



D-Day
Remembered

....page 12



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 11 14 JUNE 1990

NEXT DEADLINE 25 JUNE 1990

COST: PRICELESS

No TFC for Goose Bay

Right Some Good!

Nato Nixes Goose

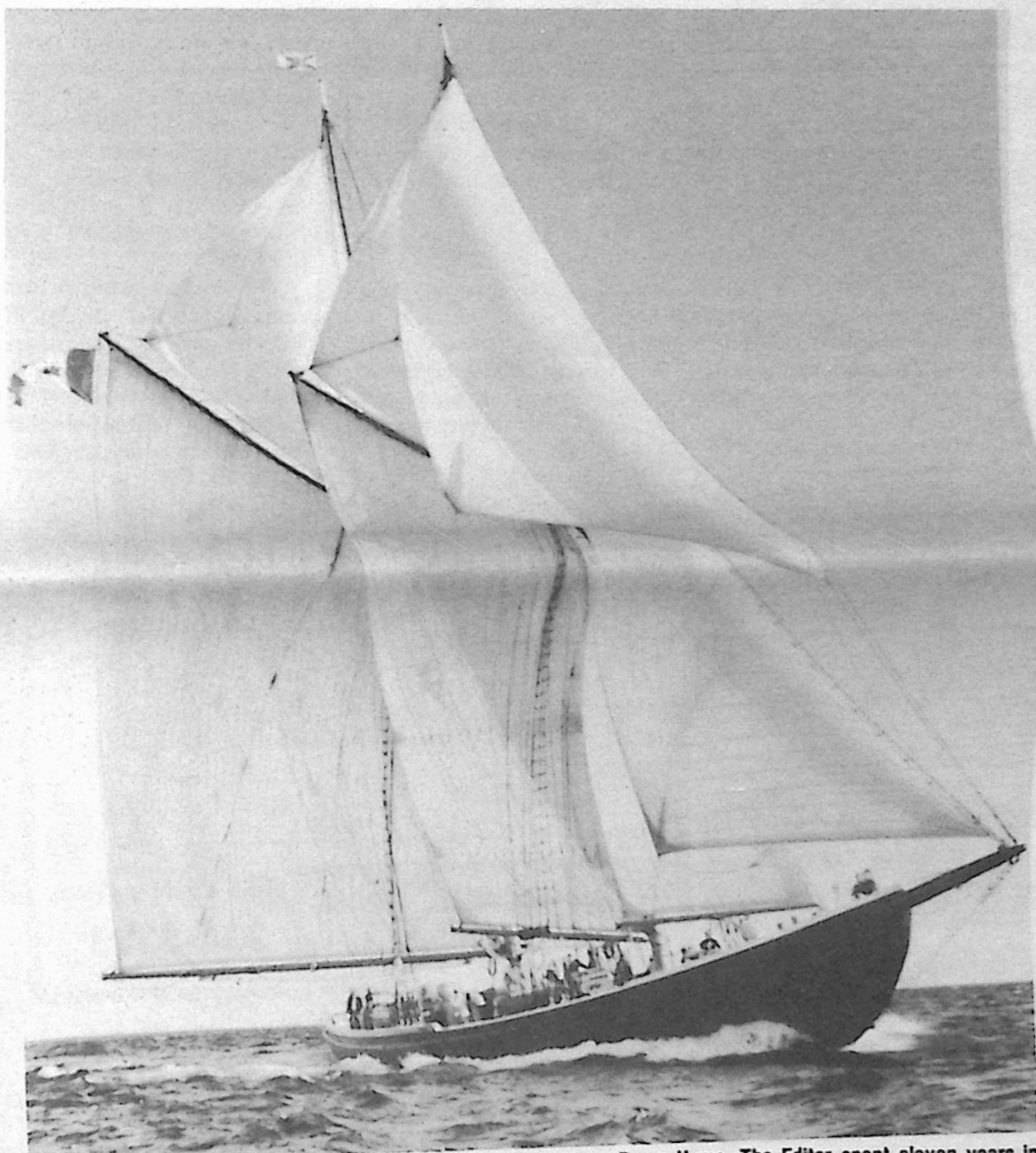
OTTAWA--The Minister of National Defence, the Honourable Bill McKnight, announced that the North Atlantic Treaty Organization (NATO) has decided not to pursue the option of establishing a tactical fighter training centre (NTFC) at Goose Bay, Labrador.

NATO Defence ministers meeting in Brussels on 22-23 May, decided to exclude both Goose Bay and Konya, Turkey, from further consideration as the site of the NTFC on the basis of extensive studies of the technical, financial and geographic factors involved. In light of the evolution of the international security environment and of pressures on the defence budgets of member states, ministers also decided not to proceed with plans to create an NTFC at this time. They left open the possibility of

creating such a centre elsewhere than at Goose Bay or Konya should a requirement for it be identified at a later date.

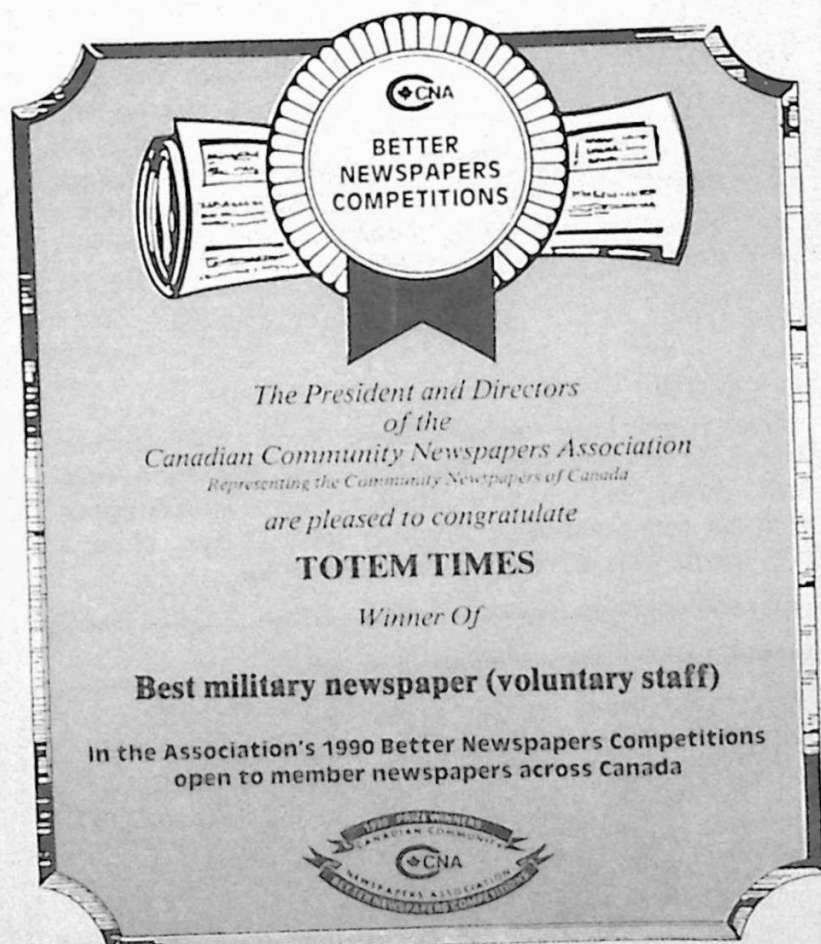
Mr. McKnight indicated that Canada regretted this decision, since it represented the loss of an important opportunity for Canada to make a positive contribution to the security objectives of the alliance, and since it would deprive the community of Happy Valley-Goose Bay of the economic development opportunities which the establishment of the centre there would have created.

This decision does not affect current and future training operations conducted at Goose Bay by the Air Forces of the United States, the United Kingdom, the Federal Republic of Germany and the Netherlands under the terms of bilateral agreements with Canada.



This picture is for the CF members at Comox who are far from Down Home. The Editor spent eleven years in Greenwood N.S. and enjoyed every one of them.
Photo courtesy Nova Scotia Tourism Dept.

Another one for the Wrapper



The Totem Times has won Best Military Newspaper Award three times in the last four years. We did not enter the 1988 competition. Well done staff!

Do something
for Dad
on June 17

Fathers' Day



On and off base

Canada Deposit Insurance Corporation

Is Your Money Safe?

Phase II of the Canada Deposit Insurance Corporation's public awareness campaign was launched in January 1990. And since that time, it has become apparent that Canadians share many common concerns regarding the safety of their deposits.

More than 43,000 interested people have dialled 1-800-267-1999, the CDIC's toll-free information number, since it began operating in January 1989. Between 8:30 am and 5:00 pm, EST, Monday to Friday, CDIC officers answer questions about deposit insurance in an on-going effort to keep the public well informed.

Of all inquiries 32.5% relate to the membership of financial institutions. CDIC membership is limited to banks, trust companies and loan companies. All members are required to prominently display CDIC's official membership sign.

Callers are also interested in knowing the types of deposits that qualify for deposit insurance coverage. Insurable deposits include savings and chequing accounts, guaranteed investment certificates, debentures (other than bank debentures), money orders, deposit receipts and certified drafts or cheques, issued by members.

To be insurable, a deposit must be payable in Canada or in Canadian currency and must be repayable on or before the expiration of five years from the date of the deposit.

The maximum amount of deposit insurance is \$60,000 per person in each member institution. Separate insurance coverage is also available to the \$60,000 maximum and applies to specific eligible deposits for joint accounts, trust deposits and deposits held in registered retirement savings plans and registered retirement income funds.

Statistics compiled at CDIC

indicate that 40.1% of callers are interested in the insurability of registered plans. Although the trustee of an RRSP or an RRIF may be a member of CDIC, the money held in such plans are only covered to the \$60,000 maximum, in any one member, if they have been invested in insurable deposits.

"It cannot be emphasized enough," says Charles de Lery, the CDIC president and Chief Executive Officer. "People can't be expected to make sound deposit decisions if they aren't well informed. Although our campaign of 1989 substantially raised awareness of deposit insurance coverage, our goal for 1990 is to increase levels of understanding even further."

CDIC is a federal crown corporation that was created in 1967 to protect depositors making insurable deposits with member institutions. It automatically insures eligible deposits made with a member for up to \$60,000.

Happy (2nd) Retirement!



A happy second retirement (from the Courtenay and District School Board) for John Novak, one of our contributors.

Graduation Class of 90 by SOOTERS

Packages starting at \$39.95

1 -- 8 x 10 8 -- wallets 2 -- 5 x 7

Excellence in Photography by Sooter Studios 685 Cliffe Ave.
Courtenay 334-3333

OFFICERS' MESS

JUNE 1990

FRIDAYS 15, & 29 JUNE

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

WEDNESDAYS 20, & 27 JUNE

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.

FRIDAY 22 JUNE MIXED TGIF come say goodbye to all your peers who are being posted out. Cost is FREE, (but reservations are necessary if you wish to eat), dress is casual, food is FABULOUS CHINESE FOOD, time 1900 for 1930 hrs. RESERVATIONS a must by 20 June. Dance afterwards. Plan on attending.



LEGION LOG

BRANCH 17 COURTENAY
ENTERTAINMENT

Fri & Sat 15 & 16 Jun. Music by Countrymen
Fri & Sat 22 & 23 Jun. Music by T.B.A.
Fri & Sat 29 & 30 Jun. Music by Westwind
Fri & Sat 06 & 07 Jul. Music by Midnight Girls

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12—7 PM

EVENTS

SUN 17 JUN Fathers' Day Steak BBQ 3 - 6 p.m., tickets \$5.00 at bar.

SUN 17 JUN Fun Crib 1:30 p.m.

SPORTS

SUN 24 JUN Crib Tournament upper hall registration 12 - 1 p.m.

SUN 17 JUN Fun Golf 10:30 Longlands

BRANCH 160 COMOX

ENTERTAINMENT

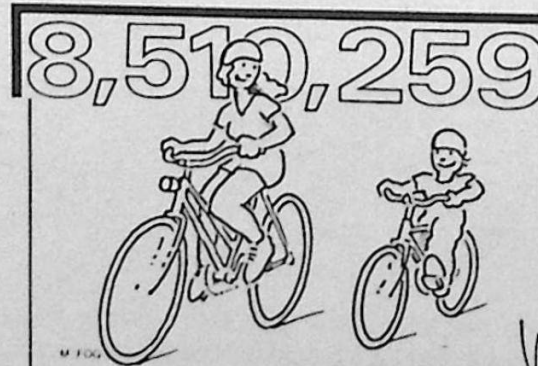
Fri 15 Jun. Music by SHABOOM
Fri 22 Jun. Music by LORIE BAKER
Fri 29 Jun. Music by ALLEYCATS

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 am to 6 pm
MONDAYS.....Men's Dart League, Recessed to 10 Sep.
L.A. Drop-In-Bingo, Upper Hall, 7:30 pm
TUESDAYS.....Ladies Crib League, Lounge 8 pm
Mixed Dart League, Recessed to 11 Sep.
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

SPORTS

SAT 16 JUN
Annual Comox Legion Salmon Fishing Derby. (Alternate date: 23 Jun for inclement weather on 16th.) Adv. Reg. bar by midnight 15 Jun. Fee \$5. Members & guests. Guests must be signed in at bar with registration. Weigh-in starts 11 a.m., closes 5 p.m. sharp. Rules & prizes listed on poster at bar.



THAT'S
HOW MANY
CANADIANS
ARE CYCLISTS

Way to go Canada!
PARTICIPATION

On and off base

If you are
hunting for value,
set your sights on a Fox.



In terms of value for your dollar, the Volkswagen Fox is a clever choice.
• Excellent power to weight ratio
• MacPherson strut front suspension
• Durable cloth upholstery
• Fully reclining front seats

• Power-assisted front disc brakes
Drop by for a test drive today

Fox \$9,990*

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PHONE 338-1221

Next Deadline 25 June

**PARTY PARTY PARTY
JR. RANKS MESS
15 JUNE 90
VARIETY NIGHT
STEAK & LOBSTER**

**1 COMEDIAN
1 HYPNOTIST
D.J. - TOTAL SOUND
ALL FOR \$10.00/MEMBER
\$12.00/GUEST
DINNER STARTS AT 1900
SHOW APPROX 2100
SOME TICKETS LEFT**

**ST. PETER'S
Anglican/Episcopal
Church**

218 CHURCH ST., COMOX

HOLY EUCHARIST

8:00 a.m. and 10:00 a.m.

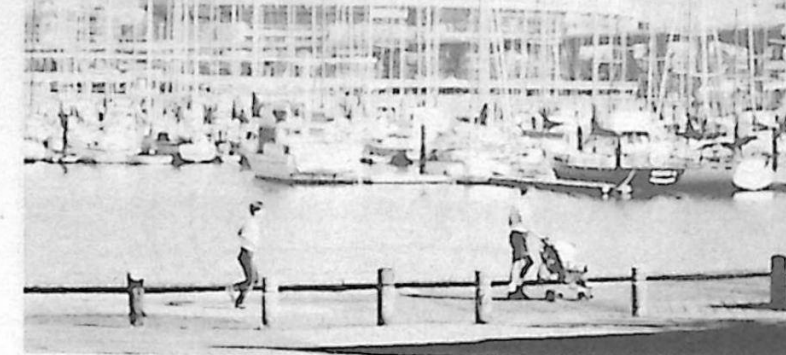
Fr. John Paetkau - 339-2925

JESUS IS LORD

OPEN 7 DAYS A WEEK

**COLUMBO'S
STEAK
HOUSE
PIZZA
& PASTA**

338-1488
FREE DELIVERY



See What's Up Under the Dome

Vancouver: There's more under the dome at B.C. Place Stadium than a bunch of hot air.

Visitors, sightseers and area residents alike are invited to see what's inside the world's largest air-supported domed stadium on tours every Wednesday, Thursday and Saturday at noon, 1:15 pm or 2:30 pm from 2 May to the end of September.

B.C. Place Stadium, a modern, multi-purpose, architectural masterpiece, is home to the Canadian Football League's B.C. Lions and a year-round venue for concerts, trade fairs, consumer shows and dozens of other attractions of provincial, national, and international stature.

Doors are being opened as part of a special summer tour

program which features a behind-the-scenes look at the Stadium, a Vancouver landmark conveniently located on the False Creek Waterfront.

Visitors can walk where the B.C. Lions roam...learn what keeps up the 10-acre roof...enjoy a first-class view inside one of 35 private suites...and see the dressing rooms where stars get ready for blockbuster performances to capacity crowds.

The 45-minute tours depart from Gate H at Robson and Beatty Streets. Prices are \$3.50 for adults and \$2 for seniors, students and children. Individuals, small and large groups are welcome.

B.C. Place Stadium is wheelchair accessible. Parking is available around the perimeter of the Stadium.

Help us stop drinking drivers.

CANSUREX ON BASE (Canada and Overseas)

PERSONAL BELONGINGS AND
QUARTERS INSURANCE
PM, SQ, RUH, LHP,
CROWN LEASE SELF HELP

LIABILITY: \$50,000 to \$100,000

PERSONAL
PROPERTY: \$50,000 to \$100,000
(REPLACEMENT VALUE)

PREMIUMS: Vary according to plan selected

EXAMPLE — MD, \$50,000 liability,
\$25,000 personal belongings
FOR LESS THAN
\$500 PER MONTH

If you are, or become, insured under
CANSUREX, we can also insure your car
and boat as well. Coverage on an "all risk"
basis can also be provided on a wide range of
other valuable belongings.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

CANSUREX SUR LA BASE (Canada et outre-mer)

ASSURANCE DE RESPONSABILITE
ET DES BIENS PERSONNELS
IF, IL, LR, LHP,
Loi par location, auto-vente

RESPONSABILITE

CIVILE: \$50,000 to \$100,000

BIENS
PERSONNELS: \$50,000 to \$100,000
(A VUE DE REMPLACEMENT)

PREMIUMS: Vary according to plan selected

EXAMPLE — IF, \$50,000 liability,
\$25,000 biens personnels
POUR MOINS DE
\$500 PAR MOIS

Si vous êtes, ou devenez, assuré(e) sous
CANSUREX, nous pouvons aussi assurer votre
voiture, votre bateau, ainsi que votre
terrain "tout risque" pour protéger votre
patrimoine.

Assureur/Assureur: Elite Ins Co, Vancouver, B.C.

CANSUREX II (Canada only)

Military Ex-Military
DND/employeur RCMP War veterans
Pensioners and their survivors

INSURANCE FOR:
Homeowners, Landlords, Tenants,
College, Franchise, Business, Rental,
Farm, Computers, Stamp, Collectibles, etc.

LIABILITY: \$50,000 to \$100,000

HOMEOWNERS
CONTENT: \$50,000 to \$100,000
(REPLACEMENT VALUE)

TENANT/CONDO OWNER
PERSONAL PROPERTY: \$50,000 to \$100,000

PREMIUMS: Vary according to plan selected

EXAMPLE — Homeowner (Alberta)
\$50,000 liability
\$25,000 content
\$500 monthly

Tenant/Condo Owner (Ontario)
\$50,000 liability
\$25,000 content
\$500 monthly

"All risk" coverage available on many other
valuable articles.

Insurer/Assureur: Commonwealth Ins Co, Vancouver, B.C.

CANSUREX II (Au Canada seulement)

Militaires ex-militaires, anciens
membres de la GRC, anciens combattants,
rentiers et leurs survivants

ASSURANCE

PROPRIETAIRES

CONTENU: \$50,000 à \$100,000
(à vue de remplacement)

PROPRIETAIRES/PROPRIETAIRES
PERSONNELS: \$50,000 à \$100,000

PREMIUMS: Vary according to plan selected

EXAMPLE — Propriétaire (Alberta)
\$50,000 responsabilité
\$25,000 contenu
\$500 mensuel

Propriétaire/Condomain (Ontario)
\$50,000 responsabilité
\$25,000 contenu
\$500 mensuel

"Tous risques" couverture disponible sur
nombreux autres objets de valeur.

Assureur/Assureur: Commonwealth Ins Co, Vancouver, B.C.

Editorial

NORM BLONDEL



The Root Cellar Effect

Anyone sitting out here in British Columbia these June days has to view all this talk of a "Greenhouse Effect" on our climate with a good deal of scepticism. The cold, dark and moist weather we've been having this month is more like the conditions one would encounter in a root cellar.

It is so cool in the evenings in our house, Wife and I sit huddled in our recliners, each covered in a padded blanket, only the tip of the TV flicker showing. It is against my principles to turn on the electric heat in the middle of June (not against Wife's though; she thinks I'm cheap. I say I'm thrifty), so here we sit, like a pair of Eskimos, waiting for the sun to come out.

At this time of the year we can not lord it over the rest of Canada while they freeze, bragging about being in "Lotus Land," and all that. For their part, they can drag out the old insult about "British Columbians don't tan, they rust!"

I suppose if there is a scarcity of rain elsewhere in the world it has to go somewhere, and between us and Texas we seem to be getting it. Boy, are we getting it.

What is particularly humiliating is, if we tried the old standby, "But you don't have to shovel it," we really would look all wet.

Thank You Sherry

We have been lucky over the years at the Fishwrapper in the ladies who have operated our typesetting machine, looked after the books, kept the refreshments coming and generally succeeded in keeping the Editor out of trouble. Sherry Snow continued in that fine tradition, and now we must regretfully say farewell, as the Snow family head for Ottawa. Sherry always contributed more than she was required to do at the Totem Times, and we particularly appreciated the artistry of her work on advertising. Good luck in Ottawa, Sherry.

--- And Welcome Dawna

Our new Office Manager is Mrs. Dawna Dozzi, who recently worked in CE Contracts. Dawna brings a lot of experience to the job, including the computer abilities we are going to need soon at the Fishwrapper. Welcome to the gang, Dawna.

Wanted soon: An Assistant Editor (Fr)

With the acquisition of new equipment, the French-language capability lacking in our old typesetting machine will no longer impede our ability to print interesting material in both of Canada's official languages. If there is an individual out there who can help us to present French language material in an interesting way and would also like to learn something about newspaper production, please give the Editor a call at 339-2541 or 338-0259.



Books

White Water Trips

More Book Reviews--by Gerry Gerow

White Water Trips and Hot Springs in the Kootenays of British Columbia, by Betty Pratt-Johnson, Adventure Publishing Ltd., Box 46545, Stn G, Vancouver, B.C. V0R 4G8. \$19.95

This is the third in a planned series of five books on white water canoeing. The first volume covered Vancouver Island, and the second Greater Vancouver, Whistler, Fraser Valley, Okanagan and Thompson regions. I have the first two, so when Betty called the other day to tell me that she had number three out, and asked if I wanted a copy, I couldn't help getting excited.

Volume three is everything the first two were, and more.

This one details 28 river runs and 12 hot springs. It is a guide book. Each run is fully described as to degree of difficulty, type of water, length of run, facilities, and where to 'put in' and 'take out'. It will also be an aid to fishermen, hikers, and others. In fact, anyone who spends time in the out-of-doors in this region will find it well worth the purchase price.

The section on hot springs is outstanding. Each is carefully described, whether it is commercially operated or

primitive. It really got my attention, particularly the many excellent photographs. I hadn't realized there were still primitive hot springs in B.C. and now I want to visit them.

Betty is a grandmother who is an active white water canoeist. She is also an accomplished writer who has done another excellent job. To me, this and her other two books are essential for anyone contemplating river running in British Columbia and Washington State. Still to come are volumes on the Caribou and Washington. It's just out, so ask about it at the book store, or get an autographed copy from the publisher.

Comment



Letters to the Editor

NACEL Hosts French Teenagers

Dear Sir:

Totem Times readers will be interested in the cultural exchange opportunities offered by NACEL, a non-profit international organization.

Of special local interest is the fact that Derek Brencley, a resident of Courtenay, has been chosen to be a chaperone for the summer 1990 program. Derek is a language teacher at G.P. Vanier Secondary school. He will be part of the NACEL team supervising student travel in all regions of British Columbia; paying special attention to the Vancouver Island participants. He will escort one group of teenagers to various

destinations in France, and locally, he will be a contact person for host families.

Being non-profit, NACEL depends on community newspapers to inform the public about its program for young people. NACEL is completing its 4th year in B.C. and it is now very popular. Applicants have doubled since last year.

There is always a desperate rush at the last moment to locate host families and therefore, it would be very much appreciated if you could include the enclosed press release and photograph in your very next issue of Totem

Times.

At this moment there are dozens of French teenagers waiting to be matched with Canadian families and it would be a pity to disappoint them—they have heard so many wonderful things about this country.

If you wish further information, please call any of the numbers on the press release.

The need for host families is very urgent.

Thank you for your assistance.

Yours sincerely
Mrs. Clare Jungen
Island Host Mother

Books

Working Terriers

More Book Reviews--by Gerry Gerow

Working Terriers - Management and Training by J.C. Jeremy Hobson, Collier MacMillan, Canada, Suite 200, 1200 Eglinton Ave., E., Don Mills, Ont. M3C 3N1. \$27.95

Using Terriers for what they were originally developed and bred for is not a big sport in Canada, but it does have its fanciers. In Great Britain, however, the sport still flourishes. While I don't really think Mary-Lou MacLeod would put the cute little Yorkshire Terriers she breeds, down a hole after game, nevertheless that is exactly what they were stabilized to do. Perhaps that explains the nips on my ankles from my visits to Mary-Lou and Don's kennels at Mer-

ville, B.C.

This is a complete book on training and working terriers. Virtually every terrier breed is mentioned from the tiny Yorkshire to the robust Jack Russell. No book on terriers could be complete without mention of Parson Jack Russell, and who he was and this subject is well covered here.

There is something here for everyone. The expert and the novice. Everything is covered. Rattling, rabbiting, and working with ferrets. The text is well illustrated with over eighty high quality photographs and line drawings.

The book basically concentrates on the working Terriers of today, while mentioning and describing the other terrier

breeds. The Jack Russells, Lakelands, Patterdales, and Border Terriers are the main breeds discussed.

In all honesty, I found this book captivating to read. Anyone owning a terrier or thinking of getting one should have a copy. Too many people know nothing of the history of the dogs they own and love. Hobson will certainly clear up any lack of knowledge on the part of terrier fanciers.

This is a recent book that should be in the book stores and pet shops now, or it can be ordered from the publisher.

Adventure and learning go hand in hand with everyday life. One cannot help but imagine what hardships were endured by the miners and dream seekers of the days of the Klondike Gold Rush, or even earlier days gone by. Picture yourself as 'Swiftwater' Bill Gates, or other pioneers; like Emile Kading and Bob Martin. Certainly, through our limited up-brings, these names are not household words; yet here, they are legends, great men, even heroes. Men of vision, endless passion for their goals, lovers of the land, and

As we learn to love and accept; keep in mind why we are here, and ask questions of ourselves. About how we can be bettered and more knowledgeable. Experience the feeling and go with it. Until we talk again; think, act, and remember we are all united under one domain; equal and the same. This land is as we are; beautiful, unique, and peaceful. We bid only to see you enriched and cherished.

Introduction to the
Yukon, by Steve J.P.

Forwarded by Teresa Miles

Vast stretches of wilderness and untamed lands, and yet people come from all over to seek the source of its truth and fascination. Countless miles of untouched mountain and endless, but spectacular forests seem to literally invite all who view it's awesome beauty to want more from life. Peace of mind and inner tranquility abound here; as people of all ages center at the most remote and desolate spots. A sort of karma or aura exists here, and all who experience it are blessed and touch for life. From the Sourdoughs (as they are known) to the days 'rock n roll' influenced youth, not one soul is left unmoved by the majesty and grace of the Yukon.

wild dreamers (God, what dreamers!).

As newcomers, most of us bring lifestyles and expectations not familiar with the so-called Great White North. We are culture shocked, and yet we adapt. Long summer days and endless beauty, surround and challenge us. We accept as best we can, and then adjust to meet our own needs. People from all over this vast nation, cannot help but be influenced and changed.

As we learn to love and accept; keep in mind why we are here, and ask questions of ourselves. About how we can be bettered and more knowledgeable. Experience the feeling and go with it. Until we talk again; think, act, and remember we are all united under one domain; equal and the same. This land is as we are; beautiful, unique, and peaceful. We bid only to see you enriched and cherished.

Teresa Miles

TOTEM TIMES

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



Hospice in the Park Comox Hill

Valley Hospice Society Fund

Raising Committee announces:

Pledges are being requested to support the creation of a much-needed, free-standing hospice in a tranquil, beautiful public park or original forest near St. Joseph's Hospital, Comox. Contributions are tax deductible.

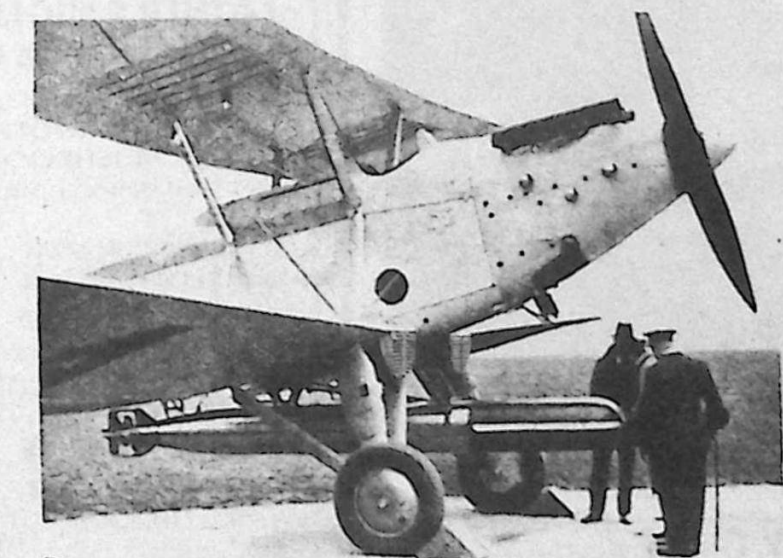
Pledges can be mailed to P. O. Box 3193, Courtenay V9N 5N4 or left at the Galley Restaurant or Blue Heron Bookstore. For more information phone B. Price 339-4015.

Hospice in the Park
The Valley Hospice Society, P.O. Box 3193, Courtenay B.C. V9N 5N4

I, the undersigned, pledge to give \$_____ to the Valley Hospice Society to support the creation of a much-needed hospice in a tranquil, beautiful public park or original forest near St. Joseph's Hospital, Comox. (Contributions will be tax deductible)

Signed _____ Date _____
Name _____ Phone # _____
Address _____
Please PRINT _____
For further information, phone B. Price, 339-4015 or H. Shipley, 339-4680

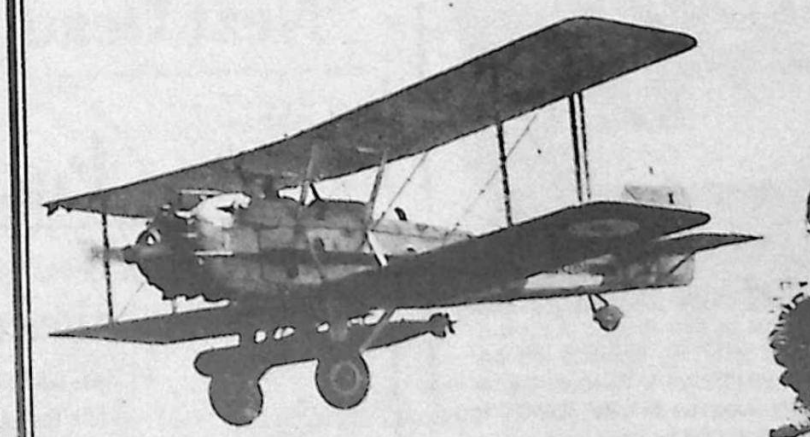
Air Force Trivia What, where, when



Two versions of a very old beast.

Trivia Answer

A Lockheed P-38 Lightning receives a steam-cleaning prior to assembly, in World War Two



Section News



407 Squadron

407 Presentations

It has been several weeks since the Demon Doins' last appeared in the Totem Times and we apologize for this absence. However, 407 Squadron has been very busy. Many operational taskings and exercises have occurred in this period including RIMPAC 90, a NORPAT, an OMS and taskings in the local area. The fact that the usual writer has severe memory lapses when it comes to deadlines, has absolutely nothing to do with the lack of articles.

During April and May most of the Squadron was deployed to NAS Barbers Point, Hawaii for RIMPAC 90. The crews actually worked very hard and flew a lot of hours. Unfortunately, as in most RIMPACs, there was not a lot of sub contact. The best sub contact was infact held by Crew 5 Vikings.

For every Viking sortie Capt Ross Potts went to subway and dragged along three foot long subs. And he was still hungry upon recovery!

While at RIMPAC Capt Scott Guenther was fortunate enough to get a room with a view. The view was so good that his crew 4 buddies would come and spend hours admiring the beautiful Hawaiian

scenery. Although Scott was heard to comment, "Jeez, this is funny, I normally can't find anyone to even share a room with me and now I can't get all these guys to leave!"

People have been accusing Capt Ken Westerveld of not using his head lately. Well, Ken can't be accused of that anymore. At the 407/VP-22 beach party Ken used his head; unfortunately to smash into the head of his football teammate MCpl Steve Thomas. I don't know if several years in the infantry made Steve's head harder, but he was uninjured and Ken had to be helped off the field to the beer/first aid tent with severe head injuries.

No names mentioned, but recently one of the squadrons navs ran into some difficulty on a compass swing. No, it wasn't conducting the compass swing. The nav in question had to be directed off the pilot training aircraft and to the correct aircraft for the compass swing. The CO and DCO were able to provide good directions.

Capt Bob Schwartz recently held the 2nd Annual Boxer Short Party. It was a great success except someone ripped off the bannister railing, leaving more home renovations for Bob.

Speaking of the legendary Bob 'Mr. Chips' Schwartz, he has been attempting to build a shower and bathroom in his basement. His roommate Capt Mike Palmer has instructed anyone visiting to wear ear defenders and a hard hat. This is not to protect people from falling building materials and the sounds of power tools, but to protect people from Bob screaming profanities and throwing small metal tools.

Once again, it is posting season. The Squadron is losing a lot of people this year, with most headings for the beautiful Annapolis Valley. I, and many others, can no longer refer to Greenwood as anything but nice, positive adjectives like picturesque and home. Heading to ZX this year are Maj Armstrong, Capt Barrett, Capt Baumert, Capt Kinley, Capt Larocque, Capt Ormsby and Capt Wright and MCpl Beyerbach.

On a happier note, Capt Mike Savard recently returned from the TacNar course at 404 Sqn, his wedding and his honeymoon. However, on his return to 407 he found he had only two weeks to complete three long exams and two check rides. Congratulations to Mike and Rebecca.

Nuff said!

More 407 on page 8

Smitty's Comox FAMILY RESTAURANT

DAD... You're the Greatest

FATHER'S NIGHT - JUNE 17
4 P.M. - 8 P.M.

- CHICKEN TERIAKI / rice
- BEEF STROGANOFF / noodles
- VEAL & MUSHROOM SCHNITZEL / stuffed baked potato

All dinners include caesar salad or cream of broccoli, soup, vegetables, and house dessert.

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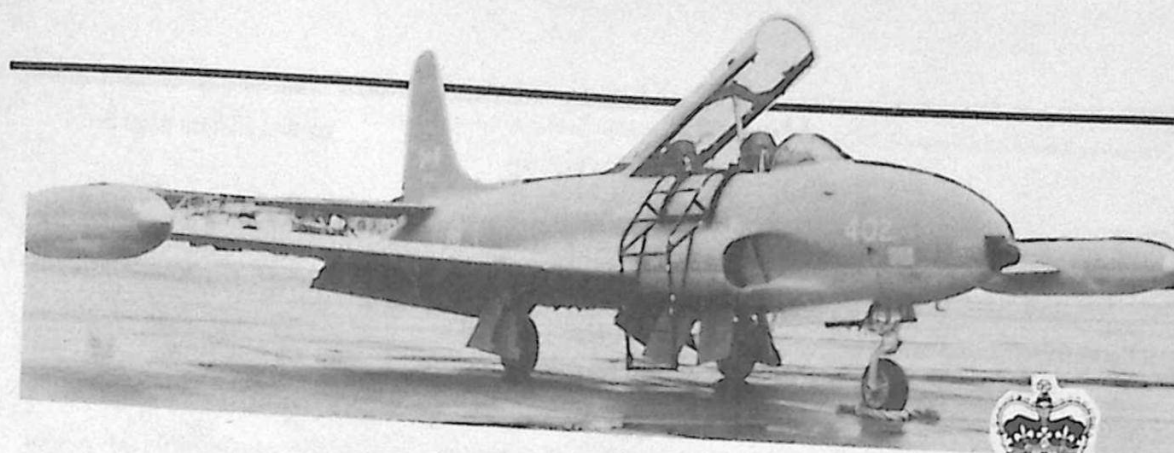
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Section News



Anker Klankin

Techside

The VU33 Change of Command Parade will take place on 19 June at 1245 hrs. At this time the incoming CO, Maj Bolton will assume command of the Sqn from Maj Arsenault.

Throughout his tour as CO, Maj Arsenault has maintained a good rapport with the technical staff at VU33. He endeavored to foster a strong working relationship between aircrew and groundcrew which boosted moral and improved working conditions. He has been active socially in almost every event the Sqn has undertaken and has made many lasting friendships.

Mrs. Arsenault (Rejeanne) has been almost as much a part of the Sqn as the CO himself. She entertained the entire Sqn, including spouses and sometimes children, in her home on several occasions. She showed patience, fortitude and an exceptional personality when entertaining or socializing in general.

Maj Arsenault has made a favourable impact and lasting impression on all Sqn members. The Tech side salutes Maj Arsenault and Rejeanne and we wish you the very best of luck in Heidelberg and for the future.

OPEVAL 90 has come and gone since our last article and with only one minor observation VU33 Tech side has fared very well. The attitudes and effort of all those involved is much appreciated and your professionalism throughout was commendable.

The Sqn Mess Dinner was a huge success. The food was excellent, speeches kept to a minimum (one only) and the social atmosphere was exceptional. Many thanks to Capt Chapin, MWO Cameron and WO Boutilier for their parts in the organization of this fine event.

Maintenance Mutterings

By the time this epistle hits the press, there will hardly be anyone left in the Sqn to read it. Taking into account the number of people that have been mugged out in the past couple of months, and the thirteen (count them, 13) being done this Thursday (the 14th June) one copy of the paper should suffice. We can pass it around the table at coffee break.

MCpl Chris Brousseau has either remustered to padre, or

was out girl watching at one of the local water holes; hence the 'collar'. Capt Blair Roe apparently enjoyed himself at the Sqn Mess Dinner. He got his just 'desserts' or did he just have desserts? One of the above! Cpl Jamie Bull is back from leave and has to be retrained.

Cpl M&M won the fly by wire 'origami' contest by nailing the Sqn CO with her paper aeroplane, orchestrated by our own Sqn PMC Capt Chapin. A lot cleaner than Rock Bay, n'est-ce pas?

Cpl Dwayne Veitch will very shortly be conspicuous by his absence; his wife and son are arriving next week from Cold Lake. So much for the carefree bachelor lifestyle! Those days are also numbered for MCpl Brian Shackleton, as he ties the knot on July 28th. 'Another one bites the dust!!'

Pte Wayne Hartin should be in a good mood now his transfer overseas and his promotion are assured. But apparently he has a 'lip on'. Oh well, time heals all! T-T-T-T-H-A-A-T-S All Folks!!

1 Crew

Hi again. Here it is the article where everyone has a chance to catch up on the latest happenings at VU33. Before I get into the meat and potatoes of this weeks goodies, there is one thing I must ask. Why is it that you write one article for the paper and find that there is a multitude of interesting info, stories and sports events and after all the final cuts and editing, you feel pretty darn good about having written a reasonable piece of reading material. Then about four days later (or so it seems), someone approaches you and says: "OK, we need the newspaper article for tomorrow morning". And you think to yourself "What"? I just did that! So you scramble around and wrack your brains and interrogate everyone on the crew to come up with 2 or 3 printable items of interest that you can stretch into enough paragraphs to pass off as this week's news. Anyhow, now that I've used up enough space to make this blurb a respectable length, I can get down to the few items that I've managed to accumulate.

Our first subject of interest would have to be Tree Island. The weather did not cooperate as well as we hoped, but there

broken battery, a broken steering pulley and four broken hearts. Wayne's other major accomplishment for the day was inventing some alphabetical math. Jack and Wayne = Ralph. Woody went out with some real fishermen later on and caught his first salmon in 3 yrs after only 20 mins.

In off water activities, it appears we may have a volunteer for Chief Cook and bottle washer at Rock Bay. Nobody was able to pry the spatula from Al Nantel's able paws as he cooked burger after burger. And not a bad job I might add. And for off water, off land activities, everyone is still asking: "Why were Nevin and Reiner up in a tree dancing?"

The Sqn ball team was .500 for the week suffering a loss to 442 and a win over CE. But we had an excuse for the loss. Everyone was in a hurry to get to the Mess Dinner. I know, it's a limp excuse but hey - it's the only one we have!!

Once again, the career manager has come and gone

and with him our hopes, dreams, fears, wishes of postings and promotions. I know it's impossible to keep everyone happy, but I think the majority of people are pleased with what they heard.

Chuck Roy is a little anxious these days awaiting the results of his TQ 5 exam. Kind of like waiting for your income tax refund isn't it Chuck? You know you passed but you want to see the cheque in the mail as proof.

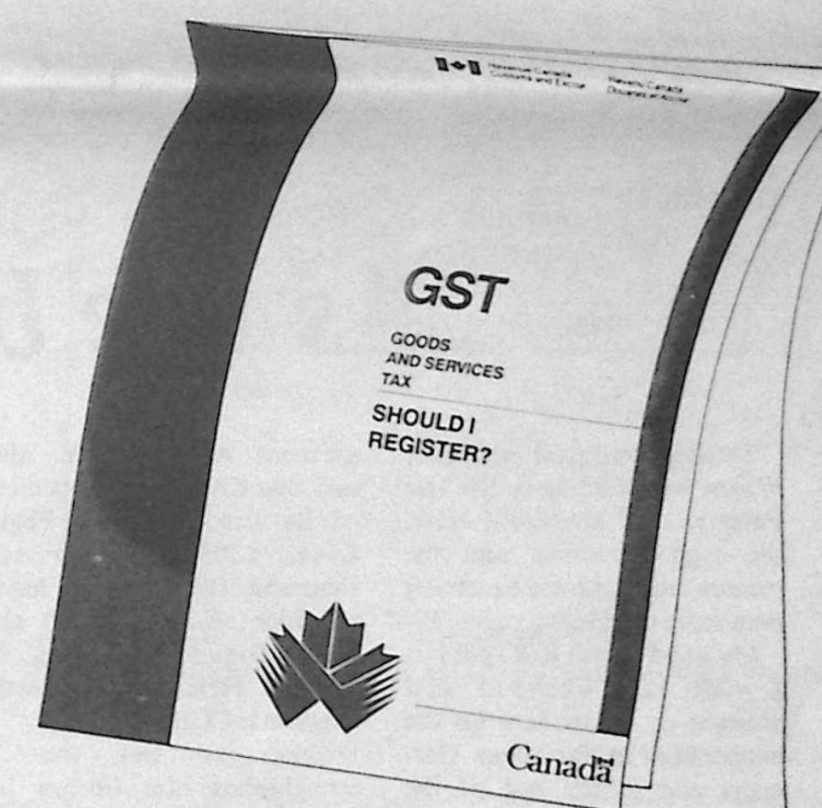
2 Crew

In the past two weeks, VU33 has been through an OPEVAL, Mess Dinner, a Retirement Dinner and a Sqn fishing Derby. So due to all activities, all of those caught napping in the next couple of weeks, will not be sent to 407.

The Sqn fishing derby was a pleasant surprise. I thought, due to the rain, all the people stranded on the Island would be a little disheartened. But

continued on page 11

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Help starts with this GST information kit, mailed to businesses across Canada.

If you didn't get yours, or if you have any questions, call now:

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Section News



Supply Signals

The Base Supply Section is buzzing these days with the postings and intersection changes. Customer Services has Sgt Maxine Vander Koy off to Toronto on her HHT and M/S Ray Bailey is going back to sea after his T-Q6 Course. MCpl Cathy Preece is enjoying the calm after the storm of being in 1 Group and Cpl Debbie Dourado is expected to arrive Monday. AB Shane Houser is back from his TQ-5 course and will soon be on his way to P.O.L. Congratulations to Cathy and Norm Hailes who have a new bundle of joy, Jennifer Lynn who arrived 5 May weighing 6 lbs 8 1/2 oz.

MCpl Doreen Blouin is officially gone to Trenton and LS Cathy Higdon is wearing her hat along with a few others.

The LPO Section is also losing Sgt Brad Lourie who is off to Borden. Pte Terrie Craddock is replacing newly promoted Cpl Caroline Anderson who is going to Europe.

MIS/STKG welcomes back Sgt Art Saretsky who is still recovering from major leg surgery. Although he is only working half days he hopes to

continue this for the next year to practice for his retirement. Cpl Kim Heath is on her HHT and will be able to visit Max later in Toronto. Rumor has it Wendy Shaw had a good time at the Golf Tournament, a day to remember if she could. L/S Higdon also has a memory problem and dutifully comes into work early now. MCpl Corina Miller is keeping busy and enjoying her tour in Alert.

Clothing Stores, has MCpl Diane Johnston buried in paperwork inherited from the recent wall to wall stocktaking while Cpl Les Roe has a perpetual smile on his face now that he received his message posting him to Masset. Cpl Pauline D'Amour's has returned from Edmonton where she will soon be enjoying her new home.

MCpl Don Ayotte and Pte Lisa Mills will join Sgt Pat Adams in shoring up #1 Supply Group personnel. Cpl Karen Parrot found herself a cozy home in Petawawa and Cpl Dave Sullivan is off to MPO. What is Sgt Pat Bolton going to do until she leaves? The word is that WO(R) Ron Pearce is

going to take her fishing.

In General Stores Cpl Christine Carrigan has finally found her canoe, and got so excited she tried to cut her finger off. Now that Cpl Sandy Belanger is back on her feet she is in Montreal looking for accommodations.

Karl Cameron is now C class reserve and working in MPO. Cpl Sue McInnes is in Ottawa looking for a place to live while O/S Janet Geroldi is packing up to go to CRS.

In POL Cpl Tim McNeil is going to 1 Supply Group and Cpl June Kinshella is on her way to Petawawa. Shane Houser will join the POL staff effective 4 Jun 90.

Dianne Levesque appears to be at ease in her abode now that all the bugs are out of the TNR.

Our recent golf tournament was a success with Jack Picard's team taking 1st place and Ron Campbell's team in second. Merv Lewis and his team took 3rd and are now enjoying the gumball machine.

More 407 3 Crew Servicing

With suntans from Rimpac fading fast, a few people around here have begun to pack with, hopefully, sunnier postings in mind. Ah yes, ye old CF shuffle is upon us once again and this year holds a couple of surprises. Finally after what seems like a quadruple posting, MCpl Kevin Fleet is pulling up stakes and heading to Borden. Others leaving us for different places are Cpl Brad Shipley, one of the rare I.S. Techs on our crew, on his way to CFB Greenwood. Cpl Don McCauley is up in Cool Pool for now taking the first line course for the F-18 in preparation for a posting to Germany. Send a chunk of the 'wall' for the crew, will ya, Don? Thanks. As well, along with a recent promotion to MCpl, Mark Provencher is leaving for Ottawa. We're going to miss you Mark. Who else knows what cartoon is on at five in the morning? To end off the outgoing people, our very own fearless leader, WO MacDonald has been internally transferred in 407 to the Servicing Support position, held presently by WO Guy 'The Toast Monster' Moreau.

With all the postings out, there has to be a few posted in, according to the 'Conservation of Personnel' theorem. We welcome to the crew first, from CFB Borden, Cpl Bob Hewer, a much sought after I.S. Tech. As well, Pte Mike Lafitte has come over from 407 Maintenance and Cpl John Johnson from VU33, who realized, finally, his true potential as an I.S. Tech.

In the past couple of weeks, 407 Sqn, as everyone knows, has been extremely busy in various operations and with the recent OPEVAL exercise.

During this time, the little guys on course seemed to have been forgotten. Well, here's just a little hello to Cpl Tim Steel and Pte Rob Laprade on their first line courses and to Cpl Randy Reade on his JX course, from all of us on the CREW. Until next time, take care.

Armament

Its that time of year again, no not posting season. O'Brien time! This time the lucky winner is Cpl Brad Halstead. We wish him luck and hope he has a grand time in ZX. Its also time to trade the Armpo in on a newer and younger model. JUST KIDDING!! We wish Capt Melenchuk all the best in her new job as Amcro. The annual Arm't fishing derby and good riddance party takes place on 8 Jun 90. OPEVAL's come and gone and like everyone else we persevered and overcame any and all inputs with flying colors, we hope!!

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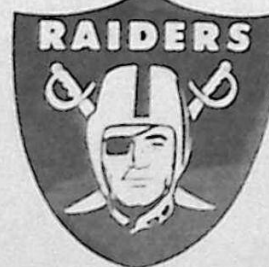
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Section News



442 Squadron



Great turn out for the best Sqn on the Base - 23 May 90.



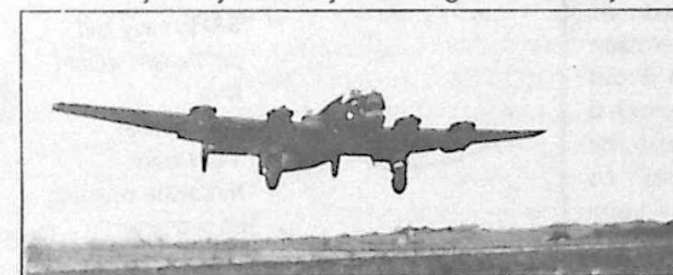
On behalf of all the 442 maintainers Maj Houle accepts the Base Commander's Commendation for exceptional serviceability of both aircraft types - 06 Apr 90.



MWO Parkin holds the presentation from the Base Chief on the occasion of his promotion to CWO on 01 Jun 90.

CANAV BOOKS ANNOUNCES...

Canada's grandest aviation book ever
The Royal Canadian Air Force
At War 1939 - 1945
by Larry Milberry and Hugh A. Halliday



It is now more than 50 years since the start of WW II. The Royal Canadian Air Force came of age during the war, but through the intervening years, there was never a comprehensive book about this important time. Here at long last is that book! The Royal Canadian Air Force At War 1939 - 1945 will give years of enjoyment to any RCAF veteran or any fan of Canada's aviation past. It covers all key aspects of the air war: Lead up to 1939; Bomber Command; Coastal Command; Air Transport; POWs; Escapers and Evaders; WDs; Canada's Aircraft Industry; Test Flying; Aviation Medicine; Ferrying; War Art; and more. Every theatre of action is covered, every RCAF squadron, aircraft type

and station is listed, and the 1000s of Canadians in RAF units have not been forgotten. The RCAF At War has a massive text (10 chapters plus appendices) but its piece de resistance is the pictures. There are more than 1500! This is the largest published collection of Canadian military photos. They show the vast array of aircraft types flown; the people who flew and maintained them in all parts of the world; and the places they served, whether on Prairie training station, hunting U-boats over the Atlantic, bombing the Ruhr, flying the mail, or dogfighting over France, North Africa or Burma. The RCAF At War is a large format (9 1/4 x 12 in.) hardcover and has nearly 500 pages. The dustjacket has two specially commissioned paintings. The book is for publication July 30, 1990.



The RCAF At War is available exclusively by mail from the publisher. Regular price \$75.00. Books ordered before June 30 are \$69.00. (save \$6.00)

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Capt Greenaway receives his extra half stripe from the CO. Effective 01 Jun 90.

continued on page 11

442 Sqn Ladies Farewell Potluck Supper

We wish to express our appreciation to all
those participating in the supper for helping to
make it a success.

We would also like to extend our thanks to the
following businesses for their kind
consideration:

Serendipity Boutique
Overwaitea Foods & Drugs
Driftwood Bed & Bath
The Book Shell
Country Kitchen Tea Room
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Section News

MSE

Safety

Who's the Major?



The Bcomd in 1986

Safety quiz

- If you are driving at the highest speed allowed, and the driver of another car signals that he wishes to pass, it is best to:
- Drive to the left and let him pass
 - Speed up yourself

Answer "A"

ACTUAL INSURANCE

QUOTE - To avoid hitting the bumper of the car in front, I struck the pedestrian.

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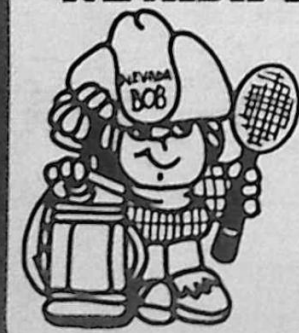
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Section News



\$ You and Your Pay

going to miss.

On a final note, welcome Dan Martin to our crew, finally a CRS Tech without AT & T stocks and Paul Walter is back from ATAT rotation.

A reminder to all you fishermen, the Junior Ranks Fishing Derby is over June 16th. Rumor has it the biggest fish so far is a 20 lb spring.

Greetings from the Base Comptroller Branch. We intend to provide articles on a regular basis pertaining to financial matters of interest. We might even tell a story or two about some of the colourful people in our Branch.

"FREE" is a word that always catches our eye. Military personnel are normally quick to respond to a free deal. But why is it when the Canadian Forces almost gives away excellent forms of insurance coverage, through Service Income Security Insurance Plan (S.I.S.I.P.) many have not responded?

Sure, some of you may have a civilian insurance plan but how much coverage do you get for the monthly premium you are paying? Why don't you take a moment to look it up, then call your SISIP representative, WO Ralph Murphy at local 8383, and find out if you could not obtain the same or better coverage through SISIP.

You see, SISIP is underwritten by Maritime Life Assurance Company direct, excluding the agent's fees. Therefore SISIP can offer insurance coverage at a better rate. As well, SISIP has kept pace with the changing times. Though SISIP deals in insurance only (no investment or savings plans as all civilian companies have) it of-

fers features such as special rates for Non-Smokers, free coverage for dependent children when you take the Survivor Income Benefit (SIB) package, etc. Many financial advisors recommend you go to insurance companies strictly for insurance not for investment. Better investment options are available through banks that offer Guaranteed Investment Certificates (GICs), Short Term Investments (STI's), Registered Retirement Savings Plans (RRSP's) and Canada Savings Bonds (CSB's), etc.

Those of you who have only SISIP Long Term Disability (LTD), which is code S185 in the Pay Allotment block on your Pay Guide have protection against disability only, you have no coverage for loss of life for yourself or your dependents.

In closing, SISIP is one of our best kept secrets. If you don't have SISIP please give it some consideration. If you have had SISIP for some time, you should re-evaluate your needs within the available options. And remember, SISIP coverage is available upon retirement as SISIP (CAR) Coverage After Release providing you apply within 60 days of release from the Canadian Forces. Remember, it's your money, manage it wisely...

More Anker

continued from page 7

upon arrival, the majority of the faces were smiling and of course a few were flushed. I can't say the same for Troy Jaggard, Paul Nolan and myself since we encountered a broken thermos, seventy dollar tow truck bill, an observant oyster chucker, small craft warning, a broken oar, 1/4 mile portage between Denman and Tree Island and to top it all

off, a prize winning cod (had we arrived earlier!!).

Moving back to a happier note, Ernie's Retirement Dinner was a huge success, except for Wiener's 'toast of the Sqn', PUN, but what did you expect? There was a great attendance by the Sqn, truly because we all wanted to wish farewell to someone we're all

442 Sqn

continued from page 9

The Snakes have had a busy month on the social front this month while taking advantage of a bit of a dip in the operational scene. It's the time of year to say our goodbyes to all the personnel leaving the 'pit' for other parts of Canada and to help them remember the Squadron. We had the Sqn photo done on 23 May. As can be seen we had the best turn out we have ever had for a photo with almost 80% of the personnel being available. On the same day we had the formal presentation of CDs to worthy recipients representing 108 years of dedicated service to the CF. The Officers gathered at the Social Centre on the 24th of May for a semi-annual gathering of the old and present 'Snakes' and we took the opportunity to say so long to Brian and Joy Myrah who are heading to Ottawa; Pete Howe and Jane Bruce who are heading to Trenton with a 10 month stop in Toronto for Pete, and he is thrilled; Capt Mulder who is now going to Victoria after a bit of wangling; Capt Bryant is off to RCC Edmonton to study; Capt Neil is off to Yellowknife to look for someone to keep her warm; Hans and Shelley Kleeman who are returning to Shearwater;

Kathy Cutland who is off with Elvis and Paige (in order of preference) to Winnipeg; and last but not least, Grant and Sherry Griffiths who are leaving the protective fold to do adventuresome things in yet to be identified towns/provinces/countries. It was a great turnout for the evening a great opportunity to talk again to the ex members about the 'previous' days. Thanks to Neil Matthews for organizing an excellent evening.

On 31 May the entire Sqn gathered at the Social Centre again to say goodbye to all of the above and others and also roast the new CWO Parkin who is off to Moose Jaw. We all learned the deep and dark secrets of Lorne's past as his ghosts arose from the audience to drag them out of the closet. Leaving the Sqn also are Dave Biske to Germany for golf lessons; Joe Casey to Edmonton; Chuck Clements to Chilliwack to teach OCds how to limp; Jean Marc Harvey to Trenton; John Raines to Shearwater; Tom Barker is off to Moose Jaw to keep an eye on Lorne; Rob Wilson off to Gander. The entire event was one of the best mug outs of the Sqn in memory and a special thanks to MCpl Serge Perron who

organized the event.

On the operational front we have the much heralded departure of the CC115 European Trainer due back on 15 Jun. At the time of print this historical last for a 442 Buffalo was on schedule and problem free - touch wood. The same can not be said for the CH113 support Lab for the SAR Tech climb of Mount Logan. This expedition has now received three engine changes and is still not much closer to coming home. They are going to have to keep the Buff going just for Lab retrieving.

A late notice announcement is the picture of the CO, on behalf of the BComd, presenting the SAMEO with a Base Commanders' Commendation for the Maintenance side of the Sqn who have managed to keep the aircraft serviceable through two major searches and at a serviceability level well above the fleet average for both the CC115 and the CH113.

More recently we had two promotions effective 01 Jun 90. As previously stated MWO Parkin is now elevated to the much deserved status of CWO and Capt Ron Greenaway also received a deserved promotion to Maj. Congratulations to both.

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THUR 14--AFIS HERITAGE NIGHT 7 pm in the wing. Come out and meet the 'new' blue.

SAT 23--SUMMER BBQ new york strip steak and all the trimmings, \$7 each, cooking form 5:30 to 7:30 pm, rain or shine.

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Chuckle

Mr. Stanley Hird surely set a record in June 1978 when trying to catch up on some paperwork. At one o'clock his carpet factory outside Bradford was deserted and he settled down for an uninterrupted hour. At ten past one a cow fell through the roof. The cow had clambered on to the roof from the adjoining field. For thirty seconds they stared at each other and then the cow, who had also been planning a quiet lunch hour, lowered her head and charged. This continued for some minutes, during which time Mr. Hird retreated steadily towards the door as the cow scattered stacks of wool.

Eventually the heifer, whose name was Rosie, stopped to chew a green carpet and Mr. Hird escaped into the corridor.

Here he met a farmer who inquired if he had seen a heifer. Police, firemen and an elaborate set of pulleys were needed to extract the animal.

442 awards



Receiving CDs from left to right are: Maj Hanna, MCpl Davey, Capt Suter, MCpl McIsaacs, MCpl Branch, Cpl Ford, Cpl Defoy, Sgt Kellner, and MCpl Baker. CDs were presented by CO 442 Sqn, LCol Cloutier (center) - 23 May 90.



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Section News

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Who's the Major?



The Bcomd in 1986

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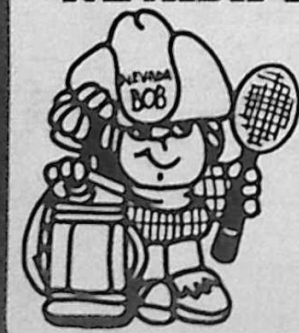
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Section News



\$ You and Your Pay

going to miss.

On a final note, welcome Dan Martin to our crew, finally a CRS Tech without AT & T stocks and Paul Walter is back from ATAT rotation.

A reminder to all you fishermen, the Junior Ranks Fishing Derby is over June 16th. Rumor has it the biggest fish so far is a 20 lb spring.

Greetings from the Base Comptroller Branch. We intend to provide articles on a regular basis pertaining to financial matters of interest. We might even tell a story or two about some of the colourful people in our Branch.

"FREE" is a word that always catches our eye. Military personnel are normally quick to respond to a free deal. But why is it when the Canadian Forces almost gives away excellent forms of insurance coverage, through Service Income Security Insurance Plan (S.I.S.I.P.) many have not responded?

Sure, some of you may have a civilian insurance plan but how much coverage do you get for the monthly premium you are paying? Why don't you take a moment to look it up, then call your SISIP representative, WO Ralph Murphy at local 8383, and find out if you could not obtain the same or better coverage through SISIP.

You see, SISIP is underwritten by Maritime Life Assurance Company direct, excluding the agent's fees. Therefore SISIP can offer insurance coverage at a better rate. As well, SISIP has kept pace with the changing times. Though SISIP deals in insurance only (no investment or savings plans as all civilian companies have) it of-

fers features such as special rates for Non-Smokers, free coverage for dependent children when you take the Survivor Income Benefit (SIB) package, etc. Many financial advisors recommend you go to insurance companies strictly for insurance not for investment. Better investment options are available through banks that offer Guaranteed Investment Certificates (GICs), Short Term Investments (STI's), Registered Retirement Savings Plans (RRSP's) and Canada Savings Bonds (CSB's), etc.

Those of you who have only SISIP Long Term Disability (LTD), which is code S185 in the Pay Allotment block on your Pay Guide have protection against disability only, you have no coverage for loss of life for yourself or your dependents.

In closing, SISIP is one of our best kept secrets. If you don't have SISIP please give it some consideration. If you have had SISIP for some time, you should re-evaluate your needs within the available options. And remember, SISIP coverage is available upon retirement as SISIP (CAR) Coverage After Release providing you apply within 60 days of release from the Canadian Forces. Remember, it's your money, manage it wisely...

More Anker

continued from page 7

upon arrival, the majority of the faces were smiling and of course a few were flushed. I can't say the same for Troy Jaggard, Paul Nolan and myself since we encountered a broken thermos, seventy dollar tow truck bill, an observant oyster chucker, small craft warning, a broken oar, 1/4 mile portage between Denman and Tree Island and to top it all

off, a prize winning cod (had we arrived earlier!!).

Moving back to a happier note, Ernie's Retirement Dinner was a huge success, except for Wiener's 'toast of the Sqn', PUN, but what did you expect? There was a great attendance by the Sqn, truly because we all wanted to wish farewell to someone we're all

442 Sqn

continued from page 9

The Snakes have had a busy month on the social front this month while taking advantage of a bit of a dip in the operational scene. It's the time of year to say our goodbyes to all the personnel leaving the 'pit' for other parts of Canada and to help them remember the Squadron. We had the Sqn photo done on 23 May. As can be seen we had the best turn out we have ever had for a photo with almost 80% of the personnel being available. On the same day we had the formal presentation of CDs to worthy recipients representing 108 years of dedicated service to the CF. The Officers gathered at the Social Centre on the 24th of May for a semi-annual gathering of the old and present 'Snakes' and we took the opportunity to say so long to Brian and Joy Myrah who are heading to Ottawa; Pete Howe and Jane Bruce who are heading to Trenton with a 10 month stop in Toronto for Pete, and he is thrilled; Capt Mulder who is now going to Victoria after a bit of wangling; Capt Bryant is off to RCC Edmonton to study; Capt Neil is off to Yellowknife to look for someone to keep her warm; Hans and Shelley Kleeman who are returning to Shearwater;

Kathy Cutland who is off with Elvis and Paige (in order of preference) to Winnipeg; and last but not least, Grant and Sherry Griffiths who are leaving the protective fold to do adventuresome things in yet to be identified towns/provinces/countries. It was a great turnout for the evening a great opportunity to talk again to the ex members about the 'previous' days. Thanks to Neil Matthews for organizing an excellent evening.

On 31 May the entire Sqn gathered at the Social Centre again to say goodbye to all of the above and others and also roast the new CWO Parkin who is off to Moose Jaw. We all learned the deep and dark secrets of Lorne's past as his ghosts arose from the audience to drag them out of the closet. Leaving the Sqn also are Dave Biske to Germany for golf lessons; Joe Casey to Edmonton; Chuck Clements to Chilliwack to teach OCds how to limp; Jean Marc Harvey to Trenton; John Raines to Shearwater; Tom Barker is off to Moose Jaw to keep an eye on Lorne; Rob Wilson off to Gander. The entire event was one of the best mug outs of the Sqn in memory and a special thanks to MCpl Serge Perron who

organized the event.

On the operational front we have the much heralded departure of the CC115 European Trainer due back on 15 Jun. At the time of print this historical last for a 442 Buffalo was on schedule and problem free - touch wood. The same can not be said for the CH113 support Lab for the SAR Tech climb of Mount Logan. This expedition has now received three engine changes and is still not much closer to coming home. They are going to have to keep the Buff going just for Lab retrieving.

A late notice announcement is the picture of the CO, on behalf of the BComd, presenting the SAMEO with a Base Commanders' Commendation for the Maintenance side of the Sqn who have managed to keep the aircraft serviceable through two major searches and at a serviceability level well above the fleet average for both the CC115 and the CH113.

More recently we had two promotions effective 01 Jun 90. As previously stated MWO Parkin is now elevated to the much deserved status of CWO and Capt Ron Greenaway also received a deserved promotion to Maj. Congratulations to both.

888 (KOMOX) WING

THUR 14--AFIS HERITAGE NIGHT 7 pm in the wing. Come out and meet the 'new' blue.

SAT 23--SUMMER BBQ new york strip steak and all the trimmings, \$7 each, cooking form 5:30 to 7:30 pm, rain or shine.

SAT 30--SUMMER BBQ cooking 5:30 to 7:30 pm, steaks \$7 each.

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).

DND AND MILITARY GUESTS WELCOME

Glacier Greens Social Centre

An all-rank facility in scenic surroundings. Specializing in unit/section gatherings, crew de-briefs and open daily. Formal functions are requested to phone ahead, casual drop ins are always welcome. Limited catering is available from our facilities, outside catering and pot lucks are available with prior approval. A base facility for base personnel. The experts in recycling DND dollars.

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INFO 8720

Where the elite meet because its cheap! Call us the Social Centre or call us the Golf Club--but do call.

Chuckle

Mr. Stanley Hird surely set a record in June 1978 when trying to catch up on some paperwork. At one o'clock his carpet factory outside Bradford was deserted and he settled down for an uninterrupted hour. At ten past one a cow fell through the roof. The cow had clambered on to the roof from the adjoining field. For thirty seconds they stared at each other and then the cow, who had also been planning a quiet lunch hour, lowered her head and charged. This continued for some minutes, during which time Mr. Hird retreated steadily towards the door as the cow scattered stacks of wool.

Eventually the heifer, whose name was Rosie, stopped to chew a green carpet and Mr. Hird escaped into the corridor.

Here he met a farmer who inquired if he had seen a heifer. Police, firemen and an elaborate set of pulleys were needed to extract the animal.

442 awards



Receiving CDs from left to right are: Maj Hanna, MCpl Davey, Capt Suter, MCpl McIsaacs, MCpl Branch, Cpl Ford, Cpl Defoy, Sgt Kellner, and MCpl Baker. CDs were presented by CO 442 Sqn, LCol Cloutier (center) - 23 May 90.



Celebrate our 75th!

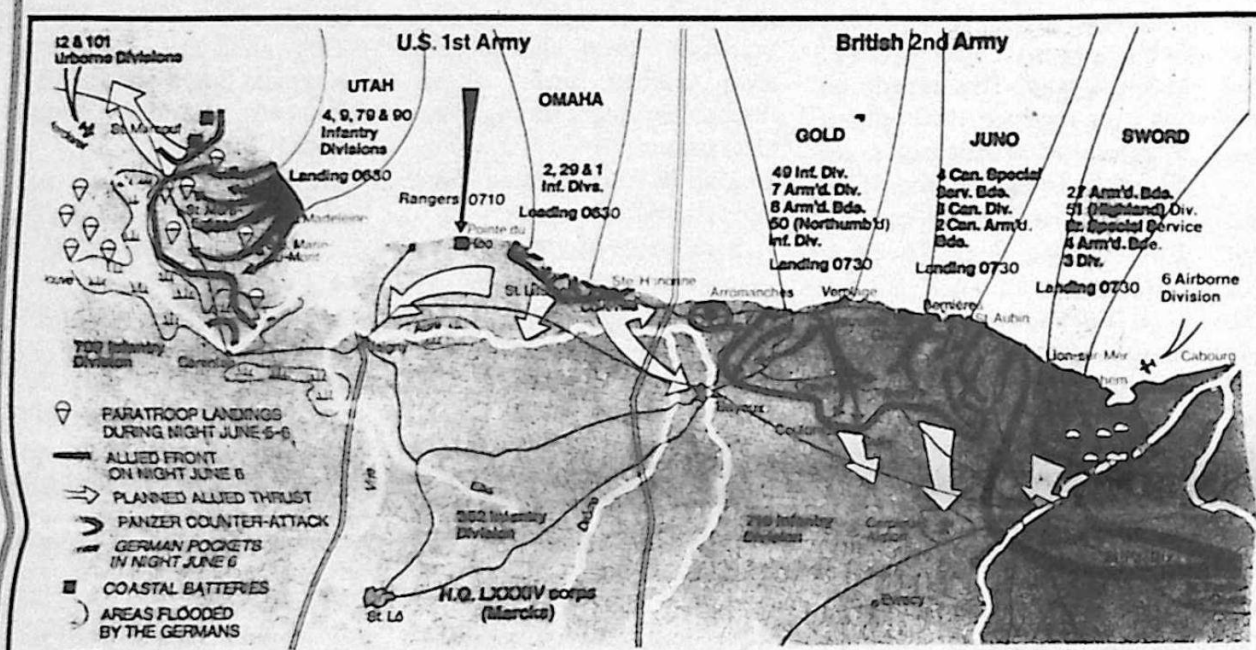
Available on T's, sweats, cottons, and hats. Visit our shop.

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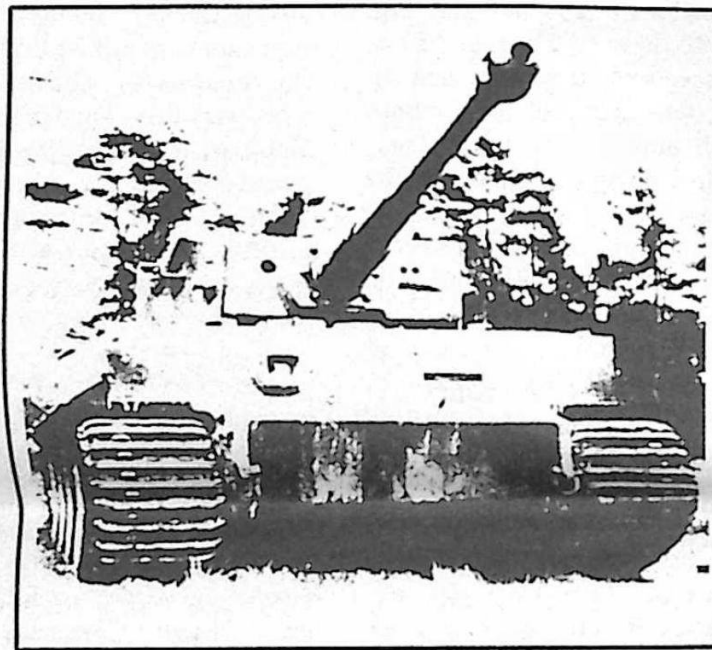
830F (upstairs) Cliffe Avenue



Men of the 3rd Canadian Division Disembark at Courseilles, on Juno Beach



The Longest Day



What They Faced - German Tiger Tanks

D-DAY REMEMBERED

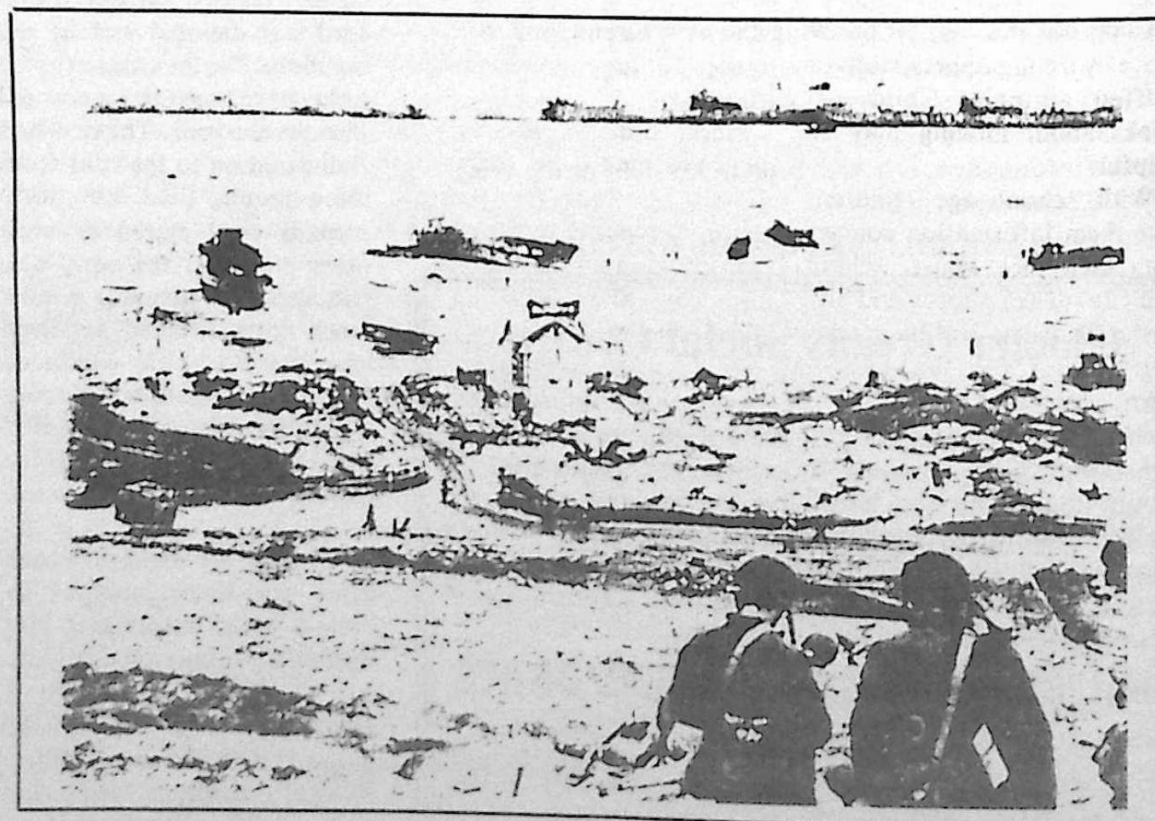


Presenting the bill: A 1944 cartoon.

"They shall not grow old
as we grow old."

We will remember them."

Contributed by Branch 17
Royal Canadian Legion
Courtenay



An American beachhead: Sunken ships form a breakwater.



By Joy Myrah

Moving is very stressful; to help alleviate this stress or to ease the transition, here are some things to think about.

Spouses, partners and children, because of being caught up in their own thoughts about moving, can sometimes forget about the great amount of stress that the service member will be under. Members are usually very busy organizing the move and making various arrangements. They will be starting a new job at a new base, working with new people or they may be going on a course and will be away from their families.

Partners or spouses face the stresses of leaving a good job, leaving good friends, and having to deal with children who may not be overly enthusiastic with the idea of moving.

To aid in the transition, with babies and toddlers, try to keep their daily routines as normal as possible. Continue to help them feel secure. Although your schedule may be hectic, take time out to cuddle, play and talk with them.

Preschoolers need to be told about the move in detail. They need to know that the packers will pack everything in the house (including toys) and will put it on a truck and take it to your 'new' house. The movers will unpack things and will help put things where they belong. Stress that everyone in the family will be moving. (Hopefully this is the case.) Remind children of a friend of theirs who has just moved. Parents can also play out the move by using puppets, dolls or stuffed animals. Children's books about moving may be helpful.

With school age children, give them information concerning their new house, school and city. (Take photos and buy postcards when on house hunting trips.) Throw the children a going away party; have your children make up the guest list. Encourage guests to bring and exchange photos, little gifts and addresses. (Perhaps your children can give guests stamps, stickers, small notepads, pencils or something they've made [finger puppets].)

Even if you're not crazy about the move, talk and act positively about it, to help the children adjust more quickly. Don't apologize for the move, just tell them it has to happen

for the various reasons. Psyche yourself up to be extra patient, understanding and calm, especially when things get hectic or when children act up.

Talk as a family about the move and encourage children to express their concerns and worries.

Allow children to take a few of their most treasured belongings with them. Encourage them to make a 'memory book' of their 'old' house, school and friends. Use the book as an autograph book also.

Packing and Moving Days

A day or so before the packers arrive, set aside in a corner or safe place, a number of things that will be needed as soon as you move in to your new house. Put a sign by these items (load last; unload first) and be sure to tell packers about this. Items should include the following: bed linens, toilet paper, pocket knife, dust cloths, garbage bags, soap, liquid detergent, coffee maker and filters, coffee, sugar, cans of soup, paper cups, serviettes, plastic cutlery, can and bottle openers, flashlight, light bulbs, paper towels, hammer, screwdrivers, pliers, vacuum, etc.

Encourage children to make up their own package to include bed linen, P.J.s and a favorite toy.

If possible, ask to have child's furniture and belongings packed last and unloaded first so the child can settle in to the new house easier.

Some items to take on your person include the following: jewellery, valuable papers, claim, pay guide, birth certificates, important papers, maps, cameras, alarm clock, and other personal essentials. To avoid having these mistakenly packed on the moving van, place them in your vehicle (if driving to new residence) or at a friend's house.

Things will be hectic on the packing and moving days so plan what the children will be doing. Have children stay at home for the first hour of packing to see what's going on. Watch children very closely at this time. Keep out of reach, all toxic substances (aerosols, cleaning fluids) and sharp objects that may be left lying

HELPING THE FAMILY MOVE

around. Allow the children to see the empty house after, so they can see that none of their belongings have been left behind. Try to keep their schedules and meal times as routine as possible.

Saving your Sanity

The following is a list of items which may be helpful for the trip:

Take a few toys and belongings that the child is close to (ie soother, blanket, doll, etc.).

Have a satchel of toys in the front seat and pass the child 1 toy at a time, until he or she gets bored with the toy.

No noisy toys.

If there's a tape deck in the car, buy tapes with stories and children's songs, better yet, prior to the move, read and record their favorite stories if possible or make up silly stories. This is also appreciated by the child if the service member is on a course or is away for a number of days.

If you want to avoid listening to the silly songs and stories, buy the child a cheap Walkman (encourage the child not to turn the volume up too high, to prevent hearing loss) Walkmans are great in restaurants too.

Kids sunglasses and sunscreen.

Keep change of clothes handy if child is cool, hot or if the child needs to be changed.

If old enough, give the child a map and highlight the route; have child use another marker to indicate how far you've travelled each day. Use stickers or circle areas where you plan to stop and/or to visit friends.

Carry wet-wipes or a small plastic container with cover; include in it a small amount of water and a J-cloth or facecloth (give the child the facecloth to help them cool down on a hot day or it can be used to clean up messy fingers etc.).

Buy or make a few small treasures or surprises (little things they can look at or that they can use their fingers with). This is a good diversion when they're restless or when driving through a busy city. Snacks and drinks may keep them quiet too.

Encourage children to keep a travel diary (notebook) and/or a scrapbook (take gluestick, tape, markers, stickers).

Give them a small travel allowance to buy souvenirs, small toys or postcards (take stamps and address book).

Snacks (crackers, dry cereal and raisins, sunflower seeds, fruit).

Take a cooler with cold drinks (water, juices).

Children's night light for hotel.

Take 2 small tub toys, favorite bedtime pal, security blanket, story books. Carry out normal bedtime routine as much as possible.

Carry Children's Gravel in case of car sickness (keep out of reach).

Sticker album and stickers if child is old enough.

First aid kit (Children's Tylenol) * keep medications out of child's reach and out of sight.

If you want to avoid long waits in restaurants, if your child gets restless and if you have the room, take food provisions to make breakfast (cereal, milk, yogurt, fruit) or to make sandwiches for lunch. This could be turned into a nice picnic.

Diversions in restaurants (dot-to-dots, mazes, small fold up games like checkers, coloring books, stickers, small toys, snacks, books, Walkman, tic tac toe, etc.).

Soothing the Trip

Have your vehicle in good mechanical repair; a good inspection at a service station would be a smart idea. If you're hauling a heavy trailer and you don't have a transmission cooler, have one installed.

Make hotel reservations in advance; if required, specify that you need a crib in your room. Leave early in the morning so you can stop at a motel early. Make frequent stops (every 2 1/2-3 hours). Encourage children to use the bathroom and let them run or walk around for 10-15 minutes. Play games in the car (I spy, rhyming games, sing). Become a storyteller and include their names, pets etc in the story -- the sillier the better. Encourage children to tell stories. Make the trip interesting; stop at a museum, park, hiking trail, playground, beach, lake or picnic area. Splash into a stream if it's a really hot day (pack a towel).

Everyone should eat lightly on the trip; avoid fried foods, creamy sauces, limit caffeine and sugar intake (especially for children). After lunch everyone should have a little exercise (walk) and get some fresh air. Drink lots of fluids especially in hot weather; remember that children may be more prone to dehydration. Use a car garbage container, pop bottle etc if an emergency pit stop is required and no bushes or bathrooms are within sight.

Keep children cool and comfortable in hot weather (place a towel or cloth in the car seat, if seat is covered with vinyl). Place a towel or small blanket across side window of car (use safety pins to hold) if it's very hot and sunny. Do not obstruct

view for driver. Don't encourage children to look at books constantly (they may get carsick).

Adults, wear well-fitting sunglasses or they may give you a headache. Carry medication for headaches. Take turns driving if you're comfortable with that; don't push it! After you get to the motel, encourage everyone to go for a swim, walk or other exercise before and after supper. Take a shower or bath in the evening; avoid alcohol and caffeine and get to bed early.

Welcome to the new Neighbourhood

For liability sake, let the packers do the unpacking; it'll save your back too. Set up the child's room first and keep things in the same general arrangement as his or her old bedroom. If the child is old enough and wants to, allow the child to arrange their own room -- even if it's not to your liking; change it later -- but gradually. For the first while, leave the hallway and bathroom lights on at night. Don't be surprised if children are a bit scared in the new house at night; be understanding and comfort them. If they're really petrified, let them go to sleep in your bed and carry them to their bed later.

Take time to explore the new neighbourhood as a family. Retain your family rituals (ie go to a movie every Saturday night). Find new picnic spots. Subscribe to the local newspaper to see what's going on in the community and get involved. Renew old interests and activities (aerobics, swimming). If kids want to, sign them up for day camps or special outings and activities. Before school starts, see if the child can have an orientation to the new school (last week of August may be a good time).

Encourage children gently, to sign up for an after school activity so they can meet others. If your child is a bit shy, buy some 'cool' new outfits to make them feel more socially confident. Role play to help children learn small talk. Encourage child to ask questions about other kids instead of telling kids about themselves. Children aren't attracted to self-centered kids. Puppets and stuffed toys may be useful for this learning experience. Encourage the child to invite a few new friends over and treat them to a picnic, movie, lunch or a sleep over. If the child is taking an extra long time (months) to adjust at school, talk to school counsellors and teachers for extra help.

Good luck and have a safe trip!

Military update

50 Years of Armour

While their weapons are forged of steel, these soldiers are forged of strict discipline, tough training and history steeped in tradition. This year they celebrate an important event in their history -- the 50th anniversary of the formation of the Royal Canadian Armoured Corps.

Armoured Corps soldiers across the country will take part in a series of activities this year to commemorate the origin of the corps which gave the Canadian Army highly mobile firepower as the tank became the centrepiece of the modern-day battlefield.

The first Canadian Armoured Corps brigade was formed in August 1940 from four battalions of the Canadian Active Service force. Equipped with 200 tanks in addition to other armoured vehicles, the formation of this brigade was "not by any means a routine proceeding," according to the late Hon. J.L. Ralston, then Minister of National Defence. In an interview that summer he identified Col F.F. (Fighting Frank) Worthington, MC, MM, as the new brigade commander.

Rightly described as the father of the Canadian Armoured Corps, Worthington, or Worthy, as he became known to the troops, first saw tanks in action during the tank's debut on the battlefield in World War I.

Ridiculed by some, scoffed at by others, Worthington persisted in his contention that tank formations would be vital force in modern fighting. Finally, in December 1936 the first Canadian Tank School was formed at London, Ont. with Worthington appointed chief instructor.

By May 1938, the school was renamed The Canadian Armoured Fighting Vehicle Centre and moved to Camp Borden, Ont. The soldiers who arrived at the school were "a

collection of renegades and misfits from other regiments who were to form the nucleus of what was to become the Royal Canadian Armoured Corps," according to a 1967 article on MGen Worthington by the *Toronto Telegram*. Many of these 'misfits' were later to become generals.

These fledgling tankers trained in makeshift tanks -- built from scraps of cars and machine-gun chassis -- and two-man obsolete Carden-Lloyd tanks, until Worthington arranged a deal with the United States.

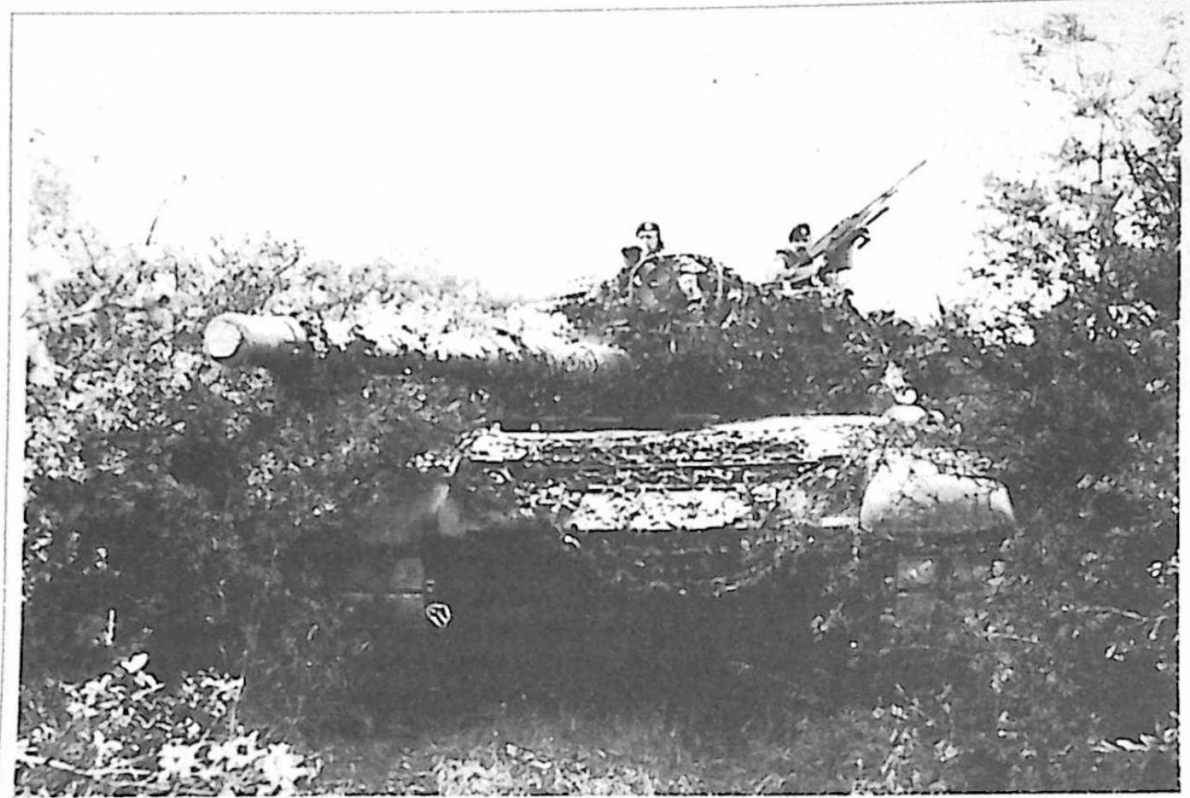
At the beginning of the Second World War, Worthington went to the neutral United States and purchased 200 World War I vintage Renault tanks as scrap iron. He then had the 'scrap iron' shipped past baffled customs officials to the 'Camp Borden Iron Foundry'. Finally, the Canadians had a vehicle with which to train.

When the blitzkrieg of Nazi Germany revealed that armour would be a decisive weapon in the war, Canada's armour expert was called upon by National Defence Headquarters to create an armoured force for Canada.

When the first brigade of the Canadian Armoured Corps (CAC) was formed on 13 Aug 40, Worthington took it overseas. When it deployed to Italy, he returned to Canada to transform the 4th Canadian Infantry division into an armoured division before leading it to Europe.

The CAC rapidly expanded throughout the Second World War. By 1945 it had raised 33 tank and reconnaissance regiments as well as an armoured personnel carrier regiment and two training centres.

The units of the CAC saw action in nearly every Canadian battle of World War II. At the height of the battle of the



A Leopard tank of the 8th Canadian Hussars moves through hedgerows during a NATO exercise in the Federal Republic of Germany. This year the Armoured Corps celebrates its 50th anniversary photo by Sgt Hal Fraser.

Falaise Gap in 1944, a CAC squadron commander, Maj D.V. Currie of the South Alberta Regiment, won the nation's highest award, the Victoria Cross, for his heroism and leadership in helping stem the German breakout during that action.

Regiments serving with the CAC were awarded 109 battle honours during the Second World War. In 1945, His Majesty the king approved the prefix Royal for use by the CAC in recognition of gallantry in action and the devotion to duty of the officers and men of the corps.

When plans for the peacetime army were formulated following World War II, the Royal Canadian Armoured Corps (RCAC) continued to be represented. Armoured regiments served in Europe with NATO, and took part in the Korean War, where another battle honour was sewn onto the Guidon of the Lord Strathcona's Horse (Royal Canadians).

In 1956, the RCAC fielded a reconnaissance squadron in Egypt where it participated in the first of many peacekeeping missions the Corps would be called upon to perform.

The many changes over the years have left the RCAC with four regular regiments, 18 reserve regiments and the Armour School. Their members look anxiously toward the future to see what tomorrow will bring.

"What is there in the past that means half as much as what is in the future?" asked Worthington, the Father of the Armoured Corps, during a wartime interview.

Today, looking to the future from a peacetime perspective, Col Doug Taylor, the current Director of Armour, is very enthusiastic and optimistic about the role and contributions to be made by the Armour Branch.

"As in the past, we can expect changes to occur, which will always be the case if we are to meet the everchanging requirements necessary in a modern and efficient army," he says. "I am confident that the officers and soldiers serving in the Armour Branch will continue to meet the challenges ahead with the traditional high standards of professionalism demonstrated by those who so ably guided and directed us through our first 50 years."

This year, the RCAC 50th anniversary activities will be highlighted by regal visits to armoured corps regiments. Her Majesty, Queen Elizabeth will

visit the King's Own Calgary Regiment in June and His Royal Highness Prince Charles will visit Lord Strathcona's Horse (Royal Canadians) in August.

To join in the celebration, the Canadian War Museum will open a special set of displays commemorating the 50th anniversary of the RCAC and the history of armour on 6 June, the anniversary of D-Day. Armoured vehicles will be on display outside and the Sherman tank 'Catherine', a permanent display on the museum grounds, will be dedicated to the fallen comrades of the corps.

Across Canada and in Europe, regimental reunions, Freedom of City parades or dedication of war memorials and monuments will bring armoured corps soldiers together to celebrate 50 years of armour in the Canadian Forces.

Boldly conceived, carefully planned, and violently executed, armour operations will continue to be decisive in any major land battle that could take place in the foreseeable future. The Royal Canadian Armoured Corps has been prepared for the past 50 years to serve Canadians and it's blackberetted members will continue to train for the future.

by Lt John Blakeley

NACEL

as long as NACEL guests can meet other young people among neighbours and friends.

Hosting dates are: July 3 - 31 (Group 1); July 27 - August 23 (Group 2)

NACEL students are matched with host families according to the interests and wishes of each. They come with all necessary insurance and spending money. Chaperones, if needed, are only a phone call away. These young visitors are eager to learn about everyday life in this country and improve their English.

Hosting brings Canadian families a taste of France, and perpetuates the thrill of overseas travel for students who have already enjoyed a trip abroad. Making exchanges possible for young people is rewarding and lasting international friendships often develop between families following an exchange experience.

French teenagers love to come to Canada and the need for local host families is very urgent especially for boys 15 - 18 years old. Canadian studen-

ts are always given a warm welcome by NACEL families overseas.

For further information please write to: NACEL B.C. Coordinator Mrs. Gaye Lefavre P.O. Box 91824 West Vancouver, B.C. V7V 4S1 Telephone 922-2159

In the Courtenay/Comox area call Derek Branchley at 334-3710. In Victoria call 477-5092.

Exchange Teenage Students

NACEL, an international non-profit organization, has chosen local language teacher, Derek Branchley, to be a chaperone for its 1990 programs. NACEL specializes in cultural exchange opportunities for adolescents during the summer vacation, and emphasizes the four week homestay as being ideal for the learning of a foreign language.

The SUMMER IMMERSION PROGRAM is offered to Canadian teenagers who wish to spend a month in France or Germany. There are a few

remaining vacancies. Group 1 travels to France with chaperone Branchley July 3 - 31.

Group 2 travels to France or Germany July 25 - August 22.

An excellent way to become acquainted with NACEL is to take part in the SUMMER HOSTING PROGRAM - volunteering to host French teenagers for four weeks. A number of Vancouver Island families enjoy this experience so much that they offer to host year after year. Having teenagers at home is not essen-

On and off base

Padre Bob speaks

It was someone in our trade who said that confession is good for the soul, so I confess I didn't put in an article for the last issue. We were busily doing things to report in this issue. By missing the last issue, I was told I had missed an opportunity to wish Sherry and Bill Snow a Happy Birthday. So Happy Birthday to you both.

So how did I find out? The usual helpful nature of the folks over at the Totem Times. I would like to publicly thank our Editor, Norm, and all the Staff who are so helpful in putting our Base paper together.

May has been a busy month as we started off by celebrating Battle of Atlantic Sunday 6 May. Vice Admiral (Ret'd) W.B. Hotsenpiller, our Senior Naval Guest assisted in the service by reading the Gospel lesson for the day. The Cadets and Officers of Royal Canadian Sea Cadet Corps, Port Augusta, paraded their colours and brought along a ship's bell which, along with the two Cadets dressed in the old blues, provided a fitting focal point while the history and memorial roll were read. The rest of the support for our Battle of Atlantic service came from the Naval Air side of the house as the Base Commander, a member of the congregation, and our Base Chief, another guest on the occasion, took the main section of Scripture readings and the Prayer for the Navy respectively. Along the way of preparing to celebrate Battle of Atlantic on an air Base, I was told that our own HMCS Quadra on Goose Spit has the longest history on the West Coast as an active Naval Station starting when Captain Vancouver first used the Spit. This is all to be documented later as my source said he would forward the appropriate historical references but to date a good strong rumour. Thanks

to all who helped out, to provide such a well received service in such an historical location. The next Sunday was Mother's Day. I warned you in my last article that it was a surprise so if you didn't make it this year we'll see you next year. Sorry but you have to be there, it is not something you can just read about in the Times.

On the final Sunday of May, we held our Congregational Picnic. With great flexibility, Debbie and Mike Parks and Liz and Dave Basham adjusted the games so they could be held indoors, due to the rain. With Bar-B-Ques kicking off smoke on the deck and a lad in the traditional 'Sou-Wester' cooking, our picnic lunch was served indoors as well.

Although we used the last Sunday of May to say farewell to parting friends, we will not be locking up the Chapel from now until September. The Chapel Committee has agreed to keep services at 1100 hrs for July and August so that we can enjoy our sleep-in Sunday and still make Chapel. The only exception to that will be our service 5 August which will be at 0800 hrs, prior to the bustle and activity of the Air Show.

It sure has been great having Padre Greg Milne back from the Middle East. It has allowed that extra flexibility to visit, etc. and of course also for Op Eval. We wish Padre Greg and Donna all the best in their retirement from the Canadian Forces as they take up the responsibilities for the United Church congregation in Sardis, B.C. And you thought Paredes retired to fishing and golfing, not so gentle readers, same church just a different pulpit. Til the next time, Greg, keep the wind in your sails. Til the next time, fair reader . . .

See you in Chapel
Padre Bob

A Little Means a Lot



Majors Cora and Winston Dodge

It was a quiet evening on the third floor of St. Joseph's Hospital. The evening meal had just finished, and not many people were moving about. I was waiting to visit at the Intensive Care Unit. Noting my surroundings, I observed one dear elderly lady sitting, I assumed, in her usual chair, not far from the nurse's station. Obviously, she was unaware of where she was, and maybe, for her, it did not matter. Child-like, she was enjoying the ice cream being fed to her by some kind visitor friend.

Conversation between the two was rather short with some very brief comments about the days happenings, and the visitor was sharing with the elderly friend in a loving patient manner, so that the child-like mind could somehow comprehend that soon it would be Easter Sunday.

Then, quite unexpectedly, a member of the R.C.M.P., young looking and smartly dressed, briskly walked by on his way to the elevator. In the usual pleasant manner he smiled at this dear lady as he

passed. Did it stir some special memory or arouse her sense of curiosity? At any rate, the elderly lady made some comment to her friend. Realizing that the young man had not heard it, she repeated the compliment to him. "She likes your cap", the R.C.M.P. was told.

With no hesitation, he retraced his steps, went over to the lady and began to talk to her. Then, very gently but, it seemed with real purpose, he removed his hat and lovingly placed it in the hands of his admirer. After she had carefully examined it, touching the different parts of the insignia, child-like again, she placed it on her own head.

"That looks very good", the Officer teased. Then, with a few more words, he was on his way.

Quite possibly, this lady had no idea with whom she talked or even what she had said, but I believe she knew that someone had treated her very 'special'.

Someone has wisely said "Nobody stands so tall as when they bend to help a child". At that moment that particular R.C.M.P. officer who perhaps

had many other pressing matters to deal with, yet, took the time to help a 'child-like' individual.

So often, we are so busy, always in a hurry to get to some place to get something done. We have to be moving but how rewarding it is when we stop, even for a moment, to give a smile, a kind word, even an offer of help.

We would do well to make these words a daily prayer:

"Please let these be my gifts today
A smile to help one on his way
A hand to clasp a hand whose need I see, and do a golden deed
I hope that will with kindly cheer
Lift up some heart beset with fear
A faith whose mighty staff and rod
May lift some soul to love of God
A prayer to bring love's golden ray
These be my offerings today."
Amen.

Mrs. Major Cora Dodge
The Salvation Army
Red Shield Services

Protestant Chapel Ladies Guild

Our wind-up luncheon and formal farewells were held at the Leeward Pub Sun 10 June.

Debbie and Donna-Marie were presented with guild coffee-mugs. Debbie is leaving for CFB Borden, Donna-Marie for Sardis, B.C. where hubby Greg is the new pastor at the United Church.

A special presentation of a plate depicting the stained glass

chapel window was made to Edith Wittoeft. Edith spent a lot of time working the AMU canteen for the guild. Her dedication and hard work were greatly appreciated. Once again, 'Thank you' Edith.

Guild activities have formally ceased for the year ... however ... workers will be requested to man a booth at the Airshow. More details later.

Our activities resume in Sept and election of officers will be held in Oct.

An announcement will be made as to the resumption of Guild.

Have a good summer ladies!!

Canadian Ships Visit Soviet Union

OTTAWA--The Honourable Bill McKnight, Minister of National Defence, announced today that ships of the Second Canadian Destroyer Squadron, based in Esquimalt, B.C., will visit Vladivostok, U.S.S.R., from June 3 to 7, 1990.

While in Soviet waters, the Canadian ships will conduct training based on a new agreement signed by Canada and the Soviet Union in November 1989.

The agreement includes a procedure enabling the timely passage of information concerning incidents that may occur at sea. It outlines a list of signals, agreed upon in advance, which permit ships of one country to inform those of the other of their activities and in-

tentions. This could avoid the possibility of ships incorrectly concluding that they are witnessing aggressive acts directed against them.

"The exercise of this agreement is tangible evidence of Canada's commitment to promoting international stability and mutual confidence," said Mr. McKnight. "We are striving to establish a new pattern of relations between our two countries and to enhance our understanding of each other."

Vladivostok, the largest naval base on the Soviet Union's Pacific Coast, was previously closed to foreign visitors. Rear Admiral Peter W. Cairns, Commander of

Canada's Pacific fleet, will accompany the ships to this special port of call.

"This is one more indication of the changing face of East-West relations," added Mr. McKnight. He pointed out that this will be the first time the fleet of any NATO nation has visited Vladivostok.

Her Majesty's Canadian Ships Huron, Annapolis, Kootenay and Provider will visit Vladivostok following extensive naval operations and training in the mid-Pacific. Until June 26 the ships will also visit ports in several other Pacific Rim countries, including the Republic of Korea, Malaysia, Hong Kong, the Philippines and Singapore.

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Health & fitness



ASK YOUR PHARMACIST

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

Feet 1.

Foot problems can make your life miserable. So don't take your feet for granted. Many common foot problems can result from poorly fitting shoes, poor circulation, unevenly trimmed toenails and disease.

Check your feet regularly or have them checked by a member of your family. Checkups can be important in the early diagnosis of many illnesses, including diabetes.

Standing up and stretching, walking and other forms of exercise help to improve the circulation of blood to the feet. Gentle massage and warm foot baths can also help.

Circulation is reduced by exposure to cold temperatures, smoking, wading or bathing in cold water, pressure on the feet from shoes, and long periods of sitting or resting.

Choose shoes with uppers made of soft, flexible material which allows the shoe to conform to the shape of your foot. Leather shoes let the feet 'breathe' and can reduce the possibility of skin irritations.

After washing your feet, dry them carefully, especially between the toes. Make sure toenails are properly trimmed.

If you have any questions about foot care or the products available in your drug store to soothe sore feet, ask your Shoppers Drug Mart pharmacist. In the next column, we'll look at some common foot problems.

Feet 2.

In our last column, we looked at some ways to avoid foot problems. If you don't follow those few simple steps, walking may become a painful experience.

Fungal and bacterial infections, such as athlete's foot, can cause redness, peeling, blisters and itching. If not treated promptly, a fungal or bacterial infection can become a chronic condition. To avoid such problems, keep your feet clean and dry, especially between the toes. Dust daily with a fungicidal powder or spray.

Itching and burning feet can also be a symptom of dry skin. For relief, apply moisturizers containing petrolatum or lanolin to the legs and feet every day. It's best to use soaps, even mild ones, sparingly since they dry the skin if used too often.

Repeated friction and pressure from shoes can cause corns and calluses. Consult your family doctor, a skin specialist, a podiatrist (a doctor who specializes in care of the feet) or an orthopaedic surgeon to determine the cause.

Treating corns and calluses without a doctor's advice can be harmful, especially for people who have diabetes or poor circulation.

Warts are caused by viruses. They are sometimes painful and can spread if left untreated. Non-prescription preparations used without professional advice rarely cure warts. Consult your doctor for the best form of treatment for your particular case.

Bunions are big toe joints that are swollen and painful. Ill-fitting shoes or an inherited weakness in the foot can cause this problem. To help treat bunions, use protective pads that help cushion the painful area. Wear shoes that are wide in the instep and toes.

An ingrown toenail is a piece of nail which has pierced the skin. Improper trimming of the nails or pressure from a nail deformity is the usual cause. Cutting the toenails properly -- straight across and level with the top of the toe -- can help prevent ingrown nails.

Finally, people with diabetes are especially prone to foot infections because the disease may impair their sense of feeling. Diabetics also heal slowly, so any cuts require immediate attention.

If you have any questions about proper foot care, ask your Shoppers Drug Mart pharmacist. He or she can also recommend products which can help heal minor foot conditions.

Next Deadline 25 June

info health

Dr. Bob Young



SOAP

Medical history is not all about old time doctors and their discoveries. One of my teachers of this subject had the class stumped when he asked us to guess which discovery had been most important in keeping the population of the world healthy.

Our replies ranged from penicillin and other antibiotics, the development of vaccine, the eradication of tuberculosis to the invention of anaesthesia. In fact almost all of the medical 'advances' of the previous 100 years were mentioned -- and all, in the professor's view, were wrong.

"Soap," he said. "The use of soap has done more than anything else in keeping people healthy."

What a letdown! How could anything as simple as soap be

of such importance in keeping us well?

The medical historian may have overstated his case, but on reflection there is a lot of truth in his statement. Grandma was right when she said dirt and grime harbour germs, and there is a direct relationship between cleanliness and absence of disease.

Soap (and detergents) act in several ways but serve mainly by making water more effective as a cleansing agent. If we washed long enough and vigorously enough with plain water we could eventually get clean. Soap merely expedites the process.

Both the original 'fat and lye' soaps and modern detergent act as wetting agents. They break down the surface tension of the water and allow it to penetrate the soiled area --

it is still the water, not the soap, that does the cleaning. This is accomplished by progressive dilution of the dirt or other foreign material.

Some preparations contain highly touted special ingredients which are supposed to kill germs. Some, such as those used by surgeons scrubbing for an operation, may be effective. Others are probably less so.

The easily obtained personal cleanliness provided by the use of soap is a potent barrier to the spread of disease. It is easy to imagine how easily bacteria could be spread if food handlers, dentists, hairdressers, and doctors, to name a few, did not have access to soap.

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

Fighting Illicit Drugs

I must admit I feel like a department store clerk of long ago when I write a prescription for restricted drugs. The pad looks the same -- multi-layered, with a cardboard separator that keeps the number of carbon copies under control.

These are the new triple prescription forms -- new in B.C., a couple of years old in Alberta. They are intended to help control the diversion of drugs to illicit use -- an increasing problem in many areas of this country.

The numbered prescription blanks are provided, in pad form, by the government; the program is administered by the College of Physicians and Surgeons.

The process? When the physician writes the prescription he creates three copies, one

of which is kept in the patient's file. The patient takes two copies of the prescription, which is void after five days, to the pharmacist. The pharmacist fills the prescription and has the patient (or the patient's agent) sign the (now) duplicate prescription.

The pharmacist keeps the original in his file and sends the second copy to the College. There it is entered into a computer storage and retrieval system which contains programs that allow patients to be matched with both doctors and pharmacies.

Patients who are 'multi-doctoring' and the rare doctor who is 'inappropriately prescribing' restricted drugs -- usually narcotics, anabolic steroids, or mood altering preparations -- can be rapidly

identified.

Some people with con-artist talents make a good living by duping doctors into prescribing restricted drugs that have a high street value. It is hoped that they can be identified and stopped.

The triple prescription program will probably be valuable -- it is perhaps too soon to tell. Like many such endeavours it requires flinging a wide net to catch a few fish. Filling out the form is a nuisance, at times, particularly when prescribing for terminal cancer patients and others (by far the majority) who have a legitimate need for the prescribed medication.

But illicit drug use is more than a nuisance.

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THURSDAY 14 JUNE 1990

THURSDAY 14 JUNE 1990

TOTEM TIMES 17

Health & fitness

War Amps

During the month of June, residents of British Columbia will receive a special package from The War Amps of Canada. In the package will be personalized return address labels and literature on the Association's various programs for amputees.

The War Amps hopes the labels will be a welcome item and that, in turn, people will take the time to read the specially prepared pamphlet, 'Still Going Strong', sent with the labels. The pamphlet focuses on how The War Amps got its start more than 70 years ago and how it has grown to meet new and greater demands. The pamphlet describes how amputee ex-servicemen returning from the First World War

envisioned a fraternal society that would be able to provide direction for their members while also seeing to their needs. Counselling, self-help and practical assistance--along with an appreciation of the history of this country--are common threads that have been retained through the decades.

The experience and expertise war amps gained in helping each other cope with the realities of living life as amputees were eventually extended to other amputees, particularly children. In 1975, the Association founded the Child Amputee (CHAMP) Program to provide financial assistance and counselling to young amputees and their families across Canada. Soon after, CHAMP

set up programs to deal with many other special needs: it now offers regular regional seminars; introduces families in need of support through MATCHING MOTHERS; develops and pays for recreational limbs not provided by provincial health plans; and through films, books and personal example, encourages 'Champs' to live active and full lives.

What has enabled The War Amps to carry on with its beliefs and to grow into the organization it envisioned so many years ago, is the support and encouragement from fellow Canadians.

The War Amps hopes this mailing encourages the strong support to continue.

Canadian Crossword

By Rick McConnell

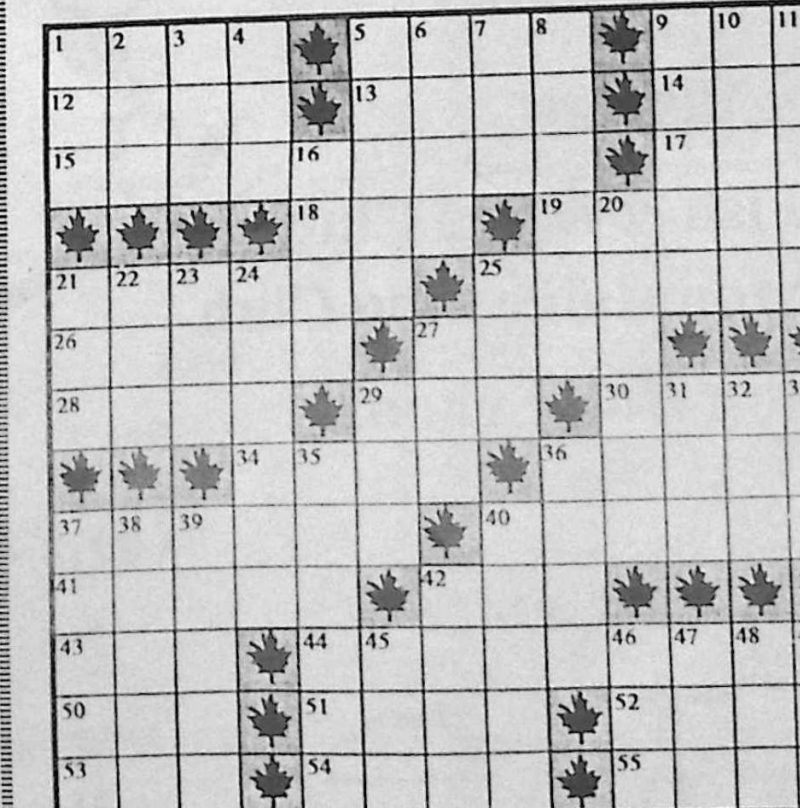
Solution on page 18

ACROSS

1. Teddy or Brown
5. Mineral powder
9. Paycheque deduction (abbr.)
12. ...avis
13. Peculiar (comb. form)
14. Ont. NDP'er Bob
15. Father of Confederation, Adams G. ---
17. Superlative suffix
18. Sleep stage (abbr.)
19. V-birds
21. Father of Confederation, R.D. ---
25. Father of Confederation, Charles ---
26. Outsider
27. Reject
28. White-tail or Mule
29. Secreted
30. Hubby, to Liz
34. Light sensors
36. Flirt
37. Father of Confederation, Samuel Leonard

40. Father of Confederation, Edward ---
41. Heeds
42. Observe
43. Bottom line
44. Father of Confederation, John A. ---
50. Old German district
51. Like a bump on
52. Sheltered
53. Current unit
54. Nickname for author Hawthorne
55. Made wind DOWN
1. Over-shoulder-boulder holder?
2. Wax holder
3. Circle segment
4. Cheer
5. Dalai Lama's home
6. Eve's partner in crime
7. Diamond ---
8. Cannery debris?
9. Crawl
10. Time-worn
11. Gzowski or

- Lougheed
16. Steel ingredient
20. Epic poem
21. Bundle
22. ...a-la-Crosse, Sask.
23. Election promise?
24. Simply
25. Hockey great Lindsay
27. Latin power
29. Attention-getter
31. CFL great Patterson
32. "Love ---" contact sport (Billy Newton-Davis song)
33. Nickname for Cohen
35. Toadie
36. Cosby kid?
37. South sea Island
38. Girder
39. Ease off
40. Wood splitter
42. Native of Glasgow
45. ...mode
46. Catch
47. ...or nothing
48. Children's novelist Dennis
49. Grass moisture



Ladies

Glacier



A day of fun, good weather and good golfing was enjoyed by the ladies when Glacier Greens played host to Eaglecrest Pacific Playgrounds and Powell River on Tues 5 June.

Eaglecrest results:

1st L.G. Eve Johnson
1st L.N. Eva Marcross
2nd L.G. Sally Dobler
2nd L.N. Emma Pesek
3rd L.G. Marion Sarkessian
3rd L.N. Joan Hastings
Least Putts Betty Dufour
Pacific Playgrounds Results:
1st L.G. Lorraine Clark
1st L.N. Dorreen Hill
Least Putts June Berry
Heather Blackburn

Powell River Results:

1st L.G. Eileen Milsom
1st L.N. Elva Bigelke
2nd L.G. Shirley Cole
2nd L.N. Anne Rourke
3rd L.N. Phyle Williams
Least Putts Angela McCallum
Yvonne McLean

Glacier Greens Results:

1st L.G. Inge McArthur
1st L.N. Meg Smith
2nd L.G.

Lorraine Courtmanche

2nd L.N. Rose Jacobson
3rd L.G. Rejeanne Arsenault
3rd L.N. Martha Campbell
4th L.G. Rose McCleish
4th L.N. Claire Rathbun
Least Putts Kay Banks

A beautiful lunch was served following golf; which was very much enjoyed.

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BIO-015

Public announcements



Jr Ranks Ladies Club

The ladies gathered together Monday 4 Jun 90 for a windup supper at the Gaff Rig in Comox. This event was well attended and a superb meal was enjoyed by all.

Farewells were said to our departing members, speculations were made regarding

ding summer activities.

The club plans to resume activities in Sept with a wine and cheese gathering. This will be publicized in advance.

A new slate of executive positions and tasks will be announced at that date.

See you in September...till then enjoy!!

Solution



...the only belt for the road.



Annual Kingston K-Town Triathlon

The Annual Kingston K-Town Triathlon is being held 29 Jul 90. A special military category will be included in this event similar in conduct of National Capital Marathon. Distances are as follows/

- a. 2 km swim;
- b. 55 km cycle; and
- c. 15 km run.

Members wishing to participate must be able to meet qualifying times and must be trained triathletes. Further information can be obtained by contacting MCpl David Rothermund local 8315.

ENEZ FETER LA
ST. JEAN BAPTISTE—LE 23 JUIN
A LA PLAGE 'AIR FORCE BEACH'
HOTDOGS/HAMBURGERS A BON PRIX
DE 6:00 A 8:00 PM
MATCH DE VOLLEYBALL
SUIVI D'UN
FEU DE JOIE
AMENEZ VOS AMIS
AMENEZ VOS AMIS!
UNE FETE A NE PAS MANQUER!
FRANCOPHONES
ET
FRANCOPHILES
Come and celebrate
St. Jean Baptiste—23 June
Air Force Beach
hotdogs/hamburgers from
6:00 to 8:00 pm
Volleyball game and bonfire
Do not miss this party!
Bring a friend

Drink and drive?



Sounds fine to me.

OFFRE D'EMPLOI

L'ASSOCIATION FRANCOPHONE DE LA VALLEE DE COMOX EST A LA RECHERCHE D'UNE PERSONNE DYNAMIQUE ET INTERESSEE A LA FRANCOPHONIE POUR COMBLER LE POSTE DE SECRETAIRE/COORDONATRICE.

EXIGENCES:

FRANCAIS ET ANGLAIS PARLES ET ECRITS.

DACTYLOGRAPHIE.

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HORAIRE A DISCUTER

LOCATION: 1496 RYAN ROAD, LAZO, BC

TOUTE PERSONNE INTERESSEE DEVRA CONTACTER BETTY FERDINAND — 339-7164.

The following column is a representative summary of thefts and other incidents which are actively under investigation by the Military Police, CFB Comox for the period ending 31 May 90:

One 16 foot unfinished canoe stolen from Goose Spit Site, CFB Comox.

One sales deposit bag containing over \$1500 deposited by the Canex Express Mart and stolen from the NPF drop box, CFB Comox.

Numerous acts of vandalism to vehicles parked near Barrack Block 6.

If you have any information concerning any of the above or any other crime, please call 339-8218.

Callers do not have to reveal their names; nor do they have to appear in court. Total anonymity is assured.

If you do not wish to use the telephone, you may write to the Military Police Section, CFB Comox, Lazo, BC, VOR 2K0.

Support Your Lung Association



Driftwood Mall presents

'Fathers' Day Sports Show'

June 14 - 17

Featuring:

Comox Valley Windsurfing Unlimited

Cunningham Cedar Canoes

Zellers Camping display

Comox Valley Fish & Game Club

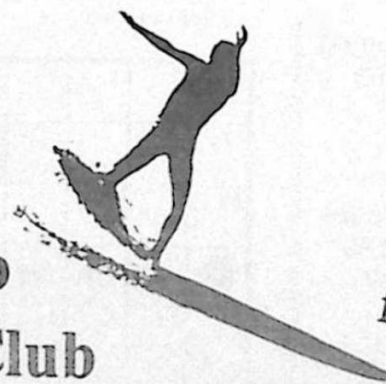
Comox Valley Mountaineering Club

Martin Thompson Golf School

T.D. Sports

Comox Valley Sports Centre

Enter
to WIN
for your Dad
a golfing weekend
for 2 in Qualicum
Pick up entry form at
any store in the Mall
and deposit into
draw barrel beside
golfing display
for 2 in Qualicum.



Comox Valley Surf & Sail

Roy Parker Marine - Watersports

Local Recreation Centres



Leisure



CWL Sacred Heart

Members of Our Lady of the Sacred Heart CWL of CFB Comox would like to thank everyone who supported our Craft and Bake Sales on 5 May and 12 May 90.

Congratulations to winners of our three prizes: Trudy Storie, a painting; Tome Harper, a wooden valet; Gwyn Reilly, a night gown.

Spring cleaning finished? Need someplace to recycle items you no longer need or want? Donations are always welcome at our Thrift Shop at PMQ 121 on Little River Road. We are open Thursdays from 10 a.m. - 2 p.m.

Check out our supply of good used clothing and get the family outfitted for summer while helping us support various charities and Save the Environment.

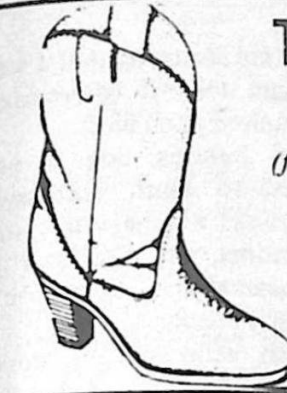
Chuckle

After severe flooding in Jed-dah in January 1979, the Arab News gave the following bulletin:

'We regret we are unable to give you the weather. We rely on weather reports from the airport, which is closed because of the weather. Whether we are able to give you the weather tomorrow depends on the weather.'

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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 LeRoss, 339-4388.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker
CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88
OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273
SUNDAY WORSHIP — Each Sunday at 1100 hrs.
HOLY COMMUNION — First Sunday of the month.
SUNDAY SCHOOL — resumes 9 Sep 90
NURSERY SERVICES — resumes 9 Sep 90, children up to age 3. Volunteer basis.
CHOIR — practices 1830 hrs, Thursday at Chapel
CHAPEL GUILD — meets once a month, first Thursday at the Chapel 7:30 pm, President Liz Basham 339-4314.

British Columbia Best Sellers

Week Ending: 03 Jun 1990
(brackets) represent last week's position

Fiction

		Title	Author
1	(9)	September	Pilcher
2	(8)	Outlaws of the Mesquite	L'Amour
3	(2)	Friend of My Youth	Munro
4	(4)	Golden Fox	Smith
5	(-)	The Dark Half	King
6	(7)	Skinny Legs and All	Robbins
7	(-)	Titmuss Regained	Mortimer
8	(-)	The Golden Orange	Wambaugh
9	(1)	Bourne Ultimatum	Ludlum
10	(-)	Devices & Desires	James

Non-Fiction

		Title	Author
1	(2)	The Canadian Green Consumer Guide	Troyer & Moss
2	(-)	Towards a Just Society	Trudeau & Axworthy
3	(-)	The Trouble With Canada	Gairdner
4	(-)	A Brief History of Time	Hawking
5	(-)	Parting With Illusions	Pozner
6	(-)	Death Shift: A Tale of Murder & Medicine	Elkind
7	(-)	The Courage to Heal	Bass
8	(-)	Healing the Shame that Binds you	Bradshaw
9	(-)	The Meech Lake Accord	Bowker
10	(-)	Company's Coming--The Pasta Book	Pare

As compiled by Marktrend Marketing Research Inc.

CWL LADIES PRESENT



Connie Lamouche presenting Tom Harper with his personal valet.



Our past President, Mary Kerr, presenting Gwyn Reilly with a night gown.

Recreation



I am a sporting dog person. I'll probably always be. The main reason, naturally, is that I am a bird hunter, but there's a lot more to it than just that. Something about the character of bird dogs appeals to me. Mankind first domesticated dogs to help him on the hunt. Later in history he adapted them for other purposes, such as herding and guarding, but first came hunting.

Our present Kennel Clubs in North America were started by the sporting dog people. They were the only ones really interested, in those early days, in competing with their dogs and keeping track of blood lines, and such. Today, we use the term 'dog fancier' to describe just about anyone who has an interest in dogs. However, the word 'fancier' means gambler and the original 'dog fanciers' were the sporting dog owners who used to bet on the performance of their dogs in trials and shows.

The first dog registered at the inception of the American Kennel Club in 1878 was an English Setter named 'Adonis'. Similarly, when the Canadian Kennel Club was formed ten years later in 1888, the first dog registered was another English Setter, named 'Leicester'.

Present day sporting dogs came from a variety of origins. The Irish, English and Gordon Setters were developed in Ireland, England and Scotland, where they were used to point game which was then captured by hunters who used nets. Yes, Virginia, there is a Welsh Setter, but they are not so well known as the other three.



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Dog Talk

by Gerry Gerow

Virtually all retrievers have their origins in Newfoundland, where they evolved naturally from abandoned ships dogs.

These early retrievers were known as the Lesser Newfoundland, St. John's dog, and the black water dog. Some were taken to England, where they were crossed with other breeds to develop and stabilize into today's retriever breeds. Only the Chesapeake Bay retriever was developed in North America. Don't let the name Labrador retriever fool you.

They are 'English' dogs, not Canadian. Springer and Cocker Spaniels were developed in England where they were used to spring game into the air for Falcons, and to hunt woodcock in the hedgerows. Hence their names, Springing Spaniels and Cocker Spaniels, later changed to Springer and Cocker.

Continental gun dogs were developed in Europe, primarily Germany, in the last 200 years. They were specifically

developed to hunt for the gun and be all around hunting companions. To my knowledge, they are the only ones that were developed after hunting with guns began.

Hunting is a natural instinct in good sporting dogs. You don't train a good dog to hunt. They are born knowing how. Training is required so that the dog will obey, and they may have to be taught to retrieve, but they came down the chute knowing how to find game. Strange as it may seem, the in-

stincts are so strong that a well bred gun dog will ignore non-game animals and birds.

If a hunting dog is not allowed to hunt, successive generations will have less and less instinct, and after four or five generations, they won't have any instinct left. This is a problem with sporting dogs, because so many are kept specifically as pets, and not for hunting. When you choose a hunting dog, you must be very careful that the sire and dam, are both good hunters and not just good lookers.



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By owner - 2.6 acres, small orchard, reservoir, 3 bedrooms, 2 fireplaces, valley & Olympic Mtn. View, 2766 Island View Rd., Saanichton, B.C. For appointment 652-1421. \$229,000.

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WANTED: Experienced collector wishes to purchase older Moorcroft pottery. Especially fish, tree or mushroom designs and any tea or dinner services made by Moorcroft or MacIntyre. Call collect: Victoria (604) 658-2895, (604) 658-4312.

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Men's Golf News

1990 Glacier Open

Francis MacNeil, Pacific Playground 135

The prize winners for closest to the hole prizes went to Ray Duff, who came within 5 inches of the hole on No. 2, Jack Kreitzer 2 ft 9 inches on hole No. 7 and Wayne Collins 3 ft 3 inches on hole No. 11.

Glacier Greens would like to acknowledge all the volunteers who worked so hard to prepare the course for the tournament and the Ladies' Club, who again this year, offered their services as spotters and score keepers. Most of all we would like to thank and acknowledge our commercial sponsors who generosity and support has greatly enhanced this tournament.

Anna Sutton, Anna's Coiffures
Peter Benedictson, Comox Builders Supply
Ron Gaudry, Leeward Neighbourhood Pub & Brewery
Brian Phillips, Lorne Hotel The Golf Shoppe
Mark Villanueva, Port Augusta Resort Motel
Portuguese Joe, Portuguese Joe's Fish Market

A Flight: Mitch Carr-Hilton, Sunnydale (141); Al McDougall, Storey Creek (136).

B Flight: Dennis Bartkow, Sunnydale (157); Doug Slauenwhite, Glacier Green (139).

C Flight: Christian Brousseau, Glacier Green (174);



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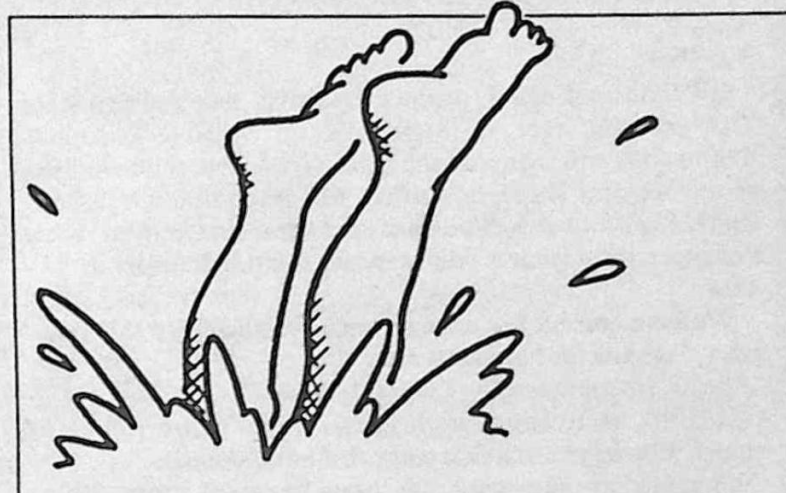
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Leisure



Get Pool Perfect

The scene seems perfect. The sun is shining, the barbecue is going, and the kids are happily playing around the water. Yet in the time it takes to set up a sprinkler or answer the telephone, a child can drown in a backyard pool. During this year's Water Safety Week June 3 - 10, the Red cross urges adults to 'Keep watch around the water'.

In B.C., most drownings in backyard pools involve children. On these occasions, they either gain easy access to the pool, or are left unsupervised. Yet almost all such tragedies are preventable.

Steve Borthwick, Chairman, Water Safety Management Committee for the Red cross, urges the community to get 'Pool Perfect'.

Following the five-step checklist can insure safe and enjoyable swimming:

* Communicate pool rules to all family and friends before they swim. Children must only swim with a 'pool supervisor', play with care, and walk in the pool area.

* Be prepared with equipment and training. Keep a non-metallic reaching pole, a throw line, a first aid kit, and a list of emergency phone numbers poolside.

* Communicate the feet first rule. Few backyard pools are safe for diving. Clearly mark pool depths and place a floating safety line between deep and shallow water.

* Prevent access to your pool. Little feet are active feet. Your fence should prevent direct entry from the house, meet municipal height restrictions and have a self-closing spring lock with inside latch.

* Establish who's boss. All swimmers must be constantly supervised by an adult who knows the safety equipment and emergency procedures, and who is trained in water rescue and CPR.

The Canadian Red Cross has trained aquatic personnel to assist you in turning your backyard pool into a safe facility. For more information, contact 431-4200.

Chuckle

Any act of genius is marked by a dazzling simplicity. There is about it a logic an inevitability that is deeply satisfying. The following crimes were detected almost immediately after they had been committed.

In 1972 Mr. J. Egan from London stole a barge on the River Thames and was very soon caught. There was a dock strike on and his was the only craft moving that day.

Mr. J. Ealey committed a burglary in Detroit in 1968 and left his dog at the scene of the crime. The police soon arrived and shouted, "Home boy." They then followed the dog back to the burglar's house. And arrived only seconds after he did.

In May 1976 Vernon Drinkwater and Raymond Heap of Blackburn were accused of stealing a car while trying to sell it to its original owner.

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On and off base

Ahoy B,
B & S'ers!

It's time once again for the great Build, Bail and Sail Race. This year the race is to be held on Monday 6 August. Registration will take place on Saturday 16 June at 10 am sharp at our Central Builders' Office, 610 Anderton Ave., Courtenay. Registration will be on a 'first come first entered' basis. For more information you may call Central Builders at 334-4416.

We have made a few changes and adjustments to this year's rules. Some of the highlights are:

The race is sponsored by Central Builders; there will be 16 teams in this year's event. There will be no spares. Entries are to a first come first entered basis; the materials allowance has been increased from \$65 to \$68.25. Tax will not be charged to the contestants; the fully refundable deposit is \$30.00 per person. This is payable at registration; no metal roofing, flashing or any other type of sheet metal material is to be used in construction; a full list of race rules and regulations will be included in the registration package.

We hope to see you in this year's race.

Good luck!

LG (Mac) McCaffrey
Build, Bail and Sail Race co-ordinator
334-4416

Comox Couple Wins \$10,000



Judy Drouillard won \$10,000 on a Spin of Fortune Instant lottery ticket purchased at the Husky Food Store in Courtenay.

A lucky Comox couple became \$10,000 richer when they won an instant lottery prize recently.

Her husband Ron is a retired member of the Armed Forces, last stationed at CFB Comox. He and Judy, a manager with 'Tops 'n Trends' home fashion sales, plan a mortgage burning party this summer when the \$10,000 win pays off their mortgage balance.

Chuckle

In August 1975 three men were on their way in to rob the Royal Bank of Scotland at Rothesay, when they got stuck in the revolving doors. They had to be helped free by the staff and, after thanking everyone, sheepishly left the building.

A few minutes later they returned and announced their intention of robbing the bank, but none of the staff believed them. When, at first, they demanded 5,000 pounds, the head cashier laughed at them, convinced that it was a practical joke.

Considerably disheartened by this, the gang leader reduced his demand first to 500 pounds, then to 50 pounds and ultimately to 50 pence. By this stage the cashier could barely control herself for laughter.

Then one of the men jumped over the counter and fell awkwardly on the floor, clutching at his ankle. The other two made their getaway, but got trapped in the revolving doors for a second time, desperately pushing the wrong way.

They were arrested.

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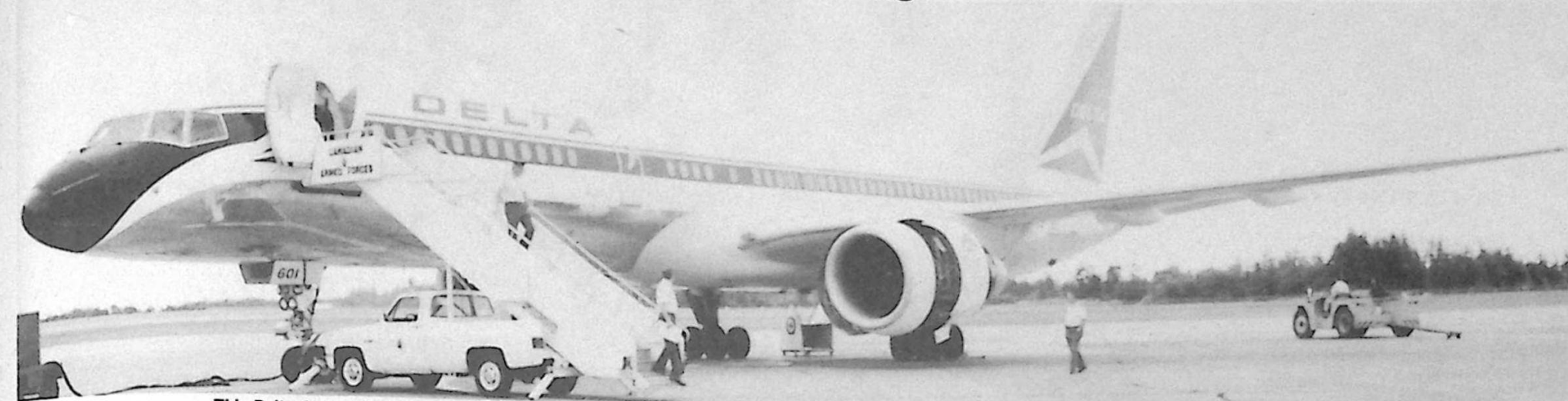


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On the base

Forced Landing



This Delta Airlines 757 developed an engine hydraulic problem on a flight from Anchorage, Alaska, to Portland, Oregon, over Sandspit. It landed at Comox at 0600 hours, 5 June. A Delta 727 came in at 0930 for the passengers and baggage, and the (now) serviceable 757 departed Comox at 1630 hours. 442 Sqn provided men and equipment to send the big bird on its way.

Build, Bale and Sail!

It is time again to launch the entries for this year's Annual Build, Bail and Sail Race. As in the past this will be a major event in the Comox Nautical Days festivities. This race is sponsored by Central Builders who would like some of your readers to take up the challenge and enter this fun event.

This competition is definitely for the technically minded individuals. Contestants are required to design a craft built from materials selected from our stock at Central Builders. Build the said craft within a three and a half hour time

frame then race it in the Comox Marina during the Nautical Days festivities.

Some of the rules of play are that the cost of materials must not exceed \$68.25. Teams consist of two people who are 19 years of age or older. A fully refundable deposit of \$30.00 per person is required upon registration. The deposit becomes refundable if and when the team's boat hits the water.

There have been some minor adjustments and fine tuning to the rules of the event which are detailed in the entry kit. Some

of the highlights are; there will be no spare teams this year and no metal boats.

This year we will have 16 teams with no spare 'standby teams'. Registration will begin on Saturday, June 16th at 10 a.m. sharp at our Central Builders office, 610 Anderton Ave., Courtenay. Registrations will be on a first come first entered basis. No pre-registrations will be permitted. For more information, you may call the Race Coordinator Mac McCaffrey at Central Builders at 334-4416 local 214.

Books

Birds of North America

More Book Reviews--by Gerry Gerow

Birds of North America - Western Region, by John and Edith Bull, Collier MacMillan, Canada, Suite 200, 1200 Eglinton Ave. E., Don Mills, Ont. M3C 3N1 \$17.95

This one is a soft cover book in the MacMillan Field guide series. When it comes to checking to see what type of bird you have just seen, this one is really excellent.

All the common birds are shown on colour plates under headings such as 'reddish birds', 'brownish birds', 'sparrows', 'swallows', 'diving ducks', 'woodpeckers', and so

on. Each bird is clearly described.

The prime purpose is bird identification. It really is designed for the novice and is very well indexed. The 54 colour plates are really outstanding, showing 340 of the most common bird species in Western Canada and the Western United States.

If you have a bird feeder outside your window, or a wildlife area nearby, you need this guide close at hand. I think it is very superior and will surely be referring to it frequently.

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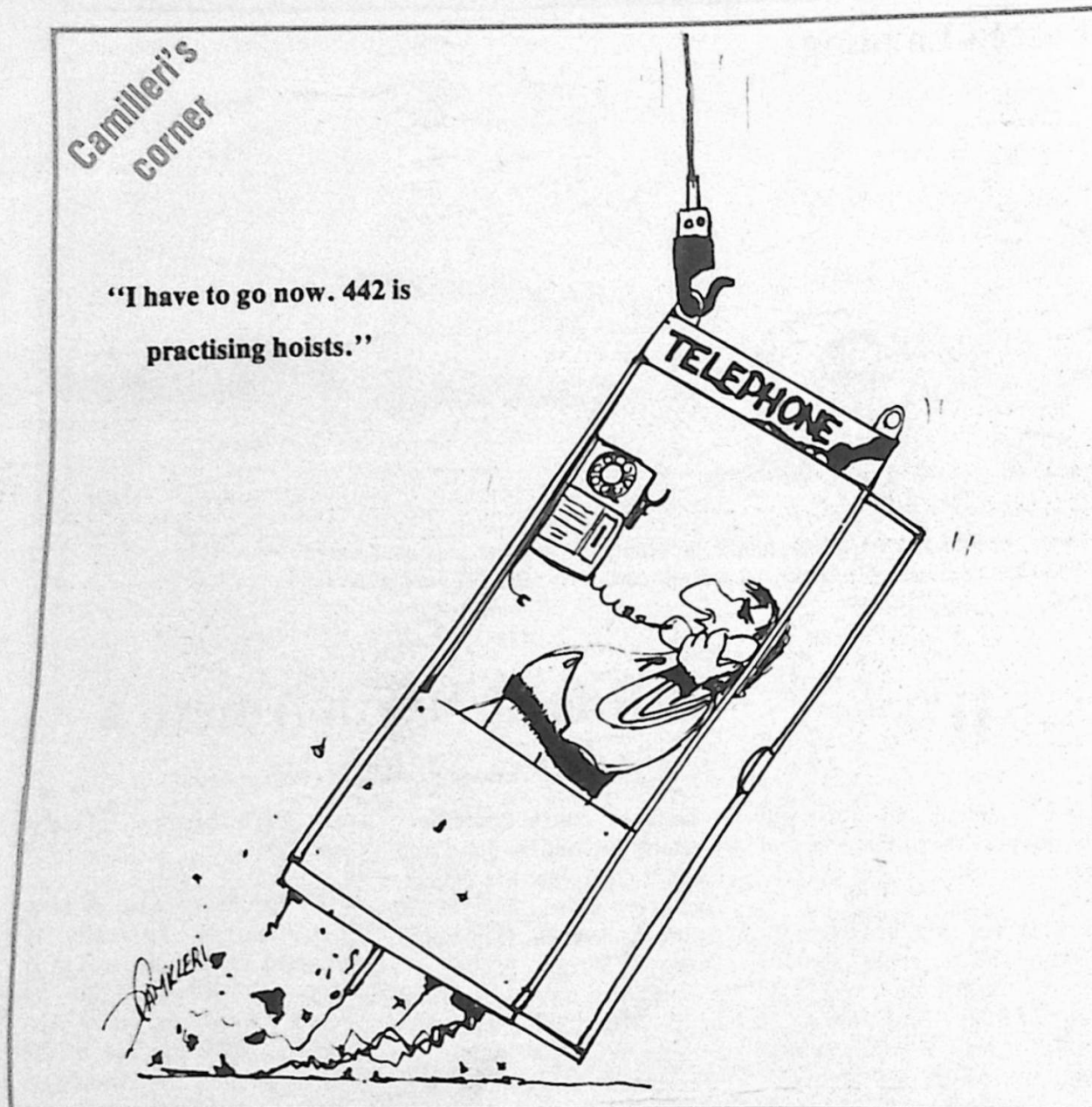
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- and more -

Lash Larue, Buster Crabbe, Duncan Renaldo, Tex Ritter, Ken Maynard, Tom Tyler, Mack Brown, Tim McCoy and many more of your Western heroes!

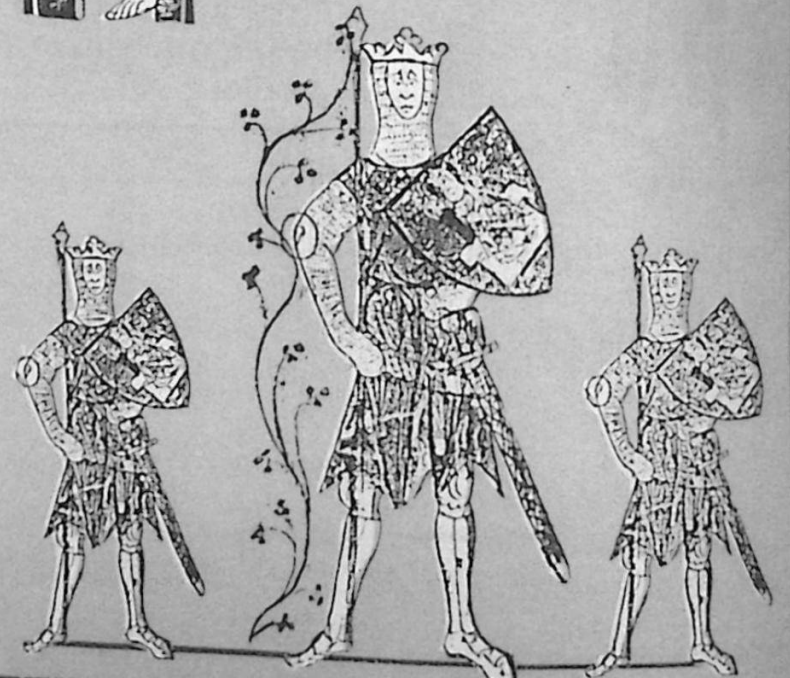
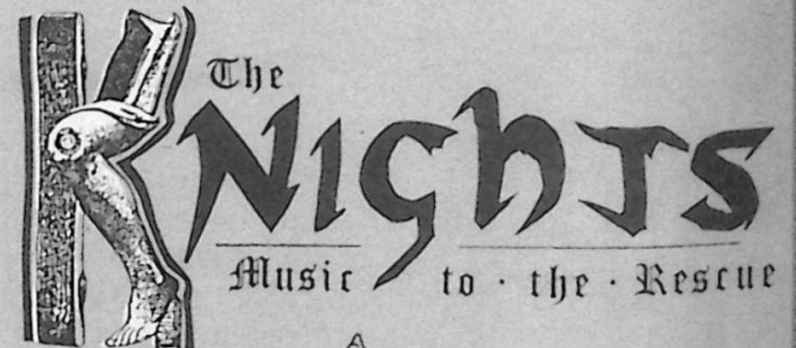
friends for life
+ THE CANADIAN RED CROSS SOCIETY

DANCE

WEDNESDAY TO SATURDAY
to the Best in Country Rock and
Hits of the 60's & 70's

NO Cover Charge

WED 20 JUN to SAT 23 JUN



WED 13 JUN to SAT 16 JUN

'Suns of Guns'