordie Trenholm, provided great entertainment for all participants. Next year's tourney should prove to be even more exciting.



Master of Ceremony John McCeachie from BCTV presides over the presentation of Awards at the first Annual Golfishing Weekend held at Glacier Greens.



One of the teams to place well in the tournament was made up of these smiling faces from left to right: Glacier Greens Club Men's Captain Wally Berger, Rick Meagher from the St. Louis Blues, Molson's Representative Mike Hunter and our own Col Ted Gibbon.



Base Commander Col Ted Gibbon makes a presentation to Vancouver Canucks's Vice-president Brian Burke.

## 442 SQUADRON SAVES LIVES

It was not the standard para-rescue deployment into a crash site, but the end results made for an exciting and life-saving operation. Last Wednesday, at about 1100 hrs the Buffalo Standby bird arrived at a crash site at the Fishem Lake airstrip located 20 miles southeast of Chilko Lake. The crashed aircraft, a twin engine Piper Apache, had lost power on one engine on take-off and crashed into the woods off the end of the runway. By the time the Buff arrived the owner of the fishing camp, a friend of the crash victims, had removed the four survivors from the wreckage and took them back to the camp.

Capt Vanderspek, the aircraft commander decided to land the Buffalo on the 2000 foot dirt strip instead of putting the SAR Techs in by parachute. Once on the

ground, the SAR Techs, MCpl Andy Ainslie and Cpl Bob Ritchie went to work on the injured crash victims. The pilot, Mr. Pentti Hanninan, his 5-year old son Michael and 11 year old Adam Maas were in fairly good condition with only minor lacerations and bruises. Mr. Ernst Maas, the passenger in the right seat was in critical condition and required most of the attention. Mr. Maas suffered severe facial lacerations, fractures and a broken hip.

Twenty minutes later the two SAR Techs were joined by two others, Sgt Jack Gaudreault and MCpl Paul D'Amours, from the standby Labrador. Also assisting with ground operations were Lt Dwayne Fletcher, and MCpl Tom Furlotte. The crash victims were then prepared for evacuation and put on board the Buffalo aircraft. A lot of the excess gear was taken off to

ensure that the STOL take off was successful as they flew out of the small airstrip.

The Buff then flew the Medevac patients to Vancouver where they were met by an Advance Life Support Ambulance to transport Mr. Maas to the Trauma Centre at the Vancouver General Hospital. MCpl Ainslie escorted the ambulance to the hospital and was commended by the Trauma Physicians for excellent diagnosis and treatment. Were it not for the good work and efforts of the SAR Techs Mr. Maas would certainly have died.

Also on the Buffalo crew were Lt Dave Muldoon and MCpl Wayne Webster. All of the 442 personnel who took part in this operation should be commended for their good work, and proving once again that 442 Squadron SAVES LIVES.

### "FISHWRAPPER" EXPOSED

Section News	2
Editorial	4
Canadian Forces Update	5
Sports and Recreation	12
Origins of the Species	16
Quadra Update	14
Airforce Museum	19

OUR NEXT DEADLINE  
SEPTEMBER 12th — NOON

SECTION NEWS



# Demon Doins



**407 ARMAMENT**  
Hello again! We are still maintaining our third place position in softball, three new members join the exclusive 407 armament club and a few people will be paying for their playing in Hawaii.

With our "ringer," MWO Fisher, now playing for our illustrious, hardworking, energetic softball team, we are coming closer and closer to achieving that pinnacle of pinnacles - winning another game this season! Another plus in our favour is the players returning from the disabled list which will add to our always formidable, hard-hitting lineup.

We would all like to welcome the new members of 407 gun-plumbers; Sgt Ron Mulesa going to 2 Crew, MCpl Gene Scheidl to the torp shop and Cpl Steve Redgewell to 3 Crew. They will be great additions to an already great team.

Now, the bad news. For those of you lucky enough to escape sunburn, golf-elbow and other such maladies on their trip to Barber's Point, **YOU HAVE TO GIVE BACK SOME OF THE MONEY!**

Lastly we wish good luck to Blair on his 04 course (and hope his truck is here when he returns) and to Mitch who is about to embark on a trip to never-again-land (Borden) on his HA course.

P.S. It should be mentioned that there are only three teams in our softball league.

**407 AMCRO**

For those of you who may have forgotten we're back, new and improved better than ever. 407 AMCRO/Research/Log control has been a fairly interesting place lately. For those of you who know us, our very own Rick Verbeek has been the subject of many of our hushed conversations as of late, Rick, the only member of our section to make the all Comox PGA crushed all our chances for coach of the year and the cover of Sports Illustrated when he graciously bowed out to the underdog. The golf world will never be the same as the crowds may no longer sing the praises of "Rickardo! Rickardo!"

Sticking with sports believe it or not this section has an olympic hopeful. This year's olympics have a new sports category, the "BMI" team. Papa Daviault as he is fondly called has been vigorously training in hopes of defeating a certain unknown "Armourer" for the honour of representing CFB Comox in Soeul Korea this summer. Good luck in Soeul Michel, we all know you have what it takes.

That's it for fame and fortune, now looking at the

shadier side of things Neil has been sneaking around the section with a silly smirk on his face. This uncharacteristically good mood seems to coincide with Pete's remarkable ability to acquire leave while the remainder of us slave away here at work.

While we're on the topic I guess you all remember the illusive P.J. McAllister, whom at a recent briefing said "No leave in July or during the Airshow" has mysteriously disappeared. Some say on leave while others swear he's looking for the missing link. Like most mysteries I guess we'll never know.

Like most sections this time of year we're graced with a new addition; no John isn't pregnant. Shannon Bell, more affectionately known as "Airshow Coordinator" has kept things buzzing around here. As Neil says "Mostly the phone." There has been some talk of a phonedectomy for Shannon so the rest of us can have a turn talking.

Amongst our new additions is our new computer expert, "Mrs. B" and her pet finger. Both have been kept quite "Busy" lately trying to figure out the time difference between here and Halifax. Not even the computer can help her with that problem.

Another not so new face, Capt Green alias "The Sand Man" alias "Sleepy" has finally woke up to find the WO's hideout. The smoke room. So Sir, if you're looking for Pete check the smoke room, the golf course and finally the MWO's leave chart.

Now for travel. A number of persons in our section have been or will shortly be going on a trip. Shirley's hubby finally returned home from Borden and they spent two glorious weeks travelling around to all the hot spots. By the way Shirley has come up with a new leave category (soon to be in print). "DW" will be added to the list of annual, accumulated, special, etc... Marylin has spent the last month or so representing us in various resorts such as Calgary and Whitehorse, as usual keeping our good name intact. Speaking of trips, ac-

ording to WO McAllister's records JJ Menard is AWOL or at least gone on personal adm-in.

At a recent farewell party for Stan, who is leaving us for beautiful Germany, where it's rumoured that a certain CWO is anxiously awaiting his arrival, Maj Clarke our infamous leader (known as Sir to most of us) was the only attendee overdressed for the occasion. Blue is a very becoming colour though, isn't it Sir? Yes, you guessed it, Pete was F.L.A.U.

For those of you thinking about joining our fair section be forewarned. You must know how to make coffee and clean up everyone else's mess. Cpl Pat Sears who recently assumed the position of Tech Adj Clerk found th is out on his very first day with us. Pat's new desk came complete with a set of instructions and duties for his latest assignment "Coffee maker."

Last but undoubtedly not least, Joe T. has been seen running around the section this past week with a progressively receding hairline. Some say it's from the parade and reunion but I have it from a very reliable source that it's from shaking his head in amazement.

**407 PHOTO**

Hello again, just a few words to let you know what has happened in the wonderful world of 407 Photo.

WO Jean Cote was off to Chilliwack from the 16th to the 21st of August to participate in the Forces' Regional Golf Tournament. We understand that he drove it both on and off the course for the whole five days (get the pun HA! HA! HA!).

We have a few new arrivals; MCpl Bob Davidson, his wife Maureen, and daughters Caroline and Catherine. Bob came to us from the Photo Unit in Ottawa. MCpl Real Denechaud, his wife Gaetane, daughter Janis, and son Mathieu are in from Greenwood, the Hub of the Annapolis Valley. MCpl Dave (Hoop) Hooper and Alisa came here from Cool Pool in the

heart of Canada's lakeland. Cpl Gord Morrison and his wife Janet drove in from Summerside, PEI, where the lobsters are enormous, the summers are gorgeous and the winters fr ing cold. Last but not least Cpl Dan Mallette arrived in God's country after a five year stint defending our interest in Germany's Rhine, or was it "wine" Valley. Dan brings with him his wife Angie, daughter Shannon, and son Christopher. A hearty welcome to CFB Comox everybody, and may your stay here be a pleasant one.

The next few months are going to be pretty busy with courses. MCpl Dave Hooper, Cpl Lynn Fralick, and Cpl Gord Morrison are going to

Greenwood for their Aurora First Line Maintenance course. MCpls Bob Davidson and John Clevert are heading out to Borden on their 6A and High Reliability Soldering courses respectively.

We held a welcoming party at Air Force Beach Pavilion for the new arrivals on the 26th of August. The steaks were excellent, the water warm, old friendships rekindled, and new ones started.

Well, that's about all for this time.

P.S. - Please be careful out there, the emotional scars of an accident are very often just as deep and lasting for your family and close friends as they are for you the victim.

(continued on page 3)

## THE KIDS ARE THERE... DRIVE WITH CARE!

B.C. motorists are reminded to take care in school zones during Back To School Safety campaign running August 29 through September 9.

Developed by provincial police forces and ICBC's Traffic Safety Education department, the Back To School campaign aims to maximize road safety around elementary schools through media messages and police enforcement. The primary focus is on speeding in school zones.

"It's important for motorists to remember that the kids are back in the traffic after the summer break," says Hugh Lindsay, Manager of ICBC's Traffic Safety Education Department. "We're asking drivers to slow down in school zones, watch for students being dropped off or picked up by parents in cars and to stop for school buses when their lights flash."

In support of the safety campaign, 7-Eleven Stores, with support from B.C. Tree Fruits Ltd., are distributing reflective stickers. The stickers contain a safety message and can be displayed on youngsters' bikes, books, or clothing. The reflective material serves to help them to be seen and not hurt.

The Back To School Safety campaign is one of many ICBC initiatives aimed at reducing the severity and frequency of traffic accidents on British Columbia's roads.



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# AROUND THE BASE



From The Top Rung

COL TED GIBBON

What does discipline mean to you? To many it is the result of fracturing the rules - if you get caught! What most don't appreciate is that there are various levels of applied discipline: based on the severity of the infraction or the degree to which you have placed yourself or others in jeopardy. In severe cases there is no discretion allowed to those charged with enforcing our code of behaviour hence punishment, which is the direct result of failure to obey a well known set of rules, has a kind of uniformity throughout the services. However, in most instances of minor indiscretions unit level discipline is the most common and has over time proven to be the most effective. In virtually every case where it is necessary to apply military discipline the underlying reason is found to be a lack of self-discipline, failure to exercise common sense or a conscious violation of a set of standards well known to all of us who serve. Discipline should mean a personal commitment, not one enforced by others.

In the Air Force we assess an individual's degree of responsibility by the attention they pay to personal grooming, dress and timeliness because that is a reflection of self discipline and more than in any other service we depend on this aspect of discipline to achieve our aims. Every technical and support trade at every rank and expertise level must exercise their functions with sound judgement knowing that the consequence of error can be catastrophic. The requirement to apply service discipline denotes a failure in self discipline which unfortunately usually involves more than just the individual. In our business, that is what discipline should mean to you.

**MORE DEMON DOINS**

Many of 'dem' Demons are doing their 'doins' away from squadron these days. Crews 3, 4 and 5 are currently on leave, and through the combined effects of normal psychological behaviour, Newton's third law of motion, and the universe's crazy habit of striving for maximum entropy, none of those fellows are inclined to hang around squadron during their holidays. If should be noted, however, that some dedicated members have taken it upon themselves to remain close to base while on leave. Even as this summary goes to print, Lieutenants Scott 'Bogey' Geunther and Mike 'Birdie' Savard are maintaining a continuous 2 hour

standby posture at the Glacier Greens Golf Course.

Crew 2 is still Tasmanxing down under, though they are scheduled to come up over in the near future.

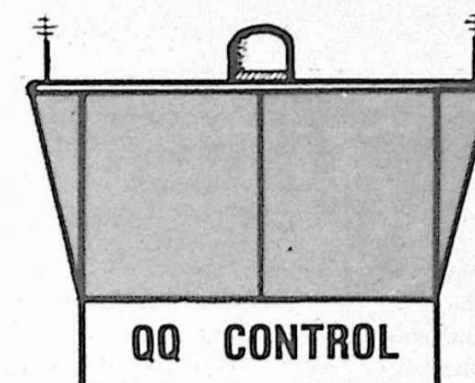
The Crew 6 Terminators have acquired a new crew commander who is a big name in the ASW world. Captain Peter 'V13' Vandentillaart was obtained from 415 Sqn in a trade for Capt Harry Vincent and a first round draft pick.

Capt Vandentillaart's first trip with the Terminators was a weekend airshow in Everett, Washington. The crew, behaving in the diplomatic fashion, had such a profound effect on the local populace that it is fully expected Everett will change its name to Terminatorville. The crew member

who had the greatest impact, and is considering running for mayor in that fair town, was none other than crew mascot Sgt Taz, the Tasmanian Devil. Taz silently rejected numerous offers to be taken home by young ladies, partly due to his great loyalty to the crew, but mostly because his rear end was firmly taped to engine number one. Capt Pete Lipohar and Lt Bob Barrett could periodically be seen on the wing with Taz, mugging for the cameras and offering to sign autographs. Many people got quite a chuckle seeing the 3 of them together and commented on how lifelike Bob and Pete looked.

Crew 7. Nuff said about Crew 7. Where are those guys, anyway?

Now that the new fall fashions are in the stores and old man winter is lurking somewhere off the coast of Alaska, we can expect 407 Squadron to



# As The Beacon Turns

One of the obligations of a responsible journalist is to report the facts, and there is no denying the fact that the ATC Orcas are once again the Inter-section Fastball Champions. The Orcas defeated 407 Sqn to clinch their third consecutive league title. At the awards ceremony immediately following the glorious victory, Capt Ted Norrie was looking for a volunteer to place his medal in his personal trophy case in the tower cab.

In the last issue, I reported on the mug-out of NAVAIDS Tech MCpl Elgin Fulford. Well last Friday at the Gravel Pit, he was mugged-out again! What happened? Did he retire twice? Does he get two pensions? Did he get two section plaques? Maybe he just enjoyed his first Mug-out so much that he

requested a second one! Coinciding with Elgin's second retirement party was the birthday of our fearless leader, Major John Stariha. The Major was showered with gifts and well-wishes from his loyal troops, while telegrams and cards poured in from all corners of the base on this special occasion.

As if those two events were not enough for one day, we also had two promotions to contend with. Dave Tack is now a Warrant Officer and can be referred to as "WOTACK," and Sylvie Richard is now a MCpl. Sylvie is still celebrating.

Welcome back to 2Lt Nicole Boutin who rejoins us from the ATCO course in Cornwall. Nicole is now beginning her

checkout in the tower. I would also like to welcome our new secretary Kathryn Perry. Kathryn faithfully types my article and is a much needed addition to the section.

Windsurfing still occupies the pastime of a good deal of the ATC crowd. Pte Doug Godden recently had a harrowing experience in the waters off Royston when he was attacked by a group of killer harbour seals. They nipped at his heels until he found refuge in safer waters.

Anyone who has been to the tower recently, may have noticed the sudden increase in the number of log books. At one point we were considering introducing the Dewey Decimal System to file all of them. Log it Ger.

## NEXT DEADLINE SEPT 12th-NOON

keep up with the times and change with the season. Crew shuffles are on the horizon, but that is something which will sail more into focus when summer leave ends and there are more Demons, more doins, and more to write about.

Nuff said? Nuff said. **AIRCREW** Another uneventful two weeks have flown by at 407, as Crews 3, 4 and 5 have replaced Crews 6 and 7 on leave.

At least uneventful was one of the words used by Crew 2 members to describe how their trip to Australia has gone so far. The Crews have complained the Expo was boring, and that Roratonga was a dive.

Next they'll be saying that they would sooner be flying patrols back at home. As Crew 2 has been so hard done by, Crew 7 Moosemen have courageously volunteered to take the next uneventful, and boring trip to

Australia and the South Sea Islands.

Speaking of Crew 7, Lt Tom Norm's Demon Doins Aircrew recently moved out of quarters. That by itself may not be very interesting, but Tom's first trip ever to do the grocery shopping certainly was. It was to be a very traumatic experience. Tom bravely went to Overwaitea, after he was told it was a great place to meet women. After 15 minutes of attempting to determine how to "unchain" a shopping cart Tom cautiously forged ahead. Once inside he was like a kid in a candy store, and was last seen fondling vegetables in the produce section.

Crew 5, on a recent trip to Hawaii, lost a rental car. Capt Mike Wright decided that having never seen a tow truck in Honolulu that no parking areas were only a trick to keep parking spots for the locals. Much to his surprise Mike returned to find the car gone. However, after a very expensive cab ride and an exorbitant towing fee, Mike got the rental car back. Until Mike can carry out a successful parking exercise in downtown Honolulu, his MPCC Carl Marquis stated that Mike will not be allowed to park the aircraft, as the crew could not afford to have it towed away too. Nuff said.

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EDITORIAL

STROKES

TERRY STROCEL

Okay, all of you people out there who can honestly say they know how a newspaper is put together, put up your hands...just as I thought. Well on Monday mornings (that's the deadline day) I just walk over to Three Hangar and go to the strings and mirrors department (that's right, Lab Flight) and I grab one of their magic wands that they use to start their helicopter with. Then I come over to the Totem Times office and tap my magic wand on the door three times and I poof!!...the door opens and I dig in to three days of rush, rush, panic, panic, freak out!!!

It has always amazed me how most people look forward to the Totem Times every second Thursday, but know so little about the organization itself. I must admit that it is kind of nice when you can see yourself in a photo getting an award or something from someone.

Then you can cut it out and send it to your Mom in Hoo-Ha Saskatchewan or your aunt in Upper/Lower Rubberboot Nova Scotia and show them how well you are doing. And it's even nice when somebody takes the time out to make sure that something you did gets base-wide recognition through an article or story in this newspaper.

But who takes the time to ensure that the newspaper gets put together. Well we do have a small staff over here and with a lot of perseverance it gets made.

However we are now officially on the hunt for people to help us in our pursuit of the Thursday afternoon destiny. If there are any people out there with a passion for paste-up, a fantasy for photography or a relish for writing...have we got

a job for you. Now you're probably saying to yourself "but I have to work." Well keep this in mind; I am a pilot with 442 Sqn (Deputy Flight Commander if I might add) and I spend three full days out of every two weeks playing newspaper editor (and I use the term loosely). I am confident that arrangements can be made with those people who always win in "Count the hoops" to get your cell door opened up long enough to come over and give us a hand.

And now that Base Photo has officially boycotted our humble abode we have set up a black and white darkroom. For all of you people who are interested in that kind of stuff lessons are included in the deal. We need cub reporters, too! 'Til next week, keep the blue side up.

HEY 441! IS ANYBODY HOME!!



Dear Det Comd of 441 Sqn Comox. This is a formal invitation from us guys at the Totem Times to have your very own personal gossip column. I mean, you A-1 aviators spend a lot of time messin' up our skies, the least you could do is help us mess up our newspaper. That is all.



TOTEM TIMES

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

Published every second Thursday, with the kind permission of Colonel Gibbon, Base Commander, CFB Comox. Second Class mail registration is 4098.

Office Phone: 339-2541

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CANADIAN FORCES UPDATE

CDS visits China and South Korea

by Janice Cowan

Led by Deng Xiaoping, the People's Republic of China has embarked on a massive program of modernizing the nation, with emphasis on industry, agriculture, science and

technology and defence. At the same time, China is opening its doors to the West, welcoming closer contacts with countries such as Canada, in order to help its one billion

people achieve the long-term goal of becoming a fully modern industrialized state.

Last year, the White Paper drew attention to the rapid changes in the Asia-Pacific region, and emphasized the growing importance of China.

To demonstrate Canada's growing interest in its relations with its Pacific neighbours, and also to establish defence relations in areas of mutual interest, Gen Paul Manson, Chief of the Defence Staff, recently visited China. It was also a reciprocal visit to the trip to Canada last year of Mr. Yang Shangkun, formerly vice-chairman of the Central Military Committee, now state president.

Arriving in Beijing, Gen Manson, accompanied by his wife Margaret, MGen David Huddleston, Associate Assistant Deputy Minister (Policy) and his wife Beverly, aide-de-camp LCdr Greg Aikins and Mr. Terry Colfer of the Department of External Affairs, was warmly greeted in the city's Great Hall, by Chi Haotian, chief of the People's Liberation Army General Staff.

The CDS' week-long program in China included visits to the National Defence University near Beijing, 1 Air Division in Anshan, an aircraft factory at Xian, the Air Force Engineering College at Xian, the Nanjing Research Institute of Electronic Technology, 179

Army Division at Nanjing and Shanghai Naval Base.

The National Defence University conducts courses for senior commanders and staff similar to those at Canada's National Defence College. It also offers post-graduate degrees in strategic studies, and offers tailor-made courses to foreign students.

Gen Manson undertook to make a Canadian library donation and to provide the university with copies of Canadian Defence Quarterly.

English language training is emphasized at the Air Force Engineering College at Xian, where 2,000 students are in residence. The majority are on a four-year B.Eng course, the remainder on a two-year Master's program. The college has trained 400 students from 10 other countries during its 20-year existence.

The Canadians flew by PLA Challenger to 1 Air Division at Anshan, where the briefing described a not atypical fighter organization. The division consists of three regiments located on two air bases. Each regiment has three operational squadrons and a maintenance squadron. The base commanders report both to the division and the region commander.

At 179 Army Division in Nanjing the visitors were briefed on the history and organization of the division and treated to a variety of impressive displays of military training, which were conducted with precision. Also at Nanjing, Gen Manson received a briefing on radar and communication technologies at the Nanjing Research Institute of Electronic Technology.

An interesting two-hour trip through the port of Shanghai followed a visit to Shanghai Naval Base and a tour of a frigate, a minesweeper and a fast patrol boat.

In Beijing and Shanghai the party was comfortably accommodated in state guest houses (a collection of villas scattered throughout an attractively landscaped compound). In Xian and Nanjing, pleasant tourist hotels were used.

Between the more formal visits, cultural tours were arranged for the Canadians to the Palace Museum, Ming Tombs, Great Wall, Terracotta Warriors and Yangtze River Bridge. Mrs. Manson and Mrs. Huddleston also visited a kindergarten.

These tours provided an opportunity to drive extensively through the rural areas and it was interesting to discover not only how many foreign tourists are travelling throughout China, but also how many Chinese are doing the same thing.

The changes taking place in the huge land were illustrated by the overriding impression of contrasts - between old-fashioned methods and high-

tech, between the traditional and the modern, between the rather old architectural monuments and the warmth of the people in the streets, between the sound and fury of a well-rehearsed army, and the bucolic indifference of farm-workers and animals in adjacent fields.

TINKLING BICYCLE BELLS

"Mao" jackets are "out," light and bright clothes are "in." Manual farm labour predominates, brick remains the principal construction material, the shops are full of goods and shoppers, the streets and the fields are full of people and tinkling bicycle bells are everywhere.

Whether in Beijing, Anshan, Nanjing, Xian or Shanghai, the hospitality throughout the visit was genuinely warm. In addition to the hosting of the Beijing portion of the visit by Chi Haotian, the CDS was hosted at other locations by the local or provincial commander, who, with his wife, accompanied the CDS to all local events.

At Nanjing Gen Manson's host was the Nanjing Military Commander Xiang Shou Zhi, a 71-year old veteran of the Long March, who was accompanied by his wife Zhang Ling, a former senior Party official. He arranged a surprise evening concert for the visitors performed by a military troupe of singers, musicians, a magician, dancer and mime artists.

Prior to visiting China, the Chief of the Defence Staff made a three-day stop in South Korea, where he held talks with Gen Choi Sae-Chung, the Chairman of the Joint Chiefs of Staff and other senior military officials. Gen Manson was presented with the Tong-Il medal by Gen Choi, awarded for "distinguished national service."

South Korea's selection as the site of the 1988 Olympic Games is a source of tremendous pride, and in Seoul the Canadians gained the impression of a vibrant and confident people, enjoying a booming economy, and determined to succeed.

A tour of joint security area at Panmunjom served to remind the visitors of the chilling hostility which prevails between North and South Korea. Travel to Panmunjom was by helicopter, which allowed a bird's-eye view of the Olympic stadium. The impressive stadiums were completed some two years ago and are already in use.

Following the success of the Canadian visit to China and South Korea and the new contacts made, the stage has been set for broader relationships. This will not only benefit the Canadian Forces, but will expose greater opportunity for trade between these "continually fascinating" Asia-Pacific countries and Canada.

THE ONE THAT GOT AWAY



Base Commander presenting Capt Gord Kruger with his Certificate of Service. Gord served the Military Community with distinction and his efforts, particularly in regards to the "Totem Times," will be sorely missed. Thank you Gord.

THE ONE THAT DIDN'T GET AWAY

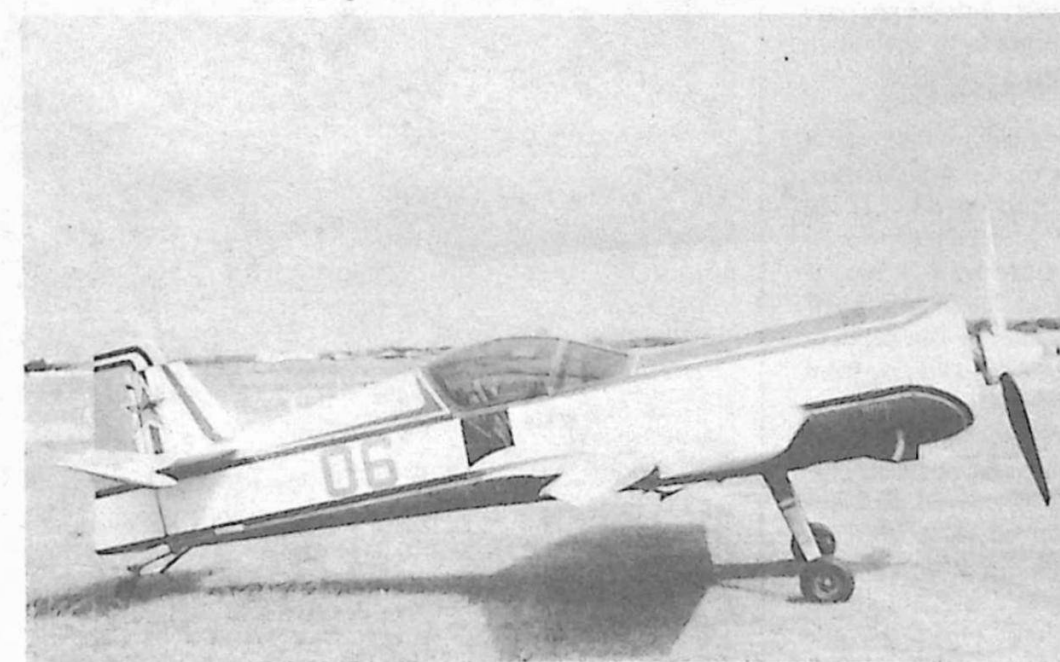


42 lb Chinook caught on Aug 16 by Lt Mike Walker from BTelD.

Happy Birthday Grampa  
Love Katie & Megan

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue

THIS WEEK'S TRIVIA:

Here's one for you knowledgeable types, what is the designation of this aircraft, what company built it, and what is it used for?

TRIVIA ANSWER:

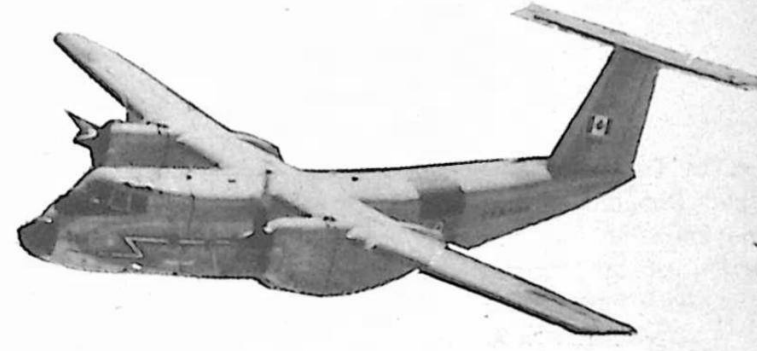
This is an Avro York C1, transport version of the Lancaster. The aircraft belongs to the French Navy, circa 1961.



## SECTION NEWS



# 442 SQUADRON



## THANK YOU 442

The following is an excerpt of a letter of appreciation from a retired U.S. Navy Captain:

"During our water landing near Donald, B.C. our amphibian aircraft had the misfortune to strike a submerged object. Although partially beached it continued to sink. Rescue 451 dropped a bailing pump to the site and continued surveillance throughout the subsequent rescue operations.

You can be assured by this former U.S. Navy pilot of 36 years that the assistance provided by the para-rescue team from your squadron was outstanding. Communications and on-site support by Rescue 451 was of the highest professional calibre exemplifying excellent training and a high order of commitment to save lives...It was a job done efficiently and expeditiously with a willing spirit as observed by a cognizant rescuer. The only failure seems to have been my water landing.

It is gratifying to know such support is continuously available and I heartily thank all who participated on-site or were connected in any way. I feel privileged to be able to write this letter from my home after arriving back in the States."

Thank you, Sir, for your letter. It says it all!

## SAR SUMMARY

On 2 Aug a Lab was launched to medevac a child, who was suffering from an adverse reaction to sunscreen, from a vessel in the Jervis Inlet. By the time the Lab reached the scene, the child's condition had improved and a medevac was not required.

On 8 Aug a Buffalo was launched on an ELT hit near the Toba Glacier. They discovered an aircraft which had broken a ski on landing. There were no injuries, and rescue was unnecessary. The broken aircraft and crew remained on the glacier for several days until repairs could be made.

The next day a Buffalo was sent to investigate an ELT signal near Ft Nelson. They landed at Ft Nelson due to poor weather, and chartered an Okanagan helicopter to transport the SARTECHS to the site. A crashed aircraft was found. There were no survivors.

A Lab was sent to Cowichan Bay on 14 Aug to prepare to evacuate residents from a forest fire hazard. After the fire was put under control, the Lab returned to Base.

On 19 Aug a Buff launched to home an ELT detected by SARSAT. A crashed helicopter was located near Red Mountain

with four survivors in good condition. Survival kits and a radio were dropped, and a helicopter was chartered to evacuate the survivors to Williams Lake.

## 442 SNAKE CHARMERS

While fulfilling its showmanship responsibilities during the Airshow, 442 was also able to keep its search and rescue status with two aircraft on standby in Victoria.

On Friday night, only a day away from the Airshow an American A-6 landed with hydraulic fluid pouring out of its belly. Two of 442's finest techs repaired the leak and saved the day.

Though the Airshow weekend and all its confusion is now past, the men of 442 are yet still crushed by crippling news. The squadron princess is getting married. Guess who?

442 would also like to welcome its new members Sgt Gillis, Sgt Frey, MCpl Wild, Cpl Johnson, Cpl Miller, Cpl Rowlands, Pte Lloyd, and Cpl Morgan, and advises the new maintainers to bring their own hand soap.

## FLIGHT ENGINEERS

The FEs are fairly quiet right now and adjusting to the wake left from posting season with a few rollers still coming in. Of course training continues including instruction on the proper trajectory for juice cans from "The Flying Gurkha" who was recently promoted and quickly appointed to the dizzy heights of 3 I/C and placed in charge of himself and three other people. By the way the 2 I/C says you're on the RSO course. Congratulations!

It seems as of late that half of 442 Sqn is trundling to the Base Hospital to be de-railed from the tracks of baby-making. After interviews with participants, and having made the trip myself, there does not appear to be a trend developing. However, there was one thing agreed upon and that was...Oh, sorry. I can't mention it here. Anyway, the Base Hospital staff was great during my overnight stay. Thanks for the ice packs.

It appears that Sgt Kane is actually enjoying his time in the O.T.F. (is it possible?). Rumour has it that he will be complemented/replaced by MCpl Dale Fisher from Gander who will be on his third Lab

tour. Welcome to the school Dale.

MCpl Branch is holding up well, other than looking a little snakey while his wife is on the three month Pay Level 5 course in Borden.

## BUFF STUFF AND LAB PRINTS

The Airshow season is over and the only casualty was MCpl Boxer Scott. In front of 100,000 people at Abbotsford the announcer stated that the FE on the Buffalo was MCpl Boxer Shorts. His files are currently being amended to reflect this name change. Oh, there was one more casualty. Our Nav, Lt Fletcher, over a three day period was able to block two punches intended for other people. No, his nose is not broken and the eye is healing well, thank you. Wrong place, wrong time!

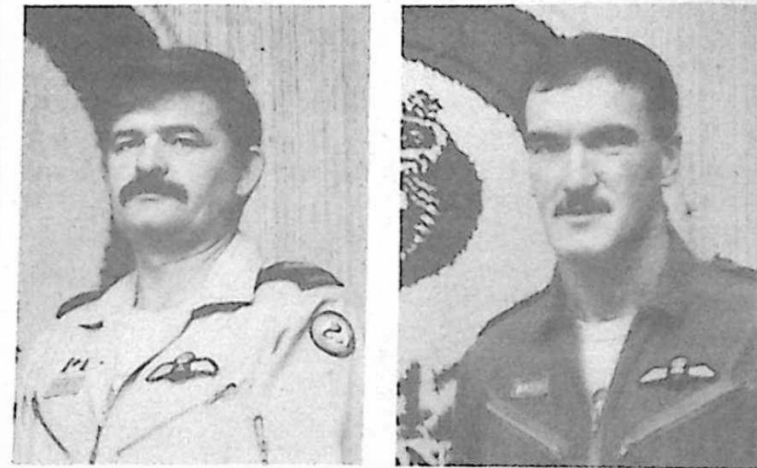
Penticton Airshow was not as well attended as Abbotsford. In fact, there were times during the occasional rain-shower that the participants almost outnumbered the spectators. Considering that it was their first show it was well organized and smoothly run. Next year will be BIG!

Everyone enjoyed the ride in the Buffalo over to Abbotsford courtesy of Lt Plasse and Lt Roberts who are now stars after making a special report for the CBC. They are thinking about moving to Hollywood (We will miss them.) Their autographs are still free (legends in their own mind).

On the subject of airshows, it was during the Comox Airshow at the Officers' Mess that the "Snakes" were narrowly beaten at Crud by 407 Sqn. It was noted at the higher levels that 407 had to supplement their team with ringers from VU 33 and Base Hospital. It was also noted that the last time we played a team exclusively from 407 we Resoundingly Whipped Their (Five letter word for "donkeys"). Refereeing at the Crud table, by "The Shag" (407 Sqn), was at a barely acceptable level with much improvement noted towards the end of the mission. Thanks Shag but it was too late by then. Next time start drinking heavily an hour BEFORE the game starts.

The rotary wing department of 442 Culture and Creativity Squadron has been occupied over the last few weeks in support of the SAR Techs' Mountain Training Exercise on the Comox Glacier (unofficially known as Camp Clements). We understand the exercise went well and we were glad to help.

## CONGRATULATIONS



Joe Casey and Ross Brown were promoted to Sgt and MCpl respectively on 1 Aug 88. WO Gerry Dusick was also promoted to that rank on 1 Aug, but the photo is not yet ready. Congratulations to all.



Base Commander presents CD2 to Sgt G.C. Bouillier of 442 Sqn.



WO Leo Uhlenberg is presented his Certificate of Service for 31 years dedicated duty to the CF.



MCpl Al Martin is receiving his Certificate of Service on his retirement after 20 years of dedicated service.

## SECTION NEWS



## From The Fire Chief's Office



## Supply Signals

### Child-play with cigarette lighters kill 120 a year.

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

"A report released by the US Consumer Product Safety Commission (CPSC) stated that, in the US, during 1980-1985 an average of 170 persons a year were estimated to have died in cigarette lighter fires. Of these, an estimated 120 died in fires started by children playing. Comparable average estimates for match-related fires were 440 deaths a year and 170 deaths related to child play. Most of the victims of child play fires were young children.

Cigarette lighter fire loss estimates for 1985, the most recent available, were 11,000 fires, 180 civilian deaths, 1,150 civilian injuries and \$84.5 million in direct property damage. Of these an estimated 7,800 fires, 120 deaths, 860 injuries and \$60.5 million were attributed to child play. Cigarette lighter fire losses have remained relatively stable over the six year period since 1980. (In Canada in 1986, child play with matches and lighters caused 1,331 fires, 187 injuries, 14 deaths and \$10 million property loss. Canadian fire statistics do not distinguish matches from lighters.)

Field investigations conducted to provide more detailed information about these accidents revealed the following:

.The cigarette lighters were almost always disposable butane models.

.The children who operated the lighters were usually less than six years old, primarily three to four-year olds.

.They usually operated the lighters with two hands instead of one, using one hand to steady the lighter and the thumb or index finger of the other hand to roll the wheel and/or depress the fuel lever.

.Boys outnumbered girls by 4 to 1.

.The children who died or were injured were usually not the children who operated the lighters.

.A majority of the children had prior experience playing with or operating cigarette lighters before the fire incident occurred.

.The children had usually retrieved the lighters from an accessible location in the home.

.Children less than six years old, and as young as two years, were shown in this study to be able to operate cigarette lighters. The parents of these children either did not realize this or did not appreciate the danger."

As you can easily see young children, primarily those aged three to four, cause many fires and millions of dollars in property damage. Remember to teach your children the hazards of playing with matches or lighters, and also to keep these products out of the reach of youngsters.

For more information on fire safety, please contact the CFB Comox Fire Hall at 339-8552.

## WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

### RELOCATION REFERRAL NETWORK

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

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<b>BRITISH COLUMBIA</b> Chilliwack Comox Coquitlam Esquimalt North Vancouver Ottawa Surrey	<b>ONTARIO</b> Barrie Borden Downsview London North Bay Ottawa Pembroke Petawawa Toronto Trenton
<b>MANITOBA</b> Portage La Prairie Shilo Winnipeg	<b>PRINCE EDWARD ISLAND</b> Charlottetown Summerside
<b>NEW BRUNSWICK</b> Chatham Gagetown Moncton St. John's Fredericton	<b>QUEBEC</b> Aylmer Drummondville Langueville Montreal Rimouski St. Hubert St. Jean Westmount
<b>NEWFOUNDLAND</b> Gander St. John's	<b>PRINCE EDWARD ISLAND</b> Charlottetown Summerside

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## BONJOUR

L'Association Francophone de la Vallée de Comox vous invite à leurs épluchette de ble d'inde annuel qui aura lieu au pavillon d'Airforce Beach, Samedi le 10 Septembre, 1988, à 18h00 (6:00 pm).

Cela vous donnera la chance de faire connaissance avec les nouveaux francophone de la Vallée.

Tout le monde est bien venu.

L'Association Francophone de la Vallée de Comox est happy to invite you to our annual Corn Boil. It will be held on Saturday September 10th, 1988 at the Air Force Beach Pavillion. Come and meet the new arrivals in town.

Everybody is welcome!

## DO YOU LIKE COUNTRY MUSIC? THEN JOIN

# Westwind

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JAMMIN' AT THE "MEX"

# Washington

338-5441

OUR NEXT DEADLINE - SEPT 12th

SECTION NEWS



# ANKER KLANKIN'

We at VU 33 Sqn would like to welcome Capt Terry Strocol to his new job as Editor of the Totem Times. You have a tough act to follow Terry and we wish you every success. Remember, you will always be able to count on the Fighting 33rd to submit our top quality articles to the office on time!

This past week two members of our reserve crew returned to the fold. Capts Don Fair and Dan Orr came by to do some flying and generally make their presence felt. Don had a short break from his job of flying Conair Aviation's beautiful old DC-6s around Alberta and BC while Dan has recently returned from the Tracker course in Summerside. Welcome back, Gentlemen; we're glad to have you aboard.

Last weekend the crew of Bush, Baggaley, Motyer, M. Lavigne and Weeds represented the Sqn at the Washington International Air Fair at Paine Field. Unfortunately, the huge crowd that arrived to see the aerial agility of the Tracker as demonstrated by Capt Pete Bush were disappointed. Due to an argument with a dumpster propelled by the thrust from a USAF KC-10 the Tracker was put on static display only.

Several weeks ago Maj Arsenault presented the Kevin Saunders Memorial Trophy for Outstanding Contribution to VU 33. This year's recipient was Sgt Merv L'arrivee. Merv, who has been posted to Edmonton, is well known to most people on the base as an avid skier and organizer of ski days. Merv's contributions to Sqn

life - both at work and socially - were substantial. Congratulations, Merv, and thanks for your efforts.

One of VU 33's most intrepid adventurers is presently en route to Alaska on a sailboat. Following in the footsteps of Joshua Slocum, Sir Francis Chichester and others Capt Wayne Cuthbert expects to be gone about two weeks on his grand voyage. We Anker Klankers will look out for our shipmate on our frequent patrols of the north coast. His tales of 50 lb salmon, record hauls of crab and prawns, and of days spent lashed to the mast will undoubtedly entertain us through the long winter months.

**TECH SIDE**

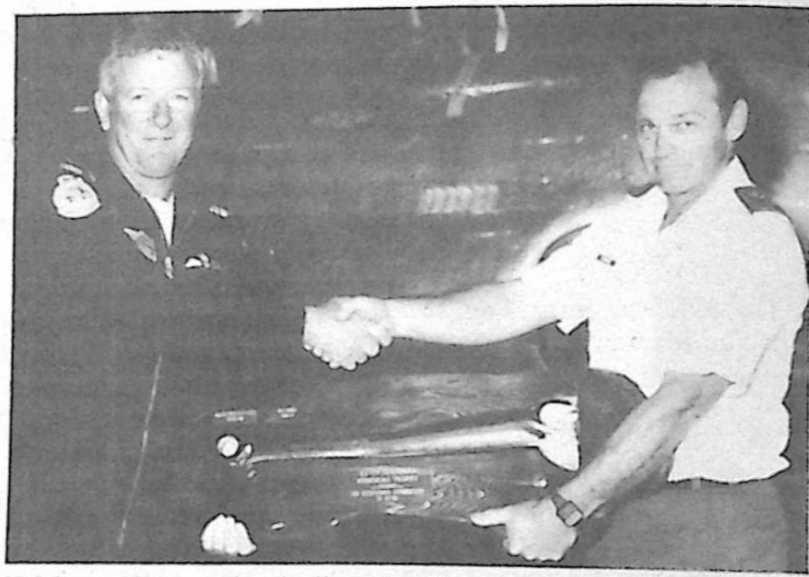
As summer progresses the new personnel posted in to the "Biggest Little Sqn" are beginning to make their presence felt. MWO Cameron who made the two minute move from 407 Sqn is getting into the swing of things. MCpl Brian Shackelton, our new CRS expert, has recently arrived from CFB Greenwood. Brian is doing all right so far. This week he's moving into the new house and somehow he wangled two weeks leave to rest up before tackling the new job.

Along with summer fun comes those minor physical injuries. On the latest VU33 gimp line we have Martin Levigne, Troy Jaggard and Wayne Horton. Martin got his by slipping in the hot tub and Wayne by sliding on the ball field. So far we aren't sure what happened to Troy's arm.

CRS super tech Chris Shelly, who is always looking for a new challenge with a new twist, rode off with Buddy to Long Beach via mountain bike. Now, just getting there on the highway by bike is a small feat but not for Chris, he took the logging roads all the way to Port Alberni and then by highway over the mountains to the beach. After a days camping they returned from Uclulet to Port Alberni via the Lady Rose Ferry Cruise. Not feeling up to tackling the logging roads again they biked the highway back to Courtenay.

VU 33 techs Wayne Horton and Gary Micklethwaite are two members of the CFB Comox fast ball team, the Totems. The team won the Pacific Regional Fastball Tourney in 5 games straight (23-27 Aug). The team will play in the upcoming Nationals at CFB Trenton on the 18-24 Sept.

In the next issue VU 33 - Tech Side will have a new writer (snitch) Cpl Danielle McGrath has taken on the task. Danielle has had some previous experience and I'm sure she will tell some fine tales. So if you have a funny, a happening, an announcement, etc., pass it on to Danielle. Good luck guys and thanks for the support...Ray Webber.



Maj Arsenault presenting the Kevin Saunders Memorial Trophy to Sgt Merv L'Arrivee. The award is given annually to the person whose contributions to VU 33 are judged to be outstanding.



Cpl Yvan Charpentier achieved 97% on a QL-4 exam which tied for top score. Maj Kightley presenting.

## THE GRIFFIN PUB COME FLY WITH US

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- .NEW MENU
- .NEW DECOR
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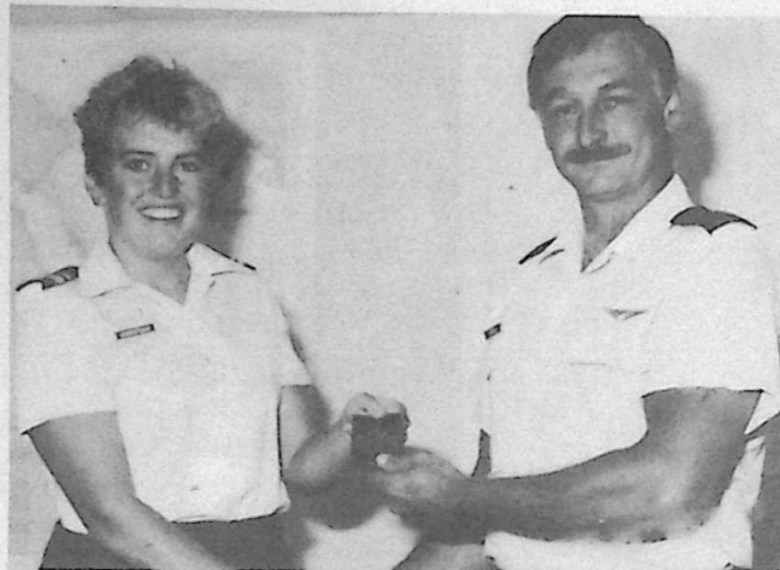
COMOX VALLEY'S  
ONLY COLD BEER  
DRIVE THRU  
SALES  
ROAD TO KIN BEACH  
LITTLE RIVER RD & KIMORLEY  
339-4466

ENTERTAINMENT FRIDAY & SATURDAY 9 TILL 1



The caption for this photo was chosen as a result of a contest amongst VU 33 Aircrew. Capt Martin Baggaley wins for his "Orlando, You can come out now - she's gone!"

PROMOTIONS & AWARDS



Lt Robertson A/BTNO congratulates Dale Eadie on his promotion to Sgt.



Lt Robertson A/BTNO congratulates Scott Leslie on his promotion to Sgt.



Capt Van Gelder and Lt Robertson congratulate Aalt Jansen on his promotion to MCpl.

**HIGHLAND GAMES**

The 29th Annual Nanaimo Highland Games will be held on Sunday September 18th from 10 AM to 5 PM with the official opening ceremony at 1:00 PM at Caledonia Park. To register for dancing competitions please contact Gavin Cooper 390-2851 and for piping competitions please contact Rene Cusson 390-4695.

**CAMERA**

**6.45 PENTAX**  
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**QUESTIONS ABOUT CHEMICALS?**

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### OFFICERS MESS

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, 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-toes 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.

### OFFICERS' MESS LADIES CLUB

MEET & GREET  
WEDNESDAY 21 SEPT.  
7:30 p.m.

—WINE & CHEESE PROVIDED—  
OFFICERS' MESS MAIN LOUNGE

**KIDS FOR CANCER RESEARCH**

Tommy Mould of West Vancouver, Emanuel Boateng of Trail and Jarrod Booth of Saltspring Island have had something in common: cancer. Happily, they are now in remission. This year they have been selected by their communities to represent the Terry Fox Run as part of Canada's "Terry's Team." "I remember Tommy at the Terry Fox Run last year" says West Vancouver volunteer Run Organizer Pat Boname, "he and his family arrived at the run with pages and pages of pledge sheets."!

The concept of Terry's Team is to encourage communities to focus on the success in cancer treatment these days. Each child will collect pledges in their communities from people who want to make a contribution to cancer research but are not able to walk, job or ride in the Terry Fox Run themselves on Sunday, September 18, 1988.

Tommy Mould, a student at Highlands School in North Vancouver and a member of the North Vancouver Youth Bank has been in remission from Non-Hodgkins Lymphoma since his last ride to the Vancouver Children's Hospital in July.

Jarrold Booth, a spunky 7 year old from Saltspring Island was diagnosed at age 5 with a brain tumor. The malignant growth, about the size of a walnut, was successfully removed and after completing treatment in Victoria, Jarrod has been in remission for two years.

Emanuel Boateng has been in many Terry Fox Runs in Trail. He has been in remission since completing his last chemotherapy treatment in January although he still comes to Vancouver every 3 months for check-ups. He is not busy collecting pledges for the Eighth Annual Terry Fox Run.

To make a pledge to Emanuel, Tommy or Jarrod simply pick up a pledge sheet from Safeway, Canada Post, Shopper's Drug Mart, K-Mart, Scotiabank, Kentucky Fried Chicken or your local Terry Fox Run office. Write in the name of the Terry's Team member of your choice and mail the completed pledge form with your donation to the Provincial Terry Fox Run office at 507 - 540 Burrard St., Vancouver, B.C. V6C 2K1 or take it to a Terry Fox Run location near you on Sunday, September 18, 1988.

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.

AROUND THE BASE

CHILD SAFETY—  
A REMINDER TO PARENTS

At this time of year parents are preparing to send their children to school. For many children this will be their first experience of travelling to and from school. The following points are suggested with your child's safety in mind:

- a) ensure that your children wear bright outer garments, especially in the evening during winter months when it becomes dark earlier. You may even consider sewing reflective tape on their jackets in order that motorists can see them easier;
- b) train your child to walk on the side of the road facing traffic if there are no sidewalks. In this manner the child is more aware of oncoming traffic;
- c) train your child to obey all traffic signs and signals;
- d) train your child to obey the school patrols if they are in operation. These patrols are there for one purpose; to ensure the safety of your child;
- e) if your child has to ride a bicycle to school ensure that:

- i) the bicycle is properly equipped to include the following:
  - a) good brake system;
  - b) rear reflectors;
  - c) carrier basket; and
  - d) adequate headlamp (if ridden after dusk).

- ii) your child knows the rules of the road. Remember, a bicycle rider is obliged to obey the laws just like the driver of a car,
- iii) safety precautions are observed - do not increase your child's chances of having an accident by allowing him or her to ride double or carry books or other object in his/her hands while riding a bicycle.

f) if you drive your child to and from school, do not be part of the problem. Stop well away from the crosswalks. Do not double-park, do not wave or indicate to your child to cross other than at a crosswalk if there is one. Make arrangements beforehand so that your child knows where you are going to pick him/her up. This avoids last minute confusion.

g) watch for and obey all school signs. Although 30 km zones are not posted at every school, you should SLOW DOWN AND BE PREPARED FOR THE UNEXPECTED.

h) remember, children are unpredictable at times, especially the younger ones. It is not unusual to see a small child dart into the street. Prepare for this and always be ready for the unexpected. In some areas there are not many sidewalks and children have to walk on the roadway, thereby increasing the hazard;

j) do not become frustrated and upset if a bicycle is taking up part of the road. Bicycles have a right to be on the road - give them lots of room. Small children have been literally blown off their bicycles by the wind of passing cars. Children have no idea of the distance it takes to bring a car to a stop. The protection offered by a 45 kg bicycle and rider against a 2,500 kg car is not very much; and

k) if you see a vehicle driving in a manner endangering the lives of children, report the licence number and description of the car to the Military Police or RCMP. They will take the necessary action.

MILITARY  
POLICE



The BSecuro, Capt R.G.Cossette congratulates P01 Dallas Ladret on his recent promotion - Well done Dallas and may there be more in the future.



The BSecuro, Capt R.G.Cossette congratulates Pte Lorraine Phillips on her recent promotion - keep up the good work Lorraine.



The BSecuro, Capt R.G.Cossette congratulates Pte Chris Rayburn on his recent promotion - Well done Chris

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LEGION  
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BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Sep 2-3  
Fri & Sat Sep 9-10  
Fri, Sat, Sun Sep 9, 10, 11

Music by **COUNTRY MEN**  
Music by **WESTWIND**  
**SUGAR BEAR DART TOURNAMENT**  
Upper Hall. Guarantee 100% entry fee cash payout.  
**FUN EUCRE LEAGUE starts Meeting 7 p.m. Election of Officers**  
Play starts 7:30. Members, guests and new players welcome. For more info contact Les Roe 339-5688

Fri & Sat Sep 16-17  
Music by **COUNTRY MEN**

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

**BINGOS** - Thu, Fri, Sun at 7 p.m.

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.  
NOW OPEN SUNDAYS....12-7 PM

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

BRANCH 160 COMOX

ENTERTAINMENT

**PLEASE NOTE:** There will be live music on Fri nights only. Special functions, including Saturdays will be advertised.

Sep 2 Music by **AUDIO EXPRESS (D.J.)**  
Sep 9 Music by **PRIME TIME**  
Sep 16 Music by **T.B.A.**  
Sep 23 Music by **WESTWIND**  
Sep 30 Music by **COUNTRY GENT (Don Turner)**

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

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

**TUESDAYS** Mixed Dart League starts Sep 13-8:00 pm  
Registration on Board at Hall

**WEDNESDAYS** Navy League Drop-In Bingo  
Upper Hall 7:30 pm

**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

**SATURDAYS** Dance-Lounge-Downstairs unless advised  
Meat Draws \*Lounge\* 2-6 pm  
Dance-Lounge-TBA

UPCOMING EVENTS

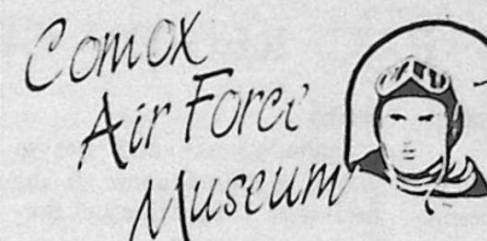
**SATURDAY, OCTOBER 15-ANNUAL VETERANS' DINNER** Upper Hall. 6:30 p.m. Tickets \$5/person on sale in Lounge from Sep 6 to Oct 7 (cut off date) Open to all VETERANS who are members of Comox Branch 160 and Ladies Auxiliary.

SPORTS

**MEN'S DART LEAGUE** will commence season Monday Sep 12 at 7:30 p.m. Registration, picking of teams, and hopefully start league play if sufficient registration for four or six teams. Advance registration accepted on Board in Lounge. Navy Room. Play every Monday at 7:30 p.m.

**MIXED DART LEAGUE** will commence season on Tuesday Sep 12 at 8:00 p.m. Registration, picking of teams, start league play. Entries also accepted in advance on Board in Lounge. Upper Hall. Play Tuesdays at 8:00 p.m.

**BOWLING** - Enter on sheet in Lounge. Must have not less than six teams of five persons in order to have lanes reserved. Play will be every Sunday afternoon. Enter your name and phone number on sheet.



GIFT SHOP

The Comox Air Force Museum urgently requires file cabinets (legal size) for its rapidly expanding archives. If you have cabinets you wish to donate, please give us a call. We also require a dedicated volunteer for the position of Accessioning Clerk. If you have a strong background in aviation history, good organizational skills and a few spare hours a week, please call 339-8635 or drop by and visit 339-8635 or drop by and visit us. Curator Nancy Greene

SOUVENIRS!

- T-shirts and badges.
- Mugs, pins, and more!
- Museum Memorabilia.
- Aircraft posters and prints.
- Aviation toys and gadgets.
- \*Take home a memory of an unforgettable day.
- \*Open Summer Hours: Tue. - Sat. 10-4

STUDYING ABROAD:

INTERCULTURE CANADA

Interculture Canada, the nation's leading intercultural exchange organization, is scouting the country coast to coast for mature students, aged 15 to 18, interested in studying abroad for one full school year.

This not-for-profit, charitable organization is this year celebrating its tenth anniversary and wishes to see more young people join its growing class of international students. "It's the educational adventure of a lifetime," says Bill Mitchell, an active volunteer for the organization in Surrey, "and the time to plan it is now."

Placements through Interculture Canada are available in over thirty countries around the world. For countries whose school calendar begins in winter, such as Australia or Brazil, students must apply before September 25, 1988. For the remaining summer departure destinations, November 30, 1988 is the application deadline.

"It's an opportunity not to be missed," concludes Mr. Mitchell. "Not only do our students develop more self-confidence through the experience, but by living with a carefully chosen host family they also get a real and lasting taste of life in a completely different part of the world - a challenging education in itself."

Interculture Canada is a member of AFS Intercultural Programs, the world's largest network of international student exchange programs established in 1947 and now operating in over seventy countries. Participation fees are comparable to the amount normally spent on an adolescent over an 11-month period. Orientation camps, the support of local counsellors, and full-time national office assistance in all member countries distinguish the reputed quality of this organization's exchange program. Financial assistance is available.

For more information, please contact Bill Mitchell at (604) 591-7573, or toll-free, 1-800-361-1879.

British Columbia Legislative Assembly

SELECT STANDING COMMITTEE  
ON

LABOUR, JUSTICE AND INTERGOVERNMENTAL RELATIONS

BUILDERS LIEN ACT

PUBLIC HEARINGS

Monday, September 12, 1988 Commencing 9:00 a.m. Vedder Room Rainbow Country Inn 43971 Industrial Way CHILLIWACK	Tuesday, September 13, 1988 Commencing 9:00 a.m. Thompson Room The Westin Bayshore 1601 West Georgia Street VANCOUVER
Thursday, September 15, 1988 Commencing 9:00 a.m. Labour Room Coast Inn of the North 770 Brunswick Street PRINCE GEORGE	Friday, September 16, 1988 Commencing 9:00 a.m. Capri Hotel 1171 Harvey Avenue KELOWNA
Monday, September 26, 1988 Commencing 9:00 a.m. Douglas Fir Committee Room Parliament Buildings VICTORIA	Tuesday, September 27, 1988 Commencing 9:00 a.m. Herron Room Pioneer Inn 9830 - 100th Avenue FORT ST. JOHN

The purpose of these meetings is for the Committee to examine, inquire into and make recommendations on the purposes and continuing relevance of the Act; the policy considerations behind the Act; the desirability of repeal or reform to any or all of the provisions within the Act and the policy directions which would guide any reform.

Those wishing to appear at any of the above locations should notify the Clerk of Committees as soon as possible. Hearing hours may be extended.

Address all correspondence or inquiries to:

Mr. Craig H. James  
Clerk of Committees  
Room 236  
Parliament Buildings  
Victoria, British Columbia  
V8V 1X4  
Telephone: 356-2933 Fax: 387-2813

Ms. Kim Campbell, M.L.A.  
Chairman

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**COLUMBO'S STEAK HOUSE**

PIZZA  
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SPORTS & RECREATION

SERVICEWOMEN'S PAC REGION SOFTBALL WINNERS 88

The Pacific Region Women's Fastball Championships, held Aug 27, saw the Comox Ladies' fastball team emerge as victors as they defeated CFB Esquimalt in a best of three series.

In the Totems' first outing, the team easily defeated the Navy squad, 13-0 in an uneven contest. Kathy Edwarsen registered the win on the mound as well as pacing the team at the plate, while JoAnn Martin and Brenda Beaton played a sound game in the field.

In the second outing of the day, the Comox squad recorded a 16-3 win as Edwarsen and Martin lead the team in hitting while Robyn May and Rose Smith helped out in the field.

Edwarsen's consistent pitching performance in both games gave Comox a berth into the Servicewomen's National Championship to be held on the Base Sept 14-18.

The B.C. Intermediate "C" Zone Softball Championships proved to be a disappointment

for the Comox Totems Ladies' fastball team.

The Aug 20-21 event, held in Powell River, saw the Totems lose two close contests.

The squad's initial loss, by a 9-5 score, came at the hands of Amanitas, a Comox Valley team. With Amanitas scoring six first inning runs, the Comox team fought back to within one run by the bottom of the fifth. The eventual victors managed an additional three runs in the sixth to head into the next round of play.

Comox's Carla Burt went 3 for 4 at the plate with a two run homer and two singles, while JoAnn Martin assisted with a double and a single. Kathy Edwarsen registered the loss on the mound while the Totems were led by Brenda Beaton in the field.

The team's second match of the day found Burt taking the mound as the Totems defeated Sunshine Transport of Powell River, 28-2.

The majority of Comox runs came on walks as the local favourites had exhausted their pitching roster by the fourth

inning.

Linda Chasse and Beaton played a sound game in the field while Sheila Miles and Burt assisted at the plate.

The Totems' final outing of the weekend saw them pitted against yet another Powell River team in a hard-fought 5-3 loss.

The Powell River Inn got off to a quick start as they capitalized on Comox errors and some well-placed hits.

Just as the Inn thought they had secured the win the Comox squad struggled back with a three run rally.

Burt led the team with a home run and a single. Im-

pressive performances in the field by Gail McIntosh and Beaton could not push the Totems into victory.

E.W.B. of Campbell River emerged as tournament champions and will represent the zone at the Provincial Championships, Sept 3-5, at Lewis Park in Courtenay.



Back Row: Coach Ross Beebe, Cpl J. Martin, Cpl L. Phillips, OCdt M. Valquette, Pte B. Beaton, and Ass.Coach Sgt Lopatmsky. Middle Row: Pte L. Chasse, Pte R. Smith. Front Row: Pte Miles, Capt G. McIntosh, Cpl May, MCpl A. Davey, and Pte K. Edwarsen.

ARENA STAFF

Applications for employment as Arena Staff are now being accepted for positions as Crew Chief and Attendants. Duties will encompass ice maintenance, issuing of equipment, cleanliness of building and supervision of all users.

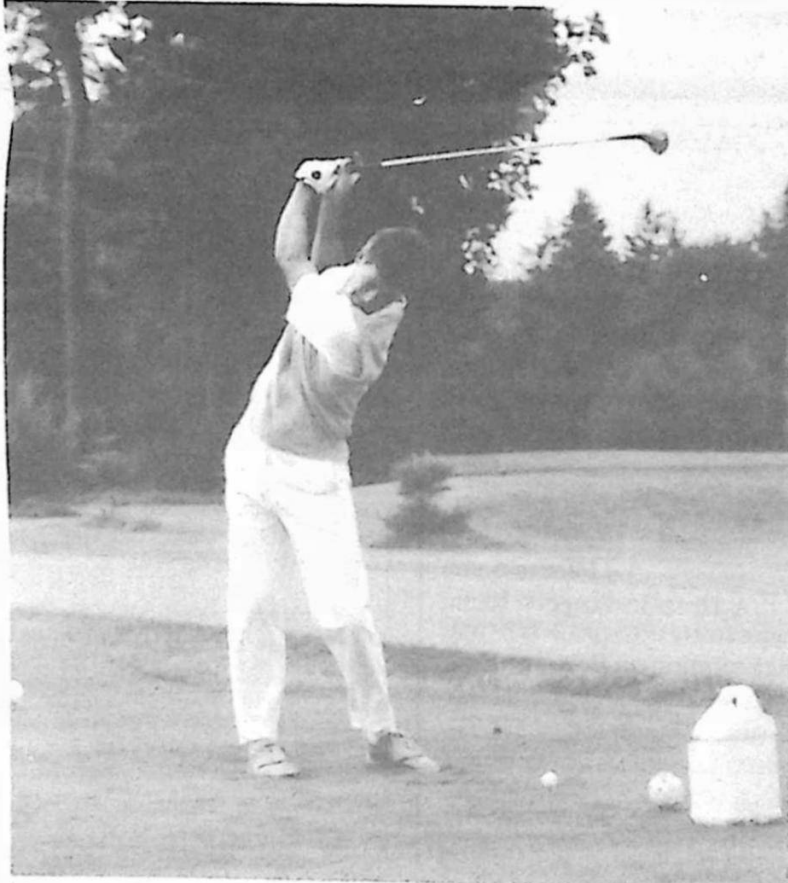
Adults/dependants interested in the above positions are to forward a short resume to the BPERO prior to 19 Sep 88. For further info on the above, please call PO1 Ken Brandel at loc 8542.

REC ACTIVITY LEADER COURSE

CFSPER Borden is conducting a Rec Activity Leader Course from 26-30 Sept 88.

Individuals wishing to attend this course should be currently involved with one of our many recreation clubs/activities or be a member of the Community Council.

All military personnel wishing to attend this course are to contact the Base Rec Centre at local 8315 NLT 6 Sept 88.



The elegant form of Dick Mohns as he puts another one out in the green stuff. Eat your heart out Maj Drover.

CFB COMOX MEN'S SOFTBALL WINS PAC REGION

On Opening Day at 1330 hrs CFB Comox played CFS Holberg and played a closely contested match which was won by Comox 3-1. Second game we played CFB Esquimalt and came away with a 3-0 shut out victory. Second day competition our first game was against the Fleet which turned out to be a no contest with Comox winning 12-0. At 1800 hrs we played CFB Chilliwack, which turned out to be a barn burner with Comox winning 2-1. CFB Chilliwack in the bottom of the 7th inning had the tying run on third base with nobody out at

which time Smith struck out the side. The two top teams advanced to the finals on Saturday with CFB Comox playing CFB Chilliwack. After 2 innings CFB Comox was behind 2-1 at which time our bats came alive and proceeded to become victorious with a 8-2 score. CFB Comox showed good sportsmanship throughout the tournament. During the regionals the team play was very good defensively, with no outstanding individuals, and a good winning attitude was had by everyone, which will hopefully carry over to the Nationals at CFB Trenton.



The proper shoe helps you play!

SPORTS & RECREATION

SOFTBALL INTERSECTION LEAGUE

The intersection softball league got off to a great start this year with the opening game on 16 May 88. There were 8 teams split into 2 divisions.

The first half of the season, BTNO held a commanding lead in the slow pitch division, the fast pitch was see-saw battle between BOPS and 407 Sqn with Supply moving steadily ahead to move into a tie for second place.

The second half of the season proved to be just as competitive, with BTNO

finishing just in the slow pitch and BOPS topping the fast pitch division.

The play-offs began on 8 Aug with the finals on 15 Aug. CE/MIR upset the first place BTNO team in two close games in the slow pitch division. BOPs however showed why they have been league champions for the third year in a row

eliminating 407 in 2 games in the fast pitch division.

Both final series were hard fought and evenly matched. The series capped off a most successful season and hope that next year will be greeted with as much enthusiasm. I would like to thank all the team reps and league committee members for their time and commitment.

PACIFIC REGION GOLF

The Pac Region Golf playdowns, hosted by CFB Chilliwack, were played on Aug 15, 16, and 17. The CFB Comox team consisted of Capt Doug MacArthur, WO Jean Cote, Cpl Dan Dupuis, Cpl Jean Charbonneau, Capt Bob Barret and Lt Christa Robertson. The team played well placing 3rd in the large base category. Christa Robertson won the women's competition and will be attending the national competition as part of the Pac Region team. The Nationals are being held at CFB Kingston in Sept.

TRIATHLON

While most Comox Valley residents were enjoying the Airshow on the Aug 7 weekend our own MCpl Roger Skidmore was competing in the Vancouver International Triathlon. This race saw competitors from as far away as Europe and Australia with a large number of professionals from the U.S.A.

Approximately 1200 competitors took part in the event which saw Marc Allen of California break the tape in under 2 hours followed closely by Mike Pigg. First women finisher was Erin Baker of New Zealand and following a minute back was Colleen Connon. MCpl Rodger Skidmore finished in 75th place in a time of 2 hours 15 min 51 sec which was good for 3rd place finish in his age group.

BASE SOCCER TEAM BEATS NAVY

The second Pacific Region Soccer match against the CFB Esquimalt Fleet team was hosted by CFB Comox. And as good hosts CFB Comox defeated the Fleet in a very rugged game (eight purple hearts) with a 2-1 score. The next series will be against CFB Chilliwack. The first game will be played Tuesday the 30 August at CFB Chilliwack and the home game will take place on Saturday 3 September at 1000 hrs.

NHL TOUR

The Organizers, Sponsors, Participants, Staff and Management wish to thank the following volunteers who contributed their efforts to the NHL Golf Tournament at Glacier Greens.

LADIES

- Kay Banks Barb Carter
- Judy Fellbaum Rose McCliesh
- Jan Verbeck Pat Verchere
- Vi Wilander Jackie Wilkie

CHEFS

- Keith Hunter Ron Lepage

You should wear your team hats with pride!

FREE GOLF

Membership in the Base Golf Club is still available to Base Personnel, Dependants and Retired DND Employees. The Sept rate is \$125 - Single, \$201 - Man/Wife. The club is active 12 months of the year and the comfortable weather is ahead.

Our facilities are open to all ranks and includes:  
Bar & Grill  
Lounge Facilities  
All Weather BBQ  
Cable TV

This week's special is Free TV coverage of the Canadian Open commencing 3 p.m. Thu 1 Sep. See you on the 19th Green.

INFO Local 8592



Christa Robertson and Garry Brown packin' home the hardware after winning club championship at Glacier Greens last weekend.

GLACIER GREENS

LADIES' CLUB CHAMPIONSHIP

Field Low Gross	Christa Robertson	170
Runner up to Field Low Gross	Inge McArthur	180
Field Low Net	Millie Legg	133

"A" FLIGHT

1st Low Gross	Irene Perry	189
1st Low Net	Lorraine Caurtemache	143
2nd Low Gross	Pat Verchere	189
2nd Low Net	Judy Fellbaum	144
3rd Low Gross	Trudy Berger	195
3rd Low Net	Kay Banks	145
4th Low Gross	Frankie McCaffery	198
4th Low Net	Millie Hudson	158

"B" FLIGHT

Field Low Gross	Barb Carter	195
1st Low Gross	Lori Cameron	196
1st Low Net	Marg Wriggitt	135
2nd Low Gross	Joan Webber	199
2nd Low Net	Mickey Behan	140
3rd Low Gross	Rose McCliesh	202
3rd Low Net	Ann Patterson	144
4th Low Gross	Vi Wilander	208
4th Low Net	Martha Campbell	147

Most Honest Golfer	Joan Curtis
Closest to Pin on No.7	Kay Banks

MEN'S CLUB CHAMPIONSHIP

Club Champion	Garry Brown	147
---------------	-------------	-----

"A" FLIGHT

Field Low Gross	Doug MacArthur	149
1st Low Gross	Jean Charbonneau	150
2nd Low Gross	Steve Bailey	150
3rd Low Gross	Wally Berger	153
1st Low Net	Dick Mohns	130
2nd Low Net	Ron Campbell	135
3rd Low Net	Nick Slatarchuck	135

"B" FLIGHT

Field Low Gross	Bob Pridmore	161
1st Low Gross	Jim Perry	165
2nd Low Gross	Stan Lawless	166
3rd Low Gross	Dale Robertson	169
1st Low Net	Stu Mobler	136
2nd Low Net	Andy Blazeka	137
3rd Low Net	Trevor Jones	138

"C" FLIGHT

Field Low Gross	Jack Hawkins	170
1st Low Gross	Dereck Ratcliffe	174
2nd Low Gross	Jim Patterson	175
3rd Low Gross	Pat Hudson	176
1st Low Net	Terry Strocel	129
2nd Low Net	B. Lozinski	129
3rd Low Net	Ray Girardi	136

Most Honest Golfer	Mel Ferraby
Closest to Pin No.2	Andy Blazeka
Closest to Pin No. 7	Dick Mohns
Closest to Pin No. 11	Gary Brown
Closest to Pin No. 16	Ron Campbell

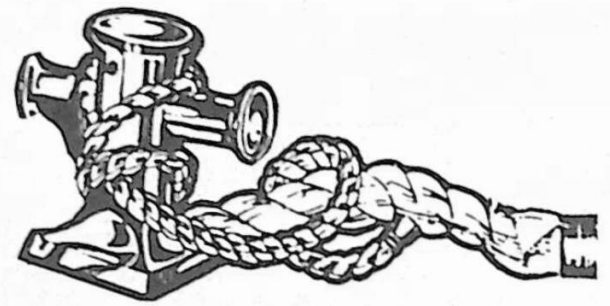


Another happy foursome coming into the 19th Green during the 1988 NHL Golfing tour pictured here with Vancouver Canuck's David Bruce are George Jenner, Ted Strocel and Glacier Greens' Vice-President Dick Mohns.

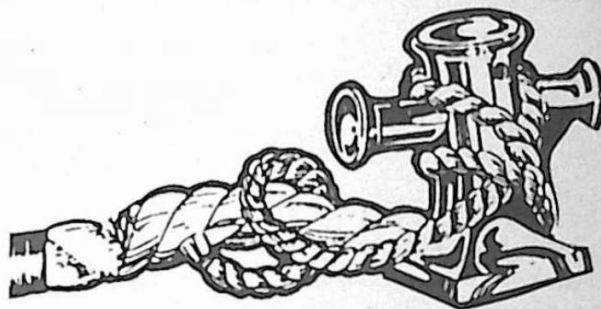


Vancouver Canuck's Head Coach Bob McCammon says a few words for Y.A.N.A. (You Are Not Alone) Society during the Awards presentation.

## AROUND THE BASE



### Quadra Update



#### QUADRAS ASHORE FOR HOME

Around 1500 young adults and their officers have returned home from a summer of challenge, adventure, and fun from onboard Her Majesty's Canadian Ship Quadra, a National Royal Canadian Sea Cadet Training Establishment located at Comox, B.C. The Sea Cadets and their officers come from all parts of our country. They brought with them a zest for the unknown and high spirits, plus an enthusiasm for learning.

HMCS Quadra is one of Canada's most diverse cadet camps. It offers over a dozen courses and is the training site for an eight-day exchange for European Sea Cadets and a fourteen-day exchange for American Sea Cadets.

HMCS Quadra operates a flotilla of seven vessels including the "Maple Leaf" which is a tall ship. The flotilla gives actual sea training to the Sea Cadets. HMCS Quadra has two types of open sailing vessels which are used for one to five day sails. These are open sea-going 27' whalers and 32' cutters. HMCS Quadra puts the SEA into Royal Canadian Sea Cadets.

All cadets have the extras thrown into their nautical training such as range, confidence course, overnight hikes on the Forbidden Plateau, and rifle drill. These courses provide useful training and give the Sea Cadets some variety in their course.

Fitness is an important factor onboard HMCS Quadra. Upon awakening, all cadets are doubled to the parade deck where stretching exercises are

done. After this they are sent to Quadra's famous wall at the double over sandy terrain. This happens every day. Every division and course participates in competitive and non-competitive games plus the Canada Fitness Award Programme. When it comes to fitness it also includes water safety. All hands are taught water survival and how to abandon ship the right way.

HMCS Quadra's complement of over a thousand cadets taxes galley facilities to the limit. The hands and the

ship's officers enjoy three meals a day plus the traditional kye during the latter part of the evening. Meals range from those cooked in the galley, to survival rations, to box lunches - all of which fight off the teenage pangs of hunger to a satisfactory degree.

HMCS Quadra's sick bay is well staffed with its own doctor, registered nurses, and sick bay attendants. The ship's sick bay has been enlarged and now has a ten bed ward, more examination rooms, and an ex-ambulance. All serious illnesses or

injuries are sent to the nearby CFB Comox hospital or St. Joseph's in the Town of Comox.

The Sea Cadets during their summer training onboard Quadra have made many new friendships with teenagers and officers from across this vast country of ours. Some of these friendships will be life-long. This is particularly true for the

bond Practical Leadership Cadets make amongst themselves. They, especially, have shared many good and tough times together.

For many Royal Canadian Sea Cadets this summer was their very first taste of the sea and hopefully they will be back for more next summer. Onboard HMCS Quadra we put the SEA into Royal Canadian Sea Cadets.

#### TO BRAVE THE SEA

With wind smoothed sails all lines hauled tight, the skipper held course with all his might. Sea salt spray now thick in the air, to sail this sea only few would dare.

Into the waves the bow now digging, their lives in the hands of the lines and rigging. And with a sharp snap the rigging broke free, spilling the crew as the ship came alee.

Now in the water their lives at stake they clung to their ship and prayed for God's sake. Ignoring the cold and working together, they helped their mates and battled the weather.

Courage and bravery guided their fight, their lives were saved and brought to light. T'is not mere chance their lives were spared, but a willingness to survive a life now shared.

Paul Canty  
LT (N)  
09 August 1988

Based on a real incident that took place in Union Bay during the summer of 1988. The midshipmen from HMCS Quadra crewing Whaler No. 9 were rescued by CFB Comox Search and Rescue.



CHEK-TV from Victoria visited HMCS Quadra during the Grad Parade. They interviewed members of the ship's company, the captain, and filmed the parade. When shown on the news a good five minutes was devoted to the stone frigate and her Royal Canadian Sea Cadets.

### WELCOME TO CFB COMOX FAMILY SUPPORT CENTRE

119 Little River Road  
LAZO, B.C. V0R 2K0  
PHONE: 339-8654

HOURS: 9 a.m. to 3:30 p.m. Mon to Fri

#### SERVICES AVAILABLE:

Financial Counsellors Referral Volunteer Information  
Practical Problem Solving Safe House  
Babysitters List - Adult & Trained Teenagers

Bilingual Services Available

ALL SERVICES ARE CONFIDENTIAL DROP IN ANY TIME.

#### 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.  
C0B 2A0

ATTENTION: COLOURS CO-ORDINATOR  
PHONE: (902) 436-2281 LOCAL 315



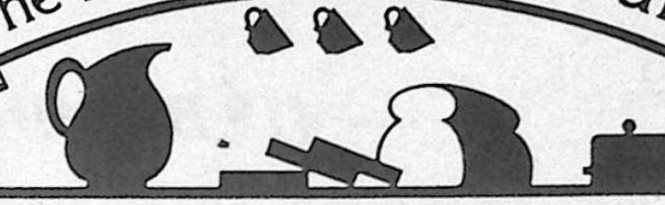
#### WHAT'S IN A WETLAND?

We are. Since 1978 we at Ducks Unlimited Canada have put all of our resources into this country's wetlands. We know them as incredibly beautiful, important, complex and fragile places. We are proud to say we're the Canadian partner in the world's most effective privately-funded wetland and wildlife conservation organization. Behind us are hundreds of thousands of North Americans who find pleasure and purpose in providing the support we need to carry on our work. We are Ducks Unlimited Canada.

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

## LIFESTYLES

### The Kitchen Cupboard



#### PASTA TO THE RESCUE FOR RUSH HOUR MEALS!

It's become a well established fact that one of the most prized possessions today is time. Coping with the demands of a busy lifestyle can turn cooking into a task that's viewed with resignation rather than enthusiasm. Put some pleasure back into your rush hour cooking this year with time saving meals that feature economical, versatile pasta.

Pasta is the perfect ingredient for time-conscious cooks who want great tasting, nourishing meals. You can cook pasta in under 10 minutes, prepare a quick topping and have a complete meal in half an hour. Pasta is an excellent source of complex carbohydrates, needed by the body for energy, and contains only 320 calories for a cooked eight-ounce main dish serving.

One of the secrets to successful rush hour cooking is developing a repertoire of speedy dishes that require minimum fuss and bother. Keep family food preferences in mind and you'll be able to improvise endless variations - casseroles and one-dish recipes that combine the various food groups are time-saving winners. For instance, you can combine pasta with meat, poultry, fish, cheese or eggs for a source of complete protein.

Since pasta can be used for so many dishes, extra pasta will never go to waste. In fact, you may want to cook extra and keep it in the refrigerator in a plastic bag or covered container for up to three days. You can quickly reheat cooked pasta by dropping it in boiling water for a few minutes until it is heated through. Unsauced, leftover pasta can be a base for salads, side dishes, soups, casseroles, omelets and other egg dishes.

The following recipe, developed by the home economists at the Pasta Information Bureau, can be made in under 30 minutes or in advance. Other delicious pasta recipes are available free of charge by writing: Pasta Information Bureau, 20 Holly Street, Suite 402, Toronto, Ontario M4S 3B1.

#### RUSH HOUR PASTA HINTS

\*Cook pasta and vegetables together for greater convenience. Just add frozen peas, carrots or mixed vegetables to the pasta two minutes before it is finished cooking.

\* Leftover pasta can be set aside for family members on differing schedules. Toss cooked pasta with a little oil to prevent it from sticking together; cover and chill.

\* To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat through (about two minutes for most shapes). Or place in a covered microwaveable dish and microwave until hot.

\* For a quick pasta salad to accompany grilled meats, toss cooked and chilled pasta with chopped tomatoes and leftover vegetables. Drizzle with Italian dressing.

#### LAZY LASAGNA

A whole new way to make lasagna! This make-ahead dish is great for those days when time is short.

3 C penne pasta	750 ml
1 1/2 lbs ground beef	750 g
1 clove garlic, minced	1
2 medium zucchini, halved lengthwise & sliced	2
1 can (7 1/2 oz/213 mL) tomato sauce	1
1 can (5 1/2 oz/156 mL) tomato paste	1
1 tsp dried oregano leaves	5 mL
1/4 tsp each salt and pepper	1 mL
1 C creamed cottage cheese	250 mL
1 C sour cream	250 mL
3 green onions, sliced	3
1/4 C grated Parmesan cheese	50 mL
1 C grated mozzarella cheese	250 mL

Cook pasta according to package directions; drain well. Meanwhile, in large frying pan, brown beef and garlic. Drain off excess fat. Stir in zucchini, tomato sauce and paste, oregano, salt and pepper. Bring to a boil and simmer 5 minutes, stirring occasionally. Pour mixture into greased 13 x 9-inch (3.5 L) baking dish.

Combine cooked pasta with cottage cheese, sour cream, green onions and parmesan cheese. Spoon evenly over meat layer. Sprinkle with mozzarella cheese. Bake, uncovered, at 350°F (180°C) for 30 to 35 minutes or until bubbling. Makes 6 servings. Preparation Time: 20 minutes Cooking Time: 30-35 minutes



Beat the rush hour blues with speedy pasta dishes. Our make-ahead Lazy Lasagna uses penne noodles over a meat and vegetable sauce.

#### WANTED

A volunteer to work with and assist the Chairman and Steering Committee of the Military Museums Special Interest Group of British Columbia. This organization, which operates under the auspices of the British Columbia Museums Association, is devoted to the exchange and discussion of museological information and to the dissemination of such information through a newsletter and regular seminars and workshops. Founded in 1981, the group brings together representatives of all three armed services, members of paramilitary organizations and the curators of community museums with significant collections of military artifacts.

The volunteer would be responsible for the maintaining of membership and mailing lists and for the production and distribution of the newsletter. In addition, the volunteer would be asked to assist in the organizing of a two day seminar to be held in Victoria during the spring of 1989. For further information on this group, its activities and the responsibilities of its members, please contact the Chairman, Mr. Robert Clapp, Curator, 5th (B.C.) Regiment RCA Museum and Archives Society, Victoria, B.C., 598-3131 or call Curator, Nancy Greene, Comox Air Force Museum, 339-8635.

## Washington

338-5441

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Courtenay, B.C.  
V9N 3R6

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### THE MEX

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

#### JAM SESSION

Saturday 2 p.m. - 6 p.m.  
Sunday 5:30 p.m. - 11:30 p.m.  
GORD KRUGER & WESTWIND

All Jammers and Old Time Fiddlers Invited

**MARGARITA'S LOUNGE**  
**OPEN MON - SAT**

Oh what a feeling!

Did you know that...  
**86¢ of every dollar given to the Heart Fund goes to research and education, and community programs.**

**B.C. Heart Foundation**

AROUND THE BASE

Origins of the Species



John Bradley

— 419 BOMBER SQUADRON —

419 (B) Squadron started out, as did many other units in the RCAF, hoping to acquit itself well over the unfriendly skies of occupied Europe. By the war's end, the "Moosemen" emerged as one of the most highly decorated squadrons in the RCAF. Included in the overall list of awards was a Posthumous Victoria Cross.

The amazing record of this Bomber Squadron had to start somewhere and that somewhere was at Mildenhall, Suffolk, on 15 December 1941. The unit was the RCAF's third Overseas Bomber Squadron and was initially equipped with the Vickers Wellington Mk. IC twin engined bomber. These would be the first aircraft to carry the soon to be famous VR fuselage code. At the time of formation, 419 came under the control of the RAF's No. 3 Group. Unlike so many of the other squadrons within Bomber Command, RAF and RCAF alike, 419 was given very little time to train and just 27 days after forming, found themselves on their first offensive mission. This occurred on 11 January 1942. Two aircraft, X9748 VR-B flown by W/C John Foulton and Z1145-VR-A piloted by P/O Cottier, attacked Brest in France.

COMMANDING OFFICERS

W/C John Foulton, DSO, DFC, AFC, was 419's first Commanding Officer and indeed, was the inspiration for the unit's nickname and squadron badge. Due to his size he was known as "Moose" and from there it was almost inevitable that the unit would pick up on this and adopt the name accordingly. W/C Foulton was another of those numerous Canadians who had joined the pre-war RAF. As a side note, W/C Foulton had obtained a civilian pilot's licence in California. In addition, prior to joining the RAF in 1935, he had been a member of the British Columbia Hussars. He assumed command of 419 Squadron on 21 December 1941.

On 28 July 1942, the unit was to lose W/C Foulton on a raid over Hamburg. On 5 August W/C Archibald Phillip Walsh, DFC, AFC, assumed command. Like W/C Foulton, the new CO was also a Canadian in the RAF and had been since January 1939. W/C Walsh would himself be killed in ac-

tion less than a month and a half after taking command. He was in turn succeeded by W/C Mervin Matthew Fleming, DSO, DFC. Once again the new CO was a Canadian in the RAF. Like W/C Foulton, W/C Fleming had acquired a civilian pilot's licence in the pre-war years. He had joined the RAF in April 1937. Unlike his two predecessors, W/C Fleming survived his 50 'ops' and turned over the reins to W/C G.A. McMurdy on 11 October 1943.

W/C McMurdy was to suffer a similar fate as W/C Walsh in that he would be killed in action shortly after assuming command. His term of office was much shorter than W/C Walsh as he was shot down after only 11 days with the unit, on 22 October. From W/C McMurdy on, the remaining COs were all RCAF and after W/C McMurdy's untimely death, all survived their tours with the squadron. The remaining Commanding Officers included, W/C W.P. Pleasance DFC and Bar, 25 October 1943 to 21 August 1944; W/C D.C. Hagerman, DFC and Bar, 22 August 1944 to 25 January 1945; W/C M.E. Ferguson, 26 January 1945 to 6 August 1945; and W/C H.R.F. Dyer, DFC, 7 August 1945 to 5 September 1945.

NEW AIRCRAFT

By February 1942, 419 had turned in their Mk. IC Wellingtons for an upgraded version of the Wimpy, the Mk. III. The Mk. III differed from the IC in that it had a higher all up weight of 29,500 pounds as compared to 25,800 pounds. The Mk. III had a top speed of between 247-256 mph and was powered by two 1.375 hp Hercules III or XI radial engines. One other important difference, at least for the moral of the aircrew, was the fact that the Mk. III was equipped with a four gun rear turret vice the single gun of the Mk. IC.

In November 1942 the squadron was taken out of the ranks of medium bomber units to that of the big boys - the heavies. At this time they were re-equipped with the Handy Page Halifax B. Mk. II. The Halifax was a huge change over the Wimpy as it had four engines, an all up weight of over 63,000 pounds, three gun positions and a top speed of 312 mph.

During that same month 419 became part of No. 6 (RCAF) Group and were attached to No. 64 (RCAF) Base at Middleton St. George. Also included in No. 64 Base were 428 (B) Squadron and later, 434 (B) Squadron.

419 continued on battling over the skies of Europe in their Halifax aircraft until March 1944 when they began to convert to the Canadian built Avro Lancaster Mk. X. Mk. X was the designation given to all of the Lancasters that were built on this side of the Atlantic. It was in one of these aircraft that a member of the squadron would win the Victoria Cross.

P/O ANDREW MYNARSKI, VC

On the night of 12 June 1944, P/O Mynarski was the mid upper gunner in Lancaster KB726 VR-A. The aircraft was taking part in a raid of Cambrai, France. The Lancaster was attacked by a German nightfighter and was quickly set on fire. Within a short time the captain ordered the crew to bail out. While preparing to exit the aircraft, P/O Mynarski noticed that the rear gunner was unable to exit from his turret. He tried desperately to extract the gunner even though he was being badly burned. Finally the rear gunner was able to convince Mynarski to save himself by bailing out as soon as he could. Upon landing he was captured and taken to a

hospital to take care of his wounds. While in the German hospital P/O Mynarski died. Amazingly, the rear gunner survived the crash and was himself taken prisoner. After the war he was able to tell the story of P/O Mynarski's heroic attempts which led to the posthumous award of the Victoria Cross. The VC was to be the only one awarded to a member of No. 6 Group.

WAR'S END

By the Spring of 1945 the European war was drawing to a close and on 25 April 1945, 419 flew their last offensive mission over the Island of Wangerooge. They were then informed that they would become part of the "Tiger Force" which was a component of the RCAF's contribution to the Pacific war against the Japanese. To this end they were transferred back to Canada to become a member of No.661 (RCAF) Wing at Yarmouth, NS, on 5 June. Training was proceeding at a steady pace until the dropping of the Atomic bombs brought all activities to a grinding halt. With the bombs dropped, the squadron was out of a job and on 5 September, 419 was disbanded.

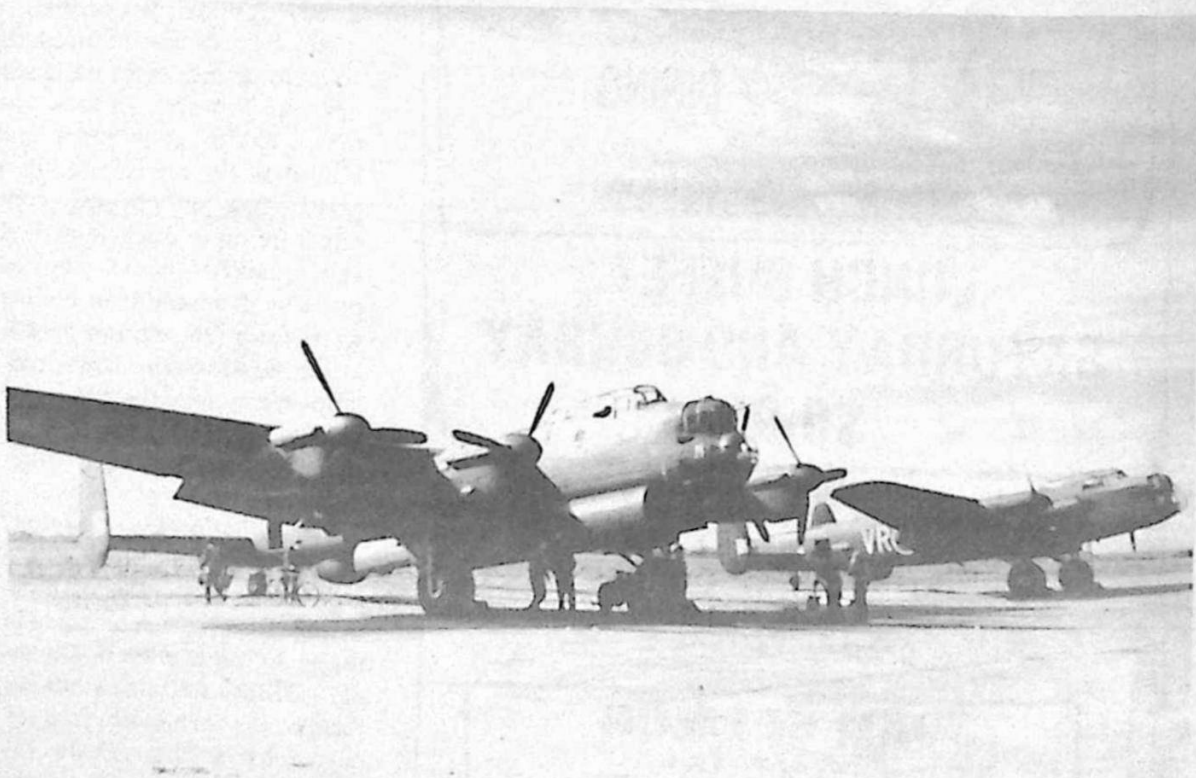
The squadron was awarded the English Channel and North Sea 1942-1944, Baltic 1942-1944, Fortress Europe 1942-1944, Ruhr 1942-1945, Berlin 1943-1944, German Ports 1942-1945, Normandy 1944, Rhine, and Biscay 1942-1944 Battle Honours. Individual awards to squadron members included 1 VC, 4 DSO's, 1 MC, 3 Bars to DFC, 150 DFCs, 1 CGM, and 35 DFM's.

HONOURS, AWARDS, AND TOTALS

As stated earlier, 419 Squadron acquired the nickname "Moose." This led to the adoption of a Moose as

the central device in the Squadron Badge. The Moose is shown attacking and is representative of a fierce fighter indigenous to Canada. The motto Moosa Oswayita is in Cree and translates to Beware of the Moose. Royal authority was given by King George VI in June 1944. At about the same time the unit was officially adopted by the City of Kamloops, B.C.

The Moosemen flew a total of 4002 sorties that accumulated a total of 25,386 operational hours. Flying hours devoted to training equalled 8,613. 13,417 tons of bombs were dropped and ten enemy aircraft fell victim to 419's gunners. A further 6 enemy aircraft were claimed as damaged. Balancing out the score was the fact that 129 aircraft and 1404 aircrew were lost either killed, wounded, or taken prisoner. Training losses included 10 persons killed, 3 injured and two members who died of other causes.



Avro Lancaster's B. Mk. X KB866 VR-M and KB875 VR-Z of 419 Squadron at Middleton St. George.

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**HEALTHY WEIGHT IN '88**

LIFESTYLES



music reviews and syndicated columnist

ANOTHER ALBERTAN HITS BIG

The dust from the success of Consort, Alberta whirlwind k.d. lang hasn't even begun to settle and now comes another western Canadian to international prominence. George Fox, a native of Cochrane, a cattle ranch town outside of Calgary, impressed the heck out of people. So much so that he landed a contract with the sprawling WEA Records company and opening status for the multi-platinum selling Randy Travis.

Opening for Travis on tour will place Fox in front of huge audiences and offer the showcase for his talents. Those talents extend to writing the lion's share of his debut album "George Fox" (WEA25-5551) and singing lyrics that strike at the heart. Believability and sincerity are two of the threads that are woven throughout the fabric of his music. The songs are so easy to listen to and the music fits like a hand in glove.

George Fox has seen the release of "Angelina" and as the single quickly climbs the nation's best seller listings, Fox says "Obsessive love is one of the themes running through 'Angelina' but I always think it's better for people to listen and try and tie it in with their own lives rather than have George Fox unravel his sordid affairs. My love life isn't that inspirational anyway."

When it came to recording a demo tape, George had to forego buying a John Deere with a TV and air conditioning. The rest is really Cinderella visits the country. George went to Vancouver on a farm business trip, dropped the tape off at a few places and had returned to farming and ranching when a call came from Toronto. WEA was impressed and wanted to talk. Talks led to negotiations and signing.

Along with the "Angelina" single, best tracks include "Stateside," "Hey Johnny," and "Life Of The Party." He renders one of the truest versions of Hank's classics "Lovesick Blues" and revives Snow's "I've Been Everywhere." Great grooves.



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Aids Awareness

by JAMES GREIG



SHOULD YOU BE EXAMINED FOR AIDS?

EDITOR'S NOTE:

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

Who should be examined for AIDS?...Mrs. J.W., Stoney Creek, Ont.

Doctors are asked to examine and counsel a number of different groups of people who are concerned that they may have AIDS or may have been exposed to the AIDS virus. Laboratory testing for evidence of the AIDS virus infection may be suggested in the following situations:  
 ...Someone who is showing symptoms of AIDS or an AIDS-related illness (swollen lymph glands, persistent night sweats, diarrhea, rapid loss of weight). It should be noted, however, that any number of other conditions also cause these symptoms;

...A person with a history of high risk behaviours, such as:  
 ...homosexual and bisexual men who have not practised safer sex  
 ...heterosexual men and women who have had many different sexual partners and not practised safer sex  
 ...people who have received many blood or blood product transfusions since 1980 (when

AIDS probably first occurred in Canada) and before November 1985 (when the Red Cross began screening blood donations)

...sexual partners of those with high risk behaviours, or a positive test for the AIDS virus  
 ...prostitutes (both male and female)

If you are not in a high risk group and are not showing any symptoms of AIDS-related illnesses, it does not mean that you are safe from the virus. If you are sexually active, you should continue to engage in safer sex practices.

Anyone who may be considering being tested for the AIDS virus antibodies should seek pre-test counselling from their doctors. Local health authorities and/or local AIDS community groups may also be consulted.

It is very important to remember that to undertake testing without pre-test counselling can have serious psychological ramifications. You may test negative and still be harbouring the virus. Pre-test and post-test counselling is of paramount importance.

What are some of the diseases affecting persons with AIDS?...A.L., Halifax, N.S.

In persons with AIDS (PWAs), specific diseases have taken advantage of the opportunity presented by the damaged immune system. These are frequently referred to as "opportunistic infections." About 80% of the AIDS cases reported have had one or both of two rather rare diseases.

The first is called Pneumocystis carinii pneumonia (PCP) which is a parasitic infection of the lungs and has symptoms similar to other forms of pneumonia. This pneumonia is found in over 50% of AIDS victims in Canada. Shortness of breath, fever and a pattern of risk behaviours, are often the symptoms that first lead a doctor to

suspect AIDS in a patient.

The second disease is called Kaposi's sarcoma (KS) which is a rare type of skin cancer, and may occur anywhere on the surface of the skin or internally on other tissue surfaces (e.g. inside the mouth). KS may first appear as a blue-violet or brownish spot on the skin. The spot or spots persist, and may grow larger. As it progresses, it can spread to other tissues, such as the lymph nodes, digestive tract and lungs.

Other opportunistic infections include tuberculosis, cytomegalo-virus, herpes virus, and parasites such as toxoplasmosis or cryptosporidia. More recently it has been found that the brain and other parts of the nervous system are infected and damaged directly by the AIDS virus and many patients, perhaps a majority, will develop some impairment. This may first appear as forgetfulness and poor concentration, but later progress in some to confusion, disorientation and dementia.

How much does it cost to take care of an AIDS patient in Canada?...Mrs. J., Melfort, Sask.

Your letter and question arrived just a little too soon. I am currently working on an analysis of health care costs for AIDS patients by province and will report the results of my findings in a future column. I can tell you, however, that direct medical costs for caring for AIDS patients in the U.S. is between \$50,000 and \$75,000 annually and over 50,000 people have been diagnosed with AIDS, of which more than half have died. It is predicted that by 1991 in the U.S. there will be 270,000 AIDS cases with approximately 54,000 deaths per year.

JAMES GREIG is a member of the Canadian Public Health Association

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## HEALTH & WELL BEING

### info health

Dr. Bob Young



#### SHIN SPLINTS

A shin splint is a) Early Canadian paper money, b) A soccer injury, c) A leg cast. None of the above, as any runner or jogger will tell you.

Shin splints have been defined as "pain and discomfort in the leg from repetitive running on hard surfaces..." The word "leg," medically, is the area between the knee and the ankle.

Shin splint is a descriptive, not a diagnostic term. This means that there may be one or more causes for the pain. Some doctors include pain from small fractures of the leg bone in the term shin splint; others do not.

Accepted causes include inflammation of tendons, myositis or inflamed muscles, irritation of the membrane covering the bone - the periosteum, and pressure paid due to muscles swelling within their sheaths.

Diagnosis can usually be made by physical examination if a history of running is obtained. Ordinary x-rays are poor at finding small stress fractures but radioactive bone scans are extremely effective, and can also tell new fractures from old.

Occasionally an injection of local anaesthetic is used to help diagnose shin splints.

Treatment will not work unless the patient rests the part. Ice packs for 10 or 15 minutes a few times a day are indicated, and anti-inflammatory drugs (but not cortisone) are often used.

When pain allows, rehabilitative local exercises are begun, under the direction of a physician or physiotherapist. Non-running aerobics such as swimming and bike riding can be started to maintain fitness, and weight lifting is alright to a point.

Preventing shin splints, or their recurrence is a matter of training. A majority occur following a sudden increase in activity (length of runs) or intensity (speed).

Faulty biomechanics (unusual body structure or incorrect use of muscle groups) may respond to intelligent training, and well-chosen quality running shoes may also serve to counteract mechanical and impact factors that lead to shin splints.

And yes, maybe shin splints can sometimes be a soccer injury!

#### MEDICAL FORMS

A medical form may require three tick marks and a signature, or may be several pages long. Completion may require just knowing the patient (passport application) or demand extensive review of the patients medical chart, a physical examination, or both.

A medical report is a letter stating the facts of the case (usually an accident) without discussing treatment or outcome.

A medical-legal letter or other comprehensive report does discuss both treatment and prognosis (predicted outcome). The doctor is required to provide an opinion, and this type of letter must be written in a careful manner to survive court challenge.

Medical plans seldom pay doctors for form completion, nor should they. Doctors and other eligible professionals sign passport applications for nothing as the law prohibits charging.

In most other instances the patient pays, either up front to the physician or indirectly as part of the legal fee or insurance policy cost.

Some doctors charge for almost every note or form - stating that they take time and effort. A few never charge. These are often doctors who have provided major and expensive care and a small form fee would look petty.

Most physicians have their own rules. Form completion is work, often performed in the evening at home, and should be paid for. Maybe the patient will not receive insurance or other benefits unless the form is completed. The doctor should not be asked to subsidize either the patient or the insurer in this circumstance.

Done conscientiously letters and forms require accuracy, thought, and time. While yours may take only 10 minutes, the better part of an evening can be used up completing six or eight letters or forms.

Most patients pay form fees graciously. Some, perhaps convinced that all things medical should be free, raise a stink.

In general the charge made will reflect the effort expended. A simple form may be \$8 or \$10, a complex legal letter several hundred.

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



### ASK YOUR PHARMACIST

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

#### ANTHISTAMINES ARE HELPFUL HEALERS

Probably no other drug available in prescription and non-prescription form relieves the symptoms of so many illnesses like antihistamines.

For everything from the common cold to hay fever, hives, bug bites and stings, motion sickness, even stomach ulcers, antihistamines serve an important purpose. Because they are so commonly available and used, your pharmacist wants you to be able to make smart decisions as to when and how to use antihistamines.

Before getting into antihistamines, it pays to first understand histamine, a chemical substance found in almost all body tissues. Your body's most common reactions to histamine are redness, swelling and itching. It also stimulates gastric acid production, and can cause secretions from other exocrine glands such as the sweat glands, tear ducts and sinuses.

Antihistamines stop histamine from being secreted and causing a reaction. Symptoms antihistamines can relieve include the sneezing, nasal congestion and watery eyes associated with colds and hay fever; certain rashes and itchiness; motion sickness; plugged ears; coughing.

Always ask your doctor or pharmacist before taking any antihistamine. Getting expert advice is even more important if you're pregnant, taking other medication, or have medical problems such as asthma,

diabetes, enlarged prostate (in men), high blood pressure or heart disease. Children and the elderly are more sensitive to the effects of antihistamines.

Always read the label and follow instructions carefully, especially for non-prescription antihistamines. Be prepared for possible side-effects such as drowsiness, excitement, restlessness or drying of the mouth or nose. If you feel drowsy while taking an antihistamine, do not drive or operate machinery. Avoid activities that require good balance such as boating, water and snow skiing and even some household chores.

If you have any questions about antihistamines or other medications, ask a medication expert...your Shoppers Drug Mart pharmacist.

#### MAKE SURE THAT PILL FITS THE BILL

The same way the architect follows a blueprint to put up a building, you should read the label before taking any medication. Remember, there's always a reason for the precise instructions specified by your doctor.

Sometimes, for example, a drug should be taken only before or after eating or every five hours or once a day. Whatever the case, never disregard the instructions for your medication. If you have any questions, don't hesitate to ask your doctor or pharmacist.

The right dose to give children is often of special concern to parents. All prescriptions for your children carry

explicit instructions on proper dosages, but with non-prescription remedies, it's up to you to be extra careful when reading the instructions.

In the case of some drugs, government regulations require the label to carry a warning such as: "Children - take as directed by physician." Children's doses may also be specific or given as a proportion of the adult dose, for example: "For children 10 to 14 years, give one-half the normal adult dose."

Some medicines, particularly headache tablets, are either not recommended for children or come in a special children's form. Read the label carefully before purchasing or ask your pharmacist for advice.

Always use extreme caution when giving medication to infants and small children. Always consult your doctor beforehand and remember to keep all medicines in a safe place out of the reach of little hands and fingers. You can never be too careful when it comes to drugs and your family - especially the young members.

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



### QUESTIONS ABOUT CHEMICALS?

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## AROUND THE BASE



# Comox Air Force Museum



WWI message drops, helmet and goggles, pilot's log and compass.



Visitors reflecting on a painting by Franz Johnson of the Group of Seven artists.

### WE'VE COME A LONG WAY

A biplane parked alongside an F-18 jet. No other sight so dramatically brings to mind the vast changes that have occurred in Canadian aviation since our humble beginnings back in 1909 with the first flight of the Silver Dart at Bras d'Or Lake, Nova Scotia.

Now, take those two aircraft into the air for a flight and the picture is complete. We have, indeed, come a long way!

In only 80 years the first aircraft, held together with "fabric and piano wire" have evolved into sleek jets made of "composite" materials far beyond the imaginings of those first inventors and pilots such as Alexander Graham Bell, J.A.D. McCurdy and G.H. Curtiss.

Little did these men dream of speeds beyond sound or instruments such as computers which almost take the piloting out of present day flying.

"Early aeroplanes were without flight instruments of any kind. A piece of string determined the direction of air-flow and a keen eye judged altitude and ground speed."

The evolution of these first aircraft was most remarkable from 1909 to 1918, through the First World War. Every facet of the airplane was improved upon in a very rapid succession of changes. At the end of the war these "heavier-than-air flying machines" emerged as the much more sophisticated aircraft that we

recognize today.

Engines, originally mounted on the back of the plane, came forward to the front and many instruments were invented or adapted to enable the pilot to efficiently tell where he was, how fast he was going and how high he was off the ground. Rudimentary, but nevertheless a very exciting time in aviation history.

The Comox Air Force Museum presents a special exhibit focusing on these early years in Canadian flight in the Museum's new Feature Gallery. A video accompanies the display. The exhibit ends September 30.

### IN FLIGHT - AVIATION PAINTINGS AT THE MUSEUM

If you didn't quite make it out to the Comox Air Force Museum to see the Aviation Art exhibition "In Flight" on loan from the Canadian War Museum in Ottawa, you missed a real treat.

Paintings such as these may not come out our way again for some time to come and indeed it was a privilege to have them here at all.

This particular exhibit was curated for a "One Time Only" exhibit in Winnipeg this September at the Commonwealth Aircrew Reunion at Air Command. What we had here was a 9 premiere viewing of an excellent collection of artwork produced by some of Canada's finest artists including members of the famous Group of Seven.

The showing, which ran through July to Aug 5 in the

Museum's new Feature Gallery saw record attendance. Many tourists were delightfully surprised to find such a prestigious presentation out here on "the Coast." And many art lovers journeyed from all over B.C. to enjoy a first hand look.

This, of course, will not be your last opportunity to catch an art exhibit at the Museum.

In October the works of several prominent contemporary Canadian artists will be featured in a special Armed Forces Exhibit (CAFCAP) and hopefully early in the new year we will be fortunate enough to present an exhibition of Alex Coleville's early works - something to look forward to.

Many thanks to the Canadian War Museum and Air Command for making this presentation possible.

### 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  
Oromocto, NB, E0G 2P0  
Attention: Lt.D.Dash

Stalk & Strike

## Chapel Chimes

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

Saturday 1900 hrs  
Sunday 1000 hrs  
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 Celebrations are held during the Advent and Lenten Seasons.

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

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

CATECHISM CLASSES - September - May in the PMO School at 1830 hrs. every Wednesday. Religious Education Co-ordinator Mr. Fred Chiasson, Tel: 339-6488.

### ST. MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne  
CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88  
OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8273  
SUNDAY WORSHIP - Each Sunday at 1100 hrs  
HOLY COMMUNION - First Sunday of the month  
SUNDAY SCHOOL:

0945 hrs for school aged children (Sep/May)  
1100 hrs for pre-schoolers

NURSERY SERVICES - Provided during Divine Worship for children up to three years of age.

SENIOR CHOIR - Practices 1830 hrs - Tuesdays at 612 Pritchard Rd., Comox.

CHAPEL GUILD - Regular meetings first Thursday of the month. Next meeting will take place Thursday, 15 September at 8:00 p.m. in the Chapel Annex. President: D.M.Milne - Phone 339-3710.

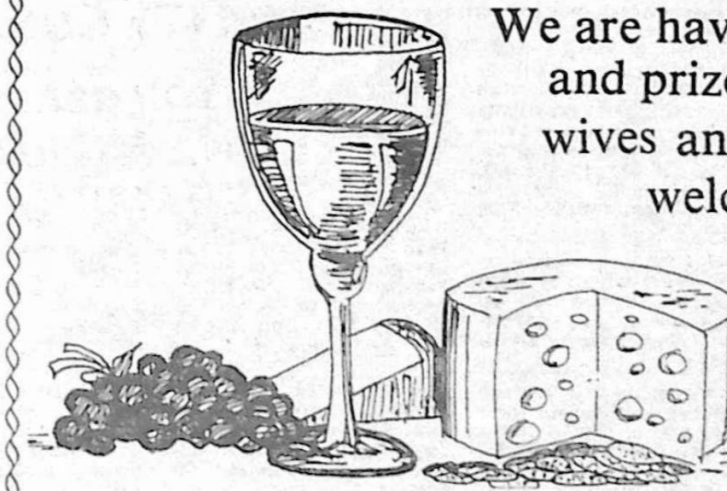
## JUNIOR RANKS LADIES CLUB MEET & GREET

DATE: Thurs 22nd Sep 88

TIME: 7 o'clock

PLACE: Jr Ranks Mess (Totem Lounge)

We are having a wine and cheese and prize Bingo. All Jr Ranks wives and female members are welcome. Bring a friend!!!



For more info call:

Theresa Swinemar 339-0410  
Shelma Young 339-5098  
or Julia McKernan 339-3034

LIFESTYLES



Stamps by Larry McInnis

PHILATELIC REFERENCE BOOKS MAY VARY GREATLY

The ups and downs of interests in stamp collecting are followed as closely as the fortunes of political parties; measured by using market analysis and - what else - polls.

I have my own measurement: the number of books about philately published in a given year, especially by a non-philatelic press. In good times, there are many; in bad times, they're few.

In the early 1980s, during the heyday of philatelic investment and speculation, when stamps that previously sold for not much more than pennies were suddenly bringing big dollars, there was a flood of philatelic books.

The bubble burst about 1981. There were few books after that.

In 1986, there was a change. An early indication was the new revised edition of the huge paperback *Standard Handbook of Stamp Collecting* by Richard M.P. Cabean. The book was written in 1965, republished in 1979 (when the market and interest in stamps was taking off), and then again in 1986, by Harper and Row.

In 1983, at the end of the boom era, Van Dahl Publications of Albany, Oregon published *Where in the World?*, a stamp atlas prepared by Ken Wood, a philatelic writer of great renown. He is editor emeritus of *Stamp Collector*, a weekly paper published by Van Dahl which, in turn, is owned by whoever owns the NBC television network.

A rival to *Where in the World?* came on the scene in late 1986 - *The Stamp Atlas*.

This atlas is thicker and slicker, published by Facts on File Publications of New York and by Oxford (England, of course). It's by Raiffe Wellsted and Stuart Rossiter, with cartography by John Flower.

Cartography (I call them maps) in Ken Wood's atlas was by Ken Wood, and he should not be ashamed of a comparison with Flower's maps.

There the comparison ends. *The Stamp Atlas*, has more than maps; it is profusely illustrated with photographs, drawings and stamp reproductions, many in colour. Key maps are all colour-coded.

Some of these are puzzling, however. A map of Europe in the 1815 - 1850 era shows the "United Kingdom of Great Britain and Ireland," but "Norge & Sverige," "España," "Osterreich," and so on. But how about this on the same map: "Russian Empire," "Ottoman Empire"?

That's picky, perhaps. On the plus side, then, is a half-page map in English, showing the ebb and flow of the

"American Civil War 1861-5" to accompany a three-paragraph explanation of Confederate stamps.

You never know what you'll find in such an atlas. Under "Galapagos Islands" (where Darwin visited and from his observations there came up with his still-controversial Theory of Evolution), I found that stamps were first issued there on July 15, 1957, for the "territory, and since 1973 a province, of Ecuador."

I didn't know that. I knew there is life on the Galapagos that is not found anywhere else on the earth, but I didn't know it had stamps, too. So I checked the Scott catalogue.

Sure enough. On July 15,

1957, three stamps were issued (Scott LI-3) to mark the 125th anniversary of Ecuador's possession of the Islands. They may have been issued for the Galapagos, but most, if not all, were postally used on the mainland.

Canada gets lots of space in the atlas, with lots of maps and colour illustrations of early stamps, including stamps from the provinces.

However, a stamp from St. Pierre and Miquelon is included with the provincial stamps.

I don't want to make a comparison between Ken Wood's older atlas and this, because they're similar but different - if that's possible.

I find Wood's atlas harder to find my way in than *The Stamp Atlas*, but maybe that's me.

For the general collector, I recommend *The Stamp Atlas* but I must point out the price, \$29.95.

On the other hand, that's also the retail price for *Where in the World?*

Either one is good for the collector who is involved enough in the hobby to want to spend that much for a reference work. *The Stamp Atlas*, however, is easier to follow.

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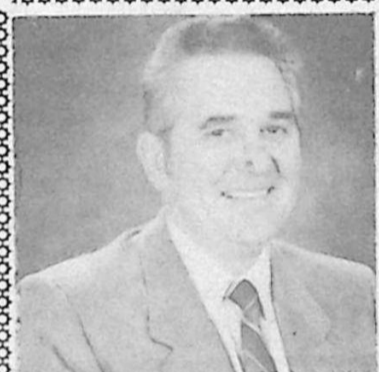
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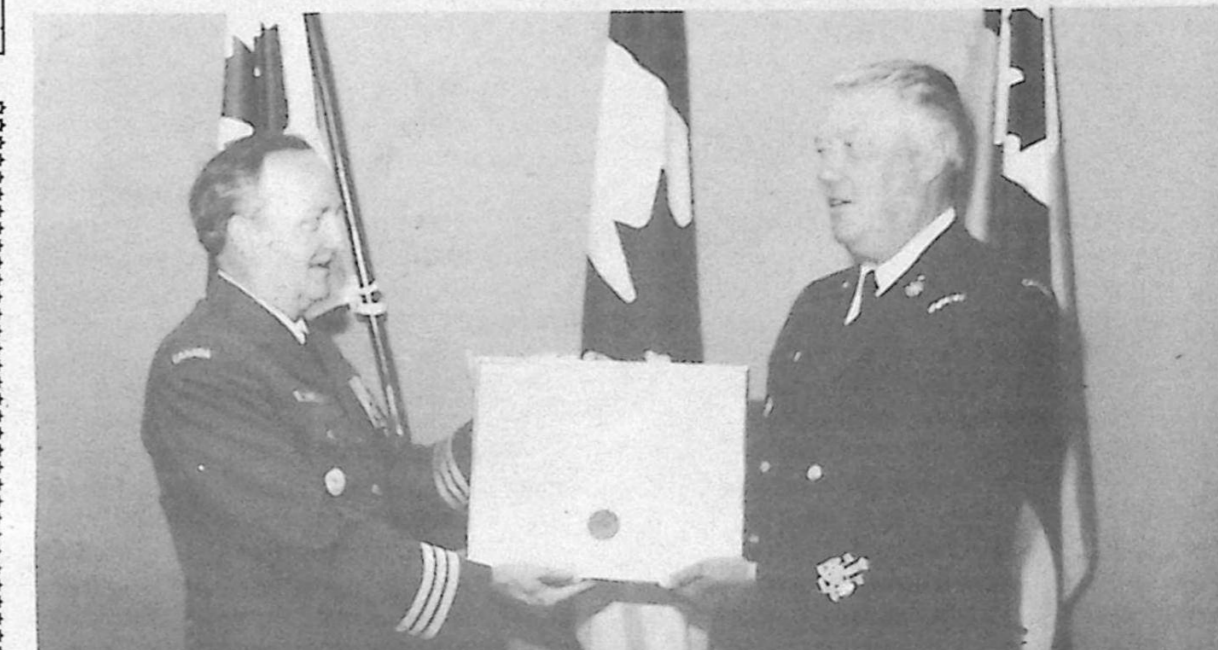
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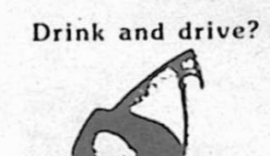
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