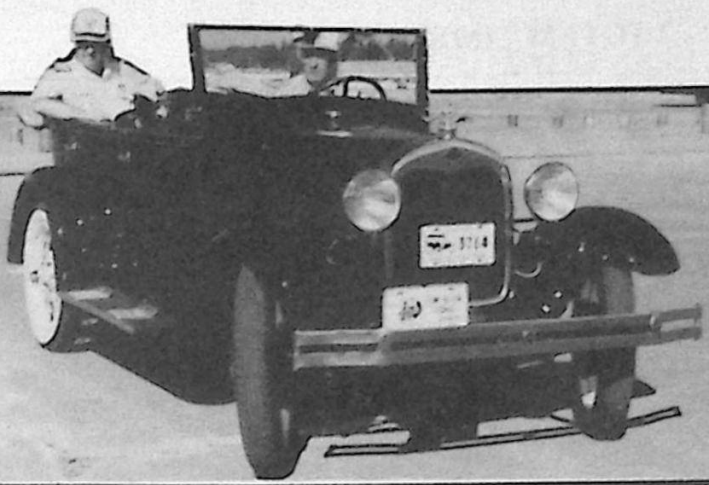


**PAC Region  
Fastball Champs**

...page 9

**PAC Region  
Rodeo**

...page 11



# TOTEM TIMES



*Canadian Forces Base Comox B.C.*

VOL 32 NO 15 23 AUGUST 1990

NEXT DEADLINE 10 SEPTEMBER 1990

COST: PRICELESS

## Airshow 90 - A Panorama of CFB Comox



This photograph was taken from a RCMP helicopter by MCpl Cando, Base Photo

## HISTORY FLIES BY

**Western Warbirds, Vintage Aircraft at Airshow 90.**

Airshow 90 attracted more than 50,000 people to CFB Comox Aug 5 to see the biennial exhibition of static and flying aircraft and ground displays on a hot, sunny day, perfect for the high and low altitude antics of sailplanes and aerobatic teams, aircraft old and new, helicopters and parachutists, and a race between a jet-powered automobile and the CF-18 (the '18 won).

Local roads were jammed

early as spectators trooped in, hoping to get a good spot on the flight line, but by noon most of the crowd had assembled, wandering around the tarmac among aircraft large and small. Refreshment and souvenir booths did a steady business.

Flying started at 10:00 am, with a parade of experimental, homebuilt and vintage aircraft. The Western Warbirds excelled in their display of wacky for-

mation flying and smoke-trailing aerobatics.

"Reminds me of an Argus take-off," quipped Major Kippell, Base Flight Safety Officer.

Coval Air demonstrated their bush-flying Otter and Beaver (on floats), a huge Martin Mars flying boat, based at Sproat Lake near Alberni, dropped 60,000 gallons of water on the parched grass of the inner airfield, and a brisk crosswind carried a lot of it

over the crowd in the form of a fine spray.

Considering the temperature on the tarmac, it was probably welcome. An Air Cadet L19 tow-plane took Manfred Radius high above the Base on his sail-plane and he swooped and looped his way down, eventually just missing his famed ribbon-cutting finale, due to the crosswind. Joann Osterud performed some high-speed hijinks in her Canadian-

built biplane, and three more biplanes were outstanding in their show: They were the Ray-Ban Golds.

442, 407, and VU33 put their aircraft through their familiar paces, a Sea King chopper visited from Pat Bay and a repeat race between the "Smoke-n-Thunder" jetcar and a CF-18 piloted by Major Mark Holmes reversed the

continued on page 2

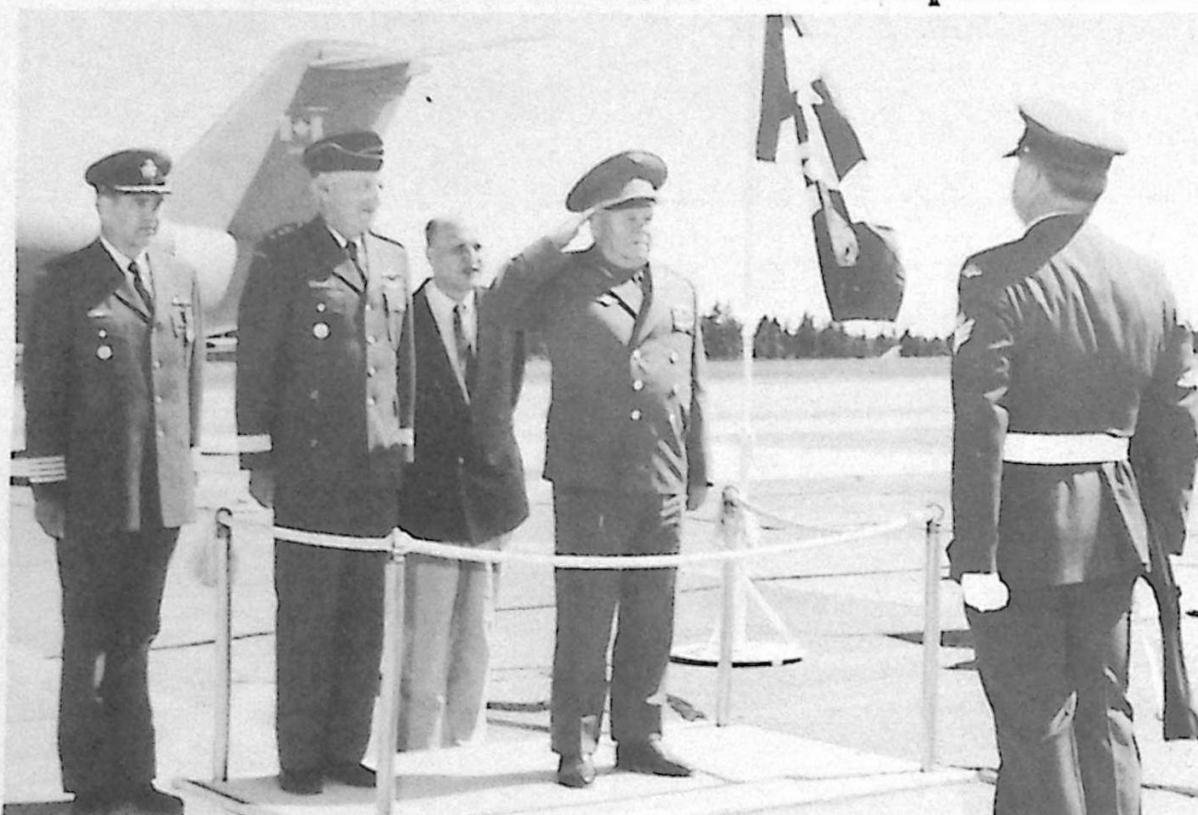


# On and off base

Russian General Visits

--Inspects the Guard

--and the band plays on.



Col-General P.I. Belonozhko takes the salute, with (L-R) BComd Col McGee, DC Air Com. MGen Chisholm, and interpreter Oleg Shakov.



Col-Gen Belonozhko passed through CFB Comox after a visit to Ottawa. He was pleased with the reception, especially the USSR National Anthem, played by the Halifax Naval Reserve Band (below).

## DEW Contract for Canada

OTTAWA -- The United States Air Force has awarded a contract worth approximately \$2 million (U.S.) to Canadian Commercial Corporation (CCC) of Ottawa to fund a detailed environmental survey of the 21 active Distant Early Warning (DEW) Line radar sites in northern Canada.

CCC has sub-contracted through Supply and Services Canada with UMA Engineering Ltd. of Edmonton to do the actual survey work. UMA will perform the survey in association with Hardy BBT Ltd. of Calgary and Jacques Whitford Ltd. of Halifax.

UMA's final report is expected in March 1991. Results of the survey will be used to assist in costing, planning, coordinating and executing the

decommissioning of downsizing of DEW Line sites.

All field survey work, scheduled for completion in 1990, will be carried out by three five-member teams. Movement of personnel and equipment will be by chartered aircraft, operated by Aklak Air of Inuvik, N.W.T., Adlair Aviation of Cambridge Bay, N.W.T. and First Air/Bradley Air of Iqaluit, N.W.T.

The DEW Line consists of 21 radar stations across the Arctic, stretching from the Alaska/Yukon border to the east coast of Baffin Island. It was established in Accordance with the 1955 DEW Line Agreement between Canada and the United States.

In 1985, Canada and the United States formally agreed

to upgrade the DEW Line with the North Warning System (NWS). By late 1988, Phase One was complete, and eight DEW sites had been converted to NWS Long Range Radar Sites. At that time, the Department of National Defence and United States Air Force agreed to develop policy and procedure for either decommissioning or downsizing all DEW Line facilities in Canada which are no longer required. A binational working group was formed to oversee this process and a preliminary survey of the 21 active sites took place in the summer of 1989.

Construction for Phase Two NWS, which calls for the establishment of 36 unmanned Short Range Radar Sites in Canada, has also begun.



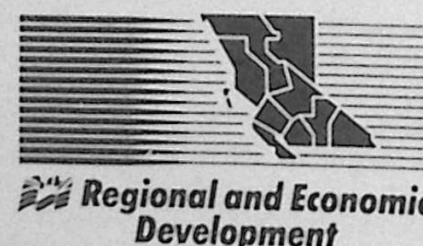
## CREATING A CLIMATE FOR GROWTH



Blooming Barn owners Chris and Mary Carter expanded their staff by thirty per cent last year, when they built their new packaging and shipping facility with assistance from the Ministry of Regional and Economic Development.

Hon. Stan Hagen,  
Minister

For more information on  
our new business programs  
call 1-800-663-3444



## More airshow

continued from page 1

result of '88 by streaking past the jetcar. The '18 later demonstrated its amazing ability to stay airborne despite all the evolutions forced on it.

The show's finale was, as usual, a dazzling display by the Snowbirds. A well-organized effort on the part of the Airshow Committee, which left nothing to chance, ensured the event proceeded smoothly. 67 walkie-talkie operators, using 7 frequency nets, ensured all problems were handled with dispatch.

Future airshows weren't neglected either: 17 members of the Language Training School were out in the crowd, gathering their comments for use in forward planning.....Norm Blondel

IT'S A MATTER OF  
LIFE AND BREATH  
DON'T SMOKE  
British Columbia Lung Association

# On the base

Men's Golf News

## Glacier Greens

This year's event was held at Quilchena Golf & Country Club, Richmond, BC, on 3 Aug. The event was won by the host club with Glacier Greens placing 9th out of a field of 31. The team would like to thank the following for their support: Gord Roy, Jim and Judy

Nolan, Walt Berger and Murray Jacklin. A special thanks to the Labatt's people for conducting a class event and to the Quilchena members for the use of their club. Congratulations to our friends from the Comox Club for their 6th place finish.

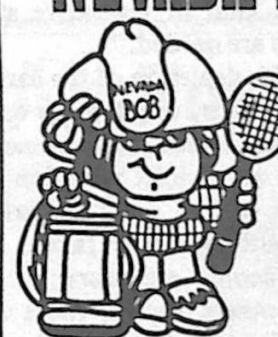
This event is a national tournament and each provincial winner will be the guests of Labatt's for a 36 hole final held at the Glen Abbey Golf Club in Oakville on 6 and 7 Sep 90. The total proceeds from the BC entrants are donated to the BC Children's Hospital.

## Labatt's Team Pro-Am Reps.



The Glacier Greens representatives on the 1990 Labatt's Lite Team Pro-Am Championship (L-R) Jim McCaffery, Arnie Mathus, Peter Olliphant, Norm Fellbaum.

## NEVADA BOB'S DISCOUNT GOLF & TENNIS



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2. have been employed in B.C. in a capacity substantially equivalent to a B.C. Licensed Practical Nurse at any time between November 17, 1986 and November 17, 1988;
3. have never been and do not at the time of application qualify as a Licensed Practical Nurse;
4. make application prior to NOVEMBER 17, 1990.

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For further information contact:

B.C. COUNCIL OF LICENSED PRACTICAL NURSES  
3405 Willingdon Ave.  
Burnaby, B.C. V5G 3H4  
Telephone: 660-5750

## Glacier Greens Social Centre

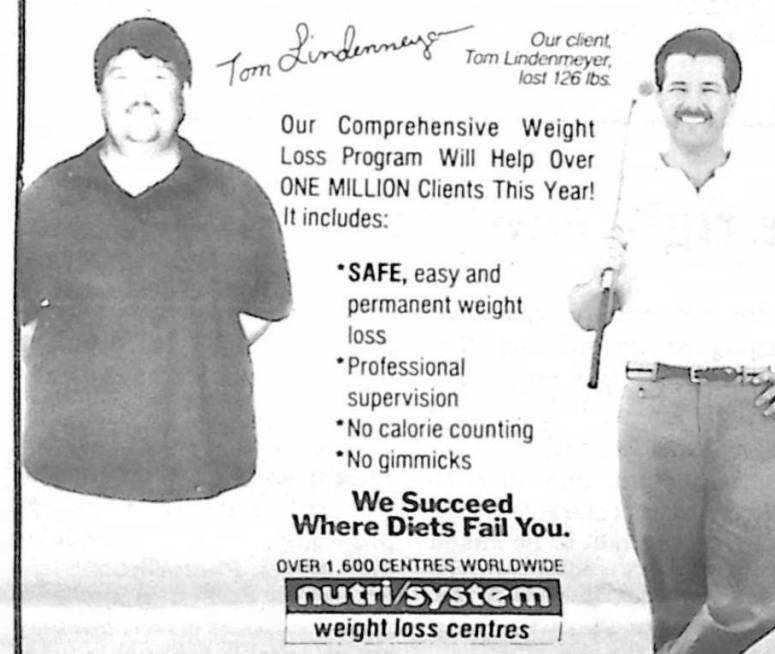
An all-rank facility in scenic surroundings. Specializing in unit/section gatherings, crew de-briefs and open daily. Formal functions are requested to phone ahead, casual drop ins are always welcome. Limited catering is available from our facilities, outside catering and pot lucks are available with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

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So that's where our CF-100 came from!



"CANUCK RETIRES"...Captains Ron Pennock, center, and Fred Williams, right, of 414 Electronic Warfare Squadron, Canadian Forces Base North Bay, Ont., turn over the log book of the last CF-100 "Canuck" to fly over British Columbia. They flew No. 790 from North Bay to CFB Comox where it will remain as a monument to the 30-year history of the aircraft. Accepting the log book from Capt Pennock is the Acting Base Commander, CFB Comox, Lieutenant-Colonel Wayne Clements. - courtesy Padre Bob and the FALCON, Nov 25, 1981

Next Deadline 10 Sep



# Editorial

NORM BLONDEL

(Halton Grad 1952, 63rd entry)



## The Halton Brats

The name Halton is not familiar to Canadians, except perhaps to the few who took part in the Battle of Britain. This is the 50th anniversary year of that epic scrap, and, as a prelude to our Battle of Britain issue on Sep 13, I thought the other, largely unsung half of the "Few" should receive their own tribute. They were the groundcrews, who made their own considerable sacrifices in life, limb and sheer exhaustion in a Herculean effort to keep the Spitfires and Hurricanes flying in those critical summer months of 1940.

At the heart of that effort were the Halton apprentices. The aircraft apprentice scheme was founded by Air Marshal Trenchard in 1920, to prepare the RAF for a war in which aircraft and their systems would be vastly more complex than the slow wood, fabric and wire machines of 1914-18. RAF Halton in Buckinghamshire, just north of London, was the core of the apprentice scheme, where Aero-Engine, Airframe, Electrical and Instrument training was carried out. Later, Radar and Radio apprentices would be trained at Cranwell, and Weapons apprentices at Cosford, but Halton was the symbolic home of the "Brats", as they came to be called.

And "Brats" they were: entering the training program at age 15½, the boys required strict handling. The discipline was hard, the physical, technical and educational training incessant. In a very short time, these "junior high" boys, drawn from the technical, grammar and mathematical schools of England, became tough, resourceful young airmen. When they graduated, their level of education was of first year university, and their technical standing good on the promotion ladder. As NCOs and Officers (technical and aircrew), these Haltonians were everywhere they were needed, even in the neglected, lean years between WW1 and WW2. ("The years the locust ate.")

One of their graduates, Sir Frank Whittle, pioneered the jet engine.

When World War Two broke out, the apprentice scheme had been so successful, there was a surplus of 52,000 groundcrew, half of them engine fitters. But they were needed when Goering's Luftwaffe began his attempt to achieve mastery of the air over England by destroying the RAF. This vital half of the "Few" worked and suffered, and many died in their hangars, huts and bomb shelters.

They, like the vastly outnumbered pilots, prevailed and the rest is history. This legendary battle, ranking above Trafalgar, Agincourt and the Armada, delivered Hitler and his NAZI war machine its first serious defeat.

Another battle—Alamein—later turned war's tide, but it was the Battle of Britain which kept that country's fighting spirit going and sent a message the world could not ignore: Hitler could be beaten.

Technicians today may look upon their predecessors as less than legendary. There's not much glory in refuelling, rearming and repairing aircraft — even when you are bombed and machine-gunned while doing it — and the battle did take place fifty years ago, but those Halton lads and their cohorts made the difference between victory and defeat at a crucial time.

Today's techs are their inheritors.

## GULIVER'S TALES



## Buy the right sunglasses

Canadians deserve to know if the sunglasses they buy to protect their eyes from the sun's rays really are effective, says the President of the B.C. Association of Optometrists.

Dr. David Myrfield says industry's attempt to label sunglasses lenses for their degree of protection against harmful ultra-violet rays is causing public confusion and may be doing more harm than good.

"There are no legislated standards, which means many lenses can carry unclear or misleading labels, or no labels at all," said Dr. Myrfield. "Most labels do not list the type or percentage of UV rays screened, and we know of a case where imported lenses carried labels falsely claiming to protect the eyes. Clearly, some kind of legislative standards are needed."

With depletion of the earth's ozone layer, eye damage could increase in decades to come, as more ultra-violet radiation finds its way to earth. Although precautions can be taken, certain people are more at risk than others, such as those who spend a lot of time in the sun due to work or recreation, and those with fair complexions or certain health conditions.

Various parts of the eye can be affected: the front of the eye

where corneal burns can cause stinging or itching eyes that might affect night vision and driving. As well, there are longer term corneal growths from constant exposure to reflected rays; cataracts in the eye's lens, thought to be linked to excessive UV radiation over many years; and damage to the retina, the light-sensitive lining at the back of the eye.

"Given proper information, those at risk can easily protect themselves," said Dr. Myrfield. "But with an unreliable labelling system for sunglasses, you might be harming yourself. Sunglasses allow the pupil to dilate, and if there is not enough UV protection, your eyes will absorb more radiation than they would without sunglasses. Even the three-level labelling system voluntarily adopted by U.S. industry would be better than nothing."

To minimize the risk, Dr. Myrfield suggested some practical advice for people spending a lot of time in the sun. "For starters, caps and wide-brimmed hats are often overlooked, but they make great shields," he said. "With the current fashion craze over sunglasses, it's wise to look for quality, too. They don't need to cost a lot—some cheaper glasses give good protection,

while some expensive pairs don't, which is another argument for introducing standards."

Sunglasses protect against three types of glare, and certain coloured lenses are more appropriate for some individuals than others. Photochromic lenses, which darken in sunlight, offer a sunglass effect, but may not be suitable for certain types of work. Optometrists will prescribe them if they match a patient's vocational and recreational needs.

"A proper pair of sunglasses should screen 75 percent of visible light and 95-100 percent of ultra-violet light," he said. "If there is no label, or no indication of the degree of protection, look for something else. If you wear prescription eyewear, your optometrist can prescribe UV protection for clear lenses, sunglasses and even contact lenses." He cautioned that anyone experiencing sudden light sensitivity should have a thorough eye examination.

"Our main concern," said Dr. Myrfield, "is that the same high professional standards we apply to prescription eye wear also be applied to non-prescription sunglasses. In view of the risk to our eyes, this is the least we can ask."

# Comment

by Hope Spencer

## Hospice in the Park

"A lady phoned up to ask a little more information and ended up giving us \$5,000."

That's one of the brighter anecdotes to come out of the current fundraising drive to make a hospice house out of a classic lodge at the top of Comox Hill.

"These are people who realize how right it is," says coordinator Hope Spencer. "We need a hospice and we need to keep that breathing space."

Spencer was referring to developers' plans to bulldoze the original-stand firs that dominate the site and take down the lodge to make way for condominiums. She noted they have invested heavily in the project and want to see a return quickly leaving the Comox Valley Hospice Society with little time to raise the necessary money to buy the property.

She says it would be used to house out-patients and patient-relatives from all over the North Island who have to come to nearby St. Joseph's Hospital.

**SITE MEETS SHORT AND LONG TERM NEEDS**, but volunteers still needed.

The Hospice in the Park Committee still needs typists, an office manager (he left for Vancouver), errand people and people with neat handwriting to do the memorial letters.

The committee have been most fortunate in their volunteer treasurer, Sandra Pentland decided to give of her scarce time "because from working in hospitals, I know the real need for a hospice. With a free-standing hospice, people don't have to spend their last days in a hospital." She had been Office Manager at the Fort St. John Hospital.

She is in her fifth year of study to be a Certified General Accountant, but is postponing

many hobbies, from gardening to sewing, as "I always have to study."

Married, with two daughters, she still decided to make time to help in the campaign because of its importance.

She set up a trust fund carrying interest at the Comox Valley Credit Union. Many people are making direction donations which are bringing in interest (over \$10,000 in cash), but pledges are chiefly requested. They can be honoured over a three year period. There are pledge boxes in the museum and at Goodies.

At the Hospice in the Park office, which is open from 1 pm to 3 pm every day, volunteers answer questions such as the functions of a Hospice and why the proposed building meets both the short and long term needs of the Hospice Society. The office is at the rear of 2026 Comox Avenue, opposite the United Church.

The Society has researched the following:

"The building proposed for the Hospice is suitably located, close enough to the medical services of hospital, yet removed enough to give a sense of respite and peace."

The building itself is in excellent condition. With only minor changes, it can be accessed almost immediately.

A park would be available, as a gift, to the community. The type of park is unique in the Comox Valley.

The land can be owned outright so continuity of ownership can be ensured; it will never be disrupted at the pleasure of the hospital.

The Comox Valley Hospice Society reviewed several possible sites and decided the former Crown-Zellerbach Guest House meets their short and long term needs."



## 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 Spencer, 339-5257

## Letters

### Western Warbirds enjoyed the Airshow

Sir:

I have enclosed two articles that describe the Western Warbirds Association in a reasonably accurate manner. I have also enclosed some of my own photographs of some of the aircraft in our organization. I hope you will find this to be of some use to you.

Thank you for the pleasant lunch time we spent together at Comox, during the air show.

Charles J. Money  
President  
Western Warbirds Association

Editor's Comment:

Thank you Charles. We will run a feature on the Western Warbirds at a later date.

### Comm Reserve 20th

The Editor:

The Communication Reserve Force is celebrating its 20th anniversary this year. Units across Canada will be recognizing this milestone through a variety of special events. 712 (Montreal) Communication Squadron will be no exception.

On Thanksgiving weekend, October 5-7, 1990, 712 (Montreal) Communication Squadron will host a series of events to mark the 20th anniversary of the unit. The highlight of the celebration will be the granting of the 'Freedom of the City' by the City of Westmount on October 6, 1990. Among the other activities are a meet and greet social evening on October 5, 1990, a formal dinner followed by a ball on October 6, 1990, and a brunch followed by a squadron open house on October 7, 1990.

In particular, we would like to contact any former members of 712 (Montreal) Communication Squadron as well as former members of 11th Signals Regiment and 15th Independent Signals Squadron. We would also be pleased to hear from ANY former Signals of Communication and Electronics Engineering Branch members as well.

Responses or requests for registration forms should be addressed to the 20th Anniversary Celebration Committee, 712 (Montreal) Communication Squadron, 3 Hillside Avenue, Westmount, Quebec, H3Z 1V8 or directed to MCpl Forget at (514) 496-1712.

Your assistance in advertising this event through your base newspaper would be most appreciated.

Yours truly,  
Major J. Gauthier

## About Trivia

Dear Norm:

Many thanks for your Air Force Trivia with the Vickers Vildebeest. It took me almost an hour to identify it.

It was one of the workhorses of the Royal Air Forces during the thirties. Entering service in 1931, it fought at the Fall of Singapore in 1941 and also saw service in Burma, East Africa, India, Iraq and the Sudan. In addition the Royal New Zealand Force also used this aircraft.

The Vildebeest shown with the liquid-cooled powerplant

was powered by a Hispano-Suiza engine of 600 hp. This machine (N250) was the first prototype first flown in 1928. It was later sold to Spain as a pattern aircraft for 25 production machines built at Cadiz for the Spanish Air Force.

The RAF used this aircraft to perfect torpedo dropping techniques later used in the Fairey Swordfish or 'Stringbag'.

Vickers named many of their aircraft beginning with 'V' such as the Vimy, Viscount,

Valiant. The Vildebeest was an Afrikaans word from South Africa. It was frequently misspelled.

Yours sincerely,  
S.G. Jackson

P.S. Enclosed is a cheque for a year's subscription to Ye Olde Fishwrapper. Keep up the good work.

....Editor's Comment: Thanks for your letter, especially the last line of your P.S. My staff has a lot to do with that....Norm.

## Air Force Trivia What, where, when



Harry Holmes returns to trivia with a new set of pics, the first of which is?

From the H. W. Holmes collection.

Trivia answer

This Canadian-designed bush veteran—a Noorduyn Norseman—used a 3-bladed propeller in the seaplane version, because the 2-bladed prop sucked up too much water on take-off.

# TOTEM TIMES

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# Section News



## 407 Squadron

2 Crew

Hello again from the world of 407 Servicing (2 Crew to be exact). Or is it 2 Crew? With the changes this summer it is hard to tell.

Before I say farewell to the old and welcome to the new, I'd like to talk about what's going on around the section. First of all 'Congratulations' to the Comp. Crew for once again bringing home the Chief of Staff Operations Trophy for winning the ground 2 Crew portion of the O'Brien Cup competition. I'm sure everyone had a good time in Colorado afterwards.

Speaking of hot spots, MCpl Larry Jenkins can't seem to get enough of them. He just nicely got back from Colorado and then left for Texas on a corrosion control course. Sure hope it didn't rain too much down there, Larry. Another guy who doesn't seem to spend a lot of time here is Pte Rob Skwirut, who just came back from 10 weeks at the 404 Resort in Greenwood and will be going right back again for another 7.

On the home front we have a new sport to follow. It seems that Cpl 'Mario' Landry has bought himself a stock car. He has raced once so far and well... It can only get better. Good luck Martin.

Before I run out of room I should mention the people who are leaving us and the new additions we have to our crew. Starting off the list I'd like to welcome our new boss, the ASO, Lt Price. We hope you enjoy your tour as ASO.

MCpl Rob Egan has single handedly replaced our 2 'fitter' MCpls. Guy Belanger is already in Ottawa and Fred Crocker will soon be on his way to Cold Lake. Fred, if you would have laid down and let

those guys hose you down, you wouldn't be bringing all those cuts and bruises with you. Rob, by the way, should bring up the fitter horseshoe average. Something we need with Fred leaving. The fitters would also like to welcome Cpl Larry Reid, who just came to us from Ottawa.

Sgt John Van Derkooy has left for Toronto, leaving the Airframe Techs under the lead of Sgt Chris Little, who is also our new crew chief. The 'Riggers have also lost Cpl Marc Charette to 3 Crew, while gaining Cpl Kim Devries from 1 Crew and Cpl Tony Granter from Edmonton, where he worked on the 'Workhorse of the CAF' the CCI30 Hercules.

The IS Techs have also changed leaders with Sgt Carl Smith going to a straight day job in maintenance and Sgt Ralph Akerstream coming to us from 3 Crew. Pte Jay Harker has joined the IS Crew from AVS Supply. MCpl Jim Taillon is going to let us win some games of horseshoes as he's off to Greenwood. His partner in crime Cpl Bob Frizzell has gone to Cold Lake, so, if we can get rid of a certain Sgt, the horseshoe pit might be a fun place to be again. MCpl Marie Oliver (congrats) has also gone to Greenwood and Pte Ray Ross should be hobbling into his new home in Moose Jaw anytime now. Sgt Bob Warrender is leaving us to go to 3 Crew. 3 Crews gain for sure. You'll be missed, Bob. We welcome MCpl Cecile Blanchette and MCpl John Chequis from 1 Crew and Cpl Wayne Wyatt, who is due in from Baden.

The electricians seem to be hardest hit by the posting season as MCpl Vaughn McCabe goes to maintenance and

### 407 Promotions

Cpl Larry Green has gone to Cold Lake. Replacements for them so far are Pte Les Andrews and Pte Vince Horne from Maintenance. The last 2 additions to the crew that I have are Cpl Donna Lush from Ottawa and Pte Jim Dykeman (SST) from BAMSO.

So it's 'out' with the old and 'in' with the new. On behalf of the whole crew, 'good luck' to those leaving and 'welcome' to those posted in. I hope you enjoy your stay on the best crew in the 407 Sqn Servicing Organization.

### Armament

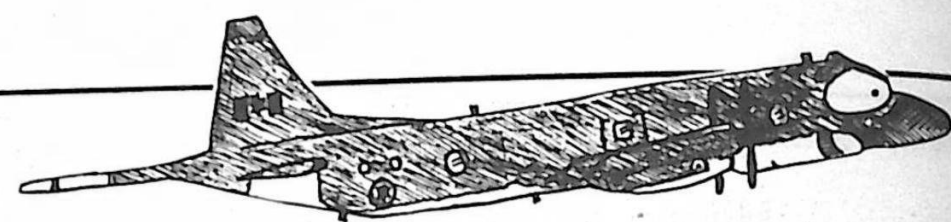
To start off, let's say farewell to Tod Giles and his wife Joanne who are on their way overseas. Hello to newcomers Ruth Tracy, Dale Pillar and Al Boudreau.

Congratulations are in order for Pte Barben, who just recently received his first stripe and to MCpl Hatfield (effective 1 Aug). A hearty well done to MWO Fisher and Sgt Fowler, whose golfing prowess has allowed them to successfully compete in the Base playdowns and ensure them of a spot on the contingent going to the regionals.

As for those going away or already away, Sgt Newhouse is presently doing (some) time in Penhold where his extensive technical skills and experience are being put to use to instruct those not so gifted.

Did I forget to mention that both Cpl Lamothe and MCpl Michell are also gone, to Chilliwack and Edmonton respectively.

It is time once again to bid adieu and a final note to mention the forthcoming marriage of Cpl Turner and MCpl Woodward's purchase of a new vehicle.



### 407 Promotions



Lary Hunt promoted CWO 1 Aug, 407 CO, LCol J.F. Bonnet presenting.

### Maj G.A. McKenzie presenting



Steve Quinn accelerated promotion to Cpl 16 Jul.



Pierre Boivin accelerated promotion to Cpl 9 Jul.

### OFFRE D'EMPLOI

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

#### EXIGENCES:

FRANCAIS ET ANGLAIS PARLES ET ECRITS.  
DACTYLOGRAPHIE.  
DIX (10) HEURES/SEMAINE  
HORAIRE A DISCUTER

LOCATION: 1496 RYAN ROAD, LAZO, BC  
TOUTE PERSONNE INTERESSEE DEVRA CONTACTER BETTY FERDINAND — 339-7164.



July was a great month for promotions in 407 Sqn. Maj G.A. McKenzie (left) and Maj R.S. Nakonechny (right) flank these newly promoted personnel. From left to right they are: Cpl Robert Laprade, Sgt Rod Mattson, MCpl Marie Oliver, Cpl Martine Morin, Sgt Brad Jenkins and WO Stan Lawless.

# Section News



## Anker Klankin'

### Maintenance Mutterings

Here we go with our second installation of the "new format" crew news and maintenance mutterings combined under one heading. Great idea as it means a lot less duplicated hellos, thank yous etc. It also means that we "reporters" only have to pretend that we know what we're doing every 3rd edition.

The first thing this week would have to be the hellos. We'd like to welcome Ted Town back to reality after a somewhat lengthy in Honduras. Ted is looking rather slim these days. Looks like maybe his misfortune with his condo cut into his grocery budget or something. Next on the list is J.R. "Joe" Reynolds coming to us from Edmonton since our other J.R. "Walsh"

Next on the list is J.R. "Joe" Reynolds coming to us from Edmonton. Since our other J.R. "Walsh" has gone to maintenance, it looks like we now have our replacement 'J.R. position filled. Call it coincidence if you like but we have another namesake substitution. Cpl Chuck Roy just leaves and lo and behold, another Cpl

Roy appears. A warm hello to Ken who arrived here from Trenton. To top it all off, we also inherited another Cook. Say hi to Bill who left Summerside to come to VU. I hope I've not missed anyone here, but if I have I apologize and will make up for it in the next article.

Enough for the hellos. Time to get down to the meat and potatoes of the past couple of weeks. Hearty Congratulations to Brian Shackleton (Hoser) who more or less survived his stag party (except for a short wheelbarrow ride into a hot tub) and got himself married a couple of days later. All the best to you and Jill.

Oscar is away on leave spending his time and money getting his new house built—or maybe he's fishing. This house can't take all his time can it?

Marty Lavigne is looking for anybody who actually made it to Abbotsford so he can find out what it was like. Seems he's a tad upset that our T-Birds only seat 2 (not 3). Speaking of Airshows, ours was once again a great success and we'd like to thank all of the VU personnel who put in a lot of hard work and long hours to help make it

what it was. Some of our boys were rewarded with a trip around the block in a Harvard and others managed to spend a day in McChord swinging the golf clubs. It's a dirty job but, Hey, somebody's got to do it.

On the sports scene, Darren Herle is busy these days keeping track of his statistics board for the ball team which deserves a pat on the back for their efforts this season. They managed to win their game in the elimination round and went on to face 407 Sqn in a best 2 out of 3 series semi-finals. It went to the 3rd game and right to the last inning but the boys managed to squeak out a 14-13 victory to proceed to the finals. By the time this goes to print, all of the bananas will have been awarded, and all of the heroes and villains named, but just a couple of hours ago, VU pulled a victory out of the bag against Base Ops to go up 1 game to none in the best 2 of 3 finals.

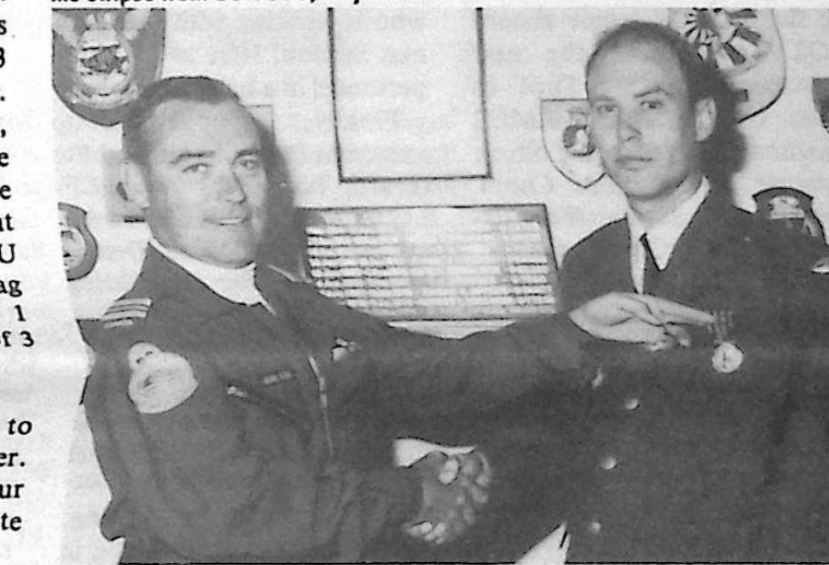
For a change, we all get to hazzle Russ (nice hair) Parker. I hope that whoever writes our next article gets to congratulate the team for the big win.

That's just about it for this sitting - writers cramp is starting to set in and — thought I forgot hey Paul? Our very own Cpl Nolan is a little worried that if his ball playing buddies downtown read this, his position on the team may be in jeopardy. Not just anybody can make 5 errors and have back to back strikeouts in only 2 games. Poor Paul has been hearing a lot about how to catch fly balls and how to swing a bat lately but I won't bother him with such trivial things as that because I know where he can get a heck of a deal on a radar detector.

Enough for now, go on, read the rest of the paper. You deserve it!



Congratulations to Sgt "JA" Walsh on his promotion, shown here receiving his stripes from CO VU33, Maj Bolton.



MCpl Mark Pigeau receiving his CD from the CO VU33, Maj Bolton.



Cpl Martin Lavigne receiving Tech of the Quarter award from SAMEO Capt Lin D'Entremont.

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# Section News



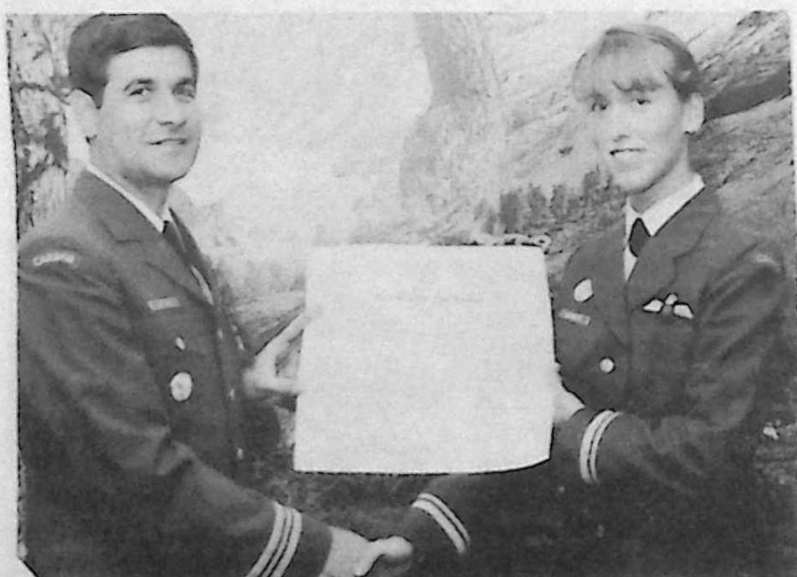
## Supply Signals

Let us begin at the top and welcome our new B Sup O, Maj R.W. Piercey (Bob), once again to the Comox Valley. Finally on the ground and in the business of getting settled. Cpl Kim Heath has left for Toronto. We wish her well. Sgt Saretzky is still on the road to recovery and physio. Take care and we hope you feel much better soon. LPO section welcomes Cpl McMahon from 1 Svc Bn Calgary. We're sure this is a nice change. Cpl Kitchen who is presently on leave is moving over to Clothing Stores. Lt Auger our SCO, is on leave and 2Lt McKay is occupying his office and taking up the slack. Welcome aboard PO2 Ken White, the new Customer Services Supt in from CFB Halifax, HMCS Gattineau. Also a Comox welcome to Sgt Mini Caron who came from Recruit School, St Jean, Que. She is the new Customer Services Supervisor.

MPO Section says goodbye to Cpl McInnis who has gone to Ottawa and Sgt Cameron who was on "C" class call out. Thanks for a job well done. Cpl Sampson arrives from CFB Gagetown 18 Aug.

Clothing Stores is busy

### 407 Commissions



On the 26th of July one of the newest members of 407 Squadron, Lt Josee Lecompte, received her commissioning scroll from the Deputy Commanding Officer, Major Barry Resume.

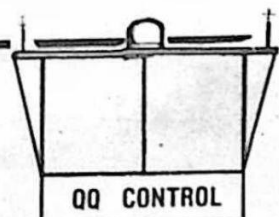


Braving the frigid winds of Comox glacier, Lt Rick 'Hacksaw' Ihakal receives his commissioning scroll from Maj Barry Resume, DCO of 407 Squadron.

saying hello and goodbye to many throughout this APS. A welcome to Cpl Giraud, who joins us from Petawawa. Pte Boudreau comes to us from General Stores. We also welcome Sue Haase, temporarily employed until the end of Aug 90.

General Stores welcomes Sgt Pat Copeland as its new Supervisor. Pat comes in from Esquimalt, 3 PPCLI. MCpl Allard is on leave and enjoying a Mediterranean Cruise. Cpl Pete Naayken joins us from Lahr, Pte Morneau just off TQ3 in Borden, Pte Blondel to us from Clothing and Jose Goyer Leblance, ARAF "A" Class who is working with our Hazmat Section. Nice to see more personnel in a busy area.

Finally, 1 Supply Group welcomes Pte Belliveau and Pte Girard; both TQ3 from CF-SAL in Borden. We also have a new term employee, Debbie Mac Gregor, who is assisting with the relocation of stock, a never ending story. Sgt Adams seems to have found a shrinking desk. No NSN available at this time. As you can see, lots of new personnel and still more to arrive. Certainly keeps life interesting. Have a nice day - catch you in the next issue.



## As the beacon turns

Hey kids! Welcome again to ATCs own Falcon Crest series. In our last episode Al was touring the rodeo circuit, Mike Strevett and Doug Godden hadn't paid their dues to their peers' yet, Jim Houston was still in Cornwall and By Norris was making wedding plans.

Well, I wouldn't have this job if you guys didn't want to stay on the ball - so pull down your tuques and read carefully on.

Jim Houston has finally returned from Cornwall. Since then he thanks heaven every morning, because he thinks he would not have lasted out there much longer. You see, he was mugged in the local strip joints washroom and, like any sane man two thousand miles away from his automatic, would not return there anymore. Those who know Jim like I do will understand that sitting in place without "Ballet" for three months is like, your know, watching your friends drink beer at the beach when you have to work that evening; you get a little restless. Now the nightmare is over and all is well again. Jim has promptly reclaimed his position as President of the Skinmens Association. You know the position. Front row, beer and cigarette in hand and nose real close to the action.

Barry keeps reminding me that he is leaving on September 1st and that we have to get together one last time for the good ole times sake. Sure. What he really wants is a stag,

a real one, with dancers, gambling, abusive language and maybe some "tasteless at the time but fondly remembered immature prank". He would like that I'm sure. He would do it to you, you know. So come on guys, let's get together and put those idle minds to work! We don't have much time left.

Have you met Jan Jedras? No? I have. It's hard to describe the guy; sort of reminds me of John Moss (Andre says that he looks a little like John as a matter of fact). Same kind of humor but different at the same time...For instance, we were doing some job together with Doug Leblanc and Jan kept making me lose my concentration by talking about European women. Later on, he told me a story about this SRC he had that had a pet peeve consisting of testing his controllers on some obscure precision radar technical trick. I should have warned him about our own SRC's little problem with the Ops room pocket calculator, but I figure that he'll find out by himself soon enough. (Al has been cultivating a growing curiosity concerning a missing pocket calculator. He even wrote a poem about it and published it in the IFRCC Ops File!) Seriously, Jan is a nice guy and

### Promotion



LCpl Fred Bishop presents a third hook to newly promoted Mike Strevett of the Air Traffic Control Section.

I'm sure he'll fit in real fine with the rest of you guys.

The other day I was running a helicopter in the radar square pattern while this new Capt McLeod and Tom Miles were playing arrival simulator behind me. As the pre-programmed catastrophe played itself out, the two gentlemen gradually became so excited and loud that I became instinctively concerned with their traffic instead of my own! Boy! Do these guys play hard! Dave McLeod was posted here from the school in Cornwall and has been practicing on the simulator for the last couple of weeks, waiting for Paul Anderson to finally move over into the monitors chair.

Regrettably this marks the end of my tour as Totem Times reporter as I prepare to leave for Europe. I will hand off all your very personal files to Eric Howk so he can continue this fine tradition of derision. I have been promised a mug out ceremony at which I intend to deliver to the troops and their guests my written three-hour speech on life in the fast lane, proper dieting and eastern philosophies. Until then, keep them at least safe and expeditious if not orderly and God bless our sailors at the front.

## Base Hospital

The Base Hospital has had quite a substantial turnover this summer with many newcomers settling into their new positions. Previously mentioned was the arrival of Maj Jacques as BSurg earlier this summer so he can no longer be considered the new kid on the block. (After all, he's already had two airevacs, one airshow and a 'casual' garden party.) Capt George arrived just in time for the airshow from the mighty metropolis of Holberg and is settling into his new office quite comfortably. (How exactly did he get CE to fix the windows in his office so quickly?) Capt Pat Cymbala, is the new SNO.

Sgt Renaud is our new lab tech, and although we welcome him with open arms, it marks the end of Mrs. Sharon Folkard's year-long tenure as lab tech, MIR receptionist, BHosp

historian and friend...we'll miss you Sharon. Hopefully we'll see you back here next summer! MCpl Czank has just stepped into his new job as NCO i/c of Wards. After spending years in the field in Shilo, CFB Comox may be a bit of a shock. Finally, the Hospital has been blessed with a helping hand of a P.A.T., by the name of Pte Major. I'll avoid all obvious jokes as he's probably heard most of them and just say welcome to the Base Hospital.

In other news, Sgt Walsh our PMED Tech has left the military for a civilian job. Good luck in Nelson. Cpl Sandy Spurr our XRay Tech is MCpl Spurr. A nice surprise for Sandy and well deserved. Congratulations. And on a social/activity note, Cpl Gord Parker is still training hard for the Penticton IRON MAN

triathlon. (For those who don't know, the distances are approximately a two mile swim, a 200KM bike ride and this fun is followed by a marathon run of 26 miles.) Gord hopes to complete it in around 12 hrs and we all wish him the best. Also in the local Comox Valley Tri-k, two Base Hospital staff participated, Cpl Parker and Capt Jo Anne Gour. Cpl Parker received the Base Commander's Trophy for the top military finisher and Capt Gour was the top female finisher in the Comox Valley. Congratulations to both!

On a medical note, the author would like to remind all that cold season will be upon us soon and although there is no cure for the 'common cold' there are some ways to possibly lower your chances of catching

continued on page 10

# Recreation

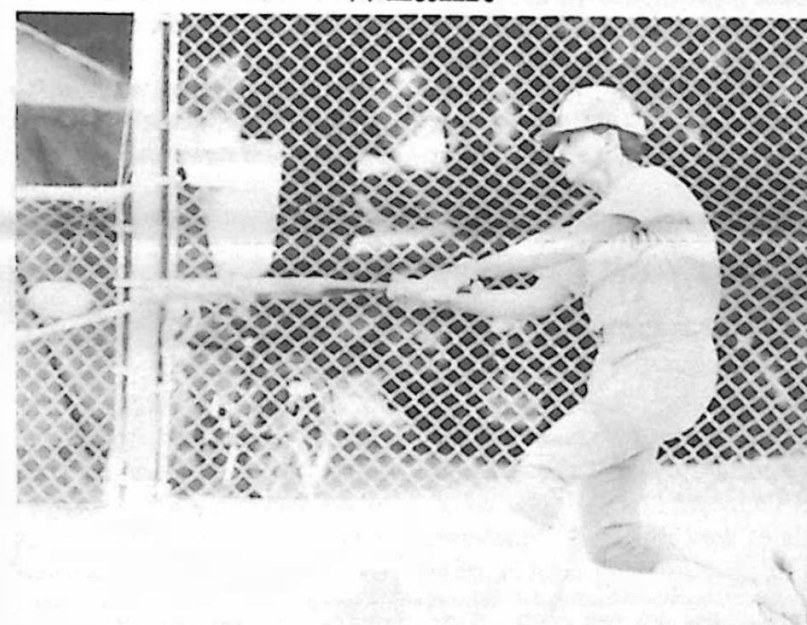
## Totems Win third in a row

Comox Totems men's fast-ball team won their 3rd straight Pacific Region Large Base Fastball Championship in CFB Chilliwack 12 Aug 90. The Totems advanced through the Round Robin undefeated with 33 runs for and 1 against. In the finals Comox met Chilliwack in the thriller of the tournament with the Totems scoring the winning run in the bottom of the 7th inning. Guy Plante's infield shot gave Chilliwack fielders choice option and they chose wrongly. The Totems speedster Dave deJong took advantage of Chilliwacks defence and streaked home for the winning run. With the welcomed back additions of Dan Dupuis and Harold Smith, the Totems will represent the Pacific Region quite well at the CF Nationals being held in Chilliwack 14-21 Sep 90.



Harold Smith going for the K.

### Wham!



Guy Plante's winning form against 3PPCLI

## CFB Comox Totems Pac Region Champs 1990



Back Row L/R

Ken Harvey (BTNO), Gary O'Brien (BTNO), Rick Ihakal (407), Dan Dupuis, Asst Coach (CE), Dave deJong (BAd-mO), Harold Smith (CE), Jim Waddell (CE), Jake Plante (BPERO) Coach.

Front Row L/R

Geoff Grant (Firehall), Guy Plante (BAMS), Marius Leblanc (Firehall), Maurice Leger (442), Guy Godin (442), Kirk Waugh (442) Team Capt, Dennis McGuire (442).

## Cheers!

Over the past decade, sales of alcoholic beverages have hovered around 2.5 billion litres a year. But revenue generated by their sales has climbed steadily, even when the volume went down. Here are some Statistics Canada facts and figures on alcohol.

In the fiscal year ended March 31, 1989, there were 2,536 million litres of alcoholic beverages sold (down 19 million litres from the previous year). Volume decreases were recorded for all three types of alcoholic beverage--spirits, wine and beer. The dollar value of sales rose, however, to \$9,583 million from \$9,207 million the previous year.

Imported alcoholic beverages improved their sales in 1988-89 compared to 1987-88. The volume of Canadian alcoholic beverages went down 33 million litres while the volume of imported beverages rose by 14 million litres. This was mainly due to increased purchases of imported beer.

Consumption of spirit-based coolers has run counter to the generally lower trend for spirits. Sales of coolers jumped 4 million litres to 11 million litres in 1988-89.

Wine-based coolers have decreased along with sales of conventional wines. Wine sales totalled 256 million litres in 1988-89, down 8 million litres from the previous year. Wine

cooler sales dipped to 22 million litres from 25 million.

Provincial liquor authorities had a net profit of \$2,283 million in fiscal 1988-89. This was an increase of \$69 million from the previous year.

Beer holds the lion's share of the alcoholic beverage market. Sales totalled 2,191 million litres in 1988-89. Despite the fact that this was down 9 million litres from the previous year, the value stood at \$4,713 million, up \$296 million (7 percent) from a year earlier.

For the most recent 10-year period, showing, the volume of beer sold has increased an average of 1 percent each year.

## Inter-Mess Baseball

By Lt Karen Larke

We definitely know that there is a serious competition among the various intersection teams, but was there ever some serious competition between the intermess baseball teams earlier this month.

On Friday, Aug 10 the three messes challenged each other during three grueling games. The first game between the Junior Ranks and the Officers Mess was tremendously close. With each run the JRs brought in, the officers matched and then went on to take the game by one point in the last inning. Hard to believe? Read on.

With the JRs all pumped up for their game against the Sgts and WOs, they stole the lead by a mile in the 6th inning. But as fate would have it, the Sgts and WOs came back to match their runs and then some, taking 18 runs in the 7th inning - beating the Jr Ranks 25 to 23. Must have been the sun, heh guys! It was a scorcher out there alright.



With the heat building up on the diamond, it was the final test for the Sgts and WOs. Now they had to beat the officers.

The match was close, real close. Both teams put in everything they had but the Officers managed (somehow) to come through with the win.

Throughout the day, there was a tremendous sense of comradeship, sportsmanship, and friendship. Not too often do we get to let down our hair so to speak, and enjoy a good game of baseball against fellow workers, bosses, and people from other sections. It was a terrific opportunity to get to know people and put a face to

## Officer Champs



Rear (L-R) Mel D. Brown, Lt A. Kottenacker, Capt B. March, Lt K. Larke.

Front (L-R) Russ Parker, Lt K. Mercer, Lt D. Skinner, 2Lt H. Mackay, Capt M. Clabey.

many names. The Jr Ranks mess displayed great enthusiasm by inviting all participants and spectators back to their mess for bratwurst and hamburgers and the trophy presentation. CWO Terry Doherty awarded Lt Kevin Mercer with the trophy for the Officers Mess and

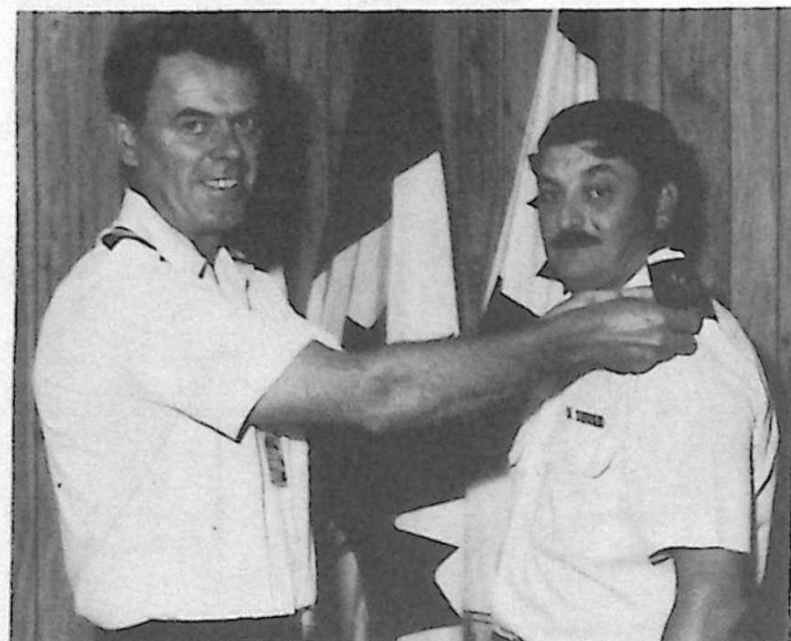
thanked everyone for their keen involvement and interest in strengthening intermess relations. Both the Chief and the participants from the WOs and Sgts and the Officers messes would like to extend their appreciation to the Jr Ranks mess for their hospitality.

We definitely need to see more games of this nature. A special thanks also goes out to the sports representatives of the three messes for their efforts in organizing such a great, fun filled day. The intermess Grey Cup Flag football game is next so keep your eyes open for the flyer at your mess in the fall.



# Section News

## The BOpsO Presents:



Sgt Smith, BGSO, being congratulated on his recent promotion by LCol Bishop, BOpsO.



Sgt Gow, Bintel, being congratulated on his recent promotion by LCol Bishop, BOpsO.



Capt Spencer, A/BOCD, accepting a plaque from E Division RCMP presented to the Base Ops Centre for Op Fortuna.

## More BHosp.

continued from page 8

ching a cold and some hints in case you do catch one:

1. Maintain your health by eating and sleeping properly as a healthy/rested body can fight a virus better than a run down one;

2. Many cold viruses are passed from touching infected objects with your hands and then touching your nose or eyes. Hence, frequent hand washing and keeping hands away from your nose and eyes may help.

3. If you do feel a cold coming on strong, suspending a few days physical activity (eg workouts, runs, etc.) is often

advisable as the added stress these activities place on your body may make the recovery longer.

4. Once you have a full blown cold, again take it easy. Use analgesics (ASA or acetaminophen) and decongestants (nose sprays or Sudafed for example) and see your physician or MIR staff if your symptoms worsen to an intolerable level or a high fever and soreness/stiffness occurs.



## BAMSO DIAC NEWS

First the gossip. There have been a lot of comings and goings in DIAC this summer, and speaking of coming and going, we would all like to say hello again to WO Ken Creed who comes back to us after his short journey in civilian life. Welcome back!

Also on the arrival scene we are pleased to welcome our newest member, MCpl Mike Pilon, who comes to us all the way from 407 Sqn. It seems Mike likes it here in Comox and twisted the career managers arm to keep him here a little longer.

Sgt Della Choquette came home from her TDC-9 course just long enough to pick up her mail before she left to go on her honeymoon. Congratulations Della and Dan.

Also returning from the TDC School in beautiful CFB Borden are Sgt Dave Mofford and Cpl Jamie Benoit. Jamie is now busy running around getting ready to go to Chilliwack for six weeks on TD...as a grunt. He volunteered. (You figure it out.)

Also travelling are, MCpl Glen Curtis on his way to Edmonton on holidays. MCpl Mark Middleton has gone to visit family in Quebec and Vermont. And then there's MCpl Don Vinette. He is one brave soul. Don and his wife Debbie have recently returned from their trip to Disney Land in California. What made the trip hazardous was that they drove there with four children. Scary thought. Our boss Capt Paul Carter has returned from his trip to Alberta and Ontario looking refreshed and only in a little pain. Sailing turned out to be more than he thought.

Closer to home, we have our own Sgt Jim Symons who has been spending a lot of his time drowning herring strips in an attempt to catch the big one. What's that smell Jim? It smells distinctly like skunk. Well there is always next year. MCpl Dave Ward is once again torturing his body and mind in preparation for the Victoria Marathon. Last year Dave ran the course in 3 hrs and 50 mins. This year he hopes to make it in under 3:30. Good luck Dave. MCpl Herve Thibodeau could use any of the time that Dave saves. He is finding that there are not enough hours in the day now that his new business has opened. If you want to see him, go to his place of business, but bring your broken TVs and stereos with you.

Enough gossip! Driven by what we perceive to be a total lack of understanding on the part of our peers, I'll tell you a little about what we do behind the steel doors. Every time you see an Aurora take off on another mission, it means the



## Ripples from the beaver pond

This will be my last article for a few months as I will be slaving away on a two month course in Alberta. Don't be too critical of my replacement. (Be gentle, it is her first time!)

Everywhere we look these days there are bright new smiling faces. We would like to welcome our new 'Supreme Commander' Maj R.J. Kampman, MWO R. Harwood (wherever you are) our new Plan O and temporary Prod O, MCpl J. Delisle to drafting, MCpl W. Ryan to CHP, newly promoted MCpl D. Smith to electrical estimating, Cpl G. Bell to WSPOL, Cpl M. Benjamin to WSPOL, Cpl B. Campbell to CHP, soon to be here Cpl P. Patterson to the electrical shop, Cpl R. Reddick to CHP, Cpl J. Rimmer to CEOR, Cpl W. Saigeon to CHP and Cpl H. Smith (ex Military Police) to production

scheduling. Welcome aboard and we hope your tour of CFB Comox is satisfying and rewarding.

Our BCEO's secretary, Sharon, is finally back in her 'old' office after enduring six gruelling weeks as the Base Commander's secretary. We sure missed you and are happy to see your smiling face. After a weeks rest, Pat Belanger has also returned to our CEOR. Welcome back and hope everything goes well during my absence. I have every confidence it will. A sad farewell must be said to Barb Guile, who over 3 1/2 years has been a 'jack of all trades' for our front offices. You will be sorely missed and we all hope Vancouver treats you well. Keep in touch!

In a final note, we wish to congratulate MCpl Dennis Smith on his new rank.

## CE Promotion



Maj R.J. Kampman, BCEO presenting to MCpl D.K. Smith

people up in the base operations centre spent a great deal of time preparing the mission, and mission tapes for the onboard computer. If the DIAC computer system were not working they would spend a very great deal more time. That is where we come in. It is our job to ensure that the computer systems in the DIAC are working at the top efficiency that they are capable of. When you are working with a 30 year old computer that is hooked up to state of the art peripherals the task of keeping it running gets harder every day.

The job of keeping all this equipment operating with no special purpose test equipment is an interesting one. For instance, the main computer in the diac, the UYK-7, contains over 1500 circuit cards in 13 boxes. When a fault occurs we can be at it all day and night, troubleshooting, armed with just our knowledge, until the fault is finally fixed.

Along with keeping a mismatched set of computer equipment running, another of our tasks is operating the DIAC Maintenance Training School. Technicians from Comox, Greenwood, and Halifax come here to be instructed by our staff of highly knowledgeable instructors. We even know something about what we teach. We run 6 courses a year; the shortest being 2 days and the longest 3 months. In fact the total training days involved in our 6 courses totals over 8 months of the year. Along with actually running the course there is all the course preparation. For every hour that an instructor spends in the classroom, he spends another 3 hrs preparing the lesson plans, student handouts, instructional aids, and practical lab sessions. If you add it up, for one year of courses we spend over 3.5 years in preparation.

continued on page 11



## BTNO

## Pacific Region Rodeo Results

By Lt K. Larke

The PAC Region Rodeo involving the three western bases, CFB Chilliwack, CFB Esquimalt and CFB Comox was hosted this year by CFB Comox on Aug 9 and 10.

The participants from Base Transport did exceptionally well and the winners who placed in the top 3 of each event will go on to the Nationals at CFB Borden to further test their driving abilities.

**BUS EVENT.** Cpl Craig Reid came in very close second place in the bus event scoring 946 points out of a 1140 total possible. Cpl Roger Dupont also from Comox, came in 5th scoring 859 points out of 1140.



**ROAD RALLY EVENT.** Taking first place in the Road Rally out of 6 teams from Comox was team No.2, consisting of Pte Johnson and Pte Steiger. Their team scored 255 points out of the possible 300. Excellent work Charlene and Terry.

Coming in 5th was team No.6, Pte Mike Ignacz and Pte Nadine Bonnier. Way to go guys!

**STRAIGHT TRUCK (3 TON) EVENT.** In this competition, Cpl Gallichan from the GPV section took first place scoring 641 points out of the total possible amount of 710 points. Mike Gallichan, one of Base Transport's finest operators will definitely prove to be tough competition at the Nationals.

Although the Best Total Score Trophy went to CFB Chilliwack, CFB Comox nevertheless won the Best Total Average Score Trophy. Overall, Base Transport scored very high and is proud to send its 5 competitors to CFB Borden for the Rodeo Nationals to be held the 7 - 13 Sep at CFB Borden. The best of luck to all competitors.

## OFFICERS' MESS SEPTEMBER 1990

Friday September 14

MEET & GREET

- Music by the band 'Echo'.

Food: Chinese.

Cost per couple: Members \$12,

Limited Associates & Guests \$14,

New Members (Current APS) \$6

Reservations by Sept 11

Wednesday September 12

OFFICERS MESS GOLF DAY/BBQ. Details TBA

Wednesday Sept 19

OFFICERS MESS LADIES CLUB.

Meet & Greet, Wine & Cheese.

Time 7:00 for 7:30.

Wednesdays September 5, 12, 19, 26

**OFFICERS' COFFEE HOUR** - Coffee will be served in the lounge at 1000 hrs. Dress of the Day. All officers are invited to attend.

Fridays September 7, 21, 28

**REGULAR TGIF** - Food as indicated 1700-1800 hrs. Free taxi - Ask at bar

Wednesday September 26

**OLC BRIDGE CLUB** - Time: 6:30 pm. WINE & CHEESE. Bridge to follow. For information call Trish 339-3262.

Saturday September 29

**FISHING DERBY & BBQ** - BBQ Steaks. Potatoes. Salads.

UPCOMING EVENTS FOR OCTOBER

13 October - OKTOBERFEST with CROSSWINDS

# Section News

## Base Transport hosts PAC Rodeo



After officially opening the PAC Region Rodeo, Col J.E. McGee enjoys a ride in an antique car from Victoria, B.C.

## Rodeo organizers and winners



Rear (L-R) Cpl Cusson, Sgt Eadie, MWO Macnair, WO Kayes, Cpl Gallichan Front (L-R) Cpl Reid, Pte Johnson, Maj Fisher, MWO Foreman, MCpl Streeter

## Say Ta-Ta to Transport retirees

More DIAC

continued from page 10

So there you have it. The gossip is up to date. You know who we are, and now a little of what we do behind the steel doors. There is a lot more that we could tell you about DIAC, but then we would not have anything to write about next time, and after all we have our reputations to keep.



of life.

MWO Dave Foreman, the man who talked quietly but carried a big stick within our section is off to Saskatoon, Sask., to gloat over his retirement. Now why on earth he wanted to retire on the prairies, we'll never figure out.

But seriously, Dave has kept the transport section, especially MSE, running smoothly for the past 2 years as MSE Controller. With his expertise in transportation management, Dave has contributed greatly to our operation. All the best to both you and Dianne, Dave in Sask, Sask.

## Dryer Fires

A recent fire in a clothes dryer at CFB Borden (Frigidaire model DDAC-62) indicates the need for: 1. frequent cleaning of the lint screen; 2. restricting the air duct length to less than 8 feet and only one bend and, 3. vacuuming internal components to prevent lint build-up.

PMQ residents are urged to carry out frequent cleaning, installation checks of their clothes dryers.



# Military update

## Can-US PJBD 50th

OTTAWA -- The Canada-United States Permanent Joint Board on Defence (PJBD) will celebrate its 50th anniversary in Kingston, Ont. and Ogdensburg, N.Y. from Aug. 15 to 18.

The anniversary celebrations, which coincide with the 186th meeting of the board, will include a symposium at St. Lawrence University in Canton, N.Y. and a number of ceremonial activities in Kingston and Ogdensburg. They will be attended by high-ranking officers of the Canadian and American defence departments, the Canadian Department of External Affairs and the American State Department.

"The PJBD is a valuable example of the long-standing spirit of cooperation between

Canada and the United States in the defence field during times of both peace and conflict," said the Honourable Bill McKnight, Minister of National Defence. "Members of the board are committed to working together in providing carefully reasoned advice to national leaders in matters of mutual defence."

The PJBD was formed in 1940 when the war in Europe and increasing concern over the defence of the Atlantic coast prompted Canada and the United States to meet in order to consider the problems of their common defence. The resulting Ogdensburg Declaration established the PJBD, an advisory body which continues to meet three times a year to discuss defence matters of mutual concern.

## CDS to visit Hungary, USSR

OTTAWA -- The Chief of the Defence Staff, Gen John de Chastelain, will visit defence ministers, senior military officers and political officials in Hungary and the USSR from July 31 to Aug 10. It is an historic first for a Canadian CDS to visit any nation of the Warsaw Pact.

Gen de Chastelain's visit to the USSR is in response to an invitation from his Soviet counterpart issued at last February's Military Doctrine Seminar in Vienna. The Hungarian portion of the tour is a return visit after the Chief of the Hungarian General Staff's visit to Canada last year.

This visit comes in the midst of a series of visits between the Canadian Forces and the military forces of several Eastern European countries following the improvement in East-West relations and the radical changes which have occurred in Eastern Europe in recent months.

## North Region HQ for Yellowknife

OTTAWA -- The Honourable Bill McKnight, the Minister of National Defence, announced today that a contract has been signed to build a new Northern Region Headquarters (NRHQ) building for the Canadian Forces in Yellowknife, NWT at a cost of \$6.7 million.

Cavan Construction of Edmonton has been awarded the contract and is expected to begin work on the building this fall, with a completion date of October, 1991. NRHQ has been housed in temporary mobile trailers since 1970.

The official sod-turning for the new facility was conducted by His Excellency the Governor General of Canada, The Right Honourable Ray Hnatyshyn on Tuesday, July 31.

"The Canadian Forces have been involved in the North since the Yukon Field Force was used during the gold rush in 1899," said Mr. McKnight. "This permanent building underlines the importance the Department of National Defence places on the contribution Northern Region Headquarters makes to Canada's interests in the North."

The Northern Region was formed in 1970 and is composed of the Northwest Territories, the Yukon Territory and Canadian northern waters extending to the geographic North Pole. Besides discharging regional military activities of its own, the headquarters supports a wide range of ongoing Canadian Forces activities in the North.

## Peacekeeping Monument planned



The site of the monument will be the focal point of Confederation Boulevard. The Square, a prime downtown Ottawa location at the intersection of Sussex Drive and St. Patrick and MacKenzie Streets, is just across the street from the National Gallery and is currently an open space with a circle of flags. (CF photo by WO Vic Johnson)

my; in the deserts of the Middle East, they observed the ceasefire line between Iran and Iraq; and in Cyprus, they have stood between two antagonists since 1964. About eighty Canadians have lost their lives in peacekeeping duties.

The winning design for the monument will be chosen in the Fall with construction of the joint Department of National Defence and National Capital

Commission project to be completed for Thanksgiving, 1992.

"The unveiling of this monument on Thanksgiving Weekend, 1992, should be a momentous occasion for former peacekeepers to come to Ottawa so that they can march with their Peacekeeping contingent," says Col John Gardam, DND project director of the peacekeeping monument.

## Cdn Rangers to Compete in Shoot

OTTAWA -- The Canadian Rangers, a component of the Reserve Force whose members live in the Far North and Atlantic Canada, will compete in the annual Canadian Forces Small Arms Competition (CFSAC) for the first time this year.

Nine Rangers from Newfoundland and Labrador will join members of the Reserve and the Regular Force on the firing points of Connaught Range near Ottawa July 27 through August 3.

The Canadian Rangers were established in 1947 to provide territorial security and coastline surveillance. Today the Rangers also assist the Canadian Forces as guides and survival instructors, and participate in ground search and rescue operations.

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight announced today that naval Capt Peter Richard Partner will be promoted to the rank of commodore and appointed Judge Advocate General of the European Region in Lahe, Federal Republic of Germany, Assistant Judge Advocate General of the Prairie Region

More than 350 members of both the Regular and Reserve Forces are expected to compete in this year's CFSAC for honours in the rifle, pistol, submachine-gun, light machine-gun and sniper rifle categories. The Queen's Medal, the highest military marksmanship award will be presented to the top Regular Force and Reserve rifle shots at the end of the eight-day shoot.

Members of the British Army, the Royal Canadian Mounted Police and civilian members of the Dominion of Canada Rifle Association will also shoot in CFSAC.

In addition to marksmanship, CFSAC places an emphasis on fitness and combat readiness. That emphasis is strongest during the Soldier's

Cup, an event that tests teamwork and the individual soldier's weapon skills under the physical stress that could be expected in combat. Dressed in fighting order and carrying a personal weapons, nine-member sections run a 3.2 kilometre course before engaging in a 500-metre 'fire and movement' exercise.

Shooting conditions in all CFSAC matches are physically demanding. Competitors shoot from prone, standing, sitting and kneeling positions at various rates of fire. Target distance stretches from 100 to 800 metres and matches often involve fire with movement.

For further information, please contact Lieutenant-Commander Wendy Chervinski, (613)998-8268.

## New CF J.A.G. Appointed

Capt Partner's military career has spanned 34 years and has included such posts as Assistant Judge Advocate General of the European Region in Lahe, Federal Republic of Germany, Assistant Judge Advocate General of the Prairie Region

in Winnipeg and director of Personnel Defence Services at National Defence Headquarters in Ottawa.

Capt Partner's appointment is for three years and is effective Nov 10. He replaces Brig-Gen Robert L. Martin.

# Recollections

## Concluding

## some Airforce

## Recollections

WW2 was declared Sept 10, 1939, but it wasn't until mid-Dec, 1939, that Britain, Canada, Australia and New Zealand agreed to form the British Commonwealth Air Training Plan (BCATP) to operate in Canada.

The plan called for the training of a monthly quota of 850 Pilots, 500 Observers and Navigators, and 850 Wireless Operators and Air Gunners (WAG), up to a total of some 29,000 aircrew per year. This would require approximately 54,000 personnel to operate the plan and 5,000 aircraft. Cost estimates ran close to one billion dollars, with Canada to underwrite one third. This was a lot of money for a country just emerging from a big depression of the 'dirty thirties'. That was a period when a school child who might earn a weekly allowance of five cents had the choice of spending it on a movie or buying candy. Saturday matinees were five cents and a candy bar was a nickel! (The movie usually won out especially if one was 'hooked' on the serials which were usually 'to be continued' next week.

Setting the BCATP in motion was a large undertaking for the RCAF along with the cooperation of the RAF, RAAF, and the RNZAF. By the war's end the BCATP had produced over 130,000 trained aircrew. Final costs reached approximately three billion dollars.

When WW2 began the RCAF had only five aerodromes and very few aircraft; mostly flying boats used during the summer months for northern aerial mapping. A huge program of airfield construction across Canada was begun. Elementary Flying Schools were operated by civilian flying clubs. Canadian Pacific Airlines operated Air Observer and Navigation Schools. Instructors and trainees arrived from Australia, New Zealand, India and other Commonwealth countries as well as American volunteers before the U.S. entered the fray in Dec, 1941. Polish and Free French also arrived later on. The shortage of airfields, aircraft, instructors, plus poor winter flying conditions, all combined to cause large back ups of aircrew trainees who were kept on in training depots or posted to 'tarmac duty' at various flying stations. 'Tarmac duty' was a catch-all phrase for any 'Joe jobs' that required being done

## Hurry up and Wait!

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

## I've Gone Solo

at #19 E.Q.T.S. Virden, Man.

*J.P. Kirk* PILOT  
Certified: *July 18 1943* DATE  
*W.D. Kirk* INSTRUCTOR



Jim Kirk's solo card, drawn by a Disney Artist

around the station covering such chores as shovelling coal or shovelling snow. It was a necessary means of filling in time until the system was ready to proceed with the next step in aircrew training.

Following almost a month of 'tarmac duty' in the badlands region of southern Alberta, we finally proceeded to Initial Training School (ITS) at the University of Alberta campus in Edmonton.

We were issued 'white flashes' to wear in our wedge caps, denoting us as aircrew trainees, still AC2s (Air Commodore 2nd class). We were also issued a deck of aircraft recognition cards; silhouettes of allied and enemy A/C which we studied and practiced rapid identification during our spare time. Here we were back behind desks studying much of what we had previously done at the WET P school in Vancouver, but with more emphasis on how it related to the business of flying and punctuated with regular scholastic achievement tests. Our first introduction to flying began in open cockpit 'Link Trainers' (flight simulators). Along with this was a program of rigorous physical tests, selection committee interviews and a gradual weeding out or reclassifying of trainees. Our group of aspiring young pilots became fewer and fewer. We shared some of the university facilities with Navy personnel who were also in training there. Being the senior service, they had first use of many of the facilities, but it didn't bother us any. They would be out on the parade grounds or doing their morning exercises while we 'gentlemen of the Airforce' were just getting up or having our breakfast! Quite a luxury and we deserved it, at least we thought so! Following two months of concentrated training we became LACs and were posted to an Elementary Flying Training School (EFTS), a civilian operated school in

southern Manitoba. Here we were introduced to Tiger Moths, fondly called 'Tigerschmidts'; take off at 60, fly at 60 and land at 60. "If you crash, shake off the pieces and get out of the way, in case it burns!" One student was said to have bailed out after his plane stalled during an aerobatic maneuver while his 'kite' carried on, eventually landing itself in some farmers field! My instructor was an American, a former crop duster in California and went by the name of 'Dusty'. Another, who was also an American, had worked at the Walt Disney movie studios and he designed our 'I've gone solo' logo featuring a 'Jimmy Cricket' character. Our days at EFTS were divided into two parts, half flying and half attending ground school. We studied and practiced 'link' training, meteorology, radio, Morse Code, navigation and other related subjects. Those who were unable to fly solo within 8 to 10 hours were 'washed out' and reclassified to other aircrew training schools. The Tiger Moth was a great little aircraft to fly, though some said, "If you can fly a Moth you can fly anything!" It was particularly good in aerobatics. However, with a gravity feed fuel supply from a gas tank mounted on the upper wing inverted flying for any length of time was out of the question. Instrument flying involved 'needle, ball and artificial horizon'. That's all the instruments there were. Airspeed was indicated by a spring resistant metal blade on a dial mounted on a wing strut and the gas gauge was a cork floating in a glass tube of fuel below the gas tank. You had to carry a flashlight at night. I thought it a bit much expecting us to carry out night flying in such a 'kite' and tackling my first night landing was a hair raising experience. The 'landing strip' was marked out with a row of 'glow pots' (burning

wicks in a container of kerosene), while the 'glide path indicator' was three kerosene lanterns with red, green and yellow glass globes, hanging on a post at the end of the 'runway'. Talk about groping one's way down to terra firma (the more the firma and less the terra) I'm still amazed that I, well, we, made it. The instructor talked me down and he wanted to stay in the land of the living as much as me! After ten hours of Tiger Moth night flying AND landing, it was a 'piece of cake' later on at service flying with their better instrument equipped aircraft and electrically lit runways, though even later on with the forerunner to ILS we didn't require runway lights, etc., though still used; just better instruments and radio equipment. Another month and a half of concentrated training under our belts and we moved on to Service Flying Training School (SFTS), where we were introduced to higher speed, more sophisticated single engine planes and larger twin engine aircraft.

SFTS, the final hurdle to our goal. For the next three months it was 'nose to the grindstone'. Here we were introduced to the MK II Anson, which was to be our regular training plane. It was a reliable a/c and probably the most commonly seen in the air across the prairies of Canada. All aspects of our prior training during the past year were brought into focus, further developed and fully utilized. Ongoing flight tests, ground school exams and interviews finally resulted in one more graduation, the big one, where we received our 'Wings'.

As more aircraft were being made available to the training plan, more ground crew and flying crew were also needed. Although the majority of each graduation flight were posted on to Operational Training Units (OTU) and, or overseas, many were transferred to the BCATP as staff members;



Pilot Officer Kirk

mostly as instructors. So the next move for a group of us was to Flying Instructor School (FIS) to become acquainted with the various types of aircraft we may be called upon to fly in the training plan.

My assignment was to a Bombing & Gunnery School (B&G). The types of a/c in use there were 'Anies', 'Bols' or 'Bennys', 'Harveys' and 'Liz-zies', MK I Ansons, Bolingbroke or Blenheim IVs, Harvards and Lysander IIs.

Here again, the Anson was a reliable old kite that had previously taken part in the evacuation of Dunkirk in France. The 'Cheetah' engines had to be hand cranked; started by some unfortunate ground crew member. The landing gear had to be hand cranked up or down some 127 turns; a good job for the trainees while enroute to and from the bombing areas. I progressed through flying the 'gunnery line', day bombing, night bombing and eventually ended up 'flying a desk' as O.C. Bombing Flight.

A couple of 'snafus' developed along the way. Perhaps back at Manning Depot my medical records became incorporated with another chap's who had the same surname as me. At each posting my medical records could not be located but they would forward them on to my next posting. At ITS I was called out to report to the dental clinic. I soon realized that something was amiss when the dentist kept humming and hawing about two teeth he said should be removed, "according to the chart". When I asked to look at the chart I found my name but the other chap's regimental number so I told him to call in my namesake. I nearly had two teeth removed that belonged to somebody else!

Each year I faithfully checked the DRCs for the annual 're-nos' (booster shots), but my name never appeared. At the end of the war, my namesake and I met at the discharge centre and he handed me the yellow 'noo card' showing all my booster shots up to date! Most painful 'shots' I ever had!



# Section News



## BAMSO

### More 407 Promotions



Loren Hatfield (407 Arm) promoted MCpl 1 Aug.

### Maj McKenzie presenting



Mike Pilon promoted to MCpl Aug 1, posted to DIAC Aug 6.

The illustrious armours of BAMSO have had a busy summer season. All summer we have been short-handed due to off base taskings, TD, postings and future motherhood.

Sgt Godin has been gone since early June to Chilliwack at the Officer Training School. He has vowed to start a P.E. program here every morning at 0500 hrs. There are positions still vacant.

We've lost two of our more colourful people. MCpl Demorest was posted to Cold Lake. The section sent him on his way with a present of longjohns and earmuffs while Cpl Giles received a German/English dictionary. She is on her way to Europe.

Also missing on TD are MCpl Corrigan and MCpl Patenaude. Bernie is flying as a tow plane pilot at the Air Cadet glider school in Princeton, BC. Bob is now on his Sea Survival course after having lived through his Land Survival course in Alberta.

Our token Pte Nick has passed his TQ4 ATAT and is working hard toward his TQ5 exam. Way to go Nick!

Cpl Jones has had a memorable summer too with a blown boat motor and training his daughter to be an Armourer. She now guntapes her diapers on!

The ARMWO has had a good summer since he won the BAMSO fishing derby, but had to wrestle away the trophy from Gary who accepted it for him. Remember Warrant, possession is 9/10ths of the law. The section wishes to thank WO Turner and his pool for our farewell party and we know you have no dye in your pool!

Our own Sgt Keays has become a Crusader against cruelty to cows and as a way to raise needed funds the section will hold a BBQ and draw for a leather coat.

Cpl Cameron has commenced her maternity leave and will be gone until Christmas. We're wishing her well and prosperity 2...3...4.

We also have a new AR-PAVO since our old one deserted us for VU33. Lt Kettenacker has been here a few months and we've been breaking him in gently so now he feels it is safe to move his wife over.

We also want to pass on a welcome to Jerry, our new WTL and hope he can accept the Comox weather after Cold Lake.

### RTT Section

Hello, once again from the secluded shop behind Nav Com

Come One - Come All to the PMQ Community Council's Family Carnival Day

When: Saturday Sept 8, 1990 11 am to 3 pm

Where: Airport School Grounds

"Fish Pond" Come Out And Meet Old And New Neighbours  
FREE hotdogs, hamburgers, pop and ice cream

"Games" Ride Toot (Our Little Train) Parents are encouraged to accompany their children  
"Rides"

CASINO NIGHT and DANCE

WHEN: Sept 8, 7:00 pm to 12:00 am

WHERE: Base Arena

Sponsored by: OLD TIMERS HOCKEY

SEE YOU THERE...



**Maida's Boutique**  
Lingerie and Maternity Wear  
202-307 5th Street Courtenay 338-1550

Bring this Ad in for your 10 percent discount on all merchandise

**LINGERIE**  
Dlm, Rosy Linda, Montelle and French-Maid.

We carry Warner's, Wonder-Bra,

**MATERNITY**  
In maternity wear we carry Du-Date and Surprise.

### BATTLE OF BRITAIN SUNDAY

50th ANNIVERSARY SEP 16



.OBSERVE.  
.REMEMBER.

# On and off base

## MSE Safety



### In the Driver's Seat

Isn't it funny how we manage to ignore that tired feeling when we're having fun? Or when we're really busy doing something we enjoy? Or when we're trying to make a few extra bucks?

Funny? Well, not really. If you ignore that tired feeling, that fatigue, it will increase until it finally becomes overwhelming, causing a serious reduction in mental and physical capabilities. And when you're driving, that's dangerous!

There are many causes of driver fatigue -- monotony, length of the trip, the amount of physical work involved, the environment, and your mental

and physical condition. And usually, you'll find more than one of these conditions affecting you at one time. Stress at home and in your personal life can also lead to fatigue.

Generally, the cure for fatigue is plenty of rest, but sometimes the cause may go deeper than a simple lack of sleep. If you let it continue for an extended period, it will evolve into what is known as chronic fatigue. This intensified form of fatigue will not only be felt after one day's work or after a long trip, but also during the day and often before work even begins.

Some of the emotional symptoms of chronic fatigue in-

clude irritability, a tendency toward depression or anxiety, a loss of initiative and drive, a negative attitude toward work, or an incompatibility with fellow workers. Physical symptoms may include headaches, dizziness, breathing disorders, a loss of appetite, and digestive problems. You may even have a feeling of being too tired to sleep.

At this point, the solution may simply be a change of scenery, a relaxing vacation. If that doesn't do the trick, it's time to see your family doctor.

### DRIVER STATEMENT OF THE MONTH

When I saw I could not avoid a collision, I stepped on the gas and crashed into the other car.

## Celebrate our 75th!

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

334-3656  
830F (upstairs) Cliffe Avenue

**FLASHBACK 60's Super Special**  
To the Fabulous Prices of the...

**Super Savings**  
3 1/2 X 5 Size:  
12 Exposures ..... \$2.98\*  
15 Exposures ..... \$3.98\*  
24 Exposures ..... \$5.98\*  
36 Exposures ..... \$8.98\*

4X6 SIZE: \$2.00 per roll  
5X7 SIZE: \$4.00 per roll

WITH THIS COUPON.

**Every Tuesday... E is Baby Day!**  
19¢ \$14.98  
- 1-8X10, 2-5X7, 16-Gift Size.

**Bonus!**  
Larger than Life. \$9.98  
Big Beautiful 20X30 eco-color enlargements from your favorite negative. WITH THIS COUPON! Offer good until September 15, 1990.

**Sooter's** 685 Cliffe Ave. beside B.C. Tel., Courtenay 334-3333



## PMQ

### Newsletter

All PMQ Association members are invited to participate in the FAMILY FUN CAR-NIVAL to be held on Saturday, Sep 8 from 1100 to 1500 hrs at the Airport School grounds.

Come and join in the games and races. Dunk the Mayor in the dunk tank or have your face painted. Take a ride on Lil Toot or the hay wagon. There will be a demonstration put on by the Parachute Club. Free hot dogs, hamburgers, pop and ice cream will be served.

Later that evening all military members are invited to CASINO NIGHT and DANCE to be held from 1900 to 2400 hrs at the Base arena. This great evening of FUN and DANCING is sponsored by the Old Timers' Hockey Club.

ALL ADULTS ARE ENCOURAGED TO COME OUT AND SUPPORT THIS EVENT

On Tuesday, Sep 4 from 1900 to 2100 hrs, your Community Council is hosting an

activities night at the Base arena.

The purpose of this evening is to have all the various organizations in one place to take registrations for the 90-91 season.

Some of the organizations in attendance will be: Beavers; Cubs and Scouts; Brownies and Guides; YBC Bowling; Comox Valley Figure Skating Club; Karate Club; Ladies Fitness; and Animal Control Officer.

A reminder to all pet owners in PMQs that it is time to register all your pets for the 90/91 season. Cost is \$10.00 for neutered animals, and \$20.00 for non-neutered animals. Registration can be done through the ACO at the Activities Night or at the PMQ Assn Office.

Everyone mark 8 Sep 90 on your calendar for a day and evening of fun!! See you all at the Carnival and Casino night!!!

## Car - Costs 1991

OTTAWA -- It now costs the average Canadian more than \$500 a month to own and operate an automobile, according to the British Columbia Automobile Association, which today released the CAA 'Car Costs 1990-1991' brochure.

The CAA Car Costs report is based on computations provided by Runzheimer International, a management consulting firm which provides services to accurately measure costs of transportation, taxes, meals, goods and services, lodging and housing.

'Car Costs 1990-1991' data reveals it costs average Canadian motorists \$6,672 per year or \$556 per month to own and operate their automobile. 'Car Costs' is based on a 1990 Ford Tempo GL with a 2.3 litre 4 cylinder engine which is driven 24,000 kilometres per year. The four-door sedan is equipped with standard features and optional accessories including AM-FM stereo, automatic transmission, power steering, power disc brakes, rear window defogger, speed control, tilt steering wheel, engine block heater and heavy-duty battery.

While monthly costs average \$556, 'Car Costs' also reveals that expenses vary from province to province and according to the size of the car.

For instance, owners of sub-compact cars in a low-cost province such as Alberta or Saskatchewan have the lowest expenses, at \$5,645 per year or \$470 per month. On the other hand, owners of full-size (8 cylinder) cars in high-cost provinces such as Quebec or Newfoundland can expect annual expenses of \$8,327 or \$694 per month.

'Car Costs' figures show increases in both operating and fixed costs as compared to last year's figures. Operating costs (those directly related to the number of kilometres driven) increased by six and a half percent. They include fuel and oil at 5.71 cents per kilometre, maintenance at 1.68 cents per kilometre, and tires at .76 cents per kilometre, totalling 8.15 cents per kilometre.

Ownership costs change little with the amount driven. These costs include insurance (\$100 deductible comprehensive, \$250 deductible collision, \$500,000 inclusive third party liability) at \$786 per year; snow tires, \$61 per year; license and registration, \$84 per year; depreciation, \$2,760 per year and finance expenses, \$1,025 per year. Ownership costs totalled \$4,716, up 14 percent from last year. Higher finance expenses and depreciation were the main reasons for the increase.

Calculations of operating costs are made for annual driving distances of 16,000, 24,000 and 32,000 kilometres with gasoline priced at a national average of \$4.9 cents per litre. Last year's calculations were based on \$2.2 cents per litre. The majority of the increase can be attributed to higher federal and provincial taxes. The federal excise tax on gasoline, which all Canadian motorists pay, has increased one cent per litre since the publication of 'Car Costs 1989-1990'.

Operating costs and ownership costs are provided in the brochure on a national basis complete with a ranking of provinces according to high to low cost. The average per kilometre is determined by combining operating and ownership costs.

For example, a motorist driving 16,000 kilometres per year will encounter expenses of about \$1,304.00 in operating costs (16,000 kms at 8.15 cents) and \$4,716.00 in ownership costs, for a total of \$6,020.00 (\$6,020 cents per kilometre). Last year's total was \$5,716.00 (\$35.71 cents per kilometre). The 4 cylinder 1990 Ford Tempo would have a total of \$6,020.00 in operating and ownership costs.



# Health & fitness



## ASK YOUR PHARMACIST

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

### Be on the Weather Watch

We're all sensitive to the weather in one way or another. But, with age, the body becomes less able to respond to long exposure to heat or cold. Heat-related illnesses can be every bit as dangerous and disabling as hypothermia, a drastic lowering of body temperature. Heat stroke requires immediate treatment by a doctor. Symptoms include dizziness, headache, nausea, body temperature of 40C (104F) or higher, rapid pulse and flushed skin.

Heat exhaustion is harder to spot because it takes longer to develop than other heat-related illnesses. It is the result of a loss of body water and salt. Symptoms include a feeling of weakness, heavy perspiration, nausea and giddiness. Treatment includes bed rest and drinking plenty of cool liquids.

Obviously, the best way to avoid heat-related illnesses is simply to stay cool. Remain indoors in an air-conditioned room. If your home is not air-conditioned, go to a cool public place, like a library or store, during the hottest part of the day.

Other ways to cool off include taking baths or showers, placing ice bags or wet towels on the body and using electric fans, being careful to avoid electric shock.

It's also a good idea to stay out of direct sunlight and avoid strenuous activity. Wear lightweight, loose-fitting clothing that permits perspiration to evaporate. Remember: light-coloured clothing reflects the sun.

Drink plenty of liquids to replace what you lose through perspiration. Water, fruit and vegetable juices are recommended. Most importantly, take the heat seriously. Don't ignore danger signs like nausea, dizziness and fatigue.

As well, certain medications can make a person more prone to heat-related illnesses.

### Allergies are Accidental Alarms

Like a smoke detector that accidentally goes off, an allergic reaction is basically a protective mechanism of the body which has gone too far.

Fortunately, allergies only affect about 20 percent of the population and few sufferers need treatment. In many cases, allergies are inherited from parents and grandparents. However, allergic tendencies increase when many allergy-causing substances, called allergens, are present.

Allergies can be seasonal, as in the case of pollen-caused reactions, or year-round if triggered by animals, foods or household dust.

Any part of the body may be affected. A reaction to pollen, for example, may cause respiratory problems. Food allergies can cause other discomforts.

Some allergic reactions are caused by contact with various substances including cosmetics, soaps and detergents, dyes, metals, poison ivy and other plants. In cases where the allergy extends to penicillin and the venom of bees, wasps and hornets, the sensitivity can lead to shock and a medical emergency.

If you suspect an allergy -- skin rash, hyperactivity, or loss of appetite may be symptoms -- see your doctor to have him or her identify the cause.

Many medications are available for treatment and should only be taken as prescribed. This is particularly true of inhalants. Use nasal sprays, for example, with caution even if they seem to give immediate relief. Used too often, they can cause damage to tissues and increase swelling.

Your Shoppers Drug Mart pharmacist will be glad to answer any questions you may have about medication your doctor prescribes for an allergy.

RECYCLE THIS  
NEWSPAPER  
TOTEM TIMES



Next Deadline 10 Sep

## info health

Dr. Bob Young



### Exercise and Pregnancy

What should aerobics-addicted and weight-lifting women do when pregnant? Is exercise during pregnancy helpful, harmful, or neutral? Do fit mothers have easier deliveries and better babies?

There are several things to consider. Guidelines developed a few years ago suggested that sessions should last only 15 minutes and heart-rates should not exceed 140. The rules were based on opinion rather than fact, and were controversial.

Most agree that women with heart disease, a twin pregnancy, ruptured membranes, and a few other obstetrical problems should not exercise to any extent. Otherwise exercise seems to be safe.

There is no real evidence that exercise will reduce the size of

the baby as mom usually eats more to compensate for calories lost while running.

The fit mother is inclined to have an easier labor and delivery, with a marginally healthier baby, but these things are hard to measure.

In the later stages of pregnancy balance and coordination are affected by the weight and position of the baby, so mom should avoid activities that require these skills. Also joints around the pelvis normally loosen up during pregnancy, and are more readily strained. Warmups are a must and weights lifted should be light.

The fetus is like a tennis ball in a thick-walled water-filled balloon. It is well cushioned

and is unlikely to be injured by any exercise-related event that did not also injure the mother.

Concerns about depriving the baby of oxygen, nourishment, or blood during exercise are unfounded. Body temperature does not rise in pregnant women who exercise as it does in the non-pregnant, alleviating worry about extra heat harming baby's development.

So feel free to exercise during your pregnancy, using common sense and moderation. But don't feel guilty if you don't - it does not seem to make a whole lot of difference to the outcome. Exercise, of course, will make you feel better, help control weight gain, and provide a sense of well-being. It is recommended.

### Carpal Tunnel

You will not find the carpal tunnel in your road atlas. It's in your body, and there are two of them. Carpal tunnel syndrome is a common affliction that can cause considerable distress.

Face the palm of your right hand and put your left thumb in the center of the point where the arm meets the hand (you will feel a couple of cords). The carpal tunnel is beneath your thumb.

The floor and walls of the tunnel are firm, forced by some of the small wrist bones. The tunnel roof is the tough transverse carpal ligament - more elegantly known as the flexor retinaculum.

The tunnel is a busy place, transporting the median nerve and tendons going to the hand and fingers. If the walls shrink or the contents swell the carpal tunnel syndrome frequently occurs.

Most symptoms are due to pressure on the median nerve. This causes pins and needles, numbness, and pain, or all three, in the hand but mainly over the inner arm and as far as the shoulder. Pain is periodic, worse at night (waking the patient), and eases in an hour or so.

The hand may seem useless and feel (but not look) swollen. There may be moderate and weakening of some hand muscles.

Simple diagnostic tests involve flexing the wrist with elbow bent, timing symptom appearance with the arm in a tourniquet, and tapping the nerve at the wrist. When available (and it usually is) electrodiagnostic measurement of the speed of nerve impulse conduction through the tunnel

is used. It takes three or four times as long if the tunnel is compressed, clinching the diagnosis.

Treatment consists, first, in looking for and correcting any possible underlying cause - seldom present - and avoiding repetitive wrist movements. Splinting, cortisone injections, vitamin B6 and anti-arthritis drugs all give variable results.

Sometimes the condition just gets better on its own.

If it persists after six months and the nerve conduction test is positive, surgery is required. The tunnel roof (our friend the flexor retinaculum) is severed with a scalpel using local or general anaesthesia. Relief is prompt and permanent.

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

### Chuckle

The man officially credited with inventing the vacuum cleaner is Hubert Cecil Booth. However, he got the idea from a man who almost invented it.

In 1901 Booth visited a London music hall. On the bill was an American inventor with his wonder machine for removing dust from carpets.

The machine comprised a

box about one foot square with a bag on top. After watching the act - which made everyone in the front six rows sneeze - Booth went round to the inventor's dressing room.

"It should suck not blow," said Booth, coming straight to the point. "Suck?" exclaimed the enraged inventor. "Your

machine just moves the dust around the room," Booth informed him. "Suck? Suck?" Sucking is not possible," was the inventor's reply and he stormed out. Booth proved that it was by the simple expedient of kneeling down, pursing his lips and sucking the back of an armchair. "I almost choked," he said afterwards.

## B.C. Bestsellers

### FICTION

Week Ending: August 12, 1990

Produced: August 14, 1990  
(Brackets) represent last week's position

- 1 (1) *Burden of Proof*
- 2 (7) *Friend of my Youth*
- 3 (-) *The Outlaws of the Mesquite*
- 4 (-) *The Bad Place*
- 5 (-) *Devices and Desires*
- 6 (-) *Mountain Laurel*
- 7 (-) *Bourne Ultimatum*
- 8 (-) *Sullivan's Sting*
- 9 (-) *Masquerade*
- 10 (-) *Dark Angel*

Turow  
Munro  
L'Amour  
Koontz  
James  
DeVeraux  
Ludlum  
Sanders  
Dalley  
Beauman

### NON-FICTION

- 1 (7) *Bradshaw on the Family*
- 2 (-) *A Brief History of Time*
- 3 (-) *Towards a Just Society*

Bradshaw  
Hawking  
Trudeau &  
Axworthy  
Abella  
Bloomfield  
France  
Ellas  
MacIsaac, Clark  
& Lillard  
Gould  
Bradshaw

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# Health & fitness

By Birgit Guderjahn - Fitness Consultant

## You and Your Fat

"You are what you eat". A statement which rings true for many people. I have to agree with it. It is not *how much* we eat, but *what* we eat that makes us fat. Making proper choices to keep our stored fat down, to a healthy amount is the most logical approach to weight control. The foods with higher fat content or fat percentage should be used in moderation. The following is a list comparing the fat content in foods, plus some suggestions for reducing fat in your everyday eating. If you would like further information, see the Fitness Consultant at the Base Gym, or call 8351/8315 for an appointment.

### FOODS AND THEIR FAT\*

Percent Fat By Weight	Foods
90-100%	fats, lard, salad oils and cooking oils
80-90%	butter, margarine
70-80%	mayonnaise, macadamia nuts, pecans
50-70%	almonds, walnuts, dried unsweetened coconut, bacon, baking chocolate
30-50%	steaks, spareribs, pork chops, goose, cheddar & cream cheeses, potato chips, French dressing, chocolate candy
20-30%	pot roast, lamp chop, frankfurters, ground beef, chocolate chip cookies
10-20%	round steak, veal chop, turkey, eggs, avocado, olives, chocolate cake & icing, french-fries, ice cream, apple pie
1-10%	pork & beans, most fish, broiled chicken, crab, cottage cheese, liver, milk, creamed soups, sherbet, most cereals
Less than 1%	potatoes, most vegetables and fruits, egg whites, chicken, corn-saline

\*The percent of fat by weight. Some foods are high in water (e.g., ice cream), so the table may underestimate the percent of calories from fat.

### EASY WAYS TO REDUCE YOUR FAT INTAKE

50 g	trimmed sirloin steak	50 g	untrimmed sirloin steak	4	36
250 ml	skim milk	250 ml	whole milk	9	81
90 g	trimmed pork loin steak centre cut	90 g	untrimmed pork loin steak centre cut	7	63
1	regular hamburger (fast food)	1	regular fish sandwich (fast food)	12	108
125 ml	tuna, canned in water	125 ml	tuna, canned in oil	6	54
1/2	chicken breast, without skin	1/2	chicken breast, battered and fried	15	125
15 ml	reduced calorie dressing	15 ml	regular salad dressing	4	36
2 slices	bread / toast	1	croissant	11	99
1-30 g	baked potato	10	french fries	8	72
	slice ham, beef, pork	30 ml	peanut butter	12	108

Canadian Meat Council • Beef Information Centre • Canadian Pork Council • Canada Sheep Council  
For more information contact: Canadian Meat Council, 5233 Dundas Street West, Islington, Ontario, M9B 1A6

## Heritage Fund Donation



On 20 July 1990, O. Colonel Brian McKenzie, Base Commander Canadian Forces Base Portage la Prairie, and Lieutenant-Colonel Hayden Henwood, Commandant 3 Canadian Forces Flying Training School, presented a donation of \$32,000 to Lieutenant-General Fred R. Sutherland, Commander Air Command, who accepted the cheque on behalf of the Air Command Heritage Fund. The money represents a sizeable portion of the proceeds from the highly successful 1990 Portage Air Show and will allow the Heritage Fund to continue supporting the many projects dedicated to enhancing awareness of the Air Force's contribution to Canada and its history.



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\*Focusing on individual activities towards eating, food, self-esteem, stress, etc.  
\*Motivational counselling. Learning to make healthier choices at meal times and in between.

FOR FURTHER INFORMATION:  
Contact Base Recreation Centre Loc 812 or 812A

Birgit Guderjahn  
Fitness Consultant

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# Public announcements

## 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.

## SWIMMING NOTICE

The summer program ends 24 Aug 90. The swimming pool will remain open for the following dates and times for open casual swim.

25-26 Aug 90 1300-1500  
27-31 Aug 90 1400-1500 and 1830-2000  
1-3 Sep 90 1300-1500

## NOON HOUR SWIM

Effective immediately Military swim will be 1200-1300 hrs Mon-Fri.  
Further info can be obtained by contacting the Peri Staff, 8315.

## ICE ALLOCATION

**MEETING 90/91** - A meeting is scheduled for 1900 hrs 19 Sep at the Rec Centre to discuss ice allocation for the upcoming season. All sections who require ice time for practices or proposed tournaments are to ensure they have a representative in attendance. Authorized civilian leagues will also attend this meeting and will be allocated ice time once all military commitments have been met.

## BASE TEAM HOCKEY

Base team hockey meeting 5 Sep 90, 1300 hrs, at the Rec Centre. Interested pers, coaches, trainers, managers, etc. are strongly urged to attend.

## VOLLEYBALL

CFB Comox will attempt to organize a co-ed volleyball league. Interested persons or teams are to contact the Rec Centre local 8315 - Sgt Plante.

## WO & SGT'S WIVES CLUB

Our first meeting will be held on Monday, 10 Sep in the mess lounge at 7:30 pm. It will be a 'Meet & Greet'.

For those of you who are new to the Base or have never been to a wives club meeting, we hope you will come out and join us. We are a friendly bunch and would love to see you!! We want to see our 'Old' members back again.

Our meetings are held the second Monday of each month, so mark that date on your calendar. The first meeting will be held Monday 10 Sep, 7:30 pm. We'll see you there!

## JR DARTS

Reminder Junior Ranks members that dart season is upon us soon. There will be a Monday night Mixed Dart League played at the Junior Ranks and a Tuesday night Mixed Pub League played alternating at the mess and downtown. Players are still needed. The season will begin sometime in September. For more information call the mess office at 8430 during normal working hours. Local 8430.

## BC SR GAMES

The BC Senior Games will be held in Courtenay/Comox 6-8 Sep 90. CFB Comox Rec Centre will be utilized 6-8 Sep 90 from 1130-1300 hrs. The gymnasium floor will be closed during this time.

## 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.

## 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.

## Chapel Chimes

### OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

### MASS SCHEDULE:

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

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

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

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

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

### ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

**SUNDAY WORSHIP** - Each Sunday at 1100 hrs.

**HOLY COMMUNION** - First Sunday of the month.

**SUNDAY SCHOOL** - resumes 9 Sep 90

**NURSERY SERVICES** - resumes 9 Sep 90, children up to age 3. Volunteer basis.

**CHOIR** - practices 1830 hrs, Thursday at Chapel

**CHAPEL GUILD** - meets once a month, first Thursday at the Chapel 7:30 pm, President Liz Basham 339-4314.



## TERRY FOX RUN

The 10th Annual Terry Fox Run will be held at CFB Comox 14 Sep 90 at 1300 hrs. Registration will be at 1200 hrs in the Rec Centre parking lot.

Volunteers are still required to take registrations, assist in set-up, tear-down, etc. Contact the Rec Centre at loc 8315.

## 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.

## 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.

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## Canadian Crossword

By Rick McConnell

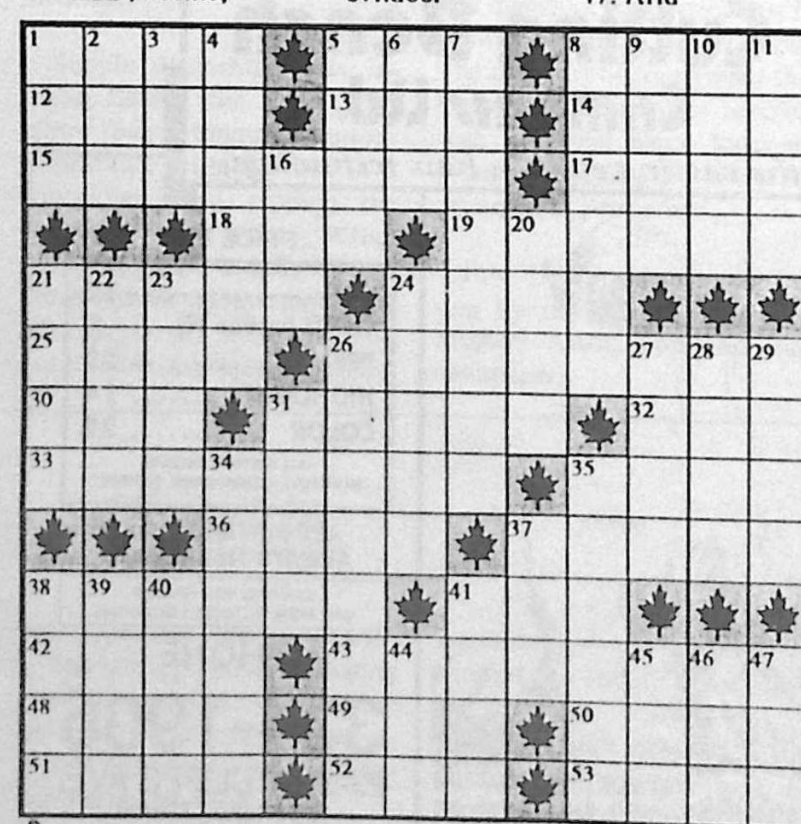
Solution on Page 20

## ACROSS

1. Hair tool
5. Dshbrd. abbr.
8. Liver fluid
12. Killer whale
13. U.S. R.R.S.P.
14. Dry
15. Stoneharbour, near Thousand Islands
17. Bluenose coin
18. Sea eagle
19. Certain salad
21. Frightening
24. Lady trophy
25. Male cats
26. Stonemeadow, Sask.
30. Here, in Huberdeau
31. Bella, B.C.
32. WWII zone
33. Stonewater, On.
35. You, in Yamaska
36. Also- (contenders)
37. meenie,
38. Mom or dad
41. Every one
42. Portent
43. Stoneearth, On.
48. End of page abbr.
49. Ram's dame
50. Employer
51. Town crier's word
52. Finish
53. Contrary girl
9. Lens part
10. Bean type
11. German river
16. Lever
20. Singer
21. Recipe word
22. A Chanel
23. Chemical qualifier
24. Library fill
26. Mountain ash
27. Ponce de
29. Olfactory opening
31. Family
34. E. Germany's Egon
35. Magna Carta material
37. Reindeer
38. Little, in music
39. Indo-Chinese language
40. Levesque
41. Did perfectly
44. Possess
45. Aspirin
46. Saul's uncle
47. Arid

## DOWN

1. Start for dial or don
2. Spanish gold
3. Roman 1200
4. McGavin and Weston
5. & the Belmonts
6. Trip
7. Dieter's dilemma
8. Potential evildoer



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Next Deadline 10 Sep

# Leisure

## PBS Presents

## Edward R. Murrow

With the trademark words, "This...is London," crackling over the airwaves from a city in the midst of the blitzkrieg, Edward R. Murrow began a journalistic career that has had no equal.

**AMERICAN MASTERS** profiles this pioneer broadcast journalist in a two-part program, "Edward R. Murrow: This Reporter," premiering on KCTS/9, Tuesday, August 28 at 7:00 pm and 8:00 pm. Immediately following the two-hour presentation of **AMERICAN MASTERS**, KCTS/9 presents a special studio production, **MURROW: BROADCAST JOURNALISM IN THE PUGET SOUND**.

Each part of the **AMERICAN MASTERS** program combines in-depth interviews with archival footage,

photos, and numerous clips from Murrow's landmark radio and television broadcasts. The result is a telling portrait of the man who virtually invented electronic journalism.

'Edward R. Murrow: This Reporter' opens up with Part One focusing on Murrow's early years growing up in Washington state and examines the beginnings of his long career with CBS, which launched in 1937 when he was sent to England to report on the gathering storm in Europe.

Part Two documents Murrow's confrontation with Senator Joseph McCarthy and the events leading to his departure from CBS. The program also features many of his former colleagues and several of today's leading television news

figures, who discuss their impressions of Murrow's broadcasting legacy. (Colleagues Eric Sevareid, David Brinkley, Walter Cronkite, to name a few. Journalists Dan Rather, Peter Jennings, Charles Kuralt, Barbara Walters, Tom Brokaw and Dian Sawyer.)

At 9:00 pm, **MURROW: BROADCAST JOURNALISM IN THE PUGET SOUND**, IS A LIVELY HOUR KCTS/9 special that features a panel of guests selected from area television news directors, anchors, reporters, critics and scholars. The topic of discussion is the state of television journalism in the Puget Sound area and how local journalism compares with the standard that was established by the legendary reporter during his career.

More Book Reviews-by Gerry Gerow



Howard & David

## The Bellamy Brothers

Harold & David, the Bellamy Brothers, have proven their unique writing and vocal abilities as far back as "If I Said You Had A Beautiful Body (Would You Hold It Against Me)" and in "Reality Check" (MCA) the dynamic duo of modern country/pop continue with their superbly crafted vignettes of life. With their lead-off single "I Could Be Persuaded" already drawing heavy response and tracks like "Too Late" and "Have A Little Compassion" waiting in the wings, it would appear that the Florida natives have scored another hit. The prediction is for precious metal certs.

Their up-tempo question "Was There Life Before This Love" or the ballad beauty of "Forever Ain't Long Enough" could both be hits but it is the street-wise "Makin' Promises", set to a reggae beat, that turns out to be the track with the biggest potential in the set. The duo have scored an astonishing 13 chart topping singles and over two dozen top ten hits.

## Pointer Sisters

The sisters are back, the Pointer Sisters that is. Long one of America's favorite vocal groups, this time around the Pointer Sisters make their recording debut on Motown with "Right Rhythm", a ten-track outing that bristles with excitement. Throughout the set the girl's harmonies are on-target and their debut single "Friend's Advice (Don't Take It)" has already leaped onto the best seller lists and looks like it could be their biggest since the frenzied "Neutron Dance".

James Carmichael, of Commodores fame, who produced all of the Lionel Richie hits and the Diana Ross/Lionel Richie duet "Endless Love" has woven his production magic throughout such winners as "Real Life", "You Knocked The Love (Right Otta My Heart)" and "What A Woman Wants".

Solid mix of R&B, pop and CHR. Superb sounds!

## 888 (KOMOX) WING RCAFA

### AUGUST CALENDAR OF EVENTS

**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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Fri and Sat 11 am to 1 am

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DND AND MILITARY GUESTS WELCOME

## Superdog

*Superdog*, by Dr. Michael W. Fox, Howell Book House, New York, and Collier Macmillan. \$17.95.

This one is outstanding. Everything you always wanted to know about dogs and were afraid to ask, is here. The books purpose is to help you understand your dog, and thus enable you to raise a perfect canine companion.

I will quote from Howel's press release, because I can't say it any better: "In *Superdog*, Dr. Fox combines his knowledge and experience as an animal behaviorist and

veterinarian to help people select and train a dog that will give the maximum pleasure and companionship possible. Detailed chapters explore the mind of the dog: how dogs think, reason and communicate, their sense of smell and the intricate behavior patterns dogs live by. He also provides stimulating tests and exercises to test a dog's IQ."

"Dr. Fox outlines the basic principles of breeding, grooming, training, and creating a more natural way of life that will help an owner raise a super pet. Important chapters cover raising dogs around babies and young

children as well as developing your pet into a good watchdog. *Superdog* explores the question of responsibility to pets and their rights, or as Fox defines it, the four Rs: right understanding, right environment, right breeding and right feeding."

I particularly enjoyed the parts dealing with how dogs think, and such inherent ability as psych-training.

If you really want to understand your dog, this is the book for you. Its really hot off the press, so ask the book store to order it for you from the publisher.

## Country Kitchen

### Hints for young cooks

Young cooks love to surprise Mom or Dad by putting their creative talents to work in the kitchen. With the official Mother's and Father's Days close at hand, it's a good idea to post these timely reminders on your fridge for young cooks in the family.

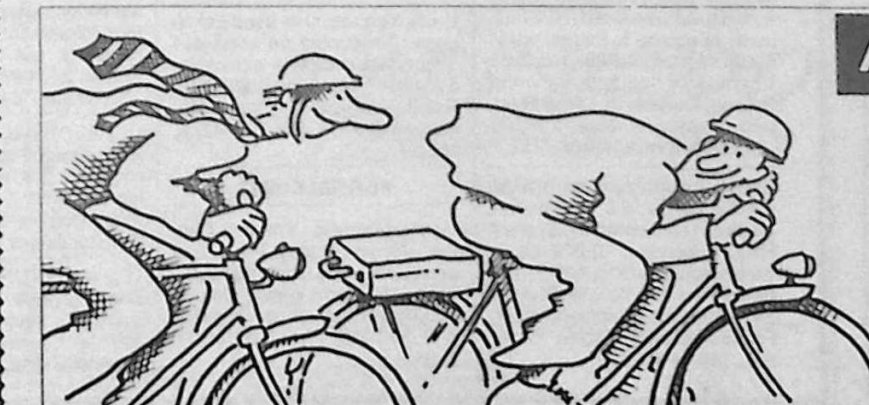
Before you start:

- ☐ Wash hands, using soap.
- ☐ Read the recipe - from start to finish.
- ☐ Assemble all required ingredients, measuring utensils and baking or cooking pans.
- ☐ Doing these steps saves total recipe preparation time and makes cleaning up easier.
- ☐ Now you're ready to start!

- ☐ Don't mix measures. If you start measuring ingredients in Metric use it for everything. The same rule applies when you begin in imperial. Either set of measures, used exclusively, will yield good results.
- ☐ Always use a straight edge knife or spatula to level off measures of dry ingredients like flour and sugar. Use see-through graduated measures for liquids.
- ☐ If possible, prepare all recipe ingredients (peeling, chopping, etc.) and measure them before you begin mixing the actual recipe.
- ☐ When a recipe says "beat 3 minutes", use a timer...don't guess

the time. Mixing and baking time are very important to obtaining delicious results.

- ☐ Postpone telephone calls and conversations with brothers and sisters until the finish of the cooking session. Creative cooking requires concentration, especially when you're just learning.
- ☐ Use caution and oven mitts to handle any utensil that has been on a surface heat unit, in an oven or in a microwave oven. (Microwaves don't heat utensils but the heat from the food can transfer to the dish.)
- ☐ Remember, cleanup is just as much a part of cooking as is tasting!



Make your move.

PARTICIPATION



## CF news

## Canadian Readiness Challenge Team Returns

The Canadian Readiness Challenge Team has just returned from Volk Field Combat Readiness Training Centre in Wisconsin after undergoing an intensive week of training in preparation for the upcoming Readiness Challenge '90 competition. The Canadians trained alongside the Air National Guard Readiness Challenge Team, the 187th Civil Engineering and Services Squadron (CESS), who travelled up from Montgomery, Alabama.

Readiness Challenge is a United States Air Force Major Command competition organized to enhance individual and team civil

engineering and services combat support skills in terms of force beddown and base recovery after attack. Its purpose is to provide engineers and service personnel with realistic scenarios simulating wartime conditions.

Readiness Challenge '90 marks the first time a Canadian team will compete in this recurring competition. The Royal Air Force will also be entering a team this year.

The competition will be held 4 to 10 November at Eglin Air Force Base (AFB), Florida. There will be 19 events, including rapid runway repair, airfield lighting, assess crater damage, structural fire response, firefighter search and rescue, hardback construction, physical fitness, and M-16 combat rifle.

The Canadian team is made up of 20 personnel from Construction Engineering and Transport sections from 10 Air Command bases. Two of the team members, WSPOL tech Cpl Joceyln Lachapelle and firefighter Cpl Derrick Manning are from the CFB Comox Construction Engineering Section.

The team was selected during a gruelling week in March at CFB Comox. The 52 Air Command personnel who tried out for the team were subjected to 16 hour days while sleeping under canvas and being fed from a field kitchen. All candidates were evaluated and the team selected by a staff of three officers and eight senior NC-Ms.

The six days of training in Wisconsin alongside the Air National Guard Team gave our team its first opportunity to train with the American equipment and prepare for the specific events. The days started at 0515 hrs with a morning workout, followed by 12 hours of training, and wrapping up with a 90 minute debrief including a review of videos of that day's training.

The team now has two months to further improve its physical fitness level and individual skills in preparation for two weeks of team training at Tyndall AFB immediately prior to the competition.

## Comox Team Reps



Cpl D. Manning (FF) and Cpl J. Lachapelle (WSPOL)

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## Legal Tips

## Buying a Used Car?--Watch Out!

Buyers of used cars sometimes feel like 'lamb to the slaughter' when they walk onto a used car lot. But if you do some homework, and take advantage of the protection that the law gives you, you should be able to get the most value for your money.

Here are some of the laws that registered motor dealers must abide by when selling a used car:

They must tell you about any damage that has occurred to the car that cost more than \$1,000 to repair;

They have to tell you if the car brought in for sale from another province, because road salting may contribute to corrosion;

They have to tell you if the car was used for any purpose that could lead to unusual wear - if it was a taxi, or a police car, for example. And they may not call the car an 'executive car' or a 'demonstrator' unless it has been used for that purpose since it was new;

They have to let you know the accurate mileage, to the best of their knowledge and belief. If the odometer has been replaced or repaired, they must tell you what the reading was before that;

The dealer must post the asking price of any automobile

offered for sale;

All the details regarding additional charges for sales tax, license and insurance costs, if they are to be added to the contract price, the cost of borrowing if the deal is financed by or through the dealer, and the cost of any additional repairs or options agreed to - all these amounts must be set out in writing. And the total must be written down as well, so there is no misunderstanding about what you will eventually pay.

And finally, the dealer has to provide a full range of repair facilities for the cars it sells, or have a contract for suitable repair services.

Remember that you do not have the protection of any of these laws if you are not buying from a registered motor dealer, who is someone who sells more than four cars a year.

It is also important - especially when buying from a private individual - that you check for liens against the vehicle. A lien is a prior legal claim. For example, say Mr. Smith buys a car and finances it with a bank loan. His bank registers a lien against the car as security for the loan. Then Smith decides to sell the car. You see his ad, you check out the car and decide to buy it -

without thinking about possible liens. Smith stops making his loan payments to the bank and the bank comes looking for the car. The bank finds it in your driveway and, when you refuse to pay off Smith's loan, bank officials take the car. You have lost the money you paid for the car, and you have lost the car.

Before you buy, contact the Central Registry at 940 Blanshard Street, Victoria, or your local government agent, and arrange to have the title searched. The search fee is only \$10. Banks, credit unions and finance companies will usually do the search for you, if you are financing the purchase.

One other thing to watch for if you are buying privately: has the vehicle been brought from another province? If it has, there could be liens registered in that other province. To protect yourself, search the central registry in that province too.

If you are wondering about the mechanical condition of the car, consider taking it to an independent mechanic of your choice for an inspection. If the seller won't let you do this, or discourages it, perhaps there is a reason. Seventy-five dollars or so for an inspection may be money well spent if it saves you from buying a car with expensive defects.

Remember that for a used car there is usually no manufacturer's guarantee, and often no guarantee by the seller.

(Legal Tips is a law series provided by the lawyers in your community. These tips are for general information only. If you have a specific legal problem you should consult a lawyer.)

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# Leisure

## Dog Talk



I raise German shorthaired Pointers. To me, they are the best dogs of all the breeds. However, to many others, such breeds as Doberman Pinschers, Dachshunds, Shih Tzus, or any other of the more than 137 breeds currently recognized by the Canadian Kennel Club, are the ideal dogs. Then, of course, there are the numerous breeds,

which due to their rarity, are not recognized officially in Canada. All of these have their following.

Which breeds are the most popular in Canada? A check of the individual dogs registered in the first three months of 1990 shows German Shepherd dogs, with a total of 2,265 registrations, as the most popular. Number two are Golden Retrievers with 1,883 registrations, followed closely by Labradors at 1,654.

For number four we go to the Shetland sheepdog, sometimes known as the Sheltie (1,624), then Poodles (1,573), American Cocker Spaniels

## Top Dog

by Gerry Gerow

(1,185), and Rottweilers (693).

The Canadian Kennel Club divides all breeds into seven groups for show purposes. Sporting (hunting) dogs, Hounds, working dogs, Terriers, Toys, non-sporting, and herding. The leaders here are the sporting dogs with 6,236 registrations in the first quarter of 1990. They were followed closely by the herding dogs with a total registration of 5,379. The others were well behind.

Why are these dogs so popular? Who knows? Temperament? Trainability? Certainly they have these traits, but I think a lot of it is simply:

"We had one of those when I was a kid." Probably only one dog in a hundred is kept to do the job it was originally developed to do, and of these most of them are hunters or herders. Every breed of dog was developed to be of assistance to man in some pursuit or other.

There are lots of opportunities for dog owners to have fun with their dogs. C.K.C. confirmation shows are competitions based on the dogs' confirmation to its own breed standard. Dogs can earn the title of 'champion' through these shows.

Then we have the obedience trials where the dog can earn the title of companion dog, companion dog excellent, and utility dog. Thanks to the association of Island Obedience clubs, Vancouver Island is one of the few places in North America where an unregistered dog can be trialed, using the C.K.C. standards, and earn the appropriate degrees.

For the working dogs there are tracking tests, and of course the internationally recognized Schutzhund trials. The Schutzhund trials can be started in one country and

Continued on page 24

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# Military update

## CDS thanks UNTAG



CDS General John de Chastelain

The Canadian involvement with UNTAG began in March 1989 when Canada was asked to participate in the UN mission to assist Namibia in gaining its independence through free elections. As part of the UNTAG force created to supervise the country's one-year transition to independence, Canada contributed 89 Canadian Logistics Unit as well as a complement of military police and seven staff officers for the UNTAG headquarters.

These personnel came from the Special Service Force and 2 Service Battalion, based in Petawawa, and from 1 Brigade and 1 Service Battalion based in Calgary.

General de Chastelain also passed on the thanks of the Secretary-General of the UN, Javier Perez de Cuellar, who expressed appreciation for the "remarkable contribution made by the (Canadian) military, police and electoral personnel who were made available...to serve in UNTAG. "Their dedication and professionalism have been widely and deservedly praised," said the UN secretary-general. "They carried out a difficult and demanding task in circumstan-

ces that were always challenging and often uncomfortable. They have earned the lasting gratitude of the international community and all of us at the United Nations, and of course of the people of Namibia whose transition to independence they so ably assisted."

With the specific task to help the last African colony conduct free and fair elections, UNTAG had three main elements: a 4,700-member military component, a 1,500 civilian police contingent entitled CIVPOL, and a 1,000-person electoral unit. Canadians were members of all three; the Canadian Forces, the Royal Canadian Mounted Police, and election supervisors and technical experts from the federal government, respectively. The Canadian

Government also sent 4,000 ballot boxes.

"Namibia's independence is a success story for the United Nations and a world-class achievement for which all involved can be justly proud," stated the Secretary of State for External Affairs, the Right Honourable Joe Clark to the Canadian UNTAG participants in a letter to which the CDS' message responds.

"I would add my own thanks for a job well done to all those who participated in UNTAG," concluded General de Chastelain. "I would also like to express my thanks for those of the CF who supported the RCMP in their first peacekeeping mission. Your outstanding cooperation was greatly appreciated by the force. Well done."

Chief of the Defence Staff General John de Chastelain, has sent a message of praise to the men and women of the Canadian Forces who participated in UNTAG, the United Nations Transition Assistance Group in Namibia.

"Transition to independence for Namibia has been a major success for the United Nations (UN)," he said in a recent

message. "The contribution of the almost 600 Canadian Forces members who deployed to Namibia and the countless numbers in Canada who supported the operation was a significant factor in the overall success of UNTAG. The professionalism of all the men and women involved in UNTAG is a source of pride to all members of the Canadian Forces."

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