

German E-boat

Victory at Sea

A feature book

review on page 12

So long 'Birds

Have a good year,
we'll see you back
in August



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 8 26 APRIL 1990

NEXT DEADLINE 7 MAY 1990

COST: PRICELESS

Alcohol & Drugs:

CF's new strategy

OTTAWA--The Minister of National Defence, the Honourable Bill McKnight, announced a comprehensive strategy on alcohol and drug use control in the Canadian Forces. The Minister stated that his aim is to see a substance-abuse free Canadian Forces.

Consistent with the National drug Strategy, the Department of National Defence strategy is aimed at improving alcohol and drug education, prevention, rehabilitation and enforcement.

"The use of drugs, even by a minority of servicemembers, can pose a significant threat to public safety, and to the operational effectiveness of Canadian Forces personnel. Measures to improve safety cannot be overemphasized," said Mr. McKnight.

For more than 30 years the Canadian Forces has had an effective alcohol rehabilitation program, which was supplemented by an extensive Drug and Alcohol Prevention Program. In recent years the Department of National defence has looked at ways of

upgrading the drug prevention element of the program.

"We have the education, counselling and rehabilitation infrastructure in place to deal with alcohol abuse. That same infrastructure will be reoriented to fully include illicit drug use to fulfill our commitment to have a comprehensive program for substance use in the Canadian Forces," said the Minister.

Included in DND's strategy is drug rehabilitation, counselling and mandatory drug testing with random elements. The need for testing grew from the recognition that the roles of Canadian Forces personnel are virtually unique in Canadian society and that safety considerations are paramount.

"The details about the testing side of the program are being designed and will be forthcoming, but I will say that we will ensure it is a balanced program which will be introduced in a sensitive and humane way so as to respect individual rights and privacy," said Mr. McKnight.

'Children'



PHOTO MUPPET



When three-year-old Amy McDonald of New Westminster figures out how to use the camera, she and any other amateur photographer can enter the British Columbia Lung Association/London Drugs Fresh Air Photo Contest. See details on page 2.

Courtenay Little Theatre presents 'Children'

Courtenay Little Theatre is once again performing an entertaining and intriguing play for the entire Comox Valley.

Opening 3 May, C.L.T. will be presenting A. R. Gurney Jr's dramatic comedy, 'Children'. This play presents the struggle of grown children and their lifestyle status quo. This finds the audience smack dab in the middle of conflict and humour.

This award winning play is being directed by Gail Limber. The cast and crew took the play to Nanaimo for the North Island Zone Theatre Festival just this past week and came home with many awards including 'Best Supporting Actress', won by Bev Hollingsworth and "Best Buns", which will reveal itself during the show.

The show will be performed

at the Sid Williams Civic Theatre on 3, 4 and 5 May.

There are door prizes for audience members on opening night. Ticket information is available by calling 339-6289. Tickets available for the 8:00 performances at Blue Heron Books in Comox, Pharmasave in Courtenay and Laughing Oyster Books in Courtenay.

On the base



Caring for aging parents

EAP offers help

At some point in our lives many of us have to face making decisions about the care of our aging parents. As we progress through the life cycle we frequently become parents to our parents. The emotional strain of taking on increased responsibility for our parents can be a difficult task for families.

Our growing involvement in the care of our parents may be initiated by a crisis — a heart attack, stroke, or serious accident. In other situations, our parent's needs for care may develop gradually as they age. Regardless of the cause of increased involvement in our parents' lives, the first hurdle we must clear is the confusion we can feel about how much care is needed and how we will manage this.

Whether the care required is provided in our homes, our parents' residence or a nursing home, there are practical steps to consider to assist in this process.

It's necessary to have adequate medical explanation to help you understand the physical, mental and emotional conditions of your parents, what they can and cannot do, and how you can best assist them.

Developing an awareness and understanding of older adults' common fears, phobias, and concerns is helpful. Like most of us, unpredictable, uncontrollable events may cause them to feel helpless and depressed. Depression in older adults is common, especially if they lose their independence and become

socially isolated through loss of transportation, health and friends.

A decision as to where your parents will live is best accomplished by including their participation in the process. Taking an honest look at their physical, mental and financial conditions will help you decide on the best course of action to take. You have a right to ask your parents to assume as much responsibility as possible and request that siblings do their part as well.

Most older adults want to keep living in their own homes and communities, and until illness or disability makes it impractical, most people want that for their parents. When living independently is no longer possible, however, the parents may come to live in their children's homes.

At this stage, the caregiver's job may extend around the clock. Taking on this responsibility requires many considerations. The emotional, physical, and financial strains can be major burdens affecting the caregiver's well-being. If problems from childhood remain, they need to be resolved for this close, new relationship to work. Caregivers who work outside the home will have competing demands on their time and energy. Regardless of gender or job status, the caregiver will have less leisure time. The family routine may be disrupted, and there may be more conflict. Often, the caregiver may face lack of sleep, growing social isolation, increased stress on marital relationships, or a feeling of guilt that not enough is being done.

There are situations where nursing home care has to be considered. Because waiting lists for nursing homes can be long, intermediate care may be needed to provide additional assistance to the caregiver in the meantime. The help considered may include adult day care programs, home care assistance, respite care, or volunteer visitors providing additional companionship to the parent.

An EAP Referral Agent can provide you with information to direct you to the help you need. Others who can provide information about resources in your community are ministers, nursing homes, seniors groups such as Age and Opportunity, Public Health Nurses, and groups who organize support for families concerning specific illnesses, such as the Alzheimer's society.

The increasing degree of care required by an aging parent tests family's strengths, patience, and resourcefulness. There are times when an outside perspective can help you. If you need additional help, contact any EAP Referral Agent at your Unit.

Next deadline 7 May

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Linda 339-3241 or Gloria 339-0592

Photo Contest promotes fresh air

The British Columbia Lung Association is launching Western Canada's largest photo contest as part of its clean air public awareness program.

Association president Rick Weinman says, "Protecting air quality in B.C. is a major objective of the Lung Association, as fresh air is vital in maintaining healthy lungs. We hope the Fresh Air Photo Contest encourages people to appreciate and help preserve the air we breathe."

The Fresh Air Photo Contest is organized in conjunction with London Drugs and the Alberta Lung Association, and is expected to attract more than 10,000 entries from both provinces. Running from 15 April to 1 June 1990, the contest allows amateur photographers to express themselves on film in a variety of categories: sports and leisure, scenery, animals and nature, and kids. Submissions will be accepted in color or black and white prints or slides.

Photographers will be vying for thousands of dollars in prizes, including two Pentax SF10 Autofocus cameras with zoom lens, four Norco Mountaineer mountain bikes, four Daiwa Graphite spinning reels and rods, four Sony Sports Walkman cassette players, dozens of Fujicoulor Quick Snap cameras and hundreds or rolls of Fujicoulor SUPER HR 35mm film.

Fresh Air Photo Contest entry forms and contest details are available from the British Columbia Lung Association office, 906 West Broadway, Vancouver, V5Z 1K7.

CFMETR 25th anniversary

This year marks the 25th anniversary of the joint Canadian American Underwater Test Range.

Celebrations are planned for 11 and 12 May 1990 and will include a dinner and dance.

All former members are invited. Further information available from Lt(N) Mark Burchell, 252-5040 (AV), (604) 756-5040 (COMM).

Glacier Ladies

'Jesse Trto wins Early Bird' Glacier Greens held their Annual Early Bird Golf Tournament on Sunday 15 April.

Ladies Results:

Field L.N. Jesse Trto
1st L.G. Inge MacArthur
1st L.N. Judy Fellbaum
2nd L.G. Lori Cameron
2nd L.N. Kay Banks
3rd L.G. Jan Verbeek
3rd L.N. Rose McCliesh

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On and off base



LEGION LOG

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Fri & Sat 4 & 5 May. Music by SHABOOM

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WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUND DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
SATURDAY.....FUND BRIDGE AT 12:30

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EVENTS

SAT 28 APR Western Nite, prizes for best costume, free food,
dance to COUNTRYMEN 9-1.

SPORTS

SUN 29 APR Fun Crib Tournament, upper hall reg 12-1.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 27 Apr. Music by VALLEYBOYS
Fri 4 May. Music by ALLEYCATS
Fri 11 May. Music by COUNTRYMEN
Fri 18 May. Music by HIGHWAY 19
Fri 23 May. Music by DUKES

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 am to 6 pm
MONDAYS.....Men's Dart League, Navy Room, 7:30 pm
L.A. Drop-In-Bingo, Upper Hall, 7:30 pm
TUESDAYS.....Ladies Crib League, Lounge 8 pm
Mixed Dart League, Upper Hall, 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall, 7:30 pm
C.V. Crib League, recessed to Sept 90
THURSDAYS.....*1st Br. Exec. Mtg. 8 pm
L.A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
*3rd Br. Gen. Mtg., Upper Hall, 8 pm
FRIDAYS.....Meat Draws, 2-6 pm
Dance, Lounge, unless advised
SATURDAYS.....Meat Draws, Lounge 2-6 pm

EVENTS

Sun 13 May Mothers' Day, Lounge

SPORTS

FRI 11 MAY Dart Steak Shoot. upper hall, reg. \$5 from 6 to
6:30 pm, start 7 pm.
SUN 6 MAY Crib Tournament 1 pm, upper hall reg \$5.

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MCPL HUGHES

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Officers' Mess

Ladies' Club

Last week's 'Penny Auction' was a great success. Georgia McClellan, our resourceful auctioneer, assisted by Monique Marchand-Godwin, was able to auction off all the donated items. Georgia will be remembered for her good sense of humour and her powers of persuasion. At intermission cakes, squares, and fresh fruit were served. Thank you to everyone who contributed.

Congratulations to our door prize winners; Elizabeth Forseille and Marthe Bernier. They won respectively a toy from 'Discovery' and a gift certificate from Maida's Boutique.

The annual Farewell Dinner will be held on Tuesday, 15 May (Note date change) 5:30 for 6 pm. Tickets are \$8.00 for members and \$12 for guests and are on sale until 8 May.

Tickets are available from:
Marthe Bernier

339-7484

Terese Czirkjak

339-5328

Monique Marchand-Godwin

339-0712

Julie Mercer

339-0086

Don't delay in getting your tickets for this season's finale. Besides having a 6 course, sit down, served dinner at a super price we have some extra special entertainment. We look forward to seeing you!

Obituary

LONSDALE, Phyllis Enid died peacefully on Palm Sunday 8 April 1990 in Victoria, B.C. Lovingly remembered by her husband, Rev. Christopher Lonsdale; three daughters, one brother and many other family members.

Funeral Service was held 11 April 1990 in St. John the Devine Church, Victoria, B.C. Donations in lieu of flowers to Operation Eyesight, P. O. Box 123, Station M, Calgary, Alta. T2P 2A6 or St. John's Building Fund, 1611 Quadra St., Victoria, B.C. V8W 2L5. Arrangements entrusted to McCall Bros. 338-4465.



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Editorial

NORM BLONDEL



In other shoes

Twenty-two MLAs, including our own member Stan Hagen and six members from the opposition side of the provincial house, adopted a troublesome, strictured lifestyle last week.

They were persuaded by the provincial branch of the Canadian Diabetes Society to live the life of a diabetic for a week, with (almost) all that entails, including a diabetic diet, self-injection (with distilled water rather than insulin), and frequent self-testing for blood sugar.

Even the parliamentary restaurant entered into the spirit of the project, with diabetic meals. If our MLS Stan Hagen had been a diabetic, he would, by his own admission, have been in a coma by the end of his first day: "I skipped breakfast, didn't have time for lunch and finally had something to eat at dinnertime," he said. A diabetic cannot skip any meals, and is forced to endure a highly regulated and rather expensive daily routine, seven days a week, with no relief in sight.

"This was an eye-opener," Hagen said, "you don't realize how regulated you have to be until you have to be regulated."

If this was an eye-opener for Minister Hagen and his 21 fellow MLAs, then the Diabetes Society is to be commended for a very intelligent and practical method of demonstrating the plight of the people they represent.

Insulin, syringes and needles for type 1 (Insulin-dependant) diabetics are covered under the B.C. medical plan, as are doctor-ordered tests. But expensive self-testing equipment, like blood monitors and test strips are not. The Diabetes Society argues they should be: at 70 cents each and required six times per day, the test strips alone are a considerable expense.

They seem to have made their point with Minister Hagen: at the conclusion of his week as a 'diabetic', he stated he is prepared to recommend inclusion of diabetic self-test equipment in the government health plan.

If the Diabetes Society succeeds in obtaining such coverage in this province, credit should also be given to the 22 MLAs who involved themselves so directly in the plight of those who are affected with this hereditary and, so far, incurable disease.

.....Norm Blondel.

Chuckle

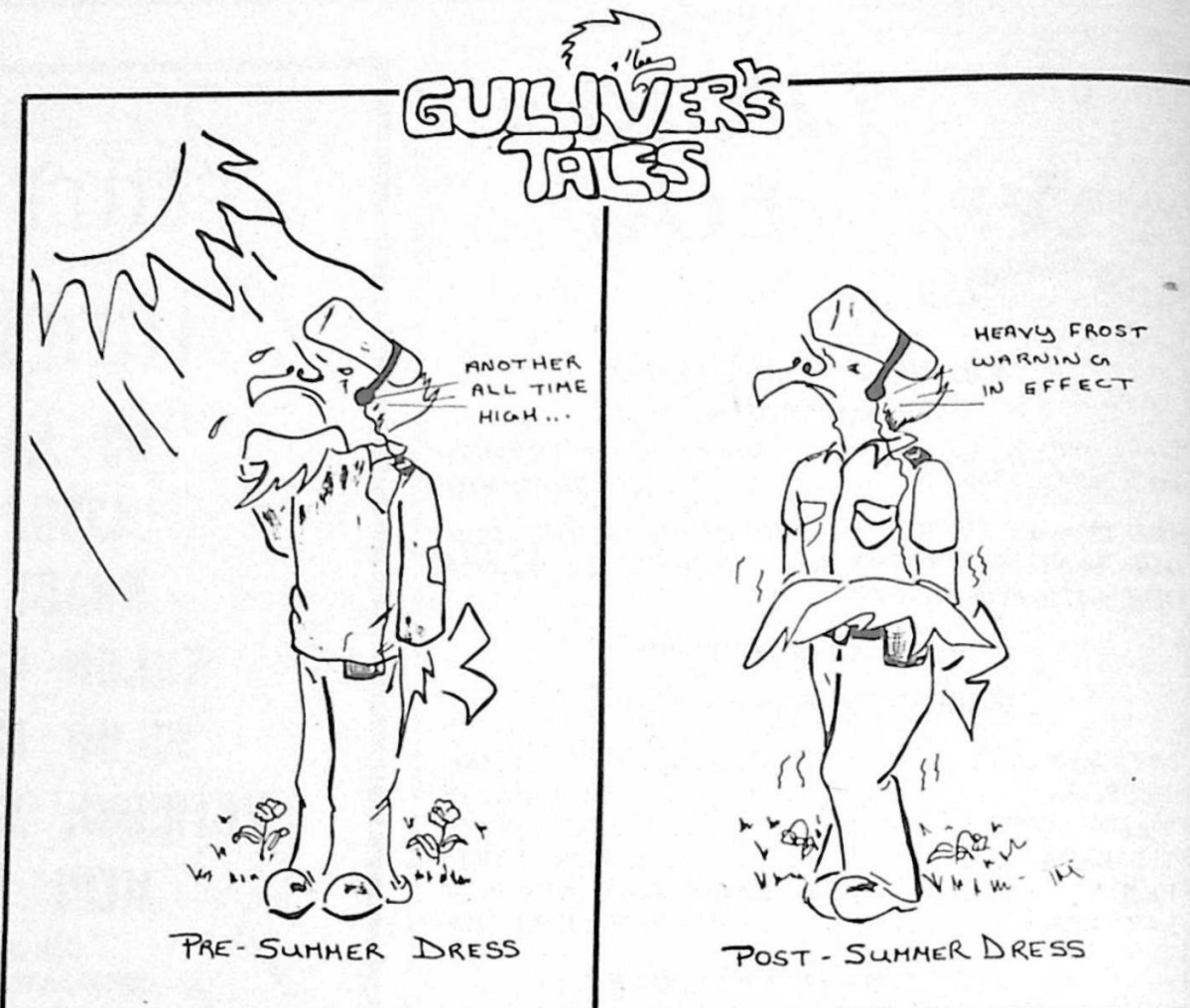
During a strike of the Fire Department at Chipping Ongar in the Midlands, the Army was called out to take their place.

One of the first calls was -- you guessed it -- to rescue a cat,

stranded up a tree.

The lady of the house was so grateful, she had the army boys in for tea and cakes.

On their way back to the Fire Hall, they ran over her cat.



Combining Military Training, Wildlife and rare Flora

by Capt Darlene Blakely

What could be more seemingly impossible than the peaceful coexistence of antelope, buffalo, wild horses, and intensive military training? At CFB Suffield, Alta., it is not an impossibility but a fact of life.

Suffield, measuring over 2,600 square kilometres, is the largest army training area of its kind in the western world and would encompass many of Canada's larger training areas.

Currently it houses the Defence Research Establishment, the British Army Training Unit, 4,000 pronghorn antelope, 1,500 mule deer, 1,000 white-tail deer, 250 wild horses, 18 buffalo and numerous other native prairie animals.

As environmental issues grow daily in stature within Canada, places like Suffield find themselves under the inquisitive eye of the microscope. Environmentalists

and those simply concerned with conserving our natural resources are finding it hard to believe that military activities at Suffield are not destroying a landscape rich in many kinds of resources.

For Suffield not only has a considerable wildlife population, it also has several varieties of flora bordering on extinction in other parts of the

continued on page 22



Military vehicles and equipment can often be found side by side with some of the wildlife on the ranges of CFB Suffield.

TOTEM TIMES

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Comment



Letters to the Editor

ATWIT

Dear Sir:
THIS IS AN OFFICIAL ATAT NASTY GRAM.

MAJOR KIGHTLEY IS THE BAMSO TO SOME PEOPLE. TO A LARGE AMOUNT OF OTHER PEOPLE HE IS THE 'TACO'. WHEN YOU RECEIVE AN ARTICLE OR OTHER SUBMISSION HEADED 'ATAT' HE IS THE TACO.

RE: THE ISSUE OF 5 APR 90, HE IS THE TACO TO CPL PARENT OF 407 SQN, PTE SKWIRUT OF 407 SQN, PTE SCHMIDT OF 442 SQN, AND PTE GIRARDIN OF 441 SQN, AND NOT THE BAMSO, WHO HAS NOTHING TO DO WITH THE ABOVE PERSONNEL WHO BELONG TO OTHER UNITS.

SHAME TO OUR NOW TARNISHED FISHWRAPPER'S STANDARDS OF JOURNALISTIC EXCELLENCE.

PROLIX

Editor responds: Now see here, Prolix: we considered using 'BAMSO-TACO' but thought it looked a bit Mexican, so we stayed with the BAMSO's major title (neat pun eh?).

P.S. After my staff saw your nasty-gram, they all requested new blades for their exacto-knives. You'd better phone your stuff in from now on.

About Trivia

Dear Sir:

Nit picking. In your 5 April issue the answer to the previous issue's Air Force Trivia is given as a Bristol Freighter. While this is correct the date given - 1963 - is not. The entire fleet - four aircraft - had, by 1958, been painted in standard RCAF Europe camouflage. Further, the fin flash in the photo had been replaced by the old style Canadian flag.

The current problem is a Saro Lerwick which had a

Canadian connection as only two units appear to have operated the machine, 209 Sqn, RAF and 422 Sqn RCAF. It was not a successful design - only about 26 were built and it remained in RAF service for less than a year. 422 Sqn operated it from July to November 1942; they did not fly it on operations. A lemon.

Yours sincerely,
H. Maxwell

Trivia Ed: Harry?

Hi Norm:

Your trivia pic of 5 April is that of the Saunders Roe Lerwick (pronounced 'Lerrick'). It went into service with RAF Coastal Command in 1940. Powered by twin Bristol Hercules Engines, and was armed with 3 gun turrets.

Meanwhile, I hope the enclosed photos of a Bristol Freighter add something to Trivia. They are from 'Langer Log', May 1959. Note the camouflage.

John Novak



Start Number One! Bristol Freighter ready for another flight to 1(F) Wing at Marville, France, 1959. courtesy John Novak.

B.C.

Summer

Games

Dear Sir:

This year the B.C. Summer Games will be held in Prince George from 19 to 22 July.

The Tennis Playoffs Zone 6 (Vancouver Island-Central Coast) will be held at the Juan de Fuca Recreation Centre, Victoria, from 4 to 6 May 1990.

(Local players may be required to play on 3 May if necessary.) Play will commence at 5 pm on 3 and 4 May and from 9 am on

5 and 6 May. Players are required to be available to play when scheduled.

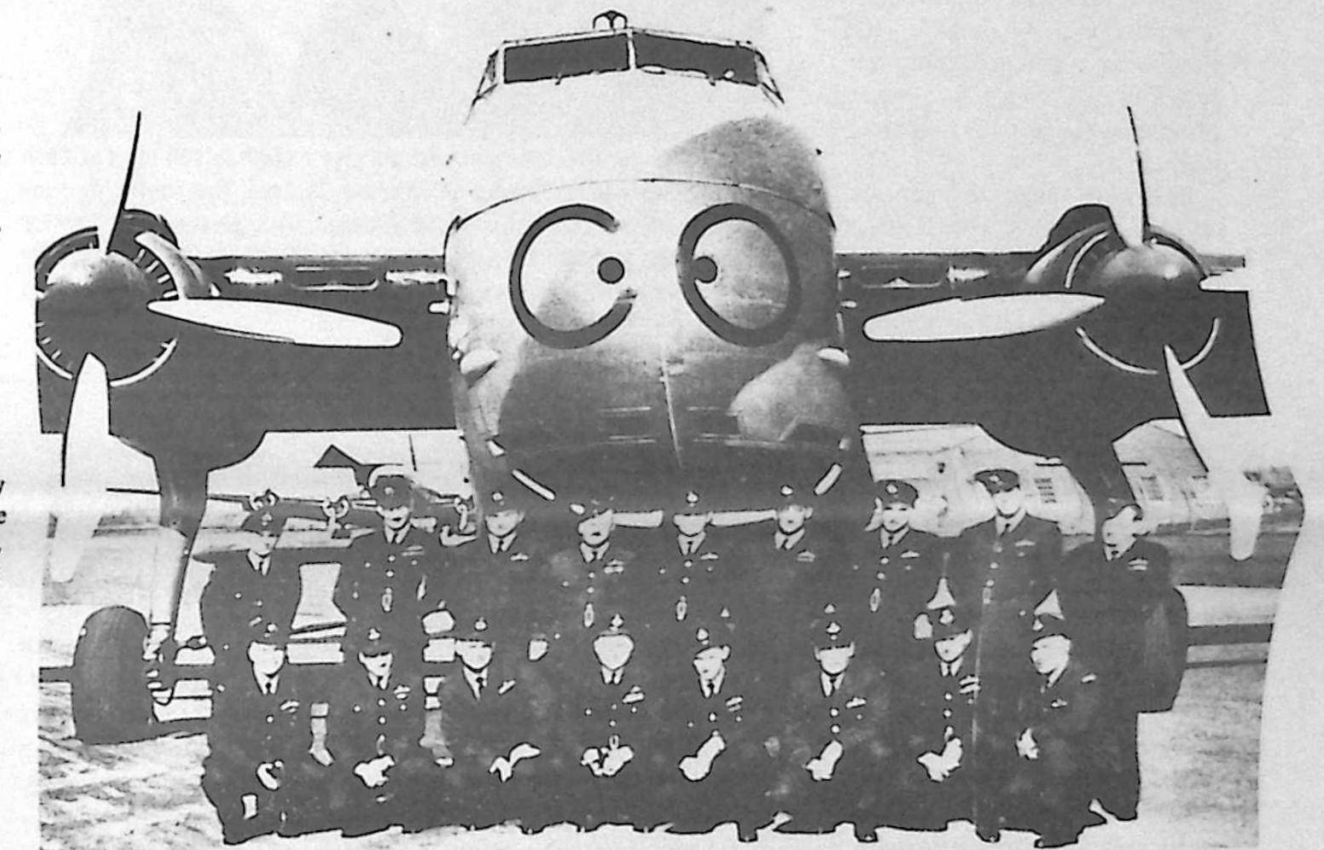
Competition is open in several age groups, from 13 years to 'Masters'. Complete details and application forms may be obtained from local tennis clubs, most tennis stores, or from the Juan de Fuca Parks and Recreation Commission, 1767 Island Highway, Victoria, B.C. V9B 1J1. Phone 478-8384, FAX 478-0588.

Entries close at 6 pm Saturday 28 April 1990.

With many thanks.

Yours sincerely,
Charles E Coley

More letters
on page 6



The camouflaged Bristol Freighter & crews at RAF/RCAF HANGAR (Notts) in 1959. courtesy John Novak.

Air Force Trivia What, where, when



They sure showed the Japanese how

Trivia Answer

Saunders-Roe Lerwick of 209 Sqn, RAF 1940.

(From the H. W. Holmes Collection)

On and off base

continued from page 5 **Juno winner concert 28 Apr**

More letters

Parkinson's

Dear Sir:

April is Parkinson's Disease Awareness Month in British Columbia.

In recognition of April as Parkinson's Disease Awareness Month B.C.'s Lieutenant Governor, David Lam and Vancouver's Mayor, Gordon Campbell have declared April to be Parkinson's Disease Awareness Month in the Province of British Columbia and the City of Vancouver, respectively.

The British Columbia Parkinson's Disease Association provides information, resource materials and newsletters to those with Parkinson's Disease and their families, health care professionals and the general public.

Self-help support groups around the province are further sources of information and assistance. Additional services such as educational seminars, early onset and caregiver groups are available in some communities.

Parkinson's Disease is a progressive, degenerative movement disorder caused by a loss of specific cells in the brain producing a very important chemical, dopamine . . . necessary for smooth muscle movement.

Common symptoms of Parkinson's Disease include one or more of the following: rigidity, tremor, and slowness of movement. Additional symptoms may include: difficulties with balance, walking, speech and swallowing; and depression.

Treatment for the disease includes drug therapy to facilitate movement as possible. At present, the cause is unknown and there is no known cure.

This month local self help support groups operating under the guidance of the B.C.P.D.A. are promoting Parkinson's Disease Awareness in communities around the province. They will distribute posters, set up information booths in malls and public buildings, hold special events and press conferences.

For further information contact: British Columbia Parkinson's Disease Association, 1195 West 8th Avenue, Vancouver B.C. V6H 1C5 734-2221.



Juno Award winner Charlotte Diamond will give a children's concert at Courtenay Sid Williams Civic Theatre on Saturday 28 April, two shows, at 3 pm and 5 pm. Sponsored by the University Women's Club, proceeds to bursaries and scholarships for local students. Tickets are \$6.00, available at Whale's Tail Toys, Comox Pharmasave, Laughing Oyster Bookstore, Blue Heron Bookstore and John Cliff's, Cumberland.

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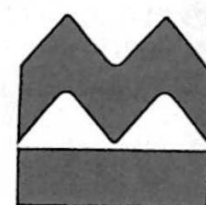
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The Process

In February, the British Columbia Forest Resources Commission announced it was seeking the public's views on the Future of Our Forests in British Columbia through the 1990s and into the 21st century. The public response has been overwhelming! To date, over 1500 written submissions have been received. The quality and content and the new ideas presented are excellent. We would like to thank all those who have contributed to date. These submissions have now been reviewed. Three "Panels" of Commissioners will be touring the Province from April 17 to May 17, 1990 listening to those who have submitted letters or briefs. There will be only limited time available for others who may want to make presentations to the Commissioners due to the extensive number of submissions received.

Timing and Location of Community Meetings

• 100 Mile House	May 1	Red Coach Inn	• Port Alberni	April 23	Hospitality Inn
• Bella Coola	May 15	Bay Motor Inn	• Port McNeil	May 8-9	Handaway Inn
• Campbell River	May 7	Best Western Marina Resort	• Prince George	April 23-25	Simon Fraser Inn
• Castlegar	May 1-4	Sandman Inn	• Revelstoke	April 30-May 1	Community Centre
• Chilliwack	May 2	Cottonwood Inn	• Sandspit, QCI	April 20	Sarah Hall
• Courtenay	April 24-26	Legion Hall	• Terrace	April 17	Sandman Inn
• Cranbrook	May 7-10	Town and Country Inn	• Vancouver	May 7-10 May 14-17	To be Announced To be Announced
• Fort St. John*	April 26	Pioneer Inn	• Victoria	April 17-20 May 14-17	Tally-Ho Pacific Motor Inn Tally-Ho Pacific Motor Inn
• Houston	April 18-19	Community Hall	• Williams Lake	May 2-4	Fraser Inn
• Kamloops	April 17-20	Stockmans Hotel			
• Kelowna	April 23-25	Sandman Inn			

Community meetings will be held:
Mornings: 9:00 a.m.-12:00 a.m. Afternoons: 1:30 p.m.-4:30 p.m.
*Evenings: 7:00 p.m.-10:00 p.m. only in those locations noted

Notice of Community Meetings

British Columbia Forest Resources Commission

Phone: 356-7885
Fax: 356-7888



FM MAGHQ HALIFAX

SUBJ: TRACKER SURVEILLANCE MISSIONS

1. OVER THE PAST 34 YEARS, TRACKER AIRCRAFT HAVE BEEN CONDUCTING ASW AND SURVEILLANCE MISSIONS FROM HMCS BONAVENTURE, CFB SHEARWATER, CFB SUMMERSIDE AND CFB COMOX IN SUPPORT OF EAST AND WEST COAST MARITIME OPERATIONS.

2. THE LAST WEST COAST OPERATIONAL SURVEILLANCE MISSION WAS FLOWN ON 18 MAR WHILE THE LAST EAST COAST TRACKER FLIGHTS FLEW ON 30 MAR. WITH THE TERMINATION OF THESE FLIGHTS, TRACKERS WILL HAVE FLOWN OVER 300,000 FLIGHT HOURS WORLDWIDE DURING THE THIRTY FOUR YEARS OF MARITIME AND SURVEILLANCE OPERATIONS.

3. THE TRACKER AIRCRAFT, AIRCREW AND GROUND CREW OF THE ROYAL CANADIAN NAVY, MARITIME AIR COMMAND AND MARITIME AIR GROUP HAVE A WELL EARNED REPUTATION FOR EXCELLENCE. THE PHASEOUT DOES INDEED MARK THE END OF AN ERA. CONGRATULATIONS TO ALL.

4. READY AYE READY/PER ARDUA AD ASTRA.

Air crew

The new season has brought a number of changes on the aircrew side. Captains Don Fair and Dan Orr, our faithful reserve component, have already moved on to greener pastures, while Capt Pete Bush and Soon-to-be Maj Greg McQuaid will be moving on shortly. All will be greatly missed.

At the same time as the Trackers were completing their last patrols, Capt Harry Chapin and Lt Blair Roe (soon to be Capt) were completing their last flights on the T-33 OTU in North Bay. Even though some of us are taking leave to escape the paperwork, there are still more pilots than airplanes. As a result, the fight is on to see who gets the next flight. Next time we'll have the results.

Maint/Ser

Capt Snow has had his posting message for a week

now and already is going on a HHT and has sold his house. Not only do we lose the SAMEO, but also one of the most accomplished infiltrators ever to attack our base. However, he never got past VU33 Sqn's ever vigilant UDF. Congratulations to Cpl Jim Paul on receiving the coveted 'Tech of the Quarter' Award.

1 Crew

Time again to bring our eager reading audience up to date on the happenings in the wonderful world of 1 crew. I've noticed over the past few days a large number of people keeping extremely low profiles -- seems the upper echelon are looking for a volunteer to pack up and go visiting in scenic Goose Bay. You know, it's kind of funny: normally there are all kinds of people complaining about lack of TD, then a trip comes up and presto -- ZERO volunteers.

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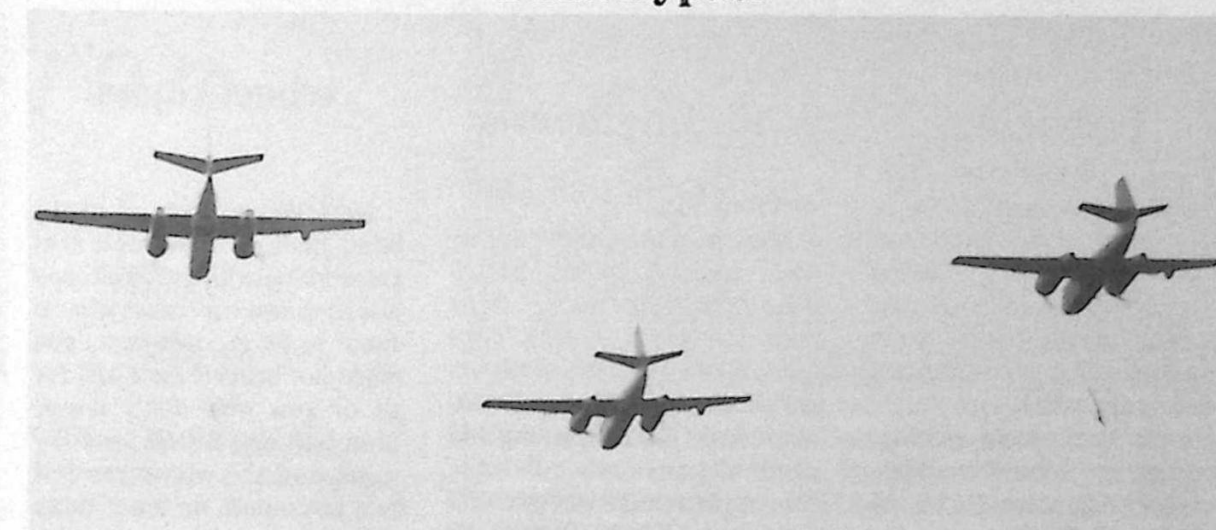


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Section News

Anker Klankin'

Final flypast



Last Tracker flypast by VU33 Sqn 30 Mar 90.



Flight crews of the last flypast toasting a good trip. Missing is Pte Knight who is still staring at his A/C with an amazed look on his face.

Imagine that, and if your name doesn't manage to get 'selected' for that dream trip, don't despair, cause we also need a volunteer to do a stint in Chicoutimi.

As far as people coming and going in the section, we have our infamous Cpl Chuck Roy back from his 'nose job'. MCpl Tom Cook is away for a couple of weeks enjoying some time off and getting his boat ready for salmon fishing. MCpl Al Nantel is away to Borden to visit his Missus then on to Montreal to say hi to Mom and Dad.

Closer to the home front, we have our soon to be 'Cpl' Boivin preparing to receive his well deserved 2nd hook, (Probably about the time this gets printed).

The next main Sqn event coming up is our golf day/mugout, at which time we bid farewell to Ron Fortin. We will have a further report on this affair next article so stay tuned.

Sports fans -- get ready. VU33 is getting together their amazing baseball team who, after winning last year's intersection slowpitch championships, have decided to break into the

fastball league. More to follow on this subject as well.

On a closing note, all the people involved in the playoff hockey pool would like to thank MWO Cameron for his donation. Apparently he doesn't do too well in hockey pools. Maybe one of these times he will show up at the draw to pick his own team.

2 Crew

The desk has a flashy new technicolour servicing board thanks to Dave Graham and Gene Meyer. Well done guys! Ron Fortin has given himself

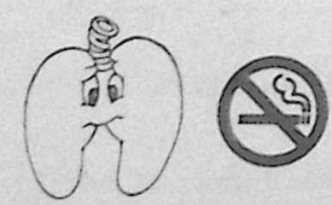
continued on page 20

Tech of the Quarter



Cpl Jim Paul is shown receiving the Tech of the Quarter Award from SAMEO Capt Bill Snow while MWO Stew Cameron looks on appreciatively.

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Section News



Servicing

Lots of movement going on lately. Most of our experience is posted out this summer leaving only our 'favorite' sergeant (need I say more gang!) and a few other odd and sods (mostly odds).

People involved in postings right now are John R. to Trenton (AMDU) Mike P. to the Diac, Rob G. To Kingston, and Red Murray has defected to the other side (CFR). Good luck to everyone, we'll miss you all. (well almost all).

Mark and Pauline L. are off to Germany this summer along with their 2 children Rye and Ginger. They have to leave behind their other 2 kids so if anyone out there is interested in giving 2 cats a good home, just let Pauline know. These 2 cats would be of great use for bathmats or in chinese food. Just kidding Pauline!

We've also had a few trips lately as well. A bunch of our guys managed a good time up north in Whitehorse during Sour Dough Days. Rob E. still has a smile on his face from the remembrance of the picture taken with the Penthouse Pet of the Month.

Rosario L. is just finishing his vacation in downtown Penhold. Hurry home Ro, we need a new authority figure to idolize.

Finally, we would like to welcome our new electrician Sgt Joe Rapati from Shearwater and Cpl Todd Wallace from 2 Crew. I'd like to say you both made the right choice by coming to 1 crew but I've

Demon doin's

Flt Engineers

met your boss!

History was made recently when aircraft 140117 passed the 10,000 hour mark in less than 10 year's service. Just think Herb, even the airplanes are beating you to the 10,000 hour mark. On the posting and promotion front, congratulations go out to CWO Gillard and MWO Pokeda on their recent promotions. Rumour has it that more promotions are in the offing.

As far as postings go, yours truly will soon become a member of the 'HERD'. I guess a posting was due after 6 years in British California.

The Sqn has been and will be busy this month as deployments seem to be the order of the day. It has come to Sqn's attention that a certain Flt Eng while deployed to ICEX bought a round of drinks. After the clientele in the mess recovered from sudden shock, all enjoyed the gracious hospitality. It was noted that a certain pilot enjoyed it so much that he went haywire and started dancing with any available 407 Sqn crew member. All in all despite the cold weather, the deployment was successful. As this article goes to press, the Sqn will be in the land of 'Grass skirts and Mai Tais' on RIMPAC 90. No doubt everyone will enjoy themselves in a place of perpetual sunshine. Stay tuned for the results of the biannual deployment and shopping spree.

CWL

Our Lady of the Sacred Heart

Spring Fashions are arriving at the Thrift Shop, located in PMQ 121 Little River Road. Our hours of operation are Thursdays 10 am to 2 pm. Donations of used clothing, books, etc are always welcomed.

Please note we will be holding a *Craft and Bake Sale*. Gifts and baking for mother's day, priced for children's budgets will be sold at the Driftwood Mall on Saturday 5 May from 10 am to 4 pm. We will also be selling tickets for a draw (3 lovely gifts); \$1 each, or 3 for \$2.00 or 10 for \$5.00.

Come out and support us.

BTNO

'As the

wheel turns'

Hey! Wanna hear all of the latest juice on the people that are working with ya? Well, you just keep reading 'cause what is about to be exposed here, you might not believe. First off, for all of you who don't know, Transport and BEME took first place in the winter carnival held last month on base. From E.T. who could eat cracker packages whole and still whistle a tune, to Sylvain who could skip like a madman. Then there was Linda and the Maj who could drive wheelchairs like they were born in them, and Maryse who had the most peculiar way of getting ready for BDF -- all in all, a great time was had by all. We are prepared to take on challenges next year from any of the other sections. On that same note, in the carnival bonspiel, our fantastic team of 3 consisting of Jerry Maillet, Murray Streeter, and Norm Larden placed third out of the 24 teams entered. Not too shabby guys!

Say Hi to all of the lean, mean Rescue Marines who are already working on their tans for summer down at the spit. The Marine section spent 2 weeks in Apr on the crashboat in case any emergencies were encountered with the Snowbirds while they were here on their training. By the way, 2Lt Larke

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Carnival winners '90



Col McGee presenting the winning winter carnival team with their medals. Back row (l-r): Col McGee, Pte Croteau, Cpl Trautrim, Cpl Ellacott, 2Lt Larke, Cpl Poulin, front row (l-r): Cpl Chasse, Pte Christian, missing Maj Fisher, MWO Boulanger (E.T.), Cpl Lively.

Marine section



Back row (l-r) LS Stew Jackman, MS Steve Galbraith, Mr Al Derby (engineer), Mr Dave Bowden (Shipwright), LS Paddy Gammel, LS Rob Rawn and LS Terry Donald, front row (l-r) P02 Dermot Meade (Crew Chief), CP01 Brian Duggan (Marine Superintendent), P02 James Sekulich (Crew Chief).

would like to thank all of the Marine Section and especially the Black Duck for their support in her familiarization training. It was a great post-mess dinner for sure (could you pass the crackers and honey pleaseeeeeee).

Oh didn't you know. Sgt Eadie has returned to the sec-

tion from the Golan Heights -- and Lord, he went and tied the knot on 20 Mar 90 with Kelly Davies (this man does not waste time let me tell you). Congratulations from all of us at Transport Kelly and Dale!

Get this, Cpl Trautrim and

continued on page 11

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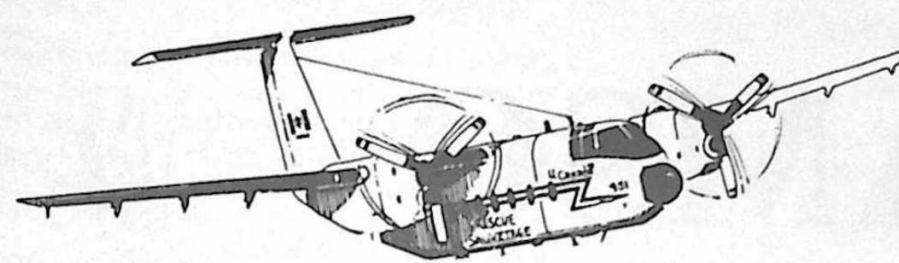
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Section News



442 Squadron

Lab Flight

The Sqn had an enjoyable two days participating in the Annual Carnival. With the championship being sought for the 3rd consecutive tabloid, the Sqn brought out their big guns and placed an impressive 10th out of 11. Highlights of the events were the CO throwing darts over a divider twice his height, Bruce Schmidt as a convincing woman and the puck race, which the Sqn roared to a 'desputed' 1st place.

In the meantime, the Sqn hockey team held a 4-1 lead over BOPs in the Semi's of the Commander's Cup only to lose 5-4 in overtime. Tough choke, uh break, guys.

MSRO

Sgt Al Stephens has reported on occasion that he has actually seen the wood of his desk peaking thru the paperwork. There's hope for the new

MSRO yet. MSRO has a ne Sgt. Typically, he'd rather be golfing than promoted. Congratulations to Jim Fortin on his recent promotion to Sgt effective 1 March.

The days decrease for Cpl Nathalie Corneau as she looks forward to joining her fiancé in Ottawa after a 113 day and 12 hour separation. Cpl June Curtis is also smiling this week as hubby Glen returned 12 April from JLC. Keep the noise to a minimum Curtis, you do have neighbours.

AVS

Avionics will be seeing some movement in the near future. Glen Rowlandson and Rick Hanes will be moving to 2 Crew and 1 Crew respectively, with Ben Thervien and Paul Kowatch filling the vacancies. Brenda Lloyd has also joined the shift workers vice Maint. Congrats to John Pelletier and wife on the arrival of son Eric, making

his debut on 14 March.

Servicing

1 Crew recently had their post Xmas, pre-posting party which found Rob Wilson indulging in a large quantity of beer. Apparently, Guy Godin had more than a mouthful.

This summer, Moose Jaw shall be home for Tom Barker and family and Rob Wilson bids adieu to the sunny Comox Valley for the island of Newfoundland. Hope you enjoy Gander, Rob. Pete Phelps feels mister is an appropriate rank with word of his posting to Ottawa. 442 Sqn shall be saying farewell to Dave Biske this summer as he takes up residence across the big pond, not the mainland but Germany.

We'd like to welcome all new comers to the Sqn and to Beautiful B.C. Certainly they will be welcome additions to this diversified Sqn. Until next time... hope whatever keeps you hopping keeps you happy!!

OTF Pilot's Course



Instructors and candidates from the latest Labrador Pilot's Course at 442 Sqn OTF. From left to right: (standing) Capt Ron Greenaway, Capt Kirk Sunter, Capt Hans Kleemann, LCol Gaston Cloutier (442 Sqn CO), (kneeling) Capt Joan Gordon, Maj Inga Baggeley (424 Sqn), and Lt(N) Rudy Holm. Missing: FE instructors - Sgt Harv Kellner, MCpl Dale Fisher, and MCpl Bruce Richmond.

"Do you know where the 36 volts that the APU transformer changes to 21 volts for the auxiliary supervisory panel comes from?" A simple enough question. And it was asked of me by someone who seemed to have boundless faith in my ability to answer it; his finger hovered accusingly over a paragraph in the thick manual, bared to the light for my inspection and expected divination. I read it hoping for some revelation - it was not forthcoming. I didn't even know there was such a thing as an APU transformer let alone any details of its operation. So I did what any self-respecting instructor would do - I stalled for time. "Must be a printing error," I said. This answer was vague enough to thwart an inquisitive student, surely. I mean what was a printing error - a number, a word, the paragraph, the manual, my life? Would he see through my smoke screen? I looked him in the eye. "What's a printing error?" he asked. Damn, I thought, what do I do now? Feign a heart attack perhaps or run out of the room shouting, "Fire, fire, fire!" gesticulating wildly in no particular direction. Some instinct told me these options were unlikely to fool him. Desperate, I took the only other option, the alternative of last resort - I told him the truth. "I don't know but I'll find out the answer and get back to you."

A total of seven courses are run each year: four pilot and three flight engineer. Armed with their new found or refreshed knowledge and skill, the course members will depart for bases in Trenton, Ontario, Summerside, PEI, and Gander, Newfoundland, there to carry out life saving rescue missions on dark and stormy nights - when else do people get into trouble? And as they stand modestly before the cheering multitudes to receive well-deserved medals and awards their minds are bound to drift back to their days at the 442 Sqn OTF where instructors with the wrong stuff somehow managed to pass on a bit of the right stuff.

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The Canadian Red Cross Society

Section News



BAMSO

It has been a hectic and packed few weeks here in BAMSO (otherwise known as the Nut Hut) and so much has happened that it is hard to know where to start. The first big news is that I am finally posted and that a new BAMSO will be announced shortly. I am off to the nether worlds of NDHQ, soon to be lost in the bowels of Building 155 in Rockcliffe in which AERE officers have been known to disappear and never be heard from again. So in just a few short weeks, you will no longer be subjected to my musings again. I have jokingly said that the reason my posting was taking so long was that they could not find a LCol who didn't know me. Well, I spoke to my new boss last week and guess what, he has no idea who I am. So the Career Managers did finally find someone who didn't know me and who would therefore take me!

The BAMSO Hockey team has done themselves proud again this year by winning the Inter Section Hockey League playoffs for the fifth time in six years in a nail biter against 442 Sqn. The three goal game final went into overtime in the third game with Rob Turgeon scoring the winning goal only 17 seconds in OT. The series was so evenly matched and the games so close that it was too bad someone had to lose. My utmost respect to 442 Sqn for a well played final. On the BAMSO team I would like to recognize two of the players for their contributions. And I'm not picking on them because they also happen to be our oldest players but George Dierckse and Jim Rest deserve special attention. George backstopped the two wins against 442 with a display of goal tending the like of which we had never seen from him. It's too bad you are posted, George, because the Base Team could use your new found skills. And to Jim Rest, who wore his age and his IQ on his sweater all year, for a retired goalie you're not too shabby a defenceman. And to the rest of the team, I'd like to say thanks for letting me come out and open and close the gate for you. You have a lot of heart and spirit and it was a pleasure

BAMSO



Safety Systems

to be associated with a group of people like you.

I would like to take this opportunity to thank the members of BAMSO and 740 Comm Det who completed the KIWI Family Feud Night Survey. Your answers were interesting and informative and I can now understand why I get so many strange looks when people ask me where I work and I respond BAMSO. The best answer of all the answers given to all the questions was to the question "give an excuse for not making love". You would expect the normal answers of "I have a headache" or "I'm too tired" but I was not prepared for "She was wearing someone else's wedding ring". To whomever made that response, you are one sick puppy!

Nav Com Lab

If you have any cute little rabbits keep them away from the ladies of NAV COM LABS. Stu and Pattie Preston are expecting their second child any day now. Alan and Darlene Arsenault as well as Ron and Marla Davies are expecting their first later this year. Congratulations to all but I hope it is not contagious.

A warm welcome is extended to Al Coles and his family as well as Lisa Wilgress and her husband. Both are in from Borden off their QL3 course. Robin Keyes just got back from Borden, which didn't seem to agree with him. Being sick for 3 weeks is not the best way to

lose weight. Hope you are feeling better.

As posting season approaches I guess it is time to say some farewells. Gilles Hamel is eagerly awaiting his posting to 407 Sqn. I'm afraid you are not going to get rich on this move Gilles. Clive Webb is away on his CF18 course so that he can be posted to Baden. Hope you are also studying German. Lisa Walsh finally received her posting/remuster message. Please remember us when you are working on those pay grids.

Congratulations to Pierre D'Aragon on his recent promotion to Cpl. Pierre has also just sent his wife to recruit training in St Jean. I bet she will still outrank him at home.

Cathy Schuszer has returned from the land of the Frenchman off the APS505 course. Grant Gilfillan just got back to back courses in Greenwood. Dan Forget is still in Greenwood on the FLIR course. Nancy Wild is off on leave. She went home to see her brother married off.

Thank goodness hockey season is almost over. We will all be glad when Gerry Wiesner stops talking hockey.

Our fearless leader, Dan Julien, has finally bought a car. We are still wondering how he gets his 5 children into a 'Sprint'.

I've said something about everyone except Norm Ruby. Well what can one say about Norm? Sorry Norm, get more exciting and I'll say something next time.

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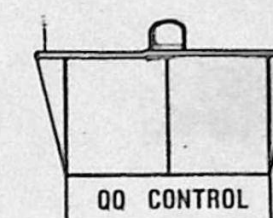
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Section News



As the

beacon turns

ATC quiz photo



Identify this mystery Air Traffic Controller. Hint: He is the current JR Ranks' PMC.

Well, Spring was here for a little while and a few of us had the opportunity to work on their tans; meanwhile Marie-Claude was in Mexico, trying to get a head start on the rest of us sun worshippers. Strangely enough she wasn't that dark when she came back. Some people say that she secretly got married in Cancun. When I asked her why she didn't get a tan, she told me a long story about peeling skin or a bad case of turista or something to that effect. Other than that she went snorkeling and almost drowned.

More news about Marie-Claude: She checked out in Terminal last Thursday. Congratulations.

I received angry reports about Annie. She made a whole bunch of service wives real jealous when she modeled sexy lingerie at the WO & Sgt's Mess Fashion Show. Attagirl Annie! Tom Schrader and Nick Van Berkle went up with the Snowbirds for an airshow practice. It is yet unclear whether they got sick or not; they would never tell me anyway. Ted Norrie was selected for a one year, unaccompanied, French language course starting this summer in Victoria. Suggestion diagrams on how to keep Ted from losing his wallet this time, are welcome; the best diagram will be published in the Totem Times prior to his departure.

These days, Steve Knox is on leave from his tour in Honduras. Those who have seen him say that he has that strange look in the eye, a faint rotten smell of jungle still cling to him. Yep! that's him alright, I hear you say...

Sylvie is back to work after a few months of maternity leave. Welcome back. Jacques 'La premiere etoile' Maillee checked out in Data last week. Well done Jacques! And Jim Houston, the President of Skinsmen, came down from the

Tower to learn about Radar Control before proceeding on course. In exchange for our knowledge, he promised to teach us all, boys or girls, to talk like real longshoremen in a pier tavern.

Introducing Capt Serge Roy. Serge was recently commissioned from the ranks and worked at the English language school here in Comox prior to his commission. He will be employed as a Tower Controller

until his IFR course next Christmas.

Talking about the Tower, here's what Bob Trainor told me about the CC Tower: One of Paul's controllers innocently asked him for a day off. Paul,

not thinking that far ahead, fell for it and said 'sure'. So Paul ended up working all day on Easter Day, wondering what had happened. Thanks Bob! Watch your back though!

Apart from all the fine gossiping, let's report that after all the mix-ups, Trevor Jones is finally gone. If none has seen the Mosses in a while it's because they're gone too.

Last week-end, the ATC jocks once again impressed the whole world by participating in the 1990 Snow to Surf Race. The team finished 25th over all and that made them the first team from the base. That's better than when Dave Tack used to run for us.

With the Annual International ATC Golf Tournament on 30 April and 1 May, it is time for us to give the Gravel Pit the face lift we promised it. We are getting new garden chairs to replace those current venerable but oh-so mouldy chairs. Some flowers would be nice, a bit of painting and some ATC memorabilia definitely would give the place a homely look. For example, I have secured a gallon of pink paint for the wall on which I intend to put a framed picture of Barry Norris in women's clothing. It will be fun, no? So think of something and come on down to your Gravel Pit this Friday, it's our last chance to work on it before the Golf tournament.



More BAMSO

Meanwhile, we would also like to say hello and welcome to our newest addition to the nest, Cpl Long. Due to arrive from his three course in Borden, we're sure that he will enjoy the relaxing atmosphere prevalent among our crew.

Also due back from his TQ5 course at the end of March is our last remaining machinist Cpl Armitage, who managed to wriggle his way to the top of his course. Way to go Russ! To bad he'll have to really work for a living now.

continued from page 10

Despite the lack of bodies, our support of the squadrons has been tackled with our usual combination of professionalism, skill and guess work. Brake and Wheel would like to inform you that on the occasion of your next visit to their little hide away, don't be alarmed if you don't recognize the place. They've camouflaged themselves behind a new coat of latex. However, they still promise to take 'wheel' good care of you!

More Wheels

...continued from page 8

MWO Foreman left on the same Herc (Start the rumor mill). Actually, the MWO's off to Cool Pool and Ingrid probably went to Edmonchuck to say hi to Steve.

Cpl Ed was thankful for the brevity of the MSE/POMV meeting held last week -- he appears to be a very firm believer in the KISS principle.

Joe Myers is busy preparing for his *1? Astra course in May. He'll be heading to Cyprus in August of this year.

Congratulations to Cpl O'Brien, Cpl Gallichan and Cpl Poulin who were awarded their 935.05 Airfield Special Purpose Vehicle Operator's certificate by the BTSO, LCol Mack at the Base Transport parade held last Friday.

Just a word of warning, look out all ye drivers for the new private at Base Traffic. Heather with a 404 -- scary!!!

Here's lots of upcoming events for all you transport folk:
Fishing Derby....13-27 May (is canned tuna acceptable?)
Tree Island Picnic....27 May
Golf Tournaments....30 May

27 June 25 Jul 29 Aug
Adventure Training. 17-24 Jun
(Sgt Myers -- coordinator)

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question that could save your life before you leave on a TD trip. Or don't you look at safety posters? And now for the shop news. Gaetan Parr is trying to pass the bar examination to become an officer. Better watch out, that lobotomy hurts. Bob Frizel is doing his screening for Cool Pool. Randy Desjardine has been taking peaceful walks interrupted by a little white ball. Don Bussieres is going to the Honduras 1 Aug in search of the great while man-eating mosquito. Tim, the movie star Dykeman, is being Tim. Yours truly just returned from the land of moving sand and camel jockeys. Nuff said.

Thank God that winter's almost over. We down in workshops would like to bring to the attention of those who control the temperature in the hanger that air conditioning is used in the summer and heat is used in the winter. Not the other way around.

A lot of changes are coming our way this year beginning with the releases of MCpl Al Hughes, Cpl Mel Bolton, and Pte Scott Johnson. We wish these guys all the best of luck in the future and we hope that they will carry with them all the warm memories of workshops. (The warmest being the Sports Hot Seat!)

continued on page 11

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Book Review

Victory at Sea

Reviewed by Norm Blondel

"Oh Lord, our boats are so small, and Your sea is so large!"

Canadian author Hal Lawrence is a naval veteran who joined the RCN in 1939 and spent the entire Battle of the Atlantic at sea in patrol craft, corvettes, destroyers and a cruiser. He operated from Trinidad to Halifax and from Newfoundland to Russia. Twice decorated for valour, awarded the Distinguished Service Cross and a Mentioned in Dispatches, Mr. Lawrence was undoubtedly in at the fight.

The MGBs . . . "They exploded acoustic mines by dashing over them at top speed, hoping to be out of the way when they blew up."

In this, the third of his works ("A Bloody War," and "Tales of the North Atlantic" are best sellers, up for their first reprint this fall), he writes of an unrelenting conflict that took place remote from the public eye, involving the small ships of HM Coastal Forces in World War Two, ranging all the way from Murmansk to Malta, and from the Adriatic Coast to the inland waterways of Holland.

"The Senior Officer . . . grew a long beard, wore one large gold earring and had Plimsoll marks tattooed on his stomach."

Rare are the majestic battlewagons and their sixteen-inch salvos in this gritty kind of scrap, instead, the berserk pounding of cannon, Bofors, pom-poms, 88's and fifty-calibre machine guns. Battles at night at speeds of forty knots. Searchlights and flares. Explosions -- of projectiles and sometimes of whole ships. A vicious, unrelenting war with moments of cruelty and horror, and of chivalry and compassion. War on both an inhuman and human scale.

An interesting early chapter in the book is a series of mini-biographies of the human characters on the Allied side in this conflict, a Canadian and British mixture who came together in their Motor Torpedo Boats (MTBs), Motor Gun Boats (MGBs), corvettes and destroyers in battle against the Schnellboote (E-Boats), destroyers and commercial shipping on the German side.

"There was a plan to equip sailors with a piece of lead pipe with a rope at one end and line them up on the beach waiting for the Germans to land."

Many of the RN types had sailed yachts against their E-Boat opponents prior to the war, and between them there existed a curious camaraderie. Enemy survivors were picked up and treated kindly -- and in the German case, rather than turn their prisoners over for interrogation by the Gestapo, they were often quietly released to the French underground.

Enemy survivors were picked up and treated kindly--and in the German case, rather than turn their prisoners over for interrogation by the Gestapo, they were often quietly released to the French underground.

Scattered through the book are anecdotes about the war in general: About the weapon-short British forces after Dunkirk, expecting a German invasion: "There was a plan to equip sailors with a piece of lead pipe with a rope at one end and line them up on the beach waiting for the Germans to land." And a comment of fifty lend-lease destroyers, exchanged for British bases by the U.S.: "They were rusty, old, obsolete and dreadful seaboats with such a narrow beam they would roll over in a heavy dew."

And more; about the forty-knot MGBs: "They exploded acoustic mines by dashing over them at top speed, hoping to be out of the way when they blew up." And their crews . . . "The Senior Officer . . . grew a long beard, wore one large gold earring and had Plimsoll marks tattooed on his stomach." Now that's Navy.

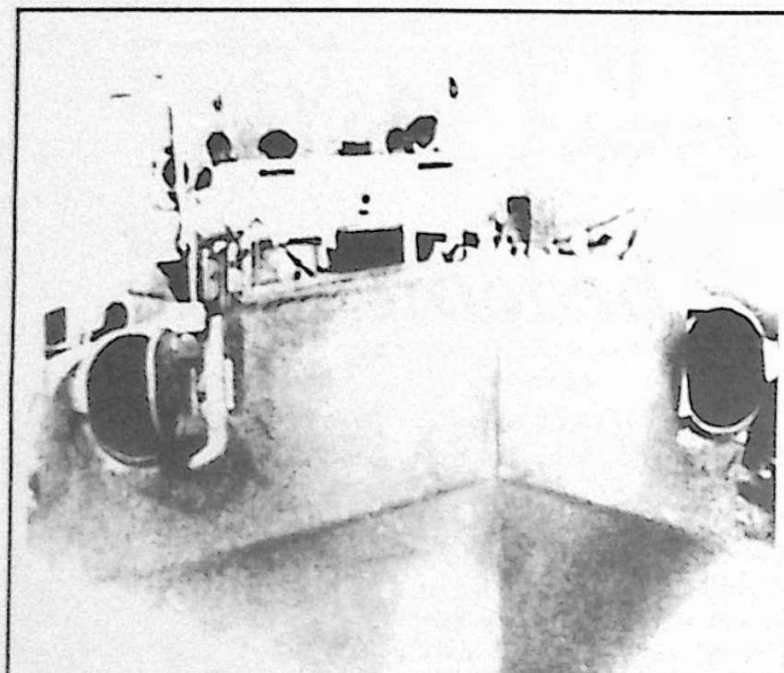
"Fifty lend-lease destroyers . . . were rusty, old, obsolete and dreadful seaboats with such a narrow beam, they would roll over in a heavy dew."

This is a fast-paced, wide-ranging narrative about victories and defeats and the human characters involved, some heroic, some not, some genuine, some phony. Author Lawrence is frank about them all. The reader will gain new insights into old controversies (a whole chapter is devoted to the ill-fated Murmansk convoy, PQ17), occasionally have cause for a chuckle and once in a while encounter statements profound enough, they are worth remembering. One such phrase stands out for me:

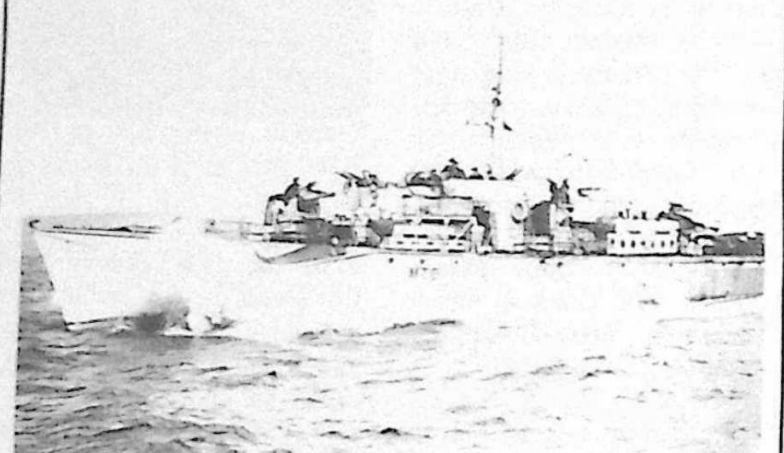
"Men of action were not that much given to mulling over the why. They just did what their instinct and training and tradition had taught them to do. And their spirit reaches out to us over the years." A fine sentiment, in a well-written and very readable book.

"Men of action were not that much given to mulling over the why. They just did what their instinct and training and tradition had taught them to do. And their spirit reaches out to us over the years."

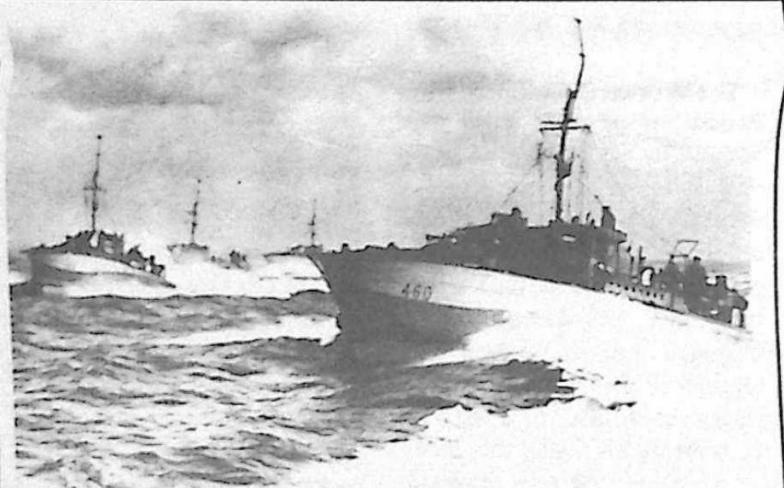
Hal Lawrence lives in Victoria now, giving occasional lectures at UVic and Royal Roads Military College. The book, published by McLelland and Stewart Inc., will be in local bookstores soon.



German E-Boat. (Ministry of Defence)



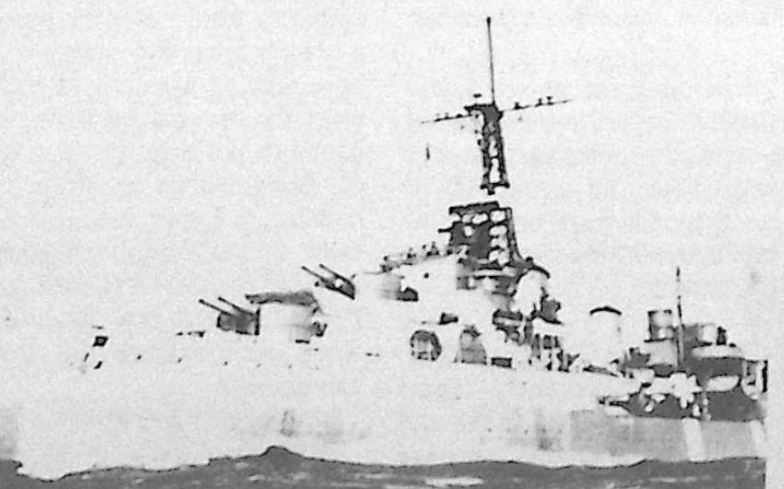
D class, 'Dog Boats', the 'Longs' (as opposed to the 'Shorts'), of the Canadian 65th Flotilla, led by Jim Kirkpatrick. (DND)



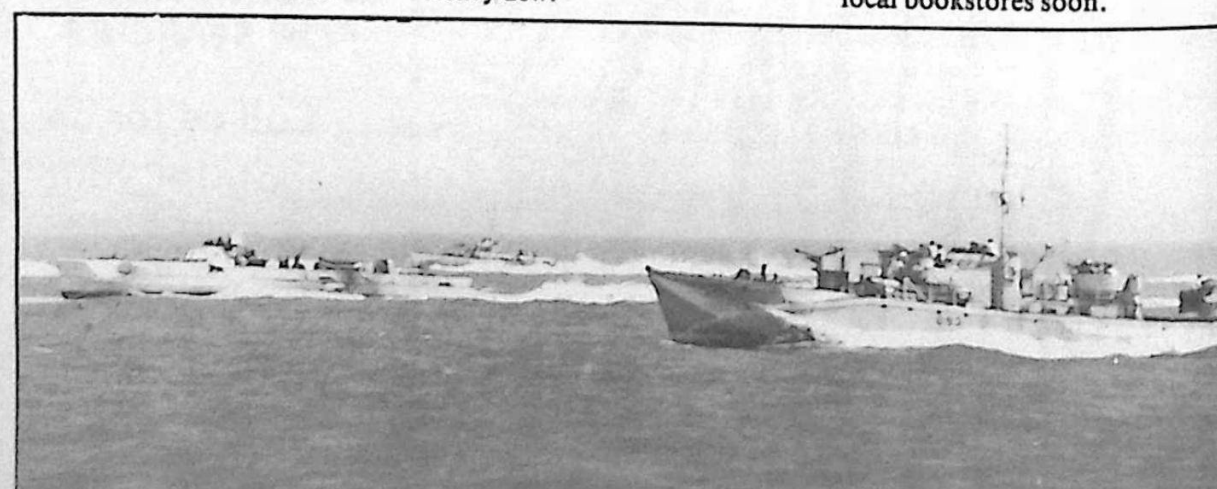
The Canadian 29th MTB Flotilla led by Tony Law, RCNVR. 'The Shorts'. (DND)



A Canadian Corvette (DND)



A Canadian Tribal Class destroyer, HMCS Huron. (DND)



May, 1945. German E-Boats surrender to British MTBs. (DND)

National news

Mynarski

Biography, Citation and V.C.

Andrew Charles Mynarski was born in Winnipeg, Manitoba, on 14 October 1916.

He was educated at King Edward and Isaac Newton Schools and at St John's Technical High School. He worked for four years as a leather worker in Winnipeg, and then enlisted in the Royal Canadian Air Force in November 1941. He took his training at Calgary, Alberta; Edmonton, Alberta; and MacDonald, Manitoba; graduating in 1942 as an airgunner. He went overseas in December 1942. He is buried in Meharicourt Cemetery, Meharicourt, France.

"Pilot Officer Mynarski was the mid-upper gunner of a Lancaster aircraft, detailed to attack a target at Cambrai in France, on the night of 12 June 1944. The aircraft was attacked from below and astern by an enemy fighter and ultimately came down in flames.

As an immediate result of the attack, both port engines failed. Fire broke out between the mid-upper turret and the rear turret, as well as in the port wing. The flames soon

became fierce and the captain ordered the crew to abandon the aircraft.

Pilot Officer Mynarski left his turret and went towards the escape hatch. He then saw that the rear gunner was still in his turret and apparently unable to leave it. The turret was, in fact, immovable, since the hydraulic gear had been put out of action when the port engines failed, and the manual gear had been broken by the gunner in his attempts to escape.

Without hesitation, Pilot Officer Mynarski made his way through the flames in an endeavour to reach the rear turret and release the gunner. Whilst so doing, his parachute and his clothing, up to the waist, were set on fire. All his efforts to move the turret and free the gunner were in vain. Eventually the rear gunner clearly indicated to him that there was nothing more he could do and that he should try to save his own life. Pilot Officer Mynarski reluctantly went back through the flames to the escape hatch. There, as a last gesture to the trapped gunner, he turned towards him, stood at attention in his flaming

clothing and saluted, before he jumped out of the aircraft. Pilot Officer Mynarski's descent was seen by French people on the ground. Both his parachute and his clothing were on fire. He was found eventually by the French, but was so severely burnt that he died from his injuries.

The rear gunner had a miraculous escape when the aircraft crashed. He subsequently testified that, had Pilot Officer Mynarski not attempted to save his comrade's life, he could have left the aircraft in safety and would, doubtless, have escaped death.

Pilot Officer Mynarski must have been fully aware that in trying to free the rear gunner he was almost certain to lose his own life. Despite this, with outstanding courage and complete disregard for his own safety, he went to the rescue. Willingly accepting the danger, Pilot Officer Mynarski lost his life by a most conspicuous act of heroism which called for valour of the highest order."

The London Gazette, 11 October 1946

Andrew Mynarski V.C.



The Mynarski Victoria Cross with the Lieutenant-Governor of Manitoba, Commander Air Command and crew. (l-r) Jack Friday, bomb aimer; Pat Brophy, tail gunner; Bob Bodie, navigator; Lieutenant-Governor, His Honour George Johnson; Lieutenant-General F.R. Sutherland, Commander, Air Command; Jim Kelly, wireless operator; and Art Be Bregne, pilot.

Mynarski crew gathers for unveiling

On 21 March 1990, LGen F.R. Sutherland, Commander of Air Command, unveiled a limestone cairn on which was mounted the Victoria Cross of Pilot Officer Andrew Charles Mynarski.

This important and valuable

decoration was very generously loaned to Air Command by the family of PO Mynarski.

The event was attended by the Lieutenant-Governor of Manitoba, the Honourable Dr. G. Johnson, members of the Mynarski family, the serving

members of the Mynarski crew and over 50 senior air force officers.

During the same ceremony, the main conference hall at Air Command Headquarters was dedicated in the name of PO Mynarski.



Andrew Mynarski V.C.

WCB Prosthetic Grant

The Workers' Compensation Board has awarded a grant of \$92,627 to the Medical Engineering Resource Unit (MERU) at the University of British Columbia to further develop and refine a system for the computer-aided design and manufacturing of above-knee prosthetics.

According to Project Director Carl Saunders the two major benefits of the system will be its speed and its assurance of repeated custom-fits for amputee clients.

"Most amputees need a new prosthetic every couple of years," Saunders said. "Current practices require a prosthetist to either store a large number of bulky, fragile moulds or else start over with a new cast each time a client needs a replacement prosthetic. This system eliminates the casting process and stores a client's socket shape data on computer."

Saunders explained, "Once

the client's measurements have been recorded, the prosthetist can design the required socket shape on computer working with the reference shapes provided in the program. A second computer program converts this socket data into a series of commands which instruct a milling machine to carve a model of the designed socket."

The prosthetist then produces a test socket and a final socket from this model using vacuum forming or conventional laminating techniques.

The client's custom-designed socket pattern is saved on computer disk, ready to be retrieved and duplicated or modified on subsequent visits.

Acting WCB Chairman Bill Greer said that the grant is part of the WCB's ongoing support of research aimed at developing superior services and support for disabled workers in British Columbia.

Measuring Prosthetic



On the base

New 'Crow Bar Hotel' for CFB Comox

New Security Facility

The Base Commander snipped a handcuff and chain 'ribbon' on 8 Dec, to open the new Base Guardroom. Built at a cost of \$1,000,000.00, the new building houses the previously scattered facilities of Base Security.

The old guardhouse will be torn down and replaced with a 'Welcome to CFB Comox', earth mound.

BSecurO Capt Ray Cossette indicates there will be no change in base entry control, other than a relocation of the entry control commissioner's office to the west corner of the Museum/AFIS building.

"Come in for coffee and a tour," says Capt Cossette.

"We're in better surroundings, and a better mood." Well, okay if you say so Ray.

.... Norm Blondel



A handsome, hand-carved sign.



Col McGee cut a handcuff and chain 'ribbon' to open the new guardroom. Capt Ray Cossette (BSecurO) looks on.



Imposing isn't it? But there's coffee and a welcome tour inside.



BComd does a pre-installation check on a cell door.

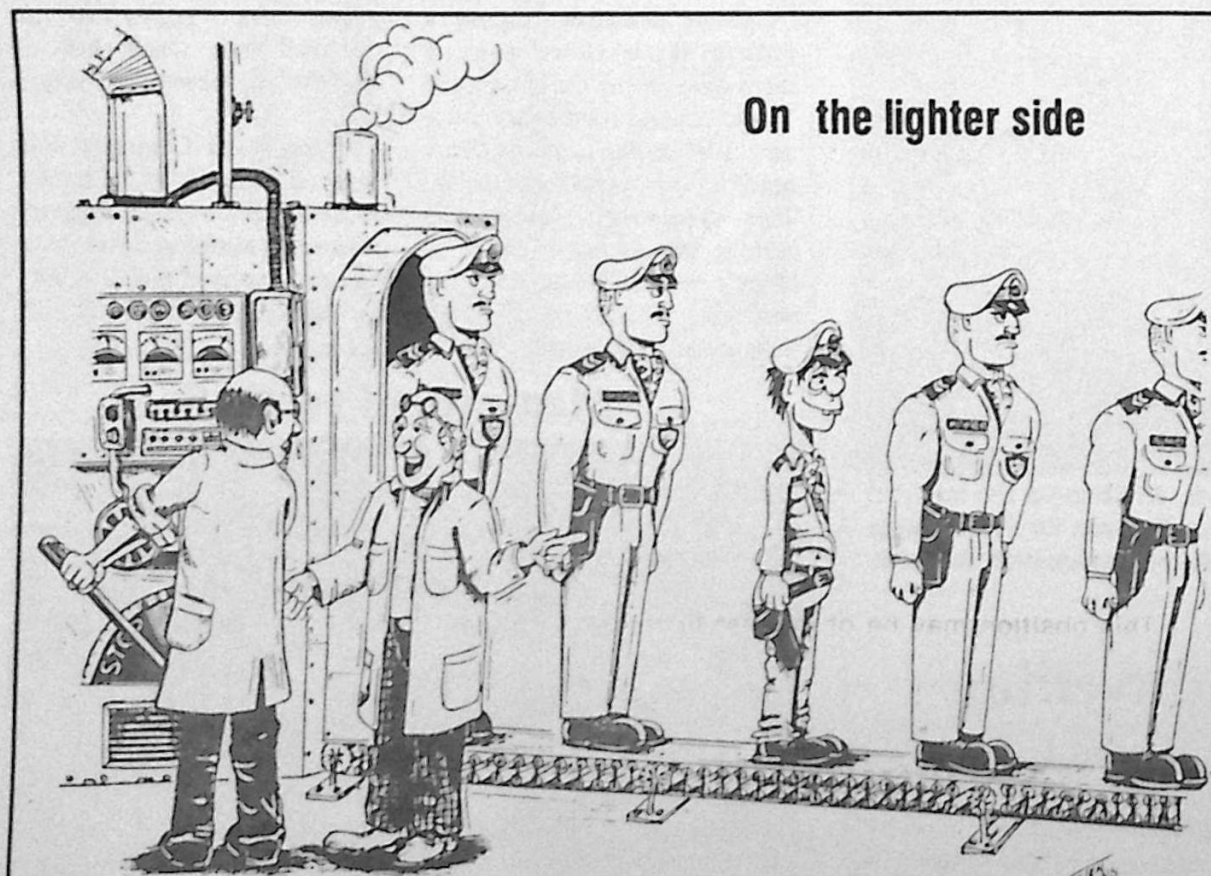


"Eat your heart out, San Quentin."



"Ok fellas, joke's over. Where'd they go?" Sgt Mann does a QA check on a cell.

On the lighter side



"No problem, we'll dress it in a suit and send it to the SIU section."

On and off base

PMQ Appreciation Night



On 29 March at Glacier Greens Social Centre the PMA Association recognized the support and contribution that the various Base sections and council members provided throughout 1989.

LCol Mack, A/BComd and Terry Smith presented community Service Awards to the following base sections and local agencies;

Base Foods--MWO Mike Barner; Base CE--Capt Mel Clisby; Base Fire Dept--MWO Lou Babin; Middleton Meats--Mrs. Connie Blinkarn; Base Photo--Sgt Jerry Fairbrother; Base Supply--Capt Wayne Collins; NPF--Capt Denis Roy; Military Police--Capt Ray Cossette; Base Transportation--Maj Tom Fisher; Canex--Mrs. Dorothy Oakley; Base Telecom--WO Howie Gustafson.

Receiving certificates of Appreciation for their work as counsellors were:

MWO Terry Smith--Mayor; Mrs. Kim Rochester--Ward 1; Capt Denis Roy--Deputy Mayor; Sgt Jerry Blendarn--

Wallace Garden's T-Ball

The Wallace Gardens Community Council is organizing T-Ball Teams for the Spring 1990 season. Boys and Girls, ages 5 to 7 years who wishes to play T-Ball this year should have their parents contact Mrs. Linda Rose at local 8571 before 25 May 1990. If there is sufficient interest shown by the children, we have the coaches organized to run this sport.

Ward 5; Cpl Lorraine Lourie--Ward 7; Sgt Walt Carroll--Ward 3; MCpl Mark Blanchard--Ward 4; Mrs. Debbie Roy--Ward 6; Sgt Brad Lourie--Scout Leader.

LCol Mack also presented the retiring Mayor, MWO Terry Smith with a plaque to commend Terry for his contribution to the community as the Mayor for 1989.

As the 1990 APS approaches the PMQ Association is losing many of its counsellors. I wish the best of luck to those who are leaving the Association and Comox this summer. Your contributions have greatly enhanced our community. For those of us who are remaining at Comox for another year the PMQ Association is in need of new Counsellors and if you are interested in becoming active in the community the council can offer you a rewarding position as a counsellor.

J. G. Carlisle
Mayor
Wallace Gardens

Cable TV service calls

All Cable TV Service calls are to be made to the PMQ Association Office, Mrs. Linda Rose at local 8571 between 0800 to 1230 hrs. Any reports of trouble with Cable service after 1230 hrs are to be made through the Base Operator, who in turn will contact the Service Technician. At no time shall the Mayor be contacted, either in his office or at his place of residence to report trouble with Cable reception.

Your PMQ Association Community Council



(l-r) back row; Fred Shannon, Jerry Blinkarn, Dick Hillard, Liz Hillard, Chris Mitchell, Pat Adams, Debbie Roy, Kevin Mercer, front row; Kim Rochester, Linda Rose, LCol Mack, Jeff Carlisle, Sandy Cochrane.

Community Service Awards



(l-r) back row; Mike Barner, Mel Clisby, Lou Bobin, Connie Blinkarn, Jerry Fairbrother, Wayne Collins, Denis Roy, Ray Cossette, Jeff Carlisle, front row; Terry Smith, Tom Fisher, LCol Mack, Dorothy Oakley, Howie Gustafson. (photo Padre Bob)

Certificates of Appreciation



(l-r) back row; Kim Rochester, Denis Roy, Jerry Blinkarn, Brad Lourie, Walt Carrol, Mark Blanchard, front row; Debbie Roy, LCol Mack, Jeff Carlisle, Terry Smith.

Next deadline

7 May 1990

Chuckle

SQUARE 1 TRAVEL SERVICES LTD.

we're now OPEN!!

Best prices for LTA bookings start right -- start at Square 1

334-0355 Driftwood Mall

Kayti

Susan

NORTHWEST INDUSTRIES LIMITED, a major aircraft repair and overhaul company in Edmonton, has the following opening:

MATERIAL PLANNER

Applicants must have a working knowledge of the Canadian Forces supply system. Familiarity with inventory control/material management and civilian contractor supply procedures as outlined in CAF supply manuals are strong assets. Applicants must be well organized and possess effective written and oral communications skills.

This position may be of interest to retired CAF personnel.

NORTHWEST INDUSTRIES LIMITED is a high-tech centre specializing in the repair, overhaul, modification and technical support of Canada's leading military aircraft. We offer a competitive salary/benefits package in a challenging, professional environment. Send your resume in confidence to: Jim Holtby, Personnel Officer, Northwest Industries Limited, P. O. Box 9864, Edmonton International Airport, Edmonton, Alberta, T5J 2T2 or call collect (403) 890-6395 for more information.

Occasionally a member of the public steps in bravely to prevent crime. In July 1978 bank employees at Sherman Oaks in California thought they had outwitted a robber when they refused to handle his suspicious package.

Relieved staff watched as the bandit sprinted out of the bank to dump his parcel. However, a man, who was standing outside the bank, saw the robber escaping and chased after him.

He tackled the man and returned the package, which, in fact, contained tear gas timed to explode in two minutes, to the bank. It took thirty minutes to clear the air.

Health & fitness



ASK YOUR PHARMACIST

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

Antihistamines

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

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

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

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

Always ask your doctor or pharmacist before taking any antihistamine. Getting expert advice is even more important if you're pregnant, taking other medications, or have medical problems such as asthma, enlarged prostate (in men) or glaucoma. Children and the elderly are more sensitive to the effects of antihistamines.

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

Childhood diseases

Most of us are familiar with measles, mumps and rubella infections because we probably had them all as children. However, even though those days may be far behind us it doesn't mean we should forget about these conditions, especially when it comes to our children.

Measles is the most serious of the common childhood infections. They are caused by a virus which first infects the respiratory tract and then the skin. Symptoms include a high fever, runny nose, sore eyes, sore mouth and a widespread skin rash. Complete recovery takes 10 days or more.

Complications from measles include ear infections, pneumonia, deafness or blindness. Children should be vaccinated when they are a year old. Some children will develop a fever and/or mild rash 5 to 12 days after immunization which lasts only a short time.

Children should also be vaccinated against mumps. Although it is usually a mild illness, serious complications are possible. Impaired hearing follows one in every 300 to 400 cases of mumps, making it a leading cause of deafness in children. Mumps may also result in damage to the nervous system, accompanied by stiff neck, headache, dizziness, delirium or convulsions.

Rubella, also known as 3-day or German measles, is generally a mild infection in children, causing fever and rash. Infection in adults is often complicated by the development of joint pain or arthritis which can last several days or even weeks.

The greatest danger occurs for women who are infected during early pregnancy. Miscarriage, stillbirth, or damage to the baby can result. Some common defects in rubella-damaged infants include mental retardation, heart malformation and cataracts. Women not immune to rubella should receive vaccine before their first pregnancy or failing that, immediately following pregnancy.

Combined measles, mumps and rubella vaccines are available which provide immune responses as good as those produced by individual vaccines.

Don't take chances with measles, mumps or rubella, especially with your children. If you have any questions about these conditions or vaccinations, ask your doctor or pharmacist.

info health

Dr. Bob Young



Heartbeat

Lub-dub, lub-dub; 72 times a minute, year in and year out, our hearts keep beating away. Since our life ends if our circulation stops it is important to know the condition of the pump.

The rate our hearts beat does vary, even when we are healthy. Exercise and anxiety will speed up the pulse, a well-trained athlete is likely to have a slow heartbeat. Thyroid disease and other non-cardiac illnesses may increase or slow the heart rate.

Changes in heart rhythm are far more important than changes in rate. There are many possible irregular rhythms, some of them relatively harmless. Others are lethal. Most sudden deaths and deaths occurring a few hours or days after a coronary or heart attack are due to the development of rhythm problems.

Arrhythmias, as they are called, may arise from different areas of the heart. Some are associated with a rapid or a slow heart rate. Abnormal rhythms affecting the ventricles, the lower 'pumping' chambers of the heart, are usually more serious than those affecting the top portion.

Large books have been written about arrhythmias so we cannot give you a crash course here. Many irregular pulses can be diagnosed with a stethoscope; a cardiogram (ECG or EKG) provides confirmation and a permanent tracing. Sometimes catheter studies are required to determine how the abnormal rhythm affects pumping.

More important for the patient is the fact that, given time and a heart capable of recovery, most arrhythmias can be treated. Much of a heart

specialist's time is devoted to doing just this.

Electronic cardiac pacemakers, some of which are very complex, are often used, especially for abnormally slow heart rates or in hearts that stop for long periods of time before kicking in again.

Most treatment is through the use of drugs. Finding the correct medication for a particular patient requires knowledge and skill. Drug side-effects and the presence of other illness may complicate matters. Fortunately there are many effective drugs, many of them very new, and cardiac arrhythmias are less of a threat than even a few years ago.

Info/Health is brought to you by the British Columbia Medical Association and this newspaper.

Trauma

Trauma, medically speaking, is an injury, usually sudden, and generally caused by an encounter with a physical object. Traumatology is the study of such injuries and their treatment.

The Canadian Medical Association Journal recently reported 10 years experience at the trauma unit of Sunnybrook Medical Centre in Toronto. Their findings, condensed for this column, are interesting. The statistics cover more than 3,200 patients.

More than half the admissions involved victims of vehicle crashes, and 36% were drivers, 16% passengers. Another 9% received their injury on a motorcycle, while 10% were pedestrians. Falls accounted for 11% of injuries. The remaining 18% were 'all other causes'.

About 75% of the patients were male, and the average age of all patients was 35 years. Only more severe injuries are treated in the unit. The average length of stay in hospital was 25 days, five of which were in intensive care and four in a 'step down' unit before transfer to a ward.

Each patient went to the operating room between two and three times, and had two procedures done each time.

The cost per patient was \$14,000. Over \$6,000 was nursing cost (265 hours per patient). Another \$6,000 was required for lab work, x-ray and numerous other services, and medical and surgical supplies. Physicians fees and 'hotel' costs (food, laundry, etc.) are not included in the \$14,000.

There were about 900 patients in 1985-87, and 45% were discharged home, but 75% of these required home help. Another 28% were transferred for rehabilitation or convalescent care, and 16% died from their injury or complications.

Surprisingly it is only recently that detailed records and statistics concerning trauma have been developed. The information is valuable, both for determining the most effective care for injured patients and to identify (and thereby prevent) similar types of accidents in the future.

Info/Health is brought to you by the British Columbia Medical Association and this newspaper.

A point to ponder

"I can't afford to waste my money on small-space ads," said the hotel owner to the newspaper sales representative. "Nobody reads them."

"Tell you what," said the newspaper sales rep. "I'm so convinced they'll work for you, I'm going to run some small-space ads for you free!"

"Great!" said the hotel man.

"Of course, nobody will read them, but it won't cost me anything anyway."

"Only one thing," added the salesman. "I'm going to write the copy."

"Okay," said the hotel owner, "what are you going to say?"

"I'm going to write copy that says your hotel has the

biggest bedbugs in town."

"You can't say that!" howled the owner. "You'll put me out of business!"

"Why?" asked the salesman innocently. "You just told me nobody reads small-space ads."

courtesy, The Comox District Free Press

Exercise and Activity Directory

for CFB Comox and the Comox Valley



Centre	Location	Facilities
CFB Canadian Forces Base Comox Recreation Centre Local 8315	CFB Comox	Swimming Pool Gym Weight/Hydra Room Aerobics Studio Bowling Alley Arena Sauna Playing Fields
CVSC Comox Valley Sports Centre 334-2458	4870 Headquarters Road Courtenay	Swimming Pool Sauna Whirlpool Arena Running Track Aerobics Floor Universal Gym
CRA Courtenay Recreation Association 338-5371	489 Island Hwy Courtenay	Gym Weight Room Squash Courts Aerobics Studios Summer Pool Playing Fields Tennis Courts
CRC Comox Recreation Commission 339-2233	1855 Noel Ave Comox	Gym Aerobics Studio Playing Fields
CRI Cumberland Recreation Institution 336-2231	2665 Dunsmuir Cumberland	Gym Whirlpool Universal Gym Aerobics Studio Squash Courts Raquet Courts

Activity	Location	Telephone	Contact
Airplane Club	CFB	8505	J. Nantel
Archery	CRA	338-5371	
Archery	CFB	8620	D.A. Sheppard
Aerobics	CFB	8315	
Aerobics	CRA	338-5371	
Aerobics	CRC	339-2255	
Aerobics	Fit Stop	334-4422	
Aerobics	Fleetbeat	338-1313	
Aerobics	CVSC	334-2458	
Aquatic Lessons	CVSC	334-2450	
Aqua Sizes	CVSC	334-2450	
Auto Club	CFB	8287	R. Davies
Badminton	CFB	8315	
Badminton (Ladies)	CRA	338-5371	
Badminton (Mixed)	CRA	338-5371	
Ballroom Dancing	CRA	338-5371	
Ballet (Adult)	VISD	339-6595	Gillian Kilgor
Baseball Association	—	334-2409	Marsha Webb
Basketball	CFB	8516	W. J. Collins
Basketball (rec)	CRA	338-5371	
Basketball (Ladies)	CRI	336-2231	
Bowling	CFB	8315	Mr. P. Hudson
Bowling	Glacier Lanes	334-4051	
Boxing Club	—	334-1959	Lloyd Anderson
Broomball (male)	CFB	8516	W. K. Higdon
Broomball (Female)	CFB	8287	A. J. Davey
Co-ed Fitness	CRA	338-5371	
Curling	CFB	8243	R. Michael
Curling	CVCC	334-4712	Ken Aitken
Cycle Club	—	338-1653	Ed Shrum
Disabled Skiers	—	334-3868	Herb Bradley
Fitness Classes	CFB	8315	
Floor Hockey	CFB	338-0309	Mike Trimble
Flag Football	CFB	8205	C. M. Bodner
Golf Club	Comox	339-6363	
Golf Club	Sunnydale	334-3342	
Golf Club	CRA	338-5371	
Golf Instruction	CFB	8109	R. R. Trainor
Hockey	—	338-7928	Marie McName
Hockey (Association)	CVSC	334-2450	
Hockey (Shinny)	CFB	8315	
Hydra Fitness	Fleetbeat	338-1318	
Jazz Dance	—		
Karate	CFB	8285	R. J. Hanes
Karate	—	339-2337	Peter Hillhurst
Lawn Bowling	—	338-5371	James Philipson
Low Impact Aerobics	**SEE AEROBICS**		
Mountaineering	—	336-2130	David Routledge
Nordic Ski Club	—	339-4525	Dr. Heischmiller
Olympic Weightlifting	CRA	338-5371	Ed Lafluer
Parachute Club	CFB	8287	C.A. Webb
Pickle Ball	CFB	8315	
Raquet Ball	Raquet Courts	338-5412	
Raquet Ball	CRI	336-2231	
Running Club	—	334-3518	Gord Davidson
Sailing Club	CFB	8241	R. Nakonechney
Sailing Club	—	339-2646	Mrs. L. Bull
Scuba Club	CFB	8287	R.L. Keyes
Skating	CFB	8314	
Skating	CVSC	334-2458	
Ski Club	CFB	8304	J. Kightley
Ski Lifts	Forbidden Plateau	334-4744	
Slo Pitch League	—	338-1958	Don Bolivar
Soccer	CFB	8315	
Squash	CRA	338-5371	
Squash	CRI	336-2231	
Squash Club	—	338-8326	Ron Bridge
Swimming	CFB	8315	
Swimming	CVSC	334-2450	
Swimming Lessons	CVSC	334-2450	
Tae Kwon Do	CRA	338-5371	
Tai Chi	CRC	339-2255	
Tennis (Lessons)	CRA	338-5371	
Tennis (Lessons)	CRC	339-2255	
Universal Gym	CRI	336-2231	
Universal Gym	CRA	338-5371	
Universal Gym	CFB	8315	
Universal Gym	CVSC	334-2458	
Volleyball	CFB	8315	G. Beatty
Volleyball	CRA	338-5371	
Walking Club	Driftwood Mall	338-1071	
Weight Training	CFB	8315	
Weight Training	CRA	338-5371	
Weight Training	CRI	336-2231	
Windsurfing	CFB	8437	D.R. McClellan
Yoga	CRC	339-2255	
Yoga - Iyengar	CRA	336-5371	

Public announcements

Community Council Bursary

Wallace Gardens Community Council will award a Bursary of \$200 to financially assist eligible students in furthering their education. This will be awarded to a graduating student at Highland Secondary School.

Applicants must be continuing their education at a post-secondary institution in the current calendar year. To be eligible, the student must be a dependant of a Wallace Garden resident who has resided in Wallace Gardens for at least eight months of the school year, and pays Community Council's assessment.

Awarding of the Bursary will be based on the decision of the selection committee. The committee will consider an information outline showing the student's involvement in activities at CFB Comox, as well as a transcript of his/her previous school year marks.

An application and transcript of marks must be submitted to the Community Council no later than 25 May 1990.

The selection committee will consist of the Mayor and two members of the Wallace Gardens Community Council.

ATC Golf Tourny

Comox ATC will again host the prestigious 11th Annual ATC Golf Tournament. On 30 Apr - 1 May 90 approximately 70 ATC personnel from Vancouver ACC, Campbell River Flight Services, Victoria, and Abbotsford Towers plus military Air Traffic Controllers from across Canada will participate.

The Tournament co-ordinator and OPI is Capt O.B. March, local 8238.

CF National Sports Championships

SPORT	DATE	LOCATION
Volleyball (Men's and Ladies')	22-28 Apr 90	CFB Bagotville
Tennis	27-31 Aug 90	CFB Winnipeg
Softball (Ladies')	2-7 Sep 90	CFB Edmonton
Softball (men's)	5-7 Sep 90	CFB Baden
Soccer	10-14 Sep 90	CFB Calgary
Golf	24-28 Sep 90	CFB Trenton
Running	1-3 Oct 90	CRB Borden
Badminton/Squash	3-7 Dec 90	CFB Greenwood

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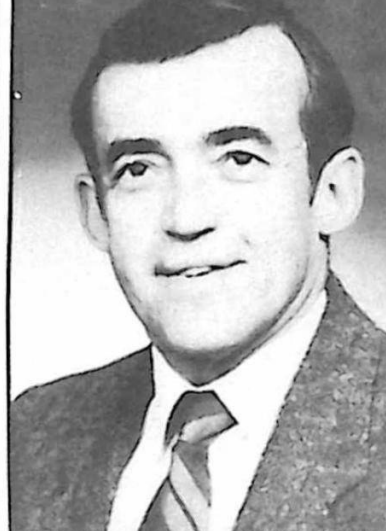
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FOR SALE BY OWNER



1914 Bolt Ave., Comox

This house has it all. Colonial style 5 bedroom home with view of the mountains! Close to three schools and Comox rec. centre. A tour of this home will show a Master bedroom with French doors into large bathroom with Jacuzzi, shower and antique dresser incorporating sink. Also on the main floor you will find a family room with fireplace. Up stairs you will find a large open plan kitchen and a living room with yet another fireplace. Price \$139,900.

FOR SALE BY OWNER



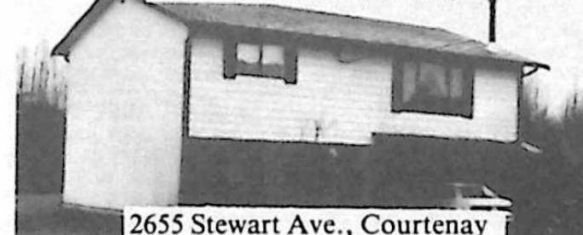
1592 Birch Ave., Comox. Close to golf course and minutes from the mall...This 2 bedroom rancher on a quiet street in Comox is a retiree's dream--the golf course is approx. 1/2 block away--tee off before breakfast--go shopping in the afternoon--or take the grandkids to the beach--all this is within minutes of your new home!!! Phone 338-1882 for more details Approx. 1000 sq. ft. Price \$82,000.

FOR SALE BY OWNER



1900 Marten Place, Comox. Lovely home in great area! This 4 bedroom home is within minutes of schools and includes finished family room, dining room and 2 full bathrooms. There is approx 1400 sq. ft. of living space in this cedar sided home with landscaping and garden space. A brick and stone fireplace highlights the living room; with a woodstove in family room. Sliding doors lead to the back sun-deck. Price \$97,000.

FOR SALE BY OWNER



Perfect for your family, excellent family home close to all amenities. This three bedroom bungalow is very reasonably priced. Comes with a beautiful brick fireplace, open plan kitchen/dining room, and master bedroom with cheater ensuite. Also features a cement patio all on a large city lot. Price \$85,500.

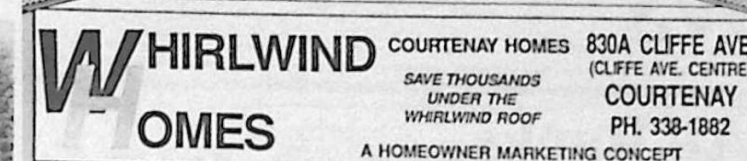
FOR SALE BY OWNER



Excellent ocean and mountain view home. This 4 bedroom, 2 storey Cedar West Coast home with skylights and fireplace in the living room/dining room, comes complete with attached garage. This home is situated on a large lot which is landscaped with trees and shrubs, and is home to the eagles. All this combined makes this home a must to see. To view the video on this home or for more information call 338-1881 Price \$129,000.

FOR SALE BY OWNER

1665 Chester Place, Comox. Immaculate 1759 sq. ft. 3 level split. This 6 yr old home with mountain view has 3 bedroom, 2 bathrooms, & 1 full ensuite. Just a few of the many features of this home include walk-in closet in master bedroom, brick fireplace skylight in bathroom, large utility room and double garage. Sliding doors lead to a nicely landscaped fully fenced backyard. Price \$137,500.



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FOR SALE BY OWNER



1901 Merino Pl. Comox. Brand new 3 bedroom with view, approx. 1320 sq. ft. rancher in Comox--master with full ensuite, L/R with bay windows--brick chimney with flue in place for wood stove--double garage--home is within walking distance to school. Price \$125,000.

FOR SALE BY OWNER



2048 Noel Ave., Comox. You too can have the luck of the Irish...In this spacious 4 bedroom family home. Livingroom features floor to ceiling stone fireplace with marble hearth. Open plan kitchen/dining room with sliding glass doors to new approx. 12x26 sun-deck, overlooking large, beautifully landscaped fully fenced yard. Full basement is partially finished with a full bathroom. Price \$95,900.

FOR SALE BY OWNER



2 Bedroom Mobile home on E. 6th St.--master bedroom has cheater ensuite...skylight in bathroom. Mobile is on its own lot. Price \$45,000

FOR SALE BY OWNER



861 26th Street, Courtenay. This cutie was built for you!!! 3 bedroom--2 up/1 down--close to Driftwood Mall and within walking distance of town. Large lot fully landscaped and fenced. approx. 950 plus sq. ft. home with 1/4 basement. Phone 338-1882 for appointment to view. Price \$82,000.

FOR SALE BY OWNER

#26-390 Cowichan Rd. Nicely situated in Mobile Home Park. This 3 bedroom, approx 925. sq. ft. (14'x70') mobile home is located in Uplands M. H. Park. Some of the features include ceiling fan in living room, built-in dressers & shelves in master bedroom, and shed. The yard includes garden space and is treed. Price \$39,900.

FOR SALE BY OWNER

670 Somenos Drive. Nearly new--well designed. This exquisitely kept approx. 1200 sq. ft. home near Highway area is close to all schools & park. Features open kitchen/dining room with skylights. Sliding doors off dining room lead to patio and landscaped back yard. An attached garage adds yet another feature to this 3 bedroom home. Price \$99,900.

FOR SALE BY OWNER

2036 Cedar Crescent, Courtenay unusual design...unusual home. Don't let the outside appearances fool you. Close to Driftwood Mall and Bill Moore Park, this 1 1/2 storey home has 3 bedrooms up. L/R, sliding glass doors from large diningroom to backyard and kitchen on main. Nice size lot!!! Price \$71,500.

FOR SALE BY OWNER



695 Sandpines Dr. The unique home for the unique family. This 2 yr old home of approx 2400 sq. ft. has 3 bedrooms, 1 full bath and a 5 pce ensuite (jacuzzi, separate shower and bidet) Large open kitchen with eating area has sliding doors to patio. Skylights and ceiling fans in living room and dining room. Woodstove in living room is set into an attractive tile alcove. This home is an incredible buy at \$134,900.

FOR SALE BY OWNER



2255 Idiens Way, Comox, 3 years new...This elegant home boasts wood floors in living area--sunken livingroom with sliding glass doors to patio. Diningroom with sliding glass doors to patio--kitchen with oak cabinets--den plus master bedroom and FULL bath down. Upstairs are 2 more bedrooms with full bath. All this and a DOUBLE garage!! To view the video on the home please phone 338-1882. Approx. 1250 sq. ft. down and 550 sq. ft. up. Price \$165,000.

FOR SALE BY OWNER



736 - 7th St., Courtenay. Close to schools & downtown. This approx. 1700 sq. ft. home has 4 bedrooms, family room and a garage. The newly renovated kitchen has oak cupboards and built-in china cabinet. The back yard is well established and nicely landscaped; with apple, pear, & peach trees. With workshop too! A real find at \$75,900.

FOR SALE BY OWNER



2243 Noel Ave., Comox. Your own fruits & vegetables! This approx. 1160 sq. ft. 2 storey home has a lot to offer. 3 bedrooms, 1 full & 1-3 pce bathroom & a 2-pce ensuite; plus a fully carpeted rec room with woodstove. The dining room leads to a large sundeck for you to enjoy, your morning or evening tea! The yard is fully fenced, with greenhouse and established apple & cherry trees, peach, pear & plum tree. In addition the garden boasts strawberries, boysenberries and raspberries and asparagus. Only \$99,900.

FOR SALE BY OWNER

378 Douglas, Comox. Quiet cul de sac in Comox. This approx. 3000 sq. ft. home, basement included boasts 5 bedrooms, den, livingroom, plus open plan kitchen/diningroom, and newly renovated bathroom. 5 major appliances are included and newly painted inside. These are just a few of the features in this house close to all schools, golf course, and within 15 minute walk to town of Comox. Price reduced \$98,500.

FOR SALE BY OWNER 1372 Hurford, Courtenay Give yourself a treat...This Cape Code has a spacious interior. Start at the top...3 bed, master 22x18 with full 4 pc. ensuite, PLUS 4 pc. main bath. Main floor boasts 18x13 livingroom with cedar feature wall encompassing corner fireplace, and sliding glass doors to deck. Separate family room also has sliding glass doors to deck. Kitchen features beautiful maple cabinets, plus separate dining room and a half bath for guests. We haven't finished yet...this home also has a full unfinished basement with wood stove and sliding glass doors to back yard. Would you believe this home a huge 2800 sq. ft.!! Price \$115,000.

On and off base

continued from page 4

Military & Wild

country, heavy natural gas and oil deposits, and one of the richest archeological areas in the province. In fact, the World Wildlife Fund and the Prairie Conservation Action Committee have identified Suffield as having one of the few remaining large areas of undisturbed native prairie.

The base has an environmental management plan and two environmental committees to keep its relationship with the local ecosystem running smoothly. But as Maj Brent McDonald, base operations officer and unofficial environmental officer says, there really isn't any problem at all.

"We don't have any problems because our plan is very simple. The animal side of it is easy: we leave them alone. We will try not to manage them or restrict them in any way whatsoever. We let them roam at will," Maj McDonald explains. For the most part, he adds, animals remove themselves well in advance of exercising troops and don't interfere with trials or training. They suffer very few casualties. "On the training side of things, we

are adamant as to what happens on there."

The major environmental impact of army training consists of surface disturbance caused by the cross country movement of tracked vehicles and prairie fires caused by the use of ammunition. Because both of these problems are corrected naturally if left alone, exercise areas are rested for several years when necessary to allow the prairie to recover. As well, everybody using the range carries out a careful clearance sweep following their periods of training. All debris is collected and unexploded ordnance is reported and then destroyed in place by the appropriate experts.

"Generally this means we have an exercise in the same place for three or four years and then move it," says Maj McDonald. "It looks rough after the cleanup, but at least it's level. We have a few weeds the first year, a few seeds the next, and after four or five years it's starting to get back to its original state." Of course, he adds, this sort of rotation is

only possible because of the sheer size of the Suffield range.

On some parts of the range, military training is strictly out of bounds in order to protect environmentally sensitive areas. This includes seven archeological sites which are fenced off entirely. Numerous Indian campsites, buffalo jumps, tipi rings and stone circles or 'medicine wheels' have been found and are protected. Archeological investigation has been conducted over many years and is still ongoing.

Although the range is a hunter's dream with some of its residents, including some excellent trophy animals, hunting is strictly forbidden. Although poaching was a problem a few years ago, careful range control with continuous patrolling seems to have solved the problem for the time being.

The British, who currently have the only army personnel exercising on the range, are aware of unique environmental concerns at Suffield. "They are very receptive to our concerns," says Maj McDonald.

continued on page 23

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Recreation

Padre Bob speaks

Greetings once again from The Chapel. I hope you had a joyful Easter. Easter started early with the Sunrise Service at Air Force Beach. The water was beautiful and calm and Padre Greg told us what it would have been like standing on the shores of the Sea of Galilee when Peter said, "I'm going fishing." In response to Peter's decision to go fishing we witnessed the launching of two boat loads of fishermen, then retired to the Chapel for a delicious breakfast of scrambled eggs, sausage and pancakes. Our 1100 hr service was

continued from page 22

"When it comes to the wildlife they are extremely good. From an environmental perspective everyone is aware of our concerns these days and I don't have any problems."

Suffield has also taken some interesting steps of its own. In 1986, it was decided to reintroduce buffalo to the range. There are now 18 buffalo on a separate area of 450 acres at the base. The animals were purchased with non-public funds

a joyful celebration with the choir providing special music as we witnessed the baptism of two infants: Courtney Danielle Picard and Tanya Sarah Prinzing and celebrated communion.

This coming month sounds quite interesting as well for we start off with our Battle of Atlantic Service 6 May. Members of the Royal Canadian Sea Cadet Corps Port Augusta will be in attendance to assist in our memorial service on this occasions. If your son or daughter is a member of the

Corps I'm sure they would be proud to see you in the congregation, so plan to join us.

The second Sunday of May is Mother's Day. I won't let out any secrets for that day, you will just have to come and see for yourselves. On the last Sunday in May our Congregational Picnic will follow the regular service. Once again come on out and join in the fun. Photos on the board in the Chapel entrance will show you some of the fun you have already missed. Don't miss any more. See you in Chapel.

Military & Wild

and are maintained entirely by the base with no cost to the taxpayers.

"Suffield is a fine example of responsible environmental protection," says Rob Cretain, head of natural resources at the directorate of conservation and energy at NDHQ. He adds that he knows of no other base in Canada with the rich environmental diversity of Suffield. "It is truly a unique place."

by Capt Darlene Blakeley

Chapel Chimes

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CHAPEL — Our Lady of the Sacred Heart (on Base)
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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 PMQ School at 1830 hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and John LeRoss, 339-4388.

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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 — each Sunday at 1100 hrs.

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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