



HEY KIDS !

Win a Prize

Colouring Contest on Page 14



NATO Reservists

Meet in

Calgary 22 July

....Page 12



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 12 28 JUNE 1990

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COST: PRICELESS

CF-18 REVIEW MADE PUBLIC

WINNIPEG--The Commander of Air Command, Lt-Gen Fred Sutherland, today made public the findings of a review of Canadian CF-18 fighter aircraft pilot training.

The comprehensive review, initiated by Lt-Gen Sutherland on 09 Apr, included active participation by all CF-18 pilots.

The review examined all areas of CF-18 training in order to reduce the risks which are inherent in fighter training and operations. As well, the review sought to determine if a change in current tactical training procedures is warranted in light of the reductions in military tensions between East and West.

"Safety continues to be our primordial concern," said Lt-Gen Sutherland. "I am confident that we can significantly reduce the risks by implementing the measures developed during our review without significantly impacting on our overall operational effectiveness."

Many of the recommendations have already been implemented. Others, which involve longer-term study, may result in further modifications to fighter pilot training in the future.

"Our faith in the reliability of the CF-18 remains unshaken," said Lt-Gen Sutherland. "The pilots who were interviewed during the review reaffirmed their confidence in the capabilities of this fine fighter aircraft."

On completion of the review, the Minister of National Defence, the Chief of the Defence Staff and the Deputy Minister were briefed on the findings and recommendations, and are in full agreement with them.

The review concentrated on four major areas.

The Interface Between the Pilot and the Aircraft. There is concern that the rate and volume of information being presented to a pilot of a high-

technology aircraft such as the CF-18, coupled with its outstanding agility, may cause disorientation. As a result of the Review, some of the actions taken to deal with this problem include:

All fighter squadrons have completed a disorientation training program and long-term training requirements are being examined.

A review group has been formed to investigate and report on human factors involved in piloting CF-18s. The group will report before the end of the year.

The procedure for after burner takeoffs has been restricted at night and during instrument flight conditions.

More emphasis will be placed on basic flying skills.

The Ratio of Realism to Risk. The review found that certain aspects of flight training could be changed to reduce risks without significantly reducing operational capabilities. Steps being taken to achieve the best compromise between safety and realism include:

The minimum low-level altitude for CF-18s has been raised from 100 feet above ground to 200 feet in Canadian air training ranges.

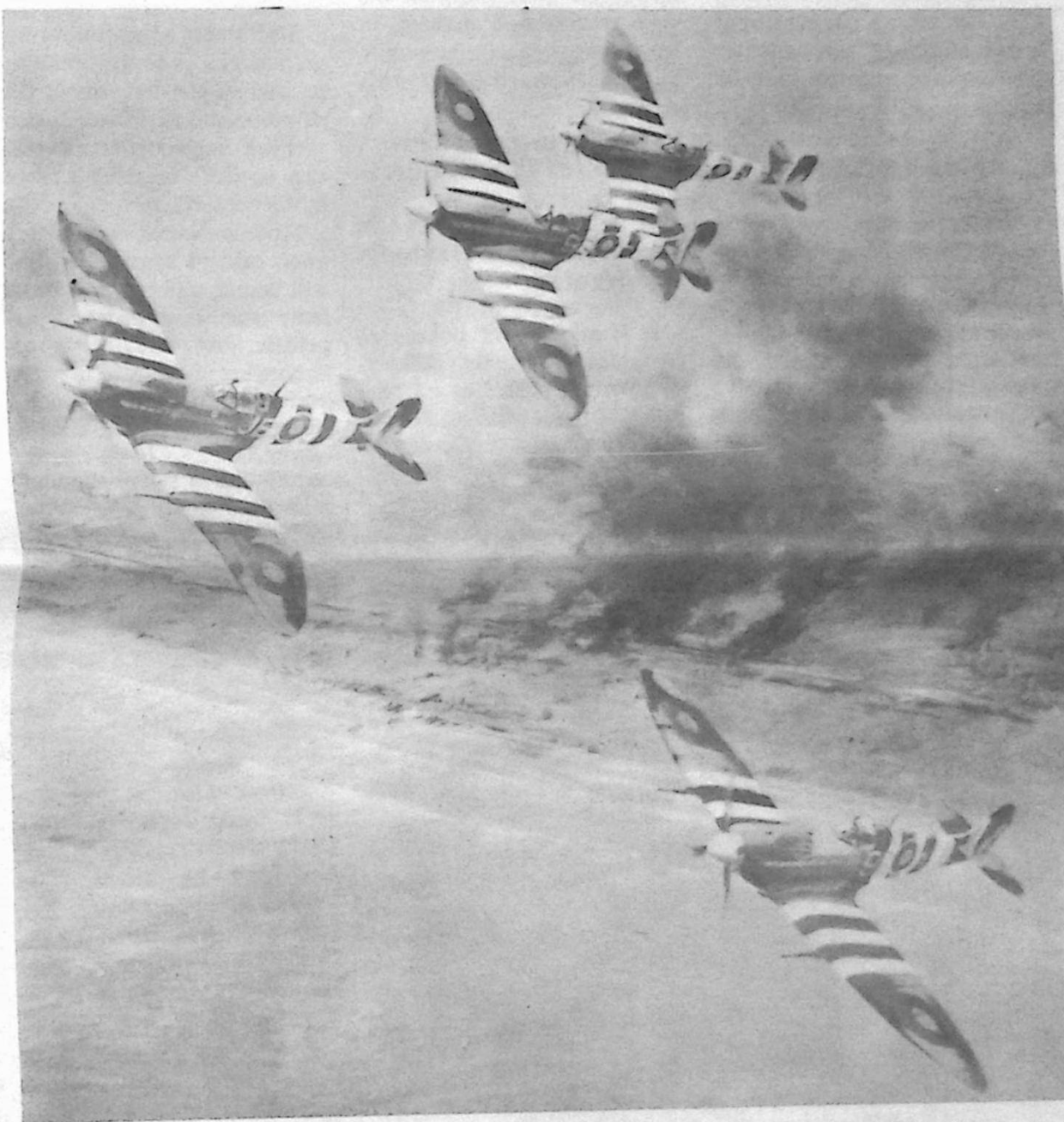
A program is being developed to train pilots in intercepting low and slow flying targets which approximate the flight characteristics of aircraft used by drug smugglers.

Certain high risk training scenarios have been modified. Training will concentrate on basic fighter manoeuvring skills.

Training, rather than performance evaluation, will be emphasized during exercises.

Operational Focus. The review examined the balance which must be maintained between operations and pilot training, and the administrative efforts required to support
continued on page 2

INTO THE D-DAY FRAY



6 June, 1944...W/C Johnny Johnson leads 144 Canadian Wing over the Normandy Beaches.

A Commendation for Linda

On 17 Apr 90 Col McGee presented Mrs. Linda Halliday-Sumner with a Base Commander's commendation for her outstanding support of the CFB Comox community in providing consultant services to victims of sexual abuse, as well as providing invaluable investigative assistance and expertise to the Military Police Section. Linda also took time out of her hectic schedule, which takes her across Canada and the USA providing consultant services, to give presentations to Base personnel and



Linda Halliday-Sumner receives a Base Commander's Commendation from Col J.E. McGee for her work in countering child abuse.

dependants on methods of protecting our children from abuse. The commendation reads as follows:

"This commendation is presented to Mrs. Linda

Halliday-Sumner, a sexual abuse consultant, for her assistance provided to the members of this Base, and the Military Police in particular,
continued on page 2

On and off base

continued from page 1

CF-18 Review

them. Steps are being taken to focus pilots' activities more clearly on operational requirements, including:

Training directives have been changed to reflect risk-reduction measures taken as a result of the review.

Primary flying duties will be more strongly emphasized and the provision of additional administrative staff to free up aircrew for their primary roles will be examined.

The possibility of bringing all CF-18 squadrons up to 100 per cent manning will be examined.

Other Factors. The review also focussed on miscellaneous tasks which distract from the focus on operational training. CF-18 aerobatic air displays, for example, will be reviewed with the aim of

reducing this activity. "CF-18 demonstration routines will continue to be reviewed on a regular basis," said Lt-Gen Sutherland. "We must ensure that risks are minimal while still allowing the performance of the aircraft to be adequately demonstrated to the public."

"The issues which this review examined are complex and interlinked," continued Lt-Gen Sutherland. "Unfortunately, this review will not eliminate aircraft accidents in the future. But it will take us back to basics with a renewed emphasis on the primacy of safety in all aspects of air operations. I am proud of the very professional manner in which the fighter community has responded to this challenge."

Linda

continued from page 1

when dealing with sexual abuse cases. On many occasions she has freely conducted interviews and given counselling and advice to the sexually abused and their families. Mrs. Halliday-Sumner is completely dedicated to the cause of eradicating sexual abuse and rendering assistance to the victims, and has readily assisted at all times of day and night, and on weekends and holidays. We at Canadian Forces Base Comox highly value her expertise in

this important field and the contribution she makes to the recovery of the victims.

It is my distinct honour to recognize Mrs. Linda Halliday-Sumner, on behalf of all personnel of Canadian Forces Base Comox, for her courage and commitment to comforting and providing the professional guidance which those who have been psychologically and physically injured so desperately need."

Ride for Diabetes



Diabetes Research was the big winner on 03 Jun when 10 cyclists and 1 walker braved the wind and the rain to raise over \$2,000 for the Canadian Diabetes Association's Comox Valley Branch.

The youngest rider, Trevor Harris, age 10, rode 45 km and raised \$125.25. The lone walker, Irja Svensson, raised \$103 for her 15 km hike. Inez Cliffe, who will never see 61 again, rode 45 km and raised \$375, while Dora Ellis and Brenda Cooper each rode 75 km. Terry Tombs, after being

bitten on the leg by a vicious dog on Lazo Road, continued his ride for a total of 45 km.

For the second year in a row, Dora Ellis won the grand prize, a mountain bike, for raising a whopping \$510.

Most of the 1500 (approx) diabetic people in the Comox Valley benefit in some way or another from the outcome of diabetes research. Notable among the benefits are improved insulin, effective oral controls and better dietary supplies.



Stabilize: My dictionary defines it as 'to prevent changes in'. When you read about the development of a dog breed, you will frequently come upon this word. What does it mean in this context?

Mother Nature takes very good care of her species. She will permit different species to mate together in order to perpetuate, but when these offspring are usually given exotic names, such as cocapoos, maltipoos, terripoos and so on. Some are even sold in pet shops for ridiculous prices. Many people will tell you that they will soon be a breed. Some may even believe it. Yes, they could be stabilized. All it would take is a dedicated breeder with the resources to support the large number of dogs he/she would

be a return to Labrador and Cocker and not half and half. This is Nature's way.

Books

Big Dogs & Chihuahas

More Book Reviews--by Gerry Gerow

Practical Training for Big Dogs, Lesley Bygrave and Paul Dodd, Howell Book House, New York, and Collier Macmillan, Canada, Sutie 200, 1200 Eglinton Avenue, E., Don Mills, Ont., M3C 3N1. \$20.95.

Rose Ramour-O'Brien of Collier Macmillan, sent this one along to me some time ago, and I'm afraid it kind of languished on the shelf in an obscure corner of my den for awhile.

Winner of the Dog Writer's Association of America award for the best training book of 1990, this book is everything a good training book should be.

Paul Dodd has been a London Metropolitan police force

Cocker and not half and half. This is Nature's way.

Thus, it is not a simple thing to create a new breed. It is a long drawn out procedure to select animals and mate them to produce the characteristics desired, and then get them to breed true. This is called breed stabilization.

No one is going to go to this amount of trouble unless the need for a breed with certain characteristics arises. The last time this was done, to my knowledge, was the development of the Continental gun dog, in Europe, after a need for a general purpose hunting dog was demonstrated, and no one breed could fill the bill at the time.

It is fashionable today to interbreed miniature Poodles with other breeds such as Cocker Spaniels, Maltese Terriers, and others. These offspring are usually given exotic names, such as cocapoos, maltipoos, terripoos and so on. Some are even sold in pet shops for ridiculous prices. Many people will tell you that they will soon be a breed. Some may even believe it. Yes, they could be stabilized. All it would take is a dedicated breeder with the resources to support the large number of dogs he/she would

be a return to Labrador and Cocker and not half and half. This is Nature's way.

Big Dogs & Chihuahas

More Book Reviews--by Gerry Gerow

dog trainer and handler for over twenty years. He knows his stuff and Lesley Bygrave has helped him present it in an easily understood fashion.

The book is superbly illustrated using over 50 photographs and a large number of drawings and sketches. It does not concentrate on any one breed, but applies to all, so called, big dogs. This is practical training, not specialized. How to stop your dog from fighting, car chasing, etc., is covered thoroughly, as is car training, house training and much, much more.

If you own a large dog, whether pure bred, or cross, this book can help you. It will show you and explain how to correct those behavior

DND Recycles - Collins

Ottawa--In recognition of Environment Week, the Honourable Mary Collins, Associate Minister of National Defence, has outlined Department of National Defence activities aimed at preserving the environment.

"Our goal is to be the most environmentally 'friendly' Armed Forces in the world by the year 2000," said Mrs. Collins.

Current DND paper and metal recycling programs will be expanded throughout the Canadian Forces. DND will move towards exclusive use of recycled paper products, and the increased use of recycled materials. While DND already recycles its 'used oil', it is the Department's intention to purchase recycled oil in the future when technology makes this possible.

In developing its awareness of the environment, DND is continuing to carry out full-scale environmental audits of military bases across Canada.

"I believe that through sound environmental management," Mrs. Collins said, "we will be able to easily meet the guidelines proposed in the federal government's Green Plan."

Dog Talk

by Gerry Gerow

On the base

DBOPSO's Last Pass



Major John Kelly, Deputy Base Operations Officer, being presented with his final Leave Pass by Lt Col Bishop. The Pass covered Maj Kelly for his last day on duty - 11 Jun 90.

AFIS Promotion



Some time has passed since Capt Dave Brown was promoted Major. Unfortunately, it was only this past week that his whereabouts was determined and Major Sibbald was able to present Dave his 'scraper'.



Oh what a feeling!

COURTENAY YOUTH MUSIC CENTRE 1990 SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 8 Elmer Iseler Singers 8:00 Sid Williams Theatre	July 9	July 10	July 11 Jazz with Stu Barnett 9:00 Arbutus Lounge	July 12 Jazz with Rob McKenzie 9:00 Arbutus Lounge	July 13 Classical Guitar 8:00 Sid Williams Theatre Jazz with Phil Nimmons 9:00 Arbutus Lounge	July 14
July 15 Jazz with Modus 9:00 Arbutus Lounge	July 16 Jazz Students 8:00 ILO Cumberland	July 17	July 18 Vetta String Quartet/ CYMC String Recital 8:00 Sid Williams Theatre	July 19 Faculty Jazz 8:00 Sid Williams Theatre	July 20 Piano/Strings Recital 3:00 Puntledge Elem. Student Jazz - Big Band 8:00 Sid Williams Theatre	July 21 CYMC String Ensemble 8:00 Four Square Church
July 22	July 23	July 24 Vetta Quartet with Flute/Harp 8:00 Four Square Church	July 25 Student Recital To Be Announced	July 26 Robert Silverman and Faculty 8:00 Four Square Church Grease - Musical Theatre 8:00 Sid Williams Theatre	July 27 Concerto Competition 1:00 Puntledge Elem. Grease - Musical The. 8:00 Sid Williams Theatre Community Choir 8:00 Four Square Church	July 28 Grease - Musical Theatre 2:00 Sid Williams Theatre CYMC Festival Orchestra 8:00 Four Square Church
July 29 CYMC Faculty Recital 8:00 Sid Williams Theatre	July 30	July 31 CYMC Faculty Recital 8:00 Sid Williams Theatre	August 1 Student Showcase 8:00 Sid Williams Theatre	August 2 CYMC Faculty Recital 8:00 Sid Williams Theatre	August 3 Concert Band 8:00 Florence Fiberg Centre	August 4 CYMC Festival Orchestra 8:00 Florence Fiberg Centre

Chuckle

The least successful tourist on record is Mr. Nicholas Scotti of San Francisco. In 1977 he flew from America to his native Italy to visit relatives.

En route the plane made a one-hour fuel stop at Kennedy Airport. Thinking that he had arrived, Mr Scotti got out and spent two days in New York believing he was in Rome.

When his nephews were not there to meet him, Mr Scotti assumed they had been delayed in the heavy Roman traffic mentioned in their letters. While tracking down their address the great traveller could not help noticing that modernization had brushed aside most, if not all, of the ancient city's landmarks.

He also noticed that many people spoke English with a distinct American accent. However, he just assumed that Americans got everywhere. Furthermore, he assumed it was for their benefit that so many street signs were written in English.

Mr Scotti spoke very little English himself and next asked a policeman (in Italian) the way to the bus depot. As chance would have it, the policeman came from Naples and replied fluently in the same tongue.

After twelve hours travelling round on a bus, the driver handed him over to a second policeman. There followed a brief argument in which Mr Scotti expressed amazement at the Rome police force employing someone who did not speak his own language.

Scotti's brilliance is seen in the fact that even when told he was in New York, he refused to believe it.

To get him on a plane back to San Francisco, he was raced to the airport in a police car with sirens screaming. "See," said Scotti to his interpreter, "I know I'm in Italy. That's how they drive."



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

FOREMAN, SHEET METAL

Responsible for 30 Aircraft Sheet Metal Technicians. Supervisory capabilities, organizational skills and the ability to read blueprints/drawings are required for this position. Applicants should have a minimum of 10 years aircraft sheet metal experience.

FOREMAN, AIRCRAFT PAINTING

Responsible for 14 Aircraft Painters/Cleaners. Supervisory capabilities, organizational skills and the ability to read drawings are required for this position. Applicants should have a minimum of 5 years aircraft refinishing experience.

SHEETMETAL TECHNICIANS

Technicians required to support upcoming programs. Must have a minimum of 2 yrs aircraft sheetmetal repair and overhaul experience.

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



888 (KOMOX) WING RCAFA

JULY CALENDAR OF EVENTS
WED 4 - GENERAL MEETING CANCELLED.
 Next meeting Wed 5 Sep.
AFIS HERITAGE NITE, come out and meet the 'New' Blue.
SAT 7 - SUMMER BBQ, 5:30 p.m. - \$7.00 ea.
Sat 14 - FUN 'GOLF DAZE AND BBQ'. Golf at Longlands par 3, tee-off 3 p.m., BBQ at Wing, 6 p.m. \$13 for both events. Tickets at Wing.
Sat 21 - SUMMER BBQ, 5/30 p.m. - \$7.00 ea.
Sat 28 - SUMMER BBQ, 5:30 p.m. - \$7.00 ea.
Sun 29 - FUN 'SLOW PITCH BALL GAME'. Game at diamonds behind Canes - 1 p.m.. Wing open after game, 3 p.m. Sign up for 'The Wingers' or 'The Dingers' - List in Wing.

Come out and support the Wing and have a good time
 Wing hours of operation are as follows:
 Thurs. 11 a.m. to 6 p.m.
 Fri and Sat 11 a.m. to 1 a.m.

DND AND MILITARY GUESTS WELCOME

Editorial

NORM BLONDEL



A Month of Battles

June -- blazing June. In 1940, 1944 and 1950, June was the month of battles at Dunkirk, on the Normandy Beaches on D-Day and in Korea, when communist armies stormed over the border into South Korea, setting off an eventual conflict with the Peoples Republic of China. At that time, a scant five years after the last days of World War Two, it seemed there would never be an end to wars.

Canadians were heavily involved in all of these June battles, many paying the ultimate price.

We pay national homage to their memory on November 11, but for the rest of the year, we tend to leave remembrance of specific events to those who were more directly involved. The Battle of Britain, Kapyong, Battle of the Atlantic, Vimy Ridge and other epochal events in which Canadians gave their lives, are largely observed in the messes and service associations, but receive minimal publicity among the public at large, who's conception of the sacrifices involved is fading with each year of peace.

These years of peace were not easily won. If we ever forget why we are able to enjoy our freedom from war, we may at some future time find ourselves involved in an even deadlier conflict. Military newspapers, most of which are circulated in the communities surrounding their bases, can do a little towards raising civilian consciousness of the historic events involving their armed forces, and we feel the Totem Times is doing just that -- with the cooperation of the Legions, KVA, RCAFA, Navy League, et al, who provide us with the material for our feature pages. We thank the individuals representing these organizations, and would encourage more of the same input.

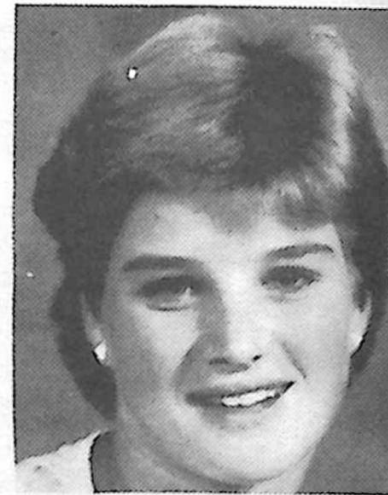
In this edition (in Letters and on page 11) Bob Orrick writes of "Canada's Forgotten War" -- the war in Korea -- and photographs for the feature were supplied by Henry Mayer of the Korea Veterans Association. We borrow the material, copy it and keep it in a secure place until it is returned to its owner. If there are more individuals or veterans groups who would like to see their specific area of interest covered in the Totem Times, please feel free to contact the Editor. We prefer flat photographs and diagrams rather than books, which are difficult for our camera to handle, and your submissions should be typed and double spaced.

Perhaps, in this area where many CF people retire, it is 'gilding the lily' to cover old military events, but a lot of non-military families read the Totem Times too, and they should be reminded of Canadians who fought in those June battles of 1940, 1944 and 1950 and at other times, and perhaps appreciate their freedom a little more.



From our Yukon Correspondent

Excerpts from a letter home
by Teresa Miles



Teresa Miles

Dear Comox:

Life in the big city of Beaver Creek has been fairly normal -- except for the last four days, which have seen a series of accidents among the kitchen staff, keeping the nurse busy. There is no regular doctor here. We have to rely on a travelling one who shows up every two weeks. We always hope if we get sick it is the day before the doctor arrives. I had a night out on the town recently. After eating dinner at Ida's (a local hangout) my roommate and I checked out the Travelogue Show. Westmark Hotels (my employers) hire this

guy Charlie Shugant to present a slide show on all the different areas and sights of Alaska and the Yukon. From his narration you can tell that he thoroughly enjoys both the spectacular beauty of the North, and telling people about it. The people here are extremely friendly. I guess in such a small town where you rely on your neighbours very heavily, you have to be. Even with the Westmark staff who invade Beaver Creek during the summer, the locals are very nice. Everyone knows everyone else and not one movement goes

unnoticed, because the town is so small.

You rarely ever see it get dark around here, even when the sun sets. This causes problems for newcomers, especially when working the early morning shift.

At 12 a.m., people would often find themselves in the staff kitchen, talking, thinking it was only around 8 or 9 p.m. After a week or so you get used to the never ending daylight, but people still end up sleeping whenever they can to make up for lost sleep -- like between 6:30 and 10 p.m.

Errors and Omissions

In the caption to our picture of a Delta Airlines 757 which force-landed at Comox on 05 Jun, we credited only 442 Sqn with the care of the aircraft and its passengers. We are advised 407 Sqn provided the first response to this emergency, and were assisted by VU33 and 442 Sqn.

Our filing system failed us when we captioned a photograph of (then) Major J.E. McGee, as taken in 1986. The pic should have been dated 1976.

TOTEM TIMES

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Comment



Letters to the Editor

Korean War 40th Anniversary

Dear Editor:

Monday, 25 Jun marks the 40th anniversary of the start of the Korean War, 1950-53.

Too often relegated to the back pages of history, and forgotten by many, the war in Korea was a severe test for a fledgling United Nations; and was Canada's last foreign war. Had not Canada and 15 other UN members responded in June, 50 as they did, and hit hard at the heart of a Communist advance, the world today may well have a different hue. It is not too extreme to say the action by the United Nations stopped the spread of The Red Scourge in the Far East at a time when Communism's terrible tentacles were reaching out and grabbing all in its path, east and west.

During the three years of the bloody war, 27,000 Canadians proudly served in Korea acquiring themselves with honour and distinction. Sadly, 516 young Canadians failed to return having fallen in action either on the hills of Korea, or at sea, or succumbed later as a result of enemy action. Three Canadians remain listed as missing in action (MIA), while another 1,200 carry the wounds of war.

It is estimated more than four million casualties occurred between 25 Jun 50 and 27 Jul 53. Of that number 1,313,000

were South Koreans including civilians. Communist casualties are estimated at 2.5 million.

Moreover, The Korean War destroyed 43 percent of Korea's industrial facilities and 33 percent of its homes were devastated.

Yet, Canadians know very little about the Korean War, or about the part Canadians played in returning peace to the Land of the Morning Calm.

Canada can add the name of Kapyong to the list of well known and quickly recognized battles Canadians have engaged in. On the nights of 22-23 Apr 51, combined Chinese and North Korean forces struck in the western and west-central sectors. American and Republic of Korea (ROK) units were forced to retreat.

The UN force was in danger of being cut off and completely destroyed. The 27th British Commonwealth Brigade, including the 2nd Battalion of the Princess Patricia's Canadian Light Infantry (PPCLI), were close by. Elements of the 27th came under intense communist fire and were forced to withdraw. The 2nd PPCLI platoons were exposed to Chinese and North Korean attack. At about 10 p.m. the Communists attacked partly overrunning some of the Patricia's. They managed to disengage and move to the main company

position where a counter attack was organized.

After two gruelling hours the Patricia's halted the Communist advance even though throughout the night the Chinese and North Koreans persisted in attacking the Canadian positions.

The Canadians maintained their position vital to the brigade defence while at the same time inflicting heavy casualties on the Communists. For their gallant stand at Kapyong the 2nd Princess Patricia's Canadian Light Infantry, along with the 3rd Royal Australian Regiment, received the United States Presidential Citation.

Now, 40 years after the start of The Korean War and the action taken by the UN, the world is witnessing an easing in east-west tensions, the throwing off of the Communist yoke and an almost avalanche desire for freedom. The seeds of democracy were planted in Korea, and Canadians were front and centre.

Sincerely
Bob Orrick, CD
National Public Information Officer
Korea Veterans Association of Canada, Inc.

Editor's note:
See also, "Canada's Forgotten War" on page 11.

Contemplating our Naval

Dear Sir:

Whereas being repeated winner of the achievement award as best Military Newspaper, this excellence unfortunately does not, at times, emerge 'faux-pas' free.

This time I refer to the article in Vol 32 No 11 which headlined 'Canadian Ships Visit Soviet Union'.

If para 4 is correct, surely the headline should read 'Vladivostok 'NAVEL' location to provide interesting visit for Canadian Ships.

Could this be the result of Soviet Perestroika and

revelation of former hidden anatomical specialities of the Region?

Suggest you do as No.2...still try harder!!

Yours truly
T. Bailey

Editor's comment:

'twas a typo. Naval was spelled correctly elsewhere in the article. It seems to be a Fishwrapper tradition to include a few goofs in the same edition where we announce we are No.1 -- probably our subconscious telling us to stay humble.

Heart Disease

Dear Sir:

Heart disease is British Columbia's number one killer. One hundred and thirty people die of heart disease each week in B.C.

The Heart and Stroke Foundation (formerly the Heart Foundation) sympathizes with patients waiting for heart surgery. We offer encouragement and support to them and to their families.

Heart and stroke research continues to develop new drugs and improve surgical procedures to alleviate the suffering. But these discoveries aren't made overnight.

As an organization dedicated to research and education, and not involved in patient services, we can only hope that this situation will soon be resolved.

As the wheels are put in motion to ensure that British Columbians have reasonable access to its health care system, we would like everyone to think about the simple lifestyle changes they can make to stay heart-healthy.

Yours truly
Dave MacDonald
President
Heart and Stroke Foundation of B.C. and Yukon

Next Deadline: Noon, 9 Jul 1990

**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 1404, Courtenay V9N 7Z9 or left at the Galley Restaurant or Blue Heron. Bookstore. For more information phone B. Price 339-4015.

Create the Hospice, Save a Park!

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 of original forest near St. Joseph's Hospital, Comox. (contributions will be tax-deductible)

Signed: _____ Date: _____
Name: _____ Phone #: _____
Address: _____
P.C. _____
For further information, please the Office, 339-8400 Hope Spence, 339-5357

Air Force Trivia What, where, when

The photo of these messy monsters comes courtesy MWO Cameron of VU33

Trivia Answer

No one responded, in spite of the clue about 'beasts'. These are Vickers Vildebeests--metal torpedo-bomber biplanes, circa 1938.

Section News



407 Squadron



You and Your Pay

Make a Budget

MONTHLY DATA

Net Income _____

Mid month _____

End month _____

Spouse _____

Interest _____

Rental _____

Pension _____

Other _____

TOTAL A _____

Food

Grocery _____

Corner Store _____

Restaurant _____

Drink _____

TOTAL B _____

Transportation

Car Payment _____

Gas _____

Repairs _____

Insurance _____

Parking _____

Bus, Taxi _____

TOTAL D _____

Personal Care

Drug Store _____

Dentist _____

Doctor _____

Optical _____

Hair Stylist _____

TOTAL F _____

Debts

Credit Cards _____

Bank Loan _____

Other _____

TOTAL H _____

Accommodation

Mortgage (p.i.) _____

Rent _____

Heat _____

Telephone _____

Cable _____

Hydro _____

Water _____

Repairs _____

Furniture _____

Insurance _____

TOTAL C _____

Clothing

Winter _____

Summer _____

Dry Cleaning _____

TOTAL E _____

Insurance

Life _____

Other _____

TOTAL G _____

Miscellaneous

Personal _____

Sports _____

Cultural _____

Holidays _____

Donations/gifts _____

Smoking _____

Other _____

TOTAL I _____

N.B. You can use your receipts to list your monthly data. Also consider irregular expenditures such as repairs. Then transfer your TOTALS on Budget form

Another busy couple of weeks and there is even some grumbling going on that work is cutting into our fishing/golf/sailing time. Crew 1 recently came back from a round-the-rim tour. Anchorage, Adak and Hawaii in 4 days. (If this is Mon we must be in Adak.) It was in Adak that Maj Nak admitted to being a closet snob. It seems that only designer wood is good enough for his wood store. Yes, it's true, our SOPSO only uses Gucci firewood (quantities limited, prices subject to change).

Crew 3 recently got a Bravo Zulu from the Commander of Northern Region. It arrived in the form of a bottle of Vodka. Russian Vodka! Real Russian Vodka! Bert 'The Eagle' Fenton had a nasty scare the other day. The CO hauled Bert into his office and let him know that the screening process had begun for his new and improved posting. Yes folks, our favourite Tacnav was on his way to Adak (with a K) in two weeks. Of course we got the whole sordid affair on tape. To his credit though, the only visible signs of shock were some minor whines about leave and a pronounced facial tic.

Lt Ness of Crew 5 found out the hard way what happens if you insult a Tacnav. On a recent flight he wondered aloud how long it would be until Capt Cutland finished his Tacnav OJT. Capt Cutland is (he reminds us constantly) a moderately adept, qualified Tacnav.

In retaliation, young Paul was left in the prone position during condition 5 checks. Awakened by the nose gear lowering, he strolled up front to see what was happening. He was so sure that the aircraft was about to make an unplanned touchdown, that he ran back and warned the Tac compartment of its imminent demise.

Crew 2 is off to the place with no name. They are this years competition crew. The good news is that when they win, they carry on to Fincastle. The bad news is that this year Fincastle will be in the place

with no name. At least they do get to go to the Abbotsford Airshow (if they decide not to take leave). Sometimes it just doesn't pay to get out of bed.

Crew 4 is off in Scotland eating hags and trying to find anyone that speaks real English! Rumour has it that our own 'Sven' is looking forward to trying on a few kilts.

Last, but not least, the 407 Sqn family day was a great success. Those that had the chance enjoyed a short family flight as well as numerous displays.

Maint/Eng bay

With all the cards dealt out I discovered that the King of Clubs will entitle you to a first hand chance at writing the next article for the Totem Times. With Rimpac 90 over and done with things are once again busy in Maintenance/Eng Bay. With aircraft 117 barely out of the center bay, 140110 has captured its spot. Not only do we rotate the 407 fleet through the Section, we also bid farewell to familiar faces and at the same time extend a welcome to new personnel arriving. A farewell goes out to WO Brian Maddex who is off to razzle dazzle 3 crew. Pte Mike Lafitte is off to 3 crew, Pte Ray Girardi is off to 2 crew and Cpl Steve Bennett has temporarily left us so that he can attend his junior general course in Penhold. And of course, an unexpected farewell goes out to our own 'bag of laughter', Cpl Glenn Awalt, who is busy learning what makes an F-18 tick prior to his departure to Baden.

We welcome Cpl Dave Kenesley from 3 crew to the Section along with Ptes Trevor Kendall and Vince Horne. A welcome back also goes out to Cpl Ray Tessier for surviving his first line course in Greenwood. Congratulations from everyone in the Section on his upcoming wedding. All of us in the Section wish the two of you all the best for the future.

RCAF Association news

October 9-12, 1990, Royal Canadian Air Force Association Annual General Meeting and Convention - Beauséjour Hotel, Moncton, N.B. Information - E.G. Orr, P.O. Box 992, Moncton, N.B. E1C 8P2

Phone (506)388-4630, FAX (506)382-3186

NEXT DEADLINE 09 Jul

Please remember the Queen's Regulations and Orders (QR&Os) state that your pay is your responsibility. We at the Pay Office are just as eager as you are to avoid problems with your pay. Therefore, if your pay should vary either up or down by an excessive amount, you should inquire at the Pay Office as soon as possible.

Summertime is a perfect time to start a budget. The nice weather and longer evenings make us want to 'shop 'til we drop'. However, eventually Mr. Visa or Mr. Master Card catches up with us and we wonder why we spent so much.

A sample budget is provided and you may alter the budget to meet your own personal needs. Banker's quote: 'Creditors have better memories than Debtors.'

BUDGET RECAP

	MONTH	YEAR (MONTH X 12)
NET INCOME A (FROM MONTHLY DATA)		
EXPENDITURES B		
FOOD C		
ACCOMMODATION D		
TRANSPORT E		
CLOTHING F		
PERSONAL CARE G		
INSURANCE H		
DEBTS I		
MISCELLANEOUS J		
SUB TOTAL		
OBJECTIVES SAVING (10%)		
FRSP		
OTHER		
TOTAL EXPENDITURES		
(NET INCOME MINUS TOTAL EXPENDITURES)		
= AVAILABLE INCOME		

DATE _____

Chuckle

During 1978 a persistent thief had stolen 10 pounds nightly from a news-agent's shop in Barking, Essex. Every morning cash was missing from the till and so the shopkeeper devised a plan to catch the culprit.

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Section News

VU33 CDs. CO Maj Arsenault presenting.



1 Crew Anker Klankin

Once again it's time to fill everyone in on the major and minus happenings here at VU. First on the list of major things is the departure of our number one Major. It was done in grand style at our Change of Command parade. The entire sqn showed our visiting marines just how sharp the Air Force can really be. Gleaming boots, razor sharp creases in uniforms and precision drill movements. (There may be a slight exaggeration here somewhere but what can I say. Someone once told me that I tend to stretch the truth a bit. Imagine that.) I'm sure, as many have said, Maj Arsenault will be sadly missed, but at the same time we're looking forward to meeting our new boss, Maj Bolton. He's got a hard act to follow but I'm sure he'll fit in perfectly.

That pretty much covers the Major (halha!) things going on. A little further down the ladder, we can now bid farewell to our above mentioned Marines. Things are bound to be a bit quieter around here now that the A4s are finally gone.

Anyone who was around Glacier Greens on 14 Jun was probably a part of VU33 history. I'm sure that had to be the largest mugout ever for our little sqn. It's not everyday that you say arrivederci to 13 of your fellow workers. Many laughs were had by all and some of the mugoutees even lived up to their 'roasts'. Like Chris Shelly, who somehow managed to take a cat nap while driving his bicycle home. Chris is going to have to speak to the folks at MIR though. That green sling clashes with the light blue uniform.

On the baseball scene, our boys with the bats and balls have had a couple of less than perfect weeks. Maybe they're just building everybody else's confidence a bit by showing them they're not totally unbeatable.

Someone was seen the other day with a somewhat confused look on his face. Apparently he is trying to discern the difference between Coho and Fahrenheit - or is that Chinook and Celcius. Anyhow catching the tail end of a conversation sure makes it difficult to know

if it's about fishing or the weather. Right J.R?

One note before closing. We'd like to welcome Al Nantel and Dwayne Veitch to the C.D. Club. They each received their decoration during our practise for the parade. Well done guys.

2 Crew

Ugene Meyer left for Shearwater 25 Jun. We're going to miss his common sense approach around here. See you Gene and Sue.

The mugout was well attended and everybody had fun. I could say more on the roast, but I'm sure Dave and Weiner will cover more than enough.

So onward to present news. Oscar and Larry should be coming back to work soon. I heard the longer Oscar remains on leave the harder it is to catch a fish.

Marc Pilon's house warming party was a smashing success. Marc (that sneaky devil) proposed to Deb during the festivities. Fancy that.

Nick (the 9-5-2 expert) says he will be available to teach the finer points of trumping. His patience and understanding is really quite remarkable. Then again, maybe he's cheating.

Maintenance Mutterings

The parade went off without a hitch, almost. Hats off to MCpl Mark Keller for having the fastest hands in the sqn and MCpl Brian Shackleton now knows how a shishkebab feels, almost. When two guys bend down to grab a hat rolling on the ground and one of them has a bayonet, the other guy gets a real good close up look at the pointy end, n'est-ce pas?

A hearty welcome to our new CO. He should fit in here quite nicely. I have it on good authority that he hunts, fishes, plays hockey and even more importantly, he skis. It's about time we got some 'qualified' people here that didn't require skidding is believing!! Our new leader has already been briefed on 'Rock Bay' et al. Welcome to the sqn Maj Bolton.

Speaking of Rock Bay, don't forget to duck after the speeches.

More 442 Sqn

going down hill on an ATC or dirt bike with no brakes is not a great idea, a 3 man posse on horses looking for a non-existing camp.

Luckily, however, all the campers were reunited just in time to enjoy a soggy dinner



MCpl Al Nantel



Cpl Duane Veitch

'first lady' certainly earned the admiration and respect of all of us. She gave a whole new meaning to the term 'doing a little extra'. Good luck and God speed.

The Base Commander must have wondered what was happening. A quick glance at the flight line and there were two C.A.F. T-33s, ten US Marine A4s and two USAF F15s. "Has there been a coup that I don't know about?" It's alright Colonel, they're just visiting.

The sqn ball team is in an awful slump of late, maybe they could find an open slot in the slow pitch league, if their pitcher could handle it? When a fly lands on the ball during its delivery, one might say it was not 'cooking'.

This has been an exciting century. First we had Haley's comet and then we had MCpl 'Gordo' LeBlanc on parade! Be still my heart.

You'll have to ask Boyd Russell about this one, but we have a new method of engine removal on aircraft 581: The AFT section goes on with velcro tape and then you call for 'Leroy'.

One final parting shot for Wayne Hartin. It is rather fitting that he should have a hot tub party for his swan song: He spent most of his time in the sqn in 'hot water'.

continued from page 9

to return to indoor plumbing and warm, dry beds.

Thank you to the mess hall staff for the great food and also a big thanks to supply for the equipment. And, last but not least, a very big thanks to 442 sqn for the airlift.

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Section News



Supply Signals

As Base Supply turns we are all recovering from our annual fishing derby and BBQ which took place on the 16th of Jun. It was a great success especially for Cpl Hailes and Cpl Carignan who walked off with most of the prizes. Christine caught the biggest spring and the biggest fish; not bad for a non-fisherman. Norm caught the biggest Coho and the two hidden weights. WO Howell took the honors for the most fish weighted in. A few people felt the water was too rough to be out in; maybe next year Ron.

We would like to welcome our new BSUpO Maj Piercy who comes to us from Philadelphia. The officers seem to have all the tough postings. Good luck to our departing Maj Blakely who is off to lovely Ottawa. Also, welcome aboard to CPO 1st Class Ally who is taking over the SGO/D position and adding a touch of class to it, or so the navy types say. WO Lavioie will be handling the reins of SGO/T while WO Cochrane is enjoying the sun in the Middle East.

Over in General Stores, Stan

is off to California to visit all that is touristy. Have fun Stan but don't forget us. MClP Allard and Mr. Orbell are teasing the rest of the staff with talk of their up coming journeys. Sylvie is going on a cruise to the Mediterranean with her long lost husband and George is off to Hawaii again. When do you work George?

Congratulations to Kin Heath on her recent marriage. I guess this means another trip to Hawaii. Maybe you'll see George.

The steak and lobster night on 15 Jun went well, but the question is - Cathy Higdon, did you enjoy your night out or did the lobster not agree with you, and do you still need to be rescued?

While we are asking, MPO would like to know if a lay-down bunt is legal in slow pitch? Maybe a certain private in Clothing Stores could tell them. What about it Judith?

In closing, you all know that Cpl Carignan found her canoe, which we are sure will help in the depot in Edmonton BUT Sgt Adams, did you find your cup and will it stay found?

Base Supply Changeover



Maj R.W. Piercy (seated) accepts command of Base Supply Section from Maj L.R. Blakely, outgoing BSUpO, witnessed by LCol G.T. Mack, BTSO.

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442 Sqn Does Europe

This year 442 embarked on what was to be the last European trainer by the Buffalo ever. The trip started off in its usual fashion as Tony Jones didn't find out until 1600 hrs the day before that he would be going when Maj Hanna decided to get grounded at the last minute.

Day 1 - 06 Jun

0600 hrs - The crew arrives at the hangar with visions of Europe dancing in their heads. The members were/ Mission Commander Mort MacDonnell; pilots Tony Jones, Denis Fontaine and Paul Blouin; Navs Marc Ouellet, Mike Loader; engineers Brian Branch, Don Monk; techs Bob Wild, Guy Letelier, Jim Laroque; lab person Gob Ringuette; Bill Shaw and Don Harper.

By 0700 we were airborne and on our way. The day was uneventful with flawless instrument approaches into Edmonton and Churchill (clear and a million wx) and Paul greasing one on in Churchill. (He had 10,000 ft of rwy to work with.) Our bus was there to meet us for the 5 mi cross country trip into downtown. Supper was had (great pizza and place mats) and Tony bought himself a lovely hat. Then off to the Legion where Marc and Brian showed their dart playing prowess while Bill and Don played shuffleboard. The three stooges (Bob, Guy and Jim) walked for 1/2 hr to see ice in the water. (They don't get out much.)

Day 2 - 07 Jun

Up nice and early for breakie and departure. Marc was stunned to hear that the bus trip (10 mi total) would cost \$150 and Mort found out that no matter how much power you use, you must release the parking brake before starting to taxi. Another uneventful trip to Sandestrom, Greenland. Wheels in the well and everyone in the back went to sleep. It was an early landing into Sandestrom; 1830 hrs halha! The evenings enter-

tainment was the one armed bandits, foosball and cheap beer.

Day 3 - 08 Jun

Rough nights sleep - the sun never sets and no curtains. Nice hop into Keflavik, Iceland and it only took us 3 hrs to find gas and food. We didn't leave Iceland until 1800 hrs for Prestwick, Scotland. It was another early finish arriving in Prestwick at 2300 hrs. All there was to be seen was the inside of the hotel.

Day 4 - 09 Jun

Finally up at a decent hr (0730). The crew was well fed by the hotel owners and then it was off to the airport via downtown Prestwick. (Don't blink or you'll miss it.) This was the crews turn to learn how hard it is to fly in Europe. Three hrs later, after getting clearance, we finally lifted off from the airfield on our way to Caen in France. Nobody accepts American money here and 2 hrs later we were able to sample some French wine and the fine food. The evening was spent in the hotel bar with 3 British gentlemen trying to pick on Marc's haircut.

Day 5 - 10 Jun

One thing about French showers; they don't use curtains so once you've showered you can take a swim in the pond that has formed on the floor. This day was a very special day in history. 10 Jun 44 was the day that 442 sqn, which back then was part of 144 Fighter Wing, landed at the airfield of St.Croix Sur Mer, just northwest of Caen. Our crew was to be part of a dedication ceremony along with 441 and 443 sqn. LCol Cloutier and WO Boyd also attended. A memorial was erected on the site of the airfield and the original Wing Commander and sqn commanders also attended. Later the town

Day 6 - 11 Jun

We were off to Keflavik then on day 8, when we tried to leave for Frobisher Bay we lost our generator after take-off. After holding for 30 mins, we finally landed. Mike 'McIntosh' loader was so busy flight planning for the next leg, that he didn't realize we had come back to Keflavik.

Day 7 - 12 Jun

After spending three days in sunny Iceland, it was off for Edmonton where we promptly broke down again.

Day 8 - 13 Jun

With the plane healthy again, it was back to Comox only a day late. Overall, it was an interesting trip and one we shall not forget.

put on a luncheon for us and gave the crew an opportunity to sample more French wine. Later, we were to visit the beaches of Normandy; a very interesting lesson in history. After supper Bill and his roving gang of idiots decided to take a drive to Paris and see the Eiffel tower. Well finding the tower was easy. It was when they decided to put gas in the car that their problems started. Don 'Diesel' Harper mistakenly put diesel fuel in the car and it only got about a block down the road before blue smoke started coming out of the car. The next 2 1/2 hrs were spent draining the tank and putting in normal gas. They finally arrived back at 0400 hrs.

Day 9 - 14 Jun

It was off to Lahr today and stock up on supplies at the Canex. Bill and Diesel were the first Sar Techs to do a para drop into Lahr and Baden on the same run in. (You'll have to ask them about it.) Later we were off to see the local entertainment and, yes Edith, Marc stayed in the hotel to study his OPDP.

Day 10 - 15 Jun

We were off to Keflavik then on day 8, when we tried to leave for Frobisher Bay we lost our generator after take-off. After holding for 30 mins, we finally landed. Mike 'McIntosh' loader was so busy flight planning for the next leg, that he didn't realize we had come back to Keflavik.

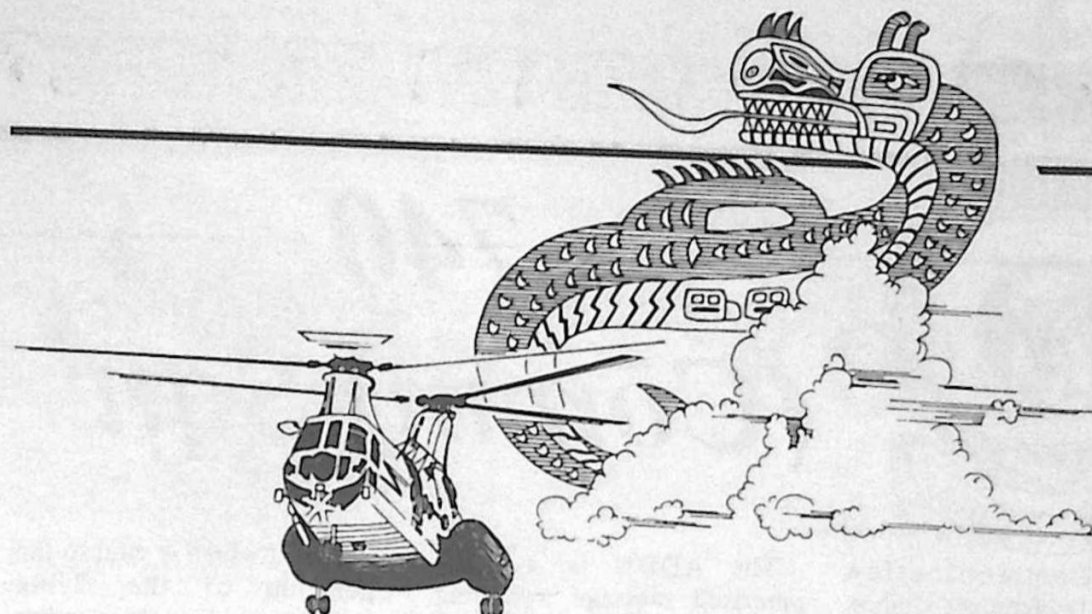
Day 11 - 16 Jun

With the plane healthy again, it was back to Comox only a day late. Overall, it was an interesting trip and one we shall not forget.

Section News



442 Squadron



All sorts of things to report this time.

The Sqn survived a practise exercise including shelters, only to have that bestowed privilege 'dispersed' from them. Seriously, those of you who played shut-in for three or four hours, get posted to 442 - what a great place to work. The mess hall was super to have opened for a hot meal for the whole Sqn. The little walk to the mess was rather uplifting to boot. Obviously, 442 was outstanding on UDF. Reports have it that one female guard was thoroughly checking every vehicle passing her on the tarmac for verification. Outstanding! We believe she was just in a 'chatty' mood and wasn't being selective of victims. Honestly, good work to the Sqn and especially UDF; even those with suntans.

The Sqn held its annual Mugout on Thurs., May 31st. An excellent turnout. Again, to

those of you who can - get posted to 442 Sqn. What a super bunch of people. Many longtime faces are leaving this year or have left. The highlight of the Mugout was a roasting of CWO Parkin who is off to Moose Juice. Hope all your gifts from the Sqn will come in handy. You'll be missed big time.

Ground personnel leaving are John Raines, Dave Biskey, Pete Phelps, Rob Wilson, Tom Barker and Tim Ford. The best of everything to everyone. It will be hard to find replacements - yeah right! The Mugout was an ideal time to better acquaint myself with those people I seldom get a chance to talk to...hal To Pete, could we have a picture of you, preferably poster size. To Tim, who ever will fill your TV position? Amen!

The Mugout was a fine example of why 442 is such an enviable Sqn. Everyone had an

excellent time. The Aircrew were actually witty - actually they were hilarious - especially the Bengal Tiger joke. Congrats to Dan Pierson on winning the coveted Texas Mickey. With Della gone, it's good you'll have something comforting around. A special adieu to Capt Cupcake Cutland. You will be certainly missed. Hope you'll be able to 'keep morale up' in Winnipeg. You did a great job here. A big round of applause to Serge Perron for organizing such a memorable event.

MSRO

The 'Big Guy' has finally returned from course, jolly as ever. We're very glad to have him resume control from the 'tyrant'. Just joking Jim...sort of. Nat and June enjoyed a round of golf with Nat's best game ever. We won't count the numerous Mulligans the two of you took in order to achieve

such scores. No worries LPGA. Jim Fortin has disappeared this week. We're not sure why, and we're not complaining.

Admin

Karen Allen managed to control her stomach during dispersal while on exercise. This is a big step for K.A. We're proud of you 'UNI'. Way to go! Jean Marc Harvey is preparing for posting to Trenton. There's a possibility of purchasing a house in Trenton with an underground pool and a sloping view to one side. For more details, see Jean Marc. And Jeannie B. is finally TQ4 qualified after only one year and five million typing tests. Congrats Jeannie.

Roblee. Watch out ladies and dads, John, the 'shark' Yaniuik is on the prowl again after a brief bout of celibacy. The section believes it is time to separate Pte Lagace and Bruce Morgan. After a long period of silence, Pte Lagace has become a mini-Bruce. Break out the ear defenders. Sgts Roblee and Kendall have been wondering what's become of Alex Martel. His chair in the office is collecting dust. Possibly the Career Mangler had a few good words for Alex. Usually people start shining during PER time and that's OK Alex. One must start sometime.

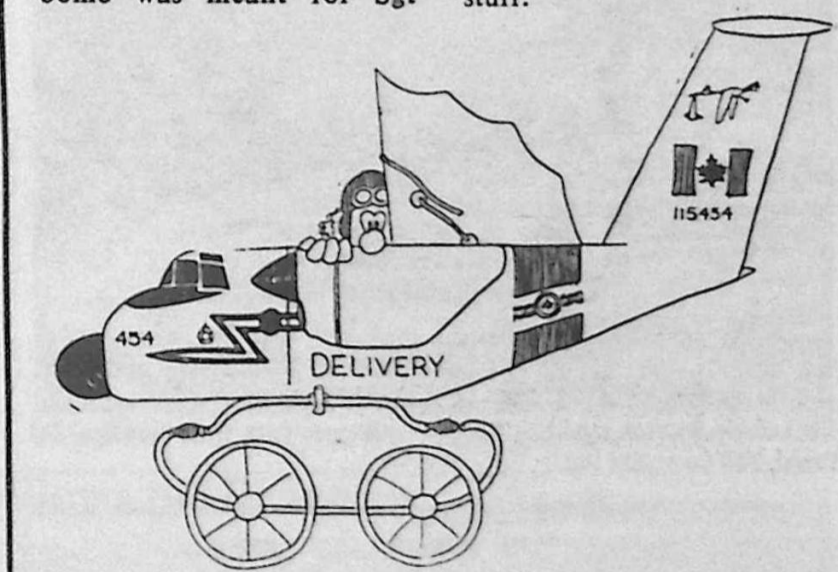
R/W Maint

Rotary Wing would like to wish good luck to 'Big Nose' on his chopper course. Marc Letourneau is on his way to Servicing. Serge Perron is wearing coveralls again. Does this mean that some body functions have begun to taper off? Hope you're feeling better soon.

One last note, this reporter had the rare opportunity to witness the Sqn softball team in action and what a sight. Congrats on your victory guys. The SRO, Alain Carrier, will be enrolling in Ryan Hardin's 'counting to 3' course sometime this week. It was a splendid run Sir. Perhaps you could hit the ball next time and forget that confusing counting stuff.

Buff Maint

Darren Thordarson and Aubree Bergin would like to extend their deepest apologies to Mario Trudell for being a victim of circumstance. The paper bomb was meant for Sgt



CONGRATULATIONS TO SGT PAUL DELANEY AND FAMILY ON THE ARRIVAL OF THEIR SECOND DAUGHTER, CHELSEY RAE, BORN 10th JUNE. HOPE SHE LOOKS LIKE MOM. BEST OF LUCK PAUL.

3 Crew Servicing

Adventure training or survival training we are not sure. This is the question that the 3 crew campers are asking each other. What was supposed to be a fun-filled weekend of fishing, moderate hiking, and just plain fun, turned out to be a very wet weekend with one

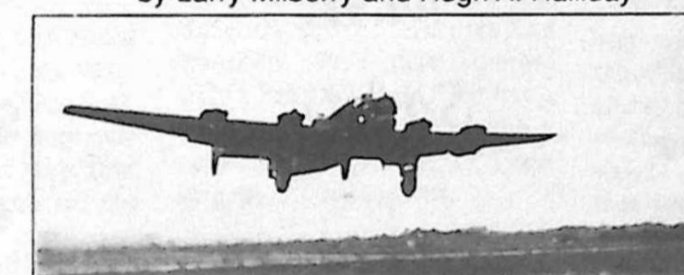
fish and mountain climbing that is comparable to that of Mount Everest. Some of the highlights of the weekend included Sandy Cummings getting fogged in on Tsable Lake, Yvan Defoy realizing that

continued on page 7

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; British Commonwealth Air Training Plan; Day and Night Fighters; Bomber Command; Coastal Command; Air Transport; POW's; Escapers and Ewaders; 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 pace 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 stations, 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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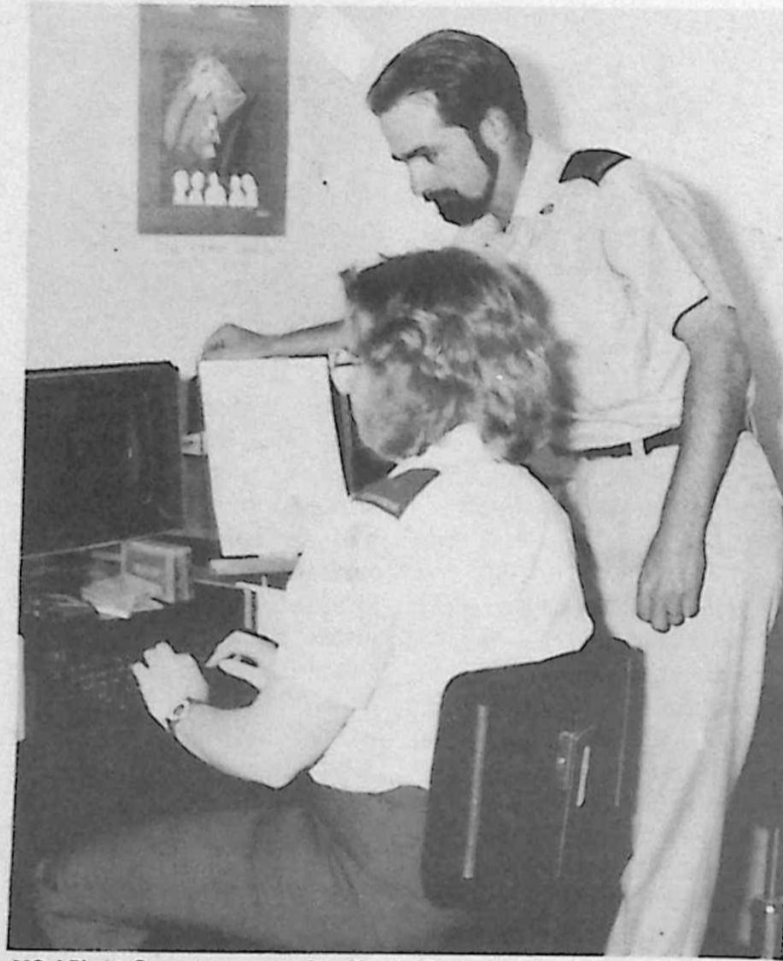
Section News

740 (Comm) People



740 (Comm) Sqn

THURSDAY 28 JUNE 1990



MCpl Pierre Garant oversees Pte Sharon Dowhan operating the DIAC circuit.



Cpl Bruce Kaysmith updates 'the ledger' under the watchful eye of MCpl Serge Picher.



Cpl Letecia Gumboc receiving her new rank from Capt W.C. Brundige, Det Comd, 740 CommSqn Det.

740 Communication Squadron Detachment Comox is one of 82 Communication Centers which form the backbone of Canadian Forces Communication Command. The Detachment is a lodger unit at CFB Comox with its parent Sqn located in Nanaimo. The 'Det' consists of 16 personnel. This group is a mystery to most Base personnel as we are 'locked up' on the first floor of 7 Hangar, adjacent to the DIAC, and most of what we do is cloaked in secrecy. The unit is operational 24 hours a day, 365 days a year. Yes, Virginia, even at Christmas.

740 Comm Det is comprised of two parts; the Message Center and the Crypto Center. The Det. is commanded by Capt Bill Brundige and Comm Superintendent is Sgt Steve Shaw. The Message Center is a hive of activity. Supervisor MCpl Pierre Garant and his able crew process all message traffic in and out of CFB Comox. To say that they are busy would be a gross understatement. Almost 28,000 messages were handled in the months of Apr and May over the Automated Defence Data Network (ADDN).

The ADDN is a computerized message switching system owned by DND. Over 31,000 circuit miles of interconnecting lines are leased from commercial companies like Bell Canada and Telecom Canada. The ADDN connects 75 comm centers and provides the command and control capability for the Canadian Forces.

The people in the Message Center are also responsible for the operation of the Integrated Data Network (IDN). This is a computer based secure data communications network consisting of 8 backbone nodes, 14 remote sites and 26 access sites. CFB Comox is one of the access sites. With approximately 50,000 circuit miles of network, the IDN high speed lines connect every major CF installation of Canada and Europe. Once it is fully operational (mid 1990) the IDN will be DND's major computer communications network with almost all computer systems in DND able to access it.

The Crypto Center is an area which we, unfortunately, cannot tell you too much about. It handles, and strictly accounts for, classified material and

equipment which is vital to the operation of the flying squadrons and various other sections on the Base. MCpl Serge Picher is the Crypto Supervisor. Together with Cpl Theresa Wilkinson and Cpl Tanis Caesar, he is kept very busy administering 'the account'.

So there it is. We hope we have enlightened you as to whom we are and what we do. Next time you see someone staring out from behind a barred wicket or secretly moving in or out of a locked, windowless door, you won't have to wonder what he or she does. Just smile and say hello because, remember, they deliver your posting and promotion messages.

UNIT NOTES: Congratulations to Cpl Chantal Harvey on her recent promotion. The Det says 'welcome back' to newly promoted Cpl 'Bic' Gumboc along with her brand new son Justin. Finally, a reluctant 'Bon-Voyage' to Cpl Denis Rivard and his wife Denique who are off this summer to 764 Comm Det in Washington, D.C.

CELER ET FIDELIS



MSE Safety

Warning - Running Lights

The Ministry of Transportation Ontario (MTO) has amended the Highway Traffic Act to prohibit the sale of Daytime Running Light systems that do not comply with Canadian Standards Association regulation CAN/CSA-D603-88.

MTO warns that some aftermarket devices intended to turn on running lights automatically when the car is started may overload or short out the car's

entire electrical system. Consumers are urged to look on the packaging for the CSA designation indicating that the device is compatible with prevailing vehicle lighting and electrical systems.

MTO has been recommending that motorists use their low-beams and other running lights during the daytime. Experts agree that daytime running lights reduce accidents by increasing the visibility of the vehicle.

The factors which contribute most to automobile accidents are:

- a. Defects in the highway
- b. Half-hearted law enforcement
- c. Attitude of the driver
- d. Mechanical imperfections in the automobile

Answer "C"

Actual Insurance Quote: "My car was legally parked as it backed into the other vehicle."

THURSDAY 28 JUNE 1990

Canada's Forgotten War

By Bob Orrick C.D.



KOREA 40 Years Ago



Fifty years ago, much of western Europe cringed in fear and watched helplessly as advancing Germans raced across country after country. In the Pacific Theatre, Japan was driving virtually unimpeded south and east. The days of World War II had taken root and the combined Nazi and Land of the Rising Sun war machines seemed unstoppable.

History has recorded the Germans and Japanese were stopped, eventually.

All the world recalls those days. And the jubilation that followed in the summer of 1945 when the War in Europe came to an end. A few months later, in August, Japan surrendered and WWII was over. The Allied Forces, including Canadians, had won.

What is not so well remembered is that just five years later a world-threatening war erupted in Korea.

Forty years ago on 25 Jun 50, North Korea launched a surprise attack against its southern neighbour, South Korea, and the 'Forgotten War' was begun.

Much has been written about World War II. The long years of bitter struggle, the sacrifices, those who died in gas chambers and, of course, those who gave their lives in defence of the principles of freedom. On the losing side, those who fought so desperately in an attempt to spread a doctrine the world had not seen before. Nor wants ever to witness again.

Much less has been written about the Korean War.

There are similarities between the two wars; there are differences.

World War II is widely remembered as being a war, whereas the Korean War is often called a conflict. Or, a police action. The war in Korea

was a war with all its attendant horrors.

Why the difference? The dead, the maimed, the mutilated, the wounded, the separated and the confused were as dead, maimed, mutilated, wounded, separated and confused in the Korean War as in WWII.

Forty years ago Canada responded to the United Nations' call for help and fulfilled her obligations under the Charter of the United Nations.

Forty years ago, the first of 27,000 Canadian army, navy and air force personnel (men and women) departed for Korea, then a little-known, far-off land on the other side of the Pacific Ocean.

Following the cessation of hostilities in Europe, and later, in Japan, Canadians coast to coast rejoiced in victory. The enemy had been defeated and the world made safe once again.

Then along came the war in Korea. The war to end all wars was but five years past. Once again, Canadians were called upon to take up arms and defend the principles of freedom. This time around only a handful of this country's citizens knew there was such a country called Korea; or knew its geographic location.

Unlike the months and years of warning prior to Hitler launching his attempted conquest of the world, and Japan's war with China, the North Koreans, at the urging of their Soviet masters, struck suddenly and without warning.

American intelligence had been alerted that the North Koreans were looking with itchy trigger fingers at South Korea. The Communists saw their southern brethren as being weak and in no position

to repel a sudden, concentrated attack. The Soviets assured their North Korean puppets the Americans would not, could not, come to the defence of South Korea.

History has recorded North Korea almost succeeded. A few weeks after the June attack United Nations Forces were driven deep into the southern tip of the Korean Peninsula. Pusan became a staging port for a UN counter-offensive. The fighting was intense.

In mid-September a brilliant move by the United Nations Forces stemmed the North Korean's advance and carried the war into North Korea. Under the command of U.S. General Douglas MacArthur the UN forces struck at Inchon, a major seaport on the west coast of Korea south of Seoul. They succeeded in cutting off the North Koreans from their supplies and support groups. Following the Inchon landing MacArthur started his drive to the Yalu River on the border between North Korea and China.

In October it appeared the war would soon end and all troops would be home by Christmas. Sadly, UN general staff did not give sufficient weight to intelligence reports that indicated the Communist Chinese would soon enter the war if the United Nations Forces did not withdraw from North Korea.

After threatening to enter the war in support of North Korea, the Chinese Communists, in late November, attacked with a very large force, effectively halting the advancing UN forces. Intense, bloody, battles raged up and down the Peninsula, back and forth across the 38th Parallel. Casualties mounted on both sides.

It has been recorded the

strength of the North Korean and Chinese armies were their superb infantry. The Communists were a most formidable foe.

The tide had turned and 'home by Christmas' was soon forgotten as the intensity of the Korean War increased dramatically.

For the remainder of the war until the cease-fire in Jul, 53, the UN's position was more to prevent the Communists invading South Korea than to drive across the 38th Parallel and destroy the combined North Korean and Chinese Communist forces.

Following the signing of the cease-fire at Panmunjom until Dec, 1955, Canadian army and navy personnel remained in the Korean Theatre to ensure the uneasy truce was not violated.

It should be remembered neither side had been defeated; no peace treaty signed. Today, armed sentries patrol along both sides of the 38th Parallel. It is indeed an uneasy truce.

Unlike WWII, there was no victor, no vanquished. No victorious force returning home to a grateful country. No victory parades. No dancing in the streets of Anytown, Canada. Only a passing headline or two to mark the end of a war that saw upwards of four million casualties on both sides. A war that saw 516 Canadians die in defence of freedom. A war that saw 1,200 Canadians suffer wounds or war-related injuries. A war that saw 43 percent of Korea's industrial facilities destroyed and 33 percent of its homes devastated. In a word it was a WAR!

Canadian servicemen, veterans all, did not come home to a grateful country brimming over with jubilation because the United Nations Forces had stopped the spread

of the Red Scourge in Asia. Rather, as with the start of the Korean War, a few localized headlines heralded the return of Canada's sailors, soldiers and airmen as each unit returned to its home base after one, two or three tours in Korea.

Very much a 'non-entity'. Yet, had not these Canadian servicemen and women stepped forward and volunteered for service, perhaps the world would be a very different place today. Forty years later, the seeds of democracy sowed in Korea by Canadians and their United Nations compatriots, are bearing fruit as the world witnesses European countries throwing off the Communist yoke. Canadians should reflect on what a different world it could be today had those 16 United Nations members not responded to South Korea's cry for help.

Perhaps, because the Korean War was before the advent of the 'nightly news' bringing vivid, colour pictures of the action (a la Falkland Islands War and Vietnam War) into Canada's living rooms, Canadians are less well informed about their countrymen's heroic actions in Korea.

Now might be the right time, as the 40th anniversary of the start of the War in Korea approaches, for all Canada to recall the superb contributions made by this country's sons and daughters in the last war this nation has participated in: The Korean War - The Forgotten War.

All Canada should pause for a moment and reflect on that, and give a hearty THANK YOU to each and every Korean War veteran who lives today, and offer a prayer to those heroic Canadians who died in battle so Canadians can, this day, give those thanks.

Photos courtesy Henry W. Mayer



Unit 39 KVA dedicated its plaque 21 Jun 1987 at the Comox Valley War Memorial in Courtenay, and re-dedicated it on Sunday 24 Jun 1990.



WERE YOU EVER AN AIR CADET?

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

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

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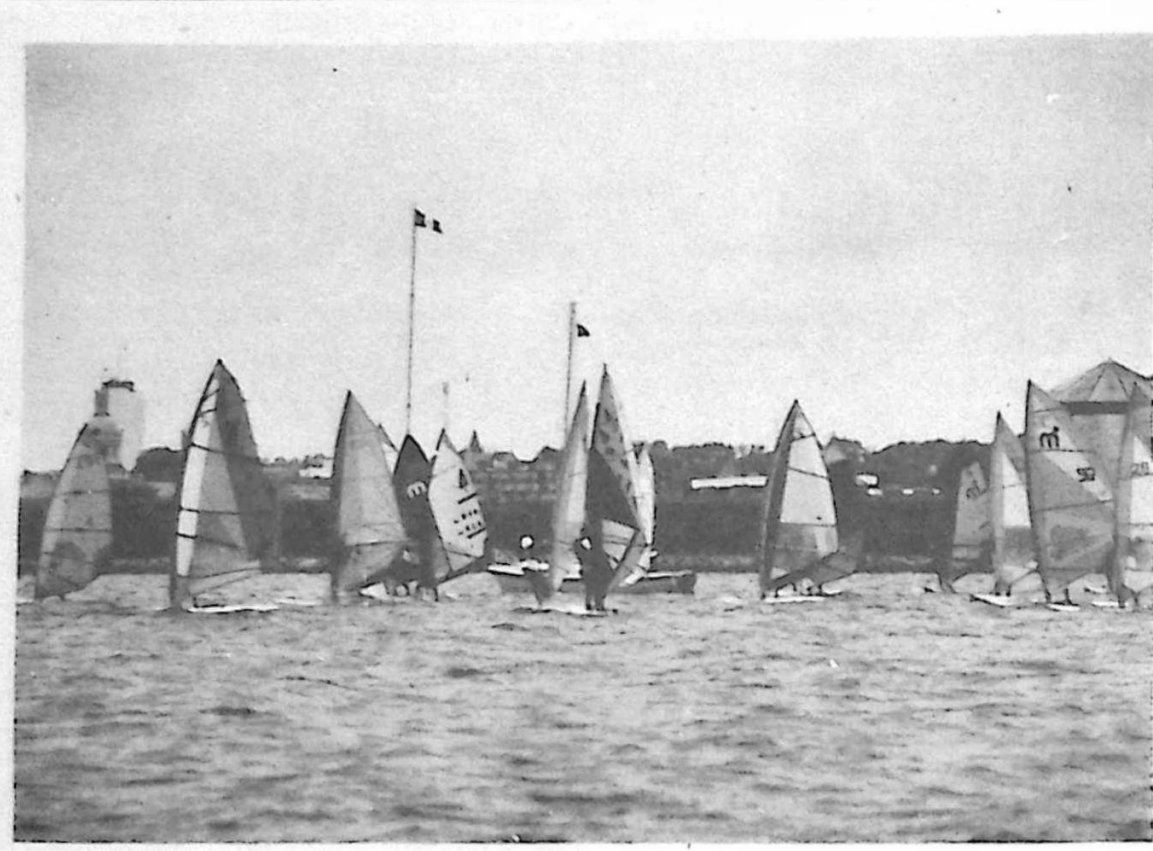
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National news



Windsurfers at the CF 1989 championships in Kingston.

Windsurfing Championships at CFB Trenton

It's spring, the temperature is rising and it's windy. Windsurfers across Canada are starting to think about hitting the waves. If you're thinking about windsurfing this summer, think about competing. CFB Trenton will be holding the Air Command Invitational Windsurfing Championships from Sep 6-9 this year and it's open to all CF members.

The championship will closely follow the Windsurfing Canadian 1990 Race Board Regatta Guidelines. The primary event will be course racing with slalom and long distance as the secondary events. There will be four racing classes, a men's lightweight (78 kg and under), men's heavyweight (75 kg and over), a

masters (age 35 and over), and a women's class.

The equipment will be limited to any production course board (no division 2 or custom). The slalom event may be sailed with any type of board. The sail size will be limited to a maximum of 7.5 square meters.

So, when you're out on the water this summer, think about Trenton 1990. Practice your racing, work on those jibes and pack some equipment. (Bring a large sail, if you can't bring your own board; we're planning on having some windsurfers available.)

If you have any questions, please call Capt Denis Gagne in Trenton at local 2400.

NATO Reservists Meet in Calgary 22 Jul

By LtCol D.A. Henderson

Twelve hundred delegates from 12 NATO countries will gather in Canada this summer for the annual Summer Congress of the Interallied Confederation of Reserve Officers (CIOR) and the associated medical confederation (CIOMR). The Congress will be held in Calgary from July 22-28, utilizing facilities at CFB Calgary as well as those of the city itself.

Attendees from all services and environments will represent their national reserve officer associations, which are similar to Canada's Conference of Defence Associations (CDA).

The delegates either attend meetings and presentations aimed at improving NATO's reserve forces, participate in a medical convention, or in the case of approximately 200 fit officers, participate in demanding military competitions including marksman shooting pistol, rifle and submachine gun, land and water obstacle courses, orienteering and military first aid.

In addition, another group of up to 60 officers will participate in a Young Reserve Officers Seminar (YROS) under the auspices of CIOR. Meeting in conjunction with CIOR and CIOMR is a group known as the National Reserve Forces Committee composed of the chiefs of the reserve forces of the 12 CIOR/CIOMR countries.

Under the guidance of the Canadian presidency, CIOR is addressing a number of topical issues this year including the internal CIOR structure, the number of commissions and their mandates, a more effective system of conveying to NATO Headquarters and appropriate national headquarters the decisions and recom-

mendations of CIOR, and the examination of areas where the reserves have a unique and effective role to play at the domestic political level.

The reservists have a great responsibility in undertaking this task. CIOR is acting as a catalyst to analyze, bring together and assist in developing programmes for national employer support groups and to continue the coordination of the CIOR activities with those of the National Reserve Forces Committee (NRFC). Two other issues being considered include demographics and the dramatic changes taking place in East-West relations and what effect they will have on the future of the reserves.

The Governor General of Canada has been invited to attend the congress and guest speakers will include the Secretary-General of NATO Manfred Woerner, International Military Staff Officer Col David Lightburn (retired), the USA chairman of the Joint Chiefs of Staff Gen Colin Powell, the Commander-in-Chief of NORAD Gen Donald Kutyna, Canada's Minister of National Defence, the Honourable Bill McKnight, and the Chief of the Defence Staff Gen John deChastelain.

CIOR is an acronym for the French 'Confederation Interalliee des Officiers de Reserve' a non-political, non-governmental, non-profit organization dedicated to cooperation among the national reserve officers' associations of NATO countries and to strengthening the basic solidarity of NATO. The main objectives of CIOR are to contribute to the strengthening of the deterrent and defence capabilities of NATO; support NATO policies and assist in

achieving its objectives; and to establish and develop international contacts among reserve officers to improve mutual knowledge and understanding.

The Confederation was formally founded in 1948 by France, Belgium and the Netherlands. The following year saw the Western allies of World War II sign into being the North Atlantic Treaty Organization (NATO).

In subsequent years the founding members of CIOR were joined by other NATO countries including Luxembourg in 1952, Denmark in 1956, Greece in 1957, the United States in 1958, Italy in 1960, the Federal Republic of Germany in 1961, Canada in 1964, Norway in 1966 and the United Kingdom in 1972. Iceland, Portugal, Spain and Turkey are not member nations as they either do not have reserve forces or they do not as yet have the prerequisite reserve officers association.

In 1976 NATO formally recognized CIOR through a military committee document which establishes points of contact for CIOR with NATO and provides for limited facilities as well as arrangements for dealing with the assignment of reserve officers to NATO Headquarters and other integrated military commands, the provision of NATO courses for reserves at NATO Defence College in Rome and the SHAPE schools at Oberammergau and Enskirchen, FRG. It also encourages the participation of reserve officers in NATO exercises and collective training.

CIOMR is the French acronym for 'Confederation Interalliee des Officiers Medicaux de Reserve' which was established in 1947 by Belgium, France and the

Netherlands as the medical confederation and now includes all CIOR member countries. The organization studies and discusses health issues including medical-military training and establishes and maintains close professional relations with members of health services of the various member countries' reserve forces. CIOR recognizes CIOMR as an associated organization and the two confederations hold their separate meetings in the same location at the same time, coming together for congress ceremonies, presentations and social activities.

The CIOR international president and secretary-general, who are selected from among member delegates, serve for two year terms and are members of the same national association. Canada currently holds these two international appointments with Maj Gen Reg Lewis serving as the president and Brig-Gen Dick Genin serving as the secretary-general. Additionally, the presidency is aided by an assistant secretary-general who is a member of the NATO national military representative's staff. Maj Al Ricketts, Canada's army staff officer in Brussels, currently fills the position.

CIOR and CIOMR meet on an annual basis alternatively in a host city among the member countries. The annual Congress runs five days usually in July or August. The host country, association is responsible for planning and administration.

An initiative was taken by CIOR in 1978 to establish the NRFC composed of the chiefs of the national reserve forces of the CIOR member countries. Chairmanship of this group is rotated every two years among the chiefs and currently Canada's Chief of Reserves

and Cadets Rear-Admiral Wally Fox-Decent holds the position. The NRFC was first assembled in 1981 and has been participating in the CIOR/CIOMR winter and summer meetings ever since. CIOR and NRFC individually study issues of mutual concern and then jointly discuss them before the winter and summer sessions conclude.

Another initiative taken by CIOR in 1986 was to establish a Young Reserve Officers Symposium during the summer congresses and at other times, usually in the spring, to discuss matters from a young reserve officer's perspective. They are given a theme proposed by the host nation and approved by the CIOR executive committee and through syndicate work develop a presentation which is made during the closing ceremonies. Canada usually sends four officers representing the three environmental commands and communications command. This summer's symposium theme is 'The Future of NATO's Reserves'.

There are over 800,000 reserve officers in the various national associations who contribute a great deal to their national and allied defence. In their home countries they are active and prominent in professional, business, industrial, academic and political fields and are in a position to exert a positive influence in defence matters throughout their social, economic and political spheres.

Canada first hosted the CIOR/CIOMR Congress in Montreal in 1980 and the competitions in St-Jean, Que. The Congress that year was a complete success and there is every reason to believe this year's event will be just as successful.

Work Force Reviewed at NDHQ

In March, the Department of National Defence engaged the firm of Ernst & Young Management Consultants to assist in the review of activities at National Defence Headquarters in Ottawa. The review is now underway and a team of over 30 consultants and an equivalent number of senior officers and officials is working closely with staff at the Headquarters under the direction of Vice-Admiral Charles Thomas, vice chief of the defence staff.

"The purpose of the review is to find a better balance between operating costs and capital expenditures," said Vice-Admiral Thomas. He explained the NDHQ must find a way to reduce its expenses, particularly those associated with personnel, and devote more of its resources to primary tasks.

All NDHQ activities are being carefully reviewed to identify those that could be eliminated without compromising DND's primary responsibilities, he added. "It's not simply a matter of reducing personnel and then redistributing the work among the remainder."

Deputy Minister Robert Fowler added that "in other words our aim is 'right sizing', not 'downsizing'."

Acquiring the Tools Although it is a considerable challenge, it is, in the words of Vice-Admiral Thomas, "one which we must take up and ensure that we make the right decisions."

The firm of Ernst & Young has extensive experience in this field, having previously helped a number of major organizations to rethink their

management practices. The results of the review process will be submitted by 01 Dec and will be discussed by the deputy minister and the chief of the defence staff with the NDHQ group principals.

"Any decisions about the future make-up of NDHQ will be made by the deputy minister and myself," said General John de Chastelain, chief of defence staff, "but only after considering all input from the managers of the department. The consulting firm merely guides the review process."

A Team Challenge Many NDHQ employees, both civilian and military, are already wondering about the impact that such a review may have on their jobs. "There is no predetermined quota for personnel reductions," reassured Mr. Fowler. "The purpose of the review is neither to undermine morale nor to achieve drastic cuts that would not take into account the individuals concerned."

Senior management acknowledged that some positions filled by members of the Regular Force and the Reserves and by civilian employees might be eliminated at NDHQ. Similarly, a number of contracts may not be renewed. However, Mr. Foler pledged that any employees affected by the outcome of the review would be treated fairly and equally. He added that any cutbacks will be achieved through attrition where possible. This method has been used in the past to reduce the work force in DND without adversely affecting working conditions or opportunities for advancement. Personnel



The Public Service 2000 project will have a profound effect on working conditions for all military and civilian personnel in DND.

It affects all of us in some way, but we don't know much about it. What is it? It is the long overdue overhaul of the largest organization in Canada - the Public Service. It will have a profound impact on the working lives of everyone within the Public Service, including those at the Department of National Defence.

The last major overhaul of

the Federal Public Service took place in the late 1960s. One of its key conclusions was that simplicity and order would be prominent features of the new system. Today, as we look around at approximately 80 occupational groups, 200 sub-groups and innumerable pay levels, it seems a startling contradiction.

However, since 1984,

National news

DEPARTMENT OF NATIONAL DEFENCE HEADQUARTERS



assistance programs will also be implemented to ensure that the anticipated changes will take place without affecting the work force unnecessarily.

"NDHQ is facing a difficult task," said Vice-Admiral Thomas. "Nevertheless, it is anticipated that this review will reduce administrative overhead at NDHQ, and that the savings generated by streamlining operations will bring new resources to key elements of Canadian national defence."

CDS AWARDS

The chief of the defence staff recently awarded commendations to 13 members of the Canadian Forces.

Five members of 413 Sqn based at CFB Summerside received commendations for their rescue of personnel from the sinking Greek ship *Katia* south of Sable Island on 24 Nov 88. They include Capt

R.G. Greenaway, Lt P.D. Fleet, Sgt R.K. Lang, MCpl K.A. Brodhagen and Cpl A.G. Bevan.

Sgt E.J. Ryan of the Mapping and Charting Establishment received the commendation for preventing a victim from choking to death on 05 Jan 89.

Leading Seaman B.L. Moore and J.R.S. Longtin of CFB Halifax received the commendation for saving the lives of occupants sleeping in a burning building in Dartmouth N.S. on 03 Aug 89.

Capt N.C. Heward of NDHQ received the commendation for his resourcefulness, flexibility, diplomacy and leadership as commanding officer of the movement control detachment in Bakhtaran, Iran from Aug to Nov 1988.

Lt K.M.J. Farley of CFB Esquimalt received the commendation for conduct and reaction while at personal risk

with 105 mm artillery shells exploding around his platoon and injuring one soldier on 29 Jul 87, while on military exercise at CFB Shilo.

Pte S.A. Peterson of 3 PP-CLI received the commendation for his decisive actions in rescuing a person from a burning vehicle along the Coquihalla Highway in British Columbia on 15 Feb 88.

Pte W.L. Simpson of the Rocky Mountain Rangers received the commendation for his prompt action preventing injury and further property damage due to a serious fire at a United Nations post in Cyprus on 24 Apr 88.

Pte K.R.K. Hanna of 3 PP-CLI received the commendation for his swift and selfless action which saved five people in Victoria, B.C. from tragedy in a smoke-filled market building on 27 Aug 87.

PS 2000 and You

significant improvements have been made to the delivery of services and to the way in which government is organized and managed. The Public Service today does more work with fewer people and at less cost than it did five years ago. Nevertheless, significant change is necessary to the way in which the Public Service is managed if it is to continue to be as effective as possible in this climate of continuing fiscal restraint.

In December of last year, Prime Minister Brian Mulroney announced an initiative entitled 'Public Service 2000' to foster a Public Service that is professional, highly qualified, non-partisan and imbued with a mission of service to the public. As well, it recognizes its employees as assets to be valued and developed and places as much authority as

possible in the hands of front-line employees and managers. It also provides scope for different organizational forms to meet differing needs, but in the context of a single Public Service.

The deadlines are extremely tight: to get some changes announced over the first few months, legislation drafted within six months, implementation of fundamental changes in machinery over the following year or two, and basic changes in attitudes and culture over the next three to five years.

Public Service 2000 began with the creation of nine task forces comprising more than 90 deputy ministers, assistant deputy ministers and senior regional officials. They have been charged with identifying problems and finding ways to make the Government's per-

sonnel management regime less complex and burdensome for managers and employees, and to reduce administrative controls so as to give managers greater freedom to manage and clear accountability for results.

Among the areas the task forces have begun to deal with are simpler accounting and procurement procedures, deregulation, flexibility in human resources management, simplification of the staffing process, more delegation of authority from central agencies to departments, development of an appropriate accountability framework, better recruitment and staff development programs, alternate means of program delivery, and incentives for employees who suggest ways to deliver programs more effectively.

continued on page 15

Military update



COLOUR ME

This is Private Porter. He works for the CFB Comox Military Police Section. He knows how important it is to wear a seat belt. He has seen many accidents in which people might not have been hurt - if they had used a seat belt.

MP-RCMP Golf & Fish Derby

On the 25 and 26 May 90, the CFB Comox Military Police Section hosted the 7th Annual Western Canada Military Police and RCMP Golf Tournament and Fishing Derby. Military participation included CFB Comox, Chilliwack, Cold Lake, Esquimalt, CFS Masset, CFMTR Nanoose, SIU Victoria, SIU Vancouver, PDSIU Victoria, Air Command Winnipeg and OSI from McChord AFB in Washington State and Travis AFB in California. Retired members showed up from Comox, Courtenay, Edmonton, Nanaimo, Port Hardy, Vancouver and Victoria. RCMP members and guests from Comox, Courtenay, Campbell River, Nanaimo, Vancouver and Victoria helped round out the field.

On the dot at 0745 hrs, Friday morning, Col Jack McGee, Base Commander, CFB Comox, hit the first explosive drive of the day to officially get things underway. A record 145 golfers toured, hacked and scrambled their way on the Glacier Greens Golf Course in a double shotgun start. For a pleasant change the weatherman came through this year and we managed to get the golf in with only a hint of rain and yes some sunshine too. Presentations were held at the Golf Club and when the scores

were tallied the Canadian Military Police Association (CMPA) trophy was awarded to team Esquimalt with a low net score of 295. The team members were Cpl Ray Tobjinsky (72), Cpl Don Kightley (74), Sgt Rick Brewster (74) and Sgt Don Dale (75). Individual awards were also presented in four other categories:

Military Police: Low Gross Winner - Pte Jason Marshall (72) from CFMTR Nanoose; runner up - Sgt Jean Marc Mathieu (86) from CFB Chilliwack; low net winner - Sgt Gary Kirkland (72) from CFB Cold Lake; runner up Col Scott Trapnell (72) from CFB Comox.

Retired MPs: Low gross winner - Ted Sauve (74) from Comox; runner up Marty Peterson (83) from Vancouver; low net winner - Cliff Jenkins (71) from Lazo; runner up Ron Holden (72) from Vancouver.

RCMP Members: Low gross winner - Cst Greg McNeivits (79) from Courtenay; runner up Cst John Beckett (80) from Campbell River; low net winner - John Thompson (72) from Campbell River; runner up Cst Kevin Stark (73) from Courtenay.

Guest Division: Low gross winner - Doug MacArthur (70) from Courtenay; runner up - Carl Cameron (76) from Cumberland, low net winner - Arnie Mathus (69) from Comox; runner up Murray Jacklin (69) from Comox.

Longest drive went to Cst Ray Turnbull from the Victoria RCMP. **Closest to the pin** went to Don Holden from Vancouver and Kyle Jones from Courtenay. **The most honest golfer** was WO Brian Veysey (160) from Air Command in Winnipeg.

SPOT III our noisy Porker was won by PO Grant Arsenaull from CFB Esquimalt.

The Air BC Trip for Two was won by Cpl Norm Merkel from CFS Massett.

The NWT 4-day Fishing Trip for Two was won by Cpl Ray Tobjinsky from CFB Esquimalt.

Results of the Fishing Derby were: Largest salmon to CWO Terry Doherty with a 6.2 kg Spring. Total weight went to EX-MP Bud Taylor of Esquimalt and largest non-salmon went to RCMP Cst John Beckett with a 1.8 Ling Cod. A total of 60 MPs, RCMP and guests entered this year's Derby.

continued on page 15

MILITARY POLICE COLOURING CONTEST

CONTEST RULES:

- Contest open to children 3-8 years old
- Children will compete in two categories: 3-5 and 6-8 years
- Entries become property of the CFB Comox Military Police Section
- Entries must be original newspaper copies
- Children may use crayons, felt pens, pencil crayons or water paint only, any other will disqualify entry
- Contest deadline 31 Jul 90
- All entries will be judged on neatness, creativity and colour
- Winners will be notified by phone

ENTRY FORM

NAME.....
 ADDRESS.....
 TOWN.....
 PHONE NUMBER.....
 AGE.....

Drop off entries at the Military Police Section by 31 Jul 90.

Big Chief Gets Big Fish



Terry Doherty's 6.2 spring salmon (devoid of any freezer burns) won the Military Police/RCMP Fishing Derby on 26 May 90.

Every Tuesday is... Baby Day!

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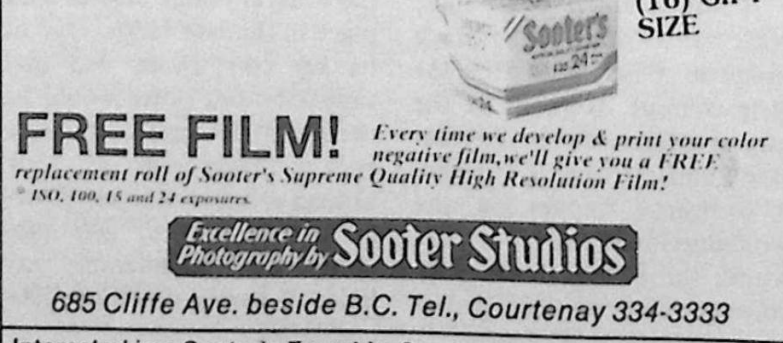
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On and off base

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PS2000

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The task forces have also identified a number of areas for further study and consultation that may require changes to laws governing the operation of the Public Service, including the *Public Service Staff Relations Act*, the *Public Service Employment Act*, and the *Financial Administration Act*. These broader questions go to the heart of the current administration and personnel practices and could have profound impact on the way managers care for their employees and manage programs. The task forces are eager to receive suggestions on these issues. There will also be consultations with the Public Service unions and opportunities for debate in Parliament once the legislation is introduced.

What does all this mean in terms of jobs? "It is not the object of this exercise to reduce either budgets or personnel," says Paul Tellier, Clerk of the Privy Council, who is responsible for the implementation of the project. "It is possible that the process of review will point to areas of overlap, duplication or inefficiency and there may as a result be economies which would be welcome. But I want to stress that it is not the aim of Public Service 2000 to downsize or otherwise reduce our

already scarce human and financial resources."

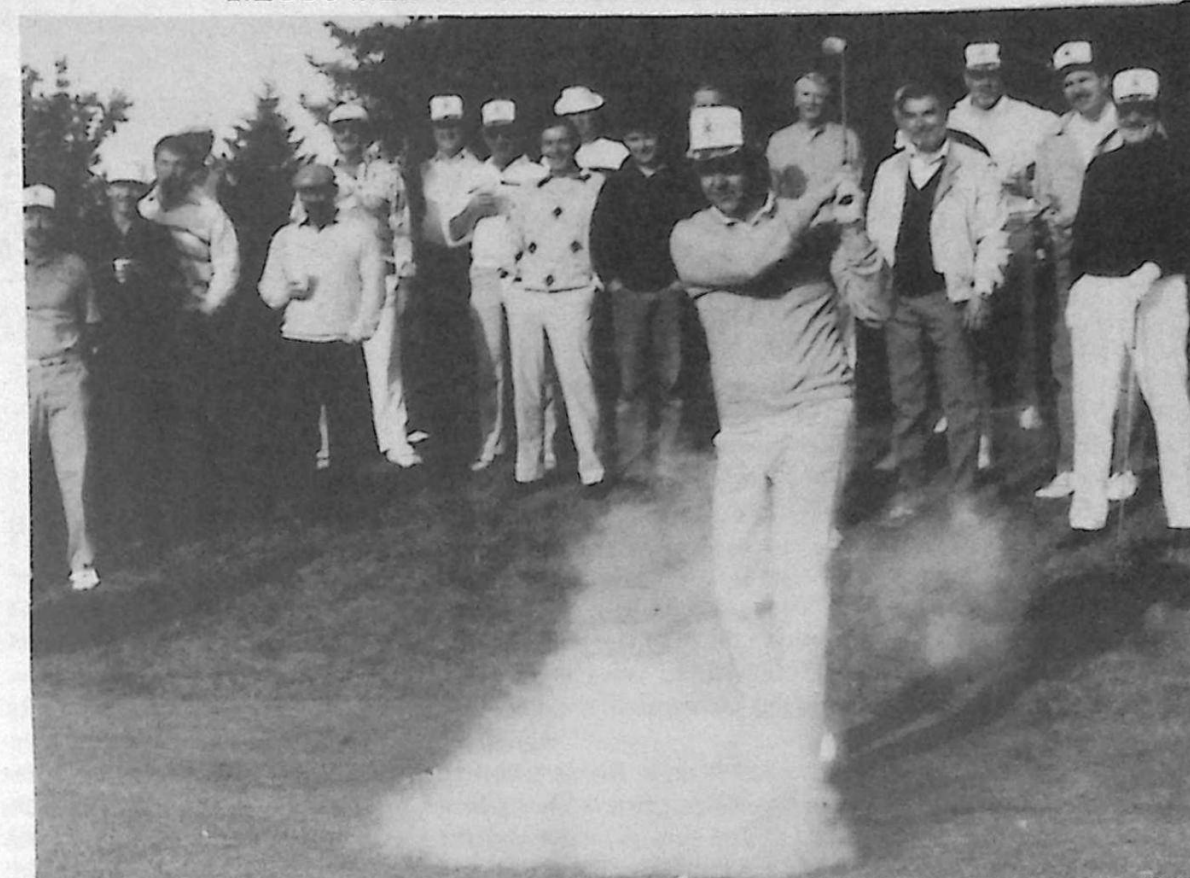
Public Service 2000 is a long awaited and highly desirable initiative and since we are being given the opportunity to become agents of change within our own areas of responsibility, we should take advantage of it.

"The challenge to each of you individually is to decide if this exercise has a reasonable chance of causing major changes," states John Edwards, Project Manager of Public Service 2000. "If you think it has, then you should rationally wish to influence the direction and content of change. If for whatever reason you decide not to, then live with the results without complaint."

For those who wish to become involved in the process of change within the Public Service, your contact within DND is Mr. Douglas Lindley, Associate Assistant Deputy Minister (Personnel), NDHQ.

"The bottom line is that this has to be a collective effort," adds Mr. Tellier. "Real change and real improvement depend on all of us. We need your support. Without it we cannot bring about the changes that will make your contributions more productive in the service of Canada and more personally satisfying for you."

More MP-RCMP Golf/Fish Derby



Base Commander, Col McGee, starts off the 7th Annual Western Canada Military Police Golf Tournament with an explosive shot on the 1st tee.

The CFB Comox Military Police Section would like to take this opportunity to thank those Military Police, RCMP members, retired members, and guests who made this year's event the biggest and most successful to date. CFB Comox will be hosting the 8th Annual Golf Tournament and Fishing Derby on 24 and 25 May 91, so plan to attend and make

it another weekend to remember.

A special thanks goes out to the Comox, Courtenay, Royston, Campbell River, Victoria, Vancouver, Nanaimo, Parksville, Qualicum Beach, Edmonton, Toronto, Hamilton, Niagara Falls, Peterborough and Montreal Merchants who contributed toward our prize table and also

to Echo Bay Mines for their sponsorship and donation of the NWT Fishing trip for two.

See you next year - SECURITAS. - Maintiens Le Droit

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FACT-13 More than 100 million children of school age (between 6 and 11) have no place to learn.

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British Columbia Best Sellers

Week Ending 17 Jun 1990

Fiction		Title	Author
1	(6)	Skinny Legs and All	Robbins
2	(3)	The outlaws of the Mesquite	L'Amour
3	(2)	Friend of My Youth	Munro
4	(-)	Dragon	Cussler
5	(-)	Public Eye	Fawcett
6	(7)	Bourne Ultimatum	Ludlum
7	(-)	Sullivan's Sting	Sanders
8	(4)	September	Pilcher
9	(-)	The Remains of the Day	Ishiguro
10	(1)	Golden Fox	Smith

Non-Fiction		Title	Author
1	(1)	A Brief History of Time	Hawking
2	(8)	David Tarrant's Pacific Gardening Guide	Tarrant
3	(4)	Towards a Just Society	Trudeau & Axworthy
4	(5)	Bradshaw on the Family	Bradshaw
5	(-)	Beyond the Moon Gate	Munro
6	(10)	A Greener Thumb	Cullen
7	(-)	109 Walks in BC's Lower Mainland	MacAree
8	(7)	Eat Well, Live Well	McDonald & Howard
9	(-)	Easy Hiking Around Vancouver	Cousins & Howard
10	(-)	Dance of Intimacy	Lerner

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Health & fitness



ASK YOUR PHARMACIST

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

Hearing is Precious

Your hearing depends on a complex system of membranes, bones, hairs, nerve fibres and fluids, any one of which may be damaged gradually or suddenly. Prevention is the key to dealing with hearing loss because most forms of ear damage are irreversible.

Before the discovery of antibiotics, the most common cause of hearing loss was bacterial infection. Today, it is the structural changes and degeneration that come with aging. Although aging itself cannot be prevented, you can certainly delay its effects on hearing if you pay attention to the daily care of your ears.

One of the major causes of gradual hearing loss is excessive noise. We hear something when the brain registers the striking of sensitive tissues by soundwaves; the stronger each impact, the more likely these tissues could be damaged. The combined effects may build up so slowly that a person is not even aware of them, but as years pass by the ears will age much faster than the rest of the body.

Sudden deafness may result from infection, not only one which originates in the ear, but also the kind which spreads from another location. Deafness can also be caused by skull fractures, various diseases or improper use of medication.

People who casually poke their ears with toothpicks, matchsticks or cotton swabs regularly contribute to statistics on deafness. Pregnant women should beware of German measles and Rh incompatibility -- problems which could endanger the hearing of the fetus.

Trying to diagnose even minor hearing problems yourself is unwise because any delay in seeking needed treatment may have terrible consequences. That 'stuffed-up ear' you may feel can be caused by anything from wax buildup or a pinched neck nerve to a serious infection.

Your hearing is priceless, so you should seek prompt advice about any problem from your doctor or pharmacist. When treatment or medication is prescribed, be sure you understand the instructions and carry them out to the letter.

The Dangers of Marijuana

Marijuana, also known as 'pot', 'grass', or 'weed', is the greenish-brown dried leaves, small stems and flowering tops of the plant Cannabis sativa. Hashish and hash oil are processed, more powerful forms of marijuana.

Marijuana is usually smoked in cigarettes called 'joints', in pipes or in water pipes called 'bongs'. The effects of the drug differ for different people, often depending on the mood they are in or their expectations of the effects.

Almost immediately after smoking the drug, most people experience a euphoric feeling, similar to being mildly drunk. Some of the more noticeable physical effects include a reddening of the eyes, a more rapid heart beat and often an increase in appetite.

Noticeable mental effects include an altered sense of time and difficulty in concentrating. Short term memory is affected. A person on marijuana may forget what happened a few minutes or even seconds after it happened. Psychomotor function is affected, delaying reaction time.

In the early 1970s, very little research was available on the biological effects of marijuana. Today there is growing scientific evidence that marijuana use may cause lower levels of male and female hormones, and a temporary loss of fertility for both men and women. Marijuana smoke can be much more harmful to the lungs than tobacco smoke. A marijuana user will inhale more deeply and hold the smoke longer in the lungs. Increased irritation and damage result.

The psychological effects of regular marijuana use are just as serious a concern as the biological effects. Studies show that regular marijuana users often experience apathy, lack of motivation and impaired judgement. The chronic user, however, is usually unaware of any change of personality.

If you find marijuana or its paraphernalia in your child's room, don't be swayed by excuses such as, "It's not mine, I'm holding it for a friend." Parents must be willing to accept the responsibility to seek help for their child.

Ask your pharmacist for help. He or she can point you towards a source of professional assistance, like your provincial or local drug and alcohol abuse authority.

info health

Dr. Bob Young



The Highly Infectious Patient

The patient has HAGS, a combination of Herpes, AIDS, Gonorrhoea, and Syphilis. Isolated in a private hospital room, the patient's diet consists of pancakes and pizza (another version says flapjacks and flounder) "because they are the only things we can slide under the door".

What about treating the highly infectious patient? How is it done? What are the risks for those providing bedside care and for others involved in handling body fluids, bed linen, and even the dirty dishes?

All hospitals have protocols for treating infections while protecting staff. And yes, the mythical patient with HAGS would have meals delivered to the bedside.

Doctors and nurses, as well as lab workers and others know that there is some risk involved in treating patients with severe infections. Most of us are happy that we were not practising 50 or 100 years ago, when the danger of 'picking up' the patient's disease was infinitely greater than it is now.

Students of medical history are aware that many physicians have died in epidemics, succumbed to a germ they were studying, or knowingly infected themselves to test the effectiveness of the vaccine they were developing.

However, medicine is one of the safer occupations, and there is probably a greater risk of being shot or stabbed by a disgruntled patient than there is of dying of his or her infection.

There have been certain individuals and groups that have resisted treating aids, for example, saying that it is too dangerous to them. There are always others, better informed about the disease, ready to take over. Very few have been infected.

When an infection does occur it is likely a bizarre event--as when a technician stumbled and sat on the needle-end of syringe full of blood just taken from a person with AIDS. Nursing TB in 1900 was considerably more dangerous than nursing AIDS today.

Our much better understanding of all infections, personal immunization, sterile and isolation techniques, and disposal of infected material is the reason why.

Poison

Murder by poison may be the mystery writer's salvation, but in medical practice toxic material has usually been accidentally swallowed by the victim. Unfortunately a large number of poison cases today involve inadvertent or deliberate overdosing with recreational drugs or alcohol.

Ingested toxic material frequently kills the patient, especially if medical treatment is delayed. Most poisoned patients will survive if they make it to hospital. If the doctor knows that the patient has been poisoned in the first place, and with what, the chances are better. Take the container to the hospital.

A poisoned patient may be unconscious, breathing poorly, and in shock. While there is usually no need to wake the patient up rapidly, it is important to maintain ventilation of the lungs and the blood pressure while attempts are made to remove or neutralize the toxin.

Intelligent and expert management is critical in poison cases. Once the patient is stabilized on a life-support system chemical manipulation of urine acidity, injection of antidotes, or dialysis or leaching the blood of toxins can begin.

New hemoperfusion methods pass the patient's blood through a column containing specially treated highly absorbent activated charcoal. The offending material clings to the charcoal; the blood returns to the body. This is a safe, but expensive, last resort.

And if I were to write a whodunit I think I'd have the killer use a dollop of...

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

Health & fitness

NUTRITION AND WEIGHT CONTROL QUIZ

BY Birgit Guderjohn, Fitness Consultant

Notice the title of this article does not contain the word 'diet'. That's because diets do not work (diets that do not provide a gradual life style change).

95 to 99 percent of all people who have lost weight, regain the lost weight, and even then some. Between 1978 and 1988, I had lost a total of 200 pounds. If all the diets and programs I'd followed worked, I'd be 20 pounds lighter than I am now.

Most of my life, I 'dieted', lost the weight, then regained that lost weight. I grew fat. Do you see yourself in that situation? Dieting makes you fat. There are so many myths about losing weight that when one wants to lose weight he/she doesn't know what to believe.

Try the following quiz and see how you do! The answers are on the following page (or if you'd like some more information call 8314).

QUIZ - True or False

1. Honey contains fewer calories than sugar.
2. If trying to lose weight, bread, pasta and potatoes should be avoided.
3. Walking one mile burns essentially the same calories as running one mile.
4. Skim milk has less fat, calories and calcium than does the whole milk.
5. No exercise can help you lose fat in specific parts of your body.
6. It is recommended to choose 'light' or 'dietic' products when restricting caloric intake.
7. Exercise must be done in specific amounts for it to aid with weight control.
8. The caloric level may be necessary to lose weight is the same for all people.

ANSWERS

1. False - Honey contains almost 40 percent more calories than granulated sugar. One tablespoon of honey contains 64 calories, compared to 46 calories per tablespoon of sugar.
2. False - These foods contain important nutrients just as the other foods from the Canada Food guide. It's the added extras, such as butter, sour cream, margarine and rich sauces that provide the extra calories (and fat).
3. True - How far you go is more important than how fast you go, so walking is ideal exercise. Of course, running will get the job done faster!
4. False - 1 Cup (245 ml) skim milk, 90 calories, trace fat, 298 mg calcium. 1 Cup (245 ml) whole milk, 160 calories, 9 grams of fat, 288 mg calcium.
5. True - Spot reduction is a myth. Your body adds and removes fat according to genetic hormonal factors. You can reduce fat in general, but you cannot dictate where it will come from.
6. False - No particular food has the ability to burn fat. A balanced diet, exercise and motivation are essential elements in a healthy weight loss program ('light' may mean, light in food colouring, salt, additives, etc.).
7. False - Any exercise can help, so do whatever you can.
8. False - There are large differences in how much weight people lose on the same diet. Some people can lose on 2,000 calories/day, while others do not lose on 1,000.

Blood Transfusions?

Nurses say quality control is the key to minimizing risks from a blood transfusion. Current methods are remarkably effective, with additional improvements close at hand. There is little reason to worry if you need a transfusion.

Every year more than one million Canadians receive blood transfusions amounting to an average of 3.5 units (pints) per person. Reactions and infections are extremely rare.

Effective screening of donors and donated blood are very important for good quality control. Donors may be unsuitable for a variety of medical reasons as well as lifestyle factors that place them at high risk of infection, most notably AIDS-virus (HIV) infection.

In Canada we are fortunate to have a tradition of voluntary rather than paid donation. This removes any financial incentive

for unsuitable donors to give blood.

Other steps are taken to screen out unsuitable donors too.

For example, some prospective donors feel pressured to donate at a blood drive with co-workers. A few may realize they are unsuitable or discover the fact when completing a screening questionnaire on arrival at the clinic. For this reason, every questionnaire has a sealed section where a donor can confidentially indicate whether the blood donation should be used or discarded.

The blood itself is screened for specific factors as well, then classified and stored for use by persons of the same type.

New developments in blood storage have also arisen as a result of public concern about blood transfusions. Some patients can now make pre-operative arrangements to

donate and store up to four units of their own blood for their own use during surgery. The service has become available through the main branch of the Red Cross in Vancouver and in some hospitals.

Long-term blood storage is currently not available, though, nor is it considered practical due to the costs, the limited storage life of frozen blood, and the difficulties of accessing the blood in an emergency because of distance or timing.

In fact, there is little reason to have concern about receiving a transfusion in an emergency or in elective surgery. Screening and research have constantly improved the quality of the community's blood supply and new developments continue. Once a transfusion is required, the risk of not getting it far outweighs the risk of getting it.

Canadian Crossword

By Rick McConnell

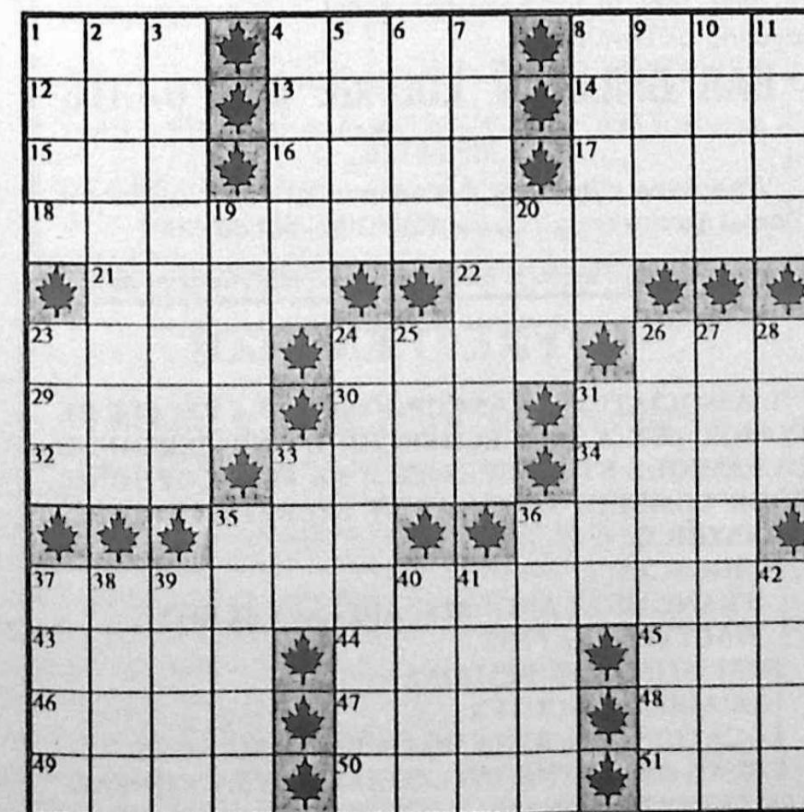
Solution on page 18

ACROSS

1. Sixth sense? (abbr.)
4. Pea containers
8. Holmes and Day of Hockey Fame
12. Diamond
13. One of the Greats
14. Lotion ingredient
15. Summer drink
16. Prophet
17. Request
18. Complete satisfaction, Nfld.
21. Spy org.
22. Bottom line
23. Informal address
24. Entice
26. Pressure unit (abbr.)
29. Sea eagle
30. Kindled
31. Overlay
32. Certain jet (abbr.)

DOWN

1. Biblical king
2. Motorcycle accessories
3. To one's liking
4. Ants and canvassers
5. Raw materials
6. Passed away
7. Tranquility
8. Addiction
9. Like a bump on
10. Famous bear from Winnipeg
11. Mailed
19. Fog frost
20. Tennis shot
23. amis
24. Heavenly
25. Goal
26. Calm
27. Disease
28. Sort
31. Coagulate
33. Tub
35. "Rider"
36. Daggars
37. Lukewarm laugh
38. Seth's son
39. Tiny particle
40. Mrs. Dithers
41. Wild celebration
42. Got ready to drive



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O.A.P. INCREASE

Vancouver - Federal Old Age Security, Guaranteed Income Supplement and Spouse's Allowance benefits will increase in July in line with the cost of living, the Minister of National Health and Welfare announced today.

The Old Age Security pension, paid to people 65 and older, will rise to \$347.93 (from \$343.13) a month.

The maximum Guaranteed Income Supplement (GIS) will increase to \$413.48 (from \$407.77) for a single person and for a married person whose spouse does not receive an Old Age Security pension or a Spouse's Allowance.

The maximum Guaranteed Income Supplement will increase to \$269.32 (from \$265.60) for each married per-

son whose spouse also receives and Old Age Security pension and for a married person whose spouse receives a Spouse's Allowance.

The maximum Spouse's Allowance--paid to low-income people between 60 and 64 who are married to GIS recipients--will increase to \$617.25 (from \$608.73).

The maximum Widowed Spouse's Allowance, paid only to low-income widowed persons aged 60 to 64 who reside in Canada and meet the basic residence requirements, will increase to \$681.44 (from \$672.04).

All of these benefits are adjusted every three months based on increases in the Consumer Price Index, Statistics Canada's measure of inflation.

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Public announcements

Chuckle

In 1972 Derek Langborne, a scientist from Upton, near Didcot, built a fire in his grate and lit it. He then popped outside to fill the coal scuttle.

When he returned, he observed that, in its enthusiasm to heat the room, one log had rolled out of the grate and set fire to the log box. He picked it up and carried it out into the garden. On the way out he brushed against a curtain covering the front door. By the time he returned, the curtain and the door were both in flames.

While telephoning Didcot Fire Brigade, he noticed that the log box, which he had deposited in the garden, had now set fire to his car.

He then put on his overcoat and approached the car with a bucket of water. In the process he tripped over a partly-filled petrol can.

Seeing that Mr. Langborne was in good form, his neighbour called the fire brigade. By the time the fire brigade arrived, Mr. Langborne himself was on fire with flames now leaping freely from his overcoat.

Chuckle

Probably the most unsuccessful film show was said to have occurred at the LaPampa Cinema in Rio de Janeiro in Nov 1974.

During a screening of *The Exorcist* the audience was entirely distracted by a rat scampering to and fro before the screen. What little attention they were paying to the film was further diminished when an usherette appeared and pursued the rat with a mop.

Since this blocked the audience's view and entirely ruined a crucial vomiting scene of religious significance, the usherette was greeted with disgruntled cries of 'Get them off.'

Misconstruing the audience's wishes, she stunned the rat with her mop and proceeded to take all her clothes off. It was while dancing naked in the projector's light that she noticed the auditorium being cleared by armed police.

Explaining her behaviour, the usherette said afterwards, 'I thought the audience was calling for me. I was as surprised as anyone.'

Solution

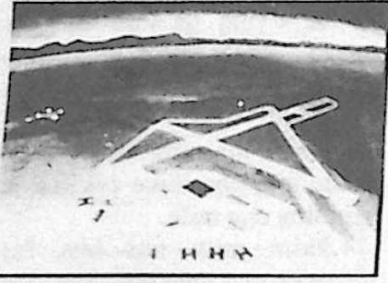
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L	I	L	R	R	I	E	A	L	O			
A	D	E	S	E	R	R	O	O	N			
H	E	A	R	T	S	D	E	L	I	G	H	T
C	S	I	S	N	R	T						
M	A	A	M	R	A	I	T	P	S	I		
B	R	N	E	T	I	T	C	E	I			
S	S	T	V	I	M	I	T	A	C	K		
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A	S	M	E	L	A	I	S	L	I	S		

Military Police Investigations

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, V0R 2K0.

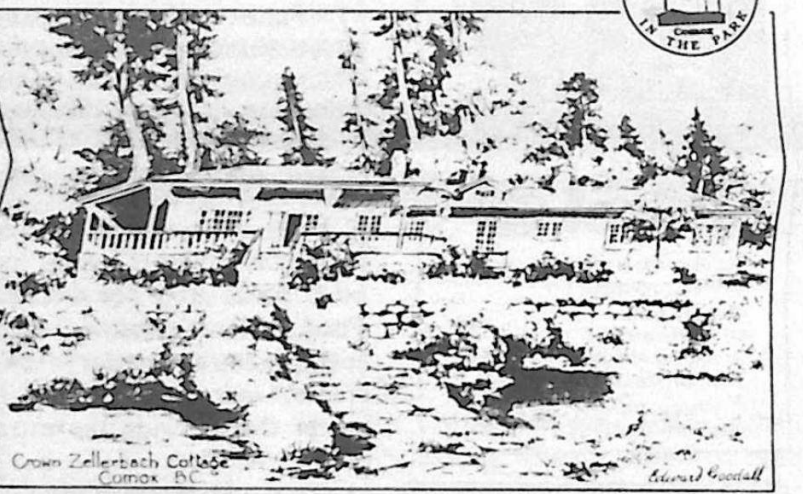


COMOX AIR FORCE MUSEUM AND GIFT SHOP

Experience our military West Coast aviation heritage—from Canada's first flight, the Silver Dart, to the modern jet age, the Comox Air Force Museum's exhibits reflect the heritage, customs and traditions of Canada's air forces by focusing on the history of CFB Comox.

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Visions of Paradise...



For a peaceful retreat with family or visitors on the holiday weekend wander through the Filberg park, have a picnic lunch or eat at their restaurant, and look at 'Visions of Paradise' from around the world at the art show of the 'Hospice in the Park' artists in the lodge.

The visions of paradise, earthly and elsewhere from around the world will be on view at the Filberg Park and Lodge this holiday weekend 29 Jun - 02 Jul from Friday through Monday from 11 a.m. to 5 p.m. It is in aid of the 'Hospice in the Park's' committee which is working to create a hospice, save a park, at the top of Comox hill.

HAPPY BIRTHDAY CARIBOO COLLEGE

CARIBOO COLLEGE kicks off CELEBRATION '90, marking 20 years of service, with a HOMECOMING WEEKEND AUGUST 24, 25, AND 26

If you're a former student or staff member plan to visit the Kamloops Campus and join the fun. Activities will include a Bar-B-Q, dance, department sponsored events, music and entertainment. It's a family affair!

For more information or to let us know you're coming, CALL ARLEE at 1-800-663-2955

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POETRY CONTEST

Canadians are urged to enter the American Poetry Association's contest. The deadline is 30 Jun. Entry is free, and everyone is welcome to enter.

The Grand Prize is \$1,000 and the First Prize \$500. There are 152 prizes worth \$11,000 in all.

"Sixteen Canadians won prizes in our recent contests, so I urge every Canadian who writes poetry to enter now," said Robert Nelson, publisher for the association. "New and undiscovered poets are the ones we look for. You do not have to be a professional poet to win."

Poets may send one original poem, no more than 20 lines, name and address on the top of the page, to American Poetry Association, Dept. CO-60, 250-A Potrero St., P.O. Box 1803, Santa Cruz, CA 95061, USA. Poems postmarked by 30 Jun are eligible to win. A new contest opens 01 Jul.

Totem Inn

THIS IS THE FINAL WEEK FOR THE JUNIOR RANKS FISHING DERBY. CLOSING DATE IS 2ND JULY. SIGN UP WITH MCPL MORRISON OR AT THE MESS OFFICE DURING NORMAL WORKING HOURS. PRIZES WILL BE PRESENTED ON THE 13TH JULY IN THE EVENING. PLACE HAS NOT BEEN DECIDED. IT WILL BE EITHER THE MESS OR AT AIRFORCE BEACH. KEEP YOUR EARS OPEN FOR MORE DETAILS. MORE PRIZES ARE ON DISPLAY IN THE SHOWCASE AT THE JUNIOR RANKS.

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"Cooking for a Crowd"

This tasty recipe is especially good in summer time as you cook outdoors. Begin now and you will have a hearty meal for the next long weekend.

Place pieces in large pot in water. Cook over open firepit 2 weeks minimum. Simmer, stirring frequently to prevent sticking or burning on the bottom. Add salt & pepper. Stir well to dissolve.

This recipe will serve 3,800 but should more people show up add the 2 rabbits.

Be certain you really need the extra meat though, as most people do not like finding 'hare' in their food.

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

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

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

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

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker
CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88
OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP — Each Sunday at 1100 hrs.
HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL — 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.

Leisure

continued from page 2

More Reviews

Macmillan, Canada, Suite 200, 1200 Eglinton Ave., E., Don Mills, Ont., M3C 3N1. \$27.95

Essentially a 'breed book', *The New Chihuahua* contains everything expected to be in a good breed book, and more.

The text is illustrated by over 150 photographs, and quite a number of drawings and sketches done by the author, herself, who is an accomplished artist and portrait painter. The history of the Chihuahua breed is expertly covered, starting with its origin in Mexico. There is also a chapter on the modern Chihuahua in the United States, followed by one on other countries, including Canada. The differences in the Canadian and American standards are pointed out. A very important section for those showing dogs in both countries.

The author has bred and shown Chihuahuas for over thirty years. She has also been an American Kennel Club certified judge for the toy group and other breeds for many years.

Anyone with an interest in Chihuahuas can get a lot of good information out of this book. In fact, they can find out everything they need to know, and should know, right here. It is just out, and if you can't find it in bookstores or pet shops, then ask them to order it for you from the publishers.

DO YOUR PART

Please put yukkies in their place

Dwayne Promoted



Capt Dwayne Kerr, formerly from Comox, was recently presented with his new rank by Col G.E. George, Cmdr of 22 Radar Control Wing. Capt Kerr is an Air Weapons Controller in North Bay, Ont.

OFFICERS' MESS

JULY 1990

FRIDAYS 06, 20 & 27 JULY

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

WEDNESDAYS 4, 11, 18 & 25 JULY

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 13 JULY NO UTENSILS NIGHT

'HAND' Food:
-Pork Ribs- -Chicken Legs--Beef Ribs--Potatoes--Salads.

Time 1900 for 1930 hrs.

Reservations by 11 July.

Cost per Dress Casual.
-members \$3. Limited Associates & Guests \$4.

Music by DJ.

Coming Events
Aug 3 - Airshow/Monster TGIF

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Beside B.C. Tel.
Courtenay 334-3333

Recreation

Glacier Ladies



With the cooperation of Mother Nature, Glacier Greens ladies held their 18th annual Ladies Invitational Golf Tournament on Sunday, Jun 17. Faye Dehoy of Storey Creek captured the field low gross with a score of 82. Esther Dods of March Meadows won the field low net with a score of 65.

A Flight:

- 1st L.G. Eileen Milson
- 1st L.N. Francis Shaw
- 2nd L.G. Karen Todoruk
- 2nd L.N. Edith Holt
- 3rd L.G. Terri Sleigh
- 3rd L.N. Carolyn Walker
- 4th L.G. Dianne Anderson
- 4th L.N. Linda O'Bone
- 5th L.G. Carol Strachan
- 5th L.N. Kay Witzel
- 6th L.G. Jessie Trto
- 6th L.N. Inge McArthur

B Flight:

- 1st L.G. Alice Reist
- 1st L.N. Judy Fellbaum
- 2nd L.G. June Gillrie
- 2nd L.N. Anne Patterson

C Flight:

- 1st L.G. Rose Jacobson
- 1st L.N. Rejeanne Arsenault
- 2nd L.G. Mary Hunter
- 2nd L.N. Martha Campbell
- 3rd L.G. Marg Wreggitt
- 3rd L.N. Rose McCleish
- 4th L.G. Joan Hamilton
- 4th L.N. Eileen McLeary
- 5th L.G. Vi Wilander
- 5th L.N. Karen McDowell
- 6th L.G. Gail Fennel
- 6th L.N. Verle Lafferty

Longest Drive:

- 0-22 Dianne Anderson 192.2
- 23-35 Judy Fellbaum 162.1
- K.P. 7/16 Karen Salminen
- K.P.2/11 Faye Dehoy
- Low Net Team: Kay Witzel, Martha Campbell, Alice Reist, June Gillrie

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Weight Training
Interval Training
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WO & Sgt's Ladies Club

Our annual wind-up dinner was held on 11 Jun at Columbo's. The food and service were excellent as usual. Eight of our members received their spoons as they are either transferred, retiring or their husband has been promoted.

Transferred are Elly Clark to Edmonton, Sandy McLean to Portage, Kim Rochester to Trenton, and Lorraine Barner to Kingston. Retirees are Ruth Graham and Jan Hogan.

Promoted are the husbands of Donna MacIsaac and Barb Weed. Best wishes to all of you.

On behalf of the executive, thank you to all those who supported the club this past year. Meetings will resume in Sept; the second Monday of every month.

Have a great summer everybody! Hope you have a chance to get out and enjoy this beautiful Comox Valley and Vancouver Island.

Volksmarching

This walk is sponsored by the Chamber of Commerce and the Comox Glacier Wanderers. People are invited to come and do a 10 k walk through Courtenay. It is suitable for strollers and wheel chairs. Bring a friend.

This walk may be walked for Volkspost Medals if you wish, but every participant will receive a pin from the Chamber of Commerce. The walk will begin in Lewis Park, starting time at 0900-1200 hrs. For more information phone: 339-3982

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<h3>BUILDING SUPPLIES</h3> <p>FREE booklet. Concrete or wood for your basement? Before you decide call the facts. Call FOUNDATION FOCUS 1-800-663-7774, 8:30 a.m. - 4:30 p.m. PDT, M-F.</p>	<h3>BUSINESS OPPORTUNITIES</h3> <p>START YOUR own import/export business, even part time. No money or experience. Since 1946. Free brochure: Wade World Trade, c/o Cdn. Small Business Inst., Dept. W1, 1140 Belsmyr Rd., N. #1, Scarborough, Ontario, M1H 1H4.</p>	<h3>FOR SALE MISC</h3> <p>Lighting fixtures. Western Canada's largest display. Wholesale and retail. Free catalogue available. Norburn Lighting Centre, 4600 East Hastings St., Burnaby, B.C., V5C 2K5. Phone: (604)299-0666.</p>	<h3>HELP WANTED</h3> <p>Train to manage an Apartment/Condominium complex. The government licensed homestay certification includes free placement assistance. Free brochure: (604)881-5456. Or: FRUIT, 1120-785 W. Pender, Vancouver, B.C., V6C 1H2.</p>
<h3>BUSINESS OPPORTUNITIES</h3> <p>Family business, 3 car fleet Taxi Service and all related equipment including all licenses. The only taxi service in 100 Mile House. Asking \$90,000. Will take \$60,000 DOWN and owner will carry balance. 1-956-2727.</p>	<h3>BUSINESS PERSONALS</h3> <p>Be your own Boss. Start your own mail order business at home. Free details write to: Ryes, Dept. 101, 20799 Lakeshore Road, Baie d'Urfe, Quebec, H9X 1S1.</p>	<h3>HEALTH</h3> <p>VITAMIN DISCOUNTS. Since 1973, offering high quality-lowest prices on Vitamins, Minerals, Herbs, Body Building and Weight Loss, Supplements, Hair Treatment, Skin Care and More. FREE CATALOGUE. Write: VITAMIN DISCOUNTS, Dept. BC15, 260 S.W. Marine Drive, Vancouver, B.C., V5X 2R5. 1-800-663-0747. In Vancouver, 321-7000.</p>	<h3>HELP WANTED</h3> <p>Overseas positions. Hundreds of top-paying positions. All occupations. Attractive benefits. Free details: Overseas Employment Service, Dept. CA, Box 460, Mount Royal, Quebec, H3P 3C7.</p>
<h3>FOR SALE</h3> <p>Vitamin & health food store in Kamloops, B.C. Easily run, profitable business. Low overheads. \$65,000 including stock, fixtures, client list. 828-2607.</p>	<h3>WANT A NEW CAREER?</h3> <p>Koolina Stone Masonry Training Institution is offering a comprehensive 3-month course on STONE MASONRY AND SMALL BUSINESS (by correspondence and practical training). Box 486, Salmo, B.C., V0G 1Z0. (604)357-9515; Also small house for sale \$25,000.</p>	<h3>HOUSEWIVES</h3> <p>Mothers and interested persons needed immediately to sell toys and gifts for National Home Party Plan. No investment, deliveries, or money collection. Call (519)258-7905.</p>	<h3>PERSONALS</h3> <p>Birth Mother wishes contact with daughter, Born June 27, 1962 at Whitehouse, named Elizabeth. Reply Cara (604)277-8255 or collect (604)526-1410.</p>
<h3>48% PROFIT.</h3> <p>The amazing SILVER SAVER cleans gold, silver, jewellery etc. Safely, no polishing, odorless, lasts a lifetime. Demonstrated at major cantors across Canada. Every home needs one. Send for details. Box 724, Slin "E", Victoria, V8W 2P9.</p>	<h3>WOUBURN - INTERNATIONAL ACADEMY OF BRITISH COLUMBIA</h3> <p>342 WATER STREET, VANCOUVER, B.C., V6B 1B6. Woburn is a fully accredited private High School in its 6th year. The school offers grades 6-12 with small class sizes, 10/1 ratio. The school also offers the Baccalaureate programme to qualify students. Our downtown campus is in a beautiful heritage building conveniently located to enable students to take advantage of the many recreational and cultural facilities located nearby. Summer school is available to assist students to upgrade in preparation for the Fall programme. Telephone: Admissions Office, (604)683-3563.</p>	<h3>OFFICE MANAGER</h3> <p>Bookkeeper wanted for Jasper Booster and Valemount Valley Sentinel. Position based in Jasper. Send resume and salary expectation to Jasper Booster, Box 940, Jasper, AB, T0E 1E0.</p>	<h3>REAL ESTATE</h3> <p>Kamloops and Area Properties. Write for information or Buyer's guide to: Inland Realty, 322 Seymour St., Kamloops, B.C., V2C 2G2. Attn: Property Coordinator. Phone: (604)374-3022.</p>
<h3>FRUITVALE, B.C.</h3> <p>In the beautiful Kootenays established wood working business - shop and show rooms - 3,600 sq.ft. Ideal for any business. Owner wishes to retire. (604)367-9633.</p>	<h3>FREE: 1990 guide to study-at-home correspondence. Diploma courses for prestigious careers: Accounting, Air Conditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (5A) 263 Adelaide West, Toronto, 1-800-950-1972. </h3>	<h3>EDITOR-REPORTER</h3> <p>wanted for weekly in Valemount, B.C. Editing experience preferred. Send resume and salary expectation to Jasper Booster, Box 940, Jasper, AB, T0E 1E0.</p>	<h3>RELAX COUNTRY LIVING</h3> <p>1.5, 10 acre lots. Water, hydro, telephone, river view and river front. 30 miles west of Kamloops. Call collect: (604)373-2282.</p>
<h3>Lucrative family business.</h3> <p>Service store, Post Office, Convenience Station, gas pumps, 3 bedroom house, fireplace. Barn, chicken coop, small acreage. Slovan Valley. 1-(604)359-7868.</p>	<h3>Learn installation, repair and maintenance of computer controlled HVAC systems.</h3> <p>Graduates of the 14-month Automated Systems Technology program are in high demand. Education begins September 4th. Contact Sekirk College, 2001 Silver King Rd., Nelson, B.C., V1L 1C8. (604)352-6601.</p>	<h3>Journeyman Glazier</h3> <p>in small B.C. interior town. For further information please call (604)398-5588.</p>	<h3>CUT YOUR MORTGAGE</h3> <p>interest rate by one-third. No refinancing, borrowing, or appraisal. Show others the simple secret, enjoy excellent business opportunities. Write Mortgage Minder System, Dept. 5, 32-BA, 810 Broadway, Vancouver, V5Z 4C9.</p>
<h3>TEACH ENGLISH IN JAPAN.</h3> <p>Latest addresses, information. Useful, practical techniques, tips to find that good job. We want to help you make that "Japanese Connection." Send S.A.S.E. to Tobias Information Services Ltd., P.O. Box 40011, 27-910 Government, Victoria, V8W 3N3.</p>	<h3>NORITAKE CHINA SALE!</h3> <p>Terrific discount on CURRENT patterns. Delivered well-packed, insured. Specify your Noritake pattern! For price list, shipping details, call Alexander's, "The Noritake Experts," Toronto, toll-free 1-800-263-5896 EDT. Clip and save.</p>	<h3>Well experienced Class 1 truck driver</h3> <p>and working combination required. Minimum 10-15 years experience. 1-580-0251 or 1-800-663-6406.</p>	<h3>Major ICB and injury claims.</h3> <p>Joel A. Wener, trial lawyer for 21 years. Call collect, (604)736-5500, Vancouver. If no recovery, no fee. No Yukon enquiries.</p>
<h3>BLANKET CLASSIFIEDS</h3> <p>an advertising "Best Buy"</p>			

Help Spread The Word: LITERACY

FACT-20 One out of two Brazilians has less than three years of primary schooling.

FACT-21 Without literacy, controlling disease and population, using and maintaining complex machinery, staffing schools and government as well as democratic government become almost impossible.

To donate, or for more information contact:
The CODE Literacy Foundation
321 Chapel St. Ottawa,
Ontario K1N 7Z2
(613) 232-3569



LEGION LOG

BRANCH 17 COURTENAY
ENTERTAINMENT

Fri 29 Jun Music by Westwind
Sat 30 Jun Music by Lori Baker
Fri&Sat 06&07 Jul Music by Midnight Girls
Fri& Sat 13&14 Jul Music by El Durado

REGULAR ACTIVITIES
BINGOS—Thu, Fri, Sun at 7:00 PM

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

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NOW OPEN SUNDAYS.....12—7 PM

EVENTS
SUN 15 JUL Steak BBQ

SPORTS
SUN 08 JUL Crib-Euchre-Bridge-Pool-Darts (Branch 17 vs Branch 160)
SUN 15 JUL Fun Golf Longlands 10:30 a.m.

BRANCH 160 COMOX
ENTERTAINMENT

Fri 29 Jun Music by Alleycats
Fri 06 Jul Music by Westwind
Fri 13 Jul T.B.A.
Fri 20 Jul Music by Highway 19
Fri 27 Jul Music by Lori Baker Band

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.
Upper Hall, 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo
C.V. Crib League, recessed to Sept 05

THURSDAYS.....*1st Branch Exec.Mtg. 10 a.m.
L.A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
*3rd Branch Gen.Mtg. Recessed Jul&Aug

FRIDAYS.....Meat Draws, 2-6 pm
Dance, Lounge, unless advised

SATURDAYS.....Meat Draws, Lounge 2-6 pm

UPCOMING EVENTS
SUN 08&22 JUL
Comox Br.160 and Courtenay Br.17 will hold legion days of sports., for an inter-branch Challenge Trophy. To be held at Courtenay Legion on 08 Jul, and at Comox Legion on 22 Jul. Both will start at 1 p.m. Requirements for both branches is five teams of 4 (2 ladies and 2 men on each team). Each team will be entered in one of five sports - POOL,DARTS,CRIB,EUCHRE & BRIDGE. No entry fee. Members only from each branch incl. L.A. entries from Comox Legion on poster in lounge at Comox. Entries from Courtenay Legion in Courtenay lounge. Both before 07 Jul.

SUN 12 AUG - COMOX LEGION ANNUAL GOLF TOURNAMENT AT COMOX GOLF CLUB 1 P.M. TEE OFF. Shot-gun start. Entry fee \$15. Comox Legion members, L.A. & bonafide guests. Entries at Comox Legion lounge prior to midnight 12 Aug. Post entries accepted to 12 noon at Comox Golf Club.

SUN 26 AUG - COMOX LEGION'S 'HANK WARDALE-KING MEMORIAL' PICNIC. Airforce Beach at 1 p.m. Comox Legion & L.A. members and their bonafide guests only.

Leisure

MUSEUM 'ABLAZE' WITH HISTORY



KCTS/9 celebrates Canada Day, Sunday 01 Jul with beautiful and informative programming dedicated to Canadian viewers.

As a regional broadcaster, KCTS/9 recognizes its many viewers in British Columbia and continues its commitment to serve the community through quality television. At 11 a.m., on Sunday 01 Jul, Channel 9 airs Which Way to Carnegie Hall? This entertaining program profiles a group of gifted musicians from Vancouver, aged 7 to 16, who make great sacrifices to become masters of their art. (The program is rebroadcast Thursday, 05 Jul, at 4 a.m.)

Then, at noon, the intriguing local documentary, Hall the Conquering Hero, echoes from the FOCUS B.C. series. This program describes the exciting history of an 1887 Canadian Pacific Railways steam engine, which pulled the first transcontinental passenger train into Vancouver binding B.C. to the rest of Canada. (The program is rebroadcast Tuesday, 03 Jul, at 3:30 a.m.)

And, at 8 p.m., KCTS/9 pays tribute to Canada Day by airing the much requested episode from the Nature series, Haida Gwaii-Islands of the People. The Haida Indians of British Columbia are the subject of this magnificent program, which travels to the beautiful Queen Charlotte Islands where carvings and nature dominate the Haida culture. (The program repeats Wednesday, 04 Jul, at 4 a.m. and Saturday, 07 Jul, at 7 p.m.)

For further information, please contact our Vancouver office at 604/291-5101.

Help Spread The Word: LITERACY

FACT-15 If current trends continue, 912 million people (a quarter of the world's population) will be illiterate by the year 2000.

To donate, or for more information contact:
The CODE Literacy Foundation
321 Chapel St. Ottawa,
Ontario K1N 7Z2
(613) 232-3569



CLOVERDALE - Blaze, the B.C. Transportation Museum's new tour guide and mascot, is serious about his job. Recently appointed Vice President of Guest Relations, the three-month-old Dalmatian's first job is to invite all British Columbians to visit him in Cloverdale to relive our province's "moving" history.

In addition to an extensive collection of vintage automobiles, the Museum boasts one of the finest displays of fire trucks in North America.

MUSEUM OPENS GATES TO THE PAST

Chuckle

In the late 1900s a teacher in London was enamoured of a well-to-do young woman called Gwendolin who lived in Sussex. One weekend he went to the family's ancestral home at New Lewes, to ask her to marry him. On his first night he woke at three a.m. wanting a glass of water. Feeling his way to the basin in the dark he knocked something over. Next morning he awoke to find that he had split ink over the priceless fourteenth century tapestry which was the pride and joy of Gwendolin's mother. He left immediately without seeing her beloved.

After the fuss had died down he returned to make another attempt. In order to minimize the chances of disaster he decided to call in for just half an hour in the afternoon. He asked Gwendolin's mother if he might speak to her daughter. While she was out of the room he sat down on what he took to be a cushion. It was however the family Pekinese, which did not survive the experience. He left again without seeing her. They both married other people.

On and off base

Canada Post Promotes Literacy

OTTAWA--Can you imagine not being able to read a newspaper, complete a job application, or understand the instructions on a prescription bottle? For millions of Canadians, illiteracy is an obstacle they confront over and over again, every day of their lives.

A recent study by Southam News estimated that 24% of Canadians are functionally illiterate.

"As a corporation whose business depends on the written word, and as a concerned corporate citizen, Canada Post recognizes the high costs to individuals and to society as a result of illiteracy and is actively working to build awareness of the problem," says John Ferguson, Corporate Manager of Communications for Canada Post Corporation.

With 1990 proclaimed International Literacy Year by the United Nations, the corporation has developed several new literacy initiatives to complement existing programs such

as the Santa Letter-Writing Program and National Letter-Writing Competition.

In September, Canada Post will issue a special postage stamp commemorating 1990 as International Literacy Year. The central element of the stamp -- a typographical bird composed of graphic and numeric symbols -- will be given to literacy groups as an emblem of this country's participation in the campaign against illiteracy. A limited number of lithograph reproductions of the literacy symbol are being donated to literacy organizations and may be sold by these groups to raise funds for literacy projects.

The corporation is also setting up a 1-800 line to inform people about International Literacy Year events organized by various literacy organizations. The service is similar to an electronic 'bulletin board' of literacy events operated by the United Nations and accessible via computer modem. The Canada

Post service has been set up for people who don't have home computers but would like to know about Literacy Year events. The telephone number for Canada Post's literacy events line is 1-800-361-4518.

In addition to providing direct financial support to a number of Canadian literacy organizations such as Frontier College, the Movement for Canadian Literacy, and Le Regroupement des groupes populaires en alphabétisation du Québec, the corporation is a member of the Canadian Business Task Force on Literacy and the United Nations Action Committee on Literacy.

Canada Post is also a major corporate sponsor of a special literacy conference organized by the Atlantic Provinces Economic Council. The conference is to be held in St. John's, Newfoundland this year. The corporation has also sponsored and participated in several special literacy forums organized by Public Policy Forum, a non-profit

organization of leaders from the public and private sectors.

Canada Post is providing its services as an official carrier for a special literacy project called The Book Voyage. The project consists of a series of books which will travel via Priority Courier to literacy centres across Canada. Newly literate people at each location will add a message to the book in the form of a story, poem, or song, before sending it off to the next stop.

Other literacy projects include a workplace publicity program designed to raise awareness among Canada Post employees of the problem of illiteracy, and to match employees requiring literacy skills upgrading with the appropriate agencies. The corporation is also studying the feasibility of creating a peer tutoring literacy program for employees.

The corporation's existing literacy initiatives, like the Santa Letter-Writing Program and National Letter-Writing

On and off base

Bluenose - The Saga

Nova Scotia's Bluenose - a Canadian legend of the high seas, a symbol of pride and heritage, a fixture on the Canadian dime for generations.

But how many know the true story of the Bluenose? How many races did she really win? Did she ever lose? And where is the famous trophy -- the International Fisherman's Trophy -- for which she raced so valiantly more than half a century ago?

The Bluenose saga goes back to the early part of this century when two-masted, wooden schooners were being built and sent to the Grand Banks on summer-long fishing forays, a time when men earned their pay from toil and sweat, and when sporting events were serious challenges to honour, country and manhood.

While fishing captains from Lunenburg and New England would often race back from the Newfoundland fishing grounds for pride and profit (the first fish landed often got top dollar), there were no organized schooner races until 1920 when the Delewana from Canada and Esperanto from the United States squared off in late October of the year for a prize trophy donated by the publisher of the Halifax Herald newspaper.

The American boat won in two heats, claiming the International Fisherman's Trophy and bragging rights around the fishing ports of the North Atlantic. It was the last time the trophy would grace American soil.

By the summer of 1921, the Canadians had a new ship -- a sleek, black-hulled beauty, 143 feet long, with more than 10,000 square feet of sail -- captained by Lunenburg skipper Angus Walters.

That summer Bluenose bested a host of challengers to win the Canadian right to compete for the International Fisherman's Trophy. In October, she beat the American, Elsie in three close heats. The next year at the Third International Series, Bluenose handily beat the Henry Ford from Gloucester.

The fourth international series in 1923, the first of three celebrated matches between captains Angus Walters and Ben Pine, ended in controversy. Although Bluenose had the best times in the first two heats, Walters, in a fit of anger, sailed for home following a ruling that his ship had passed a buoy on the wrong side thus for-

feiting the match to Pine's ship Columbia. The series was ruled NO CONTEST and the Fisherman's trophy stayed in Lunenburg.

It wasn't until 8 years later, in 1931, that Bluenose raced again for the International Fisherman's Trophy. Again, Ben Pine captained the American vessel, the Columbia. Again, he lost to Walters and Bluenose.

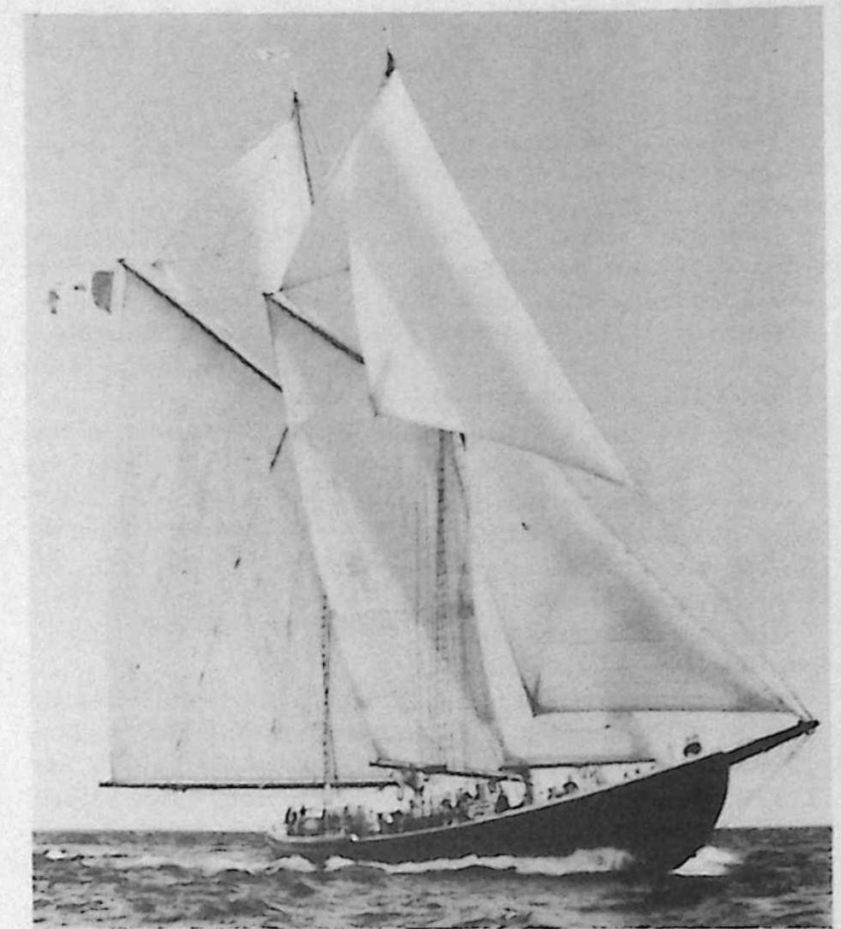
The sixth and final international series was held in 1938, 'the last hook' the old-timers call it, perhaps the finest series of races between ocean-going fishing schooners ever staged.

By now Bluenose was an aging veteran of the high seas -- 17 years from launch date, while the Thebaud, captained by Pine, was half that age.

Bluenose, however, would not be denied, and in five close heats took three of five to once again claim the precious trophy and the right to the title: 'Queen of the North Atlantic'.

Her racing days over, Bluenose was sold to a West Indies trading company in 1942. She was lost off Haiti in a January storm in 1946.

In only five racing matches, Bluenose earned her reputation as the fastest schooner of the fleet, a symbol of Maritime



MV Bluenose

sailing skill and achievement, and forever a national symbol of pride, courage and accomplishment.

But did she ever lose? Only once. In 1930, Ben Pine and the Gertrud L. Thebaud beat the Bluenose in two heats for the Sir Thomas Lipton trophy, a one-time event sponsored by the British tea magnate.

And who has the celebrated International Fisherman's Trophy? It's the property of Wayne Walters, grandson of Captain Angus, and can be seen today at Magnolia's Grill, at 128 Montague Street, Lunenburg, just up the hill from the Lunenburg waterfront where Bluenose basked in fame and glory following her daring races so many years ago.

SERVICE DIRECTORY

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On and off base

145M Profit for Canada Post

Ottawa - Canada Post Corporation today announced a profit of \$149 million for the past fiscal year, the second consecutive year of profitability for the Crown Corporation.

The Corporation also announced a first-ever \$60 million dividend payment to the Government of Canada.

The figures were released in the Corporation's 1989/90 Annual Report tabled today in the House of Commons. The 1990/91-1994/95 five-year Corporate Plan was also made public.

President Donald Lander, commenting on a decade of positive change since the Crown Corporation was established in 1981, said volumes and revenues continued to increase during the past year.

"We have continued to improve customer service resulting in significant increases in volumes and a strong financial performance," Lander said.

Revenue from postal operations for the year was \$3.58 billion, up \$170 million from the previous fiscal year while mail volumes were 9.1 billion pieces, up 800 million pieces from 1988/89.

Profit from postal operations was \$107 million, up from \$98 million the previous year. Other income net of other expenses contributed a further \$42 million to net income.

Lander also recognized the contribution of employees to the 1989/90 results, "especially their ability to adapt to rapid changes in technology, operations and procedures to

ensure that our service is competitive. Postal employees are meeting these challenges with a dedication that has been, and will continue to be, integral to our future success," he said.

For the second year, Ernst & Young (formerly Clarkson Gordon), an independent auditing firm, measured the Corporation's delivery performance. It reported that in the last quarter of the fiscal year, 97 percent of on-time delivery had been achieved. This was an improvement of two percentage points over the same period last year.

During the fiscal year 1989/90, Canada Post Corporation self-funded a \$490 million investment program in fixed assets, improved management systems and product development.

Editor's comment: "When can we expect cheaper stamps?"

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NEW RELEASES THIS WEEK:

*Steel Magnolias . My Left Foot .
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NEXT DEADLINE, 9 JUL 1990



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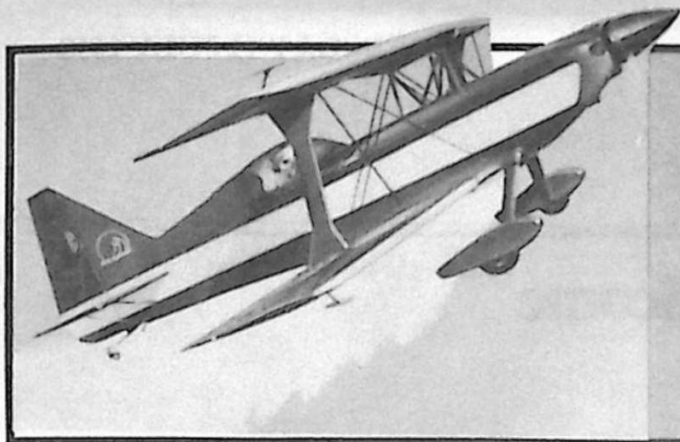
WED 27 JUN to SAT 30 JUN

'WILD

COUNTRY'

WED 4 JUL to SAT 7 JUL

'SADDLE SOAR'



Get Ready!
Airshow '90
Aug 5

.....page 4

Hurry up
and
wait!

Recollections...page 13



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 13 12 JULY 1990

NEXT DEADLINE 30 JULY 1990

COST: PRICELESS

Partners



An Aurora and a CF-18 team up for a coastal exercise

Helicopters Crash

Canadian Servicemen Save Nicaraguan Pilot

NICARAGUA -- Two Canadian Forces servicemen worked side by side with a Nicaraguan officer and a Contra rebel to save a pilot trapped in Wednesday's fiery crash of two helicopters in San Pedro de Lovago, 80 miles east of Managua.

The two MI-17 Soviet-built ground attack helicopters used by the Nicaraguan military, carrying 24 journalists, crashed after take-off following the final demobilization ceremony for Nicaraguan rebels.

Capt J.M. Ghyslain

Bergeron and MCpl Michel J.L. Masson, both of CFB Bagotville, Que., using fire extinguishers from their Canadian Forces CH-135 Twin Huey, rushed to the one helicopter which had caught fire and kept the flames from engulfing the Nicaraguan air force pilot trapped in the cockpit. The other passengers had escaped through the smashed nose of the helicopter.

"We didn't think about what we were doing, we just decided to go in and get him out", said Capt Bergeron, a pilot with several years of search and

rescue experience. "We were just worried about when the helicopter was going to blow up because there was fuel leaking and the engine was still running."

Capt Bergeron explained they were helped by a Nicaraguan officer and a Contra rebel, who had just handed over his weapon in the demobilization ceremony. The fire eventually engulfed the cockpit, and ammunition from the helicopter's nose-mounted machine gun started to explode. They managed to get the

pilot out of the helicopter safely, however, and proceeded to evacuate both him and two injured journalists in their Twin Huey to a military hospital in Managua just 15 minutes after the crash.

While Capt Bergeron was assisting in the rescue, his copilot, Capt Stephen Robertson, and Col Hank Morris, air advisor to the United Nations Observer Group (ONUCA) in Honduras, were helping to coordinate the medical response with the Nicaraguan military.

"It was an absolute miracle

that no one was killed," said Capt Bergeron. "I couldn't believe it."

The other injured journalists were taken to Managua by Canadian and Nicaraguan helicopters and everyone is reported to be in stable condition.

Capt Bergeron and his crew are with the 89th Canadian Rotary Wing Aviation Unit, which is serving with ONUCA. They were in San Pedro de Lovago to attend the ceremony marking the end of Nicaragua's civil war.

On and off base

A brief visit...and a friendly welcome

First MIG-29s at CFB Comox



The Soviet MIG-29



"Yo Valery.... Spasibo, Jack!"



"I could give you a good deal on a MIG photo." MIG test pilot Valery Minitsky



"...but a flag will do fine." MIG Pilot Marat Alykov

BCOMD PRESENTATIONS



Col J.E. McGee presented the following personnel with their CD1/CD2: Front (L to R): Capt Clisby, Capt Dowler, WO Gustafson. Back (L to R): Col J.E. McGee, MWO Buckham, MCpl Pitre, MCpl Coolen. Standing on the right is Mr. Al Donovan from CE who received a Commander of Air Command Commendation.

Let's try again: the printer black faced the BCWO in our last edition.
Big Chief Gets Big Fish



Terry Doherty's 6.2 spring salmon (devoid of any freezer burns) won the Military Police/RCMP Fishing Derby on 26 May 90.

On the base

Way to Go, Ray!



Capt Ray Cossette, Base Security Officer, is presented with the highly prestigious "BROKEN BLUE LIGHT AWARD" by Cpl Chuck Roy from VU 33 servicing. This award is presented annually to any security officer within Air Command who can shatter a taxi-way light with the wheel of an MP vehicle without deflating the tire. What makes this extra special for Capt Cossette was that he accomplished this feat just minutes prior to the arrival of the Russian MIG aircraft on the 27 Jun 90.

NOW THIS IS A GUPPY!



MWO Cameron of VU33 provided these pics of a REAL flying guppy, a NASA aircraft sent to Cold Lake circa 1982 to recover a U.S. aircraft with shortened wingtips - It had flown too close to the trees during a Maple Flag exercise. Rumour has it the aircraft was modified by installing a chainsaw on each wingtip, so it could fly even lower.

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RECYCLE THIS NEWSPAPER

TOTEM TIMES

OFFICERS' MESS

JULY 1990

FRIDAYS 06,20&27 JULY
REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi Ask at Bar

WEDNESDAYS 4,11,18&25 JULY
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 13 JULY NO. UTENSILS NIGHT
'HAND' Food-
-Pork Ribs--Chicken Legs--Beef Ribs--Potatoes--Salads.
Time 1900 for 1930 hrs.
Reservations by 11 July.
Dress Casual.
Cost per members \$3. Limited Associates & Guests \$4.
Music by DJ.

Coming Events
Aug 3 - Airshow/Monster TGIF



Super-Guppy, Cold Lake, circa 1982

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Editorial

NORM BLONDEL



Welcome Summer

When the active posting season at Comox coincides with the type of summer we're finally having, new arrivals in this valley must think they've discovered Shangri-La. The downpours we old veterans of the west coast have had to endure have at last paid their dividend; lush, green grass, huge verdant trees, flowers in every colour and type imaginable: Lotus land at last.

Who can really complain at the hot, sunny days we are finally getting. Ice cream, milkshakes, beer, all slip deliciously down parched throats; cool mountain lakes give shivers of pleasure, where a short while ago, we were simply shivering. Forget those wet coast tales; if ever there was a heaven, in this valley, at this time of year, this is as close as you'll get while still earthbound. Welcome to our newcomers -- those who have never been posted to Comox before. You have come at a good time. The months of July and August abound with events where you can meet your new and friendly neighbours.

Sixty thousand of them will be here at the Base on August 5, for the Airshow. In the same period (July 28) Courtenay's Fifth Street will be closed to traffic while people wander up and down, meet old friends and be entertained as they browse among stalls set up on the sidewalks on Market Day. The Filberg Festival (Comox, August 3-6), a creative smorgasbord of arts, crafts and talent will please the acquisitive, satisfy the inquisitive and soothe many a sore spirit, and it is another good place to meet your friends. As is Nautical Days (Comox, July 28 - August 6), a daytime and evening celebration of the seas and those who sail them.

This is the west coast, and it is different from any other part of Canada. It is the land of the laid-back, the slower pulse rate (except during our slower traffic, perhaps), the home of A Round Tuit. A perfect place to retire, but also a great place to bring up the kids. Countryside, beaches, and Victoria only three hours down the road (when we get our new highway). UVIC, UBC, SFU, and locally, a brand new North Island College a-building among the trees at the top of Ryan Road, are a beacon for those who want to learn.

This airbase has been home to many a fine squadron: the airpark reminds us of 409 Voodoos and CF100s; a Dakota in D-Day garb also brings memories of the Comox to Vancouver "Kamikaze Flight". A great metal bird, the Argus of 407 Squadron, stands at rest after innumerable 18 hour patrols. A VU33 Tracker and (eventually) a T33 will speak of coastal patrols and naval support, to those who stand at the fence and let their imaginations or memories roam. Historic 442 Squadron pursues its humanitarian role, 407 Auroras roam the Pacific, 441 F-18s practice their deadly arts, and VU33 continues, with its ageless T-Birds, to provide the "targets" for other CF gunners. CFB Comox is a busy place.

Our newcomers are as welcome as the summer. We hope you enjoy your stay.



Airshow '90

Watch the Sky on Aug 5!

All the excitement of the Abbotsford Airshow - without the hassles - will be at CFB Comox on Sunday August 5. Last week officials on the Airshow committee announced the lineup of airborne performers scheduled to perform at this year's show.

Headliners include the Snowbirds, who are celebrating their 20th anniversary this year, and Canada's fastest military aircraft, the CF-18 Hornet. The Skyhawks, the Canadian forces parachute team, will be on hand to thrill the crowds, as well as the Rayban Golds (a 3 machine aerobatic team flying bi-planes) and Scott Hammack who races against jet aircraft in his jet-powered dragster 'Smoke-n-Thunder'.

Again this year the glider pilot Manfred Radius will perform, joined by American newcomer Joanne Osterud in her Canadian-built bi-plane.

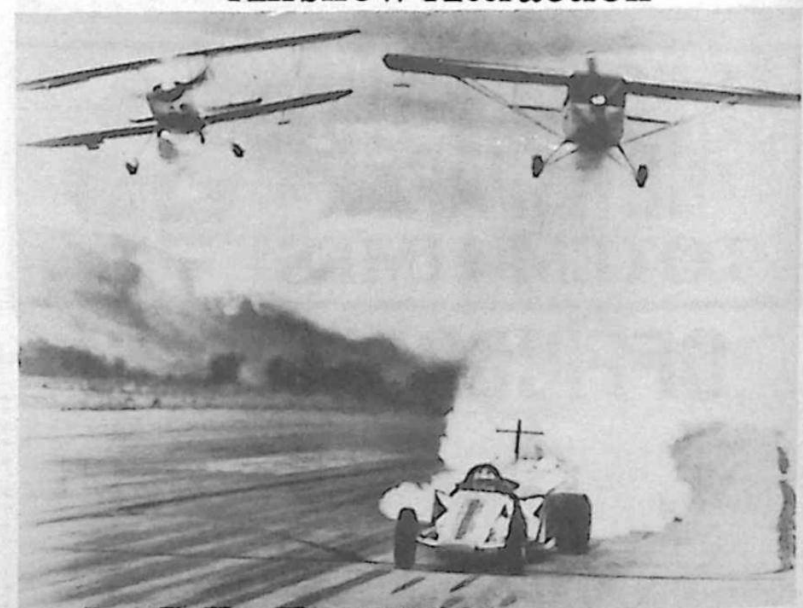
Between air displays visitors can explore the many aircraft and displays on the flight line and in the hangars.

CFB Comox will be showcasing its own aircraft, including the Aurora - used for long range surveillance over Canada's oceans and the Artic, as well as the Buffalo and Labrador helicopter, both welcome sights for survivors of crashes and mishaps along the coast and in the mountainous interior.

Joining them will be the T-33 'T-Bird' jet which tows targets for the Navy off the west coast of Vancouver Island.

Because Airshow '90, the Filberg Festival and Comox Nautical Days all occur on the B.C. Day weekend, organisers expect to attract visitors from all over Vancouver Island.

Airshow Attraction



Scott Hammack's "Smoke-n-Thunder."

Comment



Letters

Who do I ask?

REFERENCE CANADA

Student Exchange

Dear Editor:
The enclosed press release (see below) describes an opportunity we would like to see made available in your community. As you can see from the release, ASSE encourages and simplifies a process whereby high school students can come to Canada to learn about our culture and language. ASSE-Canada also provides the same opportunities for Canadian high school students from your community with the opportunity to spend a school year in one of many countries served by ASSE International Student Exchange Programs. Students coming to your

community bring new ideas, new culture and new experiences to your high schools, families and community life. They are most often most willing to be interviewed about their experience. Our ASSE Area Representative, who is named on the release shown below, can supply you with more details.
Thank you for your assistance in finding a fine Canadian family for a high school student who wishes to be part of your community.

Yours truly,
Ben T. Hannan
Director
ASSE-Canada

Dear Editor:
The Screening Mammography Program of British Columbia is striving to reach as many B.C. women as possible who are eligible for our program. We would like to enlist your support in getting information to the public.

The Screening Mammography Program of B.C. is a life saving program available to all women aged 40 and over in British Columbia. One woman in ten will develop breast cancer. With early detection a 95 percent cure rate can be confidently predicted. Screening

mammography is the x-ray examination of the breast for women with no signs or symptoms of breast disease. The technique is the most accurate and effective method of detecting breast cancers which may be too small to be felt. A doctor's referral is not required.

Please do not hesitate to contact me if you would like more information about our program, or would like to do a feature article at some time. Thank you in advance for your support.

Yours truly,
Sheila King
Program Administrator

Editor's note: For more details about the Screening Mammography Programme, see the article on page 17.

A Home for Hannah

A home is needed for Hannah Goldbach, a Danish Student who wishes to attend a Canadian high school next year. "Hannah believes that school year in Canada will be a great opportunity to experience Canadian culture," said Charlotte Schaufelbuhl, Area Representative for ASSE-Canada. Hannah enjoys riding, jogging, reading, skiing, concerts, and swimming.



Hannah Goldbach

ASSE International Student Exchange Program (ASSE), a nonprofit, tax exempt, public benefit organization is affiliated with the Swedish and Finnish national Ministries of Education and the International Sons of Norway organization, provides student exchange opportunities for students from Scandinavia, Italy, France, Holland, West

Germany, Switzerland, Japan, Great Britain and Mexico as well as exchanges between Canada, Australia, New Zealand and the U.S.A.

Anyone interested in hosting Hannah for the 1990/91 school year is asked to contact the local Area Representative, Charlotte Schaufelbuhl at 337-8858 or call 1-800-361-3214.

Who do I call to get permission to build a dock on a lake? Do I have to get my CB radio licenced? What constituency am I in and how do I contact my Member of Parliament? Is Boxing Day a statutory holiday? My parents are celebrating their 60th anniversary this year; who do I contact to have a congratulatory letter from the Queen? Where can I get a copy of the Meech Lake Accord? I'm now in a wheelchair; does the federal government have an assistance program to adapt my house to my new needs?

Don't hesitate to use Reference Canada. Some clients think their inquiries are too trivial, or are embarrassed to ask for help. Whatever your question, if you think it involves the government, Reference Canada would be pleased to help. They've answered questions on trap lines, aircraft and boat registration; passports and citizenship; Canadian, private and international pensions; trade marks, patents, incorporation, bankruptcy; foreign embassies and Canadian consulates, free trade; unemployment insurance, job creation programs and social insurance numbers; federally regulated labour standards; arts and small business funding, and whether chickens will lay more eggs if you give them toys to play with....just to mention a few things.

Reference Canada is open from 8:30 in the morning to 4:30 in the afternoon, Monday through Friday. Call 666-5555 in Vancouver or 1-800-663-1381 anywhere else in British Columbia. Reference Canada is waiting for your call.

Read something in the newspaper and find yourself unsure of whom to call to get more information? Scanning the Blue Pages of the phone book, but not finding what you need? That's where Reference Canada can help you.

Find a helpful government pamphlet and want to get a copy for yourself? See an at-

tractive government poster or calendar? Reference Canada doesn't send out posters or publications, but they do know where to find most of them.

For further information contact Linda Jellicoe, Manager, Reference Canada Vancouver: 666-5558 B.C.: 1-800-663-1381

TOTEM TIMES

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**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 1404, Courtenay V9N 7Z9 or left at the Galley Restaurant or Blue Heron Bookstore. For more information phone B. Price 339-4015.

Create the Hospice, Save a Park!

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 of original forest near St. Joseph's Hospital, Comox. (contributions will be tax-deductable)

Signed: _____ Date: _____
Name: _____ Phone # _____
Address: _____
P.C. _____
For further information, phone the Office, 339-5470 or Hope Spencer, 339-5272

Air Force Trivia

What, where, when

Trivia Answer

Hi Norm:
Your trivia pic of 28 Jun is that of a pair of Gloster Javelins. They were all weather fighters and the last fighter design that Gloster built. Powered by twin Armstrong Siddeley Sapphire turbo jet engines over 400 were built, and served with the RAF from 1956 until 1967. I recall the last one I saw at Stn Namao in 1958, for winter trials with CEPE. Your allusion to them being 'messy monsters' is probably due to the clouds of smoke emitting from them on start up, which was cartridge fired.

John Novak

Editor's Comment: John recently retired from his second career (he was an AF Tech with 409 Sqn, then worked for the School Board) and now receives work orders from his wife on a roll of toilet paper - one sheet to each job. Enjoy your retirement John.

Section News



407 Squadron

In the last twelve months the public media has certainly kept us well informed of the tumultuous changes in the world's political fabric. We have heard of the breaking of the iron grip of communism in the east, of the lifting of martial law in Beijing and now, of a new unity in Europe. But in a country which prides itself on the freedom of the press, why is it we have heard nothing of Crew 6.

Some say it's because Crew 6 is a leper crew and not worthy of mention. Others say it's because of our outstanding success at not coming in first for the crew checks. If the world is experiencing our unconscious urge toward liberal democracy though, and if a free market economy is one of the soundest manifestations of that urge, then surely the crew with that Captain of Capitalism, Brian Baltis, rates a little bit of press.

What other crew in the bitter struggle to preserve the freedom of democratic principles, has attacked submarines with such relish? Actually, relish isn't on the menu, but the free jalepenos sort of make up for that.

Holy advertisements! Captain Baltis would be proud of the entrepreneurial approach to acoustic proficiency his Acoustic One - under training (the author) is taking.

At any rate on with other news from Crew 6. On their recent Readix in San Fran the

drivers of the Nav car employed a little liberal democracy with that city's traffic regulation. Capt Mike Savard for instance decided he'd drive the Navs backward down a fairly busy city highway. Still in shock Capt Manney then drove them forward; in an effort to prove that the rental version of any car is the fastest model around. He proceeded to propel them with sufficient inertia that, with the tires screaming and, rubber melting, they flew into the Sundowner's parking lot, out of the car and straight into their flying-suits. All were happy to make the brief on time but complained that the airplane seemed to feel a little sluggish that day.

Lt (USN) Kendall Kelly feared the police must have been chasing his men that day, but Lt Erni Romans cheered him with a promise to take care of them if they interfered.

Fortunately the rest of the exercise was somewhat quieter. On a dinner trip to Chinatown however, Lt Schoettler found a suspicious looking hair in his soup, which might have explained the sudden end to all that barking in the kitchen.

In other crew news, when the Reunion 91 committee proposed inviting a member of the Royal Family to the event, a second motion was promptly put forward to monitor carefully the diet of MCpl Roussel. The palace is apparently quite eager that the Queen

not be forced to endure what the rest of the crew must whenever Mario experiences the effects of pressure changes.

And one last thing, the barmaid at Glacier Greens would like someone to come and get Maj Smendziuk. Apparently he is still mugging out Capt Godwin.

1 Crew

In opening we would first like to say congratulations to Sgt Bob Warrender and his ground crew for another O'Brien victory, bringing home the Chief of Staff Operations trophy. For three years now 407 ground crew personnel have brought this trophy home.

While we are talking congratulations, they also go out to ex 1 Crew member Brad Shipley on his promotion to MCpl and to MWO Larry Hunt on his promotion (effective 1 Aug) to Chief.

1 Crew would also like to take this opportunity to bid farewell to some soon to depart members. Rosario Lebland is off to St. Hubert, PQ, Kym Devries to two crew and John Clevett to Greenwood (lucky stiff). At the same time we would like to welcome Steve (the wild man) Bennett to the crew who came from 407 Maintenance. Their loss.



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407 Promotion



MWO Fisher presents Cpl Roy with his new hooks.

407 1 Crew members were forced to endure another 'Crew Party'. You know, same old thing, steak, beer, more beer, hot tub, etc. Seriously a good time was had by all participants. A big thank you goes out to Pierre Gravel and Sylvain Cadieux for organizing and to Pete McAllister for the home and hot tub. Also to Mrs. McAllister, for letting Petey have the party.

The rumour mill grinds on but no more concrete stuff for now. 1 Crew out.

Summer postings are upon us, so once again we must bid a fond farewell to all of those near and dear to us. Bye Mom, Dad and the rest of the family! Just kidding guys. We'll miss all of you! John, the table dancing hip 'grinder' Clevett is off to Greenwood to provide both the Top Hat as well as the local Firehall with new forms of entertainment and may stop in to the Photo Shop while there. Rob 'Gumby' Granger is

destined for Kingston where he will encounter wild reggae parties and learn all about JAH. Oops, wrong Kingston! Gumby will actually learn what being a photo tech is all about...parades...parades...parades... more parades. Laurie Roy was promoted to MCpl and is off to romp in the wilds of St. Maggies. Ah, the life of a night owl. Good luck Laurie.

Stan Lawless is promoted to WO and is preparing for the greener pastures of cool pool. Rod Mattson is also promoted and this new Sgt will find himself quickly rising to the top of 407 Sqn. Top floor photo maintenance shop! And last, but certainly not least, Doug O'Brien will become a heavy maintenance tech after returning fresh from comp crew. By the way, congratulations ground crew champions. Way to show 'em!

For more on the photo flow of things, tune in next time for future developments.

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Section News

Anker Klankin'



Hi again! I don't know how to start this week. Every time I sit down to write the bi-weekly happenings, I just blank out for a bit. Normally there is at least one item that stands out as a good place to start.

The pair of Mig 29s along with their IL-76 transport seemed like this weeks logical place to start, although it is not really news that they were here for an overnighter. Our sections video man J.R. (Spielberg) Walsh was pleased with his movie results except for one small part where a certain individual was practicing his coarse English slang. So J.R. gets to check out the 'Edit' feature of his camera. (Perhaps that is what he is doing while on leave this week.)

Just back from leave is MCpl Cook who, believe it or not, just about has his boat ready. Both Cookie and Dave have been seen sporting the latest in VU33 dress accessories. Accord-

ing to MIR personnel, hand splints are now all the rage, and slings are ancient history. So Jamie, you had best go out and trade your shoulder injury for something a little more fashionable.

Paul Nolan deserves a mention as well as he has been upgrading his wardrobe lately with all the finest bicycling gear. Funny though, he now looks a lot like Wayne Hartin.

With all of our posted and retired people slipping away one by one, and all of the injuries showing up, it's amazing that we are still able to field nine players for a ball game. Perhaps we should have tried this play earlier because this week our team has gone 2 for 2 and 'last week we managed an impressive 2nd overall in an 8 team tournament. Right on guys! Way to go!

More congratulations are in order. Chuck Roy passed his TQ5 exams and is now a full

fledged, qualified corporal instead of just a 'retread' who is still learning.

One final item for the week. Aircraft 402 is finally on its way to Shearwater (say hurrah everyone) if we can get it fixed. Apparently we're getting aircraft 263 back after an extended vacation in Cold Lake. I hope it hasn't turned into a hangar queen during its absence.

That's all for now, but for one small request. Somebody please give me something to write about for next time. It'll make this job a lot easier.

2 Crew

Another two weeks gone by, summer seems to be sliding quickly. Its a good thing I get my research and planning for

this article done early or I'd be cramming at the last minute, kind of reminds me of high school. Hmmm, dedication like this got me in the military in the first place. I guess some things never change.

While on the topic of summer, Pam and Trevor have just returned from leave and they have resubmitted for more leave while Troy is still on leave planning for future leave.

All this sunshine is doing funny things to all of us. In fact the other day I witnessed 3 CRS Techs on one fuel job. The WO said "Hey, I'm a CRS Tech."

Speaking of the WO, maybe we should pitch in and buy him smaller tires or training wheels, because his present situation just isn't going to work (something to do with 23 inch

bike frame and 22 inch inseam).

Taking a peek upstairs for a second, it was observed that Capt Chapin might be mulling over the idea of a hot tub.

From what I heard it won't even come close to fitting the whole Sqn, I suppose we could try.

Some things in life need no explanation or instruction. For instance shaving. So how did Larry cut his thumb?

In closing, 2 Crew would like to wish a farewell and good riddance to Ralph Hogarth and A/C 402, respectively of course. Ralph will be staging in the area, so I hope he'll be dropping in for Friday morning chowder.

Change of Command at VU33



Major L.G. Bolton receives the VU33 Squadron colours from BComd Col J.E. McGo. Outgoing CO Major Arsenault looks on.

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Next Deadline 30 JULY

Section News

Base Hospital

Here at the Base Hospital, quite a few changes are taking place as the posting season comes to a close.

First, we must say goodbye to our Base Surgeon Maj Jim Lazowski, who is off to Ottawa for his four year psychiatry specialization. We all wish him the best of luck and may all his new patients give him a good piece of their mind. Taking over his position is Maj Rene Jacques from Cold Lake, whom we wish 'La Bienvenue'. Also leaving us this season is Capt Jane Bruce (MO); all the best to you and your family at your new home in Trenton and Capt Gail McIntosh (SNO), who will be instructing in Borden without difficulty. Sgt Fontaine, who is our X-ray expert, is off to Petawawa. You said you'll have fun. I say wait for it Gerry. Our well known hunk, Cpl Gerry Power (Mad-A) is no exception - army brown and Gageton go so well together. Good luck Gerry to you and your family. Now to the cream of the crop. Our oldest but famous Med-A MCpl Geno Short; to whom the Hospital personnel owe their many thanks not only for his wit, but for his great professionalism and composure through some busy and bad times. We shall all miss him and lets just hope they won't forget about you in Calgary and leave you there forever, unless you're a camping nut.

We would like to extend a warm welcome to our new comers, starting with our new X-ray Tech Cpl Sandra Spurr from Halifax. Sandra and hubby Rodney are finally reunited after having been separated for almost a year. We all wish you two newlyweds good luck. Also, Lt Sue Dunki (NO) has recently arrived for the summer. You will most likely find her enjoying the sun

at Quadra caring for the cadets. Capt Pat Cymbala from Moose Jaw will be with us this month as SNO Capt George W. will be the new MO replacing Dr. Bruce next month.

On the Med-A front, Cpl Henry J.R. from Petawawa will be arriving late this month. P.O.2 J.J. Renard from Cold Lake will be our new Lab Tech and to MCpl G. Czank from Shilo, hope you can stand the warm weather.

Now that we've dealt with the past and the future, let's look at our most current affairs. Pte Tammy Monteine is taking a crash course on how to be a Happy Camper in Gageton for six weeks. Let's hope she enjoys the outdoors and comes back unscathed. On 15 Jul, Cpl Parker is off to Vancouver to participate in a triathlon. We wish you good luck Gord and may the wind always be at your back. Everyone is participating in some sort of fitness activity at the hospital. Now, if only I can leave my car and start walking from the Hospital to Dental. Finally, congratulations are in order for our newest MCpl. MCpl Brenot, who is presently on course in Borden, was promoted as of 01 Jul.

Hospital Humor of the month

Did you hear about the guy who lost his whole left side in an accident? He's all right.

Ripples from the Beaver Pond



I'm taking it upon myself to give everyone a pat on the back from Maj Corriveau. During the new BCEOs visit 11-15 Jun, most of us had the opportunity to meet Maj Kampman and stun him with our wealth of knowledge. I'm sure he will be impressed with our operation when he finally gets on the ground and has taken over as our 'supreme commander'.

Speaking about 'getting on the ground', welcome back Marj. For two weeks she had to put up with her inlaws as they celebrated their 65th wedding anniversary. I still hear her mumbling about all the driving and not enough shopping. We would also like to welcome Cpl Al Morton who has landed at Roads & Grounds from 1 CER. Hope you get a PMQ soon so your family can enjoy Paradise with you. Welcome also to Sgt Kovacs who will be working at Engineering and Sgt Archambault to Auxilliary Power.

Carole's eatery is no more as she will soon be heading for the 'other' coast, but have no fear, Jan is here. Please come over to welcome her and give our canteen your support. Welcome

aboard!

For three weeks Sheron was filling in as the Base Commander's secretary. We wish you the best of luck in the competition, and believe me, you'll be missed by everyone here if you have to leave.

Our gardener was recently involved in a car accident and will probably be off work for awhile. We sure hope your recuperation is quick Ted because we miss your smiling face and green thumb already. Your crew at Roads & Grounds was overheard discussing the following:

If you have been in our orderly room lately you've probably seen the beautiful bouquet at Marj's desk. Rumour has it that the flowers look quite similar to the ones in the Padre's gardens. Just kidding you guys!

With the APS (Active Posting Season) in full swing, I would like to take this opportunity to say goodbye to a great bunch of guys. Newly promoted Sgt P.K. Jones is off to Lahr, West Germany, WO Rick Fisher to Ottawa, MCpl

Victor Hazelden to Greenwood, Maj Andre Corriveau to Trenton, WO Chester Lewis to CFSME, newly promoted Sgt Ray Jones to CFSME, Cpl Wayne Adamczyk to 1 CER, MWO Paul McAloon to Goose Bay, Cpl Luc Gravelle to Cornwallis, Cpl Rejean Hebert to 22 Fd Sqn in Gageton, Cpl Norm Luzney to Greenwood, MCpl Perry Johnson to Edmonton, Sgt Dale Lyne to Moose Jaw and Cpl Rick Arnot to Ottawa. CFB Comox will never be the same without you! Best of luck, love and laughter in your new postings.

Congratulations are in order for Capt Mel Clisby, MWO Al Buckham, MWO 'Snake' Annesley and Mr. Al Donovan. Capt Clisby received his CD1, MWO Buckham received his CD2, MWO Annesley is newly promoted and Mr. Donovan received an Air Command Commanders Commendation in recognition of his ongoing professionalism and dedication in developing an asbestos control program for CFB Comox and DND. Way to go guys! Until next time, CHIMO.

Two Awards for Richard



Pictured above is Lt Col Mack (BTSO) presenting Mr. Richard Albert Zala (Dick) his retirement plaque after completing 41 years military/public service. (1949-1990)



Pictured above is Maj Corriveau (BCEO) presenting Mr. Richard Albert Zala (Dick) his retirement plaque from the CFB Comox BCEO Section after 17 years service.



JR. RANKS MESS

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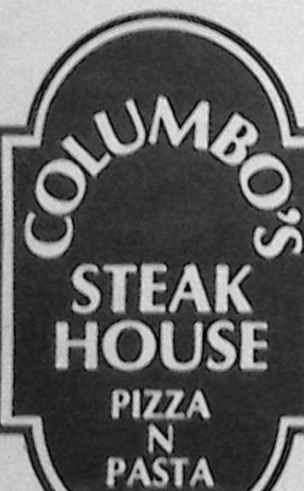
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- Children will compete in two categories: 3-5 and 6-8 years
- Entries become property of the CFB Comox Military Police Section
- Entries must be original newspaper copies
- Children may use crayons, felt pens, pencil crayons or water paint only, any other will disqualify entry
- Contest deadline 31 Jul 90
- All entries will be judged on neatness, creativity and colour
- Winners will be notified by phone



This is Private Porter. He works for the CFB Comox Military Police Section. He knows how important it is to wear a seat belt. He has seen many accidents in which people might not have been hurt - if they had used a seat belt.

ENTRY FORM

NAME.....
 ADDRESS.....
 TOWN.....
 PHONE NUMBER.....
 AGE.....

Drop off entries at the Military Police Section by 31 Jul 90.

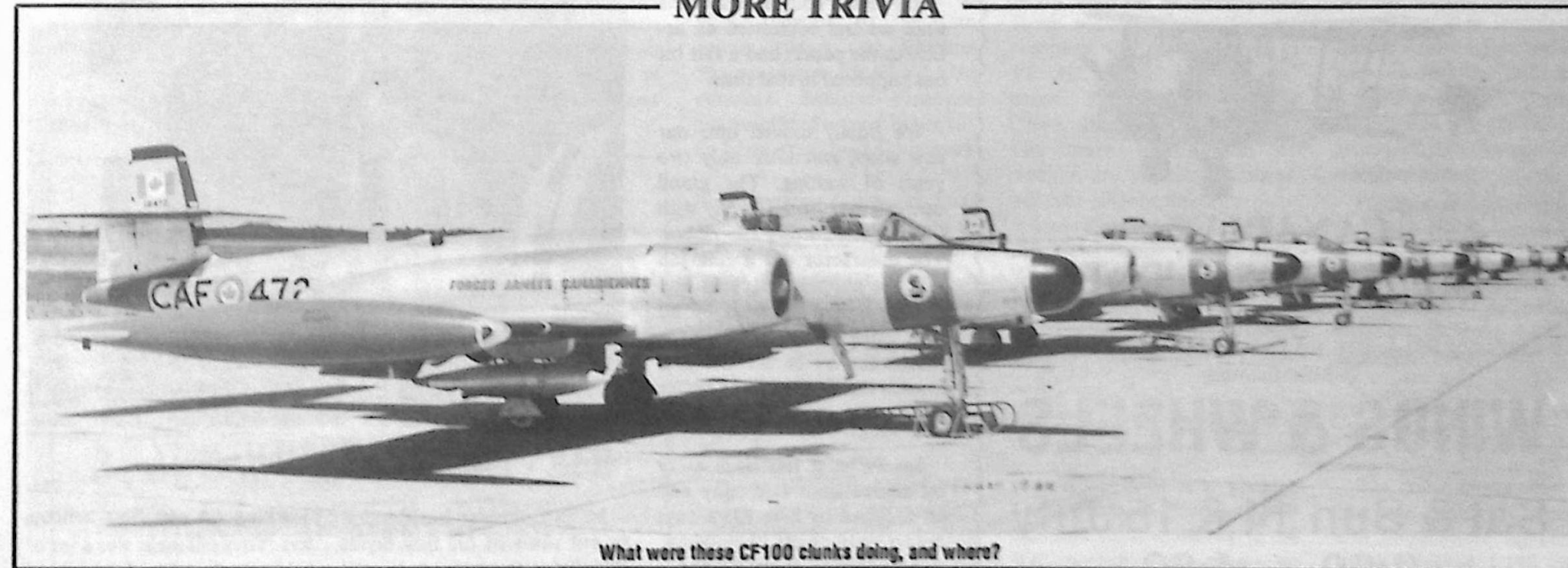
Glacier Greens Social Centre Posted In?

The Social Centre is open every day for Base pers and dependants. Section parties, casual drop-ins or just come and enjoy. Whether you crave a tasty snack, a cool sip or a pleasant game of cards or darts, we are available. No boring meetings or monthly dues, but everyday low prices. We don't have a franchise, but we do have the Colonel's recipe! With advance notice we have limited catering ie BBQ steak \$4.50, cold plate \$3.50.

Golfers note: Reduced memberships are available and we golf all winter.

INFO 8720

MORE TRIVIA



What were these CF100 clunks doing, and where?

Hospice in the Park

All day on Saturday, July 7th, under the skylight of Driftwood Mall, about twenty ladies of the Schoolhouse Quilters created a traditional, double-bed size Amish design quilt. "Their complete dedication to the task, their cooperation and good humour, was inspirational. They obviously enjoyed what they were doing. Some just never moved from their sewing machines," said Helen Stoker, a volunteer with 'Hospice in the Park'; the cause for which the quilt will be raffled.

One of the quilters, whose father worked on the property, remembered the Crown-Zellerbach Guest House in its heydays. Her love of the property gave extra zest to her work.

Raffle tickets will be on sale throughout the community, or contact the 'Hospice in the Park Office' at 339-5470 for further information. The draw for the quilt will be made on the 6th of August at the Filberg Festival and raffle tickets will be on sale throughout the Festival.

A quilt provides a wonderful symbol for the 'Hospice in the

THE QUILT OF HISTORY

Park' land, with its rich and interwoven history. Each phase is like another square in the larger fabric of its history.

On the 30th of November, 1875, the land was purchased by William Chaworth-Musters, the father of Comox-born Lady Currie. Lady Currie was the wife of General Sir Arthur Currie of Victoria, Commander of the Canadian Corps in the Great War, 1914-1918.

The following is extracted from 'To Seize the Victory', by John W. Swetterham, Ryerson Press, 1965:

"Honours were showered on

the Canadian leader. As far back as July, 1915, Currie was acclaimed as a hero in England on his first leave following Ypres. The King made him a Commander of the Bath at a Buckingham Palace investiture and he was created a Commander of the Legion of Honour by the French. On 12 July, 1917, following Vimy, he received the accolade of the K.C.M.G. from King George in the ruined square of Albert. Passchendaele brought him further honours. In November, 1917, he went to Paris at the invitation of the French Govern-

RESOURCES AND CAPABILITIES

by Hope Spencer

ment who wished to thank him for the 'victory'. There he was feted royally, and at a dinner given by the French Minister of War, he received the Croix de Guerre with Palm. The King of the Belgians - for Passchendaele was in Belgium - presented the Belgian Croix de Guerre to Currie and made him a Grand Officier de l'Ordre de la Couronne. He received the American Distinguished Service Medal from Pershing. In the New Year's Honours List of 1918 Currie became a Knight Commander of the Bath.

Section News

Lazy Days of Summer

There I was, standing in front of the doors of the most prestigious school of journalism in Canada, Ryerson Polytechnical Institute, not knowing a schmick about journalism or editing. Since Norm, the Totem Times venerable Editor, knows everything there is to know about editing and printing (allegedly taught by his buddy Hans Gutenberg), the great powers to be decided that the assistant editor was to be 'the chosen one'. It was an enriching course, and if I learned anything, it's 'the more the merrier'. So, if you have a hankerin' to holler or theory to espouse, please come on down to the Totem Times scribes and jibes and **CONTRIBUTE!**

Since these lazy, hazy, crazy days of summer have rolled in everyone has been too busy golfing to notice that the only news of note is that two of our distinguished Master Corporals received their CDs. As much as I hate the traditional grip and grins, you do have to admit Roy and Hector do look good receiving their well deserved medals. Good show, from all of us at Transport.

See picture page 2



It looks like I should be writing the psychic column as well. Bob Floyd is off to Goose Bay this month. I honestly was not involved in the decision process. Don't forget your ear muffs, Bob! Our new Safety Coordinator in house is WO George B. Kayes from CFB Calgary.

On the 933 side of things, I would like to wish Smokin' Joe Myers goodbye, but not adieu, as he's off to Cypress for 6 months. Have a good time but stay out of trouble ya hear. I would also like to say goodbye and good luck to Sylvain Croteau, who has been employed at the traffic section for close to 6 months doing OJT prior to his TQ3 course in August.

C'était agreable de travailler avec toi Sylvain. Bonne chance aver ta carriere dans le metier de technicien de mouvement. All the best from everyone at Transport.

BAMSO News



If you blinked on July 2nd or 3rd you probably missed MCpl Rob Turgeon, who in the last nine weeks has only been at work on those two days and is now off on leave. MCpl Turgeon had just completed his TQ6A course in Borden and after returning to Comox was immediately off to CFB Penhold for his JLC training; finishing at the top of his course. Congratulations Rob!

Another of our fine Lab personnel has returned from an extensive 10 week holiday in beautiful Goose Bay. Cpl Gord Grawbarger looked quite tanned and relaxed upon his return, but kept mumbling something about BDF. Cpl Grawbarger was a welcome sight to Cpl Tremblett who has been running the IS Lab practically single handed since Pte Carl Dufour escaped only moments after completing his TQ4 exam. Cpl Tremblett had

some help from our newest IS Tech Cpl Keenan Smit who was recently posted in after completing his TQ3 course, but he too was off for a few days to be with his wife during the delivery of a newborn daughter. Congratulations Cpl & Mrs. Smit and welcome to CFB Comox! Also away from the IS Lab at present is Sgt Jim Rest who is taking a short break before heading off for his senior leaders course.

The IE side of the Lab has also been shuffling its personnel around MCpl Don Merpaw is off to 440 Sqn Edmonton and is being replaced by MCpl A. Turgeon. Yes that's right another MCpl Turgeon. Its all part of Ottawa's master confusion plan and it has been working well on paper and should prove to be just as confusing in practise. Sgt John White is also leaving the lab and is going off to start his second childhood. After 37

plus years in the Service, he deserves two or three more childhoods, but the happy valley home where he will be staying only gives out one childhood per resident. Sgt White is being replaced by Sgt Wayne Sloan as the new NCO i/c IE Labs. Pte Steve Wain is back from leave, he also disappeared shortly after completing his TQ4 exam. What is it with these guys? They must feel they deserve time off after being so studious the previous month. All kidding aside the leave was well earned by both. Pte Wain and Pte Dufour passed their respective exams; Pte Wain with honours.

Congratulations to both!

Enough back patting and jaw wagging for now, but be sure to keep your eye out for the next scribbling when we follow up on the exciting world of the IE/IS Lab.

NDT Section

It's been a couple of months since we last submitted an article to the paper, and a fair bit has happened in that time.

We finally moved into our new shop, and after only two years of waiting. The grand opening was held 14 May with LCol Mack cutting the ribbon. The contractor did a fine job and the shop is spacious and bright. It was admired by all who came to the opening. A special thanks to the CO and Branch Heads for all the coffee and goodies.

Sgt Pelletier has been away on course since mid May and he dropped by here for 2 days before heading off on holidays. It was a good thing he had a name tag on, what with him being away so long and shaving off his moustache, none of us were sure who he was. He has decided to join the rest of perpetually broke people, and he'll be busy moving into his new house this week. Best of luck!

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LCol Mack opens the new NDT Section

MCpl Duchesne has decided to put some of his Boy Scout knowledge to work, as he and his family have taken up residence at the campgrounds.

Sleeping in a tent seems to agree with him. He comes into work bright eyed and bushy tailed. Could it be Dan's a grunt at heart...? Anyway, he and his family are keeping busy this summer.

Cpl Franke has returned from another successful course (he survived, didn't he). JLC this time. When he came into work he actually had shiny boots and a crease in his pants; both of them on the same day.

We're hoping Rick will return to normal soon. He and Dan spent 10 days in Hawaii

working on 443 Sqn helicopters. They tell me it was a lot of hard work. But I want to know how they managed to get all the pictures of the bathing suit contest while they were locked in the hangar.

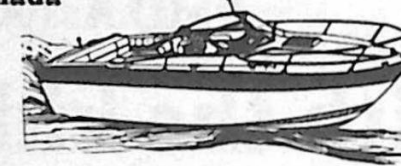
I've been fairly quiet this summer. My biggest thrill so far was an 18 mile competitive trail ride I went in. It was my first competition and we (my horse and I) finished a respectable fourth. Its run a bit like a car rally with check points and time penalties. I'll miss the next one though because I'll be away on JLC.

Over all, we're doing well.

Work is proceeding slowly due to courses and leave, but we do what we can.

National news

Statistics Canada



Boating Statfacts

It's impossible to go far in Canada without running into water, salt or fresh. No wonder that boating for pleasure has long been a favourite pastime. Here are some Statistics Canada facts about boats and boating.

About 15 percent (more than 1 million) of all Canadian households owned a pleasure boat of some sort—cruiser down to canoe—in 1989, according to Statistics Canada survey information.

Pleasure boat ownership was on the rise steadily through the 1970s and up to the economic recession of the early 1980s, when it peaked at just over 16 percent of all households, according to information collected by Statistics Canada. It has stayed close to the 15 percent level every year since.

Pleasure boating is a family activity, Statistics Canada information shows. Of all families with children in 1989, two of every 10 owned a boat.

High income and boat ownership go together, Statistics Canada information shows. When all 1989 households were divided into income quintiles, more than 23 percent of those households in the top income fifth owned a pleasure boat. The lowest income fifth showed less than 6 percent ownership.

Pleasure boat ownership is far more common among rural households than those in the city, according to Statistics Canada survey information. Almost one rural household in four owned a boat in 1989 compared to one household in 10 in cities with population of 500,000 and over.

Canoe ownership has been on the rise for a number of years, Statistics Canada survey information shows. The proportion of households with canoes more than doubled from 1971 to 1989, going from just over 2 percent to 5.5 percent.

Households headed by persons in the age group with the highest income—45 to 54 years—formed the group in which boat ownership was most prevalent in 1989, Statistics Canada figures show. Almost 21 percent of such households owned boats.

Among pleasure boat owners in Canada, the boat and outboard motor combination is the most popular category, Statistics Canada information shows. Outboards were the type of pleasure boat owned by just under 8 percent of households in 1989 compared to 5.5 percent for canoes, about 4 percent for rowboats or skiffs, and about 1 percent for both sailboats and other classes.

Russian Admiral Visits

“Ship Ahoy!”

During the flurry of excitement and activity associated with Soviet President Mikhail Gorbachev's recent visit to Ottawa, an important yet largely unnoticed event occurred at NDHQ which could have significant repercussions for future Canada-USSR relations.

Marshal of the Soviet Union, S.F. Akhromeyev, accompanied by General Colonel N.I. Omelichev, First Deputy Chief of the Soviet General Staff, held a two-hour meeting with the Chief of the Defence Staff, General John de Chastelain, Deputy Minister Robert Fowler and other senior Canadian defence officials. This meeting was the first of its kind to take place since the end of the Second World War and underlined the profound changes which have taken place in Europe and in East-West relations in recent months. The encounter also reinforced the newly-evolving bilateral relationship between our two countries in the defence and

With the recent creation of a presidential system of government in the USSR, styled after the United States model, Marshal Akhromeyev's position has been compared to that of the National Security Advisor to the American president. In addition, the Marshal is also a member of the influential Committee of State Security and Defence Matters of the People's Congress of Deputies.

As a result, Akhromeyev's comments on the state of world affairs not only offered a useful insight into current Soviet policies, but also largely reflected Gorbachev's personal views in many respects. The friendly and open discussions at NDHQ covered a wide range of issues from the current state of the Soviet Armed Forces to arms control and disarmament and the reunification of Germany.

General de Chastelain will, for his part, pay an official visit to the USSR from 6-11 August.

Both of these visits are a further indication of the broadening military contacts between our two nations. A bilateral agreement on such contacts, signed during Prime Minister Brian Mulroney's visit to the Soviet Union last year, has spawned a highly successful two-year program of activities and military exchanges between DND and Soviet Ministry of Defence.

Natural Gas

Clearing for the Pipeline

Courtenay, British Columbia — Clearing of the right-of-way began 25 June 1990 on the Island portion of the Vancouver Island Gas Pipeline. The contractor for Island Construction, Banister Pipelines, has mobilized a crew in the Little River area, near Courtenay.

The pipeline crosses the Strait of Georgia and connects to the Island at Little River. "A Banister crew will be preparing the right-of-way and installing river and stream crossings from Little River to

Parksville this summer. In early July, a second crew will begin clearing at Englishman River, south of Parksville, and complete the right-of-way to Victoria," said Harvey Permack, President of Pacific Coast Energy Corporation. The main installation of pipeline on Vancouver Island will take place in 1991.

The right-of-way clearing will be eighteen metres wide. When clearing has advanced sufficiently, the crews will begin installing the river and stream crossings. "Ap-

proximately ninety rivers and streams will be crossed this year on the Island. Most of these crossings will be installed using special construction techniques such as fluming during construction time periods established by federal and provincial fisheries personnel," said Permack.

Pipeline construction continues on the Sunshine Coast. Preparations for the marine crossings portion are under way. Gas will be delivered to all communities along the route by September 1991.

Dial-a-Law a hit in B.C.

VANCOUVER—Family law issues such as separation, divorce and child custody dominated requests by the public for information during 1989 through the Dial-a-Law program operated by the British Columbia Branch of the Canadian Bar Association.

Funded by the Law Foundation of B.C., Dial-a-Law provides province-wide telephone access to basic tape-recorded legal information on a toll-free basis.

The service generated more than 26,000 calls from the public in 1989, its 7th year of operations, including nearly 11,500 by toll-free long distance from outside the Vancouver calling area. Five of the 10 most requested tapes concerned family law.

Closely modelled on a program developed several

years ago in Alberta by Calgary Legal Guidance, Dial-a-Law is operated from a station in the B.C. branch office where an operator is positioned with a library of 135 taped messages on as many legal topics.

Russell Lusk, president of the B.C. branch, says the program is one of the most effective public services offered by the branch.

"We plan to enhance Dial-a-Law this year by applying computer technology to make the service accessible 24 hours a day year round," Lusk says.

"Eventually, we hope to make the taped messages available in several languages to reach the multi-cultural communities of our province."

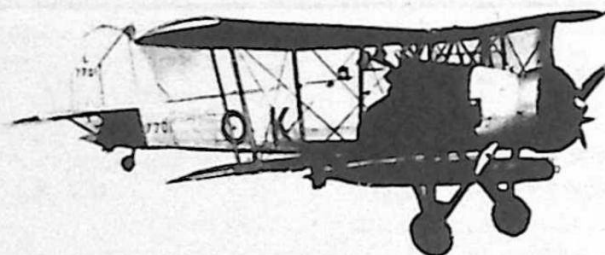
Statistics show that more than half the calls to Dial-a-Law are made by women — 15,658 in 1989.

The most commonly asked for tape is one on separation and separation agreements, which received 1,159 requests last year.

Others in the top 10 hit list: Small Claims court-suing someone (890); requirements for divorce (817); dividing up family assets (783); common-law relationships (748); terminating the tenancy (541); custody and access (521); probating an estate (486); the over-extended debtor-your options (359); and Insurance Corporation of B.C.-benefits for injured victims (276).

The B.C. branch also sold 271 printed Dial-a-Law scripts during the year.

The telephone numbers for Dial-a-Law are 687-4680 in the Greater Vancouver calling area and toll-free 1-800-972-0956 in other areas of the province.



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On the base

PMQ Association

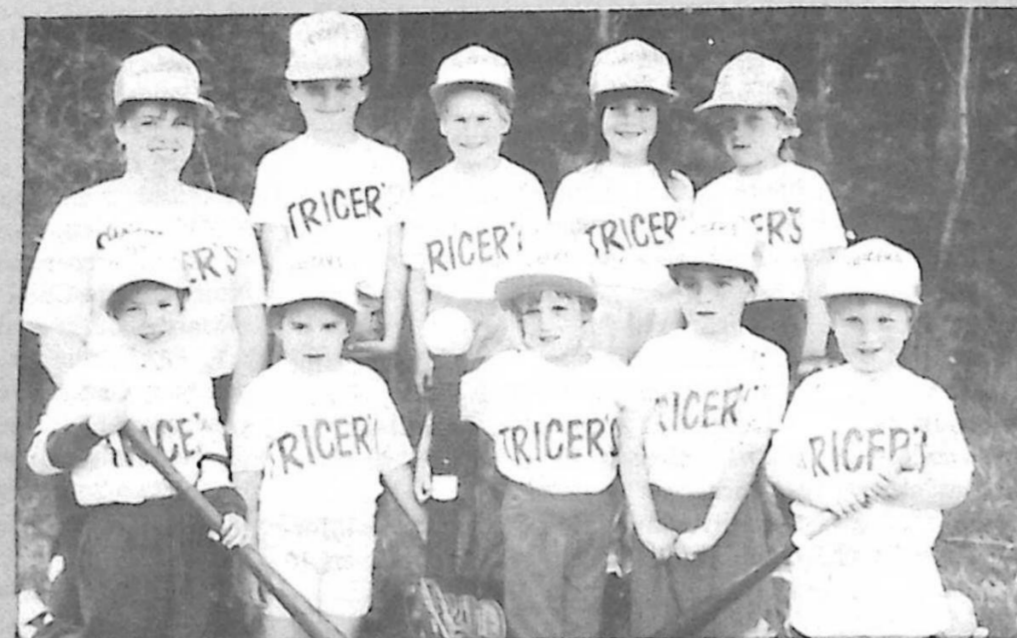
T-BALL -- a big hit with the kids



The PMQ Association sponsored a T-Ball League during the months of May and June. Every Tuesday and Thursday the Rex's, Dino's, Tricer's and Bronto's met on the ball fields behind the Airport School. My hat goes off to the coordinator Mrs. Pat Longpre and her coaches Joanne Baily, Shauna Rochester, Dee Gosling and Jaunita Shaw for volunteering to run this fun league. All the 42 children who participated had a great time playing T-Ball.

The wrap-up barbecue on the 21 Jun 90 commenced with the Base Commander, Col McGee presenting trophies to all the ball players. Our hungry ball players got all the hotdogs, donuts and soft drinks they could handle before hanging up the ball, hat and glove until next year.

Coach Joanne Baily and the Tricer's



Coach Juanita Shaw and the Bronto's



Coach Dee Gosling and the Dino's

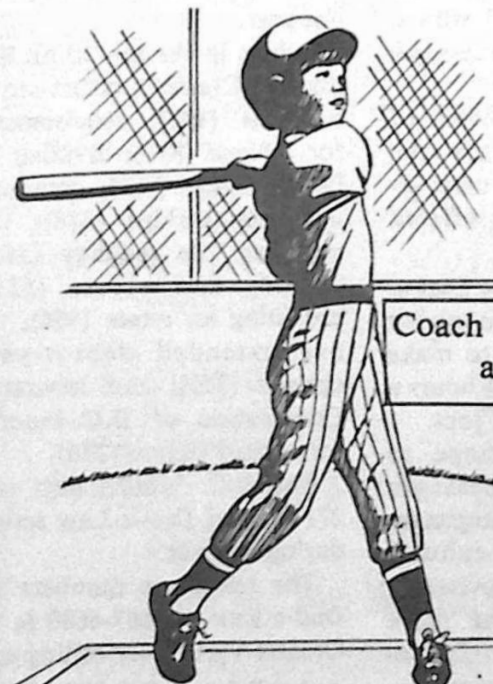


Coach Shauna Rochester and the Rex's



From all the kids to Pat, Jaunita, Donna, Shauna and Dee thanks a million. "Hip-hip-hooray, hip-hip-hooray, hip-hip-hooray."

Upcoming events from your PMQ Association
4 Sep - Activities Night
8 Sep - Family Fun Day and Carnival
More details will be published in the near future.



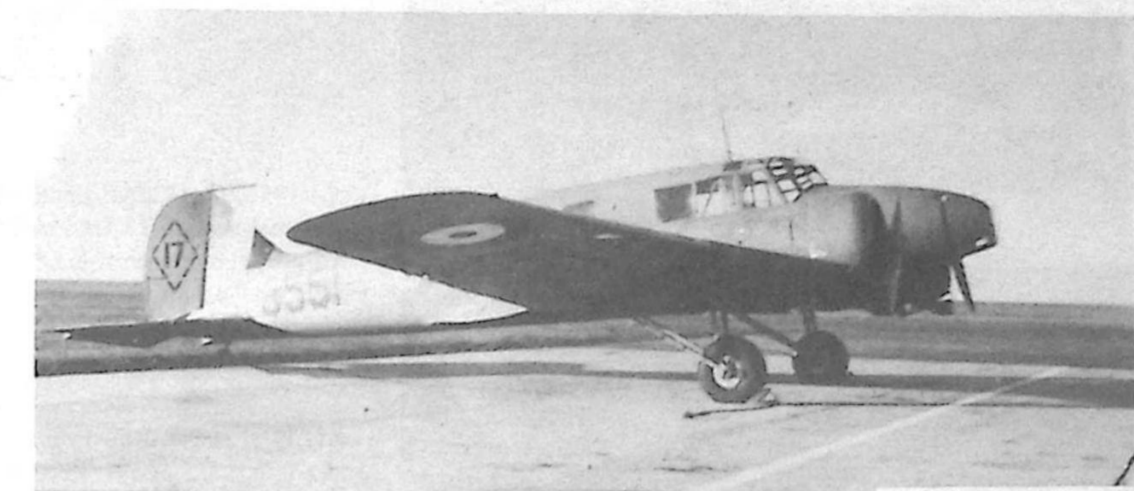
Recollections

Hurry up and Wait!

Part I - Memories of a 1942 Recruit. by J.P. Kirk



Jim in early version flying gear, circa 1942



Jim Kirk's Anson

Jim instructed bomber pilots at No.7 B & G school, Paulson, Manitoba. Due to a shortage of staff instructors, Jim spent all of WW2 training bomber pilots.

Well, I followed the LACs instructions of 'wait over there', and wait is what I did, we did, everyone did! 'Wait' became the watchword and one of the chief occupations wherever we went. Here then was our introduction to the notorious statement 'hurry up and wait'.

The Recruiting Centre

It was a fine warm day in August -- too nice a day to think of going to war -- when I crossed the threshold of the RCAF No.1 Recruiting Centre in Vancouver. A chap in uniform sitting at a desk took down some particulars from me and then said, "Wait over there." He pointed to a row of benches where a number of young men were sitting, lolling, smoking, talking or yawning. I walked over and joined the group.

The chap at the desk who gave me the order wore a 'propeller' on the sleeves of his uniform and I later found out that he was a Leading Aircraftsman. The puzzle to me was why a chap who was a 'leading man' about aircraft was sitting at a reception desk when there was a war on and lots of aircraft needing attention. Still later I learned that his rank didn't denote the type of work he did. Something like the Army gag of a 'private' being the least private guy in the Army, and probably the Navy had some gag about the rank of an 'able bodied seaman'.

While waiting I pondered awhile on how I would fit in as a member of the complex Airforce machine. Up until now I had worked mostly on my own in the north country, without supervision or opportunities for teamwork. How would I respond to being just a number or a cog in the wheel? Military life didn't lend itself to individuality.

"OK, break time. Be back in ten minutes." That was our LAC giving us a chance to mix with the crowds out on the street for a breather. A good way, I supposed, of gradually breaking us off from civvy street; slowly, a little bit at a time.

We were all back on the benches ten minutes later to commence the next waiting period....and then it was noon.

"Everyone back at one o'clock sharp!" "Yes sir!" "Don't sir me, I'm not an officer."

"OK Mac...." Back on the benches at one o'clock. To a chap sitting in the corner next to me I casually

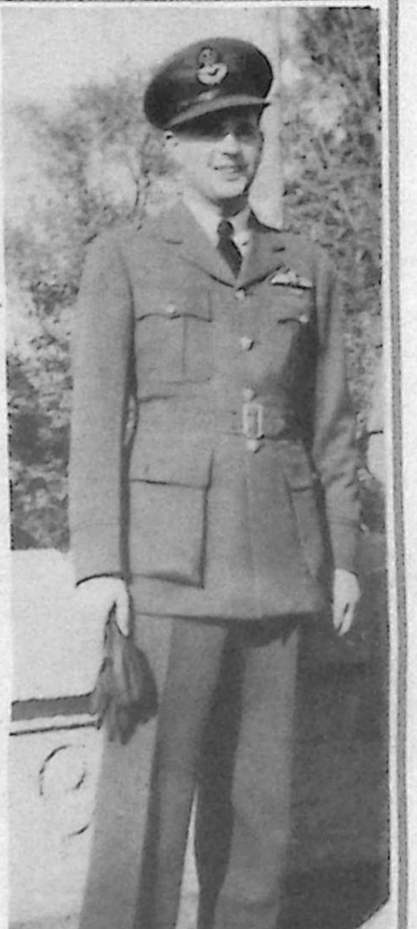
remarked, "This waiting's terrible. I thought there was a war on." To which somebody else nearby cut in, "I heard it's because of production. They build an aircraft, train a pilot to fly it and we have to wait here 'til our 'kite' is built and of course we're all going to be pilots." A few laughs and we all settle back to waiting while picturing ourselves flying fighters or bombers and carrying the war to the enemy.

"OK. Break. Back in ten minutes." "What? Again? And the same guy says, 'OK Mac.'" On our return this time there's a little action. Three or four of us were called out by name to report to the office at the end of the hall. Somebody remarked, "I guess the factory is getting started on our kite now."

We reported in to the office down the hall and began another quiz game: "Name please?" "Born?" -- "Yes."

Same old questions. Same old gags. Some guy trying to make a hit with the good looking WD asking the questions from behind her typewriter and only receiving a dirty look in return. Guess she's been through it all many times. After they had all our past history they were prepared to bring us up to date on our physical shortcomings.

"Report in for medical examination at nine o'clock tomorrow morning." "Yes Mam."



Pilot Officer Kirk soon after receiving his commission in 1943.

Well here we were at 9 a.m. the following day back on those familiar benches. But at least we knew what we were waiting for. Soon we were escorted to the medical examination room and stripped of our dignity and everything else that we wore.

From ears, eyes, nose and throat down to knees, ankles, toes and arches we ran the gamut of inspection. Length of legs (to tell whether you'll fly a fighter or a bomber), sharpness of vision (to tell whether you'll be a night fighter), fast reflexes (to tell whether you'll be able to shoot down a Jerry before he gets you).

It's beginning to sound like they really mean business....and civvy street slips farther away.

After being accepted by the recruiting centre and given a number to place in front of our name, we were told there was a backlog in the number of aircrew awaiting training due to the shortage of airfields, aircraft and instructors and we would be given a few months refresher course with the old three Rs. 'Aircrew', as we were beginning to call ourselves, couldn't afford to have cobwebs in the old grey matter.

In a couple of weeks we joined a group of similar recruits and became a 'flight' at a War Emergency Training

Plan, (Wet P) school attached to Jericho Airforce Base, Vancouver. We tackled in earnest the books and theories that were thrown at us with the help of some very qualified civilian instructors. It was like being in high school or college all over again cramming for those final exams.

We were still in civvies and for those few weeks enjoyed the distinction of being in His Majesty's Forces without a uniform. We looked the part of the 'awkward squad' when attempting some drill manoeuvres on the parade ground. We had to learn to march in step even in civvies as we were going to have to take part in a Victory Bonds Parade through the streets of Vancouver. Horrors! However we were well flanked by others in uniform and led by a smart marching airforce band. The uniforms certainly did make a difference!

Following graduation from our refresher course we assembled at Vancouver's CNR station for boarding our coach heading for Edmonton, and the wild blue yonder!

....continued on 2 Aug



Jim Kirk's classmates in the winter of 1942, wearing their "Pee-Pot" headgear.

Military update

Was it 1978?



This famous T-33, seemingly frozen in flight above the control tower at Baden-Soellingen, is one of many RCAF aircraft depicted in a colouring book, now available at the Airforce Museum. The Editor's guess is that the flight took place in 1978, or after. Is he right?

Turbo's T-Bird

The KIWI flies on

In 1951, the RCAF began to acquire the first of 687 Canadair-built Lockheed T-33 Jet Trainers. This 500 mph jet trainer has been used to graduate thousands of jet jockies that have gone on to bigger and better things in the Canadian Armed Forces. Some of the aircraft in service have flown in excess of 10,000 hours and this type may be in service until 1995.

Many of these T-bird pilots develop an affection for the aircraft and some just have to keep flying them till they get it right! One such individual is W.M. 'Turbo' Tarling who has managed to put in 7,651 hours flying the T-bird. That's almost a whole year flying, all day, all night long. By coincidence, the last T-bird he flew was the same aircraft he made his first flight in, aircraft 133345 and the subject of our picture. This aircraft has been in Air Force service for over 30 years and is now located at the Canadian base of Baden-Soellingen in West Germany.

Check out our Airforce colouring book

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Brig.-Gen. (ret'd) James McGarry Simpson

Colonel Commandant, Canadian Forces Legal Branch

university he served with 414 (Photo) Squadron in Canada and subsequently transferred to the Security Branch of the RCAF. In January 1952 he transferred to the Office of Judge Advocate General as a legal advisor and has served in the capacity of legal advisor with 1 Air Division Europe, the International Law Section, the Director of Personnel Legal Services, Central Command Headquarters Canadian Army Oakville and as Deputy Judge Advocate General, before being appointed Judge Advocate General of the Canadian Forces.

efficiency, productivity and corporate knowledge of the Legal Branch and the Canadian Forces.

Married, he and his wife Shirley (nee Kingsmill) have a daughter Paula and son Timothy. When not serving with the United Nations outside of Canada, Brig.-Gen. Simpson makes his home in Gloucester, Ont.

The appointment of Brig.-Gen. (ret'd) James McGarry Simpson to the position of Colonel Commandant of the Canadian Forces Legal Branch for a period of three years from 1 June, 1990 to 31 May, 1993 was recently announced.

A native of Winnipeg, Brig.-Gen. Simpson attended high school and university in Manitoba where, in 1951, he was awarded his LLB. He is also a graduate of Harvard University and the Imperial Defence College of London, England. In 1972 he received the Governor in Council Appointment of Queen's Counsel (Federal) and he was appointed the Judge Advocate General of Canadian Forces for the period August 1972 to October 1976.

Brig.-Gen. Simpson enrolled in the Canadian Army in 1940 and served as a gunner until his transfer to the Royal Canadian Air Force in 1942. From 1943 through 1945 he served with 409 Squadron as navigator/radio observer, completing tours of operations in England, France, and Germany. After completion of

After his release from the Canadian Forces in 1976, he served as the Senior Legal Officer at the United Nations Headquarters in New York City and as a principal consultant with the Law Reform Commission of Canada on the criminal law project. He was a member of the special committee appointed by the Minister of Veterans Affairs to study procedures under the Pensions Act, and was general counsel to an Ottawa law firm. Presently, Brig.-Gen. Simpson is the senior legal officer at the United Nations Offices in Vienna.

Brig.-Gen. Simpson has enjoyed a long and distinguished career, not only in the Canadian Army, the RCAF and the CF, but also after his release with United Nations and the Law Reform Commission of Canada. As a nationally and internationally recognized lawyer and scholar, he will contribute greatly to the esprit de corps and the general

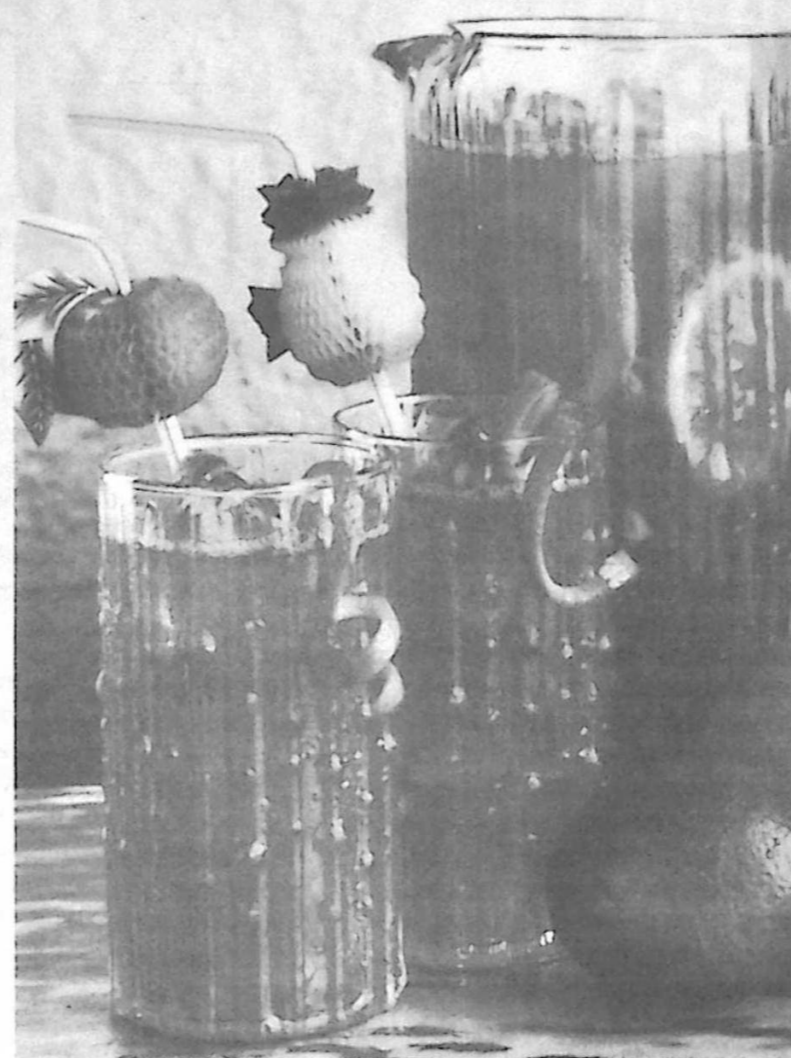
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On and off base



Delicious Iced Tea

Everything Cold is Hot Again

Add 4 cups cold water. Pour over ice in tall glasses, or cover and chill until ready to use. Makes 8 cups.

Sun or Solar Tea

The Sun Tea concept is now a new brewing method. Residents of the sun belt have been preparing Sun Tea for many years. Tea brewed by the sun uses natural solar energy to steep. Simply put tea bags in a jug of cold water, cover, and leave it outside for a few hours. If the sun eludes you, try this refrigerator method:

Overnight Iced Tea

Fill a pitcher with 4 cups cold water and add 8 tea bags. Cover, and chill overnight. Remove tea bags, squeezing against side of container, then pour into ice-filled glasses. Cover and store remaining tea in refrigerator. Makes 4 cups.

Iced Tea Concentrate

This concentrate keeps well in refrigerator. Use it whenever you want a quick glass of refreshing iced tea.

Classic Iced Tea

The traditional way to make iced tea begins with double strength hot tea. Be sure to use fresh cold water brought to a full boil. Cover, and brew 3 to 5 minutes. Strain or remove tea bags and pour tea over ice in tall glasses. Note, the reverse - adding ice to hot tea - can cause the beverage to be cloudy. Sweeten to taste and garnish with lemon slices and mint leaves.

To make a large quantity of iced tea, pour 4 cups boiling water over 8 tea bags. Cover, and let stand 3 to 5 minutes. Stir, and strain into a pitcher.

mineral or soda water. Sweeten to taste, stir and serve. Makes about 1 cup concentrate.

Mint and Citrus Tea Refresher

Here's a delicious and nutritious variation of iced tea.

- 3 tea bags
- 2 cups boiling water
- 2 tbsps chopped fresh mint
- 1/4 cup sugar (or more, to taste)

- 1 cup cold water
- 1/2 cup lemon juice
- 1/2 cup grapefruit juice
- Lemon slices and mint leaves, as garnish

Pour boiling water over tea bags and mint; cover, and let steep for 5 minutes. Strain, and stir in sugar until dissolved. Add cold water, and lemon and grapefruit juices.

To serve - pour into ice-filled glasses and garnish with lemon and mint. Makes 4 cups.

Peach Berry Shake

A fruity combination using the best of the season.

- 1 ripe peach, peeled and quartered
- 1/2 cup ripe raspberries or strawberries
- 2 scoops vanilla ice cream
- 1 cup iced tea

Combine all ingredients in blender and process at high speed until well blended. Makes 2 servings.

Pineapple-Orange Cooler

Frozen fruit juice concentrates give a flavor boost and sweetness without adding sugar.

- 1 cup iced tea
- 2 tbsps frozen orange juice concentrate
- 1 cup pineapple juice
- Stir iced tea and juice con-

centrate together until well blended. Add pineapple juice and pour over ice in tall glasses. Makes 2 tea coolers.

Tea Tips

Sugar Syrup - A sugar syrup is the best way to sweeten cold drinks as it dissolves easier than granulated sugar. Combine equal portions of water and sugar in a saucepan. Bring to a boil; reduce heat and simmer 5 minutes. Let cool, and store in a covered jar in refrigerator.

Tea Cubes - Pour any leftover tea into ice cube trays. Freeze, then pop into a freezer bag. Use these in your iced tea drinks without diluting the flavour. Alternately, freeze fruit juice in freezer trays and add to iced tea for a delicious addition.

Editors note: Will these recipes work with Nutri-Sweet?



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Health & fitness



ASK YOUR PHARMACIST

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

Ease - 1

Every year, more and more Canadians are diagnosing or monitoring their health at home. And thanks to some very effective, easy-to-use and affordable home tests, they are doing so safely.

Some of the most common home diagnostic tests are for diabetes, high blood pressure, colorectal cancer and pregnancy. But before you use any of them, always read and follow the instructions carefully. If you have any questions, ask your doctor or pharmacist.

For many insulin dependent diabetics, monitoring blood sugar levels daily is a way of life. However, in as little as 60 seconds, a diabetic or someone who suspects they may have diabetes can give themselves an accurate test to measure their blood sugar levels. For example, each diagnostic kit comes with convenient blood test strips. All the user has to do is apply a single drop of blood to the coloured tip. Wait for about a minute, follow the manufacturer's instructions and compare the colour with the colour chart provided or use an electronic meter. Remember, if you notice any abnormal change, consult your

doctor immediately.

Thousands of Canadians have high blood pressure and don't even know it. Generally, there are no symptoms although some people experience headaches, blurred vision and giddiness.

Left untreated, high blood pressure can lead to heart and kidney failure or stroke. Therefore, it is important to have your blood pressure checked on a regular basis. If you have already been diagnosed as having high blood pressure, the best way to keep tabs on your condition is through home monitoring.

There are several makes of blood pressure monitors available at your local pharmacy. They are available in a large price range, from simple dial models to an electronic one with digital read-outs and a built-in printer.

After you purchase a home monitor, check it out with your doctor's. The readings should be the same. This is the best way to check the accuracy of your personal monitor.

In our next column, we'll look at some more common home diagnostic tests.

Ease - 2

In this health-conscious age, more and more Canadians are turning to easy-to-use, effective and affordable home diagnostic tests to head off potential problems. Let's examine a few more common examples.

Before using any tests, remember to always read the instructions carefully and follow them to the letter. If you have any questions, ask your doctor or pharmacist.

Colorectal cancer is second only to lung cancer in occurrence and kills thousands of Canadians each year. But, when detected early, colorectal cancer is one of the most curable forms of cancer.

Sometimes rectal bleeding is the only symptom a person will experience. It is definitely the most important, but don't ignore these other signs; abdominal pain, constipation, and diarrhea. If you notice any changes in your bowel habits, consult your doctor immediately.

If you are 40 or older, you should have your doctor perform a regular colon/rectal exam. If you cannot get to your doctor, there are some effective home tests available at your pharmacy to detect blood in your stool. Ask your Shoppers Drug Mart pharmacist which one is best for you.

Some tests require you to

collect stool samples and mail them in for analysis. Other tests give instant results. For example with one test you simply drop a chemically treated paper in your toilet bowl. It will turn a reddish-orange if there is blood in the stool. If your stool blood test is positive, see your doctor immediately. Two out of three colorectal cancer patients can be saved through early detection and treatment.

There are several brands of home pregnancy tests available at your pharmacy. These tests work by detecting the presence of a chemical substance found only in the urine of pregnant women. A positive result is 99 to 100 per cent accurate. But a negative result does not mean you are not pregnant. You may have to test again if you have other signs of being pregnant. In as little as three days after a missed period and in only 30 minutes you can find out if you're pregnant. If your test results are positive, see your doctor. Proper prenatal care is very important to having a healthy baby. While home diagnostic tests are convenient and affordable, they are not foolproof. They can ease your mind if you suspect something is wrong, but never use home tests as a substitute for your doctor. Follow a schedule of regular checkups to keep in good health.

info health

Dr. Bob Young



Torn Ligaments

The view reminded me of snorkelling on a coral reef. There were no fish, of course, as we were looking inside a young man's knee joint, but his torn ligament-ends resembled fronds of seaweed.

The patient had injured his knee in a rugby game. Examination a few days after the injury, when the pain and swelling had subsided, showed a positive 'drawer' sign.

With the patient seated with the knee bent at a right angle his lower leg could be pulled forward a few millimeters at the joint, much like starting to pull a drawer out. This is a sign of a torn cruciate (cross-shaped) ligament.

There are two of these in each knee, anterior and posterior. They cross the joint, bracing it much the same as the diagonal bracing in a wooden gate or barn door.

The aquarium view was obtained using an arthroscope, a fiberoptic miracle the diameter of a pencil that is inserted into the joint and allows most areas within the joint to be seen. The surgeon can peer through the tube as though using a telescope, but often the image of the joint is enlarged on a TV screen.

The otherwise almost inaccessible ligament can be repaired, leaving the patient with only three or four insignificant puncture wounds and, in this case, a couple of small incisions used to obtain graft material.

Patients know about arthroscopy of the knee, and some are now asking for it when their knee hurts. Few are aware that there are only certain instances where joint examination, let alone surgery, using the instrument, is indicated.

Usually a confident diagnosis is reached without using the instrument (saving considerable cost) and many knee injuries will mend with rest, physiotherapy, or other conservative measures.

Increasingly, however, as techniques and tools improve, more difficult problems are solved, quickly and often with little distress to the patient, using the arthroscope. Recovery is much faster than after a formal operation involving an incision.

Torn cartilages and ligaments, loose bodies in the joint, rough or fractured bearing surfaces, inflamed joint lining or synovium, and the urgent problem of joint infection can all be tackled effectively arthroscopically.

And the scope is used in joints other than the knee, often with equally gratifying results.

Insomnia

Lying awake, tossing and turning, watching the TV at 3:00 am, starting the day an hour later, hearing each hour strike - all are due to insomnia, an inability to sleep properly.

Insomnia has several causes, including pseudoinomnia in which a person claims to sleep very poorly although observation at the bedside and in the sleep lab shows they sleep as well as anyone. Overlaps exist, with individuals reporting full and satisfactory sleep when they are actually getting less than a patient claiming insomnia.

Inability to sleep is real enough. There are few who do not have an occasional poor night, often for an easily recognized reason. This is acute insomnia, often the result of a stressful or hectic day, anticipation of an important tomorrow (wedding, exam), or even jet-lag. Normal sleep returns in a few days.

A restless few weeks may occur in response to more prolonged stress - a divorce, loss of a loved one, court case, or the worry associated with a personal illness. Often concern that "I won't be able to sleep again tonight" is enough to ensure wakefulness.

Long term insomnia almost becomes part of the person, and if real, rather than imagined, may be due to an underlying physical or mental illness. This type of sleeplessness requires medical advice and should not be treated with sleeping pills as they are seldom effective for long, and dependence occurs rapidly.

A regular bedtime, simple relaxation measures, comfortable bed and bedroom, avoidance of tobacco, caffeine and alcohol, moderate daily exercise, and perhaps a light snack before crawling in all helps. Avoid daytime naps, and get up and do something

relaxing (or boring) if you are not asleep 30 minutes after turning in at night.

Sedatives and hypnotics (sleeping pills) do have a place in the medical management of insomnia, especially if the cause of the symptom is something that time will shortly heal. They work well when used infrequently and over short periods of time.

The ritual of taking a nightly capsule, while exceedingly common, is more of a habit than rational treatment. Tolerance to virtually all drugs in this class develops in less than a month and they lose their effectiveness. Addiction, poisoning through overdose, and eventual withdrawal symptoms are all possibilities.

An interested physician can offer help for your insomnia.

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

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CARIBOO COLLEGE kicks off CELEBRATION '90, marking 20 years of service, with a HOMECOMING WEEKEND AUGUST 24, 25, AND 26
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Health & fitness

Screening Mammography Programme

What is the purpose of the Program?

Statistics show that one woman in ten in B.C. will develop breast cancer. Projections are that the Screening Program can make it possible to save as many as 120 women's lives annually in B.C.

What is Screening Mammography?

Screening Mammography is the x-ray examination of the breasts for women with no signs or symptoms of breast disease. A mammogram is a safe low dose x-ray that produces the clearest image of the inner structure of the breast. The technique is the most accurate and effective method of detecting breast cancers which may be too small to be felt.

What are the benefits of Mammography?

Early detection of breast cancer is the key to successful treatment. When detection occurs at an early stage, a 95 per cent cure rate can be confidently predicted. A second benefit is that such early detection may mean much less radical treatment than would be required at a later stage. The result is an improved quality of life for the breast cancer patient.

Does Mammography replace self-examination?

No! The Screening Mammography Program in B.C. does not include BSE (Breast Self-Examination), nor is it a replacement for it. We urge you, if you are an adult woman, to use self-examination every month and have an annual physical examination of your breasts by your doctor. For women forty or over, we recommend an annual mammogram as well.

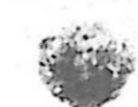
Self-examination is the only method for detecting lumps which may occur during the interval between screening mammograms. Also, since a small number of breast cancers cannot be seen even on the best quality mammograms, BSE is very much a partner to the procedure.

Why do breast self-examination?

This is the average size of tumours found accidentally by women.



This is the average size of tumours found by women who claim to do breast self-examination every month.



This is the size of lump women can be trained to detect.

Who qualifies for the Mammography Program?

If you are forty or over, you are eligible for the B.C. program. You may refer yourself or be referred by your doctor. Here are the other criteria for eligibility:

- a. If you are under forty, you must have a referral from your family doctor, as well as a consultation with a Screening Centre radiologist.
- b. If you already have symptoms of cancer, your family doctor should refer you for diagnostic mammography, not for screening mammography.
- c. Women who are pregnant or breast feeding, or who have

had breast implant surgery, are not eligible.

What does the examination involve?

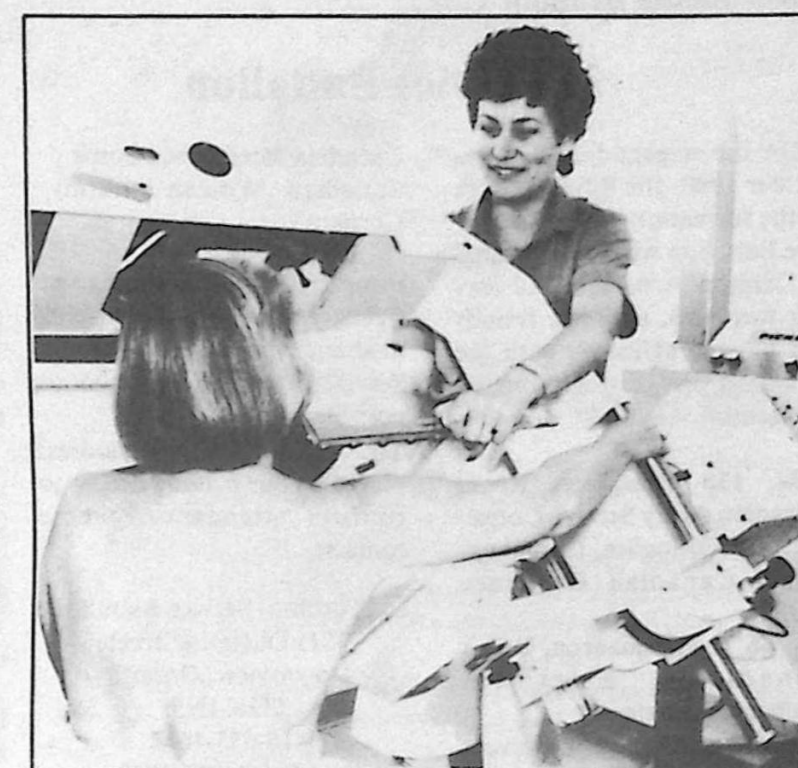
The standard examination involves one x-ray from the side and one x-ray from above. The technologist will use a plastic compression device both to make the breast as thin as possible in order to create the most accurate picture and to allow the minimum radiation dose. At the most, the compression lasts for a few seconds. The amount of breast discomfort felt during the compression varies considerably and it is therefore preferable for women who are troubled with breast tenderness to avoid having mammography performed around the time of their menstrual period. Statistics show that only 1 - 2 percent of women experience any significant discomfort from breast compression during the examination.

Is there danger from x-raying the breast?

The British Columbia Radiological Society says "No". The Society points to many studies done over the past ten years; the conclusions are that the risk is negligible and that benefits far exceed any theoretical risk.

Who gets the results?

Results are sent by letter to all registrants in the program and to their family doctors. All women who are accepted must provide the name of a B.C. doctor to whom results can be sent. This ensures that proper follow-up is done if further examinations are required. Additional examinations could include a diagnostic mammogram, ultrasound, aspiration and occasionally



Screening Mammography - No Charge

biopsy (in a small percentage of cases) to diagnose an apparent abnormality detected by the screening.

Is there a charge for Screening Mammography?

No! There is no charge. The Program is funded 100 percent by the Ministry of Health, and is a collaborative effort of the British Columbia Cancer Agency, the B.C. Medical Association, the University of British Columbia, the B.C. Radiological Society, and the Canadian Cancer Society, B.C. and Yukon division.

Canadian Cancer Society, B.C. and Yukon division has donated the first van for a mobile screening centre.

How do you enrol in the Program?

To make an appointment at any Screening Centre, simply call the centralized booking system:

Vancouver Area: 660-3639
Long Distance: 1-800-663-9203

CENTRE LOCATIONS:

- Burnaby
- Kamloops Mobile Centre 828-4916
- Kelowna
- North Vancouver
- Surrey 660-0288
- Vancouver 877-6109
- Victoria

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Yes, we do ear piercing

If you are a woman 40 or over, this program is a must.

SCREENING MAMMOGRAPHY

is funded by the B.C. Ministry of Health. A doctor's referral is not required for women over 40. Call 1-800-663-9203 for an appointment.

Screening Mammography Program of British Columbia

Become a **UNICEF Volunteer**

Next Deadline 30 JULY

Public announcements

Silver Jubilee Reunion

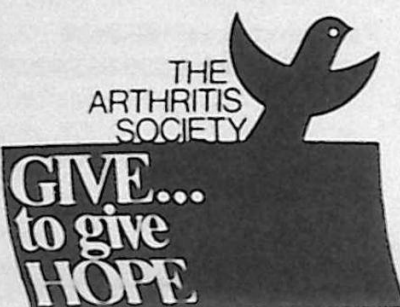
25 Service Battalion

On the weekend 22-23 September 1990, the Silver Jubilee of the formation of Militia Service Battalion will be celebrated at Denison Armoury. All former members, spouses, friends and anyone affiliated with the following are cordially invited to attend:

- 134, 136 Company, Royal Canadian Army Service Corps
- 12, 13 Ordnance Company, Royal Canadian Ordnance Corps
- 45, 46 Tech Squadron, Royal Canadian Electrical Mechanical Engineers
- 2 Provost, Canadian Provost Corps

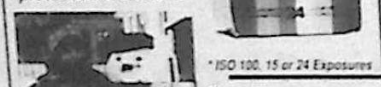
Soccer Clinic

A Soccer Officials Clinic will be held at Comox 27-29 Jul 90. Cost is \$35.00. Cut off date 20 Jul 90. For further info contact MCpl David Rothermund, local 8315.



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8:00 a.m. and 10:00 a.m. Fr. John Paetkau - 339-2925

JESUS IS LORD

Montreal International Marathon

Canadian Intelligence Corps Canadian Women's Army Corps.

In order to assist planning, we strongly urge all those wishing to attend, to notify the Toronto Service Battalion as soon as possible.

To have your name and address placed on our mailing list, or to confirm attendance, please contact:

25 (Toronto) Service Battalion 3521 Dufferin Street Downsview, Ontario M3K 1N5 416-635-4647 FAX 416-631-0948

The 12th Montreal International Marathon will be held on the 02 Sep 90. R & Q will be provided by Longue Point Detachment. To qualify, members must be equal or better than times as follows:

- a. under 40 (male) 2:50; (female) 3:20;
- b. 40-49 (male) 3:10; (female) 3:30;
- c. 50 plus (male) 3:20; and (female) 3:40.

Further info can be obtained by contacting MCpl Dave Rothermund at local 8315.

A Warning from B.C. Tel

B.C. Tel and Dominion Directory are warning customers not to be deceived by bogus invoices for directory advertising.

Large numbers of businesses are reporting the receipt of solicitations for directory advertising which look like invoices. Although some are from legitimate directory suppliers, these solicitations are often mistaken as invoices for existing Yellow Pages advertising and are paid in error.

"We do not generally send separate invoices to our customers for Yellow Pages advertising," explains B.C. Tel Directory Manager Brian Woodward. "Customers are billed monthly on their Company phone bill -- and only after the directory has been published."

Recent directory solicitations have been issued from an Ontario directory company and sent across Canada on a regular basis. The directory logo resembles a bright yellow book which confuses some companies into thinking they are paying their Yellow Pages bill.

B.C. Tel advises all its customers in British Columbia that Dominion Directory Company Limited is the sole official sales agent for B.C. Tel Yellow Pages. The term "Yellow Pages" is a registered trademark, and may only be used by a licensed company such as Dominion Directory.

The company recommends that if you receive a solicitation from an unknown directory company, it is a good idea to check that the firm is reputable and will in fact publish a directory that will be suitable for your business.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

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

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

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

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

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj R.E. Baker CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88 OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP - Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 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.

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Please write to: Margaret Ellertson P.O. Box 40 Coal Harbour, B.C. V0N 1K0 Phone (604)949-6308



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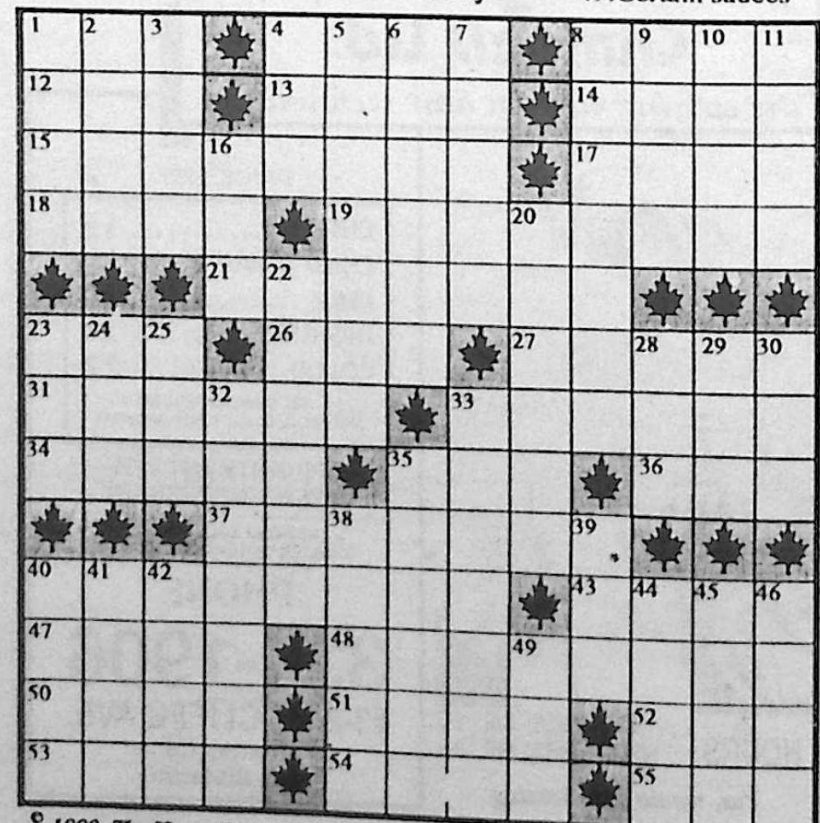
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334-3656 830F (upstairs) Cliffe Avenue

Canadian Crossword

By Rick McConnell Solution on page 19

- ACROSS**
- 1. Nickname for Cohen
 - 4. Ova
 - 8. Running or over
 - 12. Biblical lion
 - 13. Riders or Lions
 - 14. Grey
 - 15. Arctic Island or B.C. city
 - 17. Medicine bottle
 - 18. Yachting
 - 19. Arctic Island or Sask. town
 - 21. Possession
 - 23. South seas isle
 - 26. Some
 - 27. Ringnes, N.W.T.
 - 31. Wage
 - 33. Dark ring
 - 34. Ringnes, N.W.T.
 - 35. Rubber tree
 - 36. Photographs (Coll.)
- DOWN**
- 1. Molten rock
 - 2. Ares' sister
 - 3. Amiable
 - 4. WWII zone
 - 5. Site of former wall
 - 6. Merriment
 - 7. Blue glass
 - 8. Barber's city
 - 9. Greet
 - 10. Spoken
 - 11. She in Shawinigan
 - 12. Touch (comb. form)
 - 20. Turned
 - 22. Less easy
 - 23. Aspirin
 - 24. Regina player
 - 25. Eskimo knife
 - 28. Clip
 - 29. Biblical judge
 - 30. Send by wire
 - 32. Cherubie
 - 33. Girl's names
 - 35. Enzyme
 - 38. Series Champs' tool
 - 39. French coin
 - 40. Chair
 - 41. Eight prefix
 - 42. Gangster's gal
 - 44. Ass noise
 - 45. Italian host
 - 46. Airport abbr.s
 - 49. Certain sauces



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Leisure

B.C. BESTSELLERS

FICTION Week Ending: 1 Jul, 1990 Produced: 3 Jul, 1990 (Brackets) represent last week's position

- 1. (-) Message from Nam
- 2. (3) Golden Fox
- 3. (-) Disturbing the Peace
- 4. (-) Constancia & Other Stories for Virgins
- 5. (2) Friend of My Youth
- 6. (-) Not Vanishing
- 7. (-) The Bar Stories
- 8. (-) Cold Sassy Tree
- 9. (9) Evening News
- 10. (-) People You'd Trust Your Life To

Steel Smith Woodward Fuentes Munro Chrystos Donnelly Burns Hailey Wallace



Exercise and Mental Health

Stress is the strain and effort of everyday living. Without stress, or overload, all life would cease to exist as we know it.

There are different types of stress: emotional; mental and physical. As well there are negative and positive stresses. We are all very aware (and sometimes not aware at all) of negative stress (money, work, relationships, environment, etc.). Physical exertion is an example of a positive stress.

Research findings have shown that there may be a casual link between exercise and mental health. In other words, a person who exercises moderately, may be able to better cope with the stresses of today's world.

The following are consensus statements concerning what is actually known about the influence of physical exertion on mental health:

a. physical fitness is positively associated with mental health and well-being;

b. exercise is associated with the reduction of stress emotions such as certain forms of anxiety;

c. anxiety and depression are common symptoms of failure to cope with mental stress and exercise has been associated with a decreased level of mild to moderate depression and anxiety;

d. long-term exercise is usually associated with reductions in traits such as neuroticism and anxiety;

e. severe depression usually requires professional treatment, which may include medication, psychotherapy, with exercise as an adjunct;

f. appropriate exercise results in reductions in various stress indices such as neuromuscular tension, resting heart rate, and some stress hormones;

g. current clinical opinion holds that exercise has beneficial emotional effects across all ages and in both sexes.

Solution



Country Kitchen

Gardeners' delight

If wealth could be measured in zucchini, many gardeners would live carefree lives. When your garden produces an overabundance of this versatile vegetable, here's a delicious way to utilize some of that wealth.

These cookies impart an old-fashioned goodness to modern home baking. Their texture and flavor is reminiscent of Grandma's Hermit Cookies and is similar to more recent recipes using carrots and spices. For today's health conscious consumers, these cookies are packed with fibre rich ingredients--raisins, nuts, whole wheat flour and zucchini.

Whole Wheat Spicy Zucchini Cookies

- Preparation: 15 minutes Bake: 10 to 12 minutes
- 1/2 cup soft butter or margarine 125 mL
 - 1 1/3 cups packed brown sugar 325 mL
 - 1 egg 1
 - 1/4 cup apple juice 50 mL
 - 1 cup raisins 250 mL
 - 1 cup chopped nuts 250 mL
 - 1 1/2 cups shredded zucchini 375 mL
 - 2 cups Five Roses Whole Wheat Flour 500 mL
 - 1 tsp baking soda 5 mL
 - 1/2 tsp Each: salt, ground cinnamon 2 mL
 - 1/4 tsp ground cloves 1 mL

Cream butter with brown sugar until fluffy. Add egg and beat well. Blend in apple juice, raisins, nuts and zucchini. Combine dry ingredients and blend into batter. Drop by spoonfuls 2 inches (5 cm) apart on greased baking sheets. Bake in 375°F (190°C) oven for 10 to 12 minutes. Let rest 1 to 2 minutes before removing from baking sheet to cool on cake racks. Makes about 54 cookies.

Summer fruit pies

Succulent fresh fruit and berry pies are one of the tastiest ways to enjoy the warm weather seasons.

This year add a unique touch to such pies with whole wheat pastry. Whole wheat flour imparts a unique texture, rich color and slightly nutty flavor to pastry. It's an ideal change of pace for your favorite fruit pies.

Whole Wheat Pastry

- Preparation: 10 minutes
- 1 1/2 cups Five Roses Whole Wheat Flour 375 mL
 - 1 tsp sugar 5 mL
 - 1/2 tsp salt 3 mL
 - 1/2 tsp baking powder 3 mL
 - 3/4 cup lard or shortening 175 mL
 - 1/3 cup ice cold water, approximate 75 mL

Combine flour, sugar, salt and baking powder. Cut in lard with 2 knives or pastry blender until mixture is crumbly. Add water gradually using just enough to bind mixture so that dough can be patted lightly to form a ball.

Form dough into 2 flattened balls. If preparing a double crust pie, make one ball slightly larger. Handle as little as possible. Roll larger piece from centre outward, with a light, even pressure to form a circle 1/16-inch (1.5 mm) thick and 1 inch (2.5 cm) larger than the inverted pie plate. Fold double and lift gently into pie plate. Unfold and fit loosely in place. Do not stretch. Spoon cooled fruit filling onto pastry. Trim pastry at edge of plate. Brush edge of pastry with water.

For top crust, roll second flattened ball into a circle 1 inch (2.5 cm) larger than plate. Fold double and lift gently into place over filling. Cut slits near centre to allow steam to escape. Fold top pastry under edge of bottom pastry; seal and flute edge. Bake, using oven temperature and time recommended for filling.

Makes pastry for a double crust pie.

Filberg Festival

CALENDAR OF EVENTS

FILBERG FESTIVAL, Comox - 3-6 Aug, from 11 am to 8 pm daily. Enjoy the best in B.C. arts and crafts, plus free music, great food variety, free children's entertainment, petting farm and more on a beautiful nine acre park overlooking Comox Bay. Admission \$2.00 for adults, \$1.00 for children 6-11, tots 5 and under free.

For more information, please contact: Festival Coordinator Jane Howard 61, Filberg Road, Comox, B.C. V9N 5R3 334-4446, 338-7802 or 339-2715

888 (KOMOX) WING

RCAFA

Sat 14 - FUN 'GOLF DAZE AND BBQ'. Golf at Longlands par 3, tee-off 3 p.m., BBQ at Wing, 6 p.m. \$13 for both events. Tickets at Wing.

Sat 21 - SUMMER BBQ, 5:30 p.m. - \$7.00 ea.

Sat 28 - SUMMER BBQ, 5:30 p.m. - \$7.00 ea.

Sun 29 - FUN 'SLOW PITCH BALL GAME'. Game at diamonds behind Canex - 1 p.m. Wing open after game, 3 p.m. Sign up for 'The Wingers' or 'The Dingers' - List in Wing.

Come out and support the Wing and have a good time

Wing hours of operation are as follows:

Thurs. 11 a.m. to 6 p.m. Fri and Sat 11 a.m. to 1 a.m.

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Recreation

ICBC Policy

New Protection for Travellers

The Insurance Corporation of B.C. has introduced a new Autoplan policy which could be the perfect travelling companion for B.C. motorists on holidays or business trips.

It's called the Vehicle Travel Protection Policy, and it's designed to help out in the event you become stranded due to an accident or the theft of your vehicle by reimbursing some of your extra accommodation and travel expenses. The coverage applies to Canada or the U.S., including Hawaii and Alaska, but not to Mexico or any other country.

The new policy can only be purchased by a B.C. resident but can be extended to anyone, including non-British Columbians, you name as your travelling companions. It is available for B.C. registered and licensed private passenger vehicles, motor homes, motorcycles, and commercial vehicles with a gross weight not exceeding 5,000 kilograms.

The cost is \$2 a day for one or two people, or \$3 a day to cover three or more people.

Coverage includes:

- Additional living expenses up to \$500 or \$1,000 - depending on the number of people insured - for lodging, meals, phone calls and transportation.
- Replacement vehicle expenses up to \$500, including rental of a replacement vehicle, hiring a taxi or other public transportation costs.
- Travel expenses to return home, up to \$1,500 or \$3,000 - depending on the number of people insured - without restriction on the form of transportation used.
- Expenses incurred to return the vehicle home, up to \$750.

All Autoplan brokers have more information on ICBC's new Vehicle Travel Protection Policy.



Chuckle

In 1977 32 Coventry housewives decided to pop over to Paris for the weekend. Such were the delays and disasters encountered that they arrived in the French capital with only two hours to spare before they were due to return home.

One of their number, Mrs. Cathleen Fox said "It was ridiculous. We spent all weekend traveling."

After 8 hours on the boat and 15 hours on the coach, the housewives got out to find that they were still 80 miles from Paris. They booked into a hotel at Compiègne where they had to rest three to a room. "Then a cat wet the bed", said one of the women, "and we were 6 to a room."

When they eventually got to Paris, they found that the courier couldn't speak French.

After a quick look round, they set off for home. They called at the same hotel where the same cat wet the bed again and it also ate their chicken lunch prior to their arrival.

Having a party? Give us a call.

334-0043

Summer Food Safety

Keep food safety in mind when you pack up for picnics this summer. Although picnics present greater than average risk of food spoilage or food poisoning, the danger can easily be avoided with proper precautions.

Nurses point out that most bacteria are harmless and many are even beneficial. Some, however, are potentially harmful. Among the harmful varieties are the few that cause 95 percent of all food-borne illness. They are commonly found in the nose of healthy human beings, in feces, in the soil, in raw meat and on raw vegetables.

Eating small numbers of such bacteria usually causes no harm. Consumption of large quantities, though, leads to illness. Because they are living organisms, they take in food, give off wastes, grow and multiply. They thrive in warm, moist foods and can double their number about every 20 minutes when the temperature is between 80 and 110 degrees F. At this rate, 100 bacteria can multiply to well in excess of 1600 million in the course of eight hours. And that causes trouble.

Most of us have, at one time or another, had nausea, vomiting, cramps and diarrhoea. What we called the flu may have been food poisoning. Bacterial food poisoning usually comes on within a few hours and resolves itself in 24 hours. Although sufferers may be very ill for a few hours, they do not experience the high fever, generalized aching, and respiratory symptoms that are typically associated with the flu virus.

To plan for picnics, nurses advise that you choose foods that are usually safely kept at room temperature without bacterial growth. Take fresh fruits and vegetables, breads and crackers, canned spreads and cheeses that can be opened and used on the spot. Aged cheese, such as cheddar and Swiss, do well for an hour or two, but should be carried in an ice chest for longer periods.

If you take potentially unsafe foods such as raw meat, milk, mayonnaise or creamy desserts, take a cooler packed with ice and be sure it is out of the sun.

If prepared sandwiches are a must, make them the evening

before, wrap them securely and refrigerate them overnight. Wrap again in additional paper and store them in the cooler at the picnic or next to juices that have also been refrigerated. One useful idea is to freeze cartons of juice that can serve as ice packs early in the day and cool drinks later.

Meat requires special handling. If it has been marinated, wash the dish with hot soapy water or use a fresh plate to serve the cooked meat. Otherwise bacteria left on the plate from the raw meat can contaminate and grow on the cooked meat.

Ground meat is especially susceptible to bacterial contamination. Much more handling has occurred and there is a much greater surface area exposed in the process. To be safe, it is best to cook hamburger to at least medium well done.

Food safety is not difficult. Precautions just need to be remembered and practised on the spot. Summer picnics are long remembered by many of us as highlights of the season. Keep them healthy and happy for everyone.

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Fri 10 Aug Music by Valleyboys

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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 05
THURSDAYS.....*1st Branch Exec.Mtg.
(Jul/Aug 10 am 3rd Thurs.)
L.A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
*3rd Branch Gen.Mtg. Recessed Jul&Aug
FRIDAYS.....Meat Draws, Lounge 2-6 pm
Dance, Lounge, unless advised
SATURDAYS.....Meat Draws, Lounge 2-6 pm

UPCOMING EVENTS

SUN 08&22 JUL
Comox Br.160 and Courtenay Br.17 will hold legion days of sports, for an inter-branch Challenge Trophy. To be held at Courtenay Legion on 08 Jul, and at Comox Legion on 22 Jul. Both will start at 1 p.m. Requirements for both branches is five teams of 4 (2 ladies and 2 men on each team). Each team will be entered in one of five sports - POOL,DARTS,CRIB,EUCHRE & BRIDGE. No entry fee. Members only from each branch incl. L.A. entries from Comox Legion on poster in lounge at Comox. Entries from Courtenay Legion in Courtenay lounge. Both before 07 Jul.
SUN 12 AUG - COMOX LEGION ANNUAL GOLF TOURNAMENT AT COMOX GOLF CLUB 1 P.M. TEE OFF. Shot-gun start. Entry fee \$15. Comox Legion members, L.A. & bonafide guests. Entries at Comox Legion lounge prior to midnight 12 Aug. Post entries accepted to 12 noon at Comox Golf Club.
SUN 26 AUG - COMOX LEGION'S 'HANK WARDALE-KING MEMORIAL' PICNIC. Airforce Beach at 1 p.m. Comox Legion & L.A. members, their families & their bonafide guests ONLY.



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C.O.D.E.

Fighting Illiteracy

Fighting the war against illiteracy is the goal of a new Canadian foundation, formed as part of a literacy project that involves community newspapers across Canada.

Enabling people to learn will be one of the objectives of the CODE Literacy Foundation, created to fund literacy projects in developing countries following International Literacy Year.

The need for worldwide action against illiteracy is acute as nearly one billion people are illiterate. The CODE foundation believes that supporting literacy, and in turn education, is essential for development and improving the living conditions of millions of people.

Money raised through the Literacy Foundation will enable CODE, the Canadian Organization for Development through Education, to help support activities that promote literacy and education. For more than 30 years CODE has been shipping educational materials and supplies to the Third World. It does so in the belief that supporting education is an important first step towards development and encouraging self-reliance.

Among CODE's many achievements is the Jamaica Primary Textbook Project. Since 1984, millions of textbooks have been printed on paper supplied by CODE.

Today, thousands of Jamaican children learn with the help of books, where before they had none.

In the southeast African country of Malawi, overwhelming registration in adult literacy classes between 1983 and 1987 exhausted the supply of learning materials. CODE's contribution of \$543,000 worth of paper will benefit an estimated two million adult learners by 1995.

CODE, a non-profit, charitable organization, and the Canadian Community Newspapers Association are co-sponsors of NewsLink: The International Newspaper Literacy Exchange. NewsLink is conducting an exchange between community newspaper reporters in Canada and developing countries in Africa and the Caribbean. The project is also developing a newspaper literacy program called NewsAble that will enable adult literacy teachers in Canada to use the community newspaper as a learning tool in their classes.

Further information about the CODE Literacy Foundation may be obtained by call (613)232-3569 or writing the foundation at 321 Chapel St., Ottawa, ON, K1N 7Z2. Donations are tax-deductible.



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On and off base

Dog Talk



Acquiring a Dog

by Gerry Gerow



I suggested she leave it with me and I would check around. Several weeks later I happened to drop in on some clients who were also doggie persons, and trotting around among the 15 or so Yorkies that normally live there was a beautiful male sheltie. "Where did he come from?" I asked.

"Belongs to a friend", Don replied. "She's moving and can't take him with her." "We have to find a home for him," he added. "She'll give him away to a good home."

I picked up the phone and called my office. When the receptionist answered, I immediately asked "Do you still want a Sheltie?"

"Yes, Gerry, but how much?" was the reply.

"Never mind that," I replied, "I've got one for you."

"How much, Gerry?"

"He's a neutered male with papers," I went on.

"But how much do they

want Gerry."

"He's Black and Tan, has a beautiful temperament, is house trained and needs a home."

"Gerry, HOW MUCH?"

I decided it was time to knock off the teasing, told her she could probably have the dog for free, and gave her the owner's phone number. She was ecstatic.

This took place over a year ago. Every time I see this girl now, she has some story to tell about HER dog. The end result to the story was a 'happy dog' and a 'happy owner'.

Not long after, another receptionist who had just started with us, was telling the other girls about a Shih Tsu she had seen, and how she wanted one. The girls immediately button-holed me. A couple of phone calls later, she had her puppy, at a price she could afford, and from a caring breeder who breeds for quality and not quantity. Like the other girl,

she is constantly speaking about HER dog.

The reason for these happy endings is simple. They didn't run out and do something on impulse, and they passed their desires on to a doggie person who knew where to find what they needed.

There are lots of dog people around and any of them can help you find your dog. They all know other dog people and are aware of where to find the breeder of the breed you desire.

The scourge of the doggie world is the puppy farmer. These people simply take any two registered dogs of the same breed and mate them without regard for anything except quantity. These puppies are normally wholesaled off to pet stores. Most of these people operate in the United States, and the puppies are imported to Canada and sold without registration papers, despite this being required by Canadian law. It is an offence under the

Canadian Livestock Act to sell a dog in Canada, if represented as purebred, without providing the purchasers with registration papers in their names, at no extra charge. It is not generally enforced, but it is the law, and should be. Don't take my word for it. Ask the seller if the dog is purebred, and then when they assure you it is, ask if registration papers in YOUR name will be provided to you, by the seller, as required by law. If they say 'yes' to the first question, and 'no' to the second, compare the price they are asking to that asked by someone who will say 'yes' to both.

Never acquire a dog on impulse. Think it through carefully, and then find members of the local dog club and talk to them. You'll be glad you did.

B.C. Heart Foundation



On and off base

DND Civil Emergency Response

The Department of National Defence and the Canadian Forces are established, maintained and funded to carry out defence activities. However, defence resources are also in demand to provide assistance to non-defence agencies and other government departments ranging in scope from assistance to amateur sporting events, to responding to natural disasters such as floods and earthquakes.

Organization

In order to most effectively support civilian emergency requirements within Canada, a regional structure has been placed over the normal functional command structure within the Canadian Forces. This has been accomplished by dividing Canada into six geographic areas based on provincial boundaries and assigning regional responsibility to the senior functional commander in each area.

The regional commander is responsible for all activities in the following areas:

- a. the conduct of operations except those specifically assigned to another operational commander.
- b. the preparation and execution of plans for assistance to civil authorities, including

other federal departments, c. provincial representation.

Policies, Rules & Regulations

Under the terms of the National Defence Act, DND cannot initiate action to assist in a non-defence emergency. DND can only respond to legitimate requests from those agencies that have overall responsibility for a particular activity. For example, in the case of an oil spill off the west coast, DND resources can only be provided if requested by the lead agency, in this case the Canadian Coast Guard. DND cannot respond to requests from other groups which, while interested in the problem, do not have the necessary responsibility. Requests for assistance must be approved by the minister or deputy minister of National Defence, or by an officer with their delegated authority.

Since DND is only funded to carry out defence-related activities, the department is required to recover expenses incurred in relation to a non-defence activity from the individual or agency requesting assistance. The costs recovered will normally be the equivalent commercial rate or the total cost of providing the required services. These costs can be

reduced or waived by the minister or deputy minister under certain conditions on a case-by-case basis.

In addition, the following conditions must be met before DND resources will be tasked in response to a request for assistance:

- a. it must be in the public interest and consistent with the purposes of government policy.
- b. it must not result in an unacceptable reduction of the CF capability to carry out defence activities.
- c. it must not adversely affect the confidence or respect the public has for the CF as a fighting force.
- d. it must not compete with or duplicate similar on-going activities of the civil sector to the detriment of such civilian activities.
- e. it should not be on a continuing basis since DND should encourage the civil sector to be independent of such support.

Except in urgent cases related to civil disaster or humanitarian assistance, the provision of services to any non-defence agency requires a written agreement from that agency. In an emergency situation DND will react to a verbal request for assistance, but any such request must be confirmed in writing as soon as

possible.

Resources and Capabilities

The CF is capable of responding to many emergency situations. While current policy does not dictate specific training or equipment to deal with civil emergencies, much of the force's normal equipment and expertise can be used effectively to assist civil authorities in disaster or emergency situations. DND operations centres are manned 24 hours a day, seven days a week. They can quickly assess the situation, plan and implement the appropriate response, and monitor and control the operation as required.

The following DND resources normally available in Canada can be tasked to respond to any civil emergency:

- a. Maritime Resources
Maritime Command maintains a ready duty ship and two aircraft on standby on each coast. These resources are frequently used for fisheries and pollution patrols, drug enforcement and search and rescue tasks.
- b. Land Forces Personnel
Mobile Command maintains three battalion size (600 personnel) units on 12-hour notice to respond to any defence or

civil emergency. Each of these units maintains a company size (100 personnel) sub-unit on eight hours notice to move as a vanguard or advance force. Thus, in an emergency, Mobile Command could quickly muster approximately 1,800 personnel for tasks within Canada. In an extreme emergency, approximately 5,000 personnel could be committed if required.

c. Land Forces Equipment
A large proportion of normal CF equipment is well suited to many of the tasks that could be required in a civil emergency. CF equipment includes everything from axes and saws to pneumatic augers, from manpack radios to portable generators, from jeeps to large cargo vehicles, emergency accommodation (tents) and field kitchens, and specialized engineer equipment such as water purification units and emergency bridges or rafts.

d. Air Resources
Air Command maintains many types of aircraft on various levels of alert. Search and rescue aircraft are kept on at least two hours notice, and helicopter and transport aircraft are normally on eight to

continued on page 24

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On and off base

DND Civil

twelve hours notice. Airlift resources are normally heavily tasked and in the event of an emergency may have to be diverted from other tasks for a civil emergency operation.

e. Medical Resources

The CF can provide emergency medical facilities ranging from field ambulance units to a forward surgical hospital. A field ambulance is capable of deploying on 12-hours notice and can provide casualty evacuation and life sustaining treatment. The forward surgical hospital has a capacity of up to 100 beds. It requires 72 hours to mobilize and can provide the full range of normal hospital services.

f. Other Resources

DND has portable communication equipment that can provide secure or non-secure communications including FAX worldwide. Across Canada there are several explosive ordnance disposal teams which can respond to taskings. DND also has limited resources available to respond to nuclear or chemical accidents or emergencies.

In the event of a major natural disaster or civil emergency, DND could provide direct support in terms of personnel and equipment. However, it is able to make the most substantial contributions in support areas with its ability to support a major emergency operation logistically, to transport large amounts of material or personnel quickly to a disaster site, and to establish and maintain a communications, command and control network if required.

Examples

The type of assistance that DND has been called upon recently to provide to various agencies includes:

a. Armed Assistance to Corrections Services Canada

In November 1989, 2,500 personnel were placed on standby to provide armed assistance to Corrections Services Canada during a strike at federal prisons. These troops were not actually called upon to deploy, but were kept on standby for the duration of the strike.

b. Assistance in Civil Disasters

In January 1989, 100 personnel and three helicopters were placed on standby to assist in the cleanup of the "NESTUCA" oil spill on the west coast. One helicopter was deployed and flew 10 hours in support of this operation. The other DND resources were stood down when the Canadian Coast Guard confirmed they had adequate resources available and did not require further assistance from DND.

In July 1989, 19 CF aircraft of various types flew 485 hours in support of forest fire operations for the province of Manitoba. The aircraft were used to evacuate people from towns and villages threatened by fires, to assist in locating hot spots so that fire fighting resources would be directed to critical areas, and for the repatriation of the evacuees once the danger was over. Other services provided for this operation included the loan of beds and bedding for use by residents evacuated from the fire areas, personnel and equipment for reception centres set up to receive evacuees, and a mobile radar for use in Thompson, Man., to allow aircraft to continue operations in the reduced visibility.

c. Humanitarian Assistance

In October 1989, at the request of the Canadian International Development Agency (CIDA), DND provided a mobile radar unit and a field

continued from page 23

engineering unit to assist in relief operations on the island of Montserrat in the Caribbean following the devastation of Hurricane Hugo. CF aircraft were used to transport personnel, equipment and relief supplies.

d. Assistance to Amateur Sporting Events

In February, 1990 DND provided support to the Northeastern Alberta Winter Games at Wainwright, Alta. in the form of accommodation, rations and transportation for the athletes taking part in the games.

e. Assistance to Community Activities

In the fall of 1989 members of 2 Field Engineer Regiment (2FER), a Toronto based militia unit, assisted in the construction of a pedestrian bridge across the Mississauga River for the Buckhorn District Snowmobile Club. The club provided accommodation for the 2 FER personnel and the materials and equipment for the bridge, and 2 FER designed and constructed the bridge as a training exercise.

Conclusion

Support to other government departments and civil agencies is an important role of the Canadian Forces. DND is well organized through the regional system to provide timely and appropriate assistance in cases of civil emergency in response to legitimate requests from responsible authorities. The level of support provided will vary with each situation depending upon the capability of the lead agency, the availability of civilian resources and, of course, defence commitments.

By continually reviewing and refining plans and policies, DND will continue its high level of support in future cases of civil emergency.

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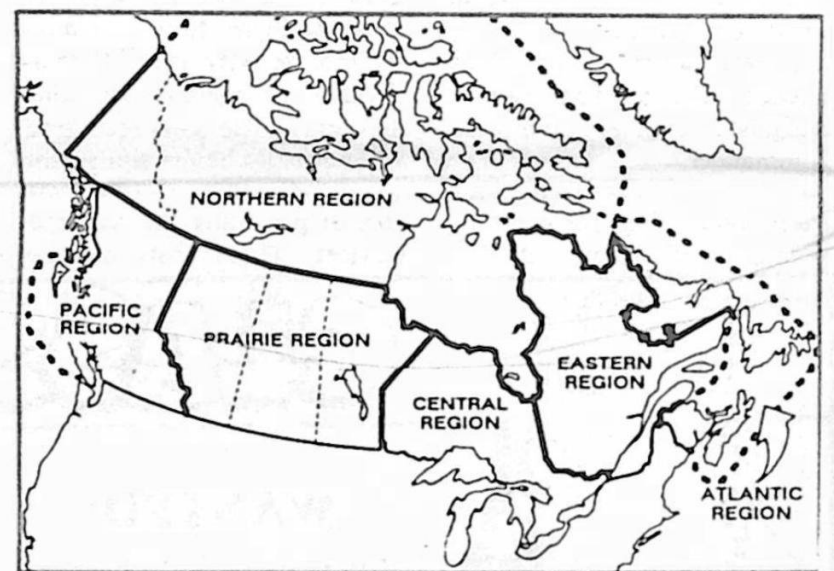
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CIVIL EMERGENCY RESPONSE AREAS

A Commendation for Al Donovan.

Col J.E. McGee presenting.



Mr. Al Donovan received an Air Command Commander's Commendation in recognition of his ongoing professionalism and dedication in developing an asbestos control program for CFB Comox and DND.

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Why Waste Your Food!

A Food Bank deposit base is situated on the SW side of 442 Sqn (No.1) Hangar at the foot of the stairs.

The Food Bank has a fridge and freezer. It also needs dry food (cans, etc).

14 days adrift

Canadian Sailors Rescue Boat People

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, announced recently that the Canadian naval vessel HMCS Provider rescued 90 boat people who had been adrift in their small vessel since the end of May in the South China sea.

According to Naval Captain Ken Scotten, Commanding Officer of HMCS Provider, the wooden vessel was spotted adrift with no means of propulsion approximately 180 nautical miles (333 kilometres) from the nearest land.

Lookouts reported that the upper deck of the vessel was full of people waving their arms and white flags. They

appeared to be in extreme distress. The 90 people on board were subsequently evacuated to HMCS Provider where they were given medical attention and food. There were 59 men and 31 women (including 13 children), in various states of health and suffering from exposure, malnutrition and dehydration. Three of the women were pregnant. The latest reports from HMCS Provider state that two persons have subsequently died, and were buried at sea.

According to HMCS Provider, the rescued people reported leaving CA Mau, Viet Nam, 19 days earlier enroute to Malaysia. During a storm five days later, the boat's motor

had broken down and they had been adrift ever since. They had been without food or water for nine days.

HMCS Provider, in company with HMCS Kootenay, was steaming to Manila. It was anticipated that the rescued people would be disembarked under the terms of existing international agreements.

HMCS Provider, which is part of The Canadian Task Group Pacific, is conducting a series of goodwill visits to ASEAN ports. The Task Group includes the ships HMCS Huron, HMCS Annapolis, HMCS Kootenay and HMCS Provider. They are expected to return to their home port of Esquimalt, B.C. on 19 July.