

Abbotsford Airshow . . .
the Russians came,
the Russians came!
see centre pages for story and photos.



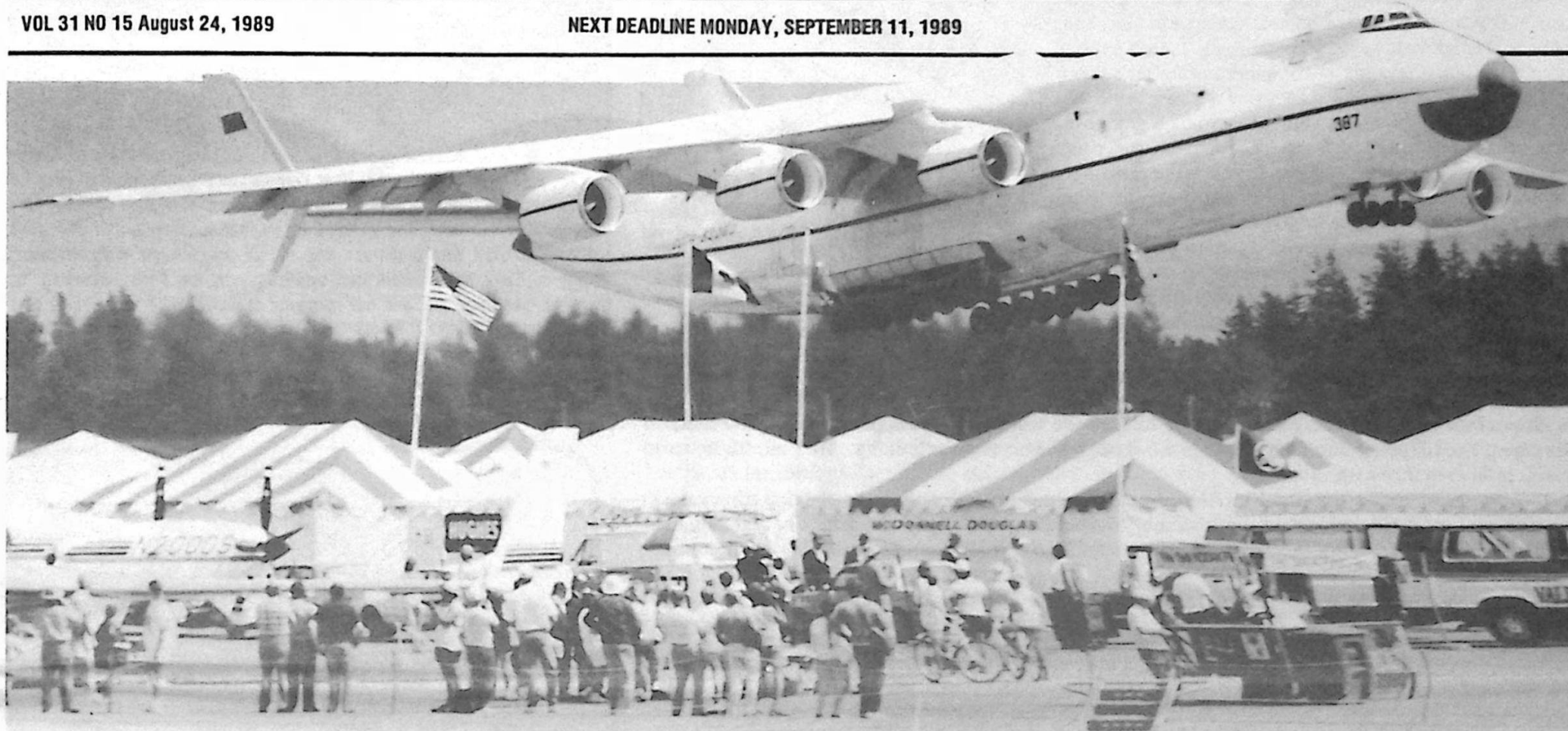
TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 15 August 24, 1989

NEXT DEADLINE MONDAY, SEPTEMBER 11, 1989



The massive Russian AN-225, Midas, the world's largest aircraft, takes off at the Abbotsford International Airshow. More photos on pages 10, 11.

Canadian war hero honoured in Japan

OTTAWA -- The Honourable Mary Collins, Associate Minister of National Defense, participated in the unveiling of a monument dedicated to the memory of Lieutenant Robert Hampton Gray, the last Canadian killed in action during the Second World War. The ceremony took place in Sakiyama Park overlooking Onawaga Bay, Japan.

On 9 August 1945, Lt Gray, a 27-year-old Canadian naval pilot with the Royal Navy Fleet Air Arm, participated in the battle of Onawaga Bay. Leading an attack by fighter from HMS FORMIDABLE, Lt Gray pushed on in spite of intense anti-aircraft fire and sank the destroyer AMAKUSA. His own Corsair fighter crashed in flames and his body was never recovered.

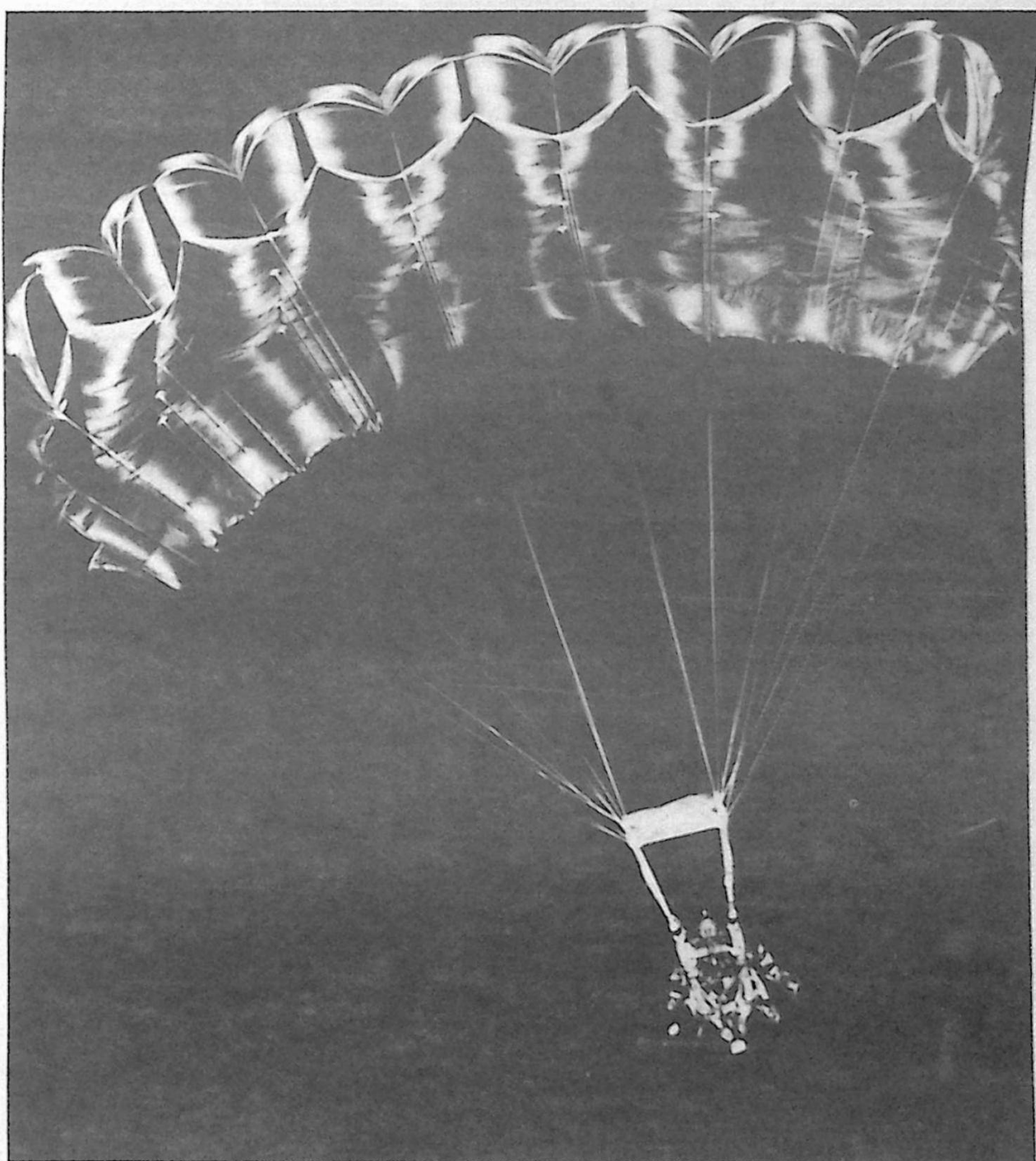
Lt Gray was posthumously awarded the Victoria Cross (VC) for his 9 August actions, the last one awarded to a Canadian. The VC was the highest military award for bravery given to Canada during

the Second World War.

The monument to Lt Gray is the first in Japan to honour an allied serviceman. The Japanese inscription on the monument reads: "Now former enemies have become friends. It is hoped this will contribute to the repose of the souls of those who died for both sides and be a lasting symbol of peace and friendship between our two nations."

The city of Onagawa donated the beautiful site in Sakiyama Park where the monument to Lt Gray is erected, and the local Lion's Club will maintain the site. The three-ton granite monument was a gift from the Government of British Columbia where Lt Gray was born.

Mrs. Collins was on a 10-day trip to the Far East. She also participated, along with Canadian naval veterans, in a wreath laying ceremony at Kokohama Commonwealth War Graves Cemetery in Hodogaya, Japan.



First place winner in the "Military Life" category was G. Leclair, CABC Edmonton, with this night shot of a parachutist. Cpl Roy, of CFB Comox, won first place in the open professional, 35mm slide category, while MCpl Cands received an honourable mention in the military life, professional, colour category. See story page 15, photo page 20.

"The most danger food is
wedding cake."
American proverb

Photo by Pat McElroy.

Editorial

On becoming a father

Joy, laughter, pain, fear, wonder; a medley of emotions and feelings that crowd the mind and bodies of parents as their progeny are pushed and pulled, kicking and screaming into the world. An ominous beginning, one might think, to what is supposed to be a long and beautiful relationship.

I'm not sure what I expected — the reality was both better and worse. I had hoped, like any sane man, that my wife would not insist I be in attendance at the birth. There was something terribly civilized, I used to feel, about waiting anxiously in the expectant father's room at the hospital (there was always one of those in the old movies and TV shows) as your wife groaned and grunted her way through delivery. Then, once the nasty business was over, you could smile and make ridiculous noises at the clean, quiet, well-behaved baby the starched nurse would present to you from behind a sterile, glass partition; and pass around cigars to your friends, telling them, "really, it was no sweat." So much for the good, old days. Now, of course, not only are you expected to be present through labour and delivery, but, dammit, almost no one smokes.

To be honest, I did not put up much resistance against my wife's wish that I be with her. I harboured a secret desire to see life's beginnings, to taste of a once esoteric women's ritual that was denied men. With courage and fortitude I was prepared to face the worst — besides, if it became too much, I reasoned, I could pretend to faint and then crawl out while no one was looking. After all, 'tis better to fake a faint than throw up.

THE DAY, of course, inevitably arrived. I had imagined my wife frantically shaking me awake in the middle of the night and shouting, "It's time!" I would leap out of bed and drive like a madman to the hospital before returning to pick her up. She would be gripped by contraction after vicious contraction, arriving barely in time to deliver.

Instead ... she picks me up from work, and on the way home casually says, "Oh, by the way, my water broke this afternoon."

"Is that significant?" I asked naively.

"It means I'm in labour." Trust a woman to rob a momentous occasion of all its inherent drama!

"Do you want me to drive?" I said quietly, determined to appear more calm than her.

"No thanks, I can manage." Her tone was downright sleepy. Sure you can, I thought. What if we get in an accident and I have to deliver the baby by the roadside? What would I tell the police?

"Now let me get this straight, Sunter. You let your wife drive while she was in labour?"

"You had to be there, Officer. It was like a Clint Eastwood movie. Each of us was trying to out-cool the other."

"You're one sick puppy, Sunter. Your baby's life was on the line and you thought you were acting in a movie!"

We arrived home uneventfully. The books on birth clearly delineated the husband's responsibilities at this point in the proceedings: time the contractions. Right, simple enough.

"Okay dear, tell me when the next contraction starts." I peered intently at my watch, determined not to fail in my duty.

"Well ...?" I was growing impatient.

"I'm not sure, but I may be having one now." The books made no mention of this. A contraction was a contraction, period.

"What do you mean you're not sure?" I whined.

"It could be a contraction, but it's so mild I'm not sure." I put the watch down in exasperation. Great, just great! My moment to shine, to show my coolness under fire was ruined by a body that had obviously not familiarized itself with proper procedures.

Eventually, what might have been contractions were coming somewhere between five and fifteen minutes apart. Not knowing what else to do, we went to the hospital. It was all very anticlimactic.

Once safely ensconced in the hospital's cocoon, my wife's contractions turned from mild to the requisite vicious in short order. There was not much I could do but make sympathetic noises, convinced in my heart that she was exaggerating the pain; until, that is, she grabbed my hand and squeezed it so hard it began to take on a nauseating, mottled, white, red, and blue colour. Maintaining consciousness with some effort, I took consolation in the fact that if I died they'd be able to retrieve my killer's fingerprints from the indentations in my hand.

While not otherwise preoccupied with pain, I cajoled my wife into continuing to breathe during the contractions, a necessary activity for life.

"Keep breathing, dear. That's it. In ... out ... in ... out ... in ... out, in, out, in, out, in, out, in, out ..." I began to feel light-headed and the room started to shimmer before my eyes, taking on softer tones. I drifted serenely through a pleasant landscape and the pain in my hand eased.

"Mrs. Sunter, slow down your breathing!" A nurse's abrupt instruction drew me back to reality. She was looking at me sternly, then her eyes instantly softened into pools of liquid sympathy as she looked at my wife. You think this is easy on me, I yelled at her in my mind, as the words somehow failed to reach my mouth.

An examination revealed it was time to move to the delivery room. Convinced they'd left it too late and the baby was going to shoot out onto the hallway floor on the way there, I scrambled into my delivery room garb, and padded after the bed, looking like a mad doctor in a D-grade horror movie.

It was an hour later. After a multitude of viens in my wife's body swelled alarmingly and threatened to pop with her repeated exertions, that a loud "waaaaaa" filled the silence in the delivery room; our son had finally arrived in the world and was anxious for us to know. A red, wrinkled, minute baby, arms and legs waving like flags in the wind, was laid on my wife's stomach. His glazed eyes opened and he peered at his surroundings before another cry burst forth, signalling his apparent disapproval. My wife looked down lovingly at the baby, then up at me with eyes that seemed to glow with satisfaction.

"That wasn't so bad. I think I could do it again," she said. Sick, sick, sick, sick, sick, I thought. I married a masochist. Her body has swelled, been kicked and stretched to a ghost of its former self and she wants to go through it again. I looked at the baby squirming in her arms and felt an unexpected and overwhelming sense of tenderness take hold of me. Well ... as hard as it was on me, maybe just once more.



Commendation



Sgt Jerry Fairbrother accepts a Base Commander's Commendation from Col Gibbon on behalf of the Base Photo section. The commendation reads, in part: "The section has been distinguished by inspired leadership and dedicated, enthusiastic staff who undertake any and all assignments with boundless energy ... They have contributed significantly to the Base, recording our triumphs, our tragedies, and our moments of levity while maintaining their own sense of humour. They are true professionals, dependable and resourceful who have been a pleasure to serve with and an important cog in the smooth machine that is CFB Comox."



Enjoying a rest from his engines is Petty Officer First Class Mischa Rothoehler. The HMCS QUADRA staff cadet is the engineer on YAG 314, one of six training vessels used by the sea cadet training establishment for training Boatswains and other course cadets this summer.

TOTEM TIMES

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

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Letters to the Editor

"CDs and Clasps"

Dear Sir:

My congratulations to whoever is responsible for using the term "CDs and Clasps" in your last issue of Totem Times. I refer to the photographs headed "A fistful of CDs", August 10, 1989. When I moved to this area and started reading the Totem Times I was quite dismayed at the term CD1 and CD2, thinking it cheapened the whole

affair. However, I was very happy when I read my latest issue, and hope that "CDs and Clasps" is here to stay.

As for your format, I think it is much better. I'm not sure what you have done but I do find it easier to read. More professional. Keep up the good work.

Yours sincerely,
 Brian Scott
 Courtenay

Officers' Mess Ladies Club

An extra special event is planned for Sunday, September 10 at 2 pm in the Officers Mess Lounge. A welcoming tea for our honorary president Mrs. Donna McGee is being held.

Don't miss this opportunity to come out and meet new friends and help welcome Mrs. McGee aboard.

Now that summer is almost over and your company has

returned to their homes you are probably sitting at home wondering how to fill the gap. Why not come out to the Officers' Mess Ladies Club meetings.

We meet on the third Wednesday of the month, starting 20 September. The season begins with a meet and greet, wine and cheese in the lounge at 7:30. This is your chance to help welcome the new people to Comox.

Crossword

By Rick McConnell

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|------------------------------|---------------------------------|------------------------|
| ACROSS | 44 Above | 9 A sulphate |
| 1 Low light | 46 Snowbird | 10 Former Gov't agency |
| 4 Grandma in Vegreville? | 50 Caricaturist | 11 Pan |
| 8 Riff | 51 Beginning for scope or meter | 16 Toronto fair |
| 12 "Prosperous, happy" woman | 52 "Guess Who" leader | 20 Shy |
| 13 Jewish month | 56 Hammer part | 21 East European |
| 14 Hip bones | 57 River to North Sea | 22 Spanish house |
| 15 "Folker" Joni | 58 Afternoon break | 23 Bon |
| 17 Religious teacher | 59 Doe's mate | 27 Thick sticky stuff |
| 18 Compass pt. | 60 Meaningful | 29 Howlers |
| 19 Rocker Randy | 61 Pig home | 30 Nil |
| 21 Terror sound | | 31 Cog |
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| 25 Indo-China language | | 35 Grain |
| 26 K-9 | DOWN | 38 Growl |
| 28 "Heart of Gold" guy | 1 Beaver erection | 40 Land worker |
| 32 In a boat | 2 Amin | 43 Sped |
| 34 Also | 3 Stuff in Stoneham | 45 Souvenir |
| 36 Ice drift | 4 Execute | 46 Hockey's Syl |
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| 39 Klutz | 6 Flower starter | 48 Part of UFFI |
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1989 THE KNOW WHOLE BARD FEATURES SYNDICATE BIO 005

Solution page 17.



Cadet Dwayne Royer of Comox, B.C., searches for a hand hold while scaling a rock face near Whitehorse in the Yukon Territory. He is participating in the rock climbing portion of the Northern Wilderness course held each year at Cadet Camp Whitehorse. In addition to rock training, Cadet Royer and 29 of his peers from across Canada and the United Kingdom will receive instruction in watersmanship, mountaineering and orienteering.

California grapes linked to cancer

Dear Editor:

I would like to outline the reasons why California table grapes should not be bought or consumed in any of our public healthcare institutions.

California table grapes contain residues of pesticides which are lethal. They have already been linked to cancer and birth defects in children of California farm workers.

The use of such products in a facility charged with the mandate to provide health care to the community should not be permitted. Nor can we ignore the fact that by purchasing California table grapes, we are adding to the health problems of both the workers who must handle these products and the patients in care.

Here is a brief look at some of the chemicals used on California table grapes and the health dangers associated with their use:

Captain is a widely used fungicide proven to cause cancer and birth defects.

Methyl Bromide is a potent pesticide which causes birth defects and is suspected to cause cancer as well. Methyl Bromide is responsible for more occupationally-related deaths than any other single pesticide in California.

Dinoseb was banned by Environmental Protection Agency in 1986 for its ability to cause birth defects and sterility in animals.

Parathion and phosdrin are similar to nerve gases. Together they are responsible for the majority of farmworker poisonings and deaths, and have been detected in residue samplings in grapes.

We hope this information will make both institutional and individual consumers decide not to purchase California table grapes. In refraining

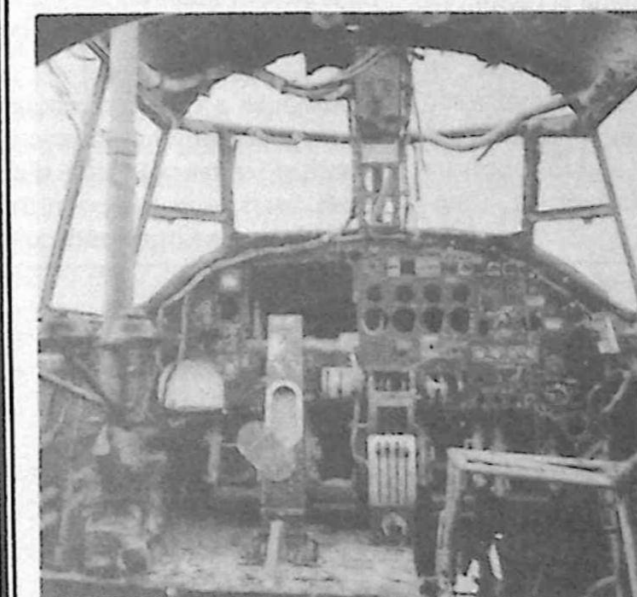
from so doing, they will be protecting the health of our patients and their own families. Also they will be helping to convince grape growers to acknowledge the legitimate concerns raised by California farmworkers in demanding that the growers stop the use of these pesticides.

For your information, all major healthcare facilities in BC have been contacted about this situation. However, only four facilities have replied they have stopped purchasing California grapes. We can only hope that the silence on this issue by other healthcare institutions does not indicate that they are acting irresponsibly and ignoring the health dangers of serving California grapes to patients in BC hospitals.

Sincerely yours,
 Bill Macdonald
 President
 Hospital Employees Union

Air Force Trivia

WHAT WHERE WHEN WHY



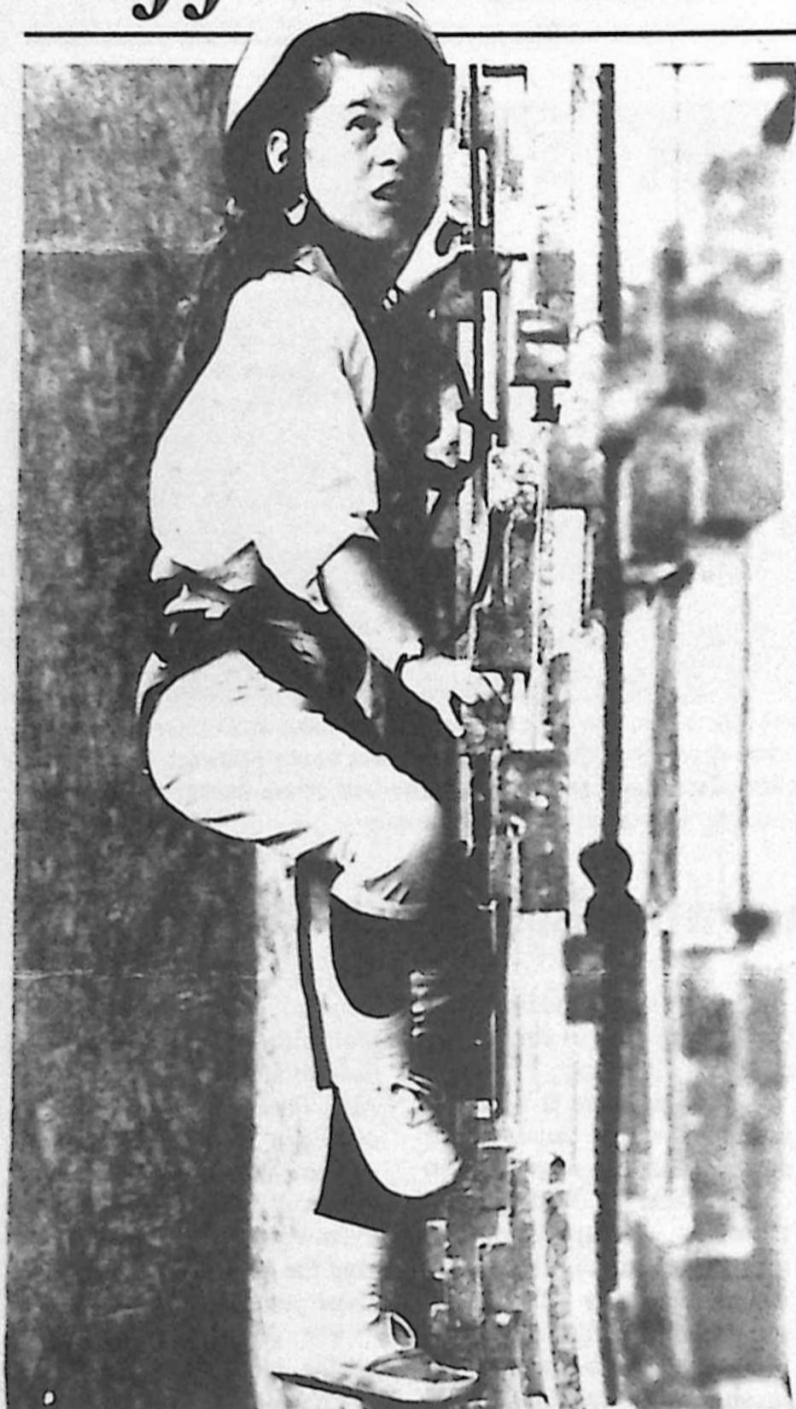
This pic was taken at the Mountainview aircraft storage depot, near Trenton (Ont) by my erudite friend in ATAT, Sgt Bill Ouellette. What aircraft is it, and where did the Co-pilot sit?

Trivia Answer

Reader Eric Lofkrantz identified this Bristol Blenheim/Bolingbroke. Originally a fighter, the Blenheim had its nose lengthened to accommodate a bomb aimer. Eric also corrects our last answer, which was wrong. It was a Bolton-Paul Defiant. Guess I was telling a Fairey story ...

N.V.B.

Off the base



"Now, lemme see. How would Batman handle this?" thinks 12-year-old Jennifer Nichols, as she scales the west wall of the Simon Fraser University gymnasium. She's one of 1,761 kids enjoying summer fun at Simon Fraser University's Sports Camps and Summer Programs. Wall climbing, archery and basketball are only a few of the many activities, along with a variety of hands-on computer and academic courses.

Photo courtesy of Simon Fraser University

Collins visits Thailand refugee camp

BANGKOK -- The Honourable Mary Collins, Associate Minister of National Defense, visited a Cambodian displaced persons camp in Thailand on 2 August as part of a ten-day visit to Thailand and Japan.

The purpose of Mrs. Collins' visit was to continue bilateral defence discussions and to encourage closer economic and cultural relations between Canada and Pacific Rim countries in her additional capacity as federal minister responsible for the Asia Pacific Initiative.

"I was dismayed to learn that some of the Site 2 camp have lived here for 10 years, their lives on hold," she said. "It is a tragedy that many families have lost an entire generation due to the hostilities of the warring parties."

The Site 2 camp, located some 350 kilometres east of Bangkok, is what some sadly refer to as the largest bamboo city in the world. It is made up of a group of inter-connected camps occupying an area of 7.5 square kilometres. It houses some 180,000 Cambodian displaced persons. Site 2 is three kilometres from the Cambodian border and is un-

der the auspices of the United Nations and other world relief organizations.

In meeting some of the camp's occupants, Mrs. Collins expressed Canada's continued commitment to support international relief efforts in Thailand and other countries in the Association of South-East Asian Nations and to support a peaceful settlement in Cambodia.

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Courtesy of Cornwallis Ensign

Heart attacks and cholesterol

Almost as many Canadians die from heart disease as from all other causes combined -- roughly 80,000 last year. Most of those deaths were preventable.

Heart attacks, which account for 25% of all Canadian deaths, continue to take their toll despite conclusive evidence that high blood cholesterol -- often linked to eating rich food -- dramatically increases the risk.

So why do people fail to recognize this important risk?

Probably because the cholesterol issue puzzles most people who confuse cholesterol levels (serum or blood cholesterol) with the cholesterol found in eggs, meat and dairy products (dietary cholesterol). Few understand that the body actually manufactures cholesterol, regardless of amounts they eat.

But how do levels get too high? Although a small percentage of the population have a strong inherited tendency toward high levels, most of us can point the blame at overeating and con-

suming too much fat.

Problems occur when the body's control system fails to maintain normal levels in the blood leading to hardening of the arteries (atherosclerosis), which in turn causes 80% of most heart attacks.

Like their counterparts in the United States, Canadians are world leaders when it comes to fat consumption with an average intake of around 42% of total calories daily as opposed to the 30% now considered healthy.

Experts agree that saturated fat is most to blame for raising blood cholesterol and that reducing consumption can bring down high blood levels. That means cutting down on fast foods like fries and fat-filled baked goods such as doughnuts, pies and candy bars.

And how do you know if your level is too high?

You don't.

Because atherosclerosis often has no symptoms, finding out your total cholesterol count can only be done through a blood test.

But Dr. Richard Lauzon, national programs director for the Heart and Stroke Foundation of Canada has some reservations about the widespread screening currently in vogue in the U.S.

He encourages anyone with a family history of early death from heart disease to be tested, but cautions the rest of us, "not to get hung up on numbers".

He strongly suggests that most of us don't need to be detectives to suspect our cholesterol is high.

"If you smoke, are overweight and physically inactive or can't live without fast foods, chances are you're at risk", he adds.

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Aug 23 - 26



Section news

407 Squadron



Aircrew

There was a whole lot of shakin' going on down at the recent Readiex in Moffet. Apparently, a number of people were awakened one morning by an Earthquake that registered 5 on the Richter scale, and 8 on the Scared----less scale. Our AMCRO, Capt Roy Green, felt the effects just prior to his wake up call, and in his early-morning-what-the-heck-is-going-on state of mind, thought it an elaborate method employed by the hotel to wake up guests. A team of seismologists were out the next day checking the area, and concurred with the 407 techs in their assessment of 'ground check serviceable, no fault found'.

Capt Mike Savard was doing the 'twist' down in Moffet (actually, his ankle was doing the twist without the rest of him) and is now unfit for golfing duties for the next several weeks.

The Crew 5 Vikings returned from the Abbotsford Airshow looking a bit ruffled and entirely overworked. Naturally, the Vikings were a crowd pleaser at the spectacle, and



A rather damp Sgt Bill MacCulloch is toasted by 407 Sqn Acting CO, Maj Gary Reaume on his last flight as a Regular Force Flight Engineer. This flight also saw Sgt MacCulloch attain 5000 hours on the Aurora -- a week earlier he attained 10,000 hours total flying time. Well done, Bill!

were under constant pressure to sign autographs, pose for pictures, and kiss babies. In fact, 60,000 people, who had come for the specific purpose of seeing these ASW champions perform their death defying static display, were turned away at the gate due to overcrowding. (OH, hey, who's zooming who here?!) Keeping with the Vikings, the Navs held their traditional poker night just recently. It wouldn't be right to say who came out as the big time loser, but I wouldn't suggest asking Capt Bert 'the Eagle' Fenton for any loans in the near future.



Ready to face the CFB Comox Fire Dept., Sgt MacCulloch descends from an Aurora after his last flight.



Tod Brooks, 407 Sqn Engine Bay, was recently promoted to MCpl.

Maintenance

Since our last article, we've experienced a lot of changes around the shop, as most sections have during the posting season. The section would like to take this opportunity to welcome Sgt Ron Mackie and MCpl Brad Jenkins to the Comox Valley, both having escaped from 419 Sqn in the Cool Pool. Welcome is also extended to MCpl Gary Johnson, who joins us from GSE and Cpl Brad Shipely who arrives here from 1 Crew.

Along with transfers in, come transfers out. So its with sad hearts we bid farewell to MCpl Tod Brooks, flash! Sgt Tom Brooks, posted to CFB Edmonton. Congratulations and good luck Tod. We would also like to take this opportunity to wish Cpl Steve (The Ironman) Bennett good luck in his camel riding endeavours with the U.N. and to welcome Pte Sue Ostrom back from her holidays in Princeton. By the way Sue, we've been wondering were the tan is.

Promotions have also crept into the darkest corners of the section and so congratulations are in order for WO acting--lacking Brian Maddex. The men and women of the section are hoping that the SLC school will be able to teach the old dog some new tricks. ie: how to set an alarm clock, the subtle difference between a beer glass and a service boot and maybe a few driving pointers.

Lastly but not least best wishes from 407 Maint/Eng Bay to Jim and Fiona Randall on their June 24th wedding.

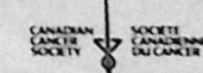
Oh! One last thing, Sgt (Willy) Rivett would like to take this opportunity to canvas the readers for a canoe. The main criteria being cheap! How much is cheap, about half his back pay. So if you have something pointy and tippy that floats give him a call at the above mentioned section.

Notice of Public Hearing

CRTC -- Notice of Public Hearing 1989-7. The Commission will hold a public hearing commencing on 3 October 1989, at Hotel Vancouver, 900 West Georgia St., Vancouver, B.C. to consider the following applications. 10. COURTENAY, COMOX, CUMBERLAND, COMOX VALLEY AND POWELL RIVER, B.C. Application (891747800) by CABLENET LIMITED to renew the licence to carry on the broadcasting receiving undertaking serving the above-mentioned localities expiring 30 September 1990. Examination of application: 1591 McPhee Avenue, Courtenay, V9N 3A6. SPECIAL REQUIREMENTS: INTERVENERS REQUIRING SIGN LANGUAGE INTERPRETATION ARE REQUESTED TO INFORM THE COMMISSION AT LEAST TWENTY (20) DAYS BEFORE THE COMMENCEMENT OF THE PUBLIC HEARING SO THAT THE NECESSARY ARRANGEMENTS BE MADE. The complete text of this notice and the application may be viewed at CRTC, Central Building, Les Terrasses de la Chaudiere, 1 Promenade du Portage, Room 561, Hull, Que.; and at the CRTC regional offices: Suite 1500, 800 Burrard St., Box 1580, Vancouver, B.C. V6Z 2G7. Interventions must be filed with the Secretary General, CRTC, Ottawa, Ont. K1A 0N2, with proof that a copy has been served on the applicant on or before 13 September 1989. For more information you may call the CRTC Public Hearings Branch at (819) 997-1328 or 997-1027, CRTC Information Services in Hull at (819) 997-0313 or the CRTC regional office in Vancouver (604) 666-2111.

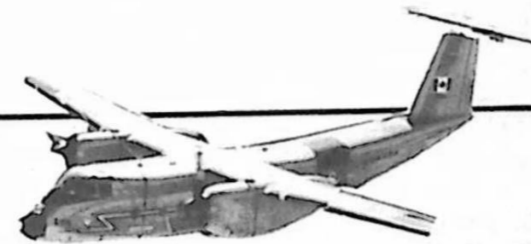
Cancer can be beaten.

Please give generously



Section news

442 Squadron



Snakecharmers

On Aug 6, the Squadron held its annual blast at Air Force Beach with a multitude of sporting activities taking place. The attendance wasn't as high as expected but everyone present enjoyed a sun-filled day of volleyball, jet-skiing, paddle-boating and sun bathing.

The Squadron's fitters have been living a nomadic lifestyle this summer with MRPs to Lahr, Victoria, Vanderhoof, Edmonton and Calgary, as well as a search in the Terrace area.

On July 29, Rob Wild, Serge Perron and Maurice Leger headed for Vancouver to compete in a local karate tournament. Indicative of 442 Squadron's athletic prowess, the trio managed some very impressive showings.

Serge finished in first place in the black belt heavyweight division, Maurice captured first place in the colours lightweight division (yellow or orange belt), while Bob rounded out the day with a third place finish in the brown belt division. Well done, guys.

Serge is now in Ottawa competing for a chance to represent Canada at the World Championships in Atlanta. Best of luck from everyone at the Squadron, Serge.

Congratulations are extended to Derek Ross on his recent promotion to Sgt.

And finally, best wishes to Guy and Sandy Godin on the arrival of their little girl, Jessica.

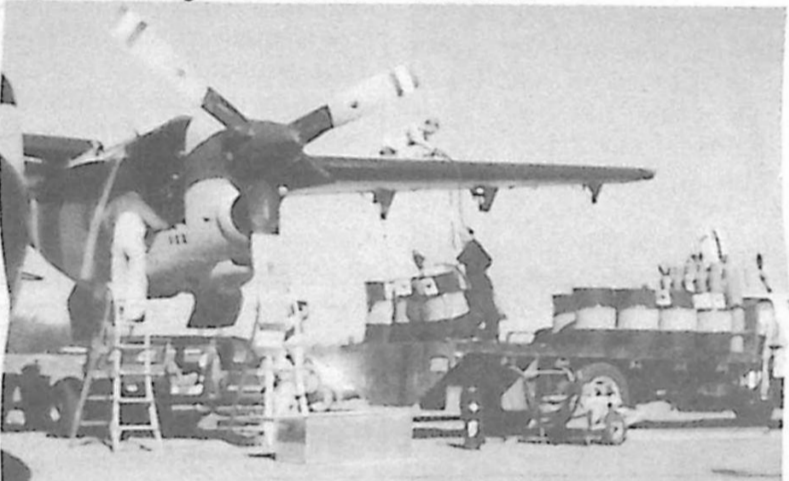
SAR summary

442 Sqn has had a very busy two weeks with the normal number of Medivacs to complete and ELTs to hunt down, but Saturday 12 Aug turned out to be an unusually hectic day. Two Buffs and three Labs were sent on a full scale search in the Stewart area of B.C. for an overdue aircraft. When more incidents occurred RCC called out the aircraft attending the Abbotsford Airshow. The airshow Buff proceeded to the north end of Vancouver Island to search for a missing boat. This vessel was found within two hours and their RCC tasked them to fly to the Narraway River area east of Prince George to investigate an

airplane crash. As they started to head in that direction a 30ft fishing vessel, on fire, was spotted with two persons already in the water. A SKAD (Survival Kit Air Droppable) was delivered to them and both individuals boarded the life raft. These fishermen were picked up shortly after by another fishing vessel. The Buff then proceeded to the air crash site. By the time they arrived on scene a Twin Otter from Edmonton and a civvy helo were already at the scene and the helo evacuated both crash victims, not seriously injured, to Dawson Creek. Then it was back to Comox to take more personnel to the Stewart search that was still in progress. Fortunately later Saturday, nearing the end of the search day the crash site was located near Stewart by a civilian helo who vectored our lab to the site and that fatal SAR incident day like 12 Aug 89 it was with

good reason the duty ops officer took his phone off the hook to get some well deserved rest.

More recently, this weekend (Fri evening) Snake 78 (Bryant & Co) enroute to the Pentiction airshow developed hydraulic problems and made an emergency landing on Texada Island. The Stby Lab rescued most of the crew and returned them to Comox late Fri evening. Then Chuck and the SAR launch delivered the MRP to Texada to work on the helo on Saturday. It is also rumored that the MRP techs actually got a ride back on the boat rather than take the quick helo ride. Maybe there was a fish or two to be caught, much like the rumour that some of the 442 techs at the Abbotsford airshow helped to change an engine on the MIG 29, only of course because Maj Wade had a ride in it.



"Check the oil, while you're at it!" Capt Leslie does the refueling as Bert Howard & Dennis Rouleau supervise. Mario Trudel adds finishing touches to an engine change in Vanderhoof.



Pete Phelps, Chuck McClelland, Mario Trudel & Dennis Rouleau changing a Buffalo engine in Vanderhoof.

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Cpl Carignan was promoted to MCpl effective 1 Aug 89. He also deserves special mention on his fine showing at the Vancouver Tri-athlon, 47th finisher.



The crew on SF620, the Buffalo European trainer, watch an airshow in England from an excellent vantage point.

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Section news



Supply Signals



We're pretty busy with APS and even though it's almost over, we would still like personnel who are leaving for whatever reason, posting, release, or retiring, to contact us for appointments for kit returns. Our renovations are just about finished and we are happy to say that from the compliments received, everyone seems to be happy with our new look and service.

Everyone is reminded that blue name tags are a must if you wear the Air uniform and can be ordered here.

We now have a new boss and would like to welcome PO2 Watts from CE Supply. We have just about every size of Air Force uniforms in stock and would like any personnel who do not have the complete issue, to contact us at local 8254 and we will gladly ensure that you are properly kitted.

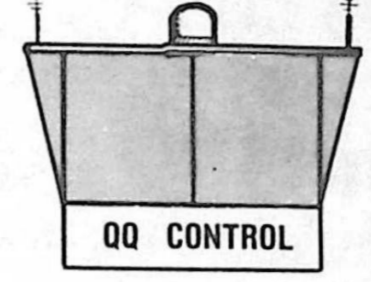
Blue flying suits are now being issued and all Air Crew trades are to be informed that this is by size attrition and as sizes of green and tan are used up, they will be replaced by Air Force blue. Your size may or may not have been replaced yet so a quick phone call to us may save you a trip.

For the female military members of Comox who wear size M10, M12 an L12 S/S shirts, we have a limited supply of shirts with the collar marked on the side vice rear. These are available at \$1.68 vice \$5.60 and are approved for wear.

Some Base Supply news. MCpl Pat Armstrong is now on his 6A course so MS Snetinger has been robbed from General Stores and back at his regular post in No. 6 SupplyGroup.

There are a few new faces in supply; welcome to MCpl Allard from Sydney and Cpl Lavallee from Lahr and MCpl Brown from Victoria. The 1990 Logistics Bonspiel Garage Sale on 9 Sep 89 is fast approaching so here's a little plug to get all your working and clean articles to the appropriate people.

Anker Klankin'



As the beacon turns

As expected, Sylvie's wedding was the highlight of the season. Most of ATC's off-duty staff showed up for the reception and as the beer flowed, tongues loosened and this reporter went to work. This being a wedding, the singles in the crowd were thoroughly briefed about the positive side of marriage. However, Andre, Jim and Darlene MacDonald, we soon found out, are immune to that kind of talk. The big question was and still is: Is KY going to get married before he goes to Germany? There are rumours of a secret wedding in Moose Jaw, but at this point they are still only rumours. Sylvie and Marguerite were radiant. We recommend that she does not attempt to wash that wedding dress in the washer that the unit got her as a wedding present.

For those of you who missed the officers versus NCM's ball game, let's just say that the officers got humiliated and that Jacques Maillee definitely was the first star of the game. On the calendar of ATC events, note the mug-out for KY on 25 August and the car rally and Corn boil on 10 September. Until then spy on your colleagues, take notes and talk to me about them. The next issue of As the Beacon turns will be dedicated to picking on people that manage to keep their names off this column.

Bernie Murphy and his family were present and they all had a good time at convincing me that I missed the lifetime opportunity to take home a Playboy Playmate when Bernadette's friend was at the Mex for Welfare Wednesday. I hate it when that happens!

Sylvie's stagette was quite memorable too. I didn't get all the facts but I heard of male strippers, wild drives around

pl Boyd Russell and Glen Caslake. Three people tied for the individual best score which resulted in a pitch off to decide the winner. Rumour has it that Gord and Glen duffed their shots but those of us who were present felt all three shots were duffed. However, the CO's duff was not as bad as the other two so he was declared the winner. It was a fun afternoon of golf enjoyed by all who participated.

The VU 33 Slow Pitch Team is still in there slugging away even without the able assistance of Harry Weeds, our own 'Mr. Versatile', who took a couple of weeks holiday to the interior. The team has recently won the semi finals against 407 MAINT and is awaiting to take on the winner of the 407 AR-MT and CE teams.

Sgt Town and his 'Maintenance Boys' are burning the midnight oil lately to get their birds out on time. It is quite a switch to see the servicing crews going home while maintenance is still working.

Two Crew would like to welcome our new Eng Techs, Cpl Ives Benard and MCpl Mark Keller. MCpl Mike Yaciuk will be leaving the Sqn next month for a challenging new career as a 'Mister', happy retirement Mike. Two Crew would also like to congratulate Chris Shelly on his recent promotion to MCpl.

AMRCO section welcomes two new faces to their office. Sgt (Willy) Williams and Cpl (Dan) Finnegan; good luck guys, you'll need it!! Cpl Nolan is now off to servicing and you can guarantee his paperwork will be correct.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) — Maj J.G.A. Veilleux
CHAPEL — Our Lady of the Sacred Heart (on Base)
OFFICE — Headquarters, Bldg 45, Rm 48, 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 the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Mary Kerr, Phone 339-2552.

CATECHISM CLASSES — September - May in the PMO School at 1830 hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and John LeRoss, 339-4388.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker
CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88
OFFICE — Headquarters, Bldg 45, Room 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.

CHOIR — Practices 1830 hrs, Tuesdays at the Chapel.
CHAPEL GUILD — Meets once a month, usually the first Monday.
 President: Elizabeth Basham, phone 339-4314.

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Section news

From the Fire Chief's office

Smoke alarms — the in and outs

Smoke kills people

Smoke causes the majority of fire-related deaths. Hot flames are low on the list of killers during a fire. Smoke contains deadly killer gases such as carbon monoxide and, when smoke is produced, life-sustaining oxygen is consumed. Most fire victims die from these factors, frequently before they awaken. In many fires, extinguished in early stages, people have been found dead of smoke inhalation without having suffered any skin burns.

Smoke alarms can alert the occupants in these early stages of a fire while conditions are such that a safe evacuation is still possible.

How do smoke alarms work?

Smoke alarms work by sensing the rising smoke from a fire and sounding an alarm. They can detect smoke far from the origin of the fire. Smoke alarms are most valuable at night, alerting family members to the presence of fire when they are asleep.

There are at present basically two types of smoke alarms on the market — the photoelectric type and the ionization chamber type.

The **PHOTO-ELECTRIC ALARM** contains a light source and a special photosensitive cell in a darkened chamber. The cell and light are positioned within the alarm so that either the light beam is interrupted by the smoke as in the obscuration type or the beam is deflected into the cell as in the light scattering type.

The **IONIZATION ALARM** contains a radioactive source in a smoke chamber that emits radiation, resulting in a weak flow of electric current. When particles such as those produced by fire enter the smoke chamber, they reduce the current and trigger the alarm.

Does the radioactive source in the ionization type present any health hazard?

None whatsoever! Generally the average background radiation level in a home will far exceed any radiation from a smoke detector. When americium 241, the radioactive substance, is used in smoke detectors it is in a form of americium oxide, usually not larger than a grain of salt, bonded to be a gold alloy. In this

form it is biologically extremely inert. It is therefore totally wrong to think that the source could be dangerous if ingested, inhaled or handled with bare hands. When one considers the remoteness of the possibility of someone breaking open a smoke alarm unit, and swallowing the source, the radiation risk is microscopic and is invisible in comparison to the protection offered by such units.

Which is better, the photo-electric or the ionization type?

Both types of alarms are equally effective in the home. If properly installed, they can provide adequate warning for the family. Some differences exist between the two when they operate close to the origin of the fire. These differences,

however, are not critical.

The alarm you buy should be listed by a recognized testing laboratory such as Underwriters Laboratories of Canada (ULC).

How many smoke alarms do I need?

For *minimum* protection, mount one smoke alarm in the escape route leading from the sleeping area, but such an installation will not provide you sufficient protection from a fire starting in your bedroom if your door is closed.

For *maximum* protection, particularly if you smoke, locate one smoke alarm in each room including the basement, family room, etc. It is recommended however, that all households have at least one smoke alarm on each floor including the basement.

WOs & SGTs

Wives Club

Everyone likes to have an evening out once in awhile, right? Well, the Wives Club is a great way to do just that. We meet the second Monday of every month from September to June in the Mess Lounge. Our first meeting is on Monday, Sept 11th at 8pm and will be a 'Wine and Cheese, Get Acquainted' night.

For those of you who are new to the base or have never been to a Wives Club meeting we hope you will take this opportunity to come and check us out. We also hope to see all of our members back again (those who are still here, that is!). Exciting things are in the works for this year and you won't want to miss it!

So mark that date on your calendar right now, ladies - Monday, Sept. 11th - 8pm - **WIVES CLUB**. Arrange for a babysitter, a ride or whatever you need because it's **YOUR NIGHT OUT!** See you there.

Linda Grubwieser

Have You Received Your Voter I.D. Card?

The new Provincial Voters List has now been printed and certified. If you're on the list, your personal wallet-size *Voter Identification Card* will soon arrive in your mail.

If you do not receive your *Voter Identification Card* by August 31st, contact your nearest Registrar of Voters office for information regarding your registration status. Enumeration '89.



Chief Electoral Office
Province of
British Columbia

Registrar of Voters

420 Cumberland Road
Courtenay, B.C. V9N 5M6
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ENUMERATION '89

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Insurance News



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For vehicles under 10 years of age

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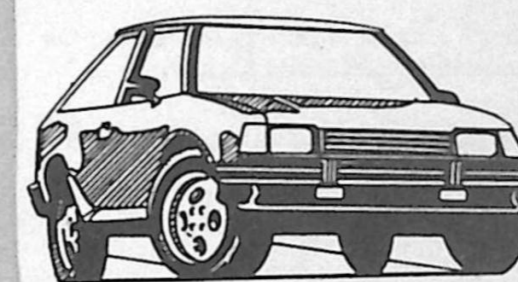
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- Because for only \$36 more you get Wellington's Auto Saver Premier coverage (over and above our regular Auto Saver features).
- Because when you rent a car you don't have to pay for additional collision coverage.
- Because your deductible on a comprehensive claim will be reduced by \$25.
- Because we will provide you with a rental used vehicle in the event yours is damaged.
- Because you'll have one-accident forgiveness.
- Because you'll receive additional coverage (i.e. your stereo) to \$2500.

Comox goes to Abbotsford International Airshow

A thirty-man contingent from Comox, plus men, women and aircraft from 407 to 442 squadrons, played a significant part in the 1989 Abbotsford International Air Show, held at the Frazer Valley airport in early August.

Comox BAMS Major Jim Kightley headed the maintenance group, responsible for all aircraft ground movements on the airfield, including starts, parks, towing and refuelling -- and, on one occasion -- fire fighting.

And the Russians came.

The Russian AN-225 transport aircraft landed, disgorged two light aircraft, a travel trailer, two jet engines, a helicopter and hundreds of crates and their technical contingent, all factory civilians. The Russians were at Abbotsford to sell aircraft, military and civilian. The two Mig 29s, single and dual seat, carried English decal markings. After some initial reticence the Russian and Canadian groups overcame language and other barriers to work effectively together during the air show. In the Comox contingent were 18 techs, two MSE Ops, a Vehicle technician, a Comm Tech and five MPs.

Assisting Major Kightley were Capt Kathy Cutland (SRO, 442 Sqn) and 2nd Lt Briand (OJT VU33) and crew chiefs Sgt Jon Vanderkooy (407 Sqn), Sgt Wayne Hay (QA) and Sgt Doug Mann (MP).

"They all worked 14 - 16 hour days; a great team effort," stated the Major, "and in spite of the language barrier, they worked well with the Russians." Sgt Wayne Hay described some of the sign language: "for 'forward' we tapped our noses; for 'back' we tapped our rumps. Definitely not standard NATO hand signals."

The Russians -- older men, ranging from 40 to nearly 60 years in age -- were a bit lax when it came to ground safety. They smoked freely during all phases of aircraft handling. On one occasion the grass caught fire under a towbar they were sitting on. The Comox crew did a "Mexican Hat Dance," stomping out the flames.

"Our genial giant, Weiner Lavigne (VU 33) suggested a quick method of putting the fire out but with 98,000 people watching, we decided to call the Fire truck instead," said Major Kightley.

"We had to improvise a lot: a Mig 29 engine change was accomplished using a rental truck equipped with a small Hyack crane. They normally use dry compressed air in a lot of their systems (to avoid freeze-ups) but since our air wasn't dry enough, we substituted nitrogen. It worked fine."

Random impressions of Abbotsford '89

The titanium floor of the AN-225, very strong but light, pops like a thousand beer cans when you walk on it. The fuselage is so long, it would take a Ben Johnson on steroids ten seconds to run from nose to tail. "A pair of Wingnuts", describes the Father-and-son wingwalking team. Even loonier were the Royal Albanians, planning (they say) to liberate their country by attacking it with their aerobatic Pitts Special biplanes.

The Mynarski Lancaster from Hamilton, Ont. -- one of the two flying anywhere -- was watched in silence by 98,000 as it took off. The same 98,000 watched in amazement as "Shock-Wave" -- a Mack Truck powered by three jet engines -- reaches 300 miles per hour on the runway.

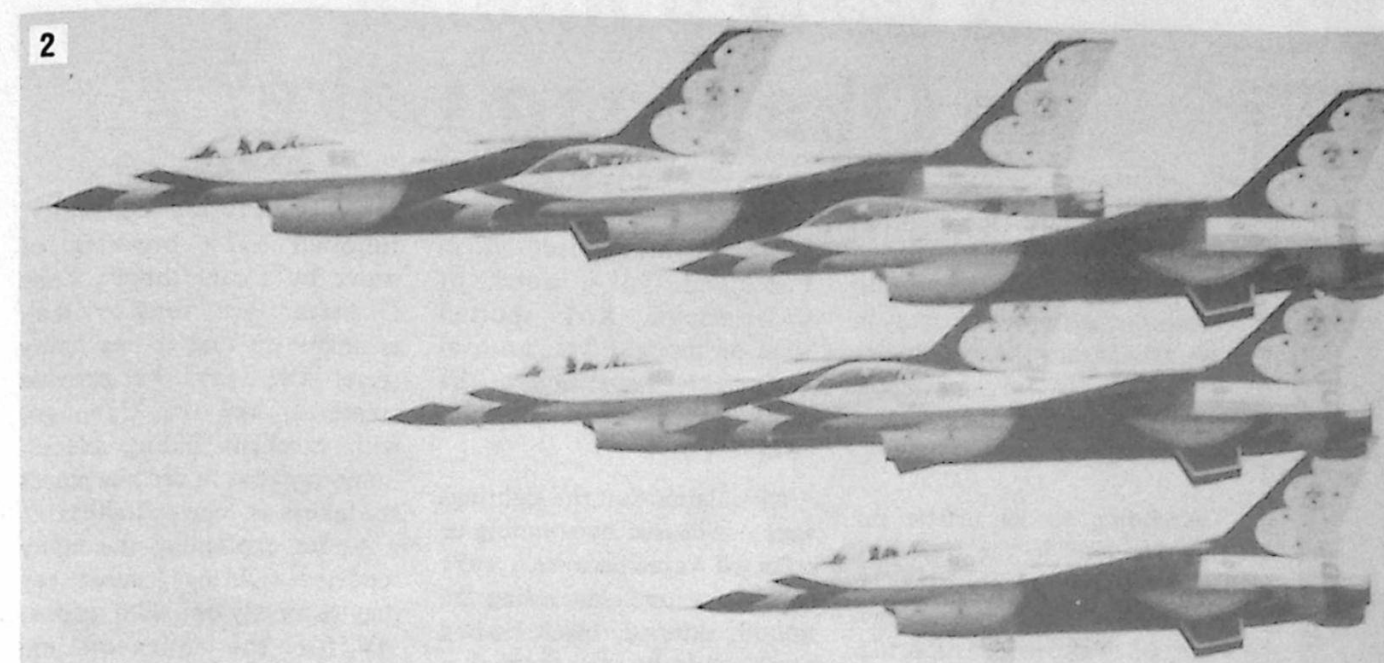
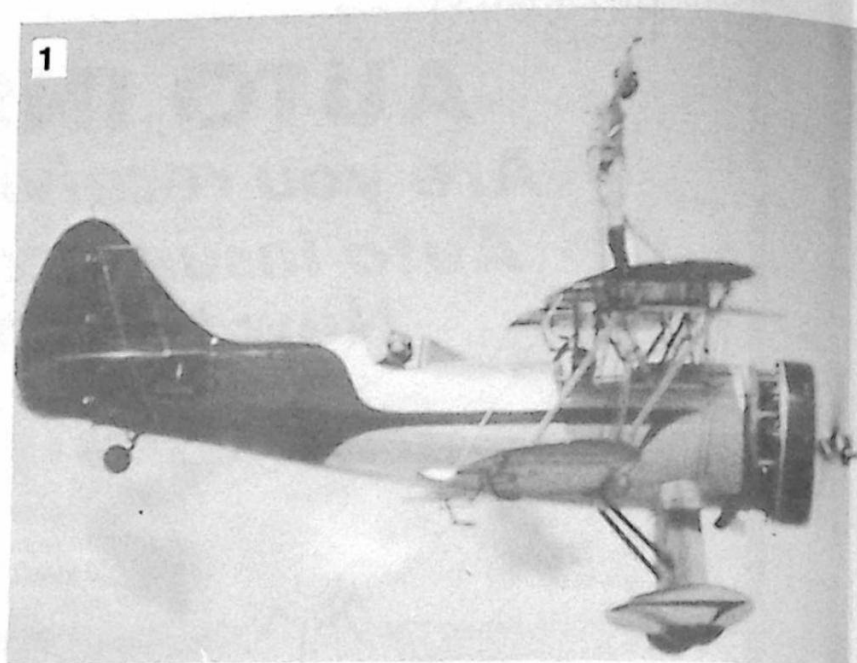
A comparison

The Snowbirds arrive with a tech in the spare seat and a few spare parts, then do their show. The USA Thunderbirds use two C-141 Starlifters and a C-130 Hercules for their six-plane contingent. Who's best? "Snowbirds by a country mile," state an unbiased Kightley and Hay; "No other aerobatic team has the repertoire of the Men from Moosejaw."

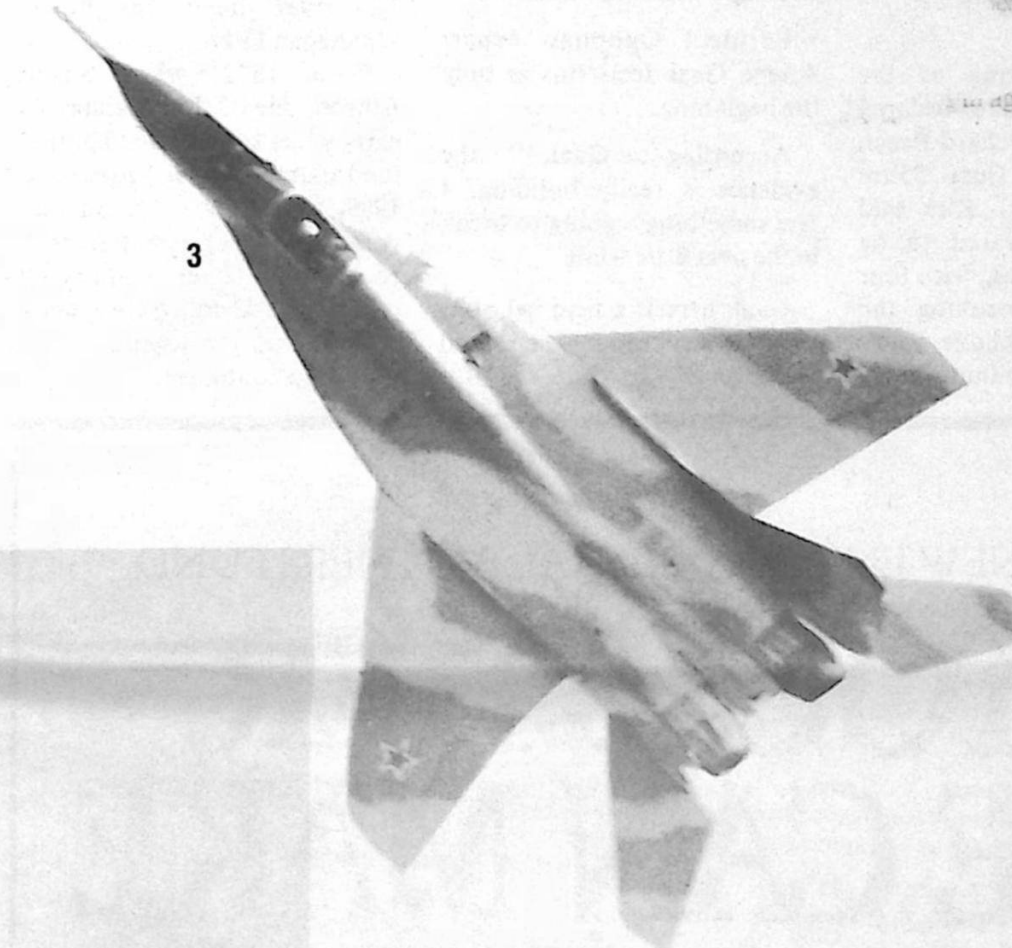
And finally, the Russian, and old technician, after a very long day: "Chiefs! Too many chiefs! Up, down, left, right, they say: Here, there! I stay here!"

And he sat down.

.....Norm Blondel

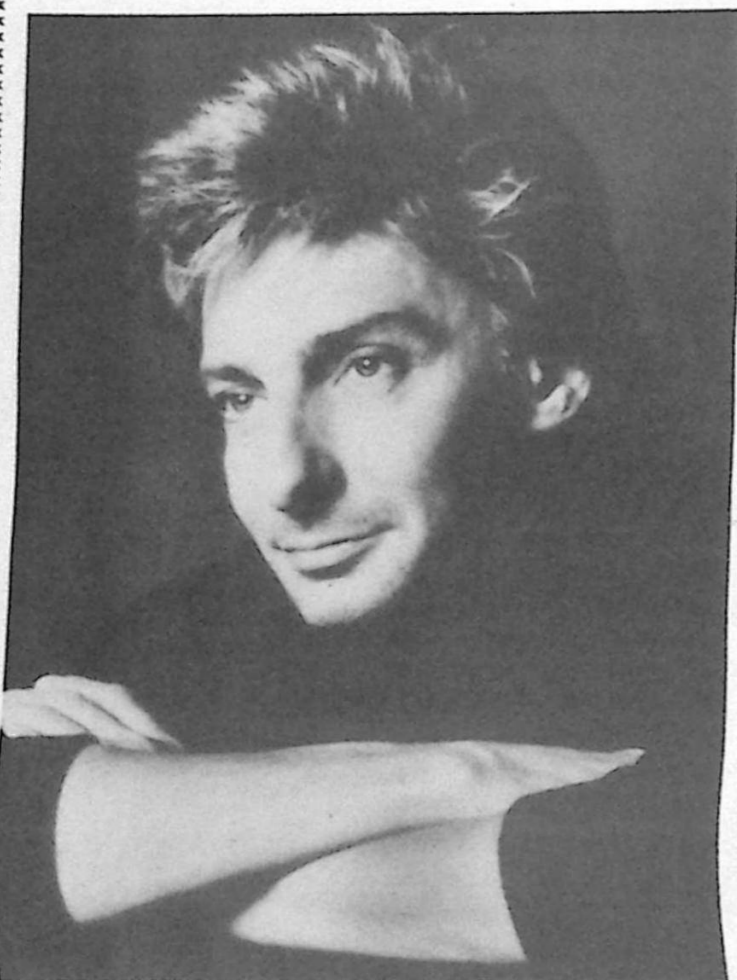


The Performers
A gallery of photographs by Pat McElroy of Courtenay, member, Western Canada Military Photographers Association. Above, and clockwise: 1. WACO Mystery Ship, Jim Franklin pilot, Kazian Wingwalker. 2. USAF F-16 Thunderbirds. 3. Mig 29 single seat interceptor. 4. B1 Bomber (Lanc in the background). 5. 407 Sqn prepares its display. 6. Under the AN-225 tail, a dual Mig 29. 7. KA-32 Heavy Lift Helicopter.



7

Leisure

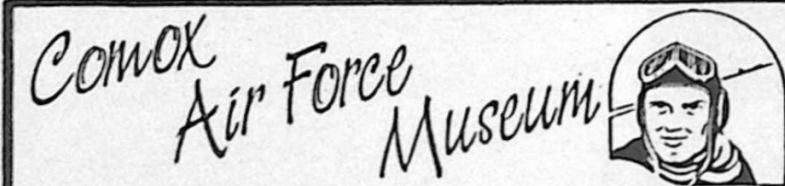


Manilow — love songs

Barry Manilow is the undisputed No. 1 adult contemporary artist of all time, based on 15 years of trade publication Radio & Record's chart standing. He had done it all. From writing hundreds of songs to grabbing Grammy, Emmy and Tony Awards, and even an Oscar nomination. For Manilow the humble beginnings in the mailroom at CBS, to help pay his expenses while he attended Juilliard, through his well publicized musical arrangements for Bette Midler, and 25 consecutive top 40 hits, his tours, awards and sales have been virtually unparalleled in the music industry.

In his latest release, simply titled "Barry Manilow" (Arista 8570) the multi-talented entertainer is on-target with his perfectly executed vocals on the romantic "Please Don't be Scared", "My Moonlight Memories of You" and the beautiful love song "Keep Each Other Warm". It is rare that an artist can release an album that is so filled with perfection that there is not a cut that doesn't have the potential to be a singles smash.

Throughout the entire cassette Manilow's music is pure magic. The lyrics are mini-stories that spring to life under the vocalist's guidance. Production and arrangements are brilliant. "Barry Manilow" is the artist's 20th release and has the potential to be his biggest seller to date.



Modelmania
A Display and Model Building Contest August 27, Display began July 18

Models available for sale:

- F-18 1/144 \$3.00
- F-14 1/144 \$3.00
- F-18 1/48 \$15.50
- Buffalo 1/72 \$5.00
- CF-100 1/72 \$12.50
- CL-13 Sabre \$14.00
- CH-113 Labrador \$12.00

At the gate of CFB Comox

Is there a monster in Okanagan Lake?

The legendary Ogoogo has resurfaced once again, stirring up an age old question still present in the minds of many in the Okanagan Valley, British Columbia: Is this legendary creature dwelling in the waters of Okanagan Lake?

According to an article on July 31, 1989 in the Kelowna Daily Courier, John Kirk, a publicist for the Cryptozoology Club of Vancouver reported two separate sightings the previous day.

The first sighting of the notorious lake-dweller occurred from the Peace Orchard Beach in Summerland (just 55km south of Kelowna). Kirk said the creature appeared to be about 11 meters long, with four to five bumps breaking the water. It stayed above water for about one minute at a

distance of 200 meters. The second sighting occurred in Peachland, 25km north of Summerland. Kirk spotted what he thought was 'an oval snake-like head above the water less than half a kilometre away'.

Kirk claims that the sightings were not caused by standing or reflected waves because a wake of white water, contrasting the smooth skinned, black bodied beast, could be seen through a telescope and binoculars.

Resident Ogoogo expert Arlene Gaal feels this is only the beginning.

According to Gaal, "...the evidence is really building. I feel something's going to break in the next little while".

Gaal, herself a firm believer, said that most reported sightings of Ogoogo are of a

general profusion of water, followed by a breaking of water by some 'thing'. Lake Okanagan, according to Gaal, is unique in that it has many secret little nooks that provide creatures, like the Ogoogo, with excellent hiding places. Some say that in certain places the lake is as deep as 1000ft.

As for explaining the many reported sightings, some say they're merely optical illusions. As for the sturgeon explanation, Gaal says that none has ever been caught in Okanagan Lake.

From 1872, when Susan Allison, one of the Okanagan's early white settlers first spotted the infamous water serpent, to 1989, people have sought and will continue to seek the truth to that ever-perplexing question: is there an Ogoogo?

For now, the legend of the Ogoogo continues.

THE NEW ENVIRONMENTAL PARTNERS FUND.

TOGETHER, WE CAN MAKE A DIFFERENCE.

Created by the Government of Canada, the Partners Fund will make \$50 million available over the next five years for projects to help local groups protect, preserve, enhance and restore our environment.

Anyone can get involved.

If you're a member of a service club, community organization, environmental group or a school or youth group, discuss the Partners Fund with your leaders. If you have a good idea, organize your own group and apply to the Partners Fund soon.

How much can a Partner receive?

Partners can receive up to \$200,000.00 over three years, depending on the size of the project. In keeping with the idea of partnership, the federal contribution is limited to 50 per cent of the total cost.



Environment Canada / Environnement Canada

Many ways to be effective.

Clean up local parks, lakes or streams. Develop new community or office recycling programs. Use your imagination and get involved!

Apply soon

The first deadline for applications is September 1st, 1989 with awards to be announced in early autumn. Beginning in 1990, there will be three deadlines each year: March 1st; June 1st; and September 1st.

For more information or for an application kit to get your ideas into action, please write or call the Environment Canada office in your province or territory.

British Columbia, Yukon: Environmental Partners Fund, Environment Canada, Suite 700, 1200 West 73rd Avenue, Vancouver, British Columbia V6P 6H9
Phone: (604) 666-5887

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BUY NOW BEFORE YOU PAY MORE!



1989 DODGE COLT 100E
Cloth bucket seats, rear window defroster, locking fuel door, mudflaps. Stock No. 62100.
MARKET VALUE \$10,749
FACTORY/DEALER DISCOUNT 1,150
FACTORY REBATE 1,000

SPECIAL \$8,599



1989 DODGE W100 4x4
318 V8 Fuel injected engine, automatic transmission, cloth bench seat, deluxe interior, 6x9" mirrors, rear step bumper, 25 gallon fuel tank, cassette stereo, mud & snow tread. Ram Trac 4x4.
MARKET VALUE \$19,734
DEALER DEMO DISCOUNT 2,255
FACTORY REBATE 500

SPECIAL \$16,999



1989 DODGE SHADOW
Cloth reclining seats, tilt & cruise, cassette, automatic, stainless steel exhaust, floor mats, child proof door locks. Stock No. 61850.
MARKET VALUE \$13,733
FACTORY/DEALER DISCOUNT 1,244
FACTORY REBATE 500

SPECIAL \$11,989



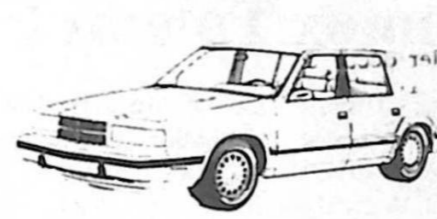
1989 DODGE D50 "IMPORT" PICKUP
Cloth bench seat, 2.0 litre engine, 5 speed transmission, power steering, AM/FM radio, tilt steering column, full size spare. Stock No. 62110.
MARKET VALUE \$12,452
FACTORY/DEALER DISCOUNT 953
SPECIAL CLEARANCE 310

SPECIAL \$11,189



1989 CHRYSLER DAYTONA
Bucket seats, 5-speed transmission, remote liftgate release, AM/FM stereo-radio with clock, delay wipers, all season radial tires. Stock No. 62050.
MARKET VALUE \$13,951
FACTORY/DEALER DISCOUNT 1,300
FACTORY REBATE 500

SPECIAL \$12,151



1989 CHRYSLER DYNASTY
6 passenger seating, delay wipers, V6 EFI engine, auto., 4-speed overdrive transmission, AM/FM stereo radio, with 4 speakers, floor mats. Stock No. 61870.
MARKET VALUE \$18,477
FACTORY/DEALER DISCOUNT 1,500
FACTORY REBATE 221

SPECIAL \$16,756



1989 PLYMOUTH VOYAGER
Cloth interior, tilt, cruise, cassette stereo, rear window defroster and wiper, remote lift gate release, roof rack, all season radial tires. Stock No. 62260.
MARKET VALUE \$19,025
FACTORY/DEALER DISCOUNT 1,300
FACTORY REBATE 269

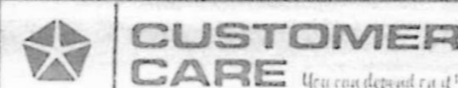
SPECIAL \$17,456



1989 DODGE DAKOTA "MID-SIZE" 4x4
Cloth bench seat, AM/FM radio with clock, V6 EFI engine, automatic overdrive transmission, 8-foot box, shift on fly 4x4 system, rear bumper. Stock No. 62200.
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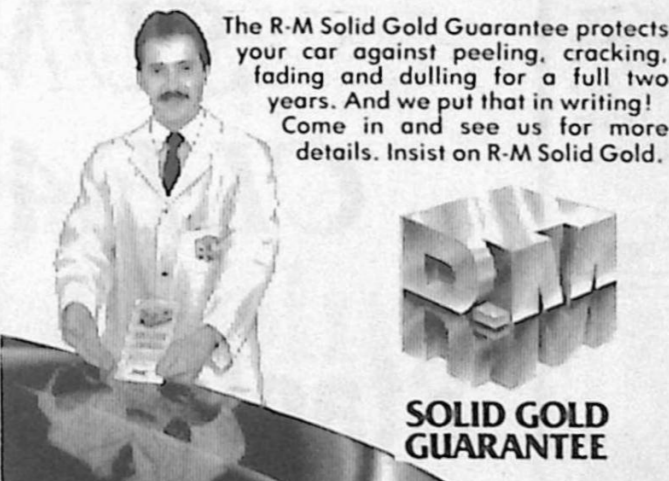
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Recreation

Webbed wonder



In the world of mass merchandising, the simplest idea can open the door to unbelievable fortune. Allen Black, a 30-year-old Canadian entrepreneur from Thunder Bay, Ontario, had that kind of idea, and now he's on his way to success in the fad market.

His product is called Power Gloves. The injection-molded synthetic gloves slip on, giving the wearer webbed fingers. In the water, Power Gloves enable one to swim faster and farther with less effort. The initial run of the product was test marketed with an enthusiastic response from the public. Snorkellers, divers, water volleyball players and many others found Power Gloves to be a great asset. Senior citizens found that they made swimming easier, and even young children enjoyed using them for water fights.



Glacier Greens Ladies Club

Glacier Greens Ladies' Club have qualified to compete in the second playoff of the Bavarian Motor Works Golf Championship to be held at Kamloops, B.C. on 23 August 1989. One 3 August our girls played their first round at the Fairwinds Golf Course at Nanoose Bay, at District Level, and tied with the ladies from Powell River for 1st place, which entailed playing an extra 3 holes. Unfortunately, they were then defeated by a very narrow margin.

The team players are Jesse Trto, Frankie McCaffery, and Rose McCliesh. We are pulling for you gals, and hope you will have the pleasure and privilege of taking part in the finals at Montebello, Quebec.

More info on results to follow. May the best 'man' win!

On 15 August the ladies of Glacier Greens Golf Club had the pleasure of hosting the ladies of Sequoia Springs at our annual interclub get-together. The spirit of competing and socializing was paramount; however, the weather either helps or hinders; luckily just enough breeze prevailed to keep us from losing our 'cool'.

Results: Sequoia Springs - LG Carol Strachan 87; Runner Up Florence Thulin 97; LN Judy Kensit 65; 2nd LN Alice DeGroat 74. On a countback, Babette DeMont claimed 30 putts. Glacier Greens - LG Lorraine Courtemanche 90; 2nd LG Frankie McCaffery 92; 1st LN Claire Rathbun 65; 2nd LN Ann Blake 66. Jackie Wilkie couldn't miss with only 27 putts. Congrat all!

by Vi Wilander

CFB Comox day camp a big hit

This summer's Day Camp and Swimming programs are now in full swing; we are in our third session and the children are having a great time.

In the past five weeks of the Day Camp program, the Campers have had fun doing a number of activities. For example: in the first session, the Campers went to visit the Huggie Bear Lollipop Factory in Courtenay, had a cook-out at Air Force Beach, went bowling in the Rec Centre, and had a day trip to Kye Bay Beach. In the second session, they had a fantastic time at the Sports Day and they also had a

tour of the base Fire Hall and another cook-out at Air Force Beach.

So far in the third session, the Campers have visited the Puntledge River Fish Hatchery. Tentatively scheduled for the second week of the third session is another Sports Day in Lewis Park, Courtenay. If that doesn't go through, they'll still be spending the afternoon in Lewis Park.

Trips in the fourth session will include a 'Birthday Party' at MacDonald's, and a trip to see the animals at Hands On Farm.

Also in the fourth session,

leaders and campers alike will spend a night out with Mother Nature on 24 August in the Pavillion at Air Force Beach.

Other activities have included tie-dyeing, batiking, pastelling, and Kool-Aiding their T-shirts. The pastels were a big hit: the campers could actually WRITE on their clothes without fear of retribution!!! They also made a valiant effort at making sand candles, but, unfortunately, Mother Nature decided the tide should go in at the precise time they needed it to go out.

All in all, Day Camp is going very well indeed.

CFB Comox Totems Pac Region champs!

The CFB Comox Totems Ladies' fastball team is once again the Pac Region fastball champions after handily defeating CFB Esquimalt on 19 Aug.

The best 2 out of 3 series, which was played at the Comox field, was a hard-fought battle resulting in a 12-4 and 18-5 decision.

In the first outing, the Totems were led at the plate by Brenda Beaton who went 2 for 3 in the contest, earning 3 RBIs.

Sound fielding by Linda

Chasse, Jo Ann Wheeler and Nathalie Aube helped secure the Comox win.

V. Hughes and B. G'Acornelli played a strong game in the field for Esquimalt while K. Trunnon and G'Acornelli assisted at the plate, going 2 for 3 and 3 for 4 respectively.

In the second game, Comox saw some impressive showings at the plate by Wheeler, who was 4 for 5 with 4 RBIs and Kathy Edwardsen who went 2 for 3.

Comox was led in the field

by Gail McIntosh and Chasse who came up with some exceptional catches.

The Esquimalt squad was paced at the plate by S. Anness who garnered 3 RBIs in a 3 for 3 effort.

Again, Hughes and G'Acornelli played consistently in the field.

Edwardsen took the mound wins while J. Slaunwhite suffered the losses in both games.

Comox now travels to Carp to compete in the National Championships 11 - 15 Sept. Best of luck to the team.

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Military update

Promotions & Awards

Comox wins at Photo Contest

Once a year the Canadian Forces hold a photographic contest which allows its members to compete against each other and put on display their best work, and as such, expose

some of the artistic talent that exists in the department.

This year's contest is the most successful ever, as 450 entries were received from 40 CF establishments, showing that

the CF Photo Contest is truly national in scope.

The contest consisted of three categories: open, portraiture and military life, and may be entered in three mediums: colour print, black and white print, and 35mm slide. This year's large variety of artistically pleasing entries kept the three judges busy and at times caused considerable discussion with respect to the finer points of photographic artistic merit.

The resulting exhibit, comprised of all winning entries as well as 125 other outstanding photographs, was displayed for one week in the main concourse of NDHQ in Ottawa, and received many favourable comments with respect to artistic talent in the CF.

Cpl Roy and MCpl Cands, of CFB Comox, were both winners. Cpl Roy won 1st place in the open professional, 35mm slide category while MCpl Cands received an honourable mention in the military life, professional, colour category.

Fitness For Life Award



Cpl Kim Cummings, Base Photo, is presented with a Fitness for Life award by the Rec Centre's Cpl Germain Savard, after attaining 1000 pts by running several kilometers 4 to 5 times a week. Participants can also win this award by swimming, cycling, walking, as well as playing many other sports. See the Rec Centre for details.

All moving traffic violations now carry a fine!


Fail to yield on green arrow; Red flashing light-no intersection; Yellow flashing light at intersection; Yellow flashing light; Disobey construction sign; Driving: Speed in municipality; Speed against area sign; Speed against municipal lane; Speed in school zone; Speed in playground zone; Fail to yield on right; Slow vehicle not on right; Unsafe lane change; Lane change; Right turn from wrong lane; Illegal line; Fail to pass at safe distance; Increase speed while being passed; Unsafe pass on left; Pass without clearance; Commercial vehicle follow too closely; Leave controlled access highway; Improper left turn-no intersection; Improper right turn-no intersection; Unsafe U-turn; Inadequate signal on turn; Drive vehicle with intersection; Disobey yield sign; Fail to yield on left after stop; Fail to yield to vehicle; Yield; Fail to yield for emergency pedestrian; Disobey school bus railway crossing unsafely; Drive stop sign unsafely; Commercial intersection; Reverse when unsafe; Motorcycle; Motorcycle passenger not lawfully on motorcycle over 2 abreast; Follow fire truck; Drive on sidewalk; Open door while unsafe.

section; Red flashing light-no intersection; light-no intersection; Fail to yield at green intersection; Drive over newly painted lines; Slow against highway sign; Speed in school zone; ep right; Slow vehicle not on right; t signal; Left turn from wrong lane; solid double line; Cross solid broken line; Fail to yield to passing vehicle; safe pass on right; Pass on right of roadway; traffic sign or signal; Follow too closely; "vider; Enter controlled access highway; n; Improper left turn-no intersection; 'urn; Unsafe start; No signal on turn; ce; Fail to yield at uncontrolled intersection; Fail to yield to left turn vehicle; Fail to yield all to stop; Emerging vehicle fail to stop; Pass vehicle yielding for to stop at railway crossing; Leave railway stop sign; Leave railway stop sign; Disobey stop sign; Reverse into lane; not on seat; Passenger unlawfully on seat; Permit unlawfully seated passenger; Operate vehicle; Park near fire truck; Drive over fire hose;

A fine plus penalty points.

British Columbians pay \$905 million a year in health and other costs related to driving accidents. * It's too high a price for the people of the province and the victims of accidents to pay. From now on, bad drivers are going to face fines ranging from \$35 to \$200. Our roads must be made safer.

* Source: ICBC 1988. Direct costs.

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Lt Tom Norris, 407, OPDP distinction



Sgt Martin, 407, CD



Cpl Blackmore, 407, CD



Capt Shaw, 407, CD



Jon Vanderkooy, 407, promoted Sgt



George Stoneman, 407, promoted MCpl



Sgt Herb Lightfoot, 407, Aerobic Excellence (his sixth)



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Public announcements

Museum Notes

The Modelmania exhibit and modelbuilding contest ends August 27. It has been planned and executed by our summer students, and it generated an excellent response from our visitors.

Since May, our 4500 visitors have enjoyed our exhibits, including air cadets, seniors, and travellers from Australia, Japan, the United States, England, Germany and all parts of Canada.

During the first week of August the curator, Betty Bennett, attended the Organization of Military Museums of Canada conference in Victoria. This was a very worthwhile week of history lectures, museology courses, museum visits and an opportunity to meet other individuals involved in military museum work. Several of the conference delegates made a brief visit to our museum before departing. We have also had a visit from Diane MacKenzie of the B.C. Museums Association, to advise us on the organization and care of our archival collections.

The museum sponsors "The Blue Review", a half-hour program on Cable 10, the community channel. The program is hosted by LCol (Ret'd) Duke Warren, and he promises a very interesting line-up of guests for the coming season. Scheduling isn't definite yet, but is expected to start around September 13. Check your TV schedule for times.

September is when we say farewell and good luck to our summer students, Marlisa Spadifora, Shiloe Thomas, and Scott Clarke. All have done excellent work for the Museum this summer and we wish them every success as they return to university. As we loose our summer students, it naturally means that, once again, we are looking for volunteers. If you can spare 2 - 3 hours a week, preferably on a regular basis, please call 339-8635. We have a variety of jobs to be done in the museum, as well as a couple that can be done at home. Museums hours: 10 - 4, Tues. through Sun. til the end of September.

TRIVIA NIGHT

Friday September 15, 1989 — 7:30pm
Royal Canadian Legion
Comox -- Upper Hall

You are invited to take part in a Trivia Fund Raiser for Muscular Dystrophy, with all proceeds going to the Muscular Dystrophy Association of B.C. These funds will aid in research of this disease and help both local clients and others within BC with their fight against Muscular Dystrophy.

Our Trivia Night, put on by the Comox Volunteer Firefighters and the Ladies Auxiliary of the Comox Fire Department, will cover many subjects. There will be 60 questions. Each team will have 8 players at a cost of \$5.00 each to play and each team must have a team name. All contestants must be over 19. Team names are requested as soon as possible, so the scoreboard can be made-up.

There will be prizes, raffles, food, and, of course, the bar will be open. Come try your luck and have some fun. Get your team together and get your tickets early as there are a limited number of seats. For tickets, please call Lynne or John Marinus at 339-5725 or 339-2812. All tickets must be picked up by Sept 8th. Game rules will be on the tickets.

RUN WALK JOG RIDE WHEEL

The 9th annual
TERRY FOX
RUN For Cancer Research

Sunday, Sept. 17th

For further information: please contact MCpl Rothermund at the Rec Centre, local 8315.



The Officers' Mess Ladies Club

invites
Ladies of the Officers' Mess & Guests
to a
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in honour of Mrs. Donna McGee

at 2pm
Sunday, September 10th
in the Officers' Mess Lounge

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BINGOS—Thu, Fri, Sun at 7:00 PM
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TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
SATURDAY.....FUN BRIDGE AT 12:30

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Phone 334-4322 (days) for more information

SPORTS

Sunday September 3rd -- Come out and enjoy a day of FUN GOLF at Longland's Par 3. Enter at the bar. come back to the lounge for a real Downhomers meal - Corned Beef & Cabbage! Friday, to Sunday September 15 to 17 -- Register now for our 16th Annual Sugar Bear Dart Tournament. Phone 334-4322 for details.

NOW OPEN SUNDAYS.....12-7 PM

BRANCH 160 COMOX

ENTERTAINMENT

Fri Aug 25..... Music by THE DUKES

REGULAR ACTIVITIES

SUNDAYS.....Lounge 2-6 PM
MONDAYS.....L.A.Drop-in Bingo-7:30PM
Men's Dart League-recessed to Sep 11
TUESDAYS.....Ladies Club League-Lounge-7PM
Mixed Darts-recessed to Sep 12
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall-7 PM
THURSDAYS.....*1st Br.Exec.Mtg.
L.A.Exec.Mtg.(as req.)
*2nd L.A.Gen.Mtg.-Upper Hall 8 PM
*3rd Br.Gen.Mtg.-NONE in Aug
FRIDAYS.....Meat Draws.Lounge-2-6PM
Dance-downstairs unless advised-9PM
SATURDAYS.....Meat Draws. 2-6 PM-Lounge

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If you are looking for a challenging career opportunity and would like to join our management team, then submit your resume to:

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all the children born into the world, 80% are in the developing countries. For every Eistein born in an industrialized country, there are four in developing countries

who will never have the opportunity to realize their full potential'.

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Knotty notes

RCSCC Port Augusta is your local sea cadet corps, located at HMCS Quadra at Goose Spit. The corps was commissioned for the third time in 1964, thus making this year our 25th anniversary. Our mandate is to teach good citizenship, leadership, personal discipline and naval topics ie: seamanship, sailing, pilotage, communications and drill through a program of hands-on training and classroom work as required. To this end we parade every Tuesday night at 1900 (7pm) and also on Sundays, September through June.

This year our activities will include: learning to sail using the corps own flying juniors; decorative ropework to create a decorative paddle which the student gets to keep; safety afloat as in proper small boat handling classes using a variety of corp owned vessels. (The corp presently owns or has the use of at least 12 vessels of various sizes and types); photography camera techniques and developing; radio communications voice procedures; firearms training proper use of firearms; first aid training to standard level; leadership and drill; visits to other corps on Vancouver Island and the mainland; cruises on DND vessels; live aboard weekends and sports. As you can see, we are an active corps.

RCSCC Port Augusta will start this anniversary year with a pre-registration evening on Tuesday, September 5th, at 1900 hrs (7pm) in building 1 on Goose Spit. Regular parades will start on Tuesday, September 12th at 1900 hrs.

PREREQUISITES FOR JOINING ARE:

Ages 12 to 19
Male or female
Good health
Willing to accept a challenge
Interested in youth activities.

Transportation to and from parades will be provided by the corps bus which makes a sweep through PMQ's, Courtenay, and Comox every parade night.

We will continue to inform you about RCSCC Port Augusta in future articles.

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Public announcements

Job opportunity

The Junior Ranks Mess is looking for a Receptionist to start approximately mid-Sept. This is a permanent part-time position. Applications may be picked up at the Junior Ranks Mess Office or Canex office. Applications must be brought into the Junior Ranks Mess office by 31 August.

PMQ pet owners British Columbia Lung Association

Be advised that all CFB Comox Pet Licenses currently in use will expire on 1 Sep 89. IAW Base Standing Order Section 9-2, all pet owners must purchase a new license prior to or immediately following that date. Failure to do so may result in a \$15.00 fine.

CFB Comox Pet Licenses must be obtained for all dogs and cats. Costs will be \$20.00 for an unneutered animal and \$10.00 for a neutered animal. Owners who register a young animal and subsequently have it spayed or neutered prior to that animal reaching eight (8) months of age may be eligible for a refund of up to one-half (maximum \$10.00) in their registration fee.

1989/90 pet licenses may be purchased any time by contacting the Base Animal Control Officer, Cpl Wayne Tokarz (Home 339-4793; Work 339-8399). Licenses will also be on sale at the Community Council Office in the Rec Centre Monday to Friday, 0800 - 1230 hrs. Also, registration will be accepted at the PMQ Fun Day 9 Sep 89. Again, all licenses in use will expire on 1 Sep 89 and must be renewed.

As a final reminder to all pet owners:

- no owner shall permit his dog on any school ground, play ground, or posted parkland area; and
- where a dog is found on a school ground, play ground, or posted parkland area, the owner shall be deemed to have failed or refused to comply with para a.

British Columbia Lung Association

THE CHRISTMAS SEAL PEOPLE

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From: 1 July - 31 August 89

The Canex Home Heating Oil Plan THANKS TO YOU - it's working!

Arena Employment

Once again it's time to freeze the concrete and strap on the blades. The plan is to make ice in early October. Individuals who wish to work at the arena for this season (1989/90) are to submit resumes to the BPERO - prior to 22 Sep 89. The following positions are available for application:

- Arena crewchief;
- arena attendant;
- game scorekeepers.

For additional information -- contact PO1 Brandel at local 8542

WANTED councillors for married quarters

CFB Comox Married Quarters is divided into nine wards, with two councillors representing each ward. The councillors are all volunteers and are married quarters residents (both military and their dependants). Wives and dependant children, 18 years of age and over, are most welcome to serve on the council. If you or your dependants are interested in filling a position of councillor, please call or leave your name with the Secretary of the Community Council, local 8571, or MWO Smith, Mayor, local 8376.

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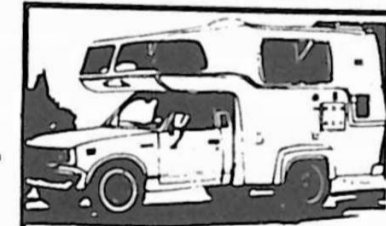
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ICBC begins monthly professional driver award

B.C. professional drivers who meet a list of safe driving criteria can be nominated for awards under a new safe driver incentive program conducted by the B.C. Trucking Association, with sponsorship support from the Insurance Corporation of British Columbia.

Beginning in September 1989, the Association will honour a safe driver each month, who meets the criteria, and who is nominated for the B.C. Professional Safe Driving Award. The Award includes \$200 cash, and engraved watch and a crested jacket.

Eligibility is limited to professional drivers with a minimum of two years' driving experience, who have been with their employers for at least 12 months who have had no preventable accidents in two years prior to their nomination, and have no more than 4 points on their current 12 month driving abstract.

Fergus Savage, Fleet Safety Manager for ICBC, explains, "Road safety professionals have long recognized that the professional driver is a key player in any function that involves the safe operation of roadway vehicles. This recognition carries with it the expectation that our professional drivers in B.C. should rank amongst the best drivers on the road. This program, together with the annual safe driving award pin, is a sincere effort to say thank you to the professional drivers in our province who are assets to their employers and to the motorists with which they share the road."

Nomination forms and rules are available from the B.C. Trucking Association at P.O. Box 381, Port Coquitlam, B.C. V3C 4K6 or call 942-3200. Nominations can be made at any time with the deadline being the 15th of each month.

OFFICERS MESS

AUG/SEPT '89 CALENDAR

FRIDAYS AUGUST 25 & SEPTEMBER 1, 8, 22, 29
REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS AUGUST 30, & SEPTEMBER 6, 13, 20, 27

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

SUNDAY, SEPTEMBER 10
OLC will be hosting a Welcoming Tea in honour of Mrs. Donna McGee in the lounge 2 - 4 pm. Come out to Meet Mrs. McGee and help to welcome her to Comox.

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ANNOUNCEMENT

MARITIME LIFE

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Maritime Life Assurance Co is pleased to announce their sponsorship of Doug Carmichael as an agent for life insurance, annuities, and registered retirement income funds.

He has been a resident of the Comox Valley for a number of years and is a retired member of the RCAF and CAF.

He is available to provide prompt and effective service to current and prospective Maritime Life clients and may be contacted at 339-3523.

HELP WANTED

EUROPE: Denmark, Sweden, Norway, Germany, The Netherlands or the United Kingdom; the choice is yours. If you are between 19-28 with practical farming experience contact: I.A.E.A., #206, 1501 - 17 Ave. S.W., Calgary, Alberta, T2T 0E2. PH: (403)244-1814.

HOUSEWIVES: Mothers & interested persons needed immediately to sell toys and gifts for National Home Party Plan. No investment, deliveries or money collection. Call (519)258-7905

HOUSEWORK: Mothers & interested persons needed immediately for award-winning twice-weekly community newspaper. Please send resumes to: Cono Spitalo, Maple Ridge News, 2328-119th Ave., Maple Ridge, B.C. V2X 2Z3

McDonalds Restaurant Manager: Beautiful Shuswap, excellent opportunity, experience preferred. Send resume to 1001 TransCanada Hwy., Salmon Arm, B.C. V1E 4M2. Phone Roy or John (604)832-3919.

Reporters!
Excellent opportunity for that vibrant and vigilant career-oriented reporter who is looking to fulfill future dreams and aspirations. The Williams Lake Tribune requires a senior reporter/photographer immediately. This person must be a leader and be able to work closely with the editor in a six person department. The successful applicant must own a 35mm camera and reliable means of transportation. Camera and car allowance is part of an excellent benefits package. Wage commensurate with experience. Send resume and references in confidence to Gary Crossin, Publisher, The Tribune, 188 North 1st Ave., Williams Lake, B.C. V2G 1Y8.

SPORTS EDITOR WANTED: Sports Editor for large suburban Vancouver paper. Must be able to work independently and must have experience in layout, editing and sports reporting. Ability to write news and features an asset. Salary commensurate with experience. Apply in writing only to the Editor, Richmond Review, #120-5811 Cedarbridge Way, Richmond, B.C. V6X 2A8.

OVERSEAS JOBS: High demand in Australia, U.K., Indonesia & 20 other countries. All occupations needed. Supervisory positions also open. Call Smart Int'l Inc. (719)697-6084 (U.S.A.)

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SERVICES:
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This photo of a 407 Sqn Aurora flying through the mountains was snapped by MCpl Cando of the Base Photo section and won him an honourable mention at the recent CF photo contest.



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