

# On and off base



## A history of Mother's Day

Be it with cards, flowers, telephone calls or personal visits, each year on the second Sunday in May, Canadians across the land celebrate Mother's Day. A time-honoured event this holiday has become every bit as important as Christmas, Thanksgiving, or Easter. In fact, Hallmark Canada reports that people spend more money on Mother's Day cards than for greeting cards for any other occasion.

But if it hadn't been for the crusading efforts of Philadelphia Anna M. Jarvis, Canadians would not celebrate this holiday at all. In 1907, Miss Jarvis mounted a campaign to have a nation-wide day dedicated to mothers. Miss Jarvis was inspired by her own late mother, who had nursed a lifelong dream of establishing this celebration.

For the next three years Miss Jarvis who was never a mother herself, worked hard at spreading her idea; she wrote hundreds of letters to

congressmen, state governors, influential businessmen, clergymen.

In 1910, Miss Jarvis' tireless efforts were rewarded when the governors of West Virginia, Oklahoma and Washington officially proclaimed Mother's Day. Within a year, Mother's Day observances were being held in every state in the U.S. Miss Jarvis achieved her final victory on May 9, 1914 when

President Woodrow Wilson issued a proclamation directing "the 2nd Sunday in May as a public expression of our love and reverence for the mothers of our country."

Once the custom became established in the United States, it was quickly adopted in Canada, and gradually spread all over the world. Today Mother's Day is celebrated everywhere from Australia, Mexico and Japan to the West Indies, Europe and Africa.

### Ancient tributes

However, the idea of Mother's Day did not originate with Anna M. Jarvis. Both the ancient Greeks and Romans held festivals to pay tribute to mothers. During the Middle Ages Christians honored Mary, the mother of Jesus, with special celebrations each year.

In medieval England there was a Mothering Sunday, when children who had been away from home as apprentices returned to see their mothers. They usually brought the gift of a 'mothering cake' a fruit cake with almond paste, meant to be eaten on Midlent Sunday. This tradition held in March, is still alive in Britain today.

In Canada, cards are by far the most popular way to celebrate Mother's Day. Typically sentimental, they usually contain a simple verse expressing love and affection.

courtesy Voxair

## Snow—To—Surf

continued from page 1

finished 101st overall. The infamous SPP didn't finish that is). Capt Potts was later overheard at the Beer tent saying "you will accept these wet beer tickets won't you."

Ralf Murphy from the WO & Sgts Mess team 'Geritol Gents', "You know this year we improved by 56 positions to 81st place overall, at that rate within two years we'll be finished before the race starts."

Overheard from the lead canoeist of the last team to finish as he slowly made his way up the ramp, "Oh the shame, of the shame." Kim Cummings tried to take a picture of this degrading finish, however she just couldn't seem to get her 'F Stop' adjusted correctly.

Comment from one of the teams canoeing, "I looked up and we were beside St. Joseph's hospital, we dug in and paddled for all we were worth for 10 minutes and I looked up and we were beside . . . St. Joseph's hospital."

Christine Carrigan from the

'Defensive Hot Line' team flew by her biker counterpart from the Magnificent Seven (also her Boss) Reg Lavoie. She was overheard to say, "I'm sorry Warrant I didn't know you were in the race, I thought you had just stopped to watch." Reg was overheard to say, "let us not forget the true meaning of the word sportsmanship" and CFS Alert has some great bike courses honest Christine. By the way does anyone from Defensive Hot Line know where Mitch's canoe is worry, worry, fret, fret.

Ted Norrie from the 'Snow Turkeys' to the members of the Kiwi Club "you need a X-country skier, heck I'm your man, double heck, I'll even do it with just one pole," what a man! 111 that's one hundred and eleven Karen not 3 the Snow Turkeys finished 111th not 3rd.

There are 8 million stories in the Naked City these have been just some of them.

On an appreciative note

by Barry Howell,  
Quartermaster Extraordinary

Red Cross Water  
Safety Says:

### McKnight-Innu

continued from page 1

Mr. McKnight said the Federal Court decision recognizes that halting low-level flying would have grave economic and social consequences for the 7,500 people of Happy Valley-Goose Bay who depend on this activity for their livelihood. Mr. McKnight also said that the decision enables Canada to continue to fulfill its international commitments.

In dismissing the NMIA application, the Federal Court said that while an order of the nature sought (to halt low-level flying) would result in extensive disruption, dislocation and prejudice to the civilian population of Happy Valley-Goose Bay, the members of the aboriginal communities would lose no rights they currently have and will suffer little prejudice as a result of a refusal to issue the order.

The Federal Court stated that although the low-level flying area is approximately equal to the size of the provinces of New Brunswick and Nova Scotia combined, and the number of NMIA members who fly into this area for hunting and fishing is in the order of 100 people, the NMIA have

refused to disclose the location of their camps so that their aircraft engaged in low-flying activities. The refusal of the NMIA to co-operate in any way to mitigate the effects which the low-level training might have on them was identified as another reason for the Federal Court's dismissal of the applications.

The Federal Court also pointed out that there is no concrete evidence that the low-level flying as presently being carried out is causing extensive environmental damage.

Mr. McKnight said he is awaiting word from the Environmental Assessment Review Panel about how to improve the Environmental Impact Statement filed with the panel by the Department of National Defence. The panel indicated in a letter to Mr. McKnight last month that the EIS has deficiencies which must be corrected before public hearings can be held.

"We want to know how we can improve the statement, so the public environmental review process can continue," said Mr. McKnight.

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# On and off base



## LEGION LOG

### BRANCH 17 COURTENAY

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

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Fri & Sat 18 & 19 May. . . . . Music by WESTWIND  
Fri & Sat 25 & 26 May. . . . . Music by COUNTRYMEN  
SAT 19 MAY URGENT, WE NEED DONATIONS FOR OUR ANNUAL AUCTION FOR CANCER, CALL 334-4423 OR 338-1750 FOR PICK UP.

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

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MONDAY. . . . . FUN EUCRE  
TUESDAY. . . . . PUB DARTS  
WEDNESDAY. . . . . LEAGUE CRIB  
THURSDAY. . . . . FUN DARTS  
FRIDAY. . . . . TGIF & MONEY DRAW AT 6:30 PM  
SATURDAY. . . . . FUN BRIDGE AT 12:30

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#### \*\*\*EVENTS\*\*\*

Sun 13 May Mother's Day Steak BBQ  
Sat 19 May URGENT, we need donations for Annual Auction for Cancer. Call 334-4322 or 338-1750 for pick up.

#### \*\*\*SPORTS\*\*\*

Sun 27 May Fun Crib Tournament Registration 12-1.

### BRANCH 160 COMOX

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

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.

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COORS LIGHT SILVER BULLET JET

EDMONTON—A major military operation involving more than 100 aircraft, 160,000 people and over three NATO countries will be held at Canadian Forces Base Edmonton 19 and 20 May. But there's no need to worry, this is a peaceful operation: It's the 1990 Namao International Airshow. The theme of this year's show is 'The 90s and Beyond', and it will feature both military and civilian aircraft, hot air balloons and static displays from the aviation industry.

The morning display starts shortly after the gates open at 9 am and includes gliders and radio controlled model aircraft. Also performing will be the famous Western Warbirds. The afternoon display starts at 1 pm with CFB Edmonton's own Skyhawks Parachute Demonstration Team.

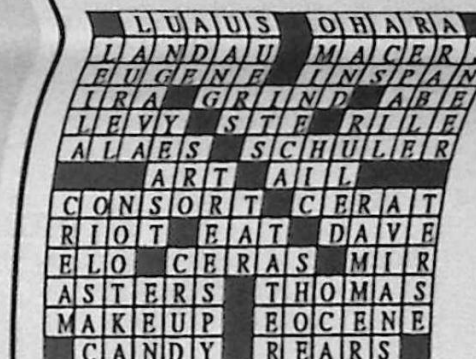
The Namao air base is located just north of the city of Edmonton on highway 28A. There will be free parking on-site and to ease traffic congestion, a shuttle service will be available between Edmonton Northlands and the base. Tickets are \$4 per person and seniors and children under 12 are admitted free.

## Good luck in the Yukon

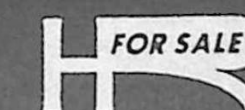
Teresa Miles, our ace camera operator, is off to the Yukon for summer employment. Her dad works in Air Traffic Control. Have a good summer Teresa; the Fishrapper gang look forward to your return in the fall.



Teresa Miles



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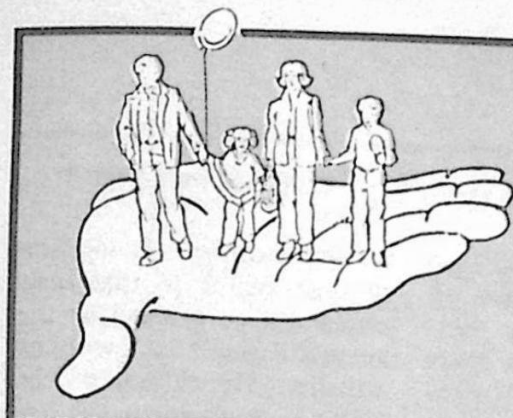


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Family Support  
Centre folds

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Remembering  
Kapyong

..... page 4



# TOTEM TIMES



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## INNU Talks still on

OTTAWA--The Honourable Bill McKnight, Minister of National Defence, said he remains willing to have constructive talks with the Naskapi Montagnais Innu Association (NMIA) about military flying in Labrador. His comments followed a review of the Federal Court Decision denying the NMIA's application seeking various court orders designed to end current low-level flying from Goose Bay.

"I am prepared to meet personally with the NMIA leadership, or have officials of my department meet with the NMIA leadership, to establish meaningful dialogue with the Innu that would lead to a resolution of their concerns about low-level flying," said Mr. McKnight.

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## AETE Cold Lake wins Military Snow—To—Surf.



LCol Bennet representing Base Comd presenting Base Comds Trophy for best military team Snow to Surf to 'AETE Express' from CFB Cold Lake.

On Sunday 22 April in the 8th Edition of the Town of Comox's Annual Snow to Surf Race was held. As in past years a full complement of 150 teams participated in this event and this year a record 24 military teams were entered and vying for the much coveted Base Commanders trophy.

CFB Comox where athletes abound (it has been rumoured that postings to CFB Comox

are not even considered unless your BMI is less than 3 figures) did exceptionally well this year by submitting a total of 15 teams. Other military teams came from such far away and semi-exotic places as CFB Cold Lake, CFB Trenton, CFB Chilliwack and CFB Esquimalt. There were 'Tears in the Beers' of the CFB Greenwood team as they were forced to cancel at the last

moment as they were unable to make successful flight arrangements. It does seem strange that a team from CFB Trenton the '2AMU' Baggage smashers had no problems at all in arranging their flights.

As in all major sporting events there are so many games within the game, challenges between competitors and Oh Ya! outright lies!!

Our 407 team, 'Crew 5

Vikings' just a fun team were challenged by another 407 team self proclaimed 'Serious contenders' by the name of the 'Subway Party Pigs'. This boastful team consisting of Capt Crawford, Westerveld, Campbell, Vincent, Alcott, Bakor and White, who wished to remain anonymous, so be it. Anyhow 'Crew 5 Vikings'

continued on page 2



Remember. Observe.

## MOTHER'S DAY 13 May





# Editorial

NORM BLONDEL



## By way of a change:

This is a story about two friends, Norm and Vic, as told by VU33's Pete Wybenga.

It so happened they suffered simultaneous stoppage of breath, and, having led reasonably clean lives during their span of three-score and ten, both found themselves on the celestial up-escalator, enroute to an appointment with Saint Peter.

On arrival at the Pearly Gate, they were met by a rather flustered Saint Pete, who explained there had been a computer glitch. (With a big increase in world population, even Heaven had computerized.)

"You're two weeks early," he said, "you'll have to go back." "But we can't go back," Norm and Vic protested; "we've both been cremated. What do you want us to do, sit around in our jars?" "Ok: how about going back as anything you like for two weeks?" said Saint Peter.

"Norm: what would you like to be?"

"Well, I like gardening, how about making me into a plant?" "Good: you can go as a daffodil," responded Saint Peter. "A daffodil! Jeesh. Haven't you got something more masculine?" complained Norm. "Take it or leave it, Pal, we're looking at two bonus weeks here!" retorted the saint.

And so, grumbling, Norm went off to be a daffodil.

"What do you want to be?" Saint Peter asked Vic.

Undoing a couple of shirt buttons, Vic growled, "I want to be a stud!"

Two weeks later, Saint Peter summoned his aide. "Go find Norm and Vic and bring them back up here."

"Where will I look for them?" asked the aide.

"You'll find Norm in his daffodil patch: he's the one who's gone to seed."

"And how about Vic?"

"He's halfway to Port Hardy. On a snowtire."

## Promotion



Lt Karen Larke received her promotion recently from BT50 LCol Mack. Lt Larke is employed in Base Transport as Base Traffic Officer, and is assistant Editor at the Totem Times.



## Family Support Centre closes 1 June

After two years of volunteer service to the CFB Comox Military and Civilian community the Family Support Centre will close its doors on the first of June. Since 25 Apr 88, the Centre has served as an information/resource centre and 'help line' manned by a volunteer staff. These volunteer ladies, spouses of active and retired military and DND civilian members, have given countless hours of their time and talents to provide a service to improve the quality of life for military families. These families, who have been new to

the Comox Valley, or those who have needed a referral service or 'practical problem solving' advice or simply a 'listening ear' have found an understanding volunteer. Unfortunately, since no public funding is available or no offset positions are available to staff the Centre on a regular basis, volunteer staffing can no longer guarantee regular hours of operation. Therefore, the Base Family Support Centre Steering Committee, has reluctantly voted to close the Centre effective 1 June, rather than have it operate on

irregular hours to the possible inconvenience of service families.

The Base as a whole and military families past and present, owe a debt of gratitude to these ladies. The following column 'courtesy of Erma Bombeck' is offered as a tribute to the Family Support Centre volunteers by the undersigned:

Alan Brown LCol (ret'd)  
Director, Family Support Centre.

## Volunteers--an endangered species

Volunteers--endangered species. No matter where they are, they arouse your curiosity. Who are they? Where do they come from? Why are they here?

They could stay moored where it's safe and still justify their being, but they choose to cut through the rough waters, ride out storms and take chances.

They have style. They're fiercely independent. If you have to ask how much they cost, you can't afford them.

Volunteers and yachts have a lot in common these days. They're both a part of an aristocratic era that is disappearing from the American and Canadian scene. They're both a luxury in a world that has become very practical.

Day by day, the number of volunteers decreases in this country as more and more of them equate their worth in terms of dollars and cents.

Three years ago I did a column on volunteers in an effort to

point out that they don't contribute to our civilization. They ARE our civilization -- at least the only part worth talking about.

They are the only human beings on the face of this earth who reflect the nation's compassion, unselfishness, caring, patience, need, and just plain loving one another. Their very presence transcends politics, religion, ethnic background, marital status, sexism, even smokers vs non-smokers.

# Comment

## Volunteers

continued from page 4

Maybe, like the yacht, the volunteer was a luxury. And luxuries are too often taken for granted.

One has to wonder. Did we, as a nation, remember to say to the volunteers, "Thank you for our symphony hall. Thank you for the six dialysis machines. Thank you for sitting up with a 16-year-old who overdosed and begged to die. Thank you for the hot chocolate at the Scout meeting. Thanks for reading to the blind. Thanks for using your station wagon to transport a group of strangers to a ball game. Thanks for knocking on doors in the rain. Thanks for hugging the win-

ners of the Special Olympics. Thanks for pushing the wheelchair into the sun. Thanks for being."

Did the media stand behind them when they needed a boost? Did the professionals make it a point to tell them they did a good job? Did the recipients of their time and talent ever express their gratitude?

If frightens me, somehow to imagine what the world would be like without them.

Thank-you Ladies...  
Alan Brown LCol (ret'd)  
Director, Family Support Centre

## Sportathon thanks

The Sportathon Committee thanks everyone who participated in the Miracle Sportathon, held in the Valley last weekend.

We really are a community that can pull together for a cause. All donations go to the B.C.'s Childrens Hospital in Vancouver.

The Children's Miracle Telethon will be televised on CKVU Vancouver 2 and 3 June, when you have the opportunity to see exactly where your contributions go to help put smiles back where they belong. Donations are still being accepted through Community Chairman Randy Kerr 338-8713.

## About Trivia

Hi Norm,

Your trivia item of 26 April is a notable one. It is a Fairey Swordfish extensively used by the Royal Navy Fleet Air Arm during WW II. Nicknamed 'Stringbag' after the British housewife's expandable shopping bag of knotted string, it did not belie its nickname. It could carry a wide assortment of ordnance; depth charge torpedo, mine, flares, and bombs. It was also equipped with a radar dome and a searchlight, and its slow speed and long range made it a lethal hunter and killer of U-boats. Folding wings made it an ideal carrier borne aircraft. In November 1940 in one of the most outstanding naval actions of the war 24 of these aircraft from the carrier HMS Illustrious attacked the Italian fleet in Taranto Harbour. Under cover

of darkness they devastated the fleet, destroying and damaging 50% of it. (2 cruisers, 3 battleships, and 2 destroyers) Naval historians have noted that during a visit by Japanese high ranking navy staff to Italy in 1941, details of the Taranto action were studied, and some of the tactics were used by them later at, (you guessed it) Pearl Harbour. The Swordfish served right through WW II from beginning to the end. Slow and old fashioned looking they may have been, but they sure proved their worth.

John Novak

P.S. I wonder how many T.T. readers spotted the 426(T) SqN North Star situated in the background of the Bristol Freighter & Crew photo in the last issue?

## Thanks Harry

We had trouble spelling RCAF Langer in the last Trivia, perhaps because our proofreaders (all younger than me) never heard of the place. Apologies to Trivia fan John Novak.

The photograph appearing in this Trivia is the last in a series loaned to us by Harold Holmes of Victoria. He is a member of 800 Wing RCAF, an

## Watch your skin

## Sun sense

Spring has arrived and the promise of long, lazy days in the summer sun lies just ahead. But take warning, say experts, too much of that lovely, warm sun can be harmful.

Dr. William Dodd, head of Dermatology at B.C.'s Children's Hospital, says that exposure to sun light is inevitable and, in many ways, good for our emotional and physical wellbeing. But the sun also radiates harmful ultraviolet rays and thanks to our ingrained habit of basking in those rays -- a habit that is becoming more dangerous as the protective ozone layer disappears -- the rate of skin cancer has leaped 93% in the past ten years. One in 135 Caucasians can expect to develop melanoma, a dangerous and potentially fatal skin cancer, in their lifetime. And if society's addiction to sun bathing continues, that rate will rise to one in 90 by the year 2000.

What can we do about it? Dr. Dodd says we should pay attention to what our bodies try to tell us about sun. Your skin turns red and hurts as a warning that too much sun is harmful. It turns brown (tans) in self-protection but not before damage occurs. Like damage from smoking, the effects of too much sun may not appear for many years. But those effects are cumulative, leading to bumpy, leathery skin, deep wrinkles and, in many people, the growth of skin cancer. And parents take note: current research indicates that one or two 'bad' burns in childhood greatly increases the risk your

child will develop skin cancer late in life.

Dr. Dodd says you can reduce the risk for yourself and your child by taking a few simple precautions: try to stay out of intense, mid day sun (between 11 am and 3 pm) and make sure you and your children use sunscreens and sunblocks, including protective clothing, to guard against the sun's harmful rays.

Good sunscreens, applied according to package instructions, protect the skin by absorbing harmful ultraviolet rays. They offer a range of protection as indicated by sun-protection factor (SPF) numbers listed on the package or bottle -- the higher the SPF the longer the protection lasts and the better its quality. A useful rule of thumb is to divide the SPF number by four; the answer tells you roughly how long the protection lasts. While SPF's can go high as 50, Dr. Dodd says most people are safely protected with a number 15 applied liberally every 2 - 3 hours. But he also says people should take into account their skin type, length of exposure time and intensity of sun (as affected by time of day and geographic location) when selecting a sunscreen.

For prolonged exposure and exposure to intense sun, he advises using sun blocks for highly sensitive areas such as the nose, ears and lips. Sun blocks are based on talc or zinc oxide and physically stop the sun's rays by reflecting them. He also suggest wearing long sleeved shirts, long pants, hats and a good pair of sun glasses for added protection.

In addition to these precautions, adults should check moles or other markings on their skin for the 'ABCD's' of melanoma: asymmetry, border, colour and diameter. If you have a lot of moles, you should take extra care. Any growth that is asymmetrical and has the following characteristics, should be checked by a doctor:

- \*has a border that is ragged, notched or blurred
- \*is not uniform in colour (made up of brown, black and tan--sometimes with added hues of red, white or blue)
- \*is larger than a pencil eraser in diameter.

Dermatologists at B.C.'s Children's Hospital and elsewhere do not expect parents or their children to avoid sun completely. But they strongly recommend that everyone avoid excessive and unprotected exposure. Have fun in the sun -- but take the necessary precautions to protect your skin. It may save your life.



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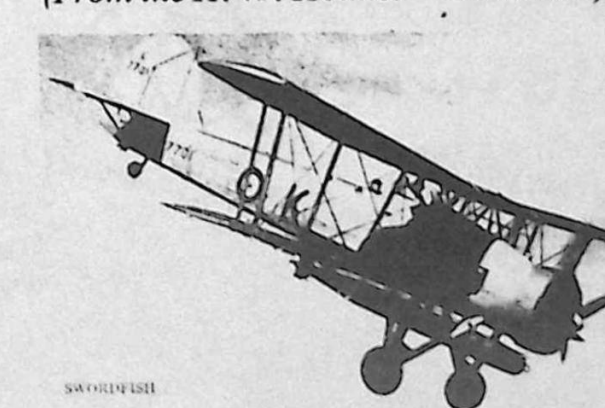
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(téléphoniste 741)

## Air Force Trivia What, where, when



(From the H. W. Holmes Collection)



## Trivia Answer

A completely detailed answer is provided by John Novak, left.

EDITOR-BUSINESS MANAGER.....Norm Blondel  
ASSISTANT EDITOR.....Lt Karen Larke  
OFFICE MANAGER.....Sherry Snow  
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# Section News

## 935.05 Presentations

Airfield Special Purpose Vehicle Operator Certificates were presented recently by BTSO LCol Mack.



Cpl Gallichan



Cpl Poulin

## -and a promotion



Capt W.C. Brundige, Det Comd, 740 CommSqn Det Comox, presents Cpl Chantel Harvey with her new rank.

## Chuckle

Ford produced the car of the decade in 1957—the Edsel. Half of the models sold proved spectacularly defective. If lucky, you could have got a car with any or all of the following features: doors that wouldn't close, bonnets and boots\* that wouldn't open, batteries that went flat, hooters that stuck, hubcaps that dropped off, paint that peeled, transmissions that seized up, brakes that failed and push buttons that couldn't be pushed even with three of you trying.

In a stroke of marketing genius, the Edsel, one of the biggest and most lavish cars ever built, coincided with a phase when people increasingly wanted economy cars. As *Time* magazine said: "It was a classic case of the wrong car for the wrong market at the wrong time."

Unpopular to begin with, the car's popularity declined. One business writer at the time likened the Edsel's sales graph to an extremely dangerous ski-slope. He added that, so far as he knew, there was only one case of an Edsel ever being stolen.

\*this was written by an Englishman: a Bonnet is a hood, the Boot is the trunk.

# Section News



## VU-33 Squadron

### Anker Klankin'

## Maintenance Mutterings

The dates and places for the Sqn adventure training have been published and again this year, someone has missed Reno, Las Vegas and Atlantic City. Very poor planning on the part of the Pls. I think trying to survive in one of the above mentioned places with your 'NATO standard' travel claim for a week, might classify as a challenge.

Congrats to Pte Darren Herle who is now a Cpl. I understand that he missed his old rank so much that he volunteered to do one more duty private just for old times sake. "How about that Hulk Hogan?"

By the time this hits the press we will have already wine and dined the Kays and McManuses at the Gaff Rig as their retirement supper, and come the end of the month there is one more. MCpl Ernie 'the toast of the Squadron' MacAlpine is going to be 'feted' at the Griffin Pub on Thursday 31 May, 6:30 for 7 pm. There will be a special menu posted for this event, so keep your eyes on the canteen bulletin board.

This has been a banner Monday morning for the Maint Crew: Fresh off our last shock of MCpl Gord Leblond and Sgt 'Willy' Williams both in coverall (your basic Bobsey Twins); we came in this a.m. and there is 'Gordo' again in the long white garb, along with MCpls Al Nantel and Tom

Cook. Now that's a hat trick, or 'Larry-Moe-and Curly'!!

Our next Sqn function is Tree Island on Friday 25 May. The rest of the details will be coming out soon so keep an eye on the canteen board.

The skies over the valley were shattered over the weekend by an old familiar sight and sound: A Tracker!!! I was out cutting my lawn on Saturday and something was making more noise than my mower so I looked around (and eventually up) and saw a 'Conair' tracker making pass after pass over Courtenay. There were probably tears rolling down a few cheeks locally!

Recently while performing some checks on a 't-bird' I noticed some lead plates in the nose of the A/C and the thought occurred to me that this may have come from the 'Tracker pilots seat'. I wonder how Randy Chalk is doing these days?? And as long as we're picking on the aircrew lets say a belated goodbye and a thank you to Capts Dan Orr and Don Fair. They both contributed greatly to ALL Sqn activities and a lot of it on their own time. Hopefully we'll get a chance to see them again in the near future and send them off with a bang instead of a whimper.

## 1 Crew

Once again, it's time to put pen to paper and fill in our faithful fans on the happenings at VU33. In our last episode we left everyone hanging on the edge of their seats awaiting the results of the VU33 squadron golf day. After the score cards were tallied up, the final results were L.N. score to Jamie Bull and Marc Pilon 2nd L.N. Orlando Bokor and Pete Bush. Longest drive Al Nantel and Paul Sparling. Closest to the pin, 'Boots' Boutilier and Harry Chapin and the 'grand?' prize of a set of golf clubs each went to JR Walsh and Marc Keller. If Jr and Marc ever golf together again they will have to bring a calculator. It is quite difficult to add all of those double digit numbers. After the slicing, chopping, hooking and hacking was done the section held a mug out for Ron Fortin who, by the way is soon to be MCpl Fortin (1 June) Congratulations Ron.

More on the sports scene. The VU33 fastball team have completed their 'grapefruit' league with rather impressive results, considering we're a first year team. Our first regular season game is slated for 8 May. We'll have the results next article.

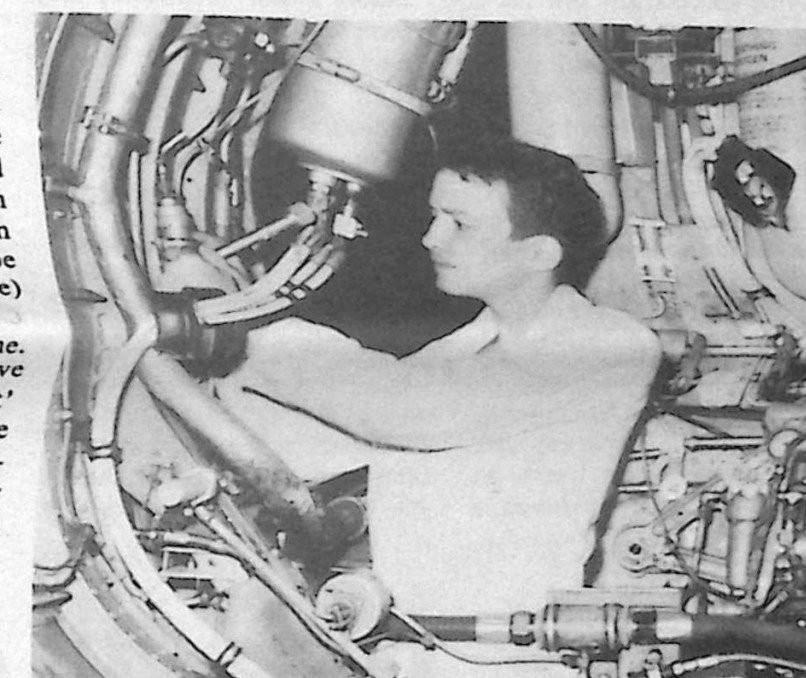
One final note on sports. The VU33 bowling team won their divisional playoffs. Mr. Caslake even managed to get an additional plaque. Does the number 80 ring a bell Glen?

As far as people coming and going around the hangar, we've John Johnson away in Disneyworld doing the roller coaster and Mickey Mouse thing, and Chris Shelley back from his HHT in Halifax. Next time Chris goes to the east coast he will be looking for a hotel where they actually come in and shake you for a wake up call. It seems that 'just a phone call' doesn't quite get you to your plane on time.

And oh, Cookie -- Trolling in your carport just doesn't cut it. You've got to get your boat in the water to catch fish. Get



MCpl Larence Sheppard receiving his CD from the CO VU33, Maj Arsenault.



Congratulations to Cpl Darren Herle on his recent promotion to Cpl. Cpl Herle is an AF Tech with VU33 Sqn and is seen here performing maintenance on the T-33 aircraft.

that fibreglass job done and we'll see you at the Tree Island. It's coming up quick, and you can read all about it here in a future article.

For a closing note on this week's news we'd like to dedicate a song to our die hard Montreal fans. Na na na na na na na Hey hey hey -- goodbye.

## 2 Crew

First the 2 crew News: A young man in his mid 20s who awoken early Monday morning May 7 to find out he was going to Honduras. Being a man of a

gentle nature he replied "Hult" only to find out he is to leave for Bagot. a demain pour le CH135 course. His retort was "Can I go Nancy, Can I."

Next, I'd like to wish congratulations from the Sqn to Mark and Vicky Keller for their new addition to the family. 'Its a girl', 7 lbs 14 oz baby named Megan.

Just a tidbit of info for all you ladies who used to be a part of Mark Pilon's entourage and I stress used to. Mark has been lassoed and stuffed away.

Sgt Grubweiser has been heard describing A/C snags in rhymes, "and bump, bump there was a thump, thump."

Finally there's a question for you. "Why is the Grumpy Galloot no longer Grumpy? Hmmm!



## Celebrate Mother's Day with us at the Driftwood Mall

## Mother-Daughter Fashion Show

Friday May 11 -- 7 pm

Saturday May 12 -- 2 pm

It's our 14th

## Birthday Celebration

May 24 — 27

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Windy of Windy's World is Here! 'Master of Balloon Creations'

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A giant 25 foot balloon Dragon built & launched from our parking lot  
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# Section News



## 407 ARMPO

Once again, the active posting season is upon us. A time when requests go out to our travel agents to place us in the most desirable and convenient place possible. And in reply, the Canadian Forces Travel Agency has booked Cpl Rob Granger out to Kingston. Sorry Rob, it's in Ontario not Jamaica. Undoubtedly, our travel agent is not finished. Word has it that a couple of members are more than a little eager to put their houses on the market.

MCpl Gord Morrison returned from his JLC course having successfully lost his acting status. We wonder if it was his triple backflip with a twist into a hot tub during field training that cinched his course.

Temporary duty has been sparse but interesting. John Cleve had a little taste of winter in Thule, Greenland. He described it as not a nice place and he would not want to live there. Personally, I don't blame him. Dawn Nickerson and Dave Hooper have enjoyed a few days at the beach in Hawaii. Both were involved in

## Demon doin's

this years RIMPAC exercises. Last but not least, Doug O'Brien will represent the Photo part of the Ground Crew team at this years O'Brien ASW competition. To prevent any possibility of confusion we have changed his name to Brien O'Doug for this competition only.

Our hats are off to the F-Stops Snow to Surf team as they have really made a name for themselves. Tis' sad but true, they made it to the finish line dead last. One of the participants was heard to say ... "Even the Rescue Truck left before I did!" However, they have declared their entry for next year vowing to defend their position against all comers.

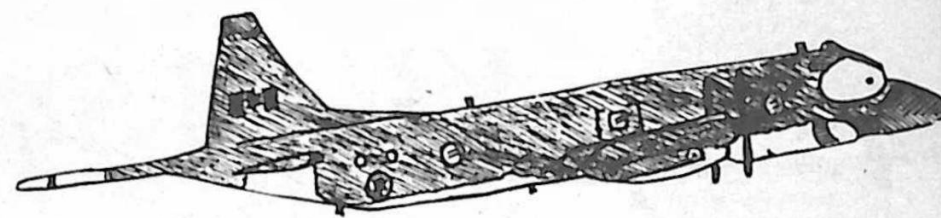
On to the Armament side of the house. MCpls Booth and Woodward, along with Cpl MacFayden are off to RIMPAC. All of whom appreciate the sunny south versus the frozen north. Who wouldn't, of course.

The CF Travel Agency have booked Cpl and Mrs. Cpl Giles to Baden in May. Good Luck and your return ticket should be issued in a few years. Sgt

Jim Newhouse 'volunteered' for 'Classified Duty' in Penhold. Please don't ask him for detail but it seems the ARAF have need for his talents whatever they are. WO Mulesa is retiring after 25 years of service and wishes to become a 'Valley Boy'. We expect he will be annoying you at the Comox Legion very soon. For those who care, MCpl Redgewell and Cpl Hatfield are now Torpedo qualified ... whether they like it or not.

Recently, 'Capn' Dan Booth and 'Deck Hand' Jim Cook brought the 'Nautilus' back to the beach after experiencing mechanical problems. While attempting to tow the boat off the beach, they buried the 4x4 and had to enlist the aid of a tree skidder to solve this dilemma. It seems the Air Force training and Naval skills are not quite compatible...better luck next time.

And finally, congratulations go to Capt Melenchuk, promoted to that rank as of 1 May. Once again proving the Promote and Post theory as she is leaving the ARMPO position this summer.



## 407 ASO

We'll get to the posting news right away; This year we will be saying goodbye to John Vanderkooy, who's now destined to be a Blue Jays fan. Guy Belanger is off to Ottawa to find out what Tac Hel really means. For a change of climate Fred Crocker, Larry Green and our token safety systems tech Lefty Frizzell will be going to Cold Lake. Marie Oliver is looking forward to instructing in Greenwood. Goodbye and good luck goes out to Al Young who is now enjoying civilian life and continuing his aviation career in Campbell River. A 'so long' also goes to Todd Wallace which is 1 crew's gain and our loss. Then a welcome aboard goes to Chris Little who's just come to us from maint research.

With warmer weather now here, the horse shoe pits are seeing a lot of action. The winner of the first round robin tournament was Jim Taillon even though John Brauner put up a good fight. Also on the sports scene is our Australian rules volleyball games which are having limited success as a sanctioned servicing sport.

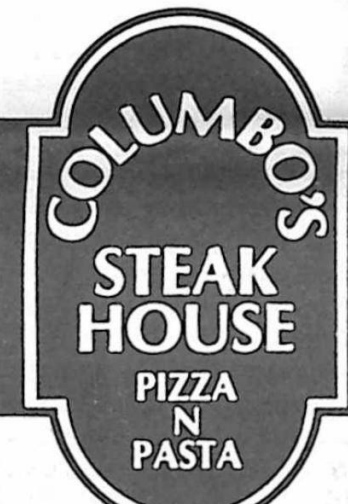
With ICEX over and those personnel back to a warmer climate and dark nights, it's been rumoured that Sgt Little will be giving y'en chanting lessons as soon as he returns from his Maint Managers course. Also enjoying Greenwood at this time are Sue Didsbury and Rob Skwirut.

So on that note, a closing Aloha to those people on RIMPAC 90!

MCpl Jensen



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## Bicycle Safety

### Helmets are 'COOL'

It's cool to wear your bicycle helmet.

That is the message Dr. Paul Steinbok, Head of Neurosurgery at B.C.'s Children's Hospital wants to deliver to young cyclists. Not only is wearing your helmet becoming trendy -- it also can protect you from serious head injury.

According to Dr. Steinbok, the majority of accidents occur very close to home. He recommends children should wear their helmets on all biking adventures, whether their travels take them around the block or into heavy traffic.

"People may not think it is necessary to wear a helmet when they're riding the backroads, but most accidents don't take place on the main streets. In the majority of cases, children lose control of their bicycles or they hit a stationary object."

Over the past several years, members of the Pediatric Neurosurgery Department have

adopted a policy of providing helmet information to parents who are referred to Children's Hospital when their children suffer head injuries during bicycle accidents. The policy was adopted after a extensive study conducted by the department showed that a large percentage of parents who were not informed about helmets after a head injury, continued to let their children cycle unprotected. Dr. Steinbok says the program has produced very favourable results, demonstrating that when parents are well informed about helmets they will wear them and so will their children.

Dr. Steinbok finds it unusual that many parents who insist on the use of helmets in sports such as hockey, continue to ignore preventative measures when it comes to cycling. But he admits the situation is beginning to change, thanks to awareness campaigns launched by organizations like the B.C. Medical Association. He also credits professional cyclists for

'making helmets a cool thing for kids to wear'.

Children's Hospital Emergency Medical Director, Dr. David Smith, sits on the BCMA's Emergency Medical Services Committee, a group which is actively trying to improve the relationship between cyclists and motorists. Dr. Smith says the committee wants to see more bike routes established in cities, along the firmer regulations for cyclists who use busy streets. The committee also supports bicycle safety awareness initiatives that stress bike maintenance and safe operation.

"By teaching kids the rules of the road, we could keep many of them out of the Emergency ward," says Dr. Smith. "You have to explain to children that stop signs and other rules of the road are not just meant for cars."

Editor's note: Particularly the rule which states that bikes have to be ridden on the RIGHT side of the road.

**JR RANKS  
FISHING DERBY**

**18 MAY 90  
TO  
02 JULY 90**

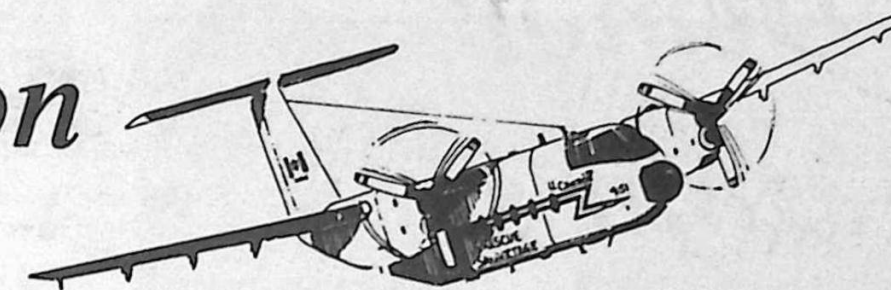
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# Section News

## 442 Squadron



### Snakecharmers

ABBOTSFORD--as with every search, there are always note worthy contributions made by the ever diligent ground crew.

Cam Miller and Mario Guitard played hide and seek with a ghost ELT. After loading an ELT transmitting from 440 Sqn's Twin Otter, another was discovered in a local hanger.

Robyn May put in some extra hours this trip. After an exhausting day of desnagging in Abbotsford, she was informed of an arriving Buffalo in which she would be boarding for Kamloops. Without any personal necessities, Robyn, the 'wandering fitter', arrived in Kamloops, only to discover she had to crawl the tail pipe of the U/S bird. Resembling a chimney sweep, she was then told she'd be staying the night. The aircrew all pitched in and provided Robyn with a lovely wardrobe of sweatpants and t-shirt. Unfortunately, aircrew feet are as large as their egos (just joking) and none would fit Robyn's size six footies. She then flew back to Comox for a short stop over only to discover she had no keys. 3 Crew's, Louise Meta came to the rescue and the two camped out at Louise's place. Neither hunger nor dirt could stop Robyn from catching a few zees, as Louise discovered Robyn snoozing with a half eaten McDLT hanging from her mouth.

Miller, Dave Biske, Guy Godin and Andy Schuzster were once again demonstrating their hidden talents and desires. They took to the hotel pool and performed some unique and graceful?? synchronized swimming maneuvers. Look out Carolyn Waldo.

A few jokes were conjured up during the Search. Q. How do you feed a SAR Tech? A. Wake him up. Q. How do you know when a FE is sleeping? A. He drops his Oreo cookie.

It may seem like all fun and games, but these are the things this Sqn does to keep moral up during an exhausting Search. From changing a FCU, a Chopper engine and a Buff prop, the ground crew put in taxing hours and showed why this Sqn is #1 in SAR. None the less, back at the home front, as well as supporting the Search, the Comox team was extremely busy handling snags of their own.

### 2 crew

Sar Techs are getting some competition from 2 Crew's newest member, Bob Wrightson. The word has it, that John Raines and Mike Miller got stuck in the giraffe while doing a birdnest check. Bob rushed to their rescue in the De-Icing truck. How brave, how special.

Ray LeVigne is a happy camper as his wife has arrived home after a 5 month stint in Borden. No more mess hall, eh Ray? John Raine is in a posting slump. We can't see a difference, can you see a difference? Best to you John in slippery Shearwater. And lastly, Paul Kowatch is off to straight days in Avionics. Maint's Glen Rowlandson shall be filling in for Paul on 2 Crew.

### Buff Maint

Buff Maint affectionately refers to Sgt Roblee as Attila the Hun, after he steamed the boys over for disregard to morning working hours. On the other side, Sgt Kendall aka Prince Valiant, gave his troops in Rotary Wing the day off. Such is Maint life. The Sqn will bid farewell to Tim Ford this summer when he leaves for Edmonton. Speaking of T.F., this reporter noticed Tim sneaking some R & R on a guerny at MIR in gym clothes.

I've heard of a posting slump but that's stretching it to the limit. Seriously, whatever happened to you Tim, we hope you have a speedy recovery. Buff Maint received a new toy this week, an Air Eagle. Darren Thordason appears to have mastered this beastly and is ready to instruct all new comers. Danny Baker is happy to announce that his car is finally road worthy after a long absence. Many thanks to MCpl Hamilton for the parts run to Nanaimo.

### MSRO

Things have certainly been quiet since a certain Sgt took off on course. The other Sgt is beginning to relax, considering he resembled a chicken with his head cut off for the first days of filling in. Everything is quite, well no, sorts, well no, a little, yeah, a little under control. Honestly, the stork is doing a great job of replacing the Big A. A certain Cpl has flown the coop as well. This Cpl is probably ear to ear with a super big smile. I needn't say anymore. The other Cpl in the

### Admin

Yes, we have an announcement. Karen Allen is securely taken as of 4 May, Karen is spoken for. What a lovely birthday gift, an engagement ring.



FROM MAG HQ HALIFAX

SUBJECT: LOSS OF CF 188772

1. IT WAS WITH PROFOUND REGRET THAT THE MEMBERS OF MARITIME AIR GROUP LEARNED OF THE LOSS OF CAPTAIN TUCKER WHILE OPERATING FROM CFB COMOX.

2. ON BEHALF OF ALL MAG PERSONNEL PLEASE EXTEND OUR SINCEREST CONDOLENCES TO CAPTAIN TUCKER'S FAMILY AND SQUADRON MATES.

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May 15, 1990

To obtain your copy of A Framework for Discussion on The Environment, or further information on the consultation process, call toll free:

**1-800-665-2001**

Dates and locations are subject to change.

Canada



# Section News



## Ripples from the beaver pond



## BTNO Truckin' Tales

As promised in the last Ripples article, I'll cover the new faces that you'll see entering your section or other CE sub-sections this issue. The postings in and out this summer are numerous — almost a complete turnover. The only person who gets to stay it seems is the 'Snake'. It goes to show you it's not who you know, it's who you ....

Into production comes STR Techs: Sgt Kovacs from Chilliwack and Cpl Reid from Holberg; Cpl (W) Rimmer, CEP Tech, from Trenton; Cpl Purcell, a FE, from Holberg; electricians Cpls Patterson and Smith from CFSME and Cold Lake respectively; and MCpl Delisle, a CE Tech, from Cold Lake.

On the top end (I'm being kind today), the new BCEO will be Maj Kampman coming from the nation's capital and MWO Harwood, a CM Tech, from Holberg (Mr. MacAloon's replacement) who will be the Plan O.

From Utilities the new scrubbed faces will be stat engs MCpl Ryan and Cpl Reddick from 'the Goose' and Cpl Gagnon from Gagetown; RM Techs Cpl Flynn and Cpl Grondin from Holberg; Chester's replacement, Sgt Archambault from Montreal;

and Cpl Bell, WSP Tech, from Edmonton.

We extend our congratulations to the latest round of retirees, promotees, and CDs in the section. Dick Downey, Nick Hupman and Dick Zala have all recently retired. Good luck to you all in your future endeavours. On a recent awards parade we had promotions to MCpl given to Sue Limoges and Cpl to Reg Hebert of R&G and Josh Lachapelle of WSP fame. Receiving CDs were Cpl Blackmore from the firehall and MCpl Perry Johnson from EGS.

We welcome back 'Bad' Billy Irving from his JLC, he enjoyed it immensely. ("Thank you sir, may I have another.")

Congratulations to Dawna Dozzi, our ex-contract clerk on landing a job at the Totem Times and to Josh and Lucie Lachapelle on the recent birth of their daughter. As of late, Josh's eyes have been dragging on the ground as this new arrival has the habit of watching the late show and the very, very early show.

I'd like to thank myself for writing this column for the last two years as this is my last one. That's the news folks and I'm outta here. Chimo.

## Supply Signals

This edition of Supply Signals is coming to you from 6 Supply Group (442 Supply) where we hold approximately 7,000 line items in support of the Buffalo and Labrador aircraft. There is myself, MS/ST Al Pryor, and Cpl Frank Charles, who is presently on leave taking care of their first child as their second, a baby boy, was born 1 April. How's that for an April Fools joke — they thought it was going to be a girl! Congratulations!

Clothing Stores is open for business once again as they have completed a 100% stocktaking. MCpl Bill Bailey will be leaving the section and taking over in 3 Supply Group from MCpl Jack Picard, who will be on his way to CDLS London.

From MIS, Sgt Saretsky is at home convalescing after a minor operation and MCpl Corina Miller is presently in CFS Alert.

CE Supply would like to welcome Jim Sulek to their

staff who is filling in for Cpl Boulet while he is in the Middle East.

Base Supply held a bowling afternoon which was a great success. The winners were: Les Roe, Phil Watchorn, Norm Hailes and there were a few people who could use a little more practice throwing the balls down the center of the lanes.

Inter-section curling came to a close on 31 March with Base Supply teams taking A Division trophy — Wally Berger's team; Al Pryor's team — winning B Division; and Ron Pearce skipping the AFIS team — winning the D Division trophy.

The Annual Base Sports Tabloid saw Supply coming in last place in the standings — no change from last year — but we all had a good time. That night at the presentations, there was a special appearance from (Jacksaw Jim Duggan) Lavoie who with his chainsaw gave us a demonstration on how easy it is to cut the budget in half.

On Friday 4 May, the Marine Section celebrated the 80th birthday of the Royal Canadian Navy. Festivities included the cutting of the cake by the BComd, Col J.E. McGee who appeared sporting his navy whites. Now the section mascot, Able Seaman Albatross donated by Pte Anita Zoopkaw from 1 Supply Group was accepted by the BTNO, LCol Mack. Amidst the excitement of the celebration, unfortunately one mishap occurred but I won't recount the full story. I do have to ask though... how's your finger Stew??

CFB Comox has recently won the refuelling and aircraft servicing and maintenance award for transient servicing for the Jul 88 to Jun 89 period. In a recent message, Commander Maritime Air Group commended the refuelling section for their achievements. Both the BTNO, LCol Mack and the

BTNO, Maj Fisher would like to extend their thanks for your efforts. Keep up the great work.

If any of you were anxiously looking forward to testing your driving skills, unfortunately the User Driver Rodeo scheduled for 3, 4 May has been cancelled due to Base taskings. However, all is not lost. CFB Comox will be hosting the Pacific Region Professional Driver Rodeo throughout 8, 9, 10 August. The BTNO welcomes anyone who wishes to practice on the circuit currently set up on the south end of the ramp. Hey Bob! Heard about your posting to Penhold? Neither have we (slap, slap).

The real question is when Bill is buying us all a beer. Bill recently won \$10,000 on the Joker's Wild Lottery. Sgt Bill Linton is Cpl Ross's replacement at the AMS while away in Honduras for Op Sultan.

## MSE Safety

This year's car, trucks and buses will come with automatic daytime running lights, a move that reduces their chances of being in an accident by 20%.

"I didn't see the other car in time."

That's the most often heard excuse from drivers involved in automobile collisions — if they're lucky enough to survive. Faulty perception — the failure to see an oncoming vehicle clearly and soon enough — has been cited in some studies as the cause of nearly half of all road accidents.

That's why the Federal Government has decided that all cars, buses and trucks sold in Canada, starting with 1990 models, must be equipped with automatic daytime running lights (DRL) systems.

Grant Smith, Transport Canada, Chief of Road Safety Promotion, predicts that the introduction of mandatory DRLs in Canada will prevent as many as 38,000 multi vehicle accidents each year. Such a reduction he says, means that at least 120 lives will be saved annually, there'll be 11,000 fewer injuries and a \$200 million savings in medical costs. These benefits greatly outweigh the estimated purchase and operating costs of daytime running lights.

Finland became the first country to require DRLs as standard motor equipment, back in 1972. Since then the number of collisions there has dropped by 27%. The results in Sweden which made DRLs compulsory in 1977, have been equally impressive. Multiple

vehicle collision rates during the winter months have gone down by 20% in urban areas and 17% in rural areas, with slightly smaller reductions during the summer. One study by Transport Canada of the Department of Defence vehicles fitted with automated daytime lights found they were involved in 20% fewer accidents than unmodified vehicles. "Daytime running lights," says Grant Smith, "provide the latest example of how machines can be adapted to offset the imperfections in human behavior."

Actual insurance quotes provided by MSE Safety. "I was backing my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before."

I guess Sgt Eadie and Cpl Ed have been deemed the 'Transport Twosome', referred to as the 'Lee Brothers' by WO Floyd. 'Come' and 'Ug' respectively...what? Yeah, I didn't get it right away either.

Hey Mario, have you found your coffee cup yet??

Well as you all know, the APS is coming up hot and heavy. Say 'au revoir' et 'bon voyage' to Cpl Smallman from the refuelling section who is going to Gagetown and Sgt Conroy who is heading to Petawawa (Yes, we are envious John!). New on strength is Mike Paasila at GPV. Bienvenue Mike!

On course is MCpl Streeter on his Safety Supervisor and Cpl Dryden recently returned from his 3k Dangerous Cargo course in Edmonton. Heard he aced it!

For Truckin' Tales this is Bart Simpson saying later truckin' dudes.

## Safety quiz

Most major accidents occurring at night are caused by:

- intoxication
- tiredness
- poor lights
- drivers overdriving their vision (driving at a speed which will not permit them to stop within the distance illuminated by their headlights.)

Answer 'd.'

Actual insurance quotes provided by MSE Safety.

"I was backing my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before."

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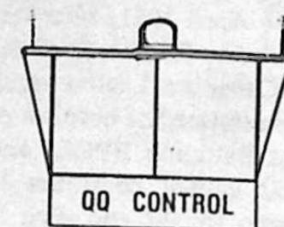
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# Section News

## ATC Golf Tournament



## As the beacon turns

During the last two weeks, so much has happened that I find it now difficult to insert the usual couple of insinuations that made these articles famous. Instead of the customary rush to make up scandals from scratch, today I am compelled to report true events as they happened, simply because too much happened.

Last weekend, we held our annual Comox International ATC Golf Tournament. It all began on Saturday when a much expected Hercules aircraft unloaded its load of controllers on the AMU ramp. All those fine people then proceeded to the Jr Ranks Mess for a meet and greet. Some of them took the opportunity to play Golf that afternoon, most stayed at the Mess to re-acquaint themselves with their old colleagues.

The next day, more participants arrived here by different means of transportation and the reception ceremonies continued at the Gravel Pit. One major problem we ran into was to get the participants through the Restricted Area Gate at Hanger 7. With tears in my eyes I observed Paul Anderson set up his now famous 'Paul's Escort Service' to respond to calls of participants held at the gate. (You know? sometimes, I think he does those things on purpose...)

On Monday morning all the participants made it to the Golf Course in various states of health for the practice round. Wonderful weather; high scat-

tered clouds, winds from the northwest at less than 5 knots, temperature 16 Dew point 8. That night the Hawks hosted the Practice Round ball at their PMQ. At or around midnight that evening, the duty MPs were walking out of their brand new Guard House and clearly heard very loud rap music coming from the PMQs and went over to investigate. As they pulled over in front of the Hawk's, the music nearly died and several young girls came out to greet them. After half an hour or so, our MPs had somehow broken up the party and most people left, promising to show up at the Golf Course the next morning.

Tuesday 1 May. Cold, grey, wet and windy day of the tournament. Our golfers teed off at nine o'clock, after the traditional pancake breakfast. Here are some of the names of the participants: Air Command CWO Sarty; BComd Col McGee; BOPSO LCol Bishop; former QQ ATCWO Dale Campbell; Bernie Murphy, Murray Turnbull; Neil Garlough; Dennis Pettigrew Michele and Mitch Claveau; Mike Maynard; Jean Deveau; Steve Boudreau; etc... Living legends of ATC pursuing the coveted ATC Cup with varying degrees of honesty and skill.

This year's grand winner was Barry Norris, just as I expected. By the way, Barry is presently in Bay de Verde, Nfld. making wedding preparations. (Secretly, he is trying to convince his parents



Maj Stariha, trying to get the ATC Golf Tournament participants to form up in a proper military order.

that he is old enough to get married...)

Then there was the ATC Golf Tournament Ball at the Golf Club, time for tall tales, fine food and wine. I even heard that some tears were shed, oh well... After that, the participants and their followers proceeded in an orderly manner to the Bews' in Comox for a final cheer and effectively putting an end to this year's festivities.

Another fact which must be mentioned this week is that nine of our people will be attending the upcoming courses at Cornwall. Jim Houston left last Saturday for his QL5 Radar Course. Nathalie Aube, Jim Arsenault, Carl Nemeth, Charlie Cuppens and Guy Ouellette are beginning ATCO Phase One on 22 May. Bill Best, Tom Kennedy and Jeremy Hornbrook are going on their QL3 on 14 May. We certainly wish them all good luck on their courses and for anything else they may want to try while at the ATC Resort

## Champion



BATCO Maj John Stariha presents the ATC Golf Cup to the champion: Pte Barry 'By' Norris.

(Hmm, it's always a lot of fun until someone loses an eye.)

Last but not least, I am pleased to announce that Nick VanBerkle and Stephane Gregoire were promoted to

Lieutenant. Now that the Gravel Pit is officially open, I feel pretty certain that the two gentlemen will find time to stand by the old ATC tradition of buying drinks for everyone when things like that happen.



## Base Telecom

We would like to extend a belated welcome to Mr. Don Anderson, late of Winnipeg who has joined the BTelo staff as the ADP Technical Services Manager. Also relatively new to the fold is Mrs. Ann Landry, Ann has taken over the reins of BTelo Secretary from Mrs. Dianne Price (Dianne left us in January to undertake the challenge of BComd Secretary) Gook luck to all three of you in your new assignments.

Our Tel Admin section is undergoing a major telephone audit which has Sgt Rick Urban and his able assistant Cpl Linda Martin working long hours and still maintaining their sanity. Keep up the good work guys, I hear there is a light at the end of this particular tunnel. Oh by the way Linda, as your screening for Alert is complete,

perhaps you would like to supplement the old wardrobe with a few fur-lined necessities — bikinis, squash racquets, maybe a beach umbrella — to take advantage of all that sun!

Over at Telecom Ground we have MCpl Steve Emberly heading up Cable Crew, they're busy with many cable upgrades and telephone installations and PA maintenance... it's just as well Cpl Luc Aubertin got back from his Computers and Peripherals (C&P) course, at TRACS STU in Trenton, when he did because Cpl Bryan Fodick has just left on his C&P course and what with Ptes Brenda Beaton and Glenn Wight enroute to CFSCE in Kingston for 4 months of TQ5 training the shop would have been slightly bereft.

The BTel section has bid

farewell to Pte Carole Lapensee and Mike Besnard who recently completed 3 months of OJT with our Nav Aids section out at IFRCC. Carole and Mike joined us from CFB Calgary and both were quite anxious to return home so they could leap right back into the field! Seriously, each enjoyed their all too brief stints in paradise (Carole managed to take part in the Snow-to-Surf!) and IFRCCV is going to seem a little empty for a while I know, however life goes on and we wish you both the best of luck in your careers — and next year's Snow-to-Surf race.

MCpls Bert Vanderborn, Jim Bentley and Cpl Joe Ouellette returned from a successful completion of the new TACAN course held at CFSCE (The new TACAN system was

installed back in December) and Cpl Blair Peirson is back in town (For how long this time Blair?) upon conclusion of his Area Surveillance Radar (ASR) course held in TRACS STU. Pte 'Boots' Boutilier joins Brenda and Glen on their TQ5s and barely a year after joining up Cpl Sylvan Laurin received his posting instructions BACK to Trenton) 'Sly' does a great deal of work with the Comox Valley Scouting organization and will be sorely missed for this as well as his prowess with the NOVA computer system.

The new Radar Systems Display (RSD) was installed by a team from TRACS STU in March and has since proved to be an excellent navigational aid to the terminal and tower controllers.

Speaking of Nav Aids I am

embarrassed to confess an error regarding the last article wherein the existence of a Quad radar here in Comox was reported. I plead guilty on the grounds of 'I am Not a radar tech and no doubt never will be after all this!' Apologies to those offended by this lapse and sworn vengeance on those who teased me mercilessly for it.

Delayed congratulations to MCpl Dale Horwill for his 1st place academic and his overall 2nd place finish on his JLC. Welcome back to Cpl Kelly Gough after her C&P and a pat on the back for her and MCpl Rob Vienneau for surviving the RACTRON course held last fall at TRACS STU.

K.P. Gough



# Kapyong

The Legion remembers: a salute to Unit 39 of the Korea Veterans Association, on the 39th Anniversary of Kapyong.



Troops of 2nd PPCLI crossing log bridge.

## A battle remembered

On the 39th anniversary of the Kapyong action in Korea, 22 to 24 April 1951, members of Courtenay Branch 17 of the Royal Canadian Legion recall with admiration the heroism of the 2nd Battalion PPCLI and all their gallant comrades in arms who fought and died in the Korean war.

When overwhelming Chinese and North Korean forces suddenly struck the western and west-central sectors in Korea, the 27th British Commonwealth Brigade was in an ideal situation to cover the withdrawal routes of the 9th US Corps and the 6th ROK Division.

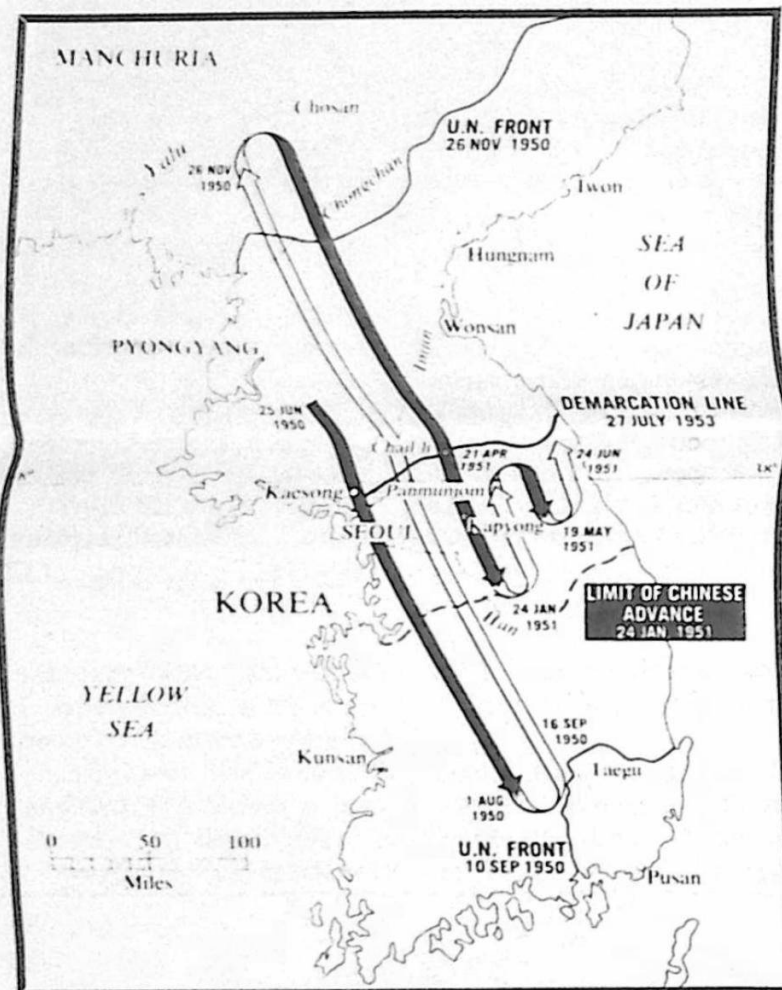
Defensive positions were soon established with the PPCLI and 3rd Royal Australian Regiment on nearby hilltops and the 1st Middlesex Regiment in an area south of the Patricias. The Australians were first to come under attack and were eventually forced to withdraw after several days of fierce engagement.

The full fury of the enemy then shifted to the PPCLI positions. Standing their ground with courage and tenacity, the battle shifted to and fro with platoons being overrun, disengaging, reforming and counterattacking repeatedly. In one instance when a platoon and machine gun section were overrun and another platoon cut off, the company commander called for supporting artillery fire on top of his own position. Throughout the engagement the enemy persisted in his attack, but each was driven off in what is considered as some of the fiercest fighting of the entire Korean war.

Although the Patricias had maintained their positions, the battalion was surrounded by the enemy. With ammunition reserves and emergency rations depleted, it was necessary to re-supply by parachute drop. Shortly thereafter, the Middlesex Regiment were able to clear enemy groups from the rear and link up again.

The Canadians in this action had held their positions -- vital to brigade defence -- while at the same time inflicting heavy casualties on the enemy. The relatively light Canadian casualties (20 killed and 23 wounded) which they themselves had sustained, testifies to the skill and organization with which the defence was carried out. For their gallant stand at Kapyong, the 2nd Princess Patricia's Canadian Light Infantry and the 3rd Royal Australian Regiment received the United States Presidential Citation.

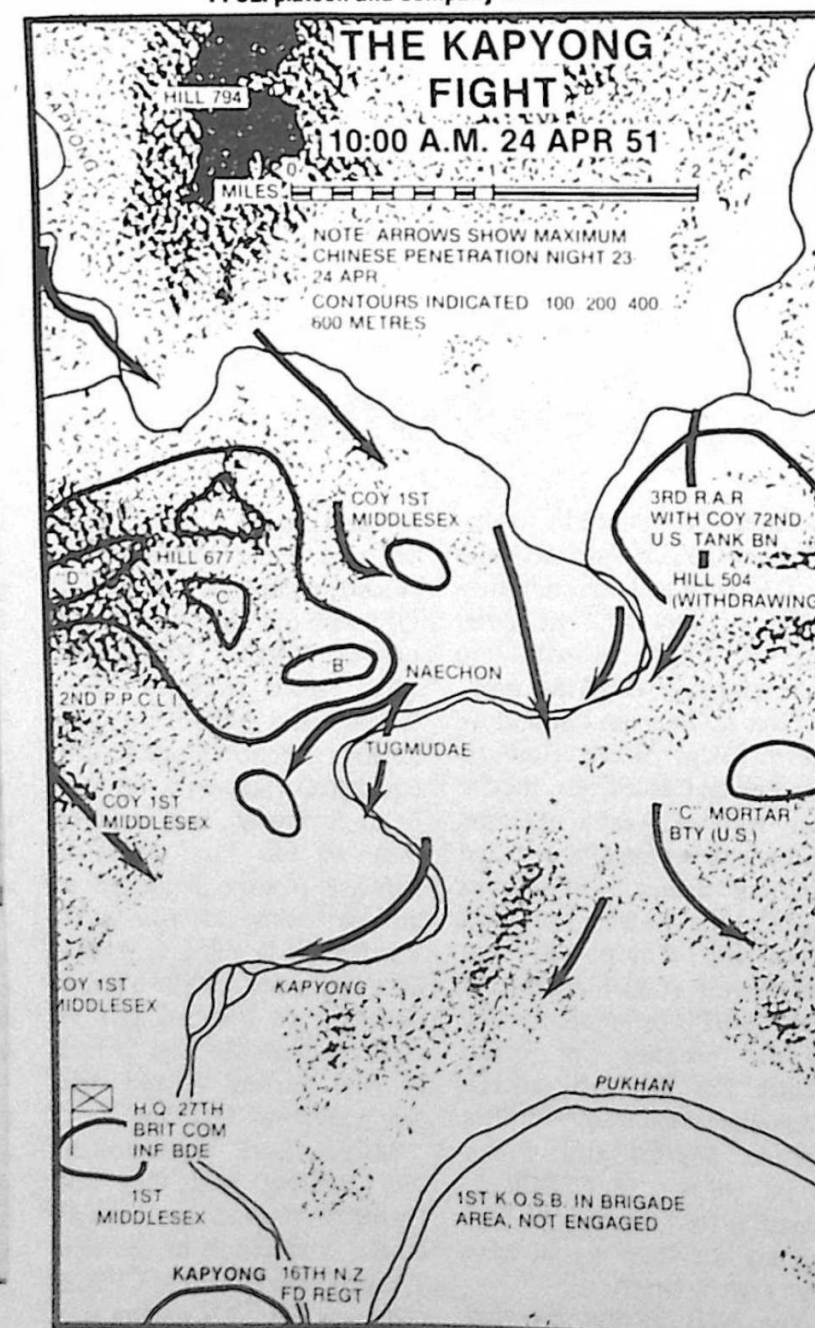
Clearly not all veterans of the Korean War served at Kapyong. Yet each soldier, sailor and airman in turn stood ready to defend this country and for that we are deeply indebted to each and every member of the Korea Veterans Association. Their Legion comrades salute all KVA members on this, the 39th anniversary of Kapyong.



The Korean Campaign



PPCLI platoon and company commanders



Vern Peterson, local member of Unit 39, KVA

# National news

## The Military and Forest Management

"In the military, we have awakened to the fact that the management of our environment is essential to ensure our military training areas are not destroyed."

These are the words of LCol David Ferguson, base construction engineering officer at CFB Esquimalt, B.C. and part of the team that looks after the forestry management program in Canada's Pacific Region.

Keeping the training areas healthy through a good forestry management program is not just an important part of life on the west coast, however. It is also a priority of other bases across Canada whose forests need to be properly maintained in order to provide the best possible environment for military training.

DND owns and administers approximately 510,000 hectares on 97 different properties across Canada, with roughly half of this area being productive forest land. In order to ensure that these valuable forest resources are not being wasted, DND signed a Memorandum-of-Understanding (MOU) with Forestry Canada in 1979. This involves forestry management planning that provides protection for the forests and allows for the cutting and removal of timber.

"The aim of DND's forestry management program is to maintain DND-owned land in an environmentally stable form and in a very responsible way, without wasting any resources that may be there," says Rob Cretain, head of natural resources at the directorate of conservation and environment at NDHQ which administers the forestry management programs within DND. He says the MOU was developed because many bases had tremendous forestry resources which were being left idle. "We needed a management program to utilize and sustain these resources so that at least they weren't rotting away."

In the past, forests without management programs were being cut for firewood. It was not realized that revenues from timber yields could be used to make improvements and the possibility of further profits was simply being burned up.

Forestry Canada can now create a management plan for qualifying bases to improve their forested lands. Through a short term project of five years or a long term project of 20 years, Forestry Canada looks at the quality of the wood and its projected dollar value. It also looks at the construction of roads, the protection of wildlife, and tree planting, thinning and fertilization to enhance the long term value of DND's forested lands.

"Forestry Canada looks at



whatever it takes to acquire a good, healthy and mature forest, without ignoring the fact that the primary use of the land is for military purposes," says Ross Dingwall, grounds management technician at the directorate of conservation and environment.

In British Columbia, DND owns and administers about 4,810 hectares on 17 different properties. Currently, forestry management plans are being coordinated out of Esquimalt for CFB Chilliwack, CFB Comox and CFS Massett, as well as for Esquimalt's own forested areas. Using state-of-the-art techniques in forestry management which involves DND, CFS, local contractors and a professional forester, Esquimalt had managed to improve its forests, increase property value, improve the land for military use and contribute significantly to the local economy. As well, the program has generated approximately \$500,000 in revenue over the past three years.

"The intent of our program is to be self-supporting," explains LCol Ferguson. "What we make is ploughed back into the forestry management program and used to pay for forest enhancement projects such as roads, fencing and drainage." He adds that it is hoped that revenue generated by the sale of timber in one location can be diverted for use in another, less productive area. In this way all areas can eventually be made productive.

Esquimalt also takes great pains in involving the local community in its 10-year forestry development plan. Boy Scouts are invited to plant trees (50% more than the industry standard), inmates from correctional institutes will be employed in some of the work and public meetings are planned in order to keep the community fully informed about the kinds of things DND is doing on its property. Along these lines two videos have been produced which fully explain the Pacific Region's program and its impact on the environment and the military community.

"Public dialogue is extremely important," says Win Stokes, a senior implementation officer with Forestry Canada. "We're experimenting here and there just to make sure that we make the very best go of it."

Despite having the program spread over the entire Pacific Region, LCol Ferguson says the bases fully support forestry management on their lands. "I think they know we have to be responsible for our environment, and B.C. is a particularly sensitive environmental area."

At Petawawa, Ont., which also has an established forestry management program, environmental considerations are also taken very seriously, even to the point where horses have been used for logging to preserve forest soils.

Unlike Esquimalt, Petawawa has a designated DND employee who acts as a natural resources officer and is responsible for the management program. He has replanted four million trees over 1,500 hectares with the help of the Boy Scouts.

In other parts of Canada, different bases are realizing that forestry management plans may be the solution to some of their problems with forests that need a little attention.

"Right now we have many bases which see the success of forestry management programs on other bases and just how beneficial they can be," says Cretain. "For instance, unused areas can be planted to forest and forested areas can be improved."

DND is on the leading edge of forestry management on government-owned lands, according to Cretain, and he sees the demand for programs rising in the next few years. With the aid of Forestry Canada, and the support of both the base and the local community, forests can be responsibly managed to the point where they are both protected and productive, and at the same time, maintained as viable military training areas.

by Capt Darlene Blakeley

## BRITISH COLUMBIA Transportation Museum

Cloverdale: Occasionally, the B.C. Transportation Museum gets to do some body work that requires a professional touch. Sometimes involving the rescue of a rusting chassis from the woods, and often requiring hand-made replacement parts, the restoration of B.C.'s transportation heritage demands dedication, experience, and a true passion for the automobile.

Jim Winter, curator of the Museum and resident car and truck expert, oversees the transformation process that brings rusting memories back to life.

"Some vehicles arrive in mint condition. Take Agnes for instance," he says gesturing to a 1929 Nash Roadster. "William Kidd from Burnaby called her Agnes and took great care of her. Parts for this car were hard to come by so Kidd's neighbour Oscar Johnson would fabricate whatever was needed in his garage. She's in fine running condition."

For cars and trucks that haven't been lavished the care 'Agnes' received, a special on-site restoration team doctors twisted frames back to perfect show-room condition.

Designed to involve the Museum's visitors in the process of a vehicle's rebirth, the old-time garage motif lets you see up close the craftsmanship of the Museum's dedicated professionals.

Winter, a man who sees today's cars and trucks as little more than faceless 'appliances' has dedicated the last 20 years of his life to preserving 'real' vehicles. He is quick to emphasize that all restoration work done at the Museum is the collaborative effort of private benefactors, corporate sponsors, the community, and

the staff of the Museum.

"We're particularly proud of our 1935 Dodge Airflow," he said. "The years haven't been kind to the old girl, but with the help of Chevron and other sponsors, we're bringing her back to how she'd have looked in 1935."

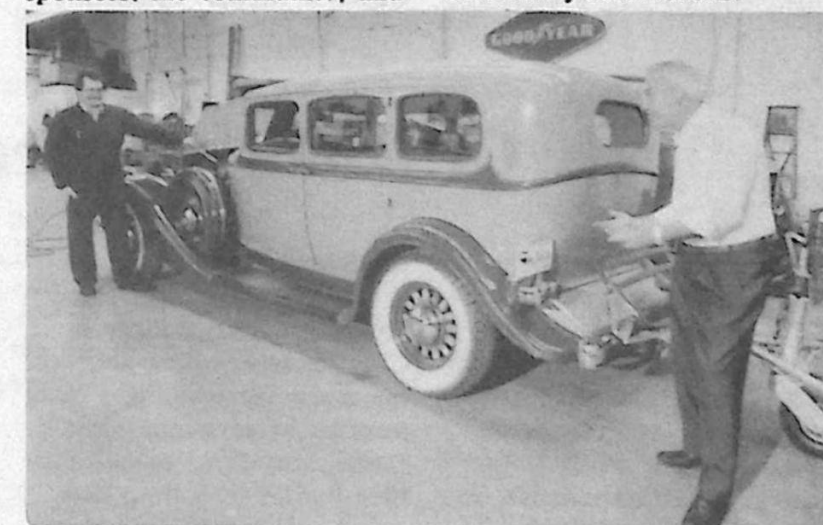
One of only 249 built, and the only one to come to Canada, the Dodge Airflow is an excellent example of the 'streamline' styling that typified the period. It's restoration should be completed this summer.

The Museum's restoration shop operates year round and offers a fascinating addition to the over 200 exhibits in the 60,000 sq. ft. of the car and truck salons.

Collected from all part of the province and spanning over a century of transportation, the Museum offers carriages, cars and trucks in addition to bicycles, motor cycles, planes and trains. From the 1925 Loomis Armored Car Number 1, to John Lennon's famous psychedelic Rolls Royce, the Museum offers something for everyone.

"In addition to a fine selection of cars, the Transportation Museum has one of the top three vintage truck displays in North America," explained Tourism Minister Cliff Michael, Minister Responsible for the Museum. "British Columbia is extremely fortunate to have this collection of our rich transportation heritage on display."

Open from 10 am to 5 pm, Tuesday to Sunday, and located at 17790 #10 highway in Cloverdale, The B.C. Transportation Museum's blend of unique cars, trucks and nostalgia offers one of B.C.'s best family destinations.



B.C. Transportation Museum curator Jim Winter (l) shows tourism minister Cliff Michael (r) the finer points of auto restoration.



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## Military update



Soldiers of the 3rd Bn R22ER competing in the Soldier's Cup competition cross the finish line at the end of a 3.2 km run during CFSAC 89. The recently released video 'Taking Aim' offers a fast-paced look at the annual small arms competition.

### 'Taking Aim' CF Shooters' Video

Shooters who competed in the Canadian Forces Small Arms Competition (CFSAC) last year are featured in a video now being distributed throughout the Forces.

'Taking Aim' is a fast-paced look at the action along the firing points of Connaught Range near Ottawa.

The video offers a closeup of the annual small arms competition. Using CFSAC 89 as a backdrop, it also plays up the importance of developing and maintaining marksmanship skills.

'Taking Aim' explores the will to win and the camaraderie shooters bring to Connaught Range each year. It also highlights CFSAC's emphasis

on competition under combat conditions and the tri-service nature of the competition.

The Directorate of Land Operations, Training and Resources produced the 11 minute video in collaboration with the Canadian Forces Photo Unit.

Camera operators, Cpl Danise Lofstrom and Cpl Mike Ray, captured the strain of competitors on the run during The Soldier's Cup, the scramble to load and fire during the 'Forget yer mag' match and the precision of a snapshoot, viewed from inside the butts and out on the firing points.

The video also focuses on the contest for The Queen's Medal. The 1989 Regular Force Queen's Medal competition

ended in a dramatic shoot off between two soldiers who were tied after 16 matches.

The camera follows both the Regular Force and Reserve Queen's Medalists as they are carried off the range on the shoulders of their comrades to receive the highest military marksmanship award from the chief of the defence staff.

Although 'Taking Aim' chronicles the 1989 competition, its message is timeless: marksmanship is a military skill that every service man and woman should develop and maintain.

Additional copies may be requested through DPSCU 4 as required.

### 3 CF Awards for bravery

Three members of the Canadian Forces will be awarded with the Medal of Bravery by His Excellency Ray Hnatyshyn, Governor General of Canada.

Maj Gordon Wilfrid Lantot, a protestant chaplain at CFB Lahr will be awarded the medal for preventing a tragic shooting in Moose Jaw, Sask.

on 18 June 1986.

Cpl Thomas Glen Robert Bayes, a military policeman at CFB Valcartier will be awarded the medal for rescuing a man from his burning apartment in Dartmouth, N.S. on 17 Feb 1988.

Cpl Joseph Maurice Theodore Robert Parent, a vehicle technician at CFB

Chatham, will be awarded the medal for unselfishly jumping into frigid water to save a woman from drowning in the Gatineau River at Gatineau, Que on 12 April 1988.

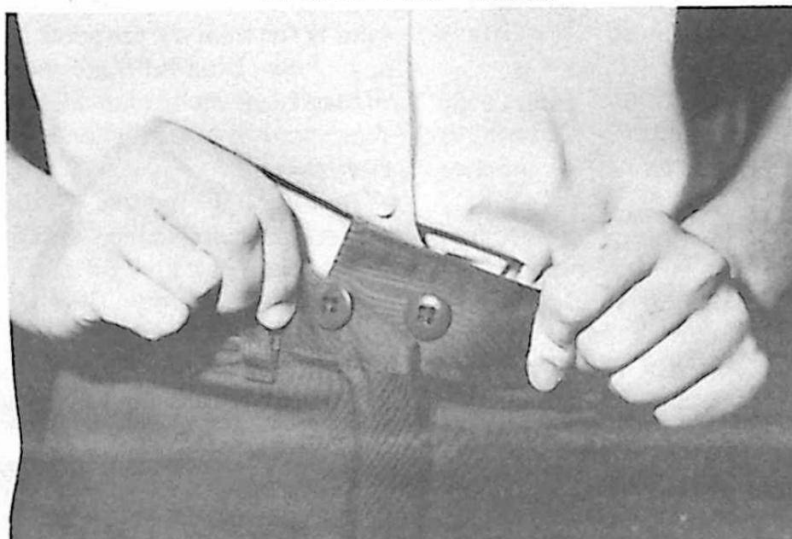
The medals will be presented 15 June in a special investiture ceremony at Rideau Hall.

### ARAF Curling Champs



ARAF over the hill gang were C Division winners in their first appearance on the intersection curling scene. Pictured (l-r) Capt Dave Oliphant, MWO Duke Reid, WO Ron Pearce, Maj Pat Moran, Capt Pete Wittich.

### Wot! No 'ole?



It was nice of the contractor to supply two buttons on this pair of CF uniforms, but where is the buttonhole?



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## On and off base

### 888 Komox Wing



At the April meeting of 888 (Komox) Wing, a new slate of executives were elected for the year 1990-91. They are as follows (l-r): Stu Living, President; Bill Shields, 1st Vice and Housing; Mo Morrison, 2nd Vice; Ken Nobbs, Treasurer; Betty Inrig, Secretary; Bill Gray, Membership; Cec Donovan, Membership; Alan Scott, Publicity; Milt Bingham, Welfare; and Dick Ulm, 'Contrails' editor. We are looking for new members, if you are air-minded and interested in helping the youth of the Comox Valley, please call 339-4035 or 339-3433 for more information on 888 (Komox) Wing RCAFA. PER ARDUA AD ASTRA.

PRINCE GEORGE--Not enough lead shot is used by B.C. waterfowl hunters to warrant a province-wide ban on the use of lead, the B.C. Wildlife Federation (BCWF) has decided.

Last year the Federation representing more than 40,000 hunters and fishermen from across the province voted to ban the use of lead shot outright, but the decision was subsequently disallowed on procedural grounds.

At this year's annual convention, delegates voted instead to have the use of lead shot banned in areas, 'where there is substantive proof that lead shot concentration is causing a problem.'

The BCWL decision is at odds with new provincial regulations in that the province has banned the use of lead in areas where lead has been shown to be a problem, while the BCWL wants the bans to apply only to 'hot spots' within such areas. So far the use of lead shot has been declared illegal only in those parts of the Lower Mainland and Vancouver Island where hunter concentration has created problems.

Provincial experts estimate B.C. hunters annually deposit more than 20 tons of lead in areas frequented by waterfowl. The spent lead shot is ingested by waterfowl. When enough is

ingested, the birds die of lead poisoning.

Bill Munroe, a waterfowl and endangered species biologist with the ministry of environment, said lead poisoning has also caused 'significant mortality' among trumpeter swan populations on the east coast of Vancouver Island.

Dr. Ken Langelier, a veterinarian and leading opponent of lead shot, told the BCWF convention a single ingested lead shot pellet can cause an eagle to die due to the bird's quick digestion. He noted the problem is not restricted to heavily hunted areas where eagles are concerned because they can pick up lead shot from wounded ducks 'anywhere ducks travel'.

Hunters at the meeting said they are reluctant to switch from lead to steel shot because steel wounds more birds than lead and can prove dangerous in some shotguns.

Veterinarian Al Olson, himself an active waterfowl hunter, said while many U.S. states have banned the use of lead shot, the situation in B.C. is vastly different. Hunter numbers and concentrations are much lower in B.C. than in the U.S., he said. "Just because it (lead) has been banned in some

states doesn't mean we have to follow willy-nilly."

Langelier countered by saying the use of lead shot is biologically and ethically unacceptable and that hunters will only further damage their public image by calling for partial bans.

He said lead poisoning results in a 'slow and horrible death' and the 15,000 signatures on a petition calling for a complete ban indicate 'the public will no longer accept the use of lead shot'.

The hot-spot ban requested by the BCWL is at best only a temporary solution which must soon give way to a province-wide ban, Langelier said.

More B.C. Wildlife Fed.

### Fish stocks endangered

PRINCE GEORGE--Unless pollution cleanup measures continue to intensify, growing numbers of B.C. fish may become unfit for human consumption, B.C. Wildlife Federation (BCWF) delegates meeting here recently were told during a discussion into the future of sportsfishing.

Rick Morley, Ministry of Environment (MOE) fish habitat section manager, told the BCWF convention, the health status of B.C. fish stocks will depend on how society approaches pollution control.

He said the health of the ecosystem as a whole is not considered when government allows point-source discharges. While pollution limits are set for single sources such as pulp mills, not enough attention is being given to their accumulative effect, he said.

Morley said it was 'unwritten MOE policy' in the past to prosecute polluters only as a last recourse. The result, he said is that some waterways, the Fraser River among them, are now too polluted.

While there are 'real contamination problems in B.C.'

the situation has not yet reached the critical stage it has in the Great Lakes where fish are no longer considered safe to eat, Morley said. Current efforts aimed at reducing pollution levels and greater awareness of the problem may yet stem the tide, he said.

He warned, however, that the effects of sub-lethal poisoning on fish is still not fully understood and detecting when such poisoning becomes harmful to humans remains 'an inexact science'.

Bill Andrews, a lawyer with the West Coast Environmental Law Association, told the BCWF delegates during a discussion of pulp mill pollution that a recent study has turned up evidence of malformed kidneys in juvenile salmon found near interior pulp mills.

Tom Bird, acting chief of the federal department of fisheries and oceans' new recreational fisheries division, said he feels certain such problems will be overcome: "They (fish) will not be glowing in the dark off Campbell River."

### Chuckle

In August 1972 Mr Darsun Yilmaz of Damali on the Black Sea was spurned by his neighbour's daughter and decided to abduct her. Soon after midnight the intrepid Yilmaz arrived in his beloved's garden with a ladder. Once in her room, he threw a blanket over her head and carried her down to the car, whispering torrid endearments into that end of

the blanket where one might reasonably expect her ear to be.

Away they sped into the night, joy in his heart and stars in the sky. However, when he unwrapped his precious cargo and pursed his lips for a kiss, he discovered to his astonishment that it was the girl's 92-year-old granny, who took this welcome opportunity to beat him up.

### British Columbia Best Sellers

Week Ending: 22 April 1990  
(brackets) represent last week's position

#### Fiction

		Title	Author
1	(-)	The Husband	Livesay
2	(1)	Bourne Ultimatum	Ludlum
3	(6)	Daddy	Steele
4	(-)	September	Pilcher
5	(-)	After the Fire	Rule
6	(-)	Vineland	Pynchon
7	(-)	Foucault's Pendulum	Eco
8	(-)	Hey Waitress	Potrebenco
9	(-)	Clear and Present Danger	Clancy
10	(-)	The Dark Half	King

#### Non-Fiction

		Title	Author
1	(1)	The Canadian Green	Troyer & Moss
2	(-)	Consumer Guide	MacIsaac, Clark & Lillard
3	(-)	The Brother XII	
4	(-)	All I Really Need to Know I Learned in Kindergarten	Flugham
5	(7)	The Courage to Heal	Bass
6	(-)	Megatrends 2000	Naisbitt
7	(2)	Eat Well, Live Well	MacDonald & Howard
8	(6)	Bradshaw on the Family	Bradshaw
9	(-)	Towards a Just Society	Trudeau & Axworthy
10	(-)	Looking at the Environment	Suzuki
		Maps to Ecstasy	Roth

As compiled by Marktrend Marketing Research Inc.

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# Health & fitness



## ASK YOUR PHARMACIST

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

### Understanding ASA

Even though they're a common feature of most medicine cabinets, ASA products are probably the most over-used and least understood of all common drugs.

They are available in a wide variety of sizes and strengths and can be purchased in a wide variety of forms: as a 'pure' product (coated or uncoated); as a tablet or capsule; 'buffered' or combined with an antacid; combined with caffeine, antihistamines or other compounds in 'cold' formulas, as well as with some prescription drugs.

Most pure ASA brands are equal in strength and effectiveness, if taken as prescribed. In the large doses required for the control of inflammation, doctors will generally prescribe coated ASA, which will reduce the risk of stomach irritation and bleeding that can accompany heavy, regular use of plain ASA.

ASA preparations should always be stored away from children in a cool, dry place like the top shelf of a cupboard or closet. They have a long shelf-life, but eventually do deteriorate. Any tablets smelling of vinegar should be disposed of safely.

All drugs, including ASA, have side effects. The most common side effects of ASA are nausea, stomach or abdominal pain, ringing in the ears and reversible hearing impairment. Some of these are dosage-related; others are a result of your total treatment program or your disease. Ask your doctor should you have any problems with side effects.

ASA products should not be given to children or teenagers suffering from vital conditions like the flu, colds or chicken pox due to the possible development of a serious condition known as 'Reye's Syndrome'.

Always remember your doctor's advice, and take ASA as prescribed. ASA may interact with other drugs and should not be taken, for example, with anticoagulants (blood thinners). When taking ASA, do not combine with prescription or non-prescription medications without your doctor's advice and always tell your doctor or pharmacist what medication you are already taking when a new drug is prescribed.

Your Shoppers Drug Mart pharmacist can also help you should you have any questions about the wide variety of ASA products available in your neighbourhood drug store.

### Asthma

Nothing seems to refresh and invigorate better than a deep breath of fresh air. However, for thousands of Canadians suffering from asthma, this simple action most of us take for granted is often difficult and painful.

The word 'asthma' describes a condition of breathing difficulty caused by obstruction of the bronchioles, small passages which carry air from the windpipe into the lungs. Muscle spasms or swelling of the mucous membranes are only a few of the causes of this obstruction.

Asthma can be triggered by a reaction to external irritants such as pollen, chemicals, climatic conditions; or to something internal such as a respiratory infection, allergy, or emotional condition. It's possible to inherit asthmatic tendencies, or to develop the condition at one point during your life even if you've never had it or never will again.

Asthma is rarely fatal, but whether you have a mild or continuous form, or suffer sudden severe attacks, it's a distressing and frightening problem.

Sometimes, it takes a lot of detective work, by both patient and physician, to figure out what triggers asthma attacks and when and how to prevent them. Sufferers should keep careful records of attacks, and of important details preceding them, such as foods, locations, personal contacts and climatic conditions.

Asthmatic should make every effort to understand the causes of their attacks because they can vary greatly from person to person. Many excellent products are available to control symptoms and, in some cases, prevent attacks altogether. The treatment prescribed by your doctor should be carefully followed. If a prescription is involved, your Shoppers Drug Mart pharmacist is ready to help by discussing the medication and helping you to understand the dosage and how it affects your system.

## info health

Dr. Bob Young



### Carotene vs cancer

Just as some foods have been implicated as being possible causes of cancer, other foods, or at least material contained in them, have been suggested as possible cancer preventatives.

I am not referring to the many dietary suggestions offered (and sold) by cancer quacks, some health food salespersons and dubious alternative care providers. And I am going to cover only one substance.

Beta-carotene is a virtually non-toxic material, found, as its name suggests, in carrots. It is also present in squash, broccoli, spinach and melons and other yellow-orange and dark green produce.

In the past 15 years carefully controlled medical research has been done on beta-carotene and results reported in highly

reputable medical journals.

Some studies are retrospective -- they look backward and compare diet habits and blood levels of beta-carotene in patients with cancer compared with well people of the same age and sex.

Prospective investigations follow a high-risk group (smokers, for example) which is given beta-carotene in capsule form and checks the number of cases of cancer that occur compared with the non-treated group. A current study involves 29,000 male Finnish smokers and will be completed in 1993.

Studies so far have shown a reduction in cancer cases in people who eat a lot of beta-carotene or have a high blood level.

A Vancouver B.C. researcher, Professor Hans Stich, has

demonstrated reversal of pre-cancerous mouth changes in betel nut and tobacco chewers who were given the material for three months.

There has been a suggestion that the 1.5 milligrams of beta-carotene most of us eat each day should be increased to 5 or 6 mg on average, and 8.5 mg for those with increased risk of cancer. 100 grams (about 3 1/2 ounces) of cooked carrots equals 5 mg. Raw carrots provide only 10% of this amount.

While we await proof, the possibility of there being a safe and effective cancer preventative is exciting.

Maybe Mom was right when she said, "Eat your carrots!"

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

### Tick bites

Tick bites can transmit disease. This has been known for years but only in the past 15 years has Lyme disease, the newest tick-transmitted illness, been recognized.

Symptoms of Lyme disease resemble those of juvenile rheumatoid arthritis, a well-known condition affecting children. Medical investigators were alerted when, in the late seventies, 'juvenile rheumatoid arthritis' was (mis)diagnosed 100 times more frequently than expected in and near Lyme, Connecticut.

A considerable amount of medical detective work was required before the new illness, called Lyme disease, was definitely associated with tick bites. The causative germ, *Borrelia burgdorferi*, was found in the suspect tick. The organism, a spirochete, resembles a loosely coiled spring.

As is frequently the case the life cycle of the vector (in this case the tick) is complex and involves the tick taking blood meals from white-footed mice and white-tailed deer at different times. Both of these animals may carry the spirochete.

If the tick picks up the spirochete and then bites a human, the person may become infected.

There appears to be a pandemic of Lyme disease, with spread occurring, or at least cases being recognized, in 34 states and in Asia, Australia, and Europe. Several species of tick can carry the germ, and some mosquitoes and flies are also implicated.

Lyme disease is worrisome, with about 15,000 cases being diagnosed each year. It has received vast media attention, causing underserved panic in

some locations. One man, although cured of the disease, was unconvinced and committed suicide.

Successful treatment of the disease is the norm, once it is recognized. The germ is destroyed by several common antibiotics. Doctors are becoming aware of Lyme disease and are treating it earlier.

Eradicating it is much more difficult. Even if it were possible to kill off all the deer and mice the tick would find other hosts and the cycle would continue.

People working, hunting, or camping in the bush should carry out a body 'tick check' every day.

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

# Health & fitness

## Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) — Maj J.G.A. Veilleux  
CHAPEL — Our Lady of the Sacred Heart (on Base)  
OFFICE — Headquarters, Bldg 45, Rm 48, Telephone 8274

### MASS SCHEDULE:

Saturday..... 1900 hrs  
Sunday..... 1000 hrs  
Daily Masses..... As announced in the Bulletin,  
usually at 0900 hrs, except during  
Lent & Advent at 1900 hrs.

RECONCILIATION — Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

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

CATHOLIC WOMEN'S LEAGUE — Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Mary Kerr, Phone 339-2552.

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

### ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP — Each Sunday at 1100 hrs.

HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL — 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.

### next deadline 28 May

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## Glacier Greens News

This season's tournament schedule is well under way. Four tournaments are completed to date with the annual President's Cup being played on Sunday 29 April, 48 men and 15 ladies competed for some lovely prizes. The big winners for gross score were Doug McArthur shooting 76, Mike Burger—78, and Bruno Bouliane with a 80. New winners included Nick Stolarchuck scoring 66, Ron Carter 67 and Ray (you read right) Cossette firing a respectable 70. On 25 March the Spring Mixed 4-ball tournament was held with 54 entrants participating. The top three teams were led by Nick Mykitiuk, Trevor Jones, Millie

Hudson and Gene Miles shooting a 65. Rick Salmon, Bill Ballance, Sylvie Blais and Bill Brundige also scoring a 65. Third place went to John Courtemanche, Rick Verbeek, Inge McArthur and Norm Fellbaum scoring a 65.

The Glacier Greens Golf Course would like to acknowledge our tournament sponsors whose generous support has added greatly to the success of our events: Comox Builders Supplies—Mens Open Sponsor; The Trophy Den—Sponsor of our Spring 4-ball mixed; Comox Moving & storage and lastly Barry Foster at Comox Men's Wear for Sponsoring the president's

Cup.

The membership at Glacier Greens would also like to acknowledge the hard work and dedication of two of our departing executive members; Gerry Blais and Bruce Bellamy. Of course, departing members means we are seeking replacements to serve on your committee. While we have received some volunteers to date the vacancy exists for Tournament Chairman. If you are interested in participating in the operation and development of your golf course contact the club president Chris Bodner at loc 8205 or the vice president Murray Jacklin loc 8475.

More golf on page 19

## Hay fever

Spring is here -- the bees are buzzing, flowers are blooming and pollen is in the air. As a result, over four million Canadians are suffering from hay fever.

Early spring marks the first signs of the seasonal illness, affected by winds carrying pollen from trees, grasses and weeds.

British Columbia Lung Association Health and Program Services Director Kelly Ablog-Morant says "sneezing, stuffy and watery nose and itchy eyes, nose and throat are common symptoms of hay fever."

Hay Fever, also known as allergic rhinitis or nasal allergy is an inflammation of the lining of the nose brought on by an allergic reaction. It occurs because of a sensitivity of the nasal tissues to inhaled particles called allergens. The allergens provoke an exaggerated bodily response, stimulating the body to produce antibodies which react with the allergen to cause the release of histamine, producing the itching, sneezing and other allergy symptoms.

Says Ablog-Morant, "You can usually tell if you have hay fever if you sneeze and snifle from April to November. But if during the cold months, problems persist, ask yourself whether your bouts with a runny nose are accompanied by muscle aches, chills, fever or

tiredness. Chances are, if the answer is no, hay fever is causing your upper respiratory problems."

The best way to control hay fever is to avoid the substance that causes the reaction. Stay in air conditioned places in warm weather months, vacuum your home often, and consider allergy medications.

Here are some other hints for avoiding hay fever attacks:

- use a dehumidifier in humid weather
- don't smoke
- avoid rugs, feather pillows and fabric curtains
- keep ventilation ducts clean
- do not keep a pet if it aggravates your allergies
- consider carefully the location of your summer vacation.

For more information and free literature on hay fever, allergies and other lung diseases, contact the British Columbia Lung Association, 906 West Broadway, Vancouver, B.C. V5Z 1K7.

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# Public announcements

## CSR Bursary

For 1990, the 1st Canadian Signal Regiment (1 CSR) will offer two academic bursaries in the amount of \$500 each.

The bursary is intended to provide financial assistance to deserving candidates entering a program of post secondary education. This includes, but is not limited to university, community college and technical school. The bursary is open to all dependent children of present and former serving members of the 1st Canadian Signal Regiment. A former member must have had at least one year's continuous service

with 1 CSR in order to qualify.

Application forms and additional info may be obtained from the Adjutant 1 CSR at the following address:

1st Canadian Signal Regiment  
Academic Bursary  
1st Canadian Signal Regiment  
CFB Kingston  
Vimy Post Office  
Kingston, Ontario  
K7K 5L0

Attention: Adjutant (1CSR Bursary)

Completed applications must be received by the Regiment not later than 31 July 1990.

## 405 Pathfinder reunion in Vancouver

405 Pathfinder Sqn Reunion 17-18 Aug in Vancouver. Call Irene Bradley 585-4041 (Surrey) or write 11541 - 96A Avenue, Surrey, B.C. V3V 1Z9.

Drink and drive?



Sounds fine to me.

## Chuckie

In 1978 Sussex police launched a hunt for a 'six-foot, dark haired youth of about 20' who failed to mug a five-foot, 74 year old grandmother.

The youth sprang upon Mrs Ethel West while she was walking through Chichester Cathedral cloisters. The result should have been a foregone conclusion. Surprisingly, however, when Mrs West grabbed the mugger's wrist, he cried "Oh God! Oh no! Stop!"

Encouraged by these pleas, she put him in an arm lock at which the mugger cried, "Oh no, oh Christ!" and ran away.

"If I hadn't been carrying my shopping, I would really have put him on his back," said Mrs West who took a course in judo when younger.

"Before my husband died I used to practice throwing him at Christmas," she explained.

## Chuckie

When his fiancée broke off their engagement in 1978, Senor Abel Ruiz of Madrid decided to kill himself for love. Reviewing the possibilities available on such occasions, he opted to prostrate himself before the Geron to Madrid express. However, jumping in its path he landed between the rails and watched the train pass safely over him. He suffered only minor injuries and promptly received first aid at Geron Hospital.

Later that day Ruiz tried again. This time he jumped in front of a passing truck, but only acquired some more bruises. His rapid return to the hospital led doctors to call a priest who made Mr Ruiz see the folly of his acts. Eventually he decided to carry on living and look for a new girlfriend. Glad to be alive, he left the hospital and was knocked down by a runaway horse. He was taken back to Geron Hospital for the third time that day, seriously injured this time.

## CF National Sports Championships

SPORT	DATE	LOCATION
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

## 888 (KOMOX) WING

### MAY CALENDAR OF EVENTS

SATURDAY 12 MAY Mothers Day Bingo, special prizes, Jackpot \$140. 8 pm

THURSDAY 24 MAY AFIS Heritage Nite, come out and meet the new blue. 7 pm

SATURDAY 26 MAY Presummer BBQ and Mini Bingo. 8 oz New York Steak and trimmings at the wing 5:30 to 7:30 pm. \$7 each, Bingo follows dinner at 8 pm.

Come out and support the Wing and have a good time.

Wing hours of operation are as follows:

Thurs. 11 am to 6 pm (except AFIS nites)

Fri and Sat 11 am to 1 am

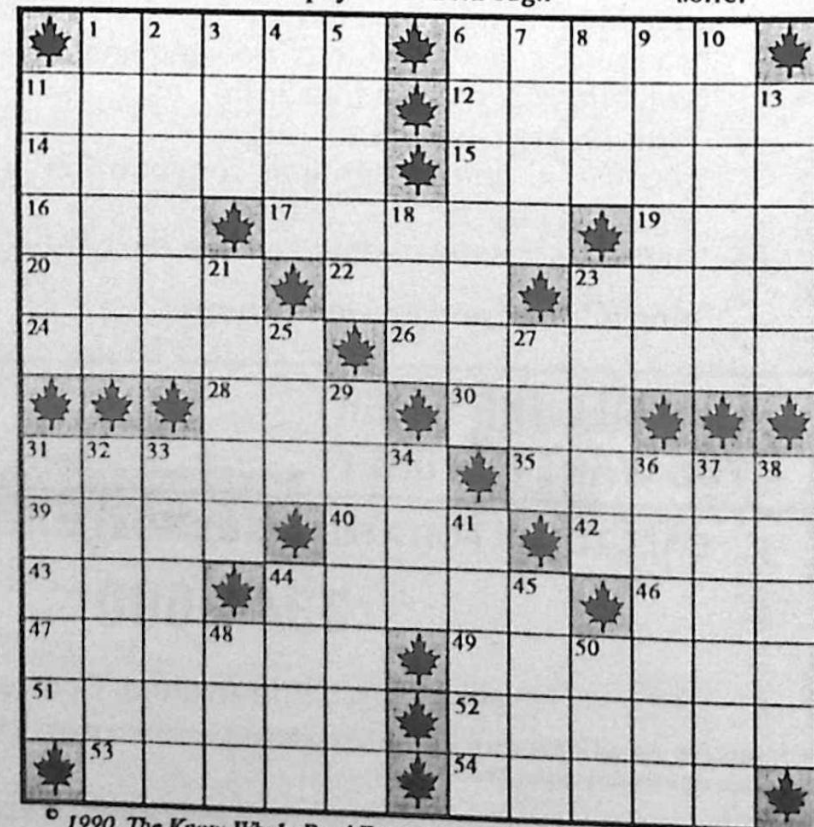
For rental information, call Alan Scott at 339-4035 or the Wing at 339-3433 (during open hours).

## Canadian Crossword

By Rick McConnell

solution on page 3

ACROSS	1. Hawaiian parties	6. SCTV's Catherine	11. Martin of the IMF	12. Court officials	14. With 20A, SCTV star	15. Oxen yoke	16. US RRSP	17. Coffee grade	19. Honest American?	20. See 14A	22. Marie, Que.	23. Anger	24. Wing-like parts	26. Alta border town	28. Gallery fill	30. Trouble	31. k.d.'s hometown	35. Horn (comb form)	39. Disturbance	40. Munch	42. With 49A, SCTV star	43. "Rockaria" band (abbr)	44. Tallow trees	46. Soviet space station	47. Certain flowers	49. See 42A	51. Face plaster	52. Era	53. SCTV's John	54. Bums DOWN	1. Trophy	2. P.O. peninsula	3. Summer drink	4. Rhinoceros beetle	5. Complainants	6. River or mountains in Nth. BC	7. Help	8. House currents	9. Carry over in buckets	10. Farmable land	11. Girl's name for "Dark as night"	13. Evil smile	18. Common contraction	21. Dough	23. Reigned	25. Hit show sign (abbr)	27. Spasmodic noise	29. Lookout in a play-house	31. Milk part	32. Zit starter	33. West Coast Sound	34. Asphalt	36. Batterer	37. Birds	38. Curt	41. Potato nickname	44. Impurity	45. Start for horn or tree	48. Even, in poetry	50. Wood sorrel
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BIO-007

## More B.C. Wildlife Fed.

## Watch the Canaries!

PRINCE GEORGE--Canadians are not paying heed to the signs of environmental disaster all around them, warns Dr. Milton McLaren, the University of British Columbia's co-ordinator of environmental studies.

Speaking to delegates at the recent B.C. Wildlife Federation convention, McLaren said marine life can be likened to the canaries once carried by miners to warn them of the presence of poisonous gas. When the caged canaries fell off their perches, miners knew they had to leave the mine, McLaren said.

Marine animals act as 'water canaries' to warn of excessive pollution levels, but no one seems to be paying attention to the warnings, McLaren said.

So while it has been

discovered beluga whales in the St. Lawrence River contain enough toxic chemicals to make them unfit for consumption, little is done to stem the flow of toxic pollutants and few make the connection between animal ill health and human ills, he said.

"It's time for us to realize if wildlife species are in trouble, we're in trouble," McLaren said, but "we don't pay attention to the canaries falling out of their cages."

He said a 20% increase in the cancer rate among children over the past decade and a general increase in the number of people suffering from allergies indicates, "we have a lot more . . . environmental factors attacking our immune system."

## Warning

Local leaders and watchdog committees are worried that yet another group is headed the way of the dough-dough bird. Yes, the Officers' Mess Ladies' Club of CFB Comox may become extinct this year. Its predator? Apathy!

It's true that some people wonder if the group should follow in the footsteps of the Elsamour, but admit it ladies. Our monthly general meetings are pretty darn fun and they're something to look forward to when you have your three-year-old's suction dart stuck to your forehead and your one-year-old has just returned his lunch . . . all over your shoulder.

So, if any eligible ladies would like to donate just a few hours of their time to become members of the executive, we could save this group from its tragic plight and make a lot of associate members very happy. (The group cannot function unless all positions are held).

Elections will be held at the Farewell Dinner, Tuesday 15 May. The time is 5:30 for 6 pm and nominations can be made any time up to that point. If you would like to stand for any position on the executive or would like more information please call Elizabeth Forseille at 339-5944 or Monique Marchand-Godwin at 339-0712.



## 442 Sqn Ladies

### Farewell

### Potluck Supper

to be held at

Glacier Greens Social Centre

on

Thursday May 10th  
6:30 for 7:00 pm

If you have not yet been contacted, call Kelly at 338-7959, evenings.

Dress is casual — jeans welcome!

# Leisure

## WOs & Sgts' Ladies' Club

Spring is here! The grass is green, the leaves are out on the trees, beautiful flowers and blossoms brighten our yards and the Wives Club has had their Spring Fashion Show! It was held Monday 9 April and we were treated to a lovely array of fashions from Touch of Class, Casually Yours, Maida's Boutique, Ricksons Mens Wear all from Courtenay, and A Little Bit More from Campbell River. Makarios Hair Design and Merle Norman Cosmetic Studio once again did a superb job of bringing out the best in everyone. These girls work all day and then all night at the fashion show and deserve a very big thank you for their time and efforts. The models all looked wonderful and did an excellent job of presenting the fashions. Karen Lawrenson of Ricksons was our very entertaining MC for the evening; Madeleine Simmons provided just the right touch with her music; the Mess was dressed up for spring with plants from the base greenhouse and from Madeleine Simmons and Ratan Plus donated the use of a chair and table for the stage. It was a lucky night for quite a few members of the audience with prizes of gift certificates donated by all of the participating stores & Viewers Choice Video, Comox, plus prizes from the Wise Owl and centrepieces from the Flower Pot. Gail Newhouse made and donated the String-Art for our raffle. Makarios and Merle Norman also provided 'goody bags' for everyone so we were all winners! Thanks go to all those who helped to make this years' fashion show the success it was and a special thanks to our Entertainment Committee - Debbie Parks, Gail Newhouse and Jackie Symes for putting it all together.

Our next meeting will be at 8 pm May 14 and is traditionally election night. But please don't let that scare you off because there's also something really fun planned involving dessert and you won't want to miss it!

## Comox &

### Sunnydale at

### Glacier Greens

The ladies of Glacier Greens hosted the ladies from The Comox and Sunnydale Golf Clubs on Wed 25 April.

### Comox Winners:

1st L.H.--Inza Graves  
2nd L.G.--Trudi Newman  
2nd L.G.--Trudi Newman  
2nd L.N.--June Gillie  
3rd L.G.--Edith Albrecht  
3rd L.N.--Patti Barrs  
Least Putts--Edith Holt and Marg Webber.

### Sunnydale Winners

1st L.G.--Vi Hamel  
1st L.N.--Lois Murray  
2nd L.G.--Irene Murphy  
2nd L.N.--Ann Gardam  
3rd L.G.--Sandra Gallaway  
3rd L.N.--Louise Luster.  
Least Putts--Fran Henderson and Kay Witzel.

### Glacier Greens Winners

1st L.G.--  
Lorraine Courtemanche  
1st L.N.--Dianne Bellamy  
2nd L.G.--Jan Verbeek  
2nd L.N.--Rose McCleish  
3rd L.G.--Millie Hudson  
3rd L.N.--Kay Banks  
Least Putts--Claire Rathbun and Marg Wreggitt.



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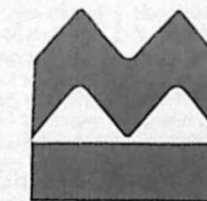
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## WERE YOU EVER AN AIR CADET?

The Royal Canadian Air Cadets will be celebrating their 50th Anniversary in 1991 and we would like to hear from former Air Cadets. Drop us a post card letting us know what you are doing now and when and where you did your Air Cadet training. Maybe you have some memorabilia for our archives. Let's hear from you!

Air Cadet League of Canada  
2323 Riverside Drive, 8th Floor  
Ottawa, Ontario  
K1H 8L5  
FAX (613) 991-4347

## ATTENTION ALL FORMER MEMBERS

50TH BATTALION, C.E.F.  
1st Calgary Regiment  
The Calgary Regiment (Tank)  
14th Armoured Regiment (The Calgary Regiment)  
The Kings Own Calgary Regiment

1990 marks the 80th anniversary of The King's Own Calgary Regiment. If you are a former member of one of these units you are requested to contact:

The Visit Office  
The King's Own Calgary Regiment  
801 - 11th Street S.W.  
Calgary, Alberta T2P 2C4  
(403) 240-7421

Her Majesty Queen Elizabeth II, the Regiment's Colonel-in-Chief, will review the Regiment on 30 June 1990 in Calgary. There will be an opportunity for former members of the above units to attend this historic event.



# Recreation

## Weight Control Counselling

Are you concerned about your present weight? Or have you been informed that you should be concerned about your present weight (the Body Mass Index may be used to help you determine the answer). Whether it's been years, or the onset, of battling the bulge help is now available through the CFB Comox Recreation Centre. For your perusal, individual personalized guidelines/programs dealing with specific weight control needs. The following is a general outline of the components of the counselling offered:

1. Gradual, realistic and sensible lifestyle changes.
2. Proper type(s) of exercise or physical activity.
3. A focus on individual attitudes towards eating, food, self-esteem, relationships, etc.
4. Nutritional Counselling: Learning to make healthier choices at meal times (and in between).

If one, or all of the above pertain to you in some way and you require further information, you may contact the Rec Centre at 8588.

Birgit Guderjahn

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Invest \$12,000 in a high end deck waterproofing dealership in this area. Top quality product line allows for above average return on investment. We supply opening inventory, tools and training. Successful dealerships established across Canada. Phone collect: Mr. D. Chaisson, (604)860-1200.

Home Party Sales. #1 Sales Manager shows proven selling methods that work! GREATLY improve income with Avon, Tupperware, Mary Kay, etc. Send S.A.S.E. for details. Bob 1230, Port Hardy, B.C., V0N 2P0.

Must Retire. Well established appliance business for sale, Gibsons, B.C. Good line of parts - shelving - counters - desk - micro - cash register - tools. Bargain price, O.B.O. (604)886-4659.

Brake & Muffler business on Vancouver Island. Leased premises. Approximately 4,000 sq.ft., 5 bays, large office & storage. Asking \$169,900 & inventory at cost approximately \$45,000. John Mitchell, (604)758-3312, (604)754-5367 evenings.

Grading business for sale. 2 Champion graders, Ford 4x4 pickup, fuel tanks, radios, \$60,000. Phone: (604)249-5681. Quesnel, B.C.

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Start your own dial up voice information service, answering service, message center, voice introductory service, restaurant guide. Call: Infodial Information Systems Inc., (604)758-7088, (604)756-6403.

### BUSINESS PERSONALS

DIVORCE? No court appearance or consent of spouse necessary! Just 5-15 weeks. \$69.95 plus costs. You or we type. Lawyer endorsed. Send for copy of Canada's new Divorce Act and literature. Same system since 1970. Divorceonline, 201-1252 Burrard, Vancouver, 1-687-2900. Franchises available.

LOVE NEST. "ORDER BY MAIL" - Lovers' Toys, Sexy Novelties. \$4 colour catalogue. Love Nest, 161 East 1st St., North Vancouver, B.C., V7L 1B2. (604)987-1175. See this ad every other week.

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

THURSDAY 10 MAY 1990

THURSDAY 10 MAY 1990

TOTEM TIMES 21

# Leisure

## OFFICERS' MESS MAY 1990

FRIDAYS 11, 18, 25 MAY

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

WEDNESDAYS 16, 23, 30 MAY

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

WEDNESDAY 23 MAY

LADIES' CLUB BRIDGE 7:30 in the Lounge

This is our last Bridge night until next September. Don't forget  
we are having a Pot Luck evening and if anyone would like to  
join us call Rejeanne at 339-5948. Have a great summer.

TUESDAY 15 MAY

OMLC Farewell Dinner.

The tickets are sold, the food is ordered, the entertainment is  
ready. We believe this dinner will prove to be one of the best  
farewell dinners ever.

SATURDAY 12 MAY Spring Dance with Band 'SANTOS'.  
Cost per person, member \$3/limited associates & guests \$4.  
Time 1900 for 1930. Reservations by 9 May.

SUNDAY 13 MAY Mothers' Day Brunch. 1100 to 1300 hrs.  
Cost per person, adults \$5, children \$3. Reservations by 9 May.

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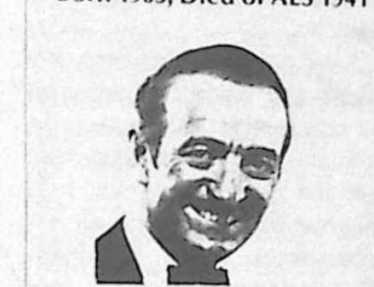
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LOU GEHRIG  
Baseball Player  
Born 1903, Died of ALS 1941



DAVID NIVEN  
Actor, Author  
Born 1910, Died of ALS 1983

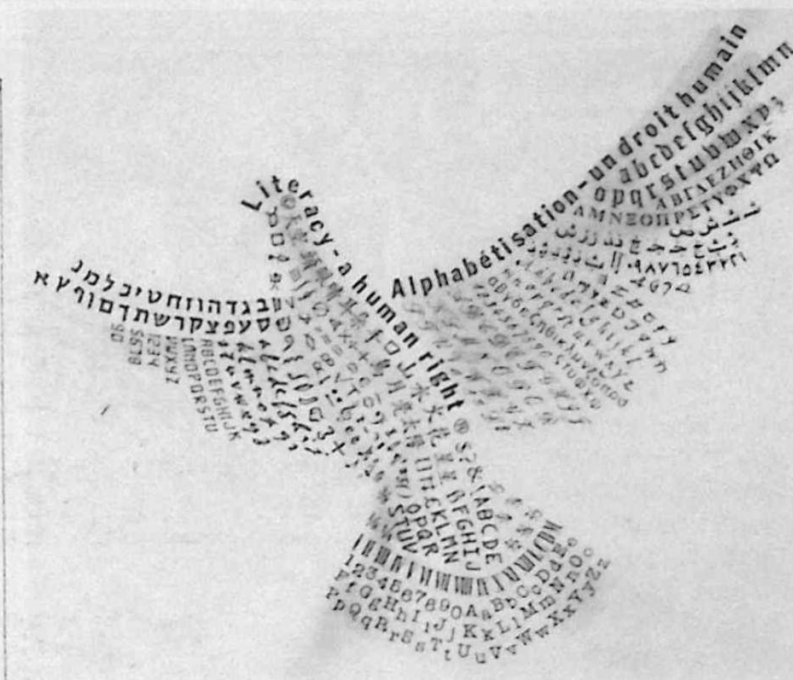
Amyotrophic Lateral Sclerosis  
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ALS is a devastating disease of the nervous system which destroys the voluntary muscles. It can strike anyone. It is a common worldwide multiple sclerosis. The cause is unknown and there is no known cure. It is not contagious. Average life expectancy from time of diagnosis is 2-5 years. Unless death intervenes, the patient suffers total paralysis. And imagine - the mind and the senses remain completely alert as this is happening.

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area co-ordinator.



In an effort to give added visibility to the campaign against illiteracy, Canada Post Corporation commissioned the design of a commemorative stamp and presented this visual element as a symbol for literacy in Canada. Designed by Debbie Adams, a Toronto-based graphic designer, the image is composed of graphic and numeric symbols as well as letters from various alphabets. The stamp will be issued in September to commemorate 1990 as International Literacy Year.

## Canada Post Corporation and Literacy

As a corporation whose business depends on the written word, Canada Post Corporation is well aware of the importance of the ability to read and write as a functional level. As a concerned corporate citizen, the corporation recognizes the high costs to individuals and to society as a result of illiteracy and is actively working to build awareness of the problem.

With 1990 proclaimed International Literacy Year by the United Nations, the corporation has developed several new literacy initiatives to complement existing programs such as the Santa Letter-Writing Program and the National Letter-Writing Competition.

On September 8, Canada Post will issue a postage stamp to commemorate 1990 as International Literacy Year. The corporation hopes the stamp will raise awareness across the country of the problems of illiteracy. The central element of the stamp is a stylized drawing of a bird in flight that is composed of letters and numbers from many languages. It is intended that the design will become a symbol of the literacy movement in Canada, and is being made available for use by literacy organizations in raising funds for literacy.

Canada Post Corporation is pleased to be the official carrier for The Book Voyage, an international project sponsored by the United Nations, under the auspices of the International Task Force On Literacy. The project consists of a series of books which will travel by Canada Post's Priority Courier service to literacy centers across Canada. Newly literate people at each location will add a message to the book in the form of a story, poem or song, before sending it off to the next stop.

The corporation is setting up a toll-free 1-800 Literacy Events Number that will be available for people across Canada to find out about events organized by literacy organizations in their area. The line is similar to a service being operated by the United Nations, which provides the same information via computer modem. The Canada Post service will begin operation in early May and will be available until the end of the year, between the hours of 8:00 a.m. and 9:00 p.m., E.D.T. The number for the Canada Post literacy events line is 1-800-361-4518.

This summer, for the second year, Canada Post will be sponsoring the Reading Test program operated by Frontier College, a non-profit institute that is a leader in the battle against illiteracy in Canada. The program involves a number of reading tests that will travel throughout Canada where children will be encouraged to visit and read a favourite story.

Canada Post's Santa Letter-Writing Program has been in place nationally since 1982. Every effort is made to ensure that all letters sent from children to Santa bearing a return address receive a response. Last year, over 9,000 employee volunteers across Canada helped to answer more than 725,000 letters.

Canada Post's National Letter-Writing Competition began in 1985. The contest is open to all young people in Canada between the ages of eleven and fifteen. Participants are asked to write a letter on the year's competition theme and are judged on originality and content. A Canadian winner then goes on to compete in an international letter-writing contest. Last year's national winner was 15-year-old Kevin Schut of Edmonton.

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On 1 March 1990, responsibility for CANEX operations was transferred from individual bases and stations to the regional and national level. In most cases, this resulted in essentially the same CANEX staff operating the same facilities -- but with increased emphasis on value, service and satisfaction.

The CANEX Board of Directors is chaired by Commodore H.A. Cooper, Director General Personnel Services, and a majority of the directors are serving members of the Canadian Forces. The management team consists of seven people in Ottawa, a majority of whom are CF Personnel or former military officers, plus 13 regional managers -- six of whom are serving officers.

CANEX itself is a unit of the Canadian Forces, even though many of its employees are civilians -- although a high proportion of them are dependants of CF members. The military tradition within CANEX is a proud one, and the combined buying power of over 250 outlets working together should result in CANEX playing an increasingly important role in members lives as better merchandising programmes are developed and CANEX continues to contribute all of its profits to improved health, welfare and recreational facilities at CF locations.

This is Your CANEX -- there are no 'outside' owners or shareholders -- it belongs to you. Please let us know if you have any suggestions as to how we can be of more service to you.

Thank you for your Support!

YOUR FRIENDS AT CANEX

next deadline 28 May



# On and off base



Capt Louis Tremblay of 1 Construction Engineering Unit takes a water sample from the ground near an old dump site at CFB Cold Lake.

Air Command has two things no other command has: a hired environmental troubleshooter and the foundations of a comprehensive environmental management plan for the 1990s.

Lewis Cocks was seconded to Air Command from Environment Canada in 1988 and since then has mapped out an environmental management plan which will eventually be used in some way by every base within Air Command.

"Air Command is easily ahead of the other commands and in fact, is probably ahead of most other federal departments with its environmental plan," says Cocks. "It's probably because Air Command is the largest command within DND and because the people here are so enthusiastic about responding positively to environmental issues."

"There's no question that there's a requirement for environmental assessments," ex-

## Air Command seizes environmental initiative

plains Maj R.D. Edgecombe of the directorate of conservation and environment at NDHQ. "But there's no directive that says every command must have an environmental management plan."

Air Command however, has seized the initiative amongst the commands and expects to have its draft plan approved over the next few weeks. It is designed to ensure that all environmental issues are identified, addressed and resolved responsibly as possible. These include such things as environmental baseline studies for every base, improving the way hazardous wastes are handled, wildlife and forest management, encouraging recycling, controlling emissions to air and water, and the assessment of new projects for their environmental impact during the early stages of planning.

Cocks, who has nearly 20 years experience in environmental research and

management, is intent on putting together a package which will help Air Command bases plan for the future and be proactive, rather than just reacting to any past mistakes.

"I didn't come in here on a witch hunt," Cocks says. "I came in here to legitimately help DND help themselves. By taking this approach the response has been excellent." By doing things like cleaning up the old Cadin Pinetree Line stations and other past activities, Air Command is now approaching the point where time and resources can be spent on making things better for the future, Cocks adds. "We can do this through a strong environmental management plan; letting people know where they fit into an organization and how they can contribute."

In beginning the environmental management process, Air Command used CFB Shearwater, N.S. as a prototype. Environmental consultants went in and looked at

base operations with an emphasis on drainage, hazardous waste management, wildlife control and landscaping. A report was produced for Shearwater with the knowledge that it would be used to help other air bases know what is meant by improving the environmental quality of a base. Findings were presented in a series of meetings to various base construction engineering officers, base technical services officers and general officers.

The military engineering division at Air Command Headquarters in Winnipeg, including Cocks, then sat down to map out the things that needed to be addressed from an overall environmental management perspective.

"With this initial framework for an Air Command strategy, we then started to formulate the environmental management plan," Cocks explains. "It will

continued on page 23

# Recreation

## More environment

continued from page 22

be used in some way by all the bases, with their individual input, since each base is environmentally unique."

The plan will be phased in gradually, with assistance provided to all bases.

The Air Command initiatives in its environmental management process may be an incentive for other commands to begin their own plans.

"Other commands are certainly very concerned about meeting environmental requirements, particularly as they affect operations," says Maj Edgecombe. "Everyone is very concerned about the environment right now. I can see

environmental officers and plans on every CF base in the future."

In the meantime, Air Command may have its own plan finalized by this summer thanks to the dedication and enthusiasm of both military and civilian personnel at Air Command HQ.

"Some catch up work will be required, but more importantly, there are opportunities to improve our environmental performance significantly and ensure that we are proud of the legacy we leave future generations," Cocks concludes.

by Capt Darlene Blakely

## 1st woman Navy League Boss

OTTAWA--Mrs. Marilyn Machum of Calgary, Alberta was elected National President of The Navy League of Canada during the League's annual General Meeting in Ottawa on Saturday 28 April 1990. She is the first woman to hold this position in the 95 year history of the Navy League.

Mrs. Machum's election as the League's twenty-second president highlights a long association with the Navy League which began in 1956 when she joined as a Navy League Wrenette at HMCS Tecumseh in Calgary. After 13

years as a Navy League Officer, she was appointed to the League's National Council in 1974 and has since chaired numerous League Committees. In recognition of her volunteer work with the Navy League, Mrs. Machum was awarded the Queen's Silver Jubilee Medal.

Mrs. Machum and her husband, a former member of the Canadian Forces, have travelled extensively. During tours at home and abroad she maintained her association with Navy League activities in Alberta, Prince Edward Island, Nova Scotia, Colorado, Ber-

*Comox Air Force Museum*

### GIFT SHOP


The Comox Air Force Museum Gift Shop is ready for the summer season. The museum gift shop has specialty items that can be found nowhere else in the Comox Valley -- Squadron badges for 407, 442, VU3 are favourites of all ages for display on jackets and hats, or just as collector's items. The selection of aircraft pins cover all the squadrons on the Base and pins of any Canadian military aircraft can be special ordered upon request.

For the model enthusiast, there is a selection of models with Canadian markings.

Squadron baseball caps and quality T-shirts in all sizes are in stock for aviation buffs, as well as a wide variety of squadron decals and plaques.

RCAF memorabilia include the RCAF pins as well as the RCAF gold wire badge for jackets or blazers, along with reproductions of WW II flying badges.

Collectors may be interested to know that the Museum Gift Shop carries teaspoons and decorative plates as well as the popular collectible badges. For the gift with special interest, visit the Museum Gift Shop.

 At the gate of CFB Comox


muda and West Germany.

During her acceptance speech to delegates, Mrs. Machum noted past League achievements over the past 95 years, particularly in its two major programmes -- 'Youth Training' and 'Maritime Affairs'. She reminded Council members of the League's for-

thcoming 1995 Centennial Theme -- 'Preparing Today for Tomorrow' and the formidable challenge which all face in meeting that goal.

Mrs. Machum and her husband 'Red' have three children, Clive, Gordon and Cathy.

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# On and off base

Books

## Mancatcher

by Jack Fossum

Reviewed by Grace Lindsay &amp; Fran Johnson

In his native Norway Jack Fossum read adventures stories and saw movies about the Wild West and longed to be a part of it. So when times were tough in the 1920s he and his brother emigrated to Canada -- looking for adventure as well as for work.

Fossum's new book, *Mancatcher*, is the story of that adventure and of events in Western Canada from 1925 to 1970. As with most newcomers his immigrant years began on prairie farms, where learning English and new ways of living and working provided many humorous moments.

His lust for adventure landed Fossum in situations both comic and serious. He rode the rods, slept in hobo jungles, nearly starved and shared a jail cell with bed bugs. He worked for the railroad, bucked and scaled logs in West Coast logging camps, and drove taxi in Vancouver.

But these vagabond, immigrant years were only a prelude to two 'lifetime'

careers; 21 years in the Royal Canadian Mounted Police and an equal period spent in industry.

Vignettes of life in the RCMP complement those in Fossum's first book, *Cop in the Closet*, with an added focus on the Great Depression spawned riots. As a member of the RCMP riot squad the author saw action in the Vancouver and Edmonton disturbances and the 'On-to-Ottawa trek' riot in which a Regina city policeman was killed.

The last part of the book is filled with stories of the rip-roaring construction phase of Alcan's Kitimat project in the early 1950s and the building of Canada's first 'Instant Town'. The author was part of this adventure from its beginning. Here are accounts of the Delta Queen (the high-and-dry riverboat bunkhouse); the spy unmasked; fabulous fishing; the jerry-built hospital? and humour, pathos and tragedy in the tales of Kitimat's pioneers, many of them also immigrants

attracted to work in the raw new town of Kitimat.

*Mancatcher*, is an entertaining memoir told with honesty, conviction and verve.

The author lives in the Black Creek area at Miracle Beach.

## Chuckle

We shall never know the identity of the man who in 1976 made the most unsuccessful hijack attempt ever. On a flight across America, he rose from his seat, drew a gun and took the stewardess hostage.

"Take me to Detroit," he said.

"We're already going to Detroit," she replied.

"Oh ... good," he said, and sat down again.

Few other cases come anywhere near this. In 1967 a drunk Arab hijacked a plane and demanded that he be taken to Jerusalem. For his own safety, the crew explained there was a war on there and, being an Arab, he would probably get shot on sight. "He was so drunk he had to be protected," the captain said afterwards.

## \* SUPERIOR \* \* VIDEO \*

### 1 Stop Video Shop

#### \* New Hours:

Sun to Thur 10 am to 11 pm  
Fri and Sat 10 am to 1 am

#### \* MOVIE & PIZZA delivered HOT to your door!

\* FREE DELIVERY WITHIN 5 MILE RADIUS

#### 3 LOCATIONS:

\* COURTENAY \* FANNY BAY \* UNION BAY

In Courtenay at 450 Ryan Rd., Mt. Washington Plaza

338-6356

\*\*\*\*\*  
NEW RELEASES THIS WEEK:

*Fat Man & Little Boy*--Paul Newman  
*Christmas Vacation*--Chevy Chase  
*Leatherface*  
*Immediate Family*  
*Dad*--Jack Lemmon

next deadline 28 May



**PUB GRUB and Good Times  
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## DANCE

WEDNESDAY TO SATURDAY  
to the Best in Country Rock and  
Hits of the 60's & 70's  
NO Cover Charge

WED 9 MAY to SAT 12 MAY



**'Suns of Guns'**

WED 16 MAY to SAT 19 MAY  
**'Underground Outlaws'**  
WED 23 MAY to SAT 26 MAY  
**'Suns of Guns'**