



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 20 NOVEMBER 17, 1988

NEXT DEADLINE MONDAY, NOVEMBER 28, 1988

COST: PRICELESS

## ENERGY AWARENESS WEEK 1988/1989

DND Energy Awareness Week will be held 21-25 Nov 88.

The purpose of this week is once again to bring the importance of continued day-to-day energy management to the attention of all CF members, dependants and civilian personnel.

In this time of apparent unlimited fuel and energy it would be easy to relax and return to our old habits of wasteful consumption. However, the challenge is not only to maintain our current conservation ethic, but also to improve upon the efficiency Air Command has achieved in the past. The reductions achieved are due in part to all personnel having a broader understanding of the national and world energy situation, and the realization that Canadian

energy resources must be consumed with greater regard for future generations.

Thanks to your efforts, Air Command has developed an enviable record of energy conservation in the areas of AV-POL, MSE AND Utilities. With an overall 2.3 percent reduction in total utilities energy usage during FY 87/88, Air Command has met the NDHQ established goal of 10 percent savings over the past five years. Your continued vigilance is now required for us to meet the new goal of a one percent reduction in utilities energy consumption for each of the next five years. Energy conservation publications have been ordered for base distribution and three energy conservation related VHS video tapes are available from BCEO section by contacting MWO Howe at local 8270.

## REMEMBRANCE DAY



LCol Ed Jay, CO of 442 Squadron, lays a wreath in front of the Cenotaph at Comox during Remembrance Day ceremonies. All personnel who participated in United Nations Peace Keeping missions were permitted to wear the light blue berets as a tribute to the award of the Nobel Peace Prize to all UN Peace Keeping Forces.

## THE GREAT CANADIAN CHALLENGE

SAFE DRIVING WEEK — DECEMBER 1-7, 1988 SPONSORED BY  
THE CANADA SAFETY COUNCIL

The following public service announcements are intended to make Canadians aware of how they can improve their own safety and the safety of other highway users.

1. No other road safety countermeasure can approach the effectiveness of seat belts and child restraints in saving lives and reducing injuries. Buckle up. The Canada Safety Council.
2. Impaired driving is the greatest single contributing factor in motor vehicle collisions causing 50% of fatalities and 20-30% of injury producing collisions. If you drink, don't drive. The Canada Safety Council.
3. During daylight driving you can help reduce highway risks, put low beams on to make yourself more visible to other road users. Keep headlights clean. The Canada Safety Council.
4. Everything about winter driving is different - your car, the roads, other drivers, visibility. Your attitude should be different too. The Canada Safety Council.
5. Motorists can be distracted. As pedestrians, the best way to avoid becoming a statistic is to

see and be seen. Being dead right makes no sense. The Canada Safety Council.

6. Take a step in the safe direction. Before winter is here, prepare your car with a tune-up and a safety inspection. Have emergency equipment on hand. The Canada Safety Council.
7. Unrestrained occupants are

almost twice as likely to be killed in a motor vehicle collision than their restrained counterparts. Seat belts are effective, but only when worn properly. The Canada Safety Council.

The answer to changing weather conditions and all bad weather is slow down.

## SOVIET AIRCRAFT INTERCEPTED OFF CANADA'S EAST COAST

OTTAWA -- Four Soviet aircraft were intercepted off the east coast of Canada recently, when they entered the Canadian Air Defence Identification Zone.

Two Soviet Bear F aircraft were intercepted by two CF-119 fighter interceptors scrambled from CF Base Bagotville. One and two Soviet Bear F aircraft were intercepted by two CF-119 fighter interceptors on the Air National Guard base from Burlington.

The Bear F is a long range reconnaissance aircraft used for intelligence gathering and warfare.



ing.....  
Perfect  
Gift



338-7855

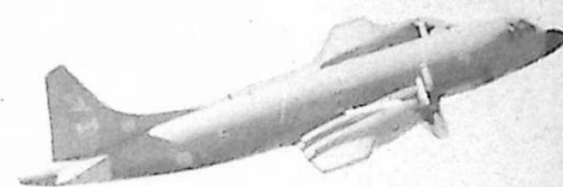
V. 28—NOON



## SECTION NEWS



## Demon Doins



## AIRCREW

It's time once again boys and girls, friends and neighbours, to gather around the campfire for more Demon Doins.

The Crew 2 Mountain Brews or Boos or Troglites or whatever they're calling themselves this week, have a new and exciting pastime for those long transits to that much visited place in the middle of nowhere. Apparently, Lt Ross Potts, a NUT on crew (NUT can be an acronym for "Nav Under Training," though in this case it's not really an acronym at all) likes to while his airborne hours sleeping with his mouth open. This gaping target leads to exciting games of one on one with carrot sticks, celery stalks, and other fascinating paraphernalia found about the aircraft. But, hey, don't tell Ross, because he's the only one who doesn't know.

The Crew 6 Terminators had the fortune of passing through Halifax during Mardi Gras Night on their way to Armpit for an OMS. A couple of the Terminators went to this gala event as superheroes. Capt Canuck Verville and Stuper Nav Vincent (INS toppled? Omega out to lunch? This looks like a job for you-know-what) wowed them on the streets of Halifax. The caped avengers stumbled upon the squadron Armpo (some grueling Armpo type course in Halifax don't ya know) who resembled Mr Potato Head in a polyester suit. During the ac-

tual OMS serials, Capt Mike Baumert upgraded to ASO-1 while Pete "Four Torps" Lipohar showed his proficiency in the Tacnav seat.

The Crew 5 Vikings held an all Nav Poker night to promote that male bonding thing. Much to their despair two female officers crashed the party and ended up stripping them of their pride and leaving their wallets naked. Ever the philosopher and man of great insight, Lt Bert Fenton responded by saying, "Oh...Hey!"

The Crew 3 Sub Busters had a nice long stay in Australia, and most were glad to get home...though some were more glad than others. According to Lt Darrent "to hell with the brief I'm going running." Skuja, his roommate Lt Scott "I'm so lonely" Geunther started whining about coming home before he left.

Lt (N) Steve Kenney held the second annual Hat Party over the weekend. First place went to Lt Terry Doucette who wore an airport and a good portion of Class "C" airspace on his head. It took Terry two days to construct the hat which served not only to win the grand prize but allowed him to sign off a big part of his Pilot OJT.

Nuff said.

## 407 AMCRO

Help!!! Is there anyone out there who can? Personally I doubt it in this section. Recently our section (AMCRO) has been plagued with an unsur-

mountable dilemma. Sgt Neil and Sgt Ralf have been tasked with the ultimate pleasure of keeping track of four women. You should see them, they can barely keep track of themselves. Anyone wishing to help these two "lost" individuals may direct incoming mail to AMCRO attention: WO McAllister.

While on the subject of women I'd like to take this opportunity to say farewell to papa Mike Daviault who is leaving us for a stint in Maint. This section will never be the same without Mike's literary genius to guide us. Until meeting Mike I never realized there were so many ways to use four letter words. Taking Mike's place is Cpl Josee Poirier from Maint. Josee will definitely be an improvement over Mike, she actually smiles once in a while.

MWO Larry Hunt also left the section and has travelled down to the bottom floor to assume the duties of A/C Maint Supt. MWO Norm Brazeau who formerly held that position has finally decided to take life easy and climb the ladder to the lofty heights of D/AMCRO. All you people out there who feel secure and enjoy your jobs remember, you too can be replaced, right Sir?

Except for a couple of people on leave and course this has been a pretty slow month. Not too much newsworthy gossip. You know it's bad when not even Neil can come up with dirt on someone.



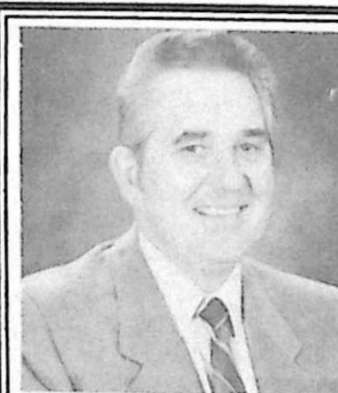
CWO Paul Jenkins is presented his Scroll by BGen Curleigh, Commander Maritime Air Group.



BGen Curleigh, Commander MAG, presents MCpl Buddy McKeigan with his CD.



MWO Wayne Peavey receives his Retirement Scroll from BGen Curleigh, Commander Maritime Air Group. Wayne retired from the CF after 30 years of service.



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## AROUND THE BASE



## From The Top Rung

COL TED GIBBON

November 11 was a proud moment for all the service personnel involved. I have not seen a better turned out, more enthusiastic group in many years. There is no doubt the new uniforms were well received by the legionnaires and other spectators but they also seemed to add a special measure of pride, a little straightening of the spine, a quickness to the gait of those who were wearing them. I visited all three legions, the RCAFA Wing and attended our reception during the course of a very long day and received nothing but kudos for your dress and deportment. I was also pleased that many not detailed for the parades attended ceremonies in uniform with their families, perhaps motivated by my earlier announcement that this was not a "holiday weekend" as it was described in the media but a very special day that provides us the opportunity to demonstrate our respect for those who wore similar uniforms with distinction and demonstrated the ultimate in valor during the well known conflicts of years past. What was acknowledged this year and emphatically endorsed by the veterans was the continuing contribution to peace and national security made by those who serve today. The blue berets symbolized that commitment and I hope the authorization to wear this distinctive mark of peacetime service will become a tradition in future Remembrance Day parades.

It is appropriate that the Federal election occurs so soon after we paused to remember those who fought and died in the service of their country to preserve the democratic principles a free election embodies. In their memory and with respect to their sacrifices I urge you to exercise this hard won and desperately defended right to elect our national leaders by voting on November twenty-first.

## CANADA POST OFFERS CANADIANS DISCOUNT FOR HOLIDAY SEASON

OTTAWA -- Canada Post Corporation announced the 1988 Greet More program through which Canadians again will receive a discount on postage for greeting cards - five cents off each card mailed in Canada.

In response to consumer reaction in previous years and in cooperation with the Canadian Gift Packaging and Greeting Card Association, Canada Post has continued to make improvements to the Greet More program to make it even easier for customers to use.

"This is clearly a program which responds to our customers' needs and is growing in popularity every year," said John Aiken, Canada Post Vice President, Field Operations and Sales. "It is also an excellent way to encourage the most effective and efficient use of the postal system at this time of year when volumes of mail are traditionally highest."

The combination of the coded envelopes and the special 32-cent postage stamps allows consumers to save money, and speeds up the mailing process to the point where Canada Post can handle millions more cards more quickly at less cost.

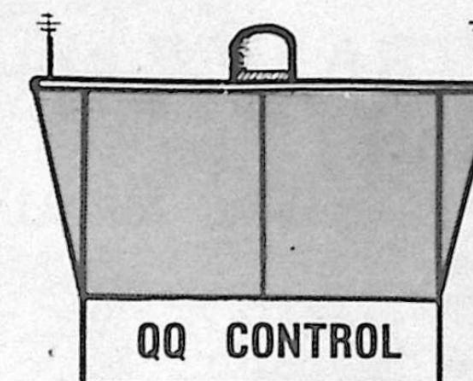
Some 30 greeting card manufacturers are involved in the program this year, as well as charitable organizations such as UNICEF.

Previous years' coded envelopes can be used again this year with the 32-cent Christmas stamp, for those customers who may still have a supply on hand.

The special stamps are available at all postal outlets until December 24, 1988, and can be used for cards posted between October 27, 1988 and January 31, 1989. The Greet More greeting cards are available where cards are normally sold, and are easily identified with the Greet More logo.

The stamps will be sold in booklets of 10 for \$3.20. The postage may be used at any time on other mailable matter by combining them with other stamps to make up the amount of postage required.

For further information contact: Media Relations Section Communications Ottawa, Ontario (613) 995-4302



## As The Beacon Turns

After having read my last article, many of you may have been left with the impression that the Base Ops hockey team is invincible. Well we are. However we did manage to lose one game to the BAMSO team last week. Despite the loss we did notch the names of BTNO, CE/Firehall, and 407 Devils on our hockey sticks during the last two week period. That leaves us with a 7-1 record which isn't too shabby.

Even the curling team has shown some recent success by picking up our first win of the season thanks to the strategic play of our Skip Two-Turns T.J.Jones. We defeated the BHosp by a very slim margin.

Turning to names and faces around the section, The Tack is back. WOTACK returns to us from SLC in Borden, after a course like that he should be as sharp as a tack. MCpl Sylvie Richard is also a new leader after having successfully completed JLC in Penhold.

A new face around the RATCON is Lt Martin Gagnon who has descended upon us from the Tower to join Capt Bob Trainor for IFR checkout. Speaking of the Tower environment Cpl Doug Godden is pulling a few shifts up there, fulfilling the BStand duties. Kim Adams is "outta here." He departed last week to Mexico for a holiday prior to

joining the CSL (Civilian Side of Life, not Canadian Soccer League).

Just a short reminder to everyone of the upcoming Christmas Party. The ATC/TECH party will take place Saturday, Dec 3 at the Sgts and WOs mess. Guests are welcome.

And here's a note to all you Aircrew who may be reading this and feel that Comox is just a retirement posting for Controllers. Recent statistics released by DARTS Newsletter show that Comox, in 1987, was the fourth busiest military aerodrome in Canada in terms of total traffic movements, following Moose Jaw, Cold Lake, and Portage.



## Employee Assistance Program

## MARITAL PROBLEMS

If one or both people in the relationship have not been able to make the transition from urban to rural life and expectations are conflicting, this can create problems. There is a tendency to look to one person to meet all social and emotional needs. This can put a great deal of pressure on an employee whose work hours are spent responding to people who can also be very demanding.

Women, in particular those with young children, are sub-

ject to what has been called "Cabin Fever." Here there are strong feelings of depression, irritability, and withdrawal brought on by living with extreme cold and darkness for long periods of time.

Facilities for children with special needs, such as physical or mental handicaps are very scarce, and additional responsibilities are placed on the parents. Possible illness and pregnancies can be a source of anxiety due to poor accessibility to adequate medical attention.

## ALCOHOL AND DRUGS

Relief from loneliness, frustration and stress while in isolation is sometimes sought through the use of alcohol or other drugs. Conflicts, accidents, and reduced efficiency are liable to result.

Support mechanisms such as Alcoholics Anonymous and Alanon are non-existent or very limited in many isolated communities, and the recovering person may find it difficult to maintain sobriety.

NEXT ISSUE - WORK & ENVIRONMENT



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

Framing.....  
The Perfect Gift



338-7855

NEXT DEADLINE NOV. 28—NOON

Back Row L to R: Capt R.R. Trainor, BOps, CD1, Cpl W.J. Paul, VU33, CD1; MCpl J.A. MacIsaac, BOps/BSecur0, CD1; WO K.E. Creed, BTO/BAMSO, CD1. Front Row L to R: WO L.G. Sawyer, 441 Sqn, CD2; Col Gibbon; LCol Anderson, BAdm0, CD2. BComd Col Gibbon presents long service awards to base personnel.



## EDITORIAL



TERRY STROCEL

There is a lot of truth in the profound adage that "the rich keep getting richer." Oh sure, you think I'm about to embark on some tirade about the political climate in Canada, or the industrial state of the nation, or something like that. Actually I'm not. I'm going to depart from the normal routine and talk about something completely off the wall...Rock Stars. That's right, Rock Stars.

The other day I happened to catch the latest ditty by a group of young musicians who call themselves "The Travellin' Wilburys, or Willoughbys, or Wibblys" or something to that effect. Anyway you know who I'm talking about. It's the kind of name that you would have heard announced on Hee Haw or the Ted Mack Amateur Hour, or the Tommy Hunter Show. You know, a washboard, a broomstick base, two fiddles, a banjo and some guy in the background blowin' on a kazoo and hammering on his knee with a set of his wife's good silver teaspoons. Sounds quaint doesn't it? Well let's take a look.

First off, here is a group of very well known, very rich and very middle aged rock stars who individually had a lot to do with the development of rock and roll music as we know it today. But times have changed and the kids today don't appreciate solo has-been rock stars who can't wear day-glow orange and purple spandex body suits and aren't the focal point of a surrealistic, high-tech, laser light show rock video. All seems lost for our heroes, right?

Well you would think that George Harrison, Roy Orbison, Tom Petty, Bob Dylan and that other dude (who always kept his back to the camera) Jeff Lynne, would be satisfied to gracefully retire, and to be remembered as the pioneers of rock music and the catalysts of an extremely significant and memorable era of the 20th century. But no,

(and this is what really irks me) these guys have to climb back into the ring for maybe one more round before hangin' up the old gloves.

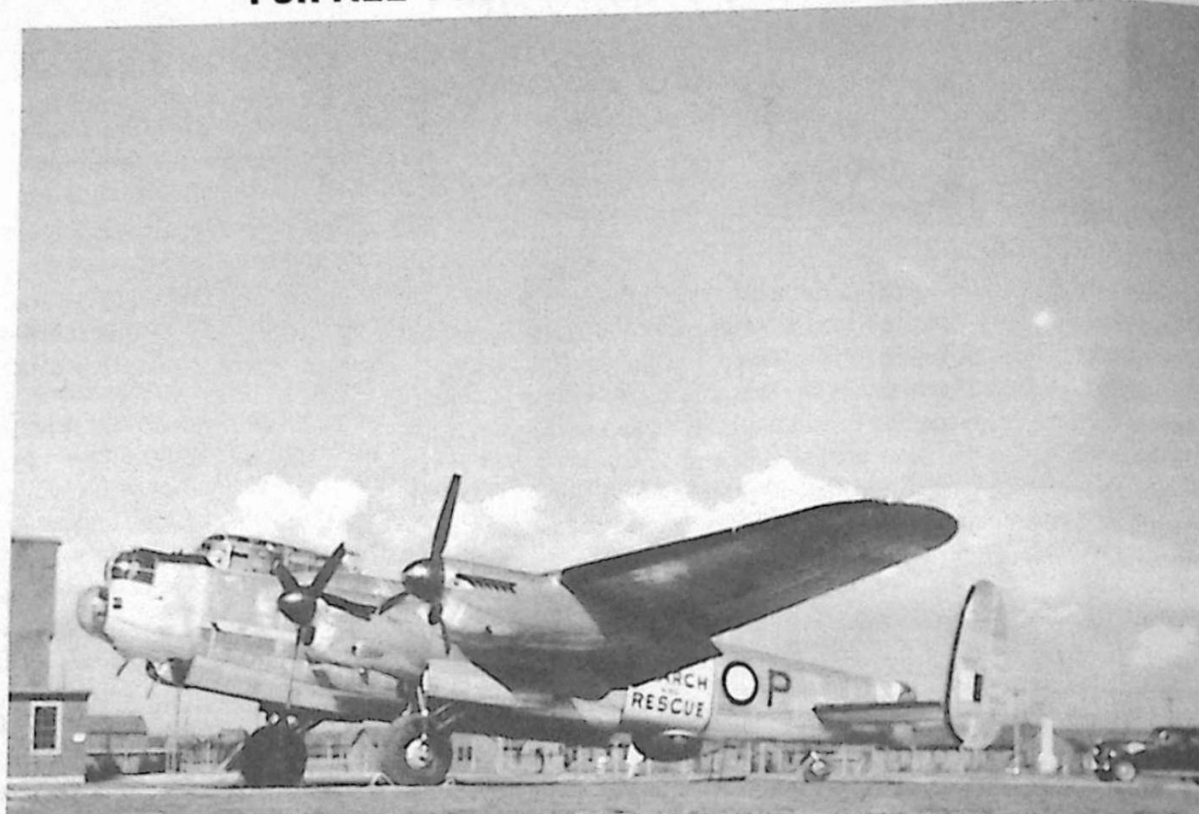
I'm totally convinced that these gentlemen got together because they bet someone a beer that they could all stand around a microphone, sing the first thing that came into their minds while strummin' to the same four chords, with cousin Enrique running around shooting them on his new Sony Super 8, so that they can rake in seven figures in royalties from albums and videos. And all because they figure they can play on the sentimental emotions of all those Baby Boomers who they grew up with, who still faithfully play their records.

The scary part about it, is that they almost succeed. Well sure, look at one of George Harrison's last musical endeavours where he sits in a big stuffed chair singing the same line over and over again while all the inanimate objects in the room help in with the chorus. This is something I would expect to see on Sesame Street. But the people still ate it up.

Now he's trying it again only with a little more back-up. Granted Roy Orbison and George can still belt out a tune and certainly bring credibility to the group; but when Bob Dylan and Tom Petty cut in with their fingernails-over-the-blackboard voices singing "somebody" about 150 times and call it a chorus...well I'm sorry but that's when I lose it. I'd rather side with the day-glow orange spandex body suit.

Now don't get me wrong. I'm one of the biggest fans of all of these musicians, however, I want to remember them for when their hearts were in it. But before I go I want to ask just one more question: In a group that claims to have five lead guitarists, who plays lead guitar? Think about it. Until next time keep the blue side up.

## FOR ALL YOU SEARCH &amp; RESCUE BUFFS



## TOTEM TIMES

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

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## OF GENERAL INTEREST

## WAR AMPS HONOURS WWI ARTIST IN NEW VIDEO

NOVEMBER 11, 1988 -- Today marks the 70th anniversary of the Armistice that ended the slaughter of WWI. The scenes of devastation left behind by that war are the subject of a powerful collection of oil paintings by Canadian artist Mary Riter Hamilton.

Until now, Hamilton's battlefield paintings have remained virtually unknown to Canadians. The War Amps is hoping this will change with *No Man's Land*, a video production it has just released featuring the Canadian artist's life and work.

The half-hour production chronicles Hamilton's remarkable life, dwelling mostly on her three years travelling in war-torn France and Belgium as she attempted to capture the scenes or carnage on canvas. Appearing throughout the production are

Hamilton's moving and reflective works. The images she captured convey the horror and futility of war -- a theme that is very much a part of The War Amps NEVER AGAIN message to outlaw war forever.

It was in 1919, just after the signing of the Armistice, that this patriotic Canadian -- a widow already in middle age -- began her journey through the battlefields. During her travels she endured incredible hardships: makeshift shelters, poor food and hostile weather. Emotionally and physically drained, she was never able to paint with the same intensity again after she returned home.

Hamilton refused all offers to buy the battlefield paintings, choosing instead to donate her 227 canvases to the National Archives of Canada for the benefit of veterans, their families and future

generations. Unfortunately the paintings have received only limited exposure over all these years.

The War Amps have long known about the story of Mary Riter Hamilton. It was this group that provided her with a modest amount of financing for the trip when she first decided to do her pilgrimage through the battlefields of Europe.

The War Amps would not have been able to bring Hamilton's story to the Canadian public if it weren't for the assistance and guidance of Dr. Angela Davis, visiting fellow in history at St. John's College, University of Manitoba. Dr. Davis has studied the artist's life, and greatly encouraged the veteran's organization to bring her story to the Canadian public.

Television and cable stations across Canada will broadcast *No Man's Land* to commemorate Remembrance Day. Copies in various formats are also available on loan to the

public. There is no rental charge and copies can be requested by writing to: The War Amputations of Canada, 2827 Riverside Dr., Ottawa, Ont, K1V 0C4.

## Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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 PMQ School at 1830 hrs. every Wednesday. Religious Education Co-ordinator Mr. Fred Chiasson, Tel: 339-6488.

## ST. MICHAEL &amp; 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. President: D.M. Milne - Phone 339-3710.

## BEATTY ANNOUNCES FORMATION OF DEFENCE SCIENCE ADVISORY BOARD

OTTAWA -- The Minister of National Defence has authorized the creation of a Defence Science Advisory Board (DSAB) to advise the Department on a broad range of defence problems and issues from a scientific and technological perspective. The board, made up of members of the private sector, will strengthen ties between the scientific community and the defence planning framework, complementing the activities of the defence research

engineering and analysis communities.

Dr. John J. Sheperd, Chairman of the Board of Leigh Instruments, has accepted the appointment of Chairman of DSAB, which begins operations in November. Dr. Pierre Belanger, Dean of Engineering at McGill University will act as Vice-Chairman. Joining them will be seven other members from industry and academia across Canada, and four associate members from the public sec-

tor.

The board will undertake two major tasks annually through continuous working panels established for this purpose.

The DSAB will report directly to the Chief of the Defence Staff and the Deputy Minister of National Defence, advising them on a broad range of national security issues. They will also foster close relations with similar boards in the US and Great Britain.

## For the Walker

## BOOK REVIEW

...BY NORM BLONDEL

A new pocket guide for local walkers and nature lovers is now available at Good's Groceries and other Valley outlets. Entitled, "Trails and Walks in the Comox Valley," it is the first of a series.

In "Trails," author Fran Johnson provides details of sixteen different trails and walks, from twenty minutes, to an hour or more in duration. The centre section

contains a route map of all the walks, some beginning in Comox, others on Denman and Hornby Islands, some on the seashore, others in the local mountains.

The booklet (cost \$3.95) also contains tips on footwear, care of the environment, descriptions of plant, animal and marine life that may be encountered, an even where to park your car. Good value for \$3.95.



The Blue Heron Book

of

## Trails &amp; Walks in the Comox Valley

F. M. Johnson

## Air Force Trivia

WHAT WHERE WHEN WHY



## Answer from Last Issue

## THIS WEEK'S TRIVIA:

This may or may not be an easy one. First of all what air arm does this aircraft belong to? What is its designation and, what does it do?

## TRIVIA ANSWER:

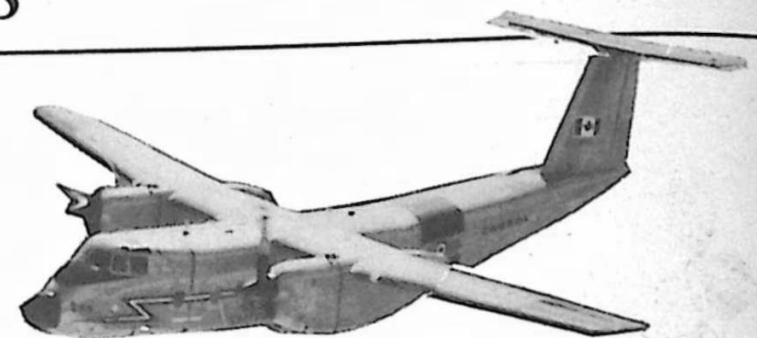
This is a Bell HTL-4 and initial equipped No. 1 Helicopter Flight on 1 September 1951. In 1952 the Flight was redesignated as VH-21.



## SECTION NEWS



# 442 SQUADRON



## SAR SUMMARY

We're well into the Banana Belt's so called "Rainy Season" but 442 Sqn Snakes have seen relatively little in the way of SAR activity. With only a few exceptions the usual number of launches were tasked and as per the norm many of those launches were stood down.

In the first week of November our S/B Buff was tasked to provide top cover for a 40' sailing vessel which had gone adrift in 25-30 knot winds a 1/4 nm offshore of Kiwanic Pt. The Buff was stood down after two rescue vessels appeared on scene.

This past weekend however the Snakes of 442 Sqn were finally put to work. On 12 Nov an early morning launch was called for both the Lab and Buff to search for 2 missing RRCM cadets on Mt Myra. After 20 minutes of contouring while the Buff provided top cover, the Lab spotted the missing hikers at the 4500' level. Two double lifts were carried out and both cadets were medevaced to CFB Comox with hypothermia.

## GROUNDCREW 1 - SNAKECHARMERS

As another instalment in the continuing saga of 442 Sqn's groundcrew (affectionately referred to as the Snakecharmers) unfolds, we find Buffalo maintenance rapidly coming to an end, with the exception of a minor landing gear snag, and chopper maintenance progressing as normal.

The Snakecharmers' 4x4 Club, consisting of One Crew personnel, is officially under-

way again after a short hiatus. It seems as if Kirk Waugh began where he left off last time; stuck. The guys have mentioned a few times that a successful voyage isn't complete until Kirk has to get his truck salvaged at least once. Rumour has it that some members of the club, who shall remain nameless, have bought stock in a local towing company.

As the 442 Sqn Flyers hockey team takes to the ice every Monday and Wednesday night, it's been pointed out that our win/loss record isn't as good as last season's. The season is young. Have patience, we will improve.

The Washington trainer of 8-11 Nov appears to have been less eventful than the previous trip, with no Sqn members having been arrested or staring down the barrel of an M16. Brenda Lloyd lucked into the trip that managed to squeeze an extra day of sightseeing into the itinerary.

## GROUNDCREW 2 - SNAKECHARMERS

Guy Letellier and Ed MacDonald's business endeavour seems to be off the ground and doing well. Best of luck to the Sqn's newest business tycoons.

Bruce Wilson, Ryan Harding and Brad Struke are currently brightening the lives of instructors at 426 Sqn in Trenton on their respective Buffalo maintenance courses. Mike Corneau on the other hand was lucky enough to be in Bagotville to brighten the life of an ex-Sqn fitter now instructing at 3 FTU.

## LAB FLIGHT

It has been a quiet few weeks in Lab Flight. There have been relatively few SAR incidents during these first days of Comox's Annual Monsoon Season. A large portion of the flying has been taken up by the OTU, who have a flight engineer course in progress. For the pilots this means slipping into a catatonic stupor as hour after hour is spent hovering while the student engineers practice hoisting.

Lorne Reid and Tom Hughes recently returned from a southern trainer, having shown

the flag in such exotic foreign ports as Seattle, Portland, and Yakima. Lt Vince Chung, occasionally of the Base Hospital, accompanied them as an adopted 442 Squadron member.

This quiet period promises to get even quieter with the imminent departure of several Flight members on course. Charlie Cue and Hans Kleemann are off to Cornwall for the Searchmaster's Course; Hans to attend it and Charlie to teach it. Kirk Sunter is bound for Halifax, where he will attend the dreaded Dunker

Course. Mary Bryant is off to Toronto, where she will spend some time at Staff School learning to dot her "i"s and cross her "t"s.

A new feature in the Flight's schedule is Ground Training briefings on Tuesday afternoons. The briefing season kicked off last week with a guest appearance by Dwayne Fletcher, who presented a talk on Omega Navigation. This week Rob Erdos will spend ten minutes telling us everything he knows about mountain flying. Be sure to stay tuned.



New Zealand's Air Vice Marshall Neville with BGen Curleigh and Group Capt Gayfer take time out from their MAG Liaison Seminar to tour the facilities at 442 Sqn.



Major Pete Howe, OpsO for 442 Squadron briefs Air Vice Marshall Neville during the tour of 1 Hangar.

## PARTICIPaction

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## SECTION NEWS



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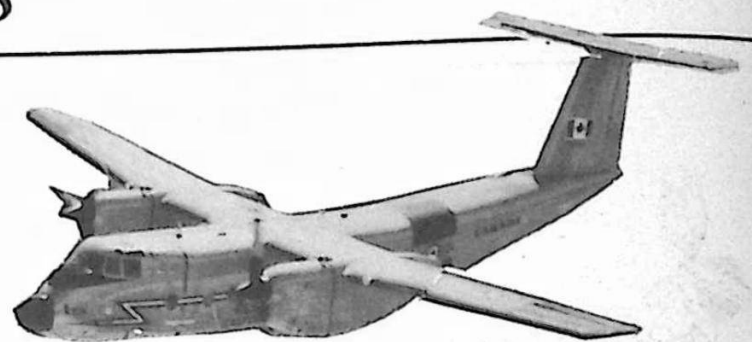
338-7741



## SECTION NEWS



# 442 SQUADRON



## SAR SUMMARY

We're well into the Banana Belt's so called "Rainy Season" but 442 Sqn Snakes have seen relatively little in the way of SAR activity. With only a few exceptions the usual number of launches were tasked and as per the norm many of those launches were stood down.

In the first week of November our S/B Buff was tasked to provide top cover for a 40' sailing vessel which had gone adrift in 25-30 knot winds a 1/4 nm offshore of Kiowan Pt. The Buff was stood down after two rescue vessels appeared on scene.

This past weekend however the Snakes of 442 Sqn were finally put to work. On 12 Nov an early morning launch was called for both the Lab and Buff to search for 2 missing RRCM cadets on Mt Myra. After 20 minutes of contouring while the Buff provided top cover, the Lab spotted the missing hikers at the 4500' level. Two double lifts were carried out and both cadets were medevaced to CFB Comox with hypothermia.

## GROUNDCREW 1 - SNAKECHARMERS

As another instalment in the continuing saga of 442 Sqn's groundcrew (affectionately referred to as the Snakecharmers) unfolds, we find Buffalo maintenance rapidly coming to an end, with the exception of a minor landing gear snag, and chopper maintenance progressing as normal.

The Snakecharmers' 4x4 Club, consisting of One Crew personnel, is officially under-

way again after a short hiatus. It seems as if Kirk Waugh began where he left off last time; stuck. The guys have mentioned a few times that a successful voyage isn't complete until Kirk has to get his truck salvaged at least once. Rumour has it that some members of the club, who shall remain nameless, have bought stock in a local towing company.

As the 442 Sqn Flyers hockey team takes to the ice every Monday and Wednesday night, it's been pointed out that our win/loss record isn't as good as last season's. The season is young. Have patience, we will improve.

The Washington trainer of 8-11 Nov appears to have been less eventful than the previous trip, with no Sqn members having been arrested or staring down the barrel of an M16. Brenda Lloyd lucked into the trip that managed to squeeze an extra day of sightseeing into the itinerary.

## GROUNDCREW 2 - SNAKECHARMERS

Guy Letellier and Ed MacDonald's business endeavour seems to be off the ground and doing well. Best of luck to the Sqn's newest business tycoons.

Bruce Wilson, Ryan Harding and Brad Struke are currently brightening the lives of instructors at 426 Sqn in Trenton on their respective Buffalo maintenance courses. Mike Corneau on the other hand was lucky enough to be in Bagotville to brighten the life of an ex-Sqn fitter now instructing at 3 FT-TU.

## LAB FLIGHT

It has been a quiet few weeks in Lab Flight. There have been relatively few SAR incidents during these first days of Comox's Annual Monsoon Season. A large portion of the flying has been taken up by the OTU, who have a flight engineer course in progress. For the pilots this means slipping into a catatonic stupor as hour after hour is spent hovering while the student engineers practice hoisting.

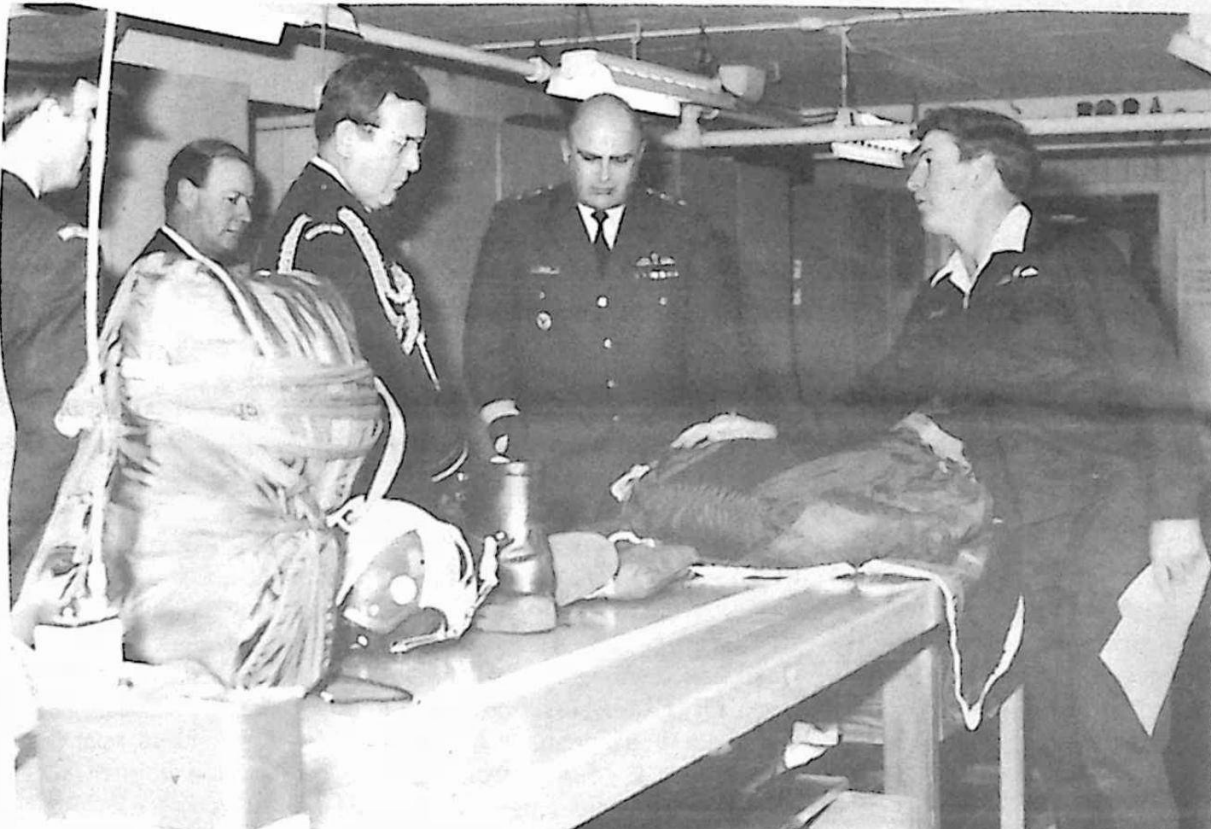
Lorne Reid and Tom Hughes recently returned from a southern trainer, having shown

the flag in such exotic foreign ports as Seattle, Portland, and Yakima. Lt Vince Chung, occasionally of the Base Hospital, accompanied them as an adopted 442 Squadron member.

This quiet period promises to get even quieter with the imminent departure of several Flight members on course. Charlie Cue and Hans Kleemann are off to Cornwall for the Searchmaster's Course; Hans to attend it and Charlie to teach it. Kirk Sunter is bound for Halifax, where he will attend the dreaded Dunker

Course. Mary Bryant is off to Toronto, where she will spend some time at Staff School learning to dot her "i"s and cross her "t"s.

A new feature in the Flight's schedule is Ground Training briefings on Tuesday afternoons. The briefing season kicked off last week with a guest appearance by Dwayne Fletcher, who presented a talk on Omega Navigation. This week Rob Erdos will spend ten minutes telling us everything he knows about mountain flying. Be sure to stay tuned.



New Zealand's Air Vice Marshall Neville with BGen Curleigh and Group Capt Gayfer take time out from their MAG Liaison Seminar to tour the facilities at 442 Sqn.



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## SECTION NEWS



## ANKER KLANKIN'



"It's a good thing that our wings fold or we could never have squeezed up to the drive through window" caption contest won by Lt Randy Chauk.

## THE COURTENAY LEGION PIPE BAND WANTS YOU!

Pipers and drummers who are members of the Canadian Armed Forces stationed at CFB Comox will receive a warm welcome into the ranks of this prize-winning pipe and drums corps.

The emphasis is on fun, travel -- and playing entertaining tunes at parades, community functions, military and Legion events throughout B.C. and the U.S. All levels of playing ability welcome.

Full Highland dress uniforms are provided free of charge for playing members. Opportunities and financial assistance

are often provided for members to attend piping/drumming schools and workshops to improve their playing ability.

The group just recently won the grade three best band trophy, and best drums corps award, at the 1988 B.C. Legion Highland Gathering held in Maple Ridge.

The band also offers a comprehensive free instruction program for young people ages 10-19 in the Courtenay Legion Youth Pipe Band.

The Courtenay Legion pipes and drums will be off to Wenatchee, Wash., in May,

1989 for the Washington State Apple Blossom Festival Grand Parade and are looking for a "few, good" members to swell the ranks.

Military personnel will be especially welcome to join in the good times.

Band practices are held every Wednesday evening, 6:30 - 9 p.m. at the upper hall, Courtenay Legion. For further information contact Pipe Major D.F. Martin, 334-2046 (leave message on answering machine) or band manager Jim Atkinson, 339-0477.

Give us a call -- there's no life like it!

It's beginning to feel like Homecoming Week over here at the Fightin' 33rd. To begin with Captain John Reimer arrived early last week in a Greenwood-based Aurora. Ostensibly he was out here on a Torpex but we're convinced he just wanted to visit his old shipmates. As this edition of the Fishwrapper hits the streets we will be preparing for the arrival of Majors Richie Clements and Mike Cummings. Mike will be a guest of honour at the mess dinner on 17 November and Richie will join the rest of us in helping Mike to celebrate his retirement.

Major Arsenaault arrived home from two weeks of meetings in Winnipeg and Halifax just in time to lead the Squadron parade in Cumberland. The only problem was that his luggage, which contained his uniforms, was last seen in Vancouver boarding an aircraft bound for Hong Kong. But with characteristic aplomb the CO salvaged the situation and arrived in Cumberland to take command of the parade moments before we were due to form up.

The Providers of VRC-30 from Naval Air Station North Island, San Diego paid us another visit last week. A planned overnight visit from our sister Squadron turned into a whole weekend due to hydraulic systems problems with their aircraft. It was obviously one of those classic situations which COs suspect are engineered and aircraft commanders have a hard time denying. Anyway, we were able to demonstrate some of our near legendary hospitality before launching them on their way to Alaska. Our next meeting will occur in late November when we make our way south to visit them.

When a crew like Bush, Franklin and Motyer come back from across-country with war stories well, frankly, it's hard to know who and what to believe. From what I've been able to piece together Sgt John Motyer has now developed a fascination with Kamloops and a willingness to travel there at a moment's notice. If this keeps up we at the Fightin' 33rd will be among the first to put in bids when the Coquahalla highway gets privatized.

## VU 33 TECH SIDE

It's been pretty quiet in VU this past couple of weeks, I guess it's the wind down from MARCOT. The curling team has been busy though, they have another win and another loss under their belts. Seems they're keeping it even-steven for wins and losses with the occasional tie.

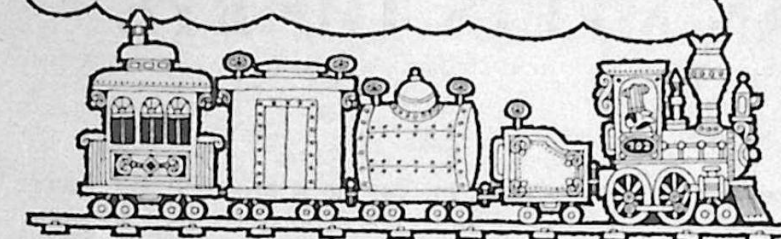
Here's the brief news. Pte Lambert has left 1 Crew for Engine Bay, but managed to get a good job reward from the Squadron, a trip south for an afternoon. MCpl Kay from 2 Crew was the other lucky recipient of the trip. In joint serv crew news, Cpl Dave Brown and MCpl Fred Kay went hunting together. They got their Bambi and Dave got lots of "fresh air," due to the non-smoking policy in the camper. What lengths we smokers go to for a smoke.

For the maintenance news there's a message for Cpl Martin Lavigne, I saw Micky Martin while I was in Montreal, and she says hello. I told her you didn't like your name in the paper and she said "put my hello in then." Micky says "Hi" to all her friends in Comox.

I was told to apologize to Safety Systems, last time I said all was quiet there and it's not. Cpl Ron Fortin is there and he keeps the shop hopping.

## SECTION NEWS

## Base Traffic



Base Traffic is a unit most people take for granted, until it's time to try for that flip to Edmonton, or move their F

and E to a new posting. The whole unit runs smoothly on 14 people and encompasses air movements, CMTT, F & E,

and Postal. Over the last APS there have been many changes to the roster and detailed introductions are in order.

In the foreground is Lt Murray Jacklin and spouse Joan, in from 3 AMU Ottawa. A recent CFR, he brings with him a wealth of experience covering all aspects of our trade. Murray is active in

hockey, and in his office where he can be found underneath paperwork.

Sgt Mario Levesque NCO i/c F and E and spouse Dianne are in from 426 Training Squadron Trenton. Mario has considerable time in the air as loadmaster on Cosmos and Boeings as well as in the air with skates. He is a goalie for the BTNO team. Mario is pretty sharp and doesn't let too much get by him.

Sgt Dave Hodgess NCO i/c CMIT is in from (JAB) CABE Edmonton. When not under canopy at 20,000 feet Dave can be found in the gym working on BMI or under his old MGB looking for oil leaks.

Sgt Joe Myers NCO i/c AMS and spouse Carol arrived from 5 AMU Lahr. When the good Sgt isn't hacking away on the Astra machine, he's out on the ice, too. When the spray settles, Joe can be found out in the sticks furtively looking for Bambi. Watch out Thumper!!

MCpl Roy Coolen 2 i/c AMS and spouse Mida are in from the East Coast. Halifax to be exact. Roy is having trouble adjusting to the pitch, roll and yaw of the air force, but he should have his air legs soon. When not busy recounting war stories, Roy can be found at Brian Ball Stationary trying tirelessly to carry desks out to the parking lot.

Cpl Ingrid Trautrim in from Beaverlodge. Presently she is on her TQ 5A course at CFSTM Edmonton. When she returns she might be working in AMS.

Of the more familiar faces, here is an update.

Cpl Sandra Perrault AMS has been here a while as have the rest of us below, to varying degrees. As if Christmas isn't enough, she and hubby Mike, a 407er, are going to be moving to a new place in early Dec. Whew! Cpl Rick Carr of AMS and spouse Monica have been here so long that Base Supply has taken to placing them on our DA. Rick hopes that his career manager reads this, so that he will be posted next summer. Rick aspires secretly to going to Petawawa or Calgary. When not on the ice, Rick can be found entertaining us at section get-togethers. Rick has a distinct fondness of good leather pumps.

Cpl Steve Ross of AMS also, can be found hundreds of miles from here as a rule. He is usually off on course. Presently he is at CFSTM Edmonton for his Astra course. Just wait, Gloria. The next one might be the Middle East. Mpl Gilles Menard of CMIT is a quiet soul, who can be found behind the volumes of customs paperwork. All kidding aside, we wish to pass on the best to spouse Marianne who has been a little under the weather. Cpl Wayne Boyle of CMIT is the coach for the BTNO hockey

team. Wayne can be found on the AMS treadmill or carrying water buckets on the ice for the team. Wayne is known for his jocular manner. Pte Chris Cote of CMIT also, the lady with 5, count em, (5 names) has a lot in common with Sandra Perrault. Not only has she just moved, but has under wing another 407er, Marc. When not fighting with BACCN, they can be found painting!!

Cpl Craig Tompkins of F and E and newly reunited spouse Connie, are enjoying being back together after 3 years of separation due to school. They can be found on the squash court, or touring the Island, as well as writing letters to the Editor.

Pte Kelly Maude of all 3 sections is a remuster who has been here for several months on OJT. He is on his pre TW3 course at CFSAL Borden. Once done there, he too is off to CFSTM. His return here is doubtful, but I hear Moose Jaw figures high on his list.

Lastly is Cpl John Russell and spouse Victoria. When John isn't out delivering mail in the rain, rain, rain or rain, he is busy scrutinizing the AMS Flight board for any running Boeings. A futile attempt at best.

## MARINE SECTION

Greetings from the members of the Elite Senior Servers stationed in the balmy climes of Goose Spit. We are pleased to inform you of the secret murmurings of the lower deck procured by our own spy Fog Dodger Pete.

There are a few changes around here: LS Rawn is posted in from the HMCS Provider to replace LS Gilbert, gone to the HMCS Saskatchewan. LS Potter is back from Penhold; he just completed his JLC course--congratulations Mark! and we wish Jim a smooth sailing.

All our boats are ready for winter rescues. Sea survival courses are still continuing and the next course will be from 27 Nov to 4 Dec.

If you ever come for a visit -- and we encourage it -- please be careful walking on the jetty; it is now restricted to 3/4 ton vehicles until all repairs are done.

CPO1 Booth just came back from Ottawa where he attended the Merit Board conference, I am sure a few changes will be made; we'd better be careful.

For the interest of the rest of the Senior Servers, trivia of the day:

Why are the sides of a ship called "Port and Starboard"? The right side is called "Starboard" because it is the side they steer by, therefore the "Steer board side" (starboard). The left side is called "Port" because it is the side they tie up in port, foreign or home, therefore the "Port Side."

Fog Dodger Pete signing off.

It takes community commitment and money to take action against alcohol and drug abuse.

Here's your chance to take action against alcohol and drug abuse. The new B.C. Community Action Program provides funding for local prevention programs by non-profit community groups province-wide. Deadline for project proposals is December 9, 1988.

For more information, call or write your local Alcohol and Drug Programs Regional Office.

Lower Mainland 660-6536  
Regional Manager  
Alcohol and Drug Programs  
Suite 1202, 601 West Broadway  
Vancouver, B.C. V5Z 4C2

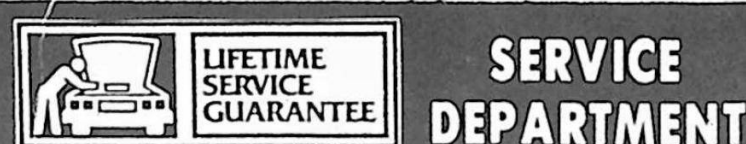
Fraser Valley 660-8971  
Regional Manager  
Alcohol and Drug Programs  
201, 10090-152nd Street  
Surrey, B.C. V3R 8X8

Okanagan 763-9161  
Regional Manager  
Alcohol and Drug Programs  
532 Leon Avenue  
Kelowna, B.C. V1Y 6J6

An initiative by the Ministry of Labour and Consumer Services, Alcohol and Drug Programs, in association with the Ministers of State.

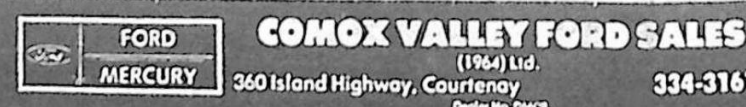


Alcohol and Drug Programs  
Minister of Labour and Consumer Services  
The Honourable Lyall Hanson, Minister



NEW HOURS:  
FOR YOUR CONVENIENCE  
6 DAYS A WEEK SERVICE  
7 A.M. — 7 P.M.

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



The Courtenay Legion Pipe Band crossing the 5th Ave Bridge during the 1988 Remembrance Day Parade.



## CANADIAN FORCES UPDATE

## MARCOT 2/88 - A LOT MORE THAN MEETS THE EYE

Optimism is running high in the navy these days. The first CPF has been launched, the first DDH 280 is undergoing her TRUMP update, and new minesweepers and nuclear-powered submarines are on the horizon. However, just as important as the hardware itself is how Maritime Command makes use of it. At-sea commanders and their senior decision-makers must be trained in how to best utilize the assets and equipment we have now and will have in the future. This is where the Maritime Command Operational Training Exercise (dubbed MARCOT 2/88) comes into play.

MARCOT 2/88 was held off the west coast of Vancouver Island during the last two weeks of October. While it was a national exercise of Canada, units of the United States Navy were invited to participate. Taking part in this MARCOT were seven Canadian and eight American ships, three American submarines, approximately 35 aircraft, and over 4,000 sailors and airmen.

Held twice a year with every third one occurring on the West Coast, the MARCOT series of exercises are the most advanced tactical exercises that the Canadian navy runs. The aim is to exercise all of the ships and aircraft in coordinated operations in a multi-threat environment.

To achieve this aim, a lot more planning is involved than meets the eye. This past MARCOT was conducted by Captain (N) Duncan E. Miller, commanding officer of the CF Maritime Warfare Centre in Halifax, N.C. A highly cooperative effort, the planning for MARCOT 2/88 began a whole year in advance of the actual exercise. The process got underway when Miller held discussions with the senior staff in MARPAC concerning what kind of exercise they would like to have in order to exercise the Canadian Task Group in the MARPAC area of operations.

In carrying out the planning stage, Miller had two staff members to produce the Order and negotiate the details of the exercise. This entailed talking to the commanding officers of the participating units to ensure that they knew what the exercise was all about and what the MARCOT staff wanted from each of them. This was certainly a challenge with so few personnel, especially with running two MARCOTS per year with one on each coast.

To provide the multi-threat environment essential for the exercise, a number of ships, submarines and aircraft were necessary to act as the threat against the task group. Performing as the surface threat

were HMC Ships Mackenzie, Yukon and Saskatchewan. The submarine threat was provided courtesy of the three American submarines, while the airborne threat was provided by T-33 and CF-18 aircraft. The small and agile T-33s and CF-18s simulated air-to-surface missile flight profiles as well as performing as enemy aircraft.

This assortment of "enemy forces" went up against the "friendly forces" of the Canadian Task Group, which was augmented by ships of the U.S. Navy DESRON 31. This sizeable force consisted of HMC Ships Provider, Huron, Kootenay and Restigouche, the U.S. Ships Cushing, Downes, Albert David, Reasoner, Roark and Fletcher, and the U.S. Coast Guard Cutters Middlet and Active. Supporting air forces included shipborne helicopters and Maritime Air Group Auroras flying out of Canadian Forces Base Comox. One of the Auroras was transferred out to Comox for the exercise from CFB Greenwood in N.S. The at-sea commander coordinating all of these assets was Captain (N) Ken J. Summers, commander of the Second Canadian Destroyer Squadron.

The exercise itself consisted of five phases, with each successive one building up towards a peak of intense activity in Canada's Pacific waters.

The first phase actually took place in Halifax, where Summers and his senior decision makers (commanding officers and combat officers) ran through the exercise in a tactical simulator. This phase was extremely important because all of the participants worked through the exercise scenario and found out what the problems were going to be. By smoothing out these problems in the tactical simulator they were able to make the maximum effective use of the limited sea time available in the latter phases of the exercise.

Back on the West Coast, the next phase consisted of a series of briefings held before setting sail from Esquimalt Harbour. These briefings let everybody, right down to the individual crew members, know exactly how they fit into the scheme of things. These first two phases went extremely well, ensuring everybody was as ready as possible for the at-sea phase.

"We have to ensure that the ships are all able to work together correctly and properly and that they are all on the same level with respect to the publications and tactics they are using," explained Miller. To accomplish this, the ships underwent a series of tightly scripted work-up exercises. With this last preparatory phase completed, the ships were then ready for action.

The multi-threat portion of the exercise was a rigorous test of men and ships alike. In this scenario, there was a territorial and sea bed mineral rights dispute with an imaginary island nation north of Vancouver Island. This developed into a "hot war" situation that tested the task group's ability to conduct coordinated operations in such an environment.

MARCOT 2/88 concluded with the tracking and prosecuting of submarines in the MARPAC area. In this scenario, submarines that did not belong in the area were detected and were asked to leave. After they refused to do so, the task group was ordered to keep track of the movements of these submarines. This situation developed to the point where hostilities again broke out in the exercise.

Several specific objectives were aimed for during this MARCOT. These included conducting anti-submarine warfare operations, finding out how best to use all the available equipment in light of weather and oceanographic conditions, testing tactics and procedures, and developing effective communications between the various units.

MARCOT staff observers aboard the ships evaluated the exercise and ensured that proper records were kept. Following the exercise, these records were gathered together to be analyzed over the next few months.

While on the surface this would seem to have been just another exercise, there are several factors that make MARCOT 2/88 different from previous West Coast MARCOTS. A new era is beginning for Canada's navy, and

nowhere is this more apparent than on the West Coast. This past MARCOT was the first one on this coast to see the participation of HMCS Huron. The Canadian Task Group, now a permanent fixture, made its first appearance in a West Coast MARCOT. The task group first saw operational status early this year. Finally, the presence of the DESRON 31 ships gave the at-sea commander training in the use of systems, such as the towed array sonar, that we will have in the future.

The transfer of HURON to Esquimalt is reflective of the increasing importance of the Pacific Ocean to Canada's interests. It has also meant the presence of a more capable command and control platform, giving the at-sea commander the ability to better coordinate his force's efforts.

HURON's ability to embark a larger command staff, as well as advantages in equipment, gives her a command and control ability that was previously lacking on this coast. This former deficiency led to a dependence on American ships and equipment when commanding multi-ship operations.

"In one of the last MARCOTS," Miller explained, "the at-sea commander had to transfer to a U.S. ship to be tested as an at-sea commander, and obviously that's not a very satisfactory situation." With HURON available, this is no longer the case. A Canadian commander can now effectively control a group of ships from a Canadian flagship using Canadian equipment.

"It's not that we couldn't do it with the other ships in the squadron," comments Summers. "It's just that now we

can do it properly, and we're not having to use someone else's equipment. We have a proper set-up for effecting command and control on the West Coast now."

And what will this mean to the improved Restigouche Class Destroyer Escorts (IREs)? It will allow the at-sea commander to use their significant abilities more effectively.

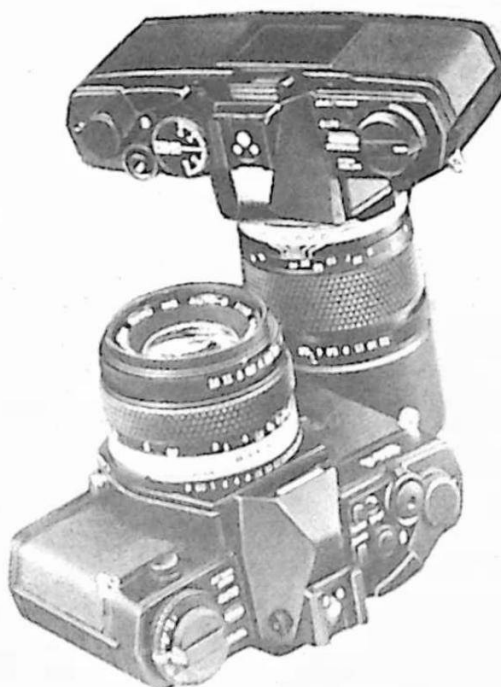
"They have some pretty impressive sensors themselves," noted Summers. "With the HURON now being able to take charge of the main group you can put your IREs to advantage around the force where their electronic sensors and acoustic sensors can be used to the best effect."

With respect to tactics, MARCOTS are cumulative in nature, and each one builds on lessons learned in previous exercises. This is especially true for experimental tactics that have not been previously evaluated in a physical setting.

The task group concept is central to how the navy will operate in the future. While it is now in place on the West Coast, the task group was essentially designed to consist of a TRUMPed up DDH 280 and several new CPFs. By having utilized the American presence in MARCOT 2/88, naval planners were able to see the task group concept operate with equipment that will be borne in the new ships.

With exercises such as MARCOT 2/88 preparing for the future, Maritime Command will be ready to utilize any and all new assets that will come its way. The future is fast approaching, and you can be sure that the Canadian navy will be up to the challenge.

## CFB COMOX 3RD ANNUAL "PHOTO CONTEST".



## PRIZES AWARDED TO WINNERS

CONTEST IS OPEN TO ALL MILITARY, DND EMPLOYEES & DEPENDENTS.

DROP OFF POINTS ARE:

BASE PHOTO OF REC CENTRE

FOR MORE INFORMATION CONTACT:

CPL. LOUISE ROY LOC. 8403

CPL. NEIL LAUDER LOC. 8525

PRINTS WILL BE ON DISPLAY FROM 1 TO 8 DEC AND THE JUDGING WILL TAKE PLACE ON THE 9th OF DEC 88.

## CATEGORIES

- 1) COLOUR OR B&W PRINTS OPEN
- 2) COLOUR OR B&W PRINTS PEOPLE IN ACTION
- 3) COLOUR OR B&W FAVORITE SNAPSHOT

## CONTEST RULES:

- 1) ENTRY IS FREE
- 2) PRINTS MAY BE OF ANY SIZE
- 3) PRINTS MAY BE MOUNTED (NOT FRAMED)
- 4) ALL ENTRIES MUST BE IDENTIFIED WITH NAME, PHONE, AND CATEGORY.
- 5) LIMITED 3 ENTRIES PER CATEGORY

SO DUST OFF YOUR CAMERAS & ENTER

TODAY !!!

## CANADIAN FORCES UPDATE

## RESCUE OF JAPANESE FISHERMAN

HALIFAX -- During recent informal ceremonies at the Rescue Coordination Centre in Halifax, N.S., a representative of Koyo Suisan Co. Ltd., of Konokano, Japan, presented gifts to Maj Glen Urquhart, Officer in Charge, RCC and Cdr Dave Morse, Commanding Officer, NCSM SKEENA. The gifts were given as tokens of appreciation for the role these units played in the rescue of subsequent transportation to hospital of a seriously injured crewman of the fishing vessel SHOSHIN MARU No. 83.

On the night of Feb 15, 88, RCC Halifax received a call

from the SHOSHIN MARU that one of her crewmembers had been injured when a fish hook lodged in his eye. RCC immediately sent HMCS SKEENA, who was taking part in CARIBOPS 88, to the scene. Even though the water was quite rough, SKEENA dispatched three men in her Zodiac recovery boat and they brought the man back to SKEENA where he was given immediate medical attention. The man was then transported back to Halifax as quickly as possible for some more thorough medical care.

Mr H. Nakanishi, fishing

master on the SHOSHIN MARU, made the presentations in Halifax saying,

"Although the man will not regain the sight in the affected eye, I believe that he received

the best help under the circumstances. We are deeply grateful for your undivided help."

## SUCCESSFUL TRIP FOR CORMORANT AND QUEST ON NORPLOY '88

HALIFAX -- Amid praise from the scientific community, HMCS CORMORANT and CFAV QUEST returned recently to Halifax after 42 days in the high Arctic on NORPLOY '88, a JOINT EXERCISE CONDUCTED BY Maritime Command and the Defence Research Establishment Atlantic (DREA) with participation as well by the Bedford Institute of Oceanography and Dalhousie, Acadia and Memorial Universities.

As well as serving as platforms for a wide variety of scientific investigations, the ships visited a number of northern communities in Canada and Greenland.

The participants conducted experiments in several marine disciplines and areas and according to LCDR Mel Palmer, Commanding Officer of CORMORANT, "...all scientific objectives were achieved, but the high point for me was the recovery of a piece of scientific gear which had been lost more than a year earlier on a similar deployment. An ocean bottom seismometer, worth over \$40,000 which had been placed on the ocean bottom last July by the Bedford Institute Atlantic Geoscience Centre failed to resurface on com-

mand at the time. However, CORMORANT was able to secure its recovery with the use of its onboard submersible (SDLI)." According to Dave Heffer, a 17-year veteran with BIAGC, who developed the seismometer, "the loss in terms of dollars would have been, of course, significant, but it was the data that the seismometer was gathering that was really irreplaceable."

Experiments were carried out both in the deeper waters of Baffin Bay, the Davis Strait and the Labrador Basin, as well as the more shallow areas off the coast of Baffin Island and Labrador.

Generation and propagation of underwater sound in deep water was measured by scientists from DREA, aboard the research vessel QUEST (operated for DREA since 1970). CORMORANT operated a powerful sound source which was received by sensitive underwater hydrophones deployed from QUEST. As Dr. John Stockhausen, who shared chief scientist duties with Dr. Joe Farrell, explained, "the acoustic environment in the far northern waters is very different from the Western North Atlantic, DREA's usual operating area. Deep ocean

water is cold everywhere but in the uniformity of temperature favours consistently good propagation underwater. Remoteness from significant shipping isolates it from this major source of noise, making the noise generated by loose pack ice and icebergs more noticeable. DREA's measurements of these and other effects will add significantly to the amount of defence related and general oceanographic knowledge of Canada's adjacent waters already available."

One of the most important aspects of any northern deployment such as this is the assistance it provides to the universities of the Atlantic Region. This year, students from Acadia University of Wolfville, N.S. spent the entire trip on CORMORANT and conducted experiments in marine biology as well as making many important bird and mammal observations. Students from Dalhousie University in Halifax, conducted some similar experiments and observations as well as a few concerned with ocean sediment biology. Students at Memorial University of Newfoundland's Centre for Cold Ocean Resources Engineering spent the time studying the make-up and movement of icebergs from the scours these icebergs made on the ocean floor.

During the deployment, the ships made several port visits to exchange scientific teams and equipment as well as provide opportunities for crew members to visit Canadian Arctic communities and Greenland. They visited Iqaluit (Frobisher Bay), NWT; Pond Inlet, NWT; Nuuk (Godthaab), Greenland; Stephenville and Cornerbrook, Nfld and Goose Bay, Labrador. Captain William Whyte, master of QUEST, was particularly enthusiastic about the visit to Greenland. "In the normal run of our work, QUEST seldom visits foreign ports. It's a very welcome change for me and my crew to break up the long time away from home in a place as interesting and as unusual as Nuuk."

**MILITARY TIME**

BRING YOUR INSTRUMENTS.  
YOUR MUSIC AND VOICE  
11:30 - 13:00 HRS  
THURSDAY  
&  
FRIDAY  
NOV 18 & 19  
COUNTRY MUSIC,  
FELLOWSHIP  
&  
HERITAGE RENEWAL

FOR MORE DETAILS: SGT L. BROWN - 8607  
OR MCPL D. LATHIGEE - 8446

**Transport Canada**  
**Airports Authority Group**

**Transports Canada**  
**Groupe de gestion des aéroports**

**INVITATION TO TENDER**

SEALED TENDERS for the project described below, addressed to Transport Canada and endorsed with the project name and contract number, will be received until the specified closing date. Tender documents can be obtained through Regional Manager, Material and Contracting Services, Room 742, 800 Burrard Street, Vancouver, B.C., Telephone: (604) 666-5661 on payment of the applicable deposit.

**PROJECT**

BARRIER FREE ACCESS RENOVATIONS, COMOX AIRPORT, B.C., CONTRACT NO. 88-2-80, PROJECT NO. S1-P100-0200. Interior and exterior modifications to the air terminal building including:

1. Curb ramps and crosswalks
2. Aluminum ent. door and sidelight
3. Free alarm system/s
4. Washroom emergency system
5. Delayed action door closers
6. Drinking fountain

**TECHNICAL ENQUIRIES:** BRIAN LAING  
**TENDER ENQUIRIES:**

PHONE: 666-5715  
PHONE: 666-5661  
FAX: 666-6476  
TELEX: 04-54320

Closing Date: December 12, 1988, 1500 HOURS VANCOUVER TIME  
Deposit: \$50.00. This deposit must be made in the form of a cheque made payable to the order of the Receiver General for Canada and will be released on return of the documents in good condition within 14 days from the date of tender opening.

Tender documents may also be seen at Amalgamated Construction Association of B.C., 2675 Oak Street, Vancouver, B.C. North Vancouver Island Const. Assoc. 1371 Greenwood St., Campbell River, B.C. Nanaimo Const. Assoc. 9-2480 Kenworth Rd., Nanaimo, B.C. Alberni Valley Contractors Assoc. 3101 Bird St., Port Alberni, B.C. Construction Assoc. of Victoria 1075 Alston Street, Victoria, B.C.

To be considered, each tender must be submitted in duplicate on the forms supplied by the Department of Regional Manager Material and Contracting Services, Room 742, 800 Burrard Street, Vancouver, B.C. Telephone (604) 666-5661. All tenders must be accompanied by the security specified on the tender documents. The lowest or any tender not necessarily accepted.

Canada

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Buy The Best, Forget The Rest

• Manufactured in Canada  
• Complete Service & Parts Inventory  
• C.S.A. and U.L. Approved Components  
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• No Royalty or Franchise Fee  
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• Territories Protected  
• Minimize Risk, Keep Investment Low

Multi Function Table \$ 8,495  
7 Table System \$24,995  
3 Table System \$13,995  
Two 7 Table System \$44,995

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GYMS, BEAUTY AND TANNING SALONS. EARN ADDITIONAL REVENUE

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**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.

THE ARTHRITIS SOCIETY

GIVE... to give HOPE



## SPORTS AND RECREATION



## Pipe Smoke

Gerry Gerow

Our outdoor resources in terms of hunting and fishing, are rapidly diminishing, partly due to man's encroachment on the habitat, and partly due to the increased demand for use of the resources. Will we as a nation do something about it before it is too late? Now I grant you that hunting and fishing are a provincial responsibility, but fish and wildlife do not respect provincial boundaries. Here we are in the midst of a federal election campaign, and not one of our political parties is saying one word about the sorry state of our wildlife and fish resources. They simply do not care. Should they care? You bet your biffy they should! If the recreational use of these resources was to stop tomorrow, what would be the result? Think about how many of our citizens make their daily bread or at least part of it, because we have these resources. How many outdoor publications in Canada? How many writers and editors? How many employees would be affected by this?

Turn on your idiot box and check how many outdoor shows are on the tube. Then think of the tackle manufacturers. How many of our citizens make their living producing equipment which is ultimately intended for use by outdoor sportsmen. Waders, guns, fishing rods, recreational vehicles, you name it.

How many people make their living by guiding and out-

fitting? By flying people to remote locations, etc.?

When you get right down to it, it boggles the mind. All levels of government have a stake in it, and more must be done to ensure the perpetuation of our resources before they disappear forever. I don't want to have to take my great grandchildren to the museum to show them what a pheasant or a mallard duck looks like.

XXXXXX

A fishing book this week, *Lure Fishing*, by Mike Ladle and Harry Casey, Collier Macmillan Canada, \$23.95. This is not a giant as books go. Its 128 pages, however, cover a great deal of subject matter. Ladle and Casey have done an excellent job of presenting the sport of lure fishing. Basically it is a how to do it book for the novice fisherman who has mastered the basics but is failing to catch fish because of a lack of knowledge of the finer points. The book is well written and despite being an English publication contains quite a bit of information on uniquely North American species, such as the Pacific Salmon. The text is well illustrated by the use of photographs and line drawings. It is obviously written by people who are thoroughly familiar with what they are talking about. It's a new publication, so if you don't find it in your book store have them order it from the publisher. It would make an excellent gift for a younger angler.

## PICKLE BALL TOURNAMENT



Standing L to R: PO2 Higdon, Capt Cossette, Pte Laporte, Pte Labonte, Cpl Jones. Kneeling L to R: Pte Chasse, Pte Mackinnon, Sharon Boucher. A double elimination Pickleball Tournament was held the 26 Oct 88. A total of 19 men and 5 women turned out for this fall tournament. There were categories for singles, doubles and mixed doubles. Medals were given out to the first and second place winners of each category. Participant ribbons were also given to all players. The days event was capped off by the awards and cake cutting ceremony, followed by a group picture. The Peri staff would like to thank everyone for coming out and supporting this up and coming sport.

## SPORTS SHORTS

## PHYSICAL FITNESS AWARD FOR AEROBIC EXCELLENCE

Following are four new types of activities which offer the option of using time as the criterion measure for obtaining points:

Rowing (Canoeing, Kayaking): 700M or 10 min for 1 unit Stationary cycle: 6 K or 7 min for 1 unit  
X-country ski machine: 1.5K or 7 min for 1 unit Stationary Rowing: 6 K or 7 min for 1 unit

The primary consideration for earning qualifying units is distance however where distance cannot be measured because of equipment or circumstances the given duration (time) of exercising may be used. For additional info please contact the Rec Centre at loc 8542.

## NORDIC SKI COURSE

CFSPER Borden is hold 2 Nordic Ski Courses in the new year, the first one runs from 9 - 18 Jan 89, the second one from 30 Jan - 8 Feb 89. Personnel interested should have demonstrated ability, interest in x-country skiing, and have no limiting physical/health conditions. Personnel should also have their own ski equipment. Interested personnel contact Rec Centre local 8315 prior to 9 Dec 88.

## TRIATHLON CLINIC

CFB Chilliwack will be conducting a Triathlon training Clinic on the 20, 21, 22 Jan 89. This clinic is designed for the novice to elite triathletes, swimmers, cyclists, runners and anyone interested in cross training. The clinic starts 1900 hrs 20 Jan 89 and concludes 1600 hrs 22 Jan 89. Clinic includes 20 hrs of theory and practical instruction. Interested personnel are to contact the Rec Centre at local 8315 for more info.

## BADMINTON CLUB

Anyone interested in Badminton - competitive or recreational are welcome to come out on Club nights, Sunday and Wednesday 1900-2200 hrs, for a night of fun, challenge, and skill learning. For more info please contact MCpl Guitard (Pres) at 8285 or Cpl G. Williams (Vice-Pres) at 8443.

## AEROBIC AWARD OF EXCELLENCE

Getting into better shape is the smart thing to do. Not only because physical fitness is a requirement of the Canadian Forces, but also because the fitter you are, the more you will get out of life.

One way to improve your physical fitness and receive recognition for it, is to join the CF Physical Fitness Award for Excellence Program.

To qualify for this program, the individual must be able to obtain 2000 aerobic points over a period of two years or less. The individual may accumulate points by participating in one or any combination of the following activities: swimming, jogging, cross-country skiing, snow shoeing, skating, walking, bicycling, stationary cycling, and rowing.

All individuals interested or already in the program are required to obtain an Award for Excellence Record Booklet from the Base Gym. For further info contact 8315.

## PAC REG CURLING (MENS)

CFB Chilliwack is conducting subJ Championship 10-18 Jan 89. Service personnel interested in entering a team are to contact the Rec Centre at loc 8315 to register. Playdowns will be held Mondays 5 and 12 Dec from 1500 to 1700 hrs, Tuesdays 6 and 13 Dec from 0900 to 1300 hrs, and Wednesdays 7 and 14 Dec from 1500 to 1700 hrs subject to number of entries. Individuals who do not have teams may submit names to form a pick-up team. Winners of the Pac Region Championship will travel to CFB Lahr 18 - 24 Feb 89 to compete in National Play. ENTRIES DEADLINE NOV 25th.

## HELP WANTED

Position available as:

Tee Pee Park Campsite Manager  
May - September 1989

Resumes outlining experience and qualifications to be submitted to Community Council by 15 December 1988.

## AROUND THE BASE

FROM THE  
MAYOR'S OFFICE

Things have been active in the Community Council lately. Hank Niewiadonski, the mayor, is off to Toronto to Staff School, and Terry Smith will be filling the deputy mayor slot and signing the cheques in his absence. Terry comes to us from Disneyland North (NDHQ Ottawa) and was posted to Comox this summer. He is employed at Base Supply. He and his wife Heather reside at 81A Elm Street. He may be contacted at Loc 8376 during working hours and at 339-6899 after hours and on weekends.

With the introductions over we can now get on to Community Announcements. There will be a Christmas Home Decorating contest in December. Prizes will be awarded in the following categories: Best PMQ \$100.00, 2nd PMQ \$75.00, 3rd PMQ \$50.00.

This year there will be a special prize of \$100 for Best multi-PMQ effort open to Row Housing and duplex entries.

So get your neighbours together and put up a display. Judging date and judging committee will be announced in our next article.

Santa Clause will be visiting the PMQs area the evening of the 23rd Dec from 1800 hrs on. Visits will be made to all PMQs with children. Have your cameras ready if you want to have their picture taken with Santa. Really, if the parents are so inclined they can have their pictures taken with Santa, too.

A Christmas Tree Burn is tentatively planned on the 7th of January 1989. Christmas trees will be picked up and trucked to one central location. Plans are being finalized at this time but it is hoped to have a

hay ride with hot dogs and hot chocolate. Watch for flyers on the subject.

The Caretaker position at Tee Pe Park is up for bidding. The job description and salary scale is available through the BPerO's office. Applications are to be forwarded to the BPerO and will be accepted until 15 Dec 88.

On the 12th of Nov a Craft Bazaar was held at the Airport School. The organizers were Joanne Zotek, Elizabeth Hillard, Kim Rochester and Dick Hillard. The bazaar was a success with 20 tables displaying crafts and baking. A well done to these individuals and to the following persons who assisted them: John Rochester, Jim Zotek, Cindy Trevors, Monique Rehor, Jeff Hillard, Laura Hillard, Kendra Chappin, Jamie Zotek, and Shawna Rochester. A special thanks to all who came out and supported this worthwhile venture. The winner of the food hamper was Betty Bennett; Gingerbread House, Helga Jones; Pinecone Basket, Jennifer Trevors; and Needlework, Richard Hillard.

It seems every year we write an article regarding volunteers. Volunteers are the only way an organization of this magnitude can operate and it is sometimes sad to see the same people all the time giving long hours to ensure functions take place that are for the enjoyment of you the residents of the PMQs.

If there is anyone out there who wishes to volunteer for positions on community council or even be available on an on-call basis for Community Planned events please give me, Terry Smith, a call at the numbers mentioned above.

Looking forward to serving the community.

## GREY CUP

Enjoy the game with your friends at the Glacier Greens Lounge. As usual we will provide a complimentary sandwich bar.

## BIG DEAL

The Big Deal is at the Base Golf Club. Now that mowing, weeding and fishing have ended, why not try Winter Golf. Green Fees for casuals or Pro-Rated Memberships (\$80 in Nov).

Four Months of Play at a Small Cost  
Bar & Grill Open Daily  
Info - 8592

Book your section Christmas Party with us

From The  
Fire Chief's  
Office

## 1. STOP, DROP AND ROLL

If your clothing catches fire, stop wherever you are, drop to the floor or ground, and roll over and over to smother the flames. Cover your face with your hands to protect the face.

## 2. INSTALL AND MAINTAIN SMOKE DETECTORS

Install at least one smoke detector on every level of your home. There should be one outside each sleeping area. In apartment buildings, there should be smoke detectors in each apartment.

Test smoke detectors once a month according to directions. Replace dead batteries immediately. Clean away any dust or cobwebs from the face of the detector.

## 3. PRACTICE E.D.I.T.H. - Exit Drills In The Home

Design an escape plan for the family. Make special provision for infants, elderly, and handicapped persons. Have two ways out of every room in case flames or smoke block one way. Establish a place outside where everyone will gather. Don't go back into a building that's on fire. Practice the escape plan with an Exit Drill In The Home (E.D.I.T.H.). In

an apartment building, use only the stairs as a fire exit, never an elevator.

## 4. CRAWL LOW IN SMOKE

Crawl low in smoke, moving on hands and knees. Cleaner air is nearer the floor.

## 5. COOL A BURN

If someone gets burned, put cool water on the burned skin immediately. Seek a doctor's help if a blister forms or if the burn is severe.

## 6. SMOKERS NEED WATCHERS

Make sure smokers extinguish cigarettes in large, deep ashtrays. Empty ashtrays in the toilet. Check under the sofa and chair cushions for cigarette butts before going to bed. Never smoke in bed.

## 7. SPACE HEATERS NEED SPACE

Keep portable heaters at least 36 inches away from things that burn - papers, bedding, clothing, curtains. Keep small children away from heaters. Turn heaters off when going to bed or when leaving the home.

## 8. BE CAREFUL WHEN COOKING

Pay complete attention when

cooking at the stove. Keep young children out of the way. If grease catches fire, place a lid over the pan to smother the fire: turn off the burner. Never throw water or anything else onto a grease fire. Make sure pot handles are turned inward so that they can't be accidentally tipped over.

## 9. PRACTICE SAFETY WITH ELECTRICITY

If an appliance gives off smoke or a burning odor, unplug it immediately and have it checked for repair. Check cords on appliances; have cords replaced if they are frayed or broken. Do not place extension cords under rugs or in other places where they may be stepped on and broken. If you replace a blown fuse, make sure the new fuse is of the same amperage rating.

## 10. A MATCH IS A TOOL FOR ADULTS

Matches and lighters are tools for adults. Keep them where children can't reach them. Teach children to give matches and lighters to adults.

For more information on Fire Safety, please contact the CFB Comox Fire Hall at local 8552.

DOUG  
and the  
SLUGS

3 DEC 88  
8 PM - 3 HGR

Tickets now available

ADMITTANCE RESTRICTED - 19 AND OVER  
COST \$15 EACH

## TICKETS:

OFFICERS' MESS - PO2 EVANS - 8423  
JUNIOR RANKS - MAIN FOYER  
DAILY 1130 - 1230 HRS OR MESS MANAGER  
CIVILIAN GUESTS WELCOME  
(REQUIRE DND HOST)

QUALITY  
in Local Government  
requires one thing from you...

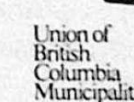
## YOUR VOTE

in British Columbia's upcoming  
Municipal Elections

NOVEMBER 19, 1988



Hon. Rita M. Johnston  
Minister of Municipal Affairs,  
Recreation and Culture





## ON AND OFF THE BASE

TRUCKIN'  
TALES

## MSE SAFETY

In the last edition MSE Safety asked what the air pressure of a spare tire should be, well the answer is (C) same as the tire carrying the highest pressure on the vehicle.

This week's question is: A vehicle with standard transmission and conventional tires will move off from a standstill a great deal easier on glare ice if you place the gears in what position?

- low
- second
- high
- reverse

The answer will be in the next edition. Watch for it!

We would like to congratulate Mark and Maureen Salmon on the new arrival of a beautiful baby girl.

Finally we would like to wish Mr Campbell a speedy recovery. Frank Campbell is now at home after a lengthy stay in the hospital. We look forward to seeing him back at work soon.

Don't forget our Dependant Defensive Driving Course coming to the MSE Safety

Classroom Building 22.  
ENERGY AWARENESS WEEK 21-25  
NOV 88

Here are a few Conservation Driving Tips:

1. avoid warming up or idling the car more than one minute;
2. accelerate smoothly and moderately;
3. drive at a steady pace and anticipate traffic ahead;
4. observe the speed limits;
5. keep tires inflated to the manufacturer's highest recommended level; and
6. have your vehicle properly tuned-up at least twice a year.

## SAFE DRIVING WEEK 1 - 7 DEC 88

In conjunction with the next issue of this publication is the beginning of the 33rd consecutive National Safe Driving Week 1 - 7 December 1988. Watch for the MSE Safety article promoting Safe Driving Week and be prepared to answer a National Driving Quiz, one of the objectives of "The Great Canadian Challenge."

Please take time to refresh your memory by perusing the excellent announcement prepared by the Canada Safety Council.



Cpl Rogers is receiving a presentation by BTSO LCol Mack for his participating in the Commonwealth game this summer.

LEGION  
LOG

## BRANCH 17 COURTENAY

## ENTERTAINMENT

Fri & Sat 18-19 Nov  
Sun 20 Nov

Fri & Sat 25-26 Nov  
Sat 26 Nov

Sun 27 Nov  
Fri & Sat 02 & 03 Dec

Music by COUNTRYMEN

FUN CRIB TOURNAMENT

Registration 12 - 1 PM

Music by WESTWIND

FUN CURLING

Register at Bar

GREY CUP Open 11:00 AM

Music by COUNTRYMEN

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

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

MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY  
SATURDAY  
SUNDAY

Fun Euchre

Pub Darts

League Crib

Fun Darts

TGIF & Money Draw at 6:30

Fun Bridge at 12:30

Something doing every Sun afternoon

## "MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.

NOW OPEN SUNDAYS....12-7 PM

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

## BRANCH 160 COMOX

## ENTERTAINMENT

Nov 18  
Nov 25  
Nov 27

Dec 2  
Dec 9  
Dec 16  
Dec 23  
Dec 30

Music by COUNTRY CLUB

Music by PRIME TIME

GREY CUP GAME- Upper Hall

Watch for further details

Music by PRIME TIME

T.B.A.

Music by WESTWIND

Music by WESTWIND

Quiet Night no band

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

11 am to 6 pm  
L.A. Drop-In-Bingo-7:30pm  
Mens Dart League 7:30 p.m. Navy Room  
Mixed Dart League 8:00 p.m. Upper Hall  
Ladies Crib League. Lounge-7:00 pm  
Navy League Drop-In Bingo  
Upper Hall 7:00 pm  
Men's Crib League.(Home & Away) 8:00 pm  
\*1st\* BR Exec Mtng - 8 pm  
\*2nd\* L.A. Exec Mtng as required - 8 pm  
\*3rd\* Br. Gen. Mtng.-Upper Hall - 8 PM

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

SATURDAYS

UPCOMING EVENTS  
Thu NOV 17 - Election Night for 89 Officers & Executive at General Mtng- 8 pm

SUN NOV 20 - CRIB & POOL TOURNAMENTS. Lounge. Registration for each - \$5 by 12:30 pm  
Start 1:00 pm Lounge

SAT NOV 26 - LADIES AUXILIARY ANNUAL CHRISTMAS BAZAAR. Upper Hall 2:00 pm. Entrance Fee \$1  
Refreshments - EVERYONE WELCOME

SAT DEC 31 - NEW YEAR EVE BALL. Lounge Start 9:00 pm. Music by COUNTRYMEN. Tickets limited to 60 couples, \$30/couple - \$15 Single. Available Dec 5-19 to Members, Dec 20-30 for others. Lunch 12:30 am in Upper Hall included.

## LIFESTYLES

About The House  
with Lorry

The holiday season is fast approaching and I am starting to get ready for the large number of visitors we have in our home over the holidays. I like to do as much as I can the day before a get-together because I can't stand trying to cook at the last minute. These recipes for Cheese Balls come from Jean Pares Company's Coming series. The best part about these is that except for the Pineapple Cheese Ball they can all be frozen. I make them up and divide into thirds. I get three small cheese balls out of each recipe.

Here are a couple of pointers: All cheese should be at room temperature. Shop for all your ingredients the day before. Set some time aside to make 3 or 4 the same afternoon. Wrap very well and store (freeze) in a tightly sealed container. Serve a variety of crackers and enjoy.

## ONION CHEESE BALL

8 oz cream cheese, softened  
250 g  
2C grated sharp cheddar cheese  
500 mL  
1C sour cream 250 mL  
1/2C walnuts, finely chopped  
125 mL  
1/2 env dry onion soup mix  
1/2C finely crushed soda  
crackers 125 mL  
1/2C walnuts, finely chopped  
125 mL

Beat cream cheese, cheddar cheese and sour cream until soft and smooth. Mix in nuts, onion soup and cracker crumbs. If too soft to shape into a ball, chill awhile, then shape it. Roll in nuts. Freezes well. Makes 4 cups (1L).

## PINEAPPLE CHEESE BALL

2-8 oz cream cheese, softened  
2-250 g  
1/2C crushed pineapple, well  
drained 125 mL  
1C pecans, chopped(optional)  
250 mL  
2 tsp dry onion flakes, crushed  
10 mL  
1/4C chopped green pepper  
125 mL  
1T seasoned salt 15 mL  
1/2C finely chopped pecans  
125 mL  
Cream cheese until soft and smooth. Add next 5 ingredients. Mix well. Shape into ball. Roll in nuts. Serve with crackers. Makes about 3 1/2 cups (875 mL).

## BEST CHEESE BALL

2-8 oz cream cheese, softened  
2-250 g  
2C shredded sharp cheddar  
cheese 500 mL  
2 tsp Worcestershire sauce 10 mL  
1 tsp onion flakes 5 mL  
1 tsp lemon juice 5 mL  
1/8 tsp cayenne pepper .5 mL  
1/8 tsp salt .5 mL  
pecans or walnuts, finely chop-  
ped

Measure first 7 ingredients into bowl. Mash and mix together. Shape into ball. Roll in nuts. Put cocktail knives and crackers nearby so guests can dig right in. Leftovers may be reshaped, rewrapped and frozen if not going to be used within a week. Makes about 3 1/2 cups (875 mL).  
Variation: Add 1 T (15 mL) chopped green pepper and 1 T (15 mL) chopped pimiento. Tiny balls are attractive.

## BLUE CHEESE BALL

8 oz cream cheese, softened  
250 g  
2C grated sharp cheddar cheese  
500 mL  
4 oz blue cheese 113g  
1/4C butter or margarine 50 mL  
1 tsp onion flakes, crushed 5mL  
1/4 tsp garlic powder (or 1  
clove, minced) 1 mL  
1/2C finely chopped nuts 150mL  
1/4C chopped parsley (optional)  
50 mL

Combine first 6 ingredients in bowl. Mix well. Shape into ball or if you prefer, into 2 balls. Roll in nuts, or if you are using parsley too, mix nuts and parsley together first, then roll. Chill until about 1 hour before using. Leftovers may be reshaped into a ball again and frozen for future use. Supply spreading knives and assorted crackers. Makes about 3 cups (750 mL).



McPl Elgin Fulford receives his Certificate of Service for 20 years in the military. Presented by the Base Commander Col J.E.H. Gibbon.



CWO Steve Bale being presented with a token of appreciation for 2 1/2 years of service "above and beyond" the call of duty as our supervising officer. Presented by PMC Cpl B. Lavigne.

## WOS' &amp; SGTS' MESS

NEW YEARS EVE BALL  
& LEVEE

Music by the Nightshades

19:30 - 01:00  
Levee from 10:00 - 16:00  
Music from 12:00 - 16:00

## ADMISSION:

\$40/Couple for Members  
\$50/Couple for Guests  
INCLUDES SIT-DOWN MEAL SERVED DOWNSTAIRS, DANCING,  
BUFFET-STYLE LUNCH AT THE LEVEE

DEPENDANTS DEFENSIVE  
DRIVING COURSE

For all dependants holding a valid  
driver's license or beginner's permit

Where: MSE Safety Bldg - 22  
When: 24 Nov 88 1800-2100  
25 Nov 88 1800-2200

Inquiries welcomed at 339-8263



Group photo of the recently completed Safe Backing Course. For all of you who would like a course photo simply cut this one out.

## 403 REUNION

403 Squadron is planning its fiftieth anniversary reunion in 1991. We are compiling a list of all present and former mem-

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

Stalk & Strike

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## AROUND THE BASE



John Bradley

## Origins of the Species

### 404 COASTAL FIGHTER SQUADRON

Throughout the war a few of the Overseas squadrons were, at least in the RCAF, unique. Unique in that these squadrons were the only units equipped with special aircraft or had a "one-off" job or designation. An example of this was 418 Squadron. They were the RCAF's only Intruder unit. A second example was No. 404 Squadron which was the RCAF's only Coastal Fighter unit.

404 (CF) Squadron was formed under W/C H.P. Woodruff at Thorney Island on 15 April 1941. This was to be the first of a total of seven Coastal squadrons that the RCAF was to form overseas. Interestingly, just a little over three weeks later, also at Thorney Island, 407 (CS) Squadron would be formed.

To carry out their mission of providing long range escort to the Command's larger, slower and more vulnerable bombers, the squadron was initially equipped with the Bristol Blenheim Mk. IV. It should be noted that the original task of this squadron was to suppress flak put up by enemy warships that were protecting merchantmen who were to be attacked by torpedo bombers of the RAF and RCAF. The Blenheims and subsequent aircraft of 404 carried the double E fuselage code. The exception to this was during May to June 1944 when they temporarily carried the figure 2 vice EE.

#### EARLY MOVES

404 moved away from Thorney Island on 19 June 1941 and proceeded to Castledown in Scotland to continue their training. With this move 404 was transferred from Coastal Command's No. 16 Group to No. 18 Group. They remained at Castledown until 26 July when they again packed up and moved, this time to Skitten, also located in Scotland. The unit continued with their training until mid-September when they were at last declared operational.

The unit finally took part in their first operational mission on 22 September. Ironically the first mission was actually flown from Castledown even though the squadron was at that time located at Skitten. Four Blenheims were despatched to provide convoy escort, a task for which they had neither been formed nor trained.

#### OPERATIONS

404 carried on from that point in providing escorts to both convoys and other Coastal Command aircraft. The first enemy aircraft to fall to the guns of 404 was a Junkers Ju. 88. It was fitting

that the Blenheim, Z5753 EE-T, was piloted by the CO himself, W/C Woodruff. The remaining crew consisted of FS I.R. Sims, the observer, and P/O Mathews, the air gunner. The Blenheim was scrambled after an unidentified aircraft and after a short chase, destroyed the enemy aircraft about 50 miles east of Sumburgh.

Like the other fighter squadrons of the RCAF, 404 was also to find itself moving about more than they probably would have liked. Luckily they did not move quite as often as the other fighter squadrons. This was partially because Coastal Command had fewer bases and stations than the other Commands and was always the "have not" Command throughout most of the war.

Some of the moves included "B" Flight proceeding to Sumburgh in the Shetland Islands from 9 October to 2 December 1941. It was in the area of this location that W/C Woodruff made his earlier described kill. The remainder of the unit had moved to Dyce on 8 October and then joined "B" Flight at Sumburgh on 3 December. By spring the entire squadron departed for Dyce and arrived at that location on 26 March 1942. They would remain at Dyce until 5 August when they again pulled up stakes and headed back to Sumburgh. This time they remained until 23 September. Like a yo-yo they bounced back to Dyce where they remained until the end of January 1943. These last two moves to both Dyce and Sumburgh would be the last time either location would be utilized by 404 during the war.

#### BRISTOL BEAUFIGHTER

While at Sumburgh during September 1942, 404 began to receive a new aircraft type in the form of the Bristol Beaufighter Mk. IIF. The Blenheims were not immediately phased out and in fact retained until January of 1943. An upgraded version of the Beaufighter, the Mk. XIC, was delivered for squadron use during March 1943 and utilized until December of that year.

It was in one of these Mk. XICs that the squadron was able to claim its first enemy vessel. The attack took place on 19 April 1943 while the aircraft was on a reconnaissance of coastal shipping off Norway. The crew, FS K.S. Miller and Sgt J. Young, attacked a 1500 to 2000 ton vessel and inflicted moderate to severe damage.

Later that year, on 17 July, four Beaufighters from 404 in company with three others from No. 235 Squadron, attacked a vessel of, what was believed, 2000-3000 tonnes. This attack was off the Norwegian coast and proved successful as the vessel was sunk. After the attack it was found that the ship was in fact an auxiliary vessel of only 548 tonnes.

Another version of the Beaufighter, the Mk. XC was delivered to 404 beginning in September 1943 and would remain on strength with 404 until March 1945. It was in the Mk. XC that the unit would make its most successful anti-shipping strike. It was on 6 June 1944 and fourteen aircraft were flying in direct support of the D-Day invasions. 404 was accompanied by 25 Mosquitos and Beaufighters from RAF squadrons acting as escorts to the 404 Beaufighters. This force came upon three German destroyers in the Bay of Biscay that were racing towards the invasion beaches in Normandy.

A quick attack, so quick in fact that the destroyers had one salvo of missiles fired at them before they could even get a chance to react, resulted in all three ships being set on fire. In the very early hours of the next day, three of 404's Beaufighters returned and again attacked the three enemy ships. All of the ships were hit again and were last seen heading towards a friendly port at Brest. A few days later the three ships were caught slipping out of port by ships of the Royal Navy. After a very short battle, the three German

destroyers were sent to the bottom. This attack against the destroyers resulted in the award of two DFCs to members of the squadron.

Even though the end of the war was clearly in sight, 404 was once again equipped with a new aircraft. This time the aircraft was to be the DeHavilland Mosquito P.R. Mk. VIC. This was the photo reconnaissance version of the Mosquito but unlike other P.R. Mosquitos, these were heavily armed. It was in the P.R. Mosquitos that the unit would fly their final mission. This took place on 4 May 1945 with seven of the squadron's aircraft in company with 34 Mosquitos, 18 Mustangs and three Warwick air-sea rescue aircraft from Banff Wing. The Wing took part in an anti-shipping sweep off the Kattegat. The Wing was credited with 1 vessel probably sunk and seven others damaged. None of the aircraft on this mission was lost.

#### HONOURS AND TOTALS

404 was disbanded at Banff Scotland on 25 May 1945. Not unlike the majority of other RCAF squadrons, 404 was authorized a squadron badge quite early in its existence. The badge was authorized by King George VI during March 1943. The badge consisted of a Buffalo head and the motto Ready

to Fight. The Buffalo was selected as it was a fierce and powerful fighter.

Squadron members were awarded 2 DSOs, 3 Bars to DFC, 45 DFCs, 3 DFM, 1 GM, and 19 Mentioned in Despatches. Battle Honours awarded to the squadron include Atlantic 1941-1945, Baltic 1944-1945, Normandy 1944, Biscay 1943-1944.

During the war the squadron accumulated 22,728 training and operational flying hours. They were to shoot down 8 enemy aircraft and were further credited with 6 probables and 10 damaged enemy aircraft. Over 32 tonnes of bombs were dropped along with 319 torpedoes. Over 1600 25-pound rockets were fired which, combined with the bombs and torpedoes, accounted for four enemy vessels sunk and four damaged for a total of 13,943 tonnes of shipping. In conjunction with other units, 404 shared in the sinking of 37 vessels and damaged 14 others. Total tonnage of these ships was 112,882 tonnes. 404 was also credited with the shared damage of three U-boats. 404 itself suffered 35 aircraft destroyed and 79 aircrew killed or missing on ops with an additional 16 aircraft written off and 42 aircrew killed or injured while on training flights.

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In addition to our regular Monday to Friday business hours, our Comox office is open Saturdays from 9:00 a.m. to noon. No appointment necessary.

## LIFESTYLES

## OFFICERS MESS

WEDNESDAYS NOVEMBER 23, 30

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.

WEDNESDAYS NOVEMBER 23

LADIES BRIDGE CLUB

THURSDAY NOVEMBER 17

RETIREMENT MESS DINNER TO HONOUR:

Major D.A. Nelson  
Major M.J. Cummings  
Capt G. Kruger

FRIDAY NOVEMBER 18

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

SATURDAY NOVEMBER 19

HOT TUB PARTY

COST: Free

TIME: 1900 hrs

Music by DJ

RESERVATIONS ARE NOT REQUIRED FOR THIS EVENT

FRIDAY/SATURDAY/SUNDAY NOVEMBER 25/26/27  
GREY CUP WEEKEND

FRIDAY NOV 25

All Ranks Mixed Pre-Game Huddle

Junior Ranks Club opening at 1800 hrs

Live Band

MISS GAY CUP PAGEANT (Go through your spouse's drawers and be all that you can be) BIG PRIZES - trip to Victoria, Canuck tickets, etc.

SATURDAY NOVEMBER 26

MUD BOWL

Canex Sports field at 1400 hrs

Commissioned vs Non-Commissioned

Mixed Post Game Wash Up/Down Party at WO's & SGT's Mess

Names to S/Lt Chung 8267 or sign up at Mess

SUNDAY NOVEMBER 27

GREY CUP CHAMPAGNE BREAKFAST

Officers Mess at 0830 - 1030 hrs

Big Screen TV for game

Munchies/Finger food at half time

"Special" Coffee Bar available

COST PER COUPLE: \$5.00

#### UPCOMING EVENTS FOR DECEMBER

Dec 3 - DOUG & THE SLUGS (Tickets available from the Mess Mgr)

December 8 - Decorating Party

December 11 - Children's Christmas Party

TBA - WO's & SGT's at HOME

December 31 - New Year's Eve Formal

January 1 - New Year's Levee

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

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

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

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## IN THE MAGS....

A REPORT ON WHAT'S NEW ON CANADIAN NEWSSTANDS

BY PADDY BATEMAN

### IT'S TRUE, SAY THE CURRENT MAGS, YOU NEVER CAN BE "RICH ENOUGH"

So...what's it take to be rich today? According to the Federal Reserve Board, there are more than a million U. S. families worth a million bucks. And who wants to be part of a crowd?

What the rich say is that it takes \$10 million; what Robin Leach of "Lifestyles of the Rich and Famous" says is \$11 million. Frankly, I don't care who's right; I'm just a little out of that league myself, at the moment.

Perhaps the best comment of all on what it means to be rich comes from New York Post society columnist, Aileen Mehle, better known as Suzy, who says, "Being rich isn't all beer and skittles, because a whole new set of problems presents itself."

Yeah...like where to have the chauffeur park the Rolls, eh? For the inside scoop on the "problems of being rich," see

"Money Hungry" in the current Self.

If you're an animal lover who just can't resist those furry woodland creatures -- even if they do eventually grow up to weigh 500 pounds and have 6,000 teeth -- you can't afford to miss the current issue of Canadian Geographic. It has a feature by photographer-writer Wayne Lynch called "Bear Lairs" that offers an unusual

look at the winter snoozing habits of the black bear.

If you and your spouse were one of the ten thousand-plus Canadians who suffered through a marital split this year, and you agonized over the difficult and distressing custody question, then a look at the current Psychology Today might well be worth your while. It won't ease the pain, but it might help in understanding why what the courts decide isn't always what you might think is best. "Child Splitting" is well worth reading; married, single or otherwise.

They've been running a wonderful series of radio ads extolling the virtues of flying business class at a price that's better than "the other two" national airlines, and they're poised to leap into the 1990s. But what's the real story about Max Ward and his baby airline? If you're as curious as most of us about where Wardair came from, and where it's going, then you won't want to miss "Air Apparent" in the current Canadian Business.

Attention all parents! I don't care what age your child (or children is (or, are) at, if you've got anything from a romper to a teen, then the current Parents is an issue you shouldn't miss. This one has a series of articles called "As They Grow" that

takes you through your child's life from conception to 18 in fine, logical fashion. You may not accept the new values when you're finished, but you'll certainly have a better shot at understanding them!

If I could by any woman in the world, I think I'd be Sally Field. I first identified with her in "The Flying Nun," and ended up thicker than thieves after a succession of phenomenal movies. In my books, she's a class act that gets classier every year, especially now that she's over 40 and has managed to successfully combine life, love, career, children and all those other things in my busy parallel life that drive me around the bend. For a good look at a great lady, read "Sally, The Unstoppable" in the current Cosmopolitan.

Spinner Spencer graduated from juvenile delinquency to become one of hockey's hired goons. It was all a dress rehearsal for a life of brutal violence that would end with his own murder.

How Spinner went from start to finish in less than 10 years is a fascinating, sometimes horrifying, odyssey of an ordinary Canadian kid who struggled and fought to climb the mountain of fame, only to crash into bleak oblivion. See "Spinner's Descent" in the current Saturday Night.

### CE PING PONG TOURNAMENT

The 1st Annual Bullwinkle Ping Pong Tournament began Oct 3. Over forty people at the CE Dept entered the tournament, started to help the United Way Campaign.

Master of Ceremonies Ed Kingston (from the Carpenter's Shop), explained the rules and the format of play.

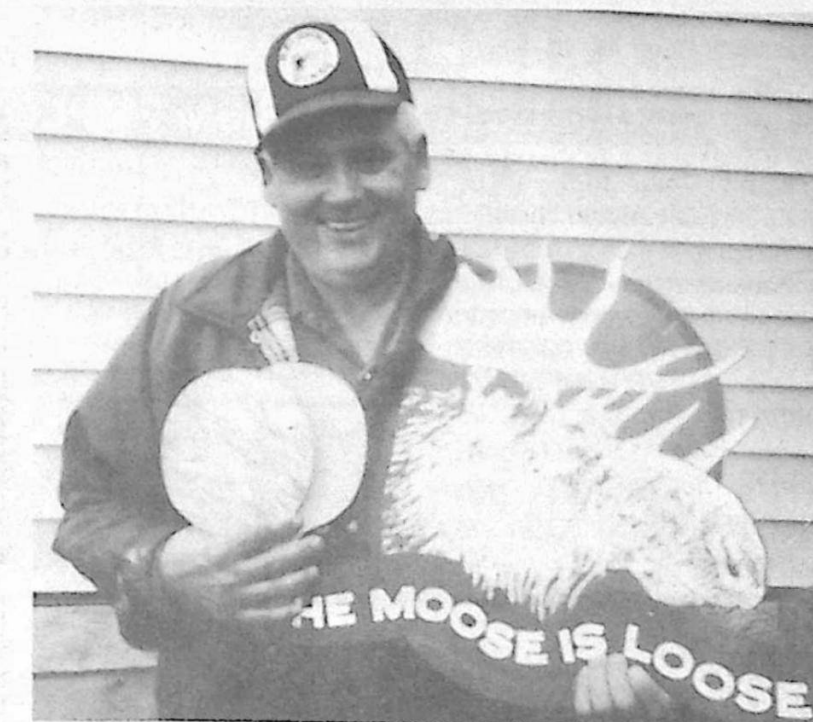
The opening game involved Major Corriveau, head of CE, in a tough match against WO Howe. Both combatants showed up in fancy dress, promising a fun match, and they set the mood for the rest of the tournament.

The playoffs lasted almost 3 weeks, leaving the finalists, Frank Charles and Rejean Hebert.

Rejean Hebert of Roads and Grounds was the final winner of the tournament. Captain Esler presented the grand prize, an all expenses paid lunch at

the Griffin Pub with Major Corriveau's secretary. Lunch for two was supplied com-

pliments of the Griffin Pub, and \$124.00 was collected for the United Way Campaign.



PADDLE CHAMP REJEAN HEBERT



## OF GENERAL INTEREST

## BOOK REVIEW — VANCOUVER ISLAND FOCAL POINT

The Gulf Island, scattered in the Strait of Georgia between Vancouver Island and British Columbia's mainland, offer the cruising yachtsman perhaps the best sailing waters on the west coast of North America.

A *Dream of Islands* details a two-decade journey of discovery within the compass

of the southern Gulf Island. And while it evokes the spirit of this special region in particular, the book will appeal to sailors everywhere and will almost certainly find its place in the literature of the sea. In a lyric narrative detailing a twenty-year odyssey amongst the channels, straits, bays and

coves of his home waters, Philip Teece explores both the magic of man's fascination with the sea in general and his own almost obsessive attraction to this island labyrinth.

Sailing mostly single-handed and without the aid of an engine, the author has

produced a very personal journal, yet it is one that confronts all of the timeless questions concerning men "who go down to the sea in ships."

A *Dream of Islands* is illustrated with the author's evocative pen-and-ink sketches and is available both in hard cover and paperback.

## ISLAND OF CHAMPIONS

*Island of Champions* chronicles the history of sport on Vancouver Island from the turn of the century to the present. Unique in many ways, over the years Vancouver Island has produced far more than its fair share of first-rate athletes and teams and would seem to have justly earned its reputation as a mecca of amateur sport in Canada. Dheensaw's book covers all of the great names that have contributed to building this reputation — names like Lester Patrick, Doug Peden, Archie McKinnon, George Pakos, Ken Shields, Pat Sanders, and more...many, many more.

No compiler of bare statistics, Dheensaw specializes in getting the human side of the story. His account, presented with warmth, humour and compassion, covers the full range of the human drama that is sport. Stories detail the triumphs and the sacrifices, the victories and the heartbreak of athletes striving to be the best, taking the reader from the arenas, pools, gyms, tracks and playing fields of island cities and towns to the Olympic and Pan-Am Games, the NHL, the America's Cup and the World Cup with dozens of stops in-between.

*Island of Champions* provides a fascinating look at over 500 island athletes and teams. This record of their accomplishments will provide valuable permanent documentation to support Vancouver Island's legitimate claim as the amateur sports capital of Canada.

To reserve a review copy or request an author interview, please call Bob Tyrrell (604-721-1416) or write to Orca Book Publishers.



## QUESTIONS ABOUT CHEMICALS?

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(See the Blue Pages of your telephone directory under Ministry of Social Services and Housing.)

## AROUND THE BASE

## SOME SOBERING FACTS FROM THE CF DRUG AND ALCOHOL PREVENTION PROGRAM (DAPP)

This is what you face when driving while impaired:

\* You will lose your driving privileges for six months upon conviction for a first offence. You could also go to jail for up to six months and pay a fine up to \$2,000.

\* You will go to jail for 14 days to one year if you're convicted a second time. The maximum jail term is 5 years if the Crown proceeds on an indictable offence.

\* If you're charged with impaired driving your Base Commanding Officer is notified. This information will be placed in your file.

\* The Insurance Corporation of B.C. (ICBC) will not cover the cost of repairing or replacing your vehicle if you cause an accident while impaired.

\* ICBC can sue you to recover the cost of your victim's claims if your injury or kill someone as the result of driving while impaired.

\* You could spend up to 10 years in jail and lose your driving privileges for up to 10 years if you injure someone when driving impaired.

\* You could spend up to 14 years in prison and lose your licence for 10 years if you are guilty of impaired driving causing death.

\* You will have a permanent criminal record if you're convicted of driving while impaired. This could keep you out of some countries or professions.

\* You have a 90 percent chance of being convicted if you're charged with impaired driving. One third of the people sentenced to a B.C. prison are there for drinking and driving offences.

Is it really worth the risk?  
**A PROFILE OF THE IMPAIRED DRIVER**  
**WHO:**

- males (twice as many as females)
- 50 percent are single
- 20-50 years old

- carrying passengers
- do not usually wear safety belts
- 80 percent drive cars
- 13 percent drive trucks
- are usually speeding
- of those apprehended, one in four have previously been charged with driving while impaired.

## WHERE:

- short trips (under 5 miles)
- 51 percent are coming from a licensed establishment
- 38 percent are coming from a private residence

## VICTIMS OF THE DRINKING DRIVER:

- the drinking driver himself - 45.6 percent
- passengers of the drinking driver - 30.1 percent
- occupants of other vehicles - 19.7 percent
- others (includes pedestrians) - 4.6 percent

## PASSENGERS OF THE DRINKING DRIVER:

- tend to be younger than the drinking driver
- the average age is 22 yrs old
- two out of three are male
- tend to be of the same sex as the driver
- younger drivers tend to

carry more passengers  
- usually do not wear safety belts, so the most common injuries are to the face or head

THE TYPICAL DRINKING DRIVING ACCIDENT:  
- involves a single vehicle

travelling at excessive speeds  
- driving conditions such as weather and road surface are average or better  
- most often the road turns and the vehicle, due to the impaired state of the driver, runs off the road  
- occurs late in the week

NEW YEAR RESERVATIONS  
GLACIER GREENS GOLF CLUB

THE WORD IS THAT THE BEST NEW YEAR PARTY IS HELD AT THE BASE GOLF CLUB. WE CATER TO ALL RANKS, BUT MUST KNOW HOW MANY WILL ATTEND. THEREFORE:

1. Interested persons must submit a \$5 deposit
2. If the function is cancelled we return the deposit
3. Our decision date is 4 December

Catering - The Old House  
Music - Wayne's Mobile Music  
Party Favourites Supplied

Costs:

Club Members \$17.50 each  
Non GG Members \$22.50 each

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WE STILL HAVE A FEW AVAILABLE DATES FOR SECTION CHRISTMAS PARTIES

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## AROUND THE BASE



## JUNIOR RANKS LADIES CLUB

The Jr Ranks Ladies Club Fashion Show was held in Totem Lounge Oct 27/88.

The beautiful fashions presented were from: Reitman's (their 3rd yr of involvement). Commentary was by Patty Eastman. Footlocker/Lady Footlocker - Commentary by Sandy Tafche and Connections - Commentary by Kathy.

Hairstyles and makeup for the models was done courtesy of Makarios of Courtenay.

The Comox Flower Pot supplied the plants and table decorations. Each table had a lovely centerpiece of red and navy carnations along with yellow bud roses, and for accent a red candle. All was enclosed in a fiery red ceramic pot.

Danielle McGrath (Pres) welcomed everyone to the show and introduced Mr Brian Lavigne, PMC of the Jr Ranks Mess; as MC for the evening.

Mr Lavigne introduced the special head table guests who were:

Mrs Anne Gibbon (wife of the Base CO)

Mrs Betty Bennet (wife of the 407 Sqn CO)

Mrs Kathy Marquis (Pres Officers' Ladies Club)

Mrs Angie Bolton (Entertainment Chairperson Officers' Ladies Club)

Mrs Marilyn Gray (Pres WO & Sgts Ladies Club)

Mrs Yvonne Doherty (wife of the Base CWO)

Mrs Danielle McGrath (Pres Jr Ranks Ladies Club)

Reitman's supplied a wide variety of fashions ranging from teenager's clothes to lingerie.

Evening wear was a big hit because of the upcoming holiday season.

The other type of evening wear - lingerie got approval as all styles from satin negligees to flannel nightwear were modelled. It's fine to look sexy in satin but everyone likes to be warm and cosy too. A variety of flannel sleepwear was presented. Great for cosying up on damp winter nights. Soft, sexy, warm, cosy velour robes were also modelled.

Footlocker and Connections supplied male models. These guys were greeted with cheers. Guys were very stylish in today's sportswear look. They also modelled the semi-dress look of pants, sweater/shirt combos. Thanks guys!

During intermission Mr Ken Munroe of Schenley's Distilleries held a complementary wine tasting. Mateus white tickets were drawn for door prizes for a grand total of 22 prizes. Prize winners were: and rose were served and these wines were enjoyed by all. Our thanks to you Ken!

Throughout the evening Janice Homer, Shirley Frost, Nelis Millbam, Yvonne Melan-

con, Shelly Kirsten, Yvonne Doherty, Nancy Himsl, Jackie Signs, Cindy Cook, Shirley Tweedhope, Dolores Burnette, Barb Austin, Rose Fresell, Dawn Smith, Sandy McLean, Deanna Condly, Lynn Melancon, Carol Dumont, Rejeanne Arsenault, Dianne Collins, Robin Benoit and Frank Dumoulin. Please forgive any errors in spelling of your names.

Many thanks to all who donated door prizes - you really outdid yourselves.

A special thank you to each of the following: Reitman's for their continued support, Footlocker /Lady Footlocker, and Connections for their participation; to Makarios for the hairstyles which were constantly changing - that was quite an effect; and also for their professionally applied makeup. To the Comox Flower Pot for the table decorations and stage plants, and also for the plant they donated as a door prize.

To the members - thanks for ticket sales, set-up, food, decorating, prizes, dismantling, etc. -- great job! You all deserve a pat on the back.

To Schenley's and Ken Munroe thanks for the wine during intermission.

To Brian for being such a good MC and to all who attended - thank you

## TOTEM LOUNGE



## JUNIOR RANKS' MESS HAPPENINGS

MISS "GAY" CUP - NOV 25, 1988

For all those guys who are interested in a chance to win a weekend accommodations for 2 in the Harbour Towers in Victoria, Vancouver Canucks tickets, Gift Certificates and more!!!

MISS "gay" CUP is your chance. The WOs & SGTs Mess said "WE ARE GOING TO WIN." We know better! For entry info contact JR Ranks Mess Mgr 8430

names for the MINI GREY CUP "NON COMS VS COMS" 26 NOV 88 are now being taken by the Sports Chairman

GREY CUP 27 NOV 88

Back to Back TVs, Snacks. Come out and cheer for the team of your choice. The West is going to win!!!



## OFFICERS' MESS LADIES CLUB

Just a reminder ladies, that our next event will be Mess Decorating on Wed Dec 7th (note the date change). This is a mixed evening and promises to be lots of fun.

Decorating will begin at 5:30 pm. Supper will follow (after the work is all done!) between 6:30 and 7:00 pm. The evening will be topped off with a bingo offering festive season prizes of frozen and liquid turkeys!

We would ask that you bring a stapler and ladder if you have either of these handy.

Our regular admission will be waived for this gathering, but we would ask that you bring a food bank donation. Last year we were able to collect a sizeable offering for the Food Bank and we are counting on your generosity once again this year.



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## PROVINCIAL



## Comox Air Force Museum

Do you ever notice the large building by the main gate as you drive on and off the Base? You know -- the one that has a sign reading, "Comox Air Force

Museum." Well, that Museum is yours.

Contrary to what you may believe, it is not operated by salaried DND employees. It is

manned, in part, by Military Personnel as a secondary duty, by a very few (two to be exact) civilian employees who are paid from Museum generated funds

and by all too few volunteers.

And that is where you can help. Whatever your occupation, status or talents, we need your help to make your Museum a success. Whether you are handy with a hammer, have a burning interest in aviation artifacts or enjoy working with people, we need your help.

Should you choose to volunteer, every effort will be made to fit you into an activity which interests you.

So, if you can spare an hour or two a week to help a worthy project in our community, please contact Major Ian Sibbald at 339-8332 or Captain John Logan at 339-8113. Per Ardua ad Astra.

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## HOME &amp; FAMILY



A SIMPLE MEAL SOLUTION FOR SENIORS—NUTRITION-PACKED AND IN MINUTES

Canadian nutritionists agree: during retirement or senior years, the key to healthy eating is to consume less calories than you used to. That means eating smaller portions of food that emphasize nutrition.

When planning meals, make sure eggs are on your list. They are easily digested and are an excellent source of protein. Two eggs contain many of the vitamins, minerals and essential nutrients that your body requires. Eggs can be transformed into a variety of economical and appetizing dishes. And because the egg is one of nature's own pre-packaged foods, it's easy to prepare egg dishes for one person or a group. One delicious main dish that is quick and easy to prepare is a frittata.

A frittata is an open-faced, unfolded version of the omelette in which vegetables, cheese, meat or other filling ingredients are combined over direct heat until the underside is browned and then placed under the broiler, or covered with a lid, to set the top.

Here are a few basic techniques to follow when preparing frittatas:

•Frittatas can be served hot or cold. Usually cut into wedges, it can also be cut into 1-2 inch (3-4 cm) squares, ideal as an appetizer.

•Cook a frittata slowly over moderate heat until the eggs are set but not dried out.

•When transferring a frittata from burner to oven, protect plastic frypan handles by

covering them completely with aluminum foil.

Tuna Frittata with Peas and Country-style Frittatas are two, easy-to-prepare wonderful main courses for dinner. More delicious egg ideas are found in "Eggs Made Easy Series" which is available by writing to: B.C. Egg Marketing Board, P.O. Box 310, Abbotsford, B.C. V2S 4P2. The five-part series has been prepared to provide accurate and detailed directions for the preparation of meringues, omelettes, quiche, souffles and crepes. The set includes illustrated sheets with tips, recipes, and serving suggestions.

## Tuna Frittata with Peas

2T butter 25 mL  
1 Med onion, coarsely chopped  
1 stalk celery, coarsely chopped  
1/2 tsp salt 2 mL  
1/4 tsp pepper 1 mL  
3 eggs or 1 egg & 2 whites 50 mL  
1/4 C milk 2 mL  
1C frozen peas, defrosted 250 mL  
1 can tuna, packed in broth, drained 3.75 oz/106 g  
1T grated parmesan cheese 15 mL

In two 6 inch/15 cm or one 10 inch/25 cm overproof skillet, melt butter over medium heat. Add onion and celery; saute for 4 minutes or until onion is translucent. Stir in salt and pepper.

In bowl, beat together eggs and milk. Stir in tuna, breaking

chunks apart, and peas. Pour over onion and celery in skillet. Bake in 350°F (180°C) oven for about 5 minutes or until nearly set. Sprinkle with Parmesan cheese. Bake 3 minutes longer. Let stand about 3 minutes until set. Cut into wedges to serve. Makes 2 servings. 377 calories per serving.

## Country-style Frittata

1 large potato, cooked  
2T med onions, green onions or leeks  
3 eggs or 1 egg & 2 whites  
1/4 C low-fat yogurt 50 mL  
1/2 tsp salt 2 mL  
1/4 tsp white pepper 1 mL

1/2 C shredded Edam or low-fat mozzarella cheese 125 mL  
2T grated Parmesan cheese, optional

For cooked potato, bake, boil or microwave washed, unpeeled potato.

Cool and cut into small cubes, leaving skin in place. In well-seasoned or nonstick skillet, melt butter over medium heat.

Cut onion (or green onion or white part of leek) into thin slices. Add to skillet and cook for about 4 minutes or until

softened but not browned. Add potato. Cook 1 minute longer until warmed through.

In small bowl, beat together eggs, yogurt, salt and pepper. Stir in Edam cheese.

Gently stir into onion and potato mixture. Cover and cook for 3 to 4 minutes until almost set. Sprinkle with Parmesan cheese, if desired. Cover and cook 3 minutes longer until set. Remove from heat and let stand for about 3 minutes. Cut into wedges to serve. Makes 2 servings. 441 calories per serving.

## We're giving tourists in Hawaii a British Columbia perspective.

Just off Hawaii's sandy shoreline and 50 metres down, visitors are getting a close-up look at some of the world's most beautiful underwater scenery - all thanks to the Sub Aquatics Development Corporation of Vancouver, a world leader in shallow water submarines.

More than 300,000 tourists, in five countries, have ventured beneath the waves on board B.C.-made submarines.

And like the 50 B.C. firms involved in our expanding subsea industry, Sub Aquatics has helped make us a leader in

underwater technology. From unmanned submarines to the world's most advanced diving suit, the 1,000 men and women involved in our subsea economy account for annual sales of \$60 million, an increase of more than 35 per cent over last year, and that's keeping us on the

shores of tomorrow.

For more information about B.C.'s subsea industry, contact your MLA, your nearest Government Agent, or write to the Ministry of Regional Development, Parliament Buildings, Victoria V8V 1X4.

# Challenging the 90's



## Together. A Better B.C.



Tuna Frittata with Peas - a nutrition-packed meal for one or several

## PROVINCIAL

## PROVINCE BRINGS SCIENTISTS INTO B.C. CLASSROOMS



STAN HAGEN

The Minister responsible for Science and Technology, Stan Hagen, today announced a new program called "Scientists in the Schools," created to

generate greater awareness of science and technology among students.

"I am excited about this new program," said Hagen. "Science is the way of the future and I think this program will help spark interest in children to consider science as a career."

The Ministry of Advanced Education and Job Training, Responsible for Science and Technology, will fund travel costs and related expenses for

scientists to go into B.C. schools and talk to students. The program budget is \$100,000 for the remainder of this fiscal year.

The program will focus on two age groups - grades four to seven and high school students. Future plans are to expand the program to encompass all age groups and even parents. The program will start in communities which have a low exposure to the province's science and technological leaders.

"Our goal is to ensure that every child in B.C. has the opportunity to meet a scientist, face to face, at least once during the child's school years. We hope this will show them what we mean by science and technology and how important it is to B.C.," Hagen said.

"We also hope to leave the lasting impression that there are excellent careers in science. I think the scientists will find it equally rewarding, serving as role models for tomorrow's scientists."

The program was welcomed by Education Minister Tony Brummett. "Role models help

to generate enthusiasm and interest. Because science and technology are so important to

B.C.'s future, I am certainly happy to support this program," he said.

## B.C. TO HOST SPACE FORUM

The Minister Responsible for Science and Technology, Stan Hagen, today announced that the province will host a forum designed to explore opportunities for B.C. in the Canadian Space Program.

"On November 24, leading researchers and business people in B.C. will have an opportunity to meet with senior federal government officials and representatives of Canada's major space contractors in Vancouver," said Hagen. "It is my hope that bringing the buyers and sellers together in this way will make B.C. a bigger player in the space race."

The forum will provide opportunities for increased participation by B.C.'s post-secondary educational institutions, technology companies and the resource sector

in rapidly expanding technologies.

The Chairman of Canada's Interdepartmental Committee on space, Mac Evans, will be the main speaker. Senior executives from key federal departments involved in the Canadian Space Program and representatives from Spar Aerospace, Canada's largest space manufacturer, will also attend. Panel discussions will centre on subjects such as the international space station project, remote sensing, communications, space science opportunities, and data applications for the resource sector.

"B.C.'s involvement in the space program is important for two reasons," said Hagen. "First, there are valuable contracts for research and development to be won and even more importantly, this work in leading-edge technologies will provide many opportunities to sell discoveries to other markets."

More than 300 delegates from B.C. and other provinces are expected to attend the Vancouver forum.



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## PROGRESS

It helps to remember some very real progress that Canada has achieved in the battle against cancer.

The Canadian Cancer Society would like you to know that: In 1958, cervical cancer caused the death of 11.4 per 100,000 women in B.C.; in 1985 that dropped to 2.4 per 100,000 as a direct result of the Pap smear test. That's a decline of 79%. Prevention and early detection works!

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## LETTER TO THE EDITOR

Fort St. John, B.C. is planning a gigantic "Homecoming" for ALL former students and staff of the North Peace Senior Secondary School 1954-1989.

N.P.S.S. is being demolished to make room for a new school, so this will be our last chance to have this gala event.

On June 30, July 1 and 2, 1989, we hope to attract 3,000 former students, (not just graduates) to say farewell to the only high school we have known in this area.

A project of this magnitude requires a lot of time and planning so I appeal to everyone to help. If you know someone who attended N.P. S.S., or if you would like more information about this Homecoming, please contact us by Dec 1, 1988 so we can start making concrete plans to get this project going. We don't want to forget anyone, so please pass the word around.

Our address IS:  
Homecoming Project  
Box 6128  
Fort St. John, BC  
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Please mark the last year attended North Peace Secondary School on envelope.

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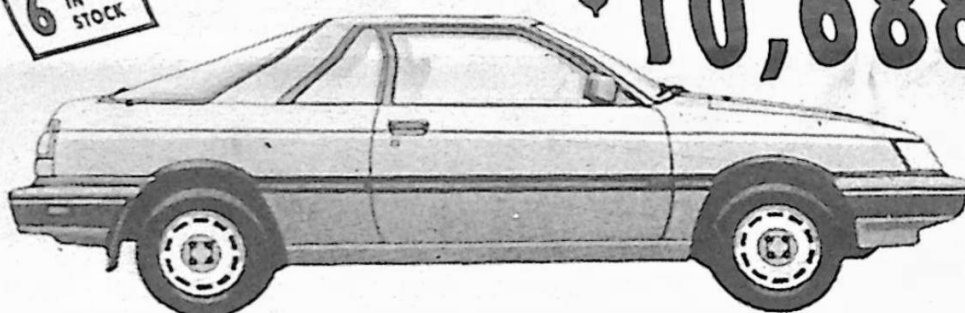


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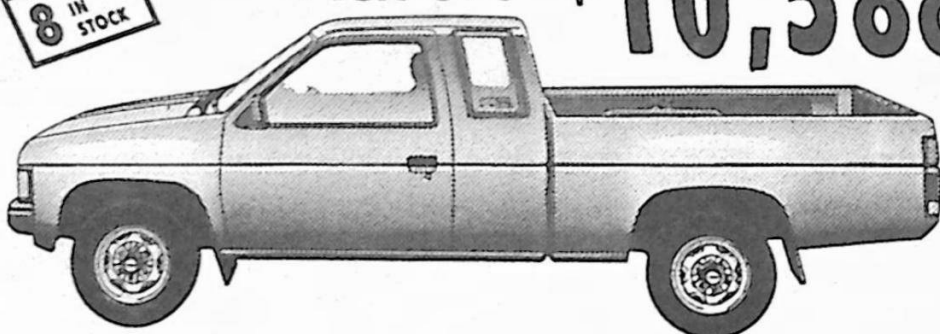


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PICK-UPS**

**\$10,588**



\*Nissan Canada suggested retail price for a new 1988 Nissan King Cab P.U. DLX equipped with a 2.4 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, licence and applicable sales tax not included. See your individual dealer for freight charges and full details.

**3 Years - 60,000 km  
Bumper to Bumper  
6 Years - 100,000 km  
Power Train Warranty**

**8.9% FINANCING AVAILABLE ON 1989 SENTRAS ONLY. 1 YEAR TERM ONLY. MAX. \$10,000. SEE DEALER FOR DETAILS.**

**No Down  
Payment  
Required**

**100%  
Financing**

**No  
Payment  
Until  
Feb. '89**

**O.A.C.**

**No  
Previous  
Credit  
Required**

•Life Insurance  
•Disability Insurance  
•Layoff Insurance  
**All Available On All Loans**

**ONLY AT  
Riverside Nissan**



**1355 Comox Rd., Courtenay 338-1988**

**"Your Nissan Dealer Who Sells For Less"**

**Phone  
Me  
Collect  
For Prior  
Credit  
Approval**

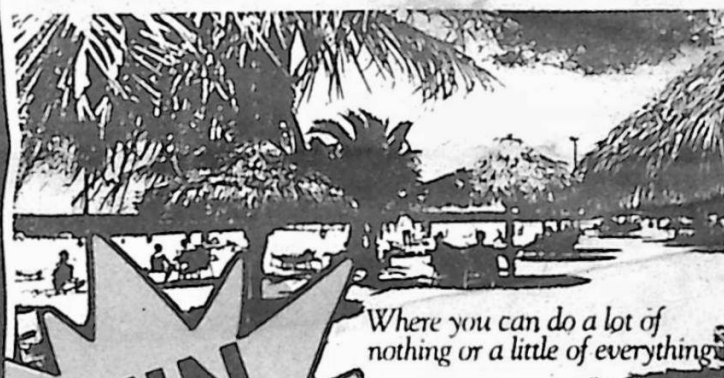
**Open 9 a.m. to 9 p.m.**

**Dealer No. 8561**

**Built for the Human Race**

**338-1988**

## BUY A NEW CAR OR TRUCK



*Where you can do a lot of  
nothing or a little of everything*

**WIN  
A TRIP FOR  
TWO TO  
HAWAII  
OR \$1500<sup>00</sup>  
cash**

**7 DAY TRIP  
INCLUDES AIR FARE  
&  
ACCOMMODATION  
GREAT ODDS**

**1 in  
LUCKY 15**

### CONTEST RULES ARE SIMPLE:

1. After you purchase any new NISSAN fill out an entry form.
2. Your name will then be entered at the DEALERSHIP.
3. Once the DEALER has 15 names in the box the draw will be held.
4. Winner must answer a skill testing question.

