

On and off base

Joann Osterud

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But what Joann lacks in size she more than makes up for in courage, skill and daring. In 19 years of professional Air Show stunt flying, she has fine-tuned the art of easing an airplane through the tough maneuvers, rather than trying to muscle it through.

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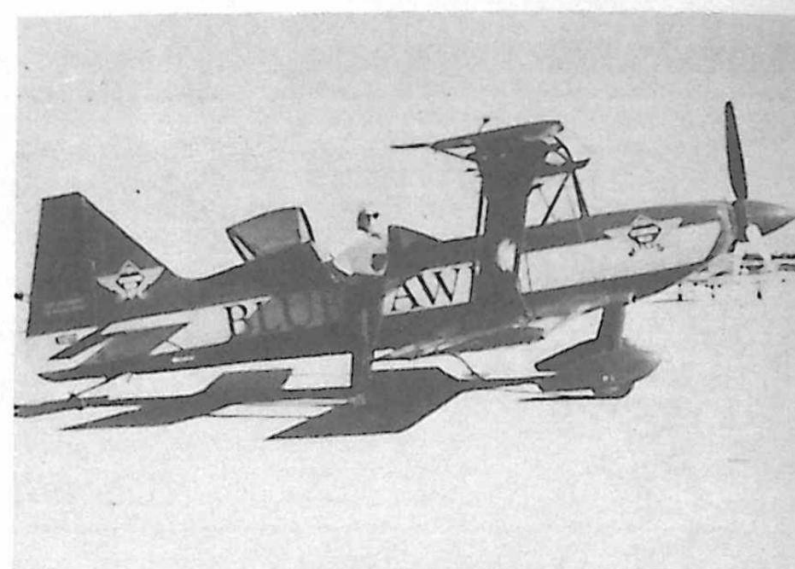
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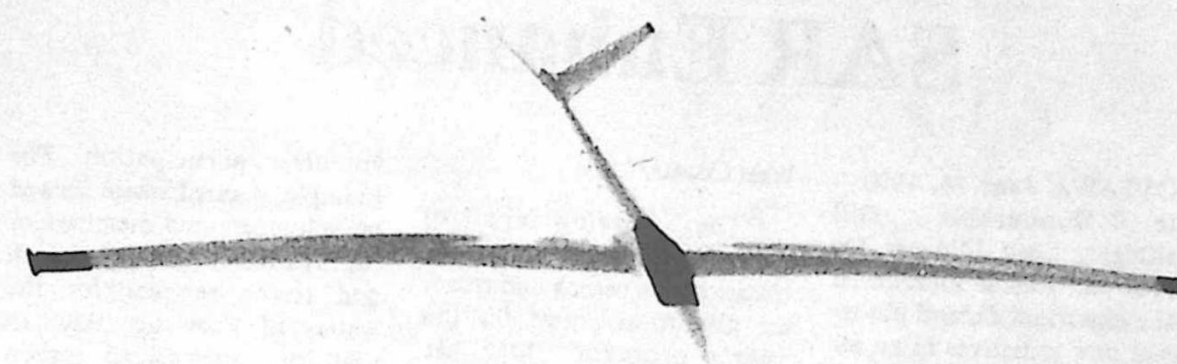
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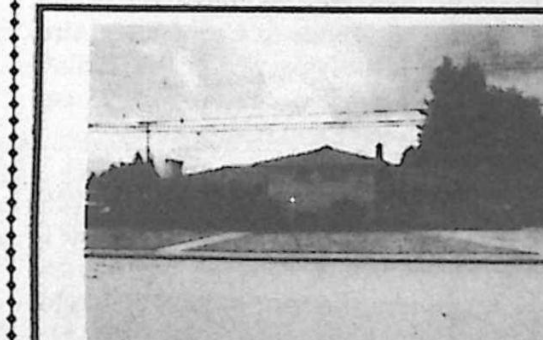
GAGE SCREENS

SALES.SERVICE.REPAIRS

FREE ESTIMATE INSTALLATION

TO: R1 C. V9N 5N1

HOMESSELLER presents FOR-SALE BY OWNER



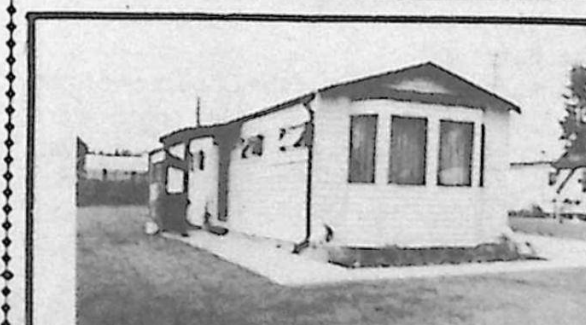
1595 PIERCY AVE., COURTENAY

IMMACULATE 3 LEVEL SPLIT HOME

With oak hardwood floors in living room, dining room, hallway! Living room boasts beautiful feature wall fireplace, kitchen has eating area with door to private back patio. 3 lovely bedrooms, 1 1/2 baths, family room with wood heater, huge laundry room, 4' crawl space with large door access, double garage, landscaped to perfection. PLUS vegetable garden, fully fenced backyard.

For more information on this delightful home call 338-1882

PRICE: \$99,500



2380 EAST 6th ST., COURTENAY

IN POPULAR UPLAND TRAILER PARK AREA

This newly renovated 2 bedroom mobile features new lino in kitchen, new carpet and wallpaper in living room. Hallway and bedrooms also have new carpets. This 8 yr. old mobile on its own lot, also features carport with trails and garden.

For more information phone 338-1882

PRICE: \$57,000



1101 18th STREET, COURTENAY

NOW ABOUT THIS HOME

This 1015 sq. ft. up 975 sq. ft. owner's home boasts a fireplace in living room, family room, dining room, kitchen with wood heater, large laundry room, 4' crawl space with large door access, double garage, landscaped to perfection. PLUS vegetable garden, fully fenced backyard.

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COME TO THE DRIFTWOOD

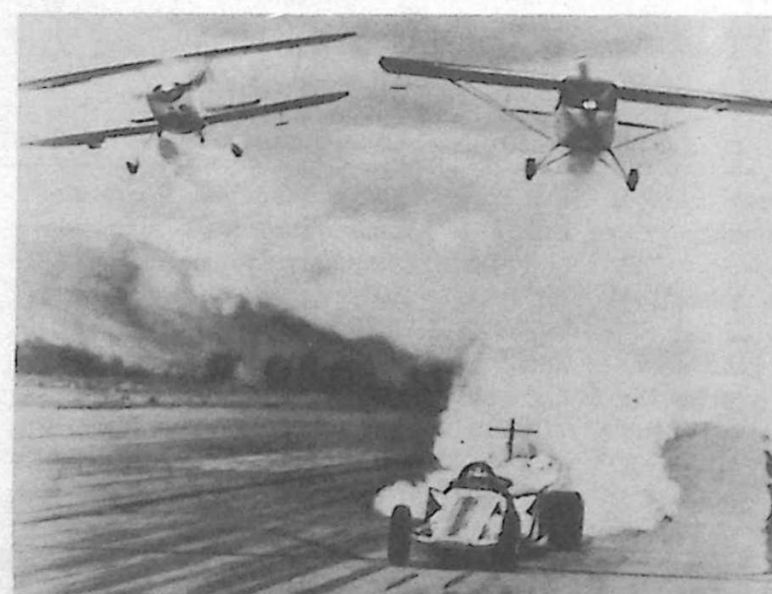
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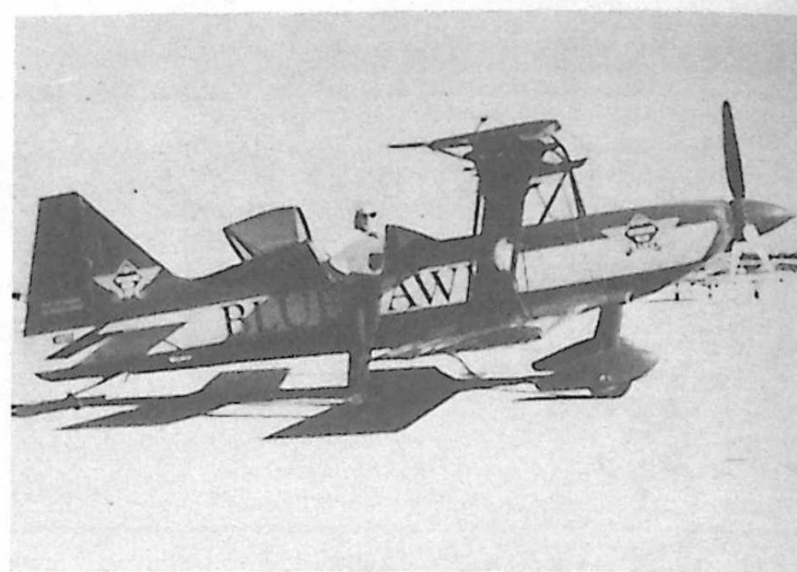
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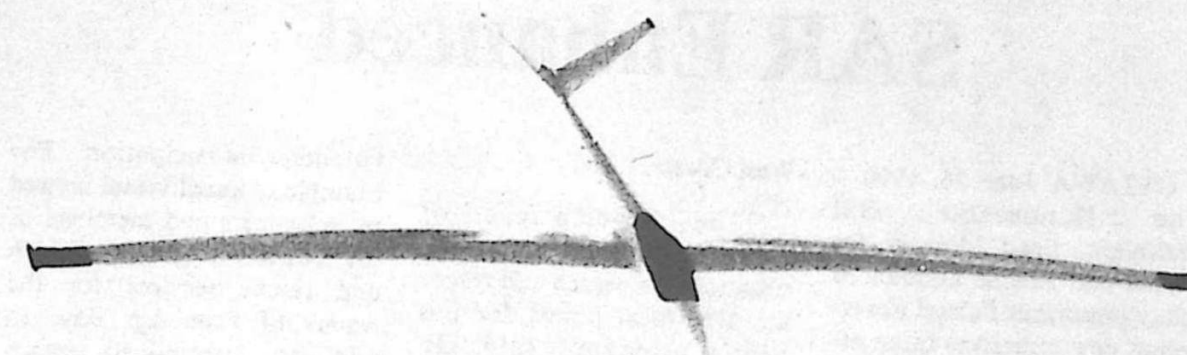
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PRICE: \$119,000



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This newly renovated features new linoleum wallpaper in living room, also have new kitchen, its own lot, patio, garden.

TRIVIA ANSWER(S)

(Above) Bay visit the late '60s
(Below) A 'Polar Vert

Driftwood
Mall
40 STORES TO SERVE YOU

COME TO THE DRIFTWOOD

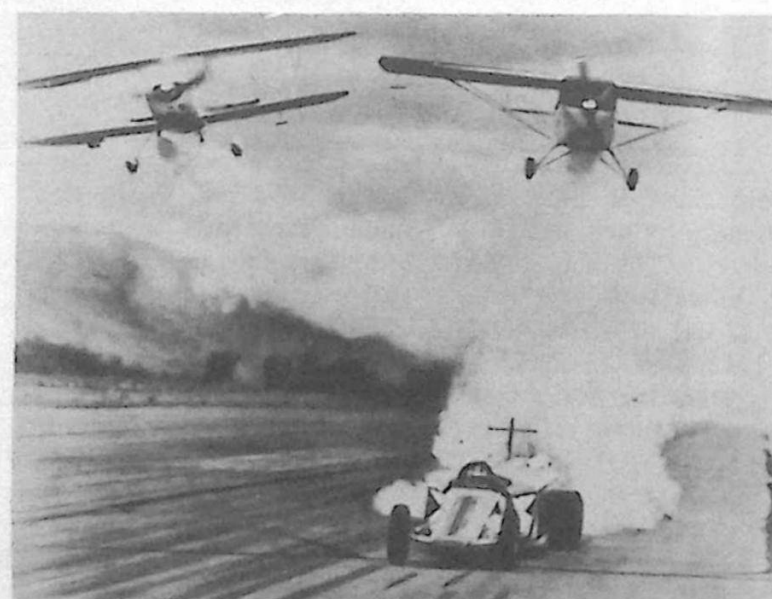
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RICK SCOTT

At the Filberg Festival

Editorial

NORM BLONDEL



Struttin' our Stuff

It's Airshow time again. Sixty thousand people, weather permitting, are likely to throng the tarmacs and hangars of this Base on Sunday, Aug 5, enjoying the flying and static displays, meeting or making friends, looking at us. How we present our displays and ourselves will have a significant impact on our visitors. Let's give it our best shot.

Sixty-plus for the Hospice

By the time this editorial is written, the Hospice Society will have collected more than sixty thousand dollars in donations and pledges toward the purchase of the former Crown Zellerbach property at the crest of Comox Hill. Many other organizations and individuals are now entering the project, and the Society appears well on the way to achieving its goal of preserving a fine natural feature and eagle habitat on Comox hill, and at the same time acquiring a fine building for the care of people. The Totem Times will continue to carry a copy of the Hospice Society's pledge form on page 5, and we urge all our readers to support this worthy and positive project. The Hospice Society is composed of very nice people who have adopted a practical approach to the problem of nature preservation while addressing a pressing social need. There are no tree-sippers in the Hospice Society.

Thank you Helaine and Brad.

Helaine and Brad Shipley have handled the circulation of the Totem Times for the last two years. The job involves picking up 2550 copies of the Fishwrapper and distributing them around the Base, PMQs and at various retail outlets in Courtenay and Comox, and maintaining tight control of our 257 name subscription list. They have done the job to perfection. Good luck in Greenwood Brad and Helaine.



Attention Totem Times Writers

Karen Larke

Assistant Editor

Were you delegated to write for the paper, or did you volunteer for this secondary duty? Did the boss say, "Hey Bob. Guess what! You're the section writer for the Base newspaper and deadline is tomorrow - got it!" Well, whether or not you have been delegated, I would still like to know where you work and where I can contact you when necessary. I can be reached at local 8475 or 8349. If you do not currently write for the paper but would like to, please feel free to call me at anytime.

SAR Enhanced

OTTAWA June 26, 1990 -

The Honourable Bill McKnight, Lead Minister for Search and Rescue announced today important federal government new initiatives in an effort to enhance search and rescue services in Canada.

A major thrust this year is prevention measures. The government is producing educational guides and videos to inform mariners and pilots of weather hazards associated with their geographic areas and the precautions to take while engaging in their respective activities. The government is improving the collection and dissemination of real-time meteorological and oceanographic information by installing automatic weather data gathering buoys, and automatic 'weatheradio' stations around the Great Lakes and on the East and

West Coasts.

"The development of technology and innovative applications for search and rescue are also focal points for this year's program" said Mr. McKnight. Devices such as Forward Looking Infra-red detectors will be used to help search for lost persons and trials of Night Vision Goggles for shipborne crews will be undertaken. As well communication technologies such as satellite alerting beacons, radio direction finders, and electronic paging and dispatching systems will be improved. This will reduce the time required to locate people in distress.

The government plans to upgrade existing search and rescue capabilities in critical areas by acquiring specialized equipment and augmenting

volunteer participation. For example, a small vessel crewed by volunteers and members of the RCMP will provide search and rescue services for the waters of Frobisher Bay. In addition, specialized search and rescue training and training aids will be provided to volunteer members of the Canadian Marine Rescue Auxiliary which will increase their ability to respond to incidents and to promote safe boating in an effort to reduce loss of life.

Mr. McKnight pointed out that these initiatives are part of the government's continuing commitment to improving search and rescue activities throughout Canada. This is the third year that the federal government is devoting special funds to strengthen search and rescue services to Canadians.

Challengers Re-assigned

OTTAWA - The Minister of National Defence, the Honourable Bill McKnight, today announced the reassignment of three high-speed Challenger jet aircraft to new national roles.

The Challengers will be used in a surveillance role to protect and foster Canada's national interests; specifically, countering illicit drug traffickers, detecting and reporting fishing violations in Canadian waters, identifying vessels that pollute Canadian coastal waters, and search and rescue.

"With these aircraft, the Canadian Forces will be able to make a valuable contribution to the protection of major national interests," said Mr. McKnight.

Two of the Challengers to be used in these roles were removed from the Canadian Forces Administrative Service Fleet in April. The third will be transferred from the electronic

warfare squadron at Canadian Forces Base North Bay, Ont.

The removal of the two Challengers from the Administrative Service Fleet has resulted in a 25 percent reduction in aircraft available for VIP flights.

In addition, the operations and maintenance portion of the DND budget has been reduced by \$4.7 million, representing the known cost of operating the two Challengers, and the capital portion of the budget will be reduced by \$12 million, representing the estimated fair market value of the aircraft.

The resulting total contribution to deficit reduction is therefore the amount announced by Treasury Board President, Robert de Cotret, in December 1989. All three aircraft will be operated and maintained using the existing resources of the Department of National Defence.

The Challengers have ex-

cellent flight characteristics and can provide timely, high-speed long-range support and aerial surveillance for vital commitments such as the National Drug Strategy, efforts to protect the marine environment and Canada's fish stocks, and improved safety for Canadian mariners.

Chuckle

GROOVY GRANNY

In the dim and distant past, when the future wasn't fast, Grandmas used to rock and knit, crochet, tatt and babysit. When the kids were in a jam, they could always count on Gram. In the days of gracious living, Grandma was the girl for giving. Now Grandma is at the gym, exercising to keep slim, She's out touring with the bunch, taking clients out to lunch. Driving north to ski and curl, all her days are in a whirl.

Nothing seems to stop or block her, now that Grandma's off her rocker.



KVA Thank You

Sir:

Friday, May 11 was a rather special day for British Columbia's elected representatives (MLAs) and members of the Korea Veterans Association of Canada, Inc. (KVA). The actions of one group greatly assisted the aims of the other.

A Private Members Bill, put by Richmond MLA Nick Loenen, petitioning the Government of Canada to strike a distinctive volunteer medal for Canada's Korean War veterans passed unanimously.

British Columbia became the third provincial House to unanimously pass a motion asking the federal government to finally recognize the 27,000 Canadian service men and women who saw service during the Korean War, 1950-53. Previously, Ontario and New Brunswick passed similar motions. Nova Scotia and Saskatchewan have indicated they will follow suit.

Mr. Loenen is publicly congratulated. He has earned the heartfelt thanks of all KVA members, not only those in British Columbia, but coast to coast in Canada as well.

Also to be congratulated is Esquimalt-Port Renfrew MLA Moe Sihota. Mr. Sihota agreed with the bill and cooperated with Mr. Loenen to support the request of KVA. Both MLAs

spoke to the motion.

Two other MLAs, Government House Leader, Claude Richmond, minister of forests, and Mark Rose, loyal opposition house leader, are singled out as seeing the merit of Mr. Loenen's motion and agreeing to suspend House standing orders in order that the bill could be passed.

Members of KVA appreciate the singular significance of Friday's cooperation between both sides of the BC Legislative Assembly. As Mr. Rose said he has no recollection of 'this Parliament' passing a Private Members bill so expeditiously.

All MLAs, Social Credit, New Democrat and independent, have as their constituents, members of the Korea Veterans Association of Canada, Inc. who today offer a collective THANK YOU.

Your efforts on our behalf are greatly appreciated by those of us who fought for peace 40 years ago. We trust our efforts in Korea were, and are, appreciated by all British Columbians, and not only by our MLAs.

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

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.



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

Signed _____ Date _____
Name _____ Phone _____
Address _____
P.C. _____
For further information, phone the Office, 339-5470 or Hope Sponsor, 339-5277

Comment

Letters

Take care, Bike Rider

The Editor, Sir:

To All Bicycle Riders:

It seems that some bicycle riders don't take care while riding their bicycles. As I was walking to the store with my children, cutting through the field, a boy on a bicycle came

soaring past hitting my five year old. Fortunately, she was not hurt. This boy didn't even stop to see if she was alright. This boy knows who he is and what he has done. If people can't ride their bicycles with safety for the people who are walking, especially small

children, they shouldn't be on them. Besides, I thought bicycles are supposed to be ridden on the roads. I hope this boy takes more care while he's riding his bike before somebody really gets hurt.

(Name withheld)

About Turbo's T-Bird

The helmet visible in the front end belonged to the Base Commander at the time, and a former Golden Hawk, Jack Fraser. I believe he is now retired and living on Salt Spring Island. I can't recall who the GIB was, but he was a qualified back seat T-Bird pilot, as Col Jack's qualifications had sort of lapsed.

The attached picture shows Duane Lung, now a MOT crash investigator, with yours truly as GIB, deplaning after driving her through her 9,000th hour, in 1979. We didn't rate a special paint job, but those who were on the ground will never forget our low pass. Nor will I. Those were the days.

Gerry Gerow

Dear Norm:

This is the second time you've pulled something out of my past.

The picture of 345 flying past the Baden tower was taken in 1983. Dressed in her unit colors, with her bird plainly visible, she was flying her 10,000th hour in the air.



Air Force Trivia What, where, when



TRIVIA ANSWER(S)

(Above) 414 E.W. Sqn North Bay visiting CFB Cold Lake in the late '60s.

(Below) A T6 Texan (Harvard) 'Polar Version' on skis.

TOTEM TIMES

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Section News

407
Squadron

Air crew

Just when you think you've seen it all...at that point in time when you truly believe nothing else could surprise you...it happens. Something jumps out of the blue to astonish you and bring about the realization that you really haven't seen anything yet. Junior Navcoms are famous for finding new and exciting ways of making an already screwed up situation even more screwed up, usually at the moment when you're steadfast in the belief that things were pretty much as screwed up as they were going to get. It's a rule, a force of nature, a direct result of quantum physics if you want to get downright technical about it. (Boy, what a build up!) On a recent trip to Inuvik, Lt Bill Seymour of the internationally renowned Crew 5 Vikings (guess who's writing this article) added a fresh chapter to the book. Of course, the first thing Bill did was mistake his winter flying gear for his luggage, and proceeded to drag his parka and mukluks to the hotel. With the mercury hovering in the

vicinity of a million degrees, Bill decided there may not be a great need for these items. Forty dollars in cab fare later, the ever diligent Mr. Seymour had retrieved his luggage and soon discovered the necessity of shoes on these trips, a necessity which had apparently evaded his consciousness during the time of packing. Bill became both curious and fashion statement as he paraded about the totally-dust-free-hardly-a-pot-hole-anywhere-who's-kiddin'-who streets of Inuvik in shorts and flight boots.

After running a personal best of 3:57.9 in the 1500 meter event, Lt Darren Skuja is officially the second fastest man in MAG. The only person ahead of him is Maj Wadelius, who demonstrated his blinding speed at the recent JMOT exercise in Scotland. During a particularly boring evolution, the Major (upon breaking all records for never leaving the TACNAV seat) finally decided to zip back to the galley for a refreshment. At this point Capt

Ross Potts offered ASO-1 extraordinaire, Capt Scott Geunther, a bribe to call contact on one of the sonobuoys which, naturally, he did. In Maj Wadelius' resulting haste to return to his station, he may have actually thrown the airplane into a minor time warp. A number of the crew later confessed to having seen - at least for a brief time - one Major Wadelius at the TACNAV station and another still back in the galley. Incidentally, Capt Potts still owes Capt Geunther five dollars.

Capt Fred Reed will soon find himself in the Guinness Book of Records following the recent McChord Airshow. In the rather obscure category of 'Longest Amount of time to Wander Back to Quarters from a Hangar Party in the Middle of the Night and End Up Falling off a Curb and Scratching Up His Elbow', Fred more than doubled the old record of 58 minutes. The Guinness people are confident this is one of those records that may never be broken.

MSE Safety



Bicycle Helmets

Helmets save lives. About 75 percent of all bicyclists who die each year die of head injuries. Bicycle helmets are protective devices intended to shield the head during or after a bicycle fall. Statistics show 85 percent of head injuries in bicycle accidents can be prevented by wearing a helmet.

In Canada, approximately 50,000 children will be seriously injured this year, and over 60 children will die in bicycle accidents - most from head injuries. When you introduce your child to his or her first bicycle, you are teaching your child a lifelong skill. Help him or her stay safe while learning to ride that first tricycle or bicycle by getting your child a helmet and set a good example - make sure you wear one yourself.

Why Bicycle Helmets?

Bicycle falls or collisions are a major cause of head injuries. Helmets have been shown to be very effective at preventing these injuries and deaths. Survivors of serious head injuries are very likely to have permanent physical or behavioural disabilities.

What's the Problem?

Very few people wear bicycle helmets - well under 5 percent in most areas of Canada. Most people don't realize the danger and don't wear helmets. Most children don't wear helmets unless their parents buy one for them and ensure they wear it.

There is no way of making people wear helmets except education. Helmets still tend to be expensive.

What Can Be Done?

Everyone needs to become aware of the problem and take action to protect themselves. Education begins in the home and example is the best teacher. All cyclists need to see helmets as part of their outfit.

Purchase CSA certified bike helmets which should be available in the spring. Have children begin the helmet habit while still on their tricycles or 'big wheels'. Take a bicycle course and encourage your friends and family to do the same.

ROADS ARE FOR SHARING

Safety Quiz:

- Under which circumstances is it illegal to use signal lights?
- to indicate a turn
 - to indicate one's intention to pass another vehicle
 - to indicate a parked or disabled vehicle
 - to indicate a lane change

Answer: 'C'

888 (KOMOX) WING
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AUGUST CALENDAR OF EVENTS

THU 2 - AFIS HERITAGE NIGHT - Come out and meet the 'New' Blue - 7 pm

SAT 4 - SUMMER BBQ - 5:30 - 7:30 pm - \$7.00 ea

SUN 5 - AIRFORCE DAY - Wing Open 12 noon - 6 pm

Sat 11 - SUMMER BBQ - 5:30 - 7:30 pm - \$7 ea

THU 16 - AFIS HERITAGE NIGHT - Come out and meet the 'New' Blue - 7 pm

SAT 18 - SUMMER BBQ - 5:30 - 7:30 pm - \$7.00 ea

SAT 25 - CORN BOIL 'N BBQ - Air Force Beach Pavillion 3 - 8 pm - \$2.50 ea

SUN 26 - SLOW PITCH BALL GAME - At the diamonds behind Canex - 1 - 3 pm

Wing will be open 12 noon - 6 pm

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INFO 8720

Note: There will be no access to the Social Centre and Golf Club grounds on AFD, Sunday, 5 Aug. Enjoy yourself at the Airshow, eh!



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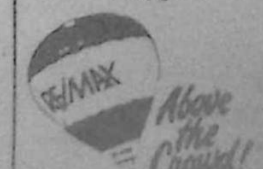
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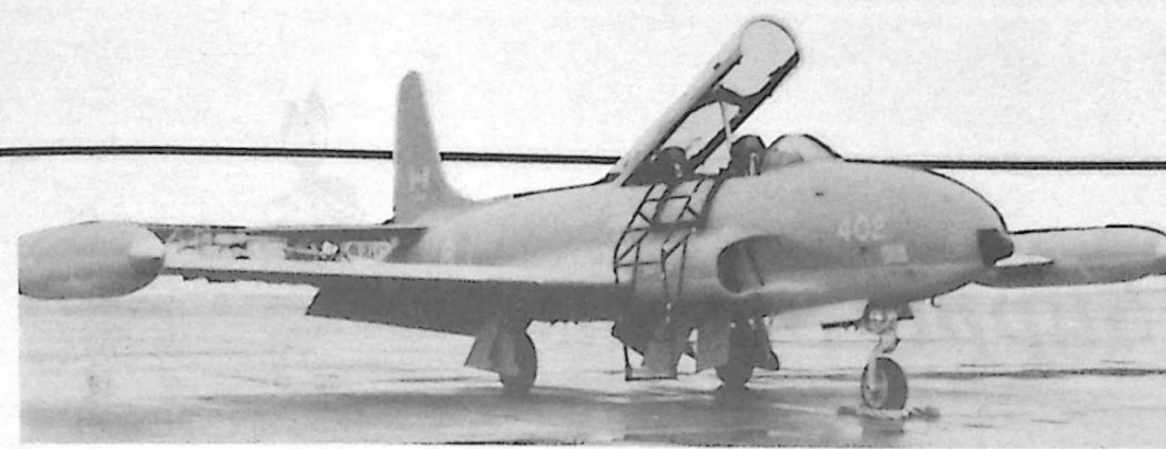


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Section News

Anker
Klankin'

Tech side

By the time this hits the press we will have lost two more of our Techs. Chuck Roy and Luc Lauzon will have returned to 'La Bell Province'. They will be greatly missed for both their technical skills and their sports participation (not to mention the loss of sales at the 'Mex'). Good luck to both of you in your future endeavours.

There is not much happening in maintenance lately, what

with people on leave etc. and with a few of our more colourful personnel transferred.

Wayne should be in Europe by now which might make the Germans question the merits of taking down 'The Wall'. At least with it up, half the country was safe! Poor old 'Hartin' is still the brunt of most of our cheap shots, but you'll have to admit that he deserved most of them.

A certain Mr. Parker from metal shop is not too impressed with the calibre of Sqn ball players. It appears that this senior citizen is quite regularly whipping our younger troops at fastball. Perhaps if he was to give a few of these rookies a shot of his geritol they could perform better. Nice hair Russ! Is this hero worship, or what? Or who?

Speaking of hair. Dave Sabourin is sporting some curly

locks recently. It is so curly that he is afraid someone might velcro the ceiling. So much for jumping up and down. And then there's the other extreme. Jamie Bull has taken over where 'Ron' left off. The only guy in the Sqn with shorter hair than Jamie is Tom Cook. I wonder if Tom owns a 5 wood? One more question - how do you swing a club with your arm in a sling?

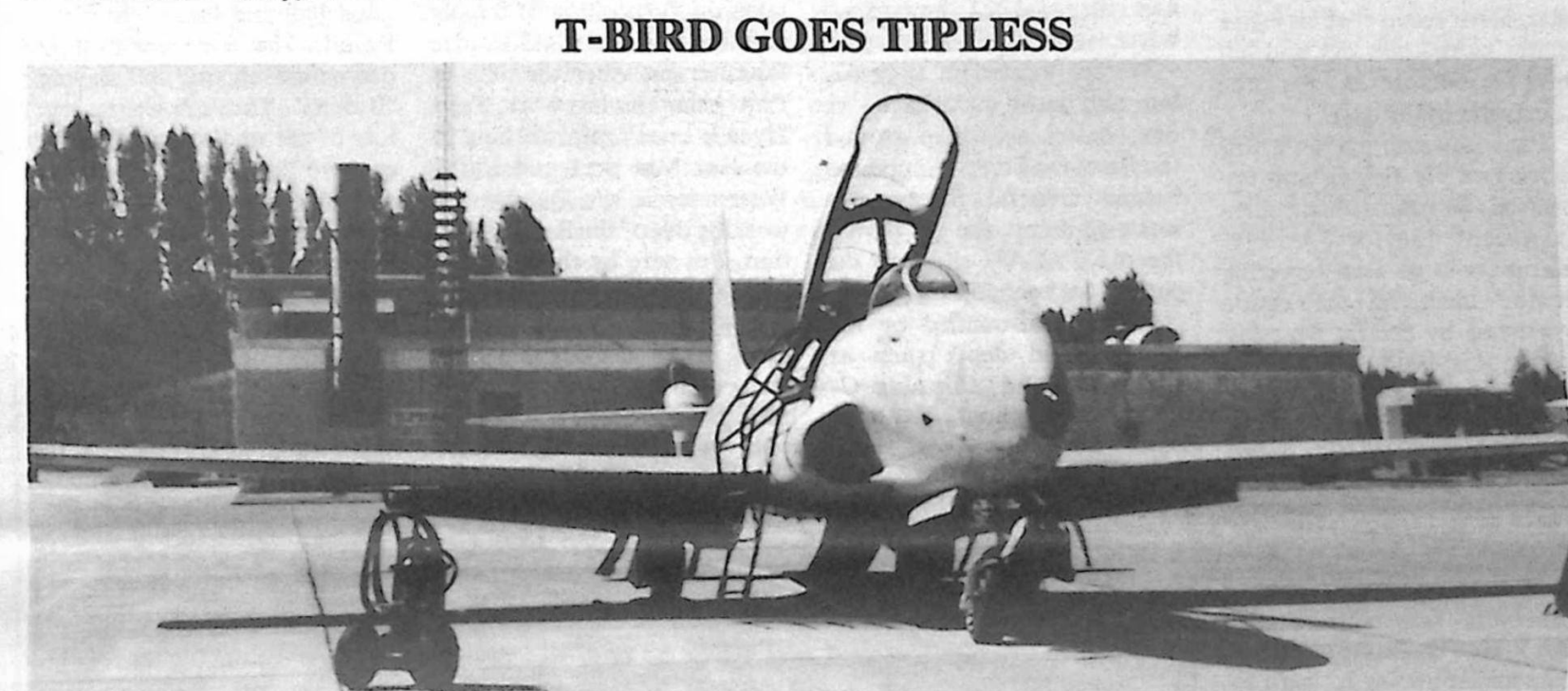
The other crew has a new

way of 'dogging' it. Just take J.R. Walsh fishing with you. That's what you get for using gravity train for bait. I imagine Dave Brown will get some more mileage out of that one for a while. I was asked to do some 'shots' about the new 'duty crew on weekend' shift, but my better judgement tells me to leave it alone.

Back in AMCR, M & M and Glen Caslake are both still on leave...no, no, not together! They're just on leave at the same time, not the same place. You know what I mean.

The Tracker is finally resting in its new home with the other War Birds. It may have been the favourite of a lot of people, aircrew and ground crew alike, but it was never one of mine for a multitude of reasons. The biggest drawback to this a/c from a riggers point of view was the folding wings. If aircraft were meant to fold, the Wright Brothers would have designed them that way. Being of a similar age group, I agree with Orville and Wilbur. 'Nuff said!

Next issue we'll have some stuff on 'Shack's' stag and wedding. He survived the stag (almost). We'll have the rest later.



Without its big pair of Tips, VU33 figures their T-33 can out-run the F-18. With ex-Voodoo Jockey Capt Harry Chaplin in the seat, anything's possible.

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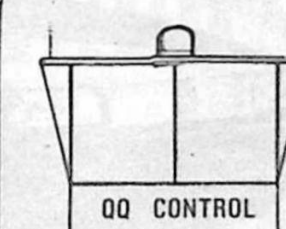
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As the
beacon turns

Hello again loyal readers, lots has happened since early July when we last published this infamous column. Personally, I went on vacation and came back without a scratch. While I was down east I stopped by Cornwall to visit the third of our section's strength that are taking courses there. Without going into the gory details let's say that they are having a very good time out there - especially Charlie and Jim Houston. The weather reminded me of December around here, so I didn't stay very long. In fact, just long enough for my mother to fatten me up.

When I came back to the valley for the remaining week of beach bumming, there was an unexpected screening message for overseas duty waiting for me. I would bet a nickel that I'm going to replace K.Y. who supposedly quit the Forces to go to work for the Coast Guard. So, when I finally did come back to work there was my good friend Andre 'The Giant' Lafontaine who had just recently returned

from TD in Goose Bay. I couldn't believe my eyes! Andre put on about twenty pounds of muscle and ten pounds of beer belly during his TD. The same very macho Andre paid me a generous amount of money to write about his sentimental exploits in the far north, but the nature of this newspaper keeps me from doing so here. While he was bringing me up to date on the section saga, he said "Mike Strevett got his toid last Friday." Hmm. It took me a moment to get it right. Not his 'toid' Andre. His 'third'! As in the third hook in a sergeants rank insignia. Congratulations Mike. As usual, everyone is still waiting anxiously for the customary refreshments.

There are also some new members in the section. Capts Bayer, Bush, McLeod, Karr and MCpl Jedras. Ok, some of you people are a little better informed than others in this section and therefore probably know Jan Karr already. Talking about Jan, did you know that she regularly watches Pee-Wees Playhouse on

Saturday mornings? She will never admit to it but yea, it's true and I have to sit there and watch the whole show with her!

Doug Godden recently checked out in the Tower, but hasn't bought me a drink yet. He did have a few friends over at his place last Saturday but that doesn't qualify. Sorry. The upcoming good reason to celebrate would be when we take out Barry By on his stag party. Since he will be leaving for Bay de Verde on the first of September, we should plan a little in advance. I propose that we tie him up to a pole on the dance floor at the Courtenay House. After all, Barry himself asked that we do just that.

There was a 'power shuffle' while everyone was on vacation. Tome Miles inherited the Standards and Training office, Dave Blamire has taken over the Tower Chief Controller spot from Paul Anderson. Paul will be employed in Terminal until October, or so. Mike Strevett was acting SRC for a couple of weeks while Al

continued on page 8

RECYCLE THIS
NEWSPAPER
TOTEM TIMES



Section News



442 Squadron

First, we'd like to welcome all the new people to the Squadron. We're sure you'll find you have the best package offered at CFB Comox.

1 Crew

The Crew is ecstatic that the World Cup Soccer has finished, or at least that Dave Devries is quiet for a while anyway.

Tom Barker and Jake McGill were off to Pentiction to rescue a sick Buffalo. Most people were shocked to see Tom volunteer for actual hands-on work; he's been in a MCpl slump since promotion last Aug.

Welcome, Chuck McClelland, back from the rigors of JLC. And back to blissful darkness for Robyn May, with her return from Alert. By the way, did you pick up that lovely 'garbage bag golfing outfit' while you were there? I hope supplies will last so I can get one too.

2 crew

Good luck to Mike Miller as he makes his 'Days of Thunder' debut at Saratoga Speedway. Sorry Mike, Tom Cruise has a nicer car...and a nicer body and more money and a great body...

Notice to all Scuba divers, be on the lookout for an accumulation of Buzz Bombs. Apparently, WO Trask hasn't quite figured this fishing stuff out yet. And finally congratulations to recently promoted (or soon to be) Alex Martel, John Raines and Dewey Numan to MCpl and Cam Miller and Glen Jones to Cpl. Should make for a great debrief. Could I suggest Golf Day? Anyway, word has it that John is buying.

Buff Maint

Sgt Roblee has had a complete crutch overhaul. He has been testing out new hair restoration products which appear to have failed.

Bruce Morgan has returned from Calgary. Darren Thordardson is quite happy now as the pressure can once again be hoisted upon Bruce's shoulders. Alex Martel has given up his day job to return to 2 Crew. Maybe his recent promotion will assist him in regaining his fishing time, lost from leaving Buff Maint.

Last, Rotary Wing has snatched up 4 experienced techs

More Beacon

Munday was touring the Rodeo circuit. This brings up the delicate problem of finding me a replacement as an As The Beacon Turns columnist. It's not a difficult job, once one has a personal file on every member of the section, and it

from Buff side for a while. Brad Struke, John Yaniuk, Vince Lagace and Dan Barker have gladly made the switch, temporarily, to the whirly bird.

442 AVSO

The Section fishing expedition turned out rather nicely. John Pelletier caught the most fish even though he will not admit to it. Kirk Waugh had an interesting time although he did not catch anything. For the first half of the morning he was in a canoe and then it seems that his canoe mates kicked him out and left him on Alcatraz for the remainder of the day.

Paul Kowatch put on a fine display of fly fishing and impressed everyone with his talents except Mario Tremblay. Mario could be seen cowering in the back of the canoe frightened by the fly whizzing around his head. Afterward, stories were told at the BBQ held on the Delaney Ranch.

Congratulations and good luck to Kirk Waugh who is off to get married to Jenie (that's Jeannie). The newlyweds will be honeymooning in Hawaii. Paul Kowatch has finished his motorcycle trip across the USA. He travelled 10,000 klicks and is hoping to learn to walk properly again.

MSRO

The Big Guy finally has his little yellow UB61B9 Puma on the road. May be a while before we can wipe that boyish grin off Al's face. What am I saying? He never stops grinning.

Mr. 'T' has recovered nicely from an ankle injury. Back to the golf course, he posted a 36 score; which he was disappointed with. Ha!! I'd like to break 60 someday too, Gord.

Speaking of great golfing, Nat and June are obviously benefiting from Gord's wisdom. The girls both shot their best yet; an honest 38 at Longlands. Nathalie purchased a dandy set of pink and grey Citizen clubs, which have definitely helped her game and made her colour coordination perfect. Just the right colour makes all the difference. June picked up Nat's old set until she finds the perfect teal set to go with her glove. We've confirmed also that practise swings shall only be taken outdoors, o.k. June?

continued from page 7

can be fun if one doesn't mind being ignored for a few days twice a month. So, volunteers don't shy, anyone can sit at a word processor and make up lies. Just volunteer to Dave Bews before September.

Supply Signals



This issue is coming to you from the MPO Section of Base Supply. This is where the action is. All the daily repairables from around the Base are received and issued to repair facilities around the country. We also handle the on-base repairs through labs, RMRs, CADC and scrap. MPO is the supply rep for accounts JAB and JAC. We control the industrial gases/cylinders for the Base, the repair contracts for local repairs including the office equipment; i.e. typewriters, photocopies, etc and disposal of hazardous waste.

We are located in Bldg 82, but also have material under our control elsewhere around the Base; the Scrap Compound behind General Stores, the waste oil dump, the dry dump, the old TACAN site and the parking lot behind Bldg 82.

We are surrounded by the other related depts such as packaging and shipping/C-MTT. We also house the Base Senior Tech Inspector, who evaluates every item that passes through MPO. The Base Supply carpenter also has his shop

here. The MCO, SGO/T and SGO/D and their typist, Sylvia, use Bldg 82 as a home base as well. So as you can imagine, this is a virtual hub of activity each and every day.

Now for a little insight into what is going on in the other Supply sections around base. 'It hasn't been easy to follow the goings on in the different sections, what with all the postings in and out and summer holidays in full swing as well.

We would like to welcome MCpl Pam Kryshoski as she takes up the position of Supply Admin liaison, Sgt Louise Poudrier has taken the reins in Purchasing this last week, Terri Hyde is once again working in the Haz Mat dept and Kathy Warrender is the Quadra rep working out of the Rations Section. I'm sure by the time this article reaches publication, there will be numerous new faces in all of our sections, many of whom we have yet to meet. So a general welcome to everyone as they begin their tours in Comox.

The recent nice weather has been all the encouragement

most of us needed to get outside and play. The annual SCO/MCO challenge went up at a sports day-beach party last week and after the dust had settled, the SCO branch emerged victorious. Congrats to everyone for their efforts and hats off to SCO for the win - even though they had help from 1 Supply Group.

Judy Arsenault, Mitch Scott, Bill Bailey, Kathy Higdon, Pat Armstrong and Wendy Shaw all rallied to attend the lob ball tournament in Port Alberni recently. There was lots of good ball and lots of fun had by all. The team spent their down time relaxing and playing 'B darts'. Throughout the trip lots of yet undiscovered talent came to light; not all of which related to baseball!

As most summers go here in Comox, vacations are starting and finishing amid great smiles and tans and a general rejuvenated attitude abounds for all concerned. There are eleven hundred kids on deck in Quadra and the Cadet Camp is in full swing. All's well in the world of Supply.



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KOREA Cease-Fire Anniversary Jul 27

By Bob Orrick, KVA

Friday, July 27, 1990 marks the 37th anniversary of the cease-fire in Korea which brought an end to the intense fighting between the United Nations Force and the combined Communist Force of Chinese and North Koreans.

Three years earlier, on June 25, 1950, North Korea invaded South Korea and the Korean War was begun. Initially, the Communists were the superior force. By early November of that year, the United Nations ground force (at that juncture primarily United States Army), had been forced into a defensive posture in and around Pusan, South Korea.

In late November the United Nations Force struck a telling blow near Inchon, a seaport on the west coast of South Korea, effectively turning the tide. The Communist North Koreans were put on the defensive; their supply and support systems near collapse.

However, due in part to the

Inchon invasion the Communist Chinese entered the war in late November and 'all hell broke loose'.

Shortly after the entry of the Chinese, Canadian Army ground forces began arriving in Pusan, and the fight to regain the upperhand. The fighting was intense with both sides suffering mounting casualties.

Throughout the three years one month of many bitter battles for the hills of Korea, Canadian servicemen and women served their country and the UN cause with distinction. The Royal Canadian Navy, which always had three destroyers in the theatre, made Canada's initial contribution to the United Nations Force. Within 24 hours of the RCN's arrival in the theatre on July 30, HMCS Athabaskan was on her first operational mission. The remaining two destroyers, HMCS Cayuga and HMCS Sioux, soon followed Athabaskan into action.

Early in July, Ottawa authorized the RCAF to despatch 426 Transport Squadron (Thunderbird Squadron) of six North Star aircraft for detachment to the United States Military Air Transport Service (MATS). Later, an additional six aircraft were added. Throughout the Korean War 426 Squadron aircraft ferried troops and supplies to Korea and transported wounded on the return trip. Each aircraft carried at least two Canadian Army nurses. The round trip took upwards of one week.

With the arrival of the Canadian Army Special Force (CASF) (25th Canadian Infantry Brigade) in Pusan, in December, 1950, Canada was fully committed to Korean War. Throughout the war each arm of Canada's armed forces acquitted itself with honour and earned the accolades of military and political leaders: army units fought valiantly at

Kapyong, Chail-li, Chorwon, Hill 355 (Little Gibraltar), and along the Imjin River; the destroyers gained peer recognition for their effectiveness in engaging Communist shore batteries and served with singular distinction earning the honour of being the top guns of The Trainbusters Club; the Thunderbird Squadron showed its professionalism by flying hundreds of round trips without the loss of a single aircraft. On time, every time, could well have been this squadron's motto.

On July 27, 1953 at the small village of Panmunjom a cease-fire was signed and three years of intense, bloody, devastation known as the Korean War ended.

Each side in the war reached its peak strength just prior to the end of hostilities. On the Communist side total manpower has been estimated at 1,155,000, of whom 858,000 were Chinese. In addition, there were perhaps 10,000 Soviet troops in various non-battlefield roles. The United Nations Force consisted of 272,000 South Koreans and 266,000 from the 16 nations represented in the command. Of that number 26,791 were Canadians. Another 7,000

Canadians served in the theatre between the cease-fire and the end of 1955.

United Nations and South Korean fatal and non-fatal battle casualties numbered about 490,000. The casualty ratio was very high. Of these 1,558 were Canadian. The names of 516 Canadians are inscribed in the Korea Book of Remembrance in Ottawa.

Although Canada's contribution was relatively small, this nation made a larger contribution in proportion to its population than most of the nations which provided personnel to the international force. It also was the beginning of a new stage in Canada's development as a nation. Canadian participation in Korea was followed by peacekeeping duties. Canadian peacekeeping operations have seen sons and daughters of this nation deployed around the world in efforts to promote international freedom and maintain world peace. It started with the Canadians in Korea.

It has been written that had the United Nations not taken decisive action in the summer of 1950, the world would have witnessed the spread of Communism; and the start of World War III. It was that close!

Sincerely,
Bob Orrick, CD

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Section News

Changeover at Transport

By Lt K.A. Larke

Although a select few of the personnel employed within our section know of this, most have not been 'warned' of the changeover as yet. Effective 1 Aug 90, Lt Murray Jacklin, the current MSEO, will switch positions with Lt Karen Larke, the BTfCO (look out!). This changeover was effected to allow the logistics air transportation officers to complete their OSQ 69.F8 special purpose vehicle qualification, which must be completed by the officer in a one year time frame. This training is essential for MSEO as it gives them a working knowledge for the position (or so we hope it does).



Lt Murray Jacklin



Lt Karen Larke

As for 'new faces' within our section, there are many. First, I must apologize to the new WO in charge of the safety cell, Gary Kayes, because last issue I said that he was from CFB Calgary. Well, before you knew it the issue was published



and I found out that I had been misled. Of course I won't say by whom, but she is retiring soon, so it doesn't matter. WO Kayes is in from CFB Trenton, not CFB Calgary. (Not too big a deal, but Calgary is an army base).

Now let me see if I can get this right this time. MWO D.G. McNair from Calgary will be on the ground in Aug doing a handover with MWO D. Foreman prior to Dave's retirement in Sep. The new NCO i/c SPV will be Sgt G.E. Sherit, who is in all the way from the east coast, CFB Halifax. A new MSE OP couple, Cpl M.G. Koran and her husband MCpl S.P. Koran are in from Lahr, W. Germany. Also from Deustchesland is Cpl T.J.W. Peynenburg from Lahr. Coming from CFS Holberg is Cpl K.M. Harvey and Cpl C. King from Portage La Prairie.

I would like to welcome all to the Base Transportation Section. We sincerely hope that you enjoy your tour here at Comox.

For those that are not yet in tune with the Section events, here are some important dates to remember:

09 Aug 90 PACIFIC REGION RODEO
16 Aug 90 BTNO SMOKER AMS

31 Aug 90 BTNO GOLF TOURNAMENT GGGC
15 Sep 90 BTNO PICNIC/ROAD RALLY, AIR FORCE BEACH
9-16 Sep 90 ADVENTURE TRAINING, Sgt Levesque 8299

Final Scores for the Base Transport Rodeo



Rear row: Cpl Dupont, Cpl Steiger, Cpl Gallachan, Cpl Cusson, Cpl Reid. Front row: Pte Johnson, Maj Fisher, Lt Jacklin, Pte Bonnier, MCpl Streeter.

Cook's Nook



HELLO from the Cook's Nook at Base Foods.

This year is a busy one, full of changes in personnel. MCpl Brian Kenty has already left for the Atlantic Coast, CFB Halifax, as of 29 Jun. WO Connell goes to hot and humid CFB Trenton to take over Flight Feeding on 27 Aug.

MWO Mike Barner received his promotion to Chief Warrant Officer and left for CFB Kingston. We are awaiting his replacement MWO Bisson, from Esquimalt. Our good Sgt Al Doell was promoted to WO on 01 Jul. Congrats Warrant! When's the beer call? He is off to Borden on 08 Aug for his SL course and we wish him the best of luck. On his return WO Doell will be assuming the role

of NCO i/c Combined Mess.

Sgt George Cross joins us from CFB Cold Lake. The winters aren't as cold here! Rumour has it, he will be taking over as NCO i/c Officers Mess kitchen. On 13 Aug MCpl Seguin arrives from CFB Valcartier and will be i/c of production and the Combined Mess.

Cpl Peter Johnston joined the staff 01 May from Esquimalt, L/S Gord Darrah posted in from CFB Halifax 15 Jul and another downhomer, MCpl McNeill, is expected 14 Aug from Halifax.

In reading this, one would almost believe we are laden with staff, but cooks being so versatile, some have left for various reasons. Cpl Tracy Paten remustered to greener pastures of the Steward trade.

Best of luck Tracy. Enjoy the 5 day week and no shift work. MCpl Darren Melbourne is doing a UN tour until 06 Dec. Pte Sean O'Hanley is on his TQ 5 at Borden from Sept until Dec. Look out Huron and 'A' Club. Cpl Val Martel is leaving the forces as of 15 Aug to join her husband at CFB Borden. All the best Val.

Aside from all the comings and goings, we do keep busy feeding people. During 9-23 Jun we were host to our neighbours from the south and in mid Aug we expect another group of approx 110. It must be the food. Even the Soviets have heard about the good food. The Officers Mess was kept busy feeding the boys. As you read this the wheels are already turning in preparation for the Air Show weekend.

BCompt branch



You and Your Pay

By Lt J.J. Lalonde

The big news for this issue is the 2.55 percent general pay increase for all NCMs retroactive to 01 Dec 89. As most are aware, the purpose of this increase was to pay the NCMs a wage that was equitable to their increased skill levels in these technologically advancing times. The pay section has actioned this increase and this

Retro-Raise for NCMs Promotion



The Base Comptroller, Maj Bodner, presents Cpl Dryden with her Cpl chevrons as the PAO, Lt Sanschagrin looks on.

will reflect on NCMs end Jul pay. Of course we are all still waiting patiently for the 01 Apr 90 general increase that is yet to be announced!

The maximum for Canadian Forces Personnel Assistance Fund (CFPAF) loans continues to increase. The most you can borrow on these low interest (4

percent) loans is now \$1,500. These loans are available to all

military personnel, with some restrictions, who demonstrate a genuine need for this assistance. For further details on CFPAF loans contact your section head or the CFPAF coordinator, Lt Steve Jackson at local 8576.

3 Ton Event

In the 3 Ton Event Cpl Gallachan had 658 out of 710 and Cpl Cusson obtained 591 for second place.

Bus

In the Bus, Cpl Reid took 1st with 529 out of 615, Cpl Dupont second with 460 and Cpl Cusson third with 435.

Tractor-Trailer

Cpl Gallachan also took 1st in the tractor trailer with 561 out of 710 with Cpl Cusson taking second with 524 points.

PAC Region Rodeo

The Pacific Regional Championships are being hosted this year by CFB Comox on the 9th and 10th of August. Base Personnel are invited to watch trucks in action on the old runway strip 04-22 (by the golf course) on these dates. Of special note, there will be a parade of Antique cars displayed by the Vancouver Antique Automobile Club who will be coming to the event at 0930 hrs on the 9th of August. If cars are your thing, then you won't want to miss this!

BTSO Branch

LCol Mack Retires

A Fond Farewell

By Lt K.A. Larke



BIG CAKE FOR BIG MACK

For anyone who retires, it is a different thing. Retiring from the military, however, is even more distinctive. With the sense of comradeship, friendship and belonging to a cohesive unit we have all grown to know well, the Canadian Armed Forces past and present, it is with great hesitation that we choose to leave. For some like myself, whose career to this point has been shortlived, it is difficult to perceive exactly what retirement must be like. However, I can empathize. On July 13, the Base Technical Services Branch held an open house for Lieutenant-Colonel Mack and the response was tremendous. From the privates and the majors of the branch, to the Base Commander, all were present to wish LCol Mack farewell. It was a sad moment for Mrs. Mack and their children who were present, because the farewell signified the end of a wonderful military career. But it was joyous at the same time because they have all gained a lifetime of fond memories.

Apparent throughout the open house were these feelings of melancholy and happiness, but even so, the presence of the

personnel who LCol Mack commanded while at CFB Comox was very much appreciated by both the LCol and his family. On behalf of the

Base Commander and the personnel at CFB Comox, we wish you goodbye and good luck LCol Mack - all the best in your retirement and future endeavors.

LCol G.S. King Assumes Command BTSO

LCol G.S. King recently posted from Toronto, has assumed the Base Technical Services position from his predecessor, LCol G.T. Mack. LCol King joined the Canadian Forces in August 1969 under the Regular Officer Training Plan and attended both Royal Roads Military College and Royal Military College, graduating with a bachelors degree in mechanical engineering. He also possesses a masters degree in aeronautical engineering from Carleton University and is a graduate of the Canadian Forces Command and Staff College.

LCol King has been employed in various maintenance and engineering positions in both Canada and abroad. These include tours at 408 Tactical Helicopter Squadron in Edmonton, Aerospace Engineering Test Establishment in Cold Lake, 1 Air Maintenance Squadron in Baden, and 409 Tactical Fighter



LCol G.S. King, BTSO, signs change of command papers as Col J.E. McGee (L) and the former BTSO, LCol G.T. Mack (R), look on.

Squadron in Baden. He has also served as the career manager for aerospace engineering and most recently

he has served as a member of the directing staff at the Canadian Forces Command and Staff College.

GOOD LUCK LCOL MACK

LCol Mack's career was formulated in April, 1952 when he joined the RCAF and was trained as a communication technician. In 1964 he was commissioned from the ranks as a telecommunications officer and subsequently reclassified to an AERE officer in 1969.



LCOL MACK

As well as serving at many bases throughout Canada, LCol Mack has had tours at 4 Fighter Wing in Germany and CDLS in Washington. He has served in a multitude of positions, namely as a technician, instructor, project officer, flight simulator technical officer, career manager, and aircraft maintenance engineering officer.

Although LCol Mack was posted to CFB Comox in the early '80s, he was asked to do a

tour at CFB Greenwood as the Base Aircraft Maintenance and Engineering Officer for the CP 140 aircraft on the condition that he return to the lovely Comox Valley. In 1987, LCol Mack's wish was granted and he did return to CFB Comox where he has served as the Base Technical Services Officer until his recent retirement in July of this year.

LCol Mack Presents:



Suggestion Award for Cpl Webb (BAMS).



Retirement after 37 years for Mr. Hupman.



Maple Flag Good Show Award to MCpl Murray (BArnt).



Military update

Airshow Preview

JOIN US AT AIRSHOW 90

CFB Comox Airshow '90, along with the Filberg Festival and Comox Nautical Days, will attract over 60,000 people to the valley for the BC Day weekend.

This year's Airshow will be the 2nd biggest in BC and will host most of the same acts as Abbotsford.

Bob Singleton will again be doing the announcing this year. Bob is in his 23rd year as an airshow host and has been announcing at Abbotsford since 1968.

As a special act, a Martin Mars Water Bomber will do its aerial water bombing routine. Manfred Radius is back for

this show doing his number one feature 'The Ultimate' which has the reputation of being the most spectacular glider act on this continent.

These acts, plus many more including Canada's world

famous Snowbirds, along with exciting ground displays, are an added bonus.

Car passes for the show are available at all participating ESSO dealers on the Island. The passes will also be eligible

for airfare for two to London, England, from Canadian Airlines International.

This year's show promises to be our biggest yet, so for all the excitement of Abbotsford without the hassles, see you at CFB Comox on August 5

LIST OF AIRCRAFT COMOX AIRSHOW 90

FLYING DISPLAY



CF Aircraft

Snowbirds
CF-188 Hornet
CT-133 Silver Star
CC-155 Buffalo
CH-113 Labrador
CP-140 Aurora
CH-124 Sea King
CC-130 Hercules

Professional Performers

Skyhawks
Ray Ban Gold
Manfred Radius
Joann Osterud
Smoke 'n Thunder

Civilian Aircraft

Experimental Aircraft Association (Home Builts)
EAA - 16 Aircraft
Dr Lamon - Harvard
Coval Air - 2 Otters - Beaver
John Mzarek - Harvard 4 - plane
Martin Mars Water Bomber & Goose Bird-Dog

Warbirds

3 Harvards
3 T-28
Expeditor
Lodestar
Sea Fury
T-50
Hudson
Hurricane

STATIC DISPLAY

CF Aircraft

CF-188 Hornet
CT-133 Silver Star
CC-155 Buffalo
CH-113 Labrador
CP-140 Aurora
CH-124 Sea King
CT-142 Dash 8
CT-144 Tutor
CC-130 Hercules
CH-147 Chinook
CC-144 Challenger

US Military

B-52 Bomber
T-38(2) Trainer
C-141 Transport
KC-10 Tanker
KC-135 Tanker
A-10 (2) Fighter
F-4 (2) Fighter
A-7 (2) Fighter
F-15 (2) Fighter
F-16 Fighter
T-44 Trainer
HM-53 Mine Sweeper
A-4 (2) Fighter
HU-25 USCG Falcon
F-5 (2) Fighter
T-44 Trainer

Civilian

Air Ambulance - Citation
Coast Guard - MBB-105
- Bell 212
- S-61

RCMP Goose
EAA - 16 A/C

Jim Errington - Harvard
Coulson Logging - Sikorsky
- Jet Ranger

Soviet

SU-27 (being negotiated)

Note: All aircraft scheduled for Airshow 90 are subject to aircraft availability and may be subject to last minute changes.



Snowbirds!



442 Sqn at Work



The venerable T33 - any currently serving regular force pilot older than these aircraft upon proof, will receive a free one-year subscription to the Fishwrapper.



Ray-Ban Gold aerobatic team

Recollections

Hurry up and Wait!

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



Jim in early version flying gear, circa 1942

Manning Depot

"OK, fall in you guys." It was 25 below zero, Fahrenheit that is, at the Edmonton CNR depot when we climbed out of the train. We were all thinking of making a mad dash for the closest coffee shop or anywhere else out of the cold. But no, we had to 'fall in' and get our noses counted, noses that were getting redder by the minute. That was to make sure that we were all there, numerically speaking, and that nobody had stayed on the train.

There we were, lined up in our light civvies (it wasn't cold when we left Vancouver) looking like a group of misplaced persons, shivering at attention all through the lengthy roll call. A few of our chaps were from California and they were wondering just how close to the North Pole this city of Edmonton was located.

The trucks eventually delivered us to NO.3 Manning Depot out at Edmonton's Exhibition Grounds where we were all herded into Quarantine Hut for our first nights sleep on our new station.

Early the next morning, just when we felt we were getting properly thawed out, we were ordered to fall in outside the hut and then paraded to the mess hall for breakfast. And then to 'stores' to get outfitted with everything from underwear and uniform to mending kit and shaving brush (even though I had an electric razor). We moved along like an assembly line, piling up at each stop an additional piece of equipment. We encountered the usual run of gags: The Airforce has only two sizes; too big and too small; "Throw away the shoes, Joe, the boxes will fit you better!" And in some cases they weren't kidding. They didn't have my size 9D shoes in stock, 'but these 8½s will do just as well!' And

a postscript: "If you don't like 'em you'll have to get the MOs permission to return 'em." I thought brother, if that guy depended on a living as a shoe salesman.

The following day we were paraded (I use the word loosely) in our new uniforms, including greatcoats and those special winter issue hats which were commonly called an acrimonious analogue to a bed chamber. Following breakfast we proceeded to the hospital annex for 'non-parade' or 'shots'. The rumour mill in Quarantine Hut had worked these shots into something we were dreading to face. Although we had bravely faced vaccinations and other needles as kids in school, this was different - this was the Airforce! There we stood in line, stripped to the waist, in an atmosphere of fear and continually rising humidity. Our old Sergeant, a veteran of WWI, walked up and down the line sniffing.

When asked the reason he quipped, "I can always tell by the smell of your sweat if you're going to faint before the needle gets in you". And sure enough some of the boys did keel over, but they got their shots anyway. When the last man had received his injection we were taken on a march around the parade grounds...just to make sure that stuff got worked through us properly. Come on, swing those arms, hup, hup.

At mess that evening there was a noticeable absence of guys from Quarantine Hut. And that night there were a lot of restless sleepers.

During the following day or so the only conversation heard around our group was along such lines as: "Keep away from me!"; "Oooh, my arm!"; "How's this going to help win a war?" Then the Corporal would stick his head in and bellow, "Chins up boys, those were just the first shots. Wait

'til you get the real ones in a few weeks! Now how about a brisk march around the parade grounds just to limber up? C'mon, take the lead out!"

Following the marching practice, in temperatures well below zero, we were usually hustled into the large drill hall to complete our drill periods. These were those allotments of time when we discovered the difference between left and right. "No, the other left. Some of you guys seem to have two left feet!" Or following a simple command like 'on the right at the halt form flight', you never saw such a jumble. Guys moving every which way and a frantic Corporal throwing his hat to the ground, yelling a bunch of unintelligible words. All very confusing and we began to feel that maybe we should just skip this phase of the training and get on with the more important part of learning to fly.

In a couple of weeks time we were transferred over to No.6 Hut, known as 'The Hen House'. During earlier exhibition days the buildings were used for a variety of farm displays and NO.16 Hut had been where prize poultry were shown.

In a couple of weeks time we were transferred over to No.16 Hut.

We had a drill Corporal who fancied himself as a bit of a wit. One morning, as we were standing in file on a snow-covered parade ground, he enquired, "How many of you want to become pilots?" Most of our hands shot up. "Very well", he continued, "report to 'work and bricks' to get shovels and then clear away this snow here and pilot over there."

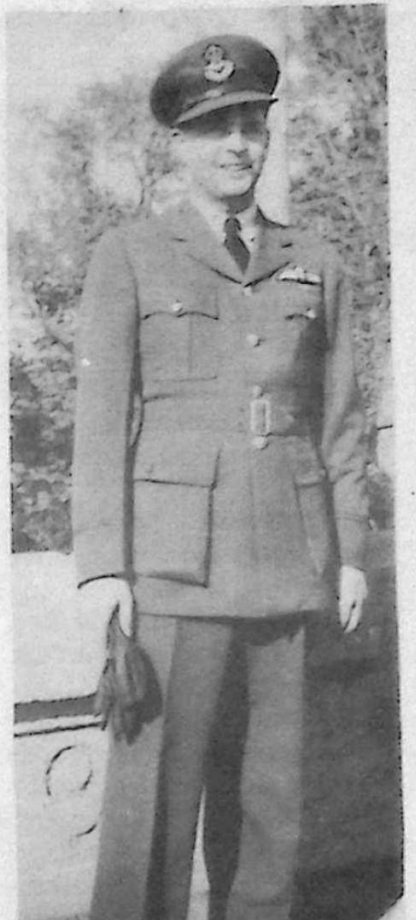
Another morning he asked if any of us knew shorthand and to those who raised hand he told them to report in for 'KP' at the kitchen as they were short-handed over there.

Eventually some marching drill was hammered into us until we slowly moved out of the 'awkward squad' category into a resemblance of a military precision squad; that is until they introduced the rifles. Now surely they didn't expect us to have to use rifles in an aircraft? But our query was ignored as we were handed our issue of rifles. Such a clamour as one Joe after another dropped his rifle while trying to transfer said rifle from one hand to the other, or, after the order 'slope hipe'. A half dozen yelps came from various victims who were poked in the face by the guys in front whose rifles were at too much slope. Yes, training for Aircrew could be a dangerous thing.

However we weren't always on the drill floor. About as much of our time was spent waiting to get onto the floor, which was covered by many other squads in various stages of training. Waiting, as at the recruiting centre, took up a great deal of our time. We waited in line for mail, waited in line in the mess hall, waited on benches, if we were lucky, at the barber shop, waited in line at the laundry booth, waited for a table on which to write a letter, and of course, waited in line, patiently, at pay parade. As part of the song goes, 'And what do you do in the Airforce? You wait, you wait, you wait'.

One day we grumbled to our drill Corporal about our slow progress. He replied, "Buck up chaps, it'll come to you all at once and some day I may wind up having to salute some of you." Some laughter trickled through the squad as someone remarked, "That'll be the day." "Don't laugh," said the Corporal, "it could happen. Now let's try that manoeuvre again." And what do you know, that time it worked!

Well, we eventually graduated from there with a



Pilot Officer Kirk soon after receiving his commission in 1943.

real smart marching-out parade in front of the Commanding Officer and some other brass. We felt pretty good in our special wide white belts denoting us as a 'precision drill team'. Our Corporal seemed proud of us as he stood aside watching us go through the silent commands routine, and we slapped those rifles around like they had never been slapped before.

It was somewhat emotional when we came to saying goodbye to our Corporal. We had even dubbed it to buy him a farewell gift and it was almost a tear jerker when we made the presentation.

There's a bit of a 'kicker' to this tale. A couple of years later some staff pilots were waiting in the flight room, yes, still waiting, this time for the weather to break so we could get on with our flying duties. We received word that as the Met. Office saw no breaks in sight we should report to the drill hall for a short refresher workout. As we entered the hall I took a second look at the Sergeant who was approaching us; something about him seemed familiar. As he drew nearer I recognized him. By golly if it wasn't our former drill Corporal from Manning Depot!

"Hello Sergeant," I said. "Congratulations on your third hook."

He stopped and looked at me and then suddenly came to attention as he threw me a snappy salute and said, "Thank you sir." Then a broad smile came over his face as we shook hands and he said, "What did I tell you!"

The other chaps, standing around, wondered what it was all about until I explained. Then our Drill Sergeant cut in with, "Now sirs, let's get down to business and see how much you can remember."

Continued on Aug 23

On and off base



BAMSO

Nav Com Lab

Nav Com Labs here. I guess I didn't do too bad of a job last time as they asked me to do it again.

It seems almost everyone has just got back from course. We are starting to trip over one another. Dan Julien and Ron Davies were on the AVCR course in Greenwood. Al Arsenault was on the DATS maintenance course in Greenwood. Pierre d'Aragon was on the ARC 513 course in Shearwater and the ARC 505 course in Trenton. Cathy Schusztz survived her JLC course in Penhold.

Congratulations go out to Stu and Patti Preston on the birth of their healthy baby girl and to Dan Forget on his recent promotion to Cpl.

Summer has finally arrived and so has all the fun. Just ask Nancy Wild or Cathy Schusztz who are up to their elbows in house painting. Robin Keyes and Gerry Weisner have the right idea girls - they are out enjoying their new boats.

Al Coles has returned to the lab after two months of wandering over the base on his OJT. Sheila Tanner was also out wandering, but she was on the West Coast Trail.

Our party to say goodbye to those posted out was a success thanks to Stu and Patti Preston, who offered us the run of their house when the Comox Valley liquid sunshine decided to fall on our beach party.

We are now busy getting ready for the airshow and everyone is invited to stop by and see our display.

Workshops

Hello again from Workshops - over worked and underpaid is what we say, but life goes on.

Since our last article we lost two people; both releases. Cpl Mel Bolton and Pte Scott Johnson we wish good luck to both of you in your new careers.

WO Wayne Tilley is posted out to Trenton. Rumor has it Trenton will never be the same. MCpl Jean Grandmont will be on vacation in Honduras for six months. It may improve his tan!

Replacements are slowly coming in. Cpl Mike Long arrived from Borden a couple months back. His wife is now here and he is settling in fine. Newly arrived is Cpl Adrian Luczanko from Cold Lake. Due in later this month are Sgt Bill Einarson from Trenton, MCpl McDougall from Shearwater (machinist) and Cpl Walker from CFSATE Borden.

A warm welcome.

Congratulations to WO Gavel on his recent promotion. I don't think it'll help his golf game any. We also wish MCpl Al Huges the best of luck on his retirement. We hear his golf partner won't be able to go with him. Good luck to you and your family.

The rest of us are slaving along as usual and enjoying...!!

AMSE/Ref

It's time for another update, as the world revolves around AMSE/Ref. We would like to thank and say goodbye to our old MSO, Capt Bourne, (well he's not that old) who is leaving our humble yet prosperous establishment and looking for a better life with the BTSO. We would also like to extend a hearty welcome to our new MSO, Lt Landry, who is fortunate enough to be in charge of this little getaway paradise. And not to forget to mention our D/MSO, MWO Clarke, who's still punchin' the clock and putting time in. Keep on smilin' Sir.

Moving into the guts and glory of this shop, our leader and mascot Sgt Kruger still comes to work in the morning with his racing helmet and racing gloves, leaving behind him a trail of fire and smoke saying "Who's got the d... keys?" MCpl Levy has become a permanent fixture in AMSE work control and we're not sure if he ever goes home. MCpl Kennedy has just returned from his three month vacation in Portage (swimming pools and movie stars) saying "Who killed the battery?" MCpl Roger is saying 'bye-bye to the sunshine coast' and moving on to bigger and worse things in AMDU Trenton. Good luck Serge. Cpl Gervais is also leaving the nest, to get a piece of the wall and ride his motorcycle at 100 mph on the autobahn. Good luck in Germany Bob and watch out for Helga. Cpl Tokarz just returned from a much needed holiday, but he still looks the same. Cpl Damery just returned from holidays in Vancouver. We wish your son a speedy and successful recovery.

As a final note, we would like to welcome to our section Pet Rausch, better known in these parts as Bart Simpson, and Cpl Carmichael, who is presently on leave collecting his family.

All in all AMSE/Ref has but one thing to say. Monday mornings and Friday afternoons should be designated holidays!

Safety Systems

A sunny summer hello from BAMSO Safety Systems. This column finds us suffering from a long hot spell and the usual coming and goings of the APS. First to leave us is Cpl Bob Frizzell and his newly expanding family who are off to fighter country in Cold Lake with 419 Sqn. Rumour has it that Bob can't afford another transfer unless it is to Quebec and the high baby bonus.

Next to go is Cpl Les Hayes. He and his wife are off to Edmonton where he is going TAC HEL on Chinooks. Cpl Laune Holowaty is going to suntan with his new tattoo in Honduras for six months. He has been told by his Warrant not to bother trying for an extension. Remember Laune!

Our last loss is Sgt Wayne Irving's gain. Wayne is going cadet liaison staff in London, Ont., with a promotion. He is currently enjoying the benefits of the far north at Goose Bay and pulls out of here end of Aug. To one and all, we will remember you and wish you safe journeys.

All is not doom and gloom however, as their replacements are nice people who will fit in to the Recreation Capital of Canada way of doing things. Sgt Keith Spragg is coming in from 407 ATAT position. For the second time in a row, he is replacing Wayne. Is London next? Cpl Patty Briand is coming via Greenwood and Cpl Diane Koning is returning to Comox after a tour in Europe. Diane and Patty are Aurora trained so we gain doubly. Keith is untrainable but we are going to try - perhaps obedience school first then the Aurora course. See you AFD in 7 Hgr.

More presentations by LCol Mack



Suggestion Award for Cpl Peirson (Tel Grd.).



OPDP Completion Certificate for Capt Carter.



Promotion for MWO Annesley



Pte Wain receives his QL4 honours award, BAMSO Maj Brown presenting.

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Next Deadline Aug 20

On and off base

Good Luck,
Donna & Greg



Donna Marie and Padre Greg Milne with their farewell cake.

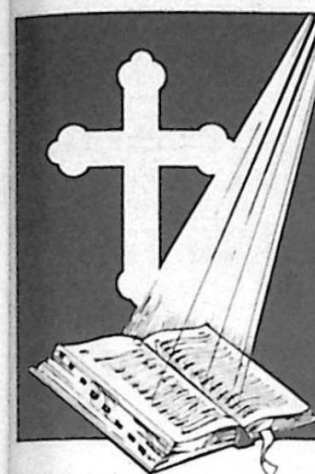


L-R: Chapel Committee Chairman Al Brown presenting Donna Marie and Greg Milne with a framed picture of the Comox Glacier, on behalf of the congregation.



Kevin Mercer appropriately kitted out to cook at the Congregational picnic.

Padre Bob



joyed games and good food. Kevin Mercer is shown appropriately dressed to cook.

The next two pictures show Padre Greg and D.M. Milne standing behind their farewell cake and being presented with a framed picture of the Comox Glacier on behalf of the congregation by the Chairman of the Chapel Committee, Alan Brown. Once again we wish them both God's continued blessings as they start up their ministry in Sardis.

Although Sunday School is not running until September,

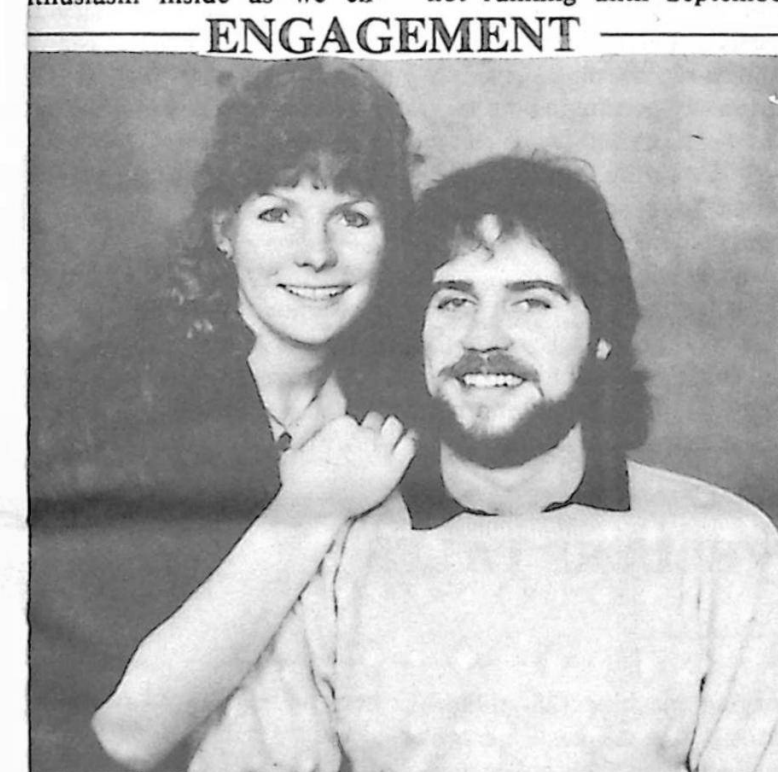
the nursery has expanded to include the older children and on these nice warm days of summer they are putting their Sunday School lessons to practical application by playing in the playground. They arrive back at the Chapel at noon so we have our Coffee Fellowship to complete the hour.

Are you moving and have part bags of boxes of foodstuffs? I found out that the Comox Valley Food Bank will help out by accepting those partially filled boxes or bags that you don't want to take with you. They are still looking for little extras to supplement the food bags they hand out.

Don't forget that this Sunday our service will be at 0800 hrs to start off our Airshow Day activities. Members of the Chapel Guild will also be working at one of the food tents at the Airshow, so we will see you there. We will cancel our Coffee Fellowship after our service so we can gather around the Guild booth to support the ladies.

September should be a busy month around the Chapel as we are planning Back to Chapel Sunday (to sign up for the fall/winter program), Battle of Britain Sunday (the 50th Anniversary), etc.

SEE YOU IN CHAPEL



Judy Lynn and Joseph G. Simon (RCAF ret'd) of Comox, B.C. are pleased to announce the forthcoming marriage of their youngest daughter, Judy Lynn, to Joseph G. Simon, son of Reginald and Elizabeth Simon of Sooke, B.C. on August 4th, 1990 at the Comox United Church, Comox, B.C.

GET YOUR FILM HERE FOR AIRSHOW '90!

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Health & fitness



ASK YOUR PHARMACIST

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

A BURNING QUESTION

Who hasn't envied a golden tan, especially in winter? Even now you're probably dreaming of all the ways to get that perfect tan -- sailing, lying back on a sandy beach or floating on blue water.

Suntans weren't always as envied as they are today, however. For example, Victorian women prized their milk-white complexions, guarding them with parasols, scarves and wide-brimmed hats.

Now we're beginning to realize they were wiser than they probably knew. Few physicians these days would recommend sun bathing to anyone. Can you remember the last time you saw a deeply-tanned dermatologist?

We know now that ultraviolet rays damage skin - both on and under the surface. Sunlight works invisibly, stealthily - the 'sneak thief' of youthful skin.

Year after year, sun damage can accumulate. Skin can wrinkle, lose elasticity and its texture can coarsen. In rare cases, even skin cancer can develop.

PABA (para-aminobenzoic acid) has long been known as an effective sunscreening agent. However, newer sunscreen formulations combine derivatives of PABA and oxybenzone to enhance the effectiveness of the sunscreen.

Your dermatologist, family doctor or pharmacist is the best friend your skin has and will be able to advise you about proper sun protection.

If you're taking any medication, consult your doctor. Certain medications, such as antibiotics and tranquilizers, can cause unusual skin reactions. Others may interact with a new prescription you have received.

Dermatologists agree that any sunburn is too much. With the right sunscreen protection, you can enjoy good times in the sun much more safely all year round. Your Shoppers Drug Mart pharmacist will gladly answer any questions you have about the wide range of sunscreen products available at your neighbourhood pharmacy.

CAN'T STOMACH EXCESS ACID?

Most of us suffer from an upset stomach at one time or another. The most common symptoms include pain, heartburn, bloating, nausea or loss of appetite.

Chances are, most upsets are caused by excess acid production. This may be triggered by stress, tension or certain foods you eat.

Now all acid isn't bad. Certain levels are necessary to the digestive process. Stomach acid reacts with certain chemicals to reduce digested food and break it down to components that can be easily stored or excreted by the body.

In most cases, the body produces the right amount of acid. However, if high levels, stimulated by poor eating habits, stress or tension, begin to collect, the result can be an upset stomach.

Certain foods, beverages and drugs are often the main cause of stomach upsets. However, the list may vary from person to person. What may be fine for some people, can trigger symptoms in others.

Common stomach irritants include alcohol, caffeine, ASA products, spices, citrus fruits and juices, carbonated beverages and foods with husks or shells like corn and nuts. Once you pinpoint which of these irritants affect you, it makes sense to avoid them in future.

Sometimes, it may be difficult to totally avoid foods and the tension and stress that create high acid levels in the stomach. This is where an antacid can help. When swallowed one hour after meals, antacids mix with excess stomach acid and help neutralize it.

By practicing sensible habits, you can control the acid levels in your stomach. Diet control, proper rest and the occasional use of antacids can make a big difference in the way you feel.

If upset stomach symptoms persist, see your doctor.

If you have any questions about the many types of antacid products available in your neighbourhood drug store, ask your Shoppers Drug Mart pharmacist.

info health

Dr. Bob Young



HYPOCHONDRIA

Hypochondria, described by E.B. White as 'The imaginary complaints of indestructible old ladies,' is usually very difficult to treat.

A person can be incapacitated by undue concern with the state of his or her health. The self-perceived 'patient' is alarmed by every change in bodily function or symptom, no matter how minor. Time is wasted and money is spent chasing a diagnosis, as labeling a person a hypochondriac is not very satisfactory for the patient and often leaves the physician wondering whether something has been missed.

Potentially dangerous investigations and even exploratory operations may be carried out before the true

nature of the disease is recognized. Hypochondriasis is itself an illness, a neurosis characterized by symptoms that vary and shift and bear no relationship to examination findings or laboratory results.

Patients with this condition have their lives disrupted and deserve help. This is difficult to provide, partly because these individuals nurture their self-esteem by continuing to carry on in spite of self-sacrifice and suffering caused by illness. The patient needs to be ill to obtain the attention and sympathy of friends.

If this theory is correct, the last thing the patient wants is a cure. Curing the symptoms would deprive her or she of the

crutch that has been relied on, and like the cripple who whittles a new cane to replace a broken one, the hypochondriac will develop a new symptom to replace the one the doctor 'cures'.

The doctor can usually recognize the hypochondriac promptly. If treatment shows any sign of being successful the patient is likely to change to another doctor. To the patient's subconscious mind a cure would be fatal - being constantly ill keeps them going!

The physician is in a 'Catch 22' situation. The patient will not allow a cure but the alternative is having the patient in the office every few days with the same dreary list of complaints.

TRAVELLERS TALES

Tales the travellers tell - medical travellers returning from conventions and meetings in the USA. Doctors like to compare practice methods, incomes, methods of payment and other aspects of professional life - just as businessmen and others do.

It is an entrepreneurial system south of the border, with the business or profit aspect of a medical practice often much more in evidence than here. Patients are actively sought, as those of us who have seen clinic-promoting billboards and heard enticing radio spots can attest.

The following vignettes have not been personally verified, but have been told to me by colleagues, all good men and women and true. And it must be added that the vast majority of American physicians practice standard, non-gimmicky medicine.

Item: Four general practitioners purchased an MRI

imaging machine (\$25 million) among them and sought referrals from their colleagues. The equipment was fully booked (at \$500 a crack) within a week - and there are 11 other MRIs in that town. (There are only three MRIs in BC.)

A full physical exam by a GP generates about \$250 by the time the doctor does x-rays, cardiograms, and blood work in the clinic. Canadian doctors, in general, are discouraged from doing much lab work in their offices although automated equipment is available.

During a measles outbreak a physician hired kids to distribute handbills to neighborhood homes informing people that he had a special vaccine that would help prevent complications.

And one scoundrel, annual gross income \$2.5 million, made a point of increasing his fees each year by enough to cover his legal bills, huge

because he always had a dozen fraud cases on the go.

A surgeon, considered to be busier than average, had only 50 'major' cases (appendectomies or better) per year. His fees gave him a very comfortable income. 50 cases per month would be a common case load for a busy general surgeon in Canada - and his or her annual income would probably be less.

Millions of Americans cannot afford medical insurance. My son, a businessman in Phoenix, pays \$400 monthly for his. Cash before treatment is required by many hospitals and clinics, many of which are shareholder owned and dividend paying - and must show a profit.

Canadian medicare may have its faults, but count your blessings!

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

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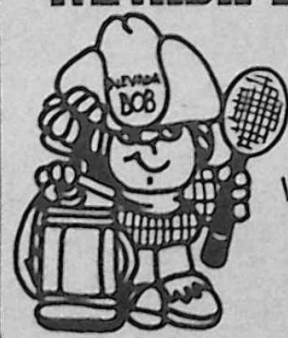
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Health & fitness

Anxious Eaters

By Birgit Guderjahn - Fitness Consultant

I am the fitness, health, and weight control consultant contracted by CFB Comox through the BPerO. My objective here is to ensure that persons interested in a healthier and happier lifestyle receive just that! Offered, is information and counselling pertaining to practicing lifetime skills for weight and health management. This requires the reprogramming of present eating, exercise, self-esteem, stress and time management habits.

Most people are very much aware of their excessive weight. Most people are aware of some of the health risks associated with overweight and obesity (hypertension, coronary artery disease, diabetes mellitus, etc.). Why do some people struggle to drop a mere ten pounds, while at the other extreme, others chronically diet losing 50 pounds then gain it all back again? It slips back on so easily. Five pounds to lose may

as well be 500.

Overweight people are often very well informed on nutrition and exercise. They are not necessarily gluttons or couch potatoes (many thin people can fit this description). The weight is extremely difficult to lose partly because of stress, and dealing with it misappropriately. "Overweight individuals often report that they tend to eat more when they are tense or anxious and experiments support this. Obese subjects eat more in a high-anxiety situation than they do in a low-anxiety situation, while normal weight subjects eat more in situations of low-anxiety." The feeling of loneliness, frustration, boredom, anger and sometime even joy can stimulate urges to eat. Instead of dealing with these important emotions, they are 'stuffed'. When we don't feel well we need something to make us feel better. Overweight people often use food/eating to

make them feel better. (Then they end up feeling worse, so eat more - creating a vicious cycle known as uncontrolled eating.) Food advertisements, fast foods, and society's pressure to be 'slim' doesn't help either. To top it all, the person may genetically be predisposed to having a body able to produce larger size or quantities of fat cells.

Thus, learning to recognize and deal with stress more effectively is an important factor in weight control. So if you see a fat person, be considerate of the situation. They have a lot of obstacles to battle; besides the bulge.

For further information see the Fitness Consultant at the Base Gym or call local 8351/8315.

*Psychology, Introduction to, Atkinson, Rita, L., Atkinson, Richard C., Smith, E., Hilgard, Ernest R., Harcourt Brace Jovanovich Publishers c. 1987.



FITNESS, HEALTH, AND WEIGHT CONTROL CONSULTATIONS

Information Available

- *Exercise/Physical Activity Prescription
- *Nutrition
- *Health ?
- *Weight Control

Weight Control Programs

- *Gradual, realistic and sensible lifestyle changes
- *Proper type(s) of exercise or physical activity
- *Focusing on individual attitudes towards eating, food, self-esteem, stress, etc
- *Nutritional counselling: Learning to make healthier choices at meal times (and in between).

FOR FURTHER INFORMATION:

Contact Base Recreation Centre Loc 8315 or 8314

Birgit Guderjahn
Fitness Consultant

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FROM JAKE Filberg Festival

Filberg Festival time is here again. August 3, 4, 5, and 6 from 11 a.m. to 8 p.m. the grounds of the Filberg Lodge in Comox become transformed - the best in crafts, music, and food come together to make an exciting place to spend a day, two, or even three or four.

Now in its eighth year the Festival continues to grow. More crafts, more foods, and more music. If you've never been before this is the year to experience Filberg. The Festival is more than just a crafts fair, it is a pleasure. Amble through the gardens. Sit beneath a shady tree. Stop for a snack and gaze across the bay or listen to music, all surrounded by friendly faces and beautiful crafts. Sounds like a lazy time but it is the underlying energy that makes it so

special and keeps people coming back for more.

Excellence is paramount at Filberg, and it is this dedication to providing the finest crafts which has made this among the foremost craft fairs in B.C. Over 80 craftsmen selected from more than 250 applications present an incredible range of crafts. Pottery doesn't mean pots, pots, and more pots - it ranges from the utilitarian to the fanciful, from high glazed to raku or gold inlay, from thrown to sculpted. Glass is stained, fused, slumped, blown or etched. Jewelry ranges from finest gold, silver and enamels. Woods are crafted into toys, furniture, boards and boxes. Filberg is the place to expect the unusual, to find the unique and special for yourself or a friend.

Lots of food too - from ethnic to decadently caloric. A great place to have supper while you listen to the eclectic range of entertainment of the main stage. The children certainly aren't forgotten either with clowns, puppet shows, storytelling and free face-painting; even a hands-on farm.

Crafts, music, food, fun and entertainment - put it all together and you have a very special day. But don't count on just once. You'll probably want to come back at least once. It's a place to meet old friends, to make new ones or to renew acquaintances. A place to relax and enjoy. What better way to spend a long weekend.

Admission is just \$2.00 for adults, \$1.00 for children between 6 and 11, tots 5 and under are free.

FROM C.E. JAKE

COMOX, B.C.

The Filberg Festival

ARTS AND CRAFTS
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11 AM - 8 PM Daily

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- Woodcraft • Jewellery • Weaving
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THANK YOU

To all civilian and military members of CFB Comox for the pleasant memories during my last tour (as a C.E. Chivy).

Jake

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Public announcements

VOLKSWALK!

Come out and join the Comox Glacier Wanderers on their weekend walks, August 11th and 12th.

The Saturday evening walk will be in the Comox area, starting at the Black Fin Pub between 4 p.m. and 6 p.m.

The Sunday walk starts at the ski lodge on Forbidden Plateau between 10 a.m. and 12 noon. Owing to the terrain, we advise that you bring your own juice or water. Registered walkers will receive a discount on the chairlift - but there is also a trail up the mountain for the more hardy walkers.

Members are charged \$2.00 for an IVV stamp for their record books - or they can walk for free; if they don't keep a record.

The Comox Glacier Wanderers are members of the Canadian Volkssport Federation (C.V.F.) which is a member of the International Federation of Popular Sports (IVV).

SNOOPY!!! - It's a Travelling Musical presented by Rainbow Youth Theatre. The cast of seven ranging from fifteen to nineteen years present their rendition of the Peanut personalities as they experience life's little illusions and aspirations. From the Musical adaption of the cartoon script "Peanuts" by Charles Schulz - Lyrics by Hal Hackady - Music by Larry Grossman.

Sid Williams Civic Theatre

Aug 8, 9, 10 & 11 - 7:30 pm (1930 hrs)

Admission \$7.00 - Seniors and Children \$5.00

Tickets available at Sound Heritage, Laughing Oyster, Totem Stationery, Eby's, Ultra Wood 'n' Glass

SUMMER FUN

Summer Fun Open swim times are as follows:

Mon to Thurs
1400-1600 Casual Swim
1800-1900 Family Swim
1900-2000 Adult Swim

Fri - Closed

Sat-Sun
1300-1500 Casual Swim
1800-1900 Family Swim
1900-2000 Adult Swim

Note: If attendance at Adult Swim does not increase, this time period may be lost.

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HOLY EUCHARIST

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

Fr. John Paetkau - 339-2925

JESUS IS LORD

PAC REGION SOCCER CHAMPIONSHIP

CFB Comox is hosting the PAC Region Soccer Championship 27-31 Aug 90. Participants will include Chilliwack, Esquimalt, PP-CLI, Fleet and our own Totems. For more info, contact MCpl Dave Rothermund, local 8315, Base Gym.

BASE SOCCER FIELD

The Soccer Field is not to be used for softball or golfing practice. Anyone wishing to use the field must contact the Sr PERI, loc 8542.

DAMAGE TO OUTDOOR FACILITIES

There has been a considerable amount of damage done to the snow fence, buildings and soccer posts at the ball diamond/soccer field facility.

Parents are urged to educate their children of this problem. Effective immediately, anyone caught damaging equipment or structures may be liable for payment of repairs.



TERRY FOX RUN

The 10th Annual Terry Fox Run will be held 14 Sep 90 starting at 1300 hrs at the Rec Centre. More information will be available at a later date. Volunteers are required to ensure the success of this event. Jobs would be registering participants, receiving registrations, receiving pledges, assisting with set-up and tear down. Interested personnel are to contact the Rec Centre, locals 8315/8542.

Hockey



The hockey season is approaching fast and a willing, able, qualified coach is required for the Station hockey team.

Interested personnel can contact the Rec Centre at local 8315.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

MASS SCHEDULE:

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

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

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

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

CATECHISM CLASSES - September - May in the PMQ School at 1830 hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and John 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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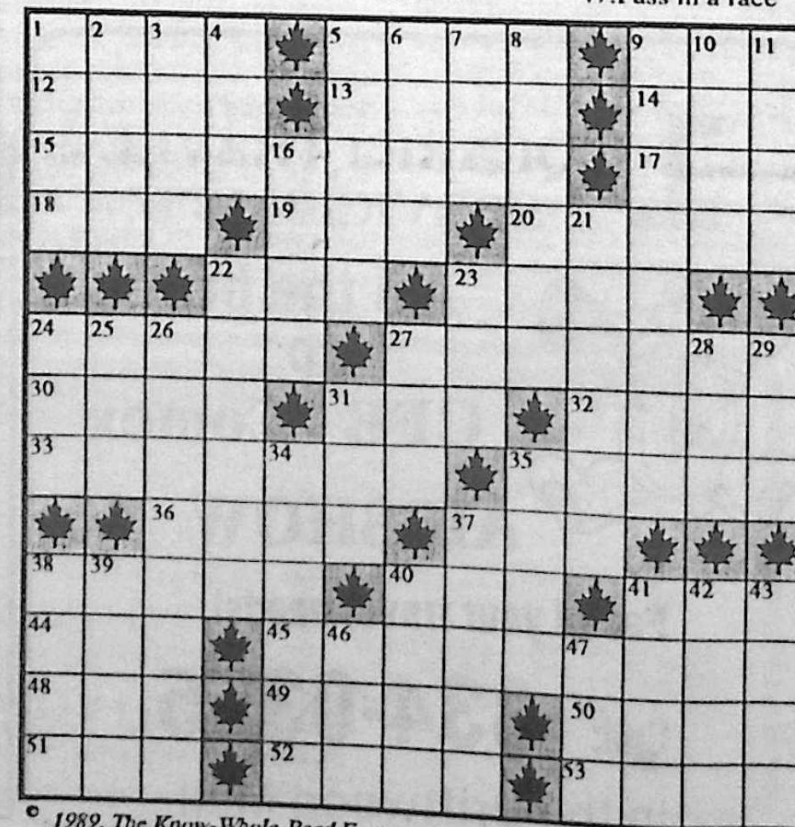
334-3656
830F (upstairs) Cliffe Avenue

Canadian Crossword

By Rick McConnell Solution on page 21

ACROSS
1. Cove, N.B.
5. Apple poison
9. Half-way prefix
12. Pinnacle
13. Will be in Spain
14. Highest binary digit
15. East-coast beer
17. Spanish gold
18. Print measurements
19. Each
20. Norwegian dramatist
22. Man's nickname
23. Yukon mining town
24. Fleshy fruits
27. Aldag, for one
30. Cupid
31. Male offspring
32. Floor or wall covering
33. Prairie aridity
35. French artist

DOWN
1. Like
2. College course (abbr.)
3. Shepherd prophet
4. "Miserables"
5. Pale
6. Ogle
7. Brazilian parrot
8. Geometry term
9. Sask. town in a Guess Who song
10. Regarding
11. Faculty head
16. Epic poem
21. Cape Is.
22. Catholic order
23. Fish appendage
24. Start for antic or uncle
25. Hockey's Bobby
26. Quarter back mandible, Sask.
27. Land parcel
28. Beer type
29. Bottom line
31. Her
34. Subterranean dwarves
35. Gender
37. They roamed at 9 & 26 down
38. Curves
39. Spanish house
40. Memo
41. Fairy or tall
42. Like
43. Caresses
46. Eight prefix
47. Pass in a race



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B.C. BESTSELLERS

Week Ending: July 24, 1990
Produced: July 22, 1990
(Brackets) represent last week's position

FICTION

- (1) Message From 'Nam
- (9) The Burden of Proof
- (4) Skinny Legs & All
- (5) Bourne Ultimatum
- (2) Golden Fox
- (-) The Outlaws of the Mesquite
- (-) The Fifth Profession
- (-) Second Child
- (-) September
- (-) Scions of Shannara

NON-FICTION

- (4) A Brief History of Time
- (-) Trouble With Canada
- (7) Bradshaw on the Family
- (-) Day Trips From Vancouver
- (-) Towards a Just Society
- (-) Birth Order & You
- (3) The Lighthearted Cookbook
- (-) Once to Learn It
- (-) 109 Walks in BC's Lower Mainland
- (8) Easy Hiking Around Vancouver

1/2 steel
Turov
Robbins
Ludlum
Smith
L'Amour
Morrell
Saul
Pillcher
Brooks

Hawking
Gairdner
Bradshaw
Christie
Trudeau
& Axworthy
Richardson
Lindsay
Gatensbury
MacAree
Cousins
& Robinson

Men's Golf News

Glacier Greens

With this beautiful Comox weather, Glacier Greens Golf Course has been extremely busy. The course has seen some big changes with the opening of our new green on the renumbered 4th hole. This green has added a new dimension to the course as well as speeded up play. Despite the hot weather the course remains in very good condition. Late evening golfers will have to put up with the spray from the sprinkler system in order to maintain these conditions.

On Sunday, 22 July, the Annual Mr & Mrs, His & Her Tournament was held. Thirty-two couples (12 His/Her - 20 Mr & Mrs) competed for \$512 in gift certificates and prizes. The big winners this year were Wally and Trudy Berger for field low gross \$6 in the Mr & Mrs, while Arnie Mathus and Jackie Wilke took the honours in the His/Her event with the same \$6 score. Winners in the field low net were Rick and Jan Verbeek for the Mr & Mrs with a 66 and the team of Ray Cossette and Pat Smith shooting a 62 for field low gross in the His/Hers. Winners of the closest to the pin were Roy Downey on No.4 hole and Anne Blake on No.7. Glacier Greens would like to thank our sponsors, Trophy Den, who provided Burl plaques for the Mr & Mrs winners and Nu World of Awards who donated Totem Trophies to the His/Her winners.

The playdowns for the 1990 Labatt's Team Pro-Am was completed recently and our team this year will consist of Ernie Mathus, Norm Felbaum, Jim McCaffery and Club Pro, Peter Oliphant. The team will be heading to Richmond where they will compete at the Quichena Golf & Country Club on 3 Aug. We wish the team success and great golfing.

We would like to extend a belated congratulations to Jan Verbeek for shooting a hole in one on No.7 on 26 Jun.

PBS Report

Asia NOW on Channel 3

Asia is a huge, highly diverse region which exerts considerable economic, social and political influence on the rest of the world. Yet, Asia often is overlooked by the West, even in the sophisticated mass media of the 1990s. Beginning Friday, August 3, at 7:00 p.m., viewers who want to know more about current developments in this vital complex continent can tune in to the new weekly series, ASIA NOW. The programs - produced by KCTS in association with NHK/Japan - present in-depth coverage of news in 25 Asian nations, from China to Turkey. Jim Hartz, former anchor on

NBC's Today Show and current host of the PBS series, Innovation, joins Hiroko Kuniya, nightly national news anchor for NHK, in hosting the half-hour programs for NHK's studios in Tokyo. ASIA NOW is being made available for broadcast on public television stations nationwide through the Pacific Mountain Network (PMN).

ASIA NOW brings viewers a level of comprehensive and insightful coverage that they're not likely to find on the nightly news. The series' in-depth coverage goes beyond simply relating the 'who,' 'what,' 'when' and 'where' of stories to

examine the background and ramifications of the events reported on. Each program focuses on two major stories, with shorter reports on business and economics, social and cultural issues, rounding out the half-hour. Personal profiles and interviews with leading newsmakers in Asia combine with thoughtful commentary and analysis to provide added perspective on current events. Special 'human interest' features capture Asian lifestyles and examine social and cultural issues, affording viewers a uniquely close-up look at everyday life in Asia.

Continued on page 21

Leisure



Country Kitchen

Satisfying muffin mania

Muffins are among foods generally considered "healthy foods" today. However, not all muffins are created equal. Some merely masquerade as "healthy" foods and can be high in sugar and fat or not especially rich in fibre. When you want a truly delicious not-too-sweet muffin that's also enhanced with fibre, try these quick-to-mix muffins.

The secret to good muffins is to stir the batter just until the flour is dampened. The batter should be lumpy. Overmixing causes tunnels and a tough texture.

Double Bran Citrus Muffins

Preparation: 10 minutes	Bake: 20 minutes
1 1/2 cups	Five Roses All Purpose Flour 375 mL
	with Wheat Bran
1/2 cup	oat bran 125 mL
1/3 cup	sugar 75 mL
1 tsp	baking powder 5 mL
1 tsp	baking soda 5 mL
1/4 tsp	salt 1 mL
1 cup	buttermilk or sour milk 250 mL
1/4 cup	vegetable oil 50 mL
1	egg, lightly beaten 1
1/2 cup	Grated rinds of 1/2 lemon & 1/2 orange 125 mL
1 tbsp	chopped dates or prunes 15 mL
	sesame seeds

In large bowl, combine flour, oat bran, sugar, baking powder, baking soda and salt.

In separate container, beat buttermilk, oil, egg and citrus rinds; add to dry ingredients. Stir just until moistened. Stir in dates. Spoon batter into lightly greased muffin cups. Sprinkle with sesame seeds.

Bake in 375°F (190°C) oven for about 20 minutes or until tops of muffins spring back when lightly touched. Makes 10 large or 12 medium muffins.

On Thursday evening, men's night was sponsored by Molson Breweries and besides the usual 9 holes of golf, there was a chipping competition on the 18th hole at the conclusion of the evening. Golfers were given three tries from 70-80 yards on the opposite side of the water. The winners of the event were Murray Jacklin, who nudged out Fred Crocker, on the last try of the night. Murray came within 26 inches of the pin

while Fred was 28 inches from the hole. We would like to thank Ralph Sorensen, the Molson Rep for both the liquid refreshments and the prizes for the events.

The next tournament at the course will be the General Lett Memorial Tournament, which will be held on Saturday 11 Aug. This tournament is open to all active and retired service members.

Leisure

Tourism Declines

Gas Prices Rise

At the onset of the peak travel season, Canadian gasoline prices continue to rise, harming the tourism industry. This according to the Canadian Automobile Association (CAA), which today released the results of its second-quarter survey of gas prices.

The 3.3 million member, not-for-profit CAA monitors gasoline prices throughout Canada on a monthly basis and releases a quarterly report with figures provided by Runzheimer Canada Inc., of Toronto, an international management consultant firm specializing in transportation, travel and living costs.

The CAA survey reveals the Canadian average price for both regular and premium unleaded gasoline increased during the second quarter. The national average for a litre of regular unleaded at self-serve rose to 55.8 cents. Newfoundland and Quebec had the highest prices at 60.0 cents and 59.5 cents per litre. The Canadian average price for a litre of premium unleaded gasoline at self-serve increased to 59.8 cents per litre.

"Excessive taxes inflate Canada's gas prices," said CAA Chairman of the Board Denis Morand. "This harms our country's tourism industry - both coming and going. Fewer Americans are visiting Canada and Canadians are traveling in record numbers in the U.S."

Since December, 1986, the difference between Canadian and American gasoline prices has grown rapidly, fuelled by government tax increases. In December 1986, Canadian gasoline cost 13.6 cents per litre (Cdn) more than American gasoline; by the end of April, 1990, the difference had grown to almost 23 cents per litre. During this time, the total number of Americans travelling to Canada decreased 6.1 percent and the Canadians travelling in the U.S. increased 34 percent.

CAA President Michael McNeil stated: "The U.S. is Canada's main foreign tourist market and 70 percent of U.S. tourists arrive here by automobile. When gas prices are 67 percent higher in Canada than in the U.S., Canadians have a powerful incentive to travel in the U.S. and Americans have a good reason not to travel in Canada."

Statistics Canada figures show that a little more than ten years ago, gasoline was actually cheaper in Canada than in the U.S. Canada was then by far the number one foreign destination for American tourists. Today, however, Canada is in third place as a foreign tourist destination for Americans behind Mexico and

Natural Gas

ICG Opens Local Office

SECHLT -- ICG Utilities is opening a local office here this summer and plans to let construction contracts for local distribution systems by early fall, says ICG President Bob O'Shaughnessy.

O'Shaughnessy made the announcement Friday at a special ceremony held near here to mark the beginning of welding on the 570 kilometre pipeline being built to bring natural gas to the Sunshine Coast and Vancouver Island. The builder and operator of the pipeline, Pacific Coast Energy Corporation, hosted Premier Vander Zalm and other senior government members at the function.

The 3.3 million member CAA is the federation of all not-for-profit provincial and regional motor clubs in Canada.

ICG Utilities (British Columbia) Ltd. was chosen by the provincial government to build local distribution systems in the 25 communities that will be served by the pipeline, and plans to invest over \$160 million during the next 10 years to build local systems to serve almost 100,000 customers.

O'Shaughnessy said ICG has advertised for expressions of interest from pipeline contractors, and during the summer these contractors will be invited to bid on contracts to build local distribution systems in both Sechelt and Gibsons. It is also corporate policy to use local services and suppliers wherever skills and experience are available, and prices are

competitive. Construction will begin during the fall.

"Natural gas will be available to these communities early in the new year,"

O'Shaughnessy said. "We want to connect customers to the local system as soon as it is built, and have natural gas flowing to them as soon as we can."

ICG will be following a similar pattern in all of the communities to be served by the pipeline, O'Shaughnessy said. Pacific Coast Energy expects to have natural gas available to all communities on the system by the fall of 1991.



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Prince Rupert This Week, the city's Sunday newspaper, is looking for a motivated individual with experience to become our senior salesperson/manager. Excellent earning potential. Les Yates, 627-8482, or write: 413-3rd Ave., E. Prince Rupert, Y8J 1K7.

PAYDAY EVERYDAY!! International company expanding throughout Kamloops area. Flex hours, we train. \$1,400 p/wt, \$4,000/month (w/ 641-6084).

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Wanted 77 people to lose 10 to 29 lbs. in next 30 days. Earn extra \$55. 100% guaranteed. Free delivery. Visa. Toll-free information line: 1-978-3072.

Journeyman mechanic required for Ford-Mercury dealership. Flat rate \$18.50/hr. plus incentives. Excellent medical and dental plan. Contact Service Manager Brian Ball at 949-6393.

Award-winning Metro Valley newspaper seeks senior reporter with 3-5 years experience; computer experience an asset. Relocation to Maple Ridge or Pitt Meadows required. Applications accepted until August 6; position starts Sept. 4. Write editor Tom Fletcher, c/o The News, 22328, 118th Avenue, Maple Ridge, B.C., V2X 2Z3.

Wanted: Alberta baker, Blainmore, Alberta Union Shop, full benefits. Phone Ken at (403)562-7326, Blainmore IGA.

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How to be your dog's best friend, \$23.99 pre-paid. How to raise a puppy you can live with, \$11.99 pre-paid. To order contact: Pacific Publications, Box 1208, Parksville, B.C., V0R 2S0.

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EVENTS

Sat 11 Aug Meet & Greet Members Britannia Branch
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Sun 12 Aug Steak BBQ 3-6 pm

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ENTERTAINMENT

Fri 03 Aug
Fri 10 Aug
Fri 17 Aug
Fri 24 Aug

Music by Lori Baker Band
Music by Valleyboys
Music by Westwind
Music by Highway 19

REGULAR ACTIVITIES

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

TUESDAYS.....Ladies Crib League, Lounge 8 pm
Mixed Dart League, Recessed to 11 Sep.

WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall, 7:30 pm

C.V. Crib League, recessed to Sept 05

THURSDAYS.....*1st Branch Exec.Mtg.
(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 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 19 AUG - INTER-BRANCH SPORTS CHALLENGE AT COURTENAY LEGION. 1 pm. Branch & L.A. Members. BRIDGE, CRIB, DARTS, ECHRE, POOL. 8 Members from each Branch in each sport required. Enter on Poster in each Branch lounge. Courtenay Branch 17 has won both previous rounds.

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

More PBS

ASIA NOW utilizes the extensive resources of NHK—bureaus in nine Asian countries, field offices, stringers, roving news teams and camera crews—to fully explore each news story. The series' editorial team is led by experienced American news writers, reporters and producers working in cooperation with the NHK crews and bureaus. Producer for the programs is Asia expert Bruce MacDonell, working out

of the NHK studios in Tokyo. Executive producer is Barry Stoner of KCTS, who served as series producer/executive producer for another KCTS-NHK collaboration—the acclaimed six-part series, The Miracle Planet.

ASIA NOW is a production of KCTS/9 in association with NHK/Japan. Producer: Bruce MacDonell. Executive producer: Barry Stoner.



Winner to go to Smithers, B.C.

Six ladies from the Glacier Greens Golf Club travelled to the Qualicum Golf Club to take part in the qualifying round of the 1990 CLGA National Handicap Award Tournament.

Congratulations to Lori Cameron, who was a District winner and will go to Smithers, B.C., to take part in the NHA Award Tournament, which will take place on Aug 4 and 5. Good luck Lori.

A qualifying round was played to determine who will

go to Port Alberni to play in the National Club Teams Championship. The winners were: Lorraine Courtemanche, Pat Verchere and Martha Campbell.

Also at Glacier Greens a 2-ball best-ball qualifying round was played in July. The winners will go to Fairwinds Golf Club on 23 Aug.

Low net: Lorraine Courtemanche, Martha Campbell.

Low Gross: Frankie McCaffery, Rose Jacobson.

Glacier

Ladies

at Filberg

Looking Glass Productions, a new theatre company based in the Comox Valley, focuses on theatre for the young.

Artistic Director Kymme Patrick says the goals of the company are to produce and perform original works, and to provide direction in theatre arts for students of all ages and levels of experience.

Looking Glass Productions will present an original adventure fantasy this summer.

Performances will be held August 4th at Nautical Days. Also August 5th and 6th at the Filberg Festival of the Arts.

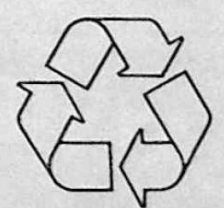
A humorous adventure will be performed, suitable for all ages and guaranteed to entertain.

CFSA

Sailing News

Just a short note to say that the new sailing dinghys have been rigged and are in the water, compliments of the Sea Cadets at Quadra. If you have the proper qualifications to sail the boats and you wish to have your name on the access list, please contact Capt Melenchuk at local 8354. The list will be forwarded to the Senior Cadet Instructor. Due to the lateness of the season, membership fee this year is only 25 dollars, so come on out and take advantage of the time remaining!

On a final note, CFB Chilliwack is sponsoring a sailing regatta in mid September. Anyone who may be interested in this event should make the appropriate inquiries.



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Dog Talk



It seems that we are in an age of pick-up trucks. Everybody's got one. A lot of pick-up truck owners have dogs, too, and for some reason it's become very macho to tote their dogs around in the back of their trucks. A day seldom goes by when I don't see one or more dogs in the back of a pick-up.

There are so many things that can happen to a dog in the

A New Leash on Life

by Gerry Gerow

back of a pick-up that it boggles the mind. First, is the fact that dogs are very hearing sensitive. Dogs that are exposed to any amount of regular noise start to go deaf. This happens very quickly. The air rushing past their ears in the back of the truck will cause deafness.

Secondly, if the dog sticks its head over the side of the truck, and many do, it may be hit or injured or perhaps, blinded, by small flying stones. If you don't think there are a lot of flying stones around, just ask the people who insure windshields.

If the dog is loose in the back

of the truck, it may jump out and be seriously injured or killed. If it is tied, it may try to jump out and hang itself.

All in all, transporting a dog in the open back of a pick-up truck is a very hazardous thing to do. If you must do it, place the dog securely in a crate for its protection.

Another hazard for animals in vehicles is heat prostration. You might think you're only going to be a minute when you leave your dog in the car, van, or truck cab, but what if you get delayed?

I've also seen people tie their dog to the bumper of the car while they are gone. What hap-

pens when they come back and momentarily forget that they have their pet with them.

When it comes to doing what they do best, dogs are pretty smart. Finding game, retrieving, herding, searching, obedience exercises, and so on. But at other things they are downright stupid. Some dogs realize that motor vehicles travel on roads and can hurt or kill them if they get hit. Most don't. That is why we see so many run over on the road.

A choke chain is a great training and control device for your dog. I use them all the time. But for a hunting dog in the field, they can be death

traps. If the dog goes into heavy cover or water and gets hung up, it may die there before you find and get into the water or brambles to free it. I always take the choke collar, and in fact, all collars, off before I turn my dog loose to hunt or retrieve.

Our pets deserve protection. They deserve it and they need it. Keep them on a leash, except for exercise periods in a safe place or when they are working. A little forethought will always protect your dog from harm. Frequently, their life depends on you. Don't let them down.

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B SECUR O

Growing up isn't quite as simple as it used to be. For many of today's youngsters, childhood is not a carefree time of few decisions. Instead, they face pressures created by peers, media and academic competitiveness. Drugs and alcohol can become an attractive escape or a means of feeling accepted. But the costs are high.

In 1987 a nationwide classroom survey on drugs and drinking was conducted. The results were startling. The survey revealed that children are exposed to drugs as early as the fourth grade. Of those students surveyed, 36 percent were offered alcohol, 25 percent were

offered marijuana and 24 percent were offered cocaine. What's more, virtually every child, 12 years old and older, is called upon to make everyday decisions about drug and alcohol use. As a parent, you can help your children understand the dangers of alcohol and other drugs, even at an early age. Effectively communicating information about substance abuse to young children is not easy. To assist you the Military Police Section has acquired an animated video program called "Cartoon All Stars to the Rescue". This video was developed by the Academy of Television Arts and Sciences, in consultation with leading drug education and child development experts.

Its aim: to educate children aged five to eleven about the perils of alcohol and drug abuse. "Cartoon All Stars to the Rescue" features a cast of familiar cartoon favourites appearing together for the first time in a single animated program. The continent's leading animation studios

continued on page 24

Military update

Famous Artist Helps Hospice In The Park Fund

by Hope Spencer

Internationally renowned local artist, Ron Parker is giving the entire limited edition of an original serigraph for the benefit of the Hospice in the Park project.

Born and raised in British Columbia where he resides today, Ron Parker is recognized as one of the top wildlife artists in North America. His original acrylic paintings are avidly sought after and limited edition reproductions of his work sell out rapidly. To further extend his art, Ron is now producing original serigraphs of wildlife subjects.

This stunning print captures a lone timber wolf emerging from the forest. Only 40 numbered, signed copies will ever be available.

One is being raffled with all proceeds going to the Hospice in the Park. Tickets are available throughout the community including the Lemon Tree Gallery, the Comox Credit Union, the Filberg Festival and at the Hospice in the Park office. The latter is open every day between 1 and 3 pm and is located at the rear of 2026 Comox Avenue, Comox, opposite the United Church. Phone 339-5470.



Framed 'Black Wolf'; artist: Ron Parker, Lemon Tree Gallery Manager Tricia Verrier and Hospice in the Park's Hope Spencer.

Print No.1 has been beautifully framed with conservation materials. The work of framing and all materials used have been donated by the Lemon Tree Gallery. They will

display it and make no charge for selling the prints, which will be \$250 each, unframed, in an acid-free envelope. They will also be for sale at the Hospice in the Park Office.

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CLASSIFIED

RATES

ALL insertions will be \$4.00 per column inch.



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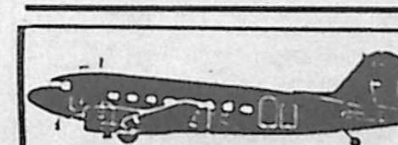
For further information contact the Canex Admin Office at 339-8372. Tenders close 25 July 1990. Successful tender will commence 30 July 1990.

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Wood construction counter 8'x3'x29 1/2" good for retail. \$200 or best offer ph 339-3454.

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DO IT UP RIGHT, BC

ICBC

POSTED? but don't want to sell your home? Airforce couple w/2 teenagers and 2 declared cats require 3 bdrm furnished house except for fridge & stove - by late Aug early Sep. Non-smokers. Contact B. Doubleday, Box 207, Lazo, BC, V0R 2K0.

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On and off base

B SecurO Presents



Capt COSSETTE, BSecurO, presented Pierre LAURIN with his promotion to Lt. Lt. LAURIN was an OJT Security Officer with the Military Police Section. Congratulations Pierre, and the very best of luck on your posting to SIU St Hubert. We know that you will do well.

Continued from page 23

More Cartoon All-Stars

volunteered their biggest stars to join in the battle against substance abuse. Three new cartoon characters round out the cast: 14 year old Michael; his younger sister Corey and Smoke (voice of George C. Scott). The result is an anti-drug and alcohol program that even the youngest child can relate to and understand.

Although the program is in cartoon format, it carries a message that is no laughing matter. In the story, the All Star rally to rescue Michael from the clutches of Smoke - the evil embodiment of drug and alcohol use. While Michael confronts the dangers of a life with drugs, Corey struggles with the knowledge that her brother needs help. Along the way some very important ideals are shared and effective ways to "SAY NO!" are emphasized. The battle against substance abuse can only be



Capt COSSETTE, BSecurO, presenting Carl MULLIN with his promotion to WO. Congratulations Carl. WO MULLIN is off to CFB Kingston to take the position of Police Operations WO, 365 days after his posting to CFB Comox. Maybe in Kingston you will have time to hang all your pictures on the wall and stay a while. All the best.



Capt COSSETTE, BSecurO, presenting Steve ETINGER with his promotion to MCpl. Rumour has it that as a result of this monstrous pay raise IGGY is anticipating an increase in his Milkbone allowance. Congratulations, Steve, man

won if everyone works together - parents, educators, the community and the media. Education must start at an early age.

To extend the reach and impact of 'Cartoon All Stars to the Rescue', 50,000 video cassettes were produced in English and French. With the assistance of the Canadian Association of Police Chiefs, the CFB Comox Military Police Section has eight (8) copies for parents and community groups to 'USE FREE'. We call on you, parents, to use

the videocassette to ensure that every young child has an opportunity to be exposed to this very important message.



Give the greatest gift of all... the gift of life

Please sign an organ donor card... today.

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NEW RELEASES THIS WEEK:

BLAZE . HARD TO KILL . EVERYBODY WINS
ENEMIES...A LOVE STORY . HOMER & EDDIE
FLASHBACK . DRIVING MISS DAISY

Coming Soon:

BLUE STEEL . BORN ON THE 4TH OF JULY

WE ALSO CARRY ADULT MOVIES AND MAGAZINES

RECYCLE THIS NEWSPAPER

TOTEM TIMES



A CAN OF FOOD ONCE IN A WHILE. IS IT REALLY THAT MUCH??

At the top stairs of 1 Hangar SW entrance in their canteen, 442 Sqn has a food deposit box for the needy.

Bring a can once in a while or take it to the food bank building at 1126F Piercy Ave. in Courtenay. It is open Monday to Friday 9:30 am to 4:30 pm.

Don't be shy and don't waste any time. They need all of us.

AND FOR THE POSTED OUT:

The Food Bank at 1126F Ave. has a freezer and fridge, so don't waste your food. Please bring it to them. They need it the most.

Give to someone who cannot give back.

**JR. RANKS MESS
ENTERTAINMENT
3 AUG-MONSTER TGIF/AFD
D.J. & LASER SHOW**

**13 OCT-OKTOBERFEST
BAND-FRIDGE BENIFITS**

**27 OCT-HALLOWEEN
V.J. MUCH MUSIC**

**NOV 16&17 GRAND OPENING
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TIMES FOR EVENTS - TBA



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with all the meats, relishes, pickles, sauces,
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