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TOTEM TIMES

Canadian Forces Base Comox B.C.



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Soviet Generals visit CFB Comox

COMOX -- The Chief of the General Staff of the Soviet Armed Forces and First Deputy Minister of Defence of the Soviet Union, General of the Army, M.A. Moiseyev visited CFB Comox 14 May 1991, as the guest of General A.J.G.D. de Chastelain, Chief of the Defence Staff for the Canadian Forces.

Hosted in CFB Comox by Lieutenant General F.R. Sutherland, Commander Air Command, the stop in Comox was one of several across the country during the five day visit of the Soviet delegation.

During the short four hour visit to CFB Comox, the delegation toured all of the squadrons, visited the Cold Lake detachment of CF-18 Fighter aircraft and had a detailed Search and Rescue briefing at 442 Squadron. CFB Comox, being the only Air Base in the country having representation from all the Air Groups in the Canadian Forces, provided a good cross section look at

Canada's Air Force.

Departing from Comox, the delegation spent an overnight visit in Victoria before departing for the Soviet Union.

Arriving in Ottawa, Friday, 10 May, General Moiseyev and General de Chastelain signed an agreement entitled "The Prevention of Dangerous Military Activities", between the Soviet Government and the Government of Canada.

This agreement is designed to reduce the possibility of incidents that could arise when the armed forces of the Soviet Union and the armed forces of Canada exercise or operate in close proximity to each other.

"General Moiseyev's visit and the signing of the agreement are both reflections of the greater understanding and professional friendships which have been fostered between our two forces over the past year," said Mr. Masse.

High Level Visit



L-R: Base Commander Col J.E. McGee, Chief of Defence Staff Gen A.J.G.D. de Chastelain, Chief of the General Staff, Soviet Armed Forces Gen M. Moiseyev, Commander Air Command Lt-Gen F.R. Sutherland at the commencement of the tour of CFB Comox by members of the Soviet General Staff, and their wives, on May 14, 1991.

CF Drugs Policy - Part 2

The final segment of the three-point approach to countering drug abuse is the mandatory drug testing program. Being a new concept for the CF, it is this area which is subject to much-misunderstanding and misinformation. It is a highly complex forensic process which would take several volumes to explain in depth. As a conclusion to this article, therefore, only some commonly asked questions are addressed.

What is a drug test? A drug test involves the laboratory analysis of a urine sample in two stages. First, an initial screening which identifies whether a sample is negative or positive for a variety of drugs, and a second, or confirmation test, for all

samples which test positive. This second test is highly specific and accepted by the courts as reliable evidence.

How is a urine sample taken? A member required to provide a urine sample, will be allowed reasonable privacy to do so, but sufficient supervision will be applied to guard against fraudulent submission, e.g. through substitution, contamination dilution, etc. Supervision will be provided by a Unit Coordinator assisted by Unit Collectors. The collection site will normally be a washroom facility designated for the purpose. A minimum period of notice is given to the member required to provide a urine sample, usually no more than a few hours.

Under what circumstances can I be ordered to provide a urine sample? In a number of different situations. One application of drug testing will involve random selection of units and, if you are a member of a unit so selected, you will join all other unit members in providing a sample. Another possibility is "for cause" where, as a result of behaviour or other indicators of drug involvement, the CO may order you to provide a sample. Testing might also occur if you are involved in a duty-related accident or incident having significant safety implications, and you might be tested routinely (at random times) if you are employed in designated high risk duties. You can also expect to be

continued on page 20

Tragedy at Air Force Beach

On 26 May 1991 at approximately 3:00 PM, four year old Amanda Darlene Mansell, daughter of Leading Seaman Bill and Karen Mansell of CFB Comox, perished in a boating accident off Air Force Beach. The accident occurred during the Annual Protestant Chapel Picnic and was to be a pleasure ride organized for children and their parents. All 10 of the people on board were wearing life preservers, but the only child on board was trapped beneath the overturned boat for approximately 45 minutes before being found. A coordinated effort by local RCMP, Firemen and Base personnel was immediately launched to rescue the survivors.

This effort was aided by several other pleasure boats that were in the area.

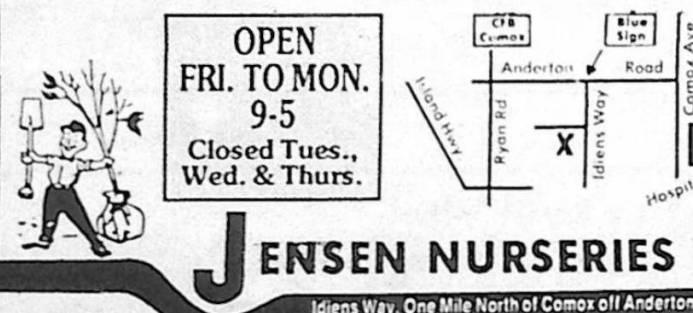


A funeral service for Amanda was held at the Protestant Chapel on Thursday, May 30 at 10:30 hours.

On behalf of the military community, may we express our deep sympathy to Bill, Karen and Sylvia in their time of sorrow.

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Dog Talk



by Gerry Gerow

Vicious Dogs

I'm sure everyone has seen the furor in the newspapers about vicious dogs in Great Britain. Now I'm not a lover of the Pit Bull breed, and I feel that anyone who would keep such a dog is a candidate for a psychiatric examination, but why blame dogs for something that is the fault of their owners, trainers, breeders and handlers. We had the same thing recently in our town and thank God, cooler heads prevailed. A dog should be judged on his or her character, and not their breed.

There is an element in our society, who, because of their activities, which are quite often illegal, feel they require protection. They know that if they carry a firearm, and get caught at it, they will be in a lot of trouble, unless it is registered. If they apply for a permit, they will probably be turned down, due to their character. The answer many of these people have found is to own a vicious dog.

This is going to get me in trouble with some of my friends, but what is wrong with requiring anyone who wishes to keep any dog of a breed which has a history of attacking people, from having

to prove their character and get a permit for it.

A dog doesn't have to be a Pit Bull or any of the other breeds often cited as being vicious to be dangerous. Quite often a chance breeding of a nice friendly female dog with a lothario of doubtful character may produce a seemingly charming puppy with inherent characteristics that would scare the pants off most people.

If I'm going to be in trouble anyway, let's keep going. The S.P.C.A. does a lot of very creditable work. They are important and vital in our society. But I feel their habit of giving up puppies for adoption is something that should be stopped. They may know the dam of these pups. Seldom do they know the sire. The owner of the dam that turned the pups in may not even know what dog sired them. Taking these pups home to your children just might be the same as giving them a loaded gun to play with. You just don't know.

Not too long ago, I was looking for a good male German Shorthaired Pointer to breed with my female. Someone told me of one and I went to its home to

check it. The dog stood inside his kennel and told me if I came in he would rip my face off. It didn't matter that the owner was standing at my side, the dog was in an ugly mood. I told the owner that there was no way that dog was going to get within ten feet of my female. Unfortunately, with an accidental breeding, there is no way to tell the character of the male.

The only way to know the character of the puppy you are bringing home is to select a purebred dog from a reputable breeder. To do otherwise is to court disaster. Your friends may have observed their nice collie mating with that beautiful and friendly lab next door, but perhaps they didn't see the other mating with the pit bull in the next block, later the same day. Female dogs, after a night on the town, may produce pups from several different sires in the same litter.

And finally, legislating against any specific breed of dog is assinine. Legislate against dogs showing improper characteristics and against their owners. I invite your comments care of this paper.

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Editorial

A Letter of Resignation from the Vice Chief of Defence Staff Vice-Admiral C.M. Thomas

Sir:

I have, after careful consideration, concluded that I cannot support the policy paper which you currently have before government.

I must admit that I did not believe that another defence policy which proposes an unaffordable program and promises capability which cannot be delivered would actually be proposed to government. As you know, how we deal with affordability is central to current work about which I have attempted to find, in your and the DM's schedules, a formal opportunity to report. I have separately submitted my findings (in writing) based on the collective work of the senior staff and Commanders.

I am also unable to accept a policy proposal which will minimize the capability and future development of the Maritime Forces by affirming that the centre of interest for these forces be in Canadian coastal waters (east and west). I would agree that the centre of day to day activity may be in Canadian coastal waters. That is why we must progress and build the MCDV vessels. However, inshore requirements alone cannot determine the kinds of ships and submarines required for the future. It is a fact that blue water mid-ocean combat capable warships, in combination with the MCDV, can do any work Canada needs done at sea. They can be employed in the Persian Gulf or the offshore of Newfoundland. Corvettes can't. They have neither the reach nor the seakeeping. The Corvettes proposed are just a code for "spend less money". Unfortunately they are the wrong ships and they won't be cheap. In my judgement the next most affordable and most widely employable naval surface ship is likely to be a variant of CPF type vessels for which design and infrastructure cost have already been paid.

Employability is important. Current events and Canadian interests as a maritime nation require that we be able to exercise influence on events and participate in events requiring combat capable forces at sea far beyond our coastal interests.

The industrial factor is also important. Canada has invested a great deal of public money and created private sector expectation with the re-establishment of a capacity to design and build warships. Departmental priorities and the minimization of maritime defence, implicit in the policy and inevitable in face of funding allocations, will lead to the dwindling death of the defence industrial sector with promise of long term viability.

I am disturbed that two years after the government said it wished to continue the essential rebuilding of the Canadian Navy, nothing has been started. We continue to delay the conventional submarine replacement program. We are effectively eliminating a vital component of a Navy that can fight and defend Canadian space and interests. The current submarine force is too old and we ask too much of our people. Thus, we are intending to surrender sovereignty over the water column, that is over the undersea water space surrounding our country. And all of this is occurring without any public debate or political decision.

I disagree with the departmental priorities. I believe that this government and future governments will use our maritime forces in potential combat environments far from Canada. I do not believe that land force combat units at the brigade group level will be similarly deployed.

There is no stomach to see large numbers of young Canadians die on television. Indeed, having had at our disposal an acceptably equipped and highly professional brigade group, Canada chose not to use it in the recent Gulf conflict. The logic of giving priority to the maintenance and expensive re-equipping of a replacement expeditionary force brigade group so that Canada can choose once again not to use it, escapes me. It also must be accepted that this priority investment will obviate, in the fiscal circumstances, other more likely and in my view more useful, courses of action. Little recent discussion has occurred and the framework of the policy has been unchallengeable since well before the Gulf crisis. Now however, we also know the magnitude of the funding deficit and the Gulf demonstrates the range at which our government expects us to operate. The happy expectation of being able to achieve combat fighting capability in all three environments has masked any serious discussion of what form of Canadian Forces should exist and where the priorities should lie if the financial support from government won't afford a combat capable Army, Navy and Air Force. That lack of financial support is now real - yet there has been no meaningful defence option debate - merely an equivalent reduction of each component and a single solution submitted to government without public participation. This result may be bureaucratically tidy. It will not serve the country well.

It needs to be recognized that another unachievable defence policy will do irreparable harm to the Canadian Forces trust in their military leaders. In that regard, I



owe a specific and particular obligation to the people of the maritime community. I have spent all my working life in the study and practice of Maritime defence in Canada. Lately, as the Commander of Maritime Command and now as the senior serving Naval Officer, I have assured my people that I would speak and work for their requirements. I will not support proposals that will lead our sailors and maritime air people into danger and harms way without their having the tools to do the jobs that will be asked of them.

In sum I find the policy proposal, its promises and priorities unacceptable for the following reasons:

- It is unaffordable;
- it promises equipment programs that cannot be delivered;
- it only addresses some of the politically contentious reductions in bases and infrastructure which are required to begin to divert spending to necessary military equipments;
- it will dilute and marginalize military capability and particularly, maritime capability;
- it puts existing ship building programs and the long promised reserve vessels (MCDV) at risk of not being completed;
- it therefore generates an absolute possibility of a complete

breakdown of trust and morale within the naval reserve if the MCDVs are delayed or cancelled;

- it makes continuation of a conventional S/M service most doubtful;
- it leads to a wrong and expensive choice of less capable surface ships;
- it will harm and diminish Canadian industry and waste public and private investments;
- it has not been publicly debated; and
- it is intended to reduce future defence expenditures and markedly reduces Regular Force military strengths yet achieves little in the way of new fighting equipment.

This is simply not good enough. With great regret I am therefore quite deliberately submitting my resignation as a formal protest. I hope that there may be a public debate on the defence issue and about the kind of defence force this country will need. You will recognize the thought that defence is too important to be left to the military or to the bureaucrats or to either group's agendas.

I would propose to complete medical processes, annual performance assessments on my staff and the scheduled events of the Battle of Atlantic weekend. I believe I can execute these commitments and depart during the week of 7 May.

(Signed)
C.M. Thomas
Vice-Admiral

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Editorial and Air Force Trivia pre-empted by VCDs-CDS letters, and will return in June 10 edition.

General A.J.G.D. de Chastelain

The CDS Replies:

Dear Chuck:

I acknowledge receiving your letter of resignation dated 24 April. While I regret that you have found it necessary to choose this course of action so close to your retirement date, I respect your belief that you cannot support our force-structure proposals to Government which we, and you, have been working so hard to develop over the past 18 months.

Given the number of years you have spent in the Forces there is no impediment to your leaving whenever you wish, and this letter is not intended to suggest that you are resigning as an act of formal protest -- and, if I read you correctly, with a view to stimulating "public debate on the defence issue" -- I feel it is both necessary and appropriate that I make some comment on the points you have raised in your letter.

If I can summarize what I take to be the essence of your concerns: you feel that we are proposing an unaffordable policy to Government; you think that the Navy's operational capability is being reduced below the minimum level you believe the nation should have; you believe that Canada will not accept the prospect of soldiers dying in any number and therefore you consider invalid the concept of maintaining expeditionary army formations at the brigade group level and furthermore that such a concept denies funds to "other more likely and in my view, more useful, courses of action", presumably maritime ones; you believe that there has not yet been sufficient public debate of defence issues for us to be making defence structure proposals to Government; and finally that you have spent your adult life in the Navy, have promised its members that you would speak and work for their requirements, and that you will not support proposals that would lead them into danger without the tools to do the job.

With regard to the force structure proposals that we are developing to place before Government, I cannot, for obvious reasons, engage in a public debate. I am, however, prepared to say that affordability is the very point on which we have focused our attention most closely. Indeed, the principal point we have made to Government is that we should accept, as a given, the reduced funding levels which three years of severe fiscal restraint have imposed on us, and plan the future in light of realistic expectations. Our clearly articulated objective has, of course, been to achieve stability and predictability in our funding so as to be able to generate a coherent defence services program. The fact that we have, to date, only been able to identify the source of

funding for 95% of our plans over the next 15 years would, I submit, make our proposals the envy of most private sector enterprises.

I agree that the Navy's operational capability is not what a country the size of Canada, bordering on three oceans, would wish to have. I believe that, ideally, Canada should be able to control what occurs in her coastal waters and maritime approaches effectively, and at the same time provide ships to execute national or allied missions in foreign waters. It is for this reason that the 1987 Defence White Paper foresaw the introduction of numerous additional new surface vessels as well as significant numbers of nuclear-propelled submarines. You were a forceful and effective exponent of these programs and your disappointment when fiscal circumstances made the nuclear-propelled submarines unaffordable is quite understandable. Major budget cuts in each year since 1987 made those plans unrealistic, yet even in our reduced fiscal circumstances we have still assigned 40% of the capital equipment budget over the next fifteen years to new naval and maritime air programs. Over the same period, air force programs will account for 33% and army programs 27%.

You have made it clear that you view the rebuilding and, indeed, expansion of the Navy as the most important objective of the Canadian Forces equipment program. You have invested many years of loyal service, in key command and staff posts, to promote this objective and, very largely as a result of your ability and drive, a large percentage of our current and proposed future investment is committed to the projects you have steered towards implementation. In this you have not lacked my support, and, contrary to your claim, our proposed force reductions have not been shared equally - the Navy has clearly been protected.

Let me be more specific. At more than nine billion dollars, the Canadian Patrol Frigate Program (the biggest procurement plan ever undertaken in the Department of National Defence, and indeed, the Canadian Government), is about to deliver its first ship. The almost two billion dollar project to modernize our four Tribal Class destroyers is well under way. We are moving steadily ahead with plans to launch a multi-billion dollar program to outfit our fleet with new ship-borne helicopters. The acquisition of these modern and effective vessels and aircraft will ensure that our Navy will retain a significant blue water capability well into the next century and that Canada will be able to meet our national and alliance commitments. We also, of course, expect to let in the near future a contract for 12 coastal defence vessels

which, as you suggest, will be the key to our plans to revitalize the naval reserve. And finally, while regrettably delayed, we plan to launch a modest conventional submarine replacement program within a few years.

It is my judgement that the Canadian Government and people will not be well served by a lopsided menu of defence choices and I believe that the events of the past year at home and abroad have borne this out. At this very moment, the policies of the government are being carried out, as they have been for many years, by combat trained Army and Air Force personnel in Europe, in Cyprus, in the Sinai, on the Golan Heights, in Central America and, most recently, in Turkey, Iraq and Kuwait. It would be unconscionable for me to recommend to government that we allow these capabilities to atrophy in favour of placing the bulk of our efforts in the further development of naval forces. Within the limits dictated by the funding it provides to the Department of National Defence, we must offer the government the broadest possible range of military options to ensure that the full spectrum of responses is available to meet the ever changing security challenges to Canadian interests at home and abroad.

The suggestion that Canada would refuse to accept, in any circumstances, the prospect of her soldiers dying in significant numbers is a difficult one to substantiate. If true, your proposition would presumably apply to sailors and airmen as well. The logical conclusion would then be that Canada should not have any kind of armed forces; or else, to refuse to permit those that she does have to fight. The extension of that argument to the conclusion that the Army should not have any expeditionary capability is illogical or it is special pleading. The fact that we did not deploy a brigade group to participate in the Gulf War does not support the conclusion that Canada should not have such a capability. I recommended to government that we deploy a fighter squadron to the Gulf -- and later that we reinforce it -- and the government agreed. I recommended that we deploy a Task Force Headquarters there, and the government agreed. I recommended that we deploy a self-sufficient Field Hospital there, and the government agreed. You, acting in my absence in the Soviet Union, recommended that we send three ships to the Gulf, and the government agreed. I did not recommend to the government that we deploy ground troops to the Gulf -- nor did I recommend that we NOT deploy them -- but my reasoning was based only on logistics and on the factors of time and space.

I did make clear to the government that if ground troops were to be sent to the Gulf they should be sent in brigade group strength, with the understanding that it would take a number of months before the group would be in location, acclimatized and ready to fight. The government chose not to do this. But to suggest that Canadian governments, or Canadians themselves, would not countenance the sending of ground troops to war because they had "no stomach to see large numbers of young Canadians die on television", is far-fetched, unsubstantiated, and frankly insulting to both the people of Canada and our politicians. Four other wars in this century have demonstrated that Canadians are made of sterner stuff.

The implication that the retention of an expeditionary brigade group capability denies needed money to the Navy is only one point of view. The proposition that Canada should not maintain the ability to deploy even one brigade group abroad is to my mind short-sighted and unprofessional; and, as you are well aware, attracted no support in the departmental resource allocation group over which you have presided these past two years.

I cannot agree that the fact that the government has not called for a public debate on defence, before hearing our proposals on a new force structure, is unfortunate. The process we are following now is not unusual. In 1987 the government published a defence policy that proved shortly thereafter to be out of step with changing geopolitical circumstances and unaffordable in the light of national fiscal constraints. It seems to me that it is our responsibility, given our particular expertise, to advise Ministers on how best to structure our defence forces to reflect changing fiscal and geo-strategic circumstances. Once government has received and considered such recommendations, it is free to decide whether or how to consult more widely. We and they have not reached that stage yet.

Finally, I recognize that the fact that you have spent the whole of your professional life in the Navy, and have made commitments to naval personnel, makes you reluctant to accept anything less for the Navy than you think it needs. That is an understandable point of view. It is one whose parallels are found among the senior serving officers in the Army, the Air Force, the communications world, the logistics world, the medical world and so on. I have spent my whole professional life in the Army, but as the Chief of the Defence Staff, I must consider, and represent to government, the interests of all the elements of the Canadian Forces. Indeed, I believe such responsibilities are equally incumbent

upon the Vice Chief of the Defence Staff.

Over the past eighteen months I have visited all thirty-six of Canada's military bases, nine of the ten military stations, six of the seven Command Headquarters, three of the six peacekeeping operations, all of the out-of-country national headquarters, and each of the groups at National Defence Headquarters and the National Defence Medical Centre. I have visited ships and submarines at sea and Army formations in the field at home and abroad. I have flown with crews on training missions in Fighter Group, Maritime Air Group, 10 Tactical Air Group, Air Transport Group and the Search and Rescue Squadrons. I have also parachuted with troops of the Special Service Force on exercise. Everywhere I have been I have addressed all ranks of the forces -- sea, land and air -- and I have assured them that no matter what restrictions are placed on our size in the restructuring process, I will attempt to ensure that we maintain professional fighting capabilities in each of the environmental elements. That is no less than they -- and the Canadians who spend over

The reaction I have received from these visits has been universally positive, both from the point of view of the troops appreciating the fact that their views are being sought, as well as from their response to the substance of my remarks. That view is not one which I have observed at first hand only. It is one which has been reported to me by the Canadian Forces Chief Warrant Officer who travels with me, as well as by representatives from the Junior Ranks, the Sergeants' and Petty Officers' and the Officers' Messes.

As to sending our troops into harm's way without the tools to do the job, I would not countenance doing that any more than you would. That is why we went to extraordinary measures, incurring considerable costs, to upgrade the ships and the helicopters before sending them, in the Gulf, and why we made the Task Force Headquarters, the Air Task Group and the Field Hospital, self-supporting, with their own self-defence elements. It is why we rotated the CF-18 crews on a regular basis, and why we insisted on their taking the time they needed to train before accepting a new role.

In summary, I respect your wish to dissociate yourself from what we have been seeking to achieve over the last couple of years, given your concern about the reductions being proposed and your understandable loyalty to the Navy in whose ranks and on whose ships you have served for so long, and which you commanded with such distinction. ...continued on page 12

TOTEM TIMES

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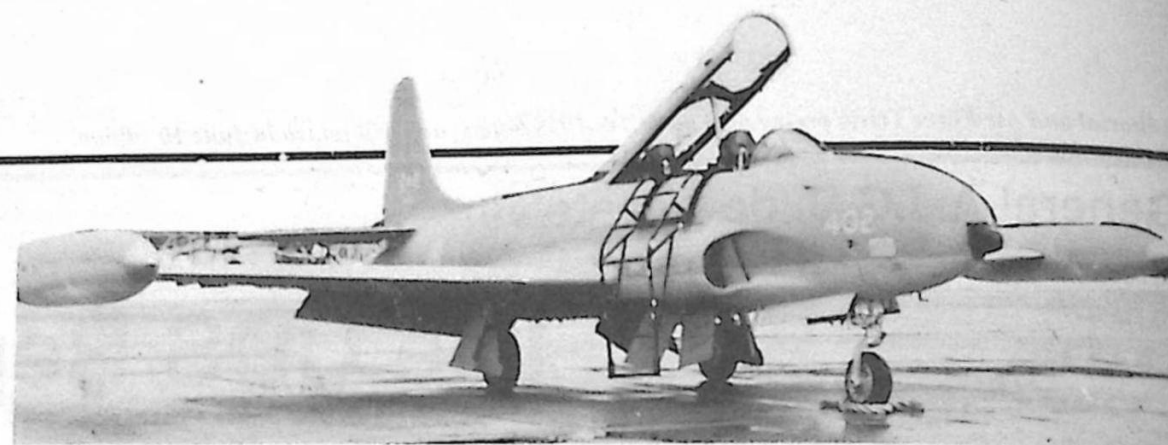
Section News

407 Squadron

With Maintenance finished their inspection on 118, they decided they needed a much deserved break, so on sports day they tangled with the champions from Engine Bay in a friendly game of softball. Unfortunately, Engine Bay didn't fare too well, even with Sue's pitching and hitting and our superstar, Bob Marshall's outstanding outfield catching talents. Speaking of standing, Bob's wasn't standing too well that night after spraining his ankle during one of his great catches. We all wish him a speedy recovery. Maintenance won this time with a 26-23 victory, last week the crew from Engine Bay got shipped down to Moffat along

with their spare engine to do you-know-what, you-know-where, for 4 lovely days. Speaking of trips, Sue's off on another trip, this time to Scotland. Lucky Demon.

All the best wishes go to Phil Green on his recent posting to 427 Sqn Petawawa where he will be working on the Kiowa/Twin Hueys. Taking his place is Eric Bisson from 3 CREW. Welcome aboard, Eric. Rumor has it WO Erin will be getting the boots from Engine Bay to who knows? And WO Warriner is posted to Cold Lake in July. Who will be the lucky new WO in Maintenance? Stay tuned to the Totem Times.



VU33

Once again it is time to sit with pen in hand and put all of the facts and gossip into some kind of order. A good place to start would be with our Section baseball teams as they affect almost every member of our Squadron. Both teams are off to fine starts. The fastball boys going 2 and 2, and the slow pitch team with an undefeated record of 2 and 0. I suspect that these results are due in part to the outstanding performances of our new 'pitchers'. Boyd (Sizzle) Russell hurled a no hitter in his debut (slow pitch) or at least he swears he would have if the other team had shown up. Mark Keller pitched his first ever fastball game, and had the spectators in a total state of amazement as he unleashed a couple of his secret weapon pitches -- the Keller Riseball. In an unrelated incident, three separate requests for higher backstops were submitted to CE the following day.

Now on to some crew news. Dave Saborin is the proud owner of a newer model 4X4 Yumobile. It must be part of his new image now that he is back on 2 Crew. Larry Sheppard is away on his TQ6A Course and Harry Weeds is back from his HHT. Paul Nolan must be fighting fires in

some very rough country lately from the looks of his spider web windshield and semi-broken rear bumper. Hey, maybe there is a story hiding here somewhere!

One Crew is facing some changes in the near future, one of which will see Ted Town heading to Edmonton. There is a farewell party planned for next week which should make for some interesting reading.

Lately we have noticed a couple of people moving in slow motion around the hangar - Chris Brousseau from sod laying and sunburning, and Joe Reynolds with some pulled muscles that he extracted while racing a bed down Dunsuir Avenue in Cumberland.

Dan Finnegan returned from his HAI and is now running around looking for an empty back seat to fill - one way or another. Mike Jameson just completed his first back seat ride. He says he wants the front seat next time. One other maintenance note - Reiner Roedger turned out for his last parade in such exemplary form that he was excused from that parade. However, a reliable source informed me that he felt so guilty about missing the parade that he sort of volunteered to do a

few extra duties (the very next day). One final tidbit worthy of mention - Tony Hernandez would like to announce that he is a Blue Jays fan.

From the offices we have Miriam Renaud leaving us for ABATS some time in July. This has a lot of people wondering who is going to fill the title 'Tech Becomes Typist'!

In a small get together the other day, it was determined that WO Boutilier's favourite sentences always begin, "I would like to know why...?"

Time to get serious for a moment. Everyone in the Squadron would like to wish Yves Bernard a speedy recovery and would also like to express our most sincere sympathy to Marc Pilon on the loss of his Dad.

To close this week's news, it seems that the budget cutbacks are affecting us all in one way or another. Poor Monty hasn't been paid in six months. Don't worry Monty, I've looked into this and they told me - "The cheque's in the mail."

Gotta go. The leave pass in my pocket says 'Hello San Francisco'. See you in two weeks.



442 Sqn

SAR Roach

by Sgt Caughey and MCpl Poirier

On 08 May 91, Labrador 310 departed CFB Comox at 0930 hrs on what was supposed to be a routine training flight. When at 1003 hrs Maj Mackay heard a faint ELT (Emergency Locator Transmitter), although we thought someone was testing their ELT (which is permitted between 5 min to 15 min after the hour), we decided to home it anyway. It soon became apparent, due to the ELT signal getting stronger and it now being 1015 hrs, that someone might indeed be in trouble.

As we came through the Valley, sure enough there was a plane crash, a Single Otter on floats, on the side of a mountain with survivors crawling out of the debris. Fortunately, we were able to land on a logging road not too far from the crash site. Our SAR Techs, MCpl Vatheuer and MCpl Brown, departed the aircraft on foot to the crash site. Before long we were advised that there were 11 people on board. All had miraculously survived. In the meantime, the RCC (Rescue Coordination Centre) was advised, and Labrador 318, which was training in the Vancouver area, was dispatched to assist in

the evacuation of the injured.

It turned out to be a very busy afternoon, with everyone on the crew pitching in, helping to lug equipment and stokes litters to the crash site. The 4 SAR Techs, from 310 and 318, were kept busy stabilizing the patients, and with the help of the rest of the crew six people were able to make their way from the crash site to the helicopter. We then hoisted one of the most critical patients on board the Labrador. In the meantime, MCpl Poirier remained on the ground to assist the SAR Techs while we departed for St. Joseph's Hospital, and then to the Base for fuel.

While in the crash site and assisting the SAR Techs, MCpl Poirier recounted a vivid and touching incident.

"She was the only woman on board the Single Otter, while I was helping the SAR Techs I noticed that she was very nervous. She was prepared to go up in the stokes litter when she queried me about the safety of the hoist procedures. Being a hoist operator I tried to reassure her the best I could. I told her that we do this for a living and in the safest possible way. As the SAR Techs were

hooking up the stokes litter, I noticed that pools of tears were forming in her eyes. I gently patted her foot and nodded to her saying, 'It will be all right'. She seemed more relaxed acknowledging my gentle reassurance."

Soon 318 moved in to hoist up the next two patients, followed closely by 310's return to pick up the last two patients, then both helicopters made their way to St. Joseph's Hospital. All in all, I must say that this was a very enlightening experience for everyone. It is not often that the entire crew is so closely involved with the crash site and survivors. This is one successful mission that we will not soon forget.

Crew of Aircraft 310

Maj Mackay, Plt
Maj Greenaway, Plt
Sgt Caughey, FE
MCpl Poirier, FE
MCpl Vatheuer, ST
MCpl Brown, ST

Crew of Aircraft 318

Capt Suter, Plt
Capt Kotanko, Plt
Sgt Fisher, FE
MCpl MacGregor, FE
Sgt Koronko, ST
MCpl Shepard, ST

More 442 Sqn

On 18 Apr 91, 442 Sqn held its annual mess dinner at the Jr Ranks Mess. Not only was it an opportunity for the whole Squadron to enjoy an evening of fine dining and comradeship, but it also provided an occasion for presentations to be made. Sgt Callaghan was presented an ATG

Commanders Commendation, Lt Carrier was advised of his promotion to Captain, and Cpl Sharpe was congratulated for becoming the 442 Service Person of the Quarter. In addition, Operational Jump Certificates were presented to MCpl Burton, MCpl Denninger, MCpl Shaw and MCpl

Vatheuer. The 'Golden Eye Ball' award, for spotting crash sites while on search, was presented to Sgt Kelly, MCpl Trevors, and Cpl Daigle. Our exchange officer Lt(N) Holm, received an United States Coast Award citation and MCpl Isaacs received an Aerobic Excellence seal.

Officers Ladies

Goodbye 'til Fall!



We had a super turnout at the Officers' Mess ladies Club for the farewell dinner. All who attended were treated to good food and good times. A walk through fashion show entertained us throughout dinner and some of us got entertained from other people....

A special thank you to everyone who made our last function a great success; the kitchen and bar staff, our waiters, Col McGee, Lt-Col Chester, Lt-Col Cloutier, Maj Beth, Maj St. Germain and Maj Postma. Also thanks go to the shops: Kids Only, Clothing Club, Balance Fashions, Fashion Express, and Weekender.

The elections were run and congratulations go to Jan de Moor

our new President. She has a great team for the 1991-92 season:

Vice President, Joanne Walsh;
Treasurer, Diane Trupen;
Secretary, Paula Shimp;
Entertainment, Natalie Verville;

Welcoming, Lori Grenkow;
Publicity, Wendy Kampman;
Bridge, Joanne Sealby;
Associate Volunteer, Barb Vermette

We still have openings for Co-Convener, Refreshments and Telephoning. Please come out and support the Ladies Club.

The evening had many surprises. I think the most

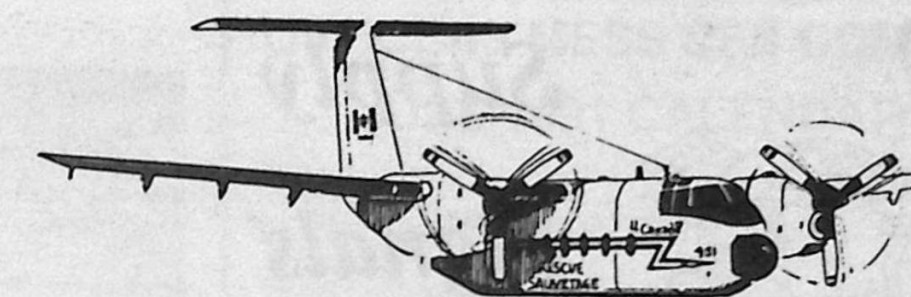
memorable one was to Barb Vermette. Col McGee presented Barb with a plaque for all her past services and volunteer work with the Mess. Keep up the good work, Barb! Barb was surprised - it was the first time we've seen her speechless.

To the past executive, we would like to say thank you for all your time put in this past year.

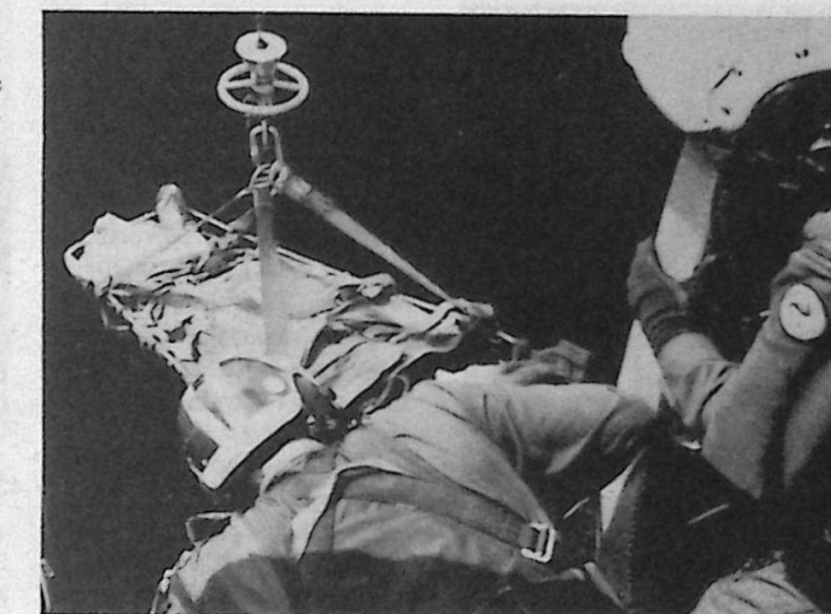
And a special thank you to our Honorary President, Donna McGee, for being there. She's been a good friend who supported our club.

We hope to see everyone this September for our Wine and Cheese. Have a nice summer. See you 18 Sept at 7:00 p.m.

Section News



SAR Roach in pictures



Stokes litter entering the Labrador.



The crash site near Port Alberni (reprinted by permission Vancouver Province Newspaper, photo by Les Bazso).



Labrador 310, in the hover, prepares to hoist a Stokes litter from the crash site.

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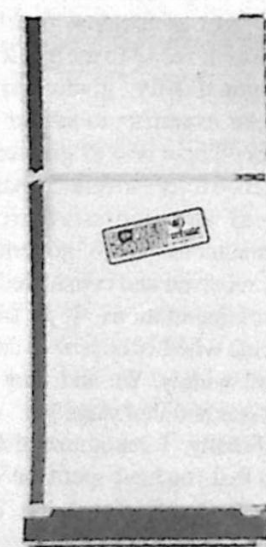
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BC Hydro



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NEXT DEADLINE 10 JUNE

Section News



Supply Signals



MCpl Ayotte

The Canadian Forces is a large but closely knit family. We meet many new and exciting personalities along our travels. We gather memories like photographs filling the albums of our consciousness. Along those seemingly endless trails, we also have to say goodbye to our friends and wish them success and happiness. Today is such a day.

MCpl Ayotte was born on 15 May 47 in Apsley, Ont. He attended Port Hope High School and at the tender age of seventeen, he enlisted.

His first posting was to 2 RCR, London, Ont. where he began very intense training as an infantryman.



Ripples from the beaver pond

Ripples from the Beaver Pond. It has been a quiet spring around here so we haven't had many rumours to spread. Roll-over passed with a few minor glitches that we have been able to smooth out. Many thanks to all involved for a great team effort.

The CEOR would like to welcome Cpl Harold Smith to our flock. Cpl Jayne Rimmer has taken over as Production Scheduler and MWO Cec Perry has returned from Damascus to assume the duties of our PlanO.

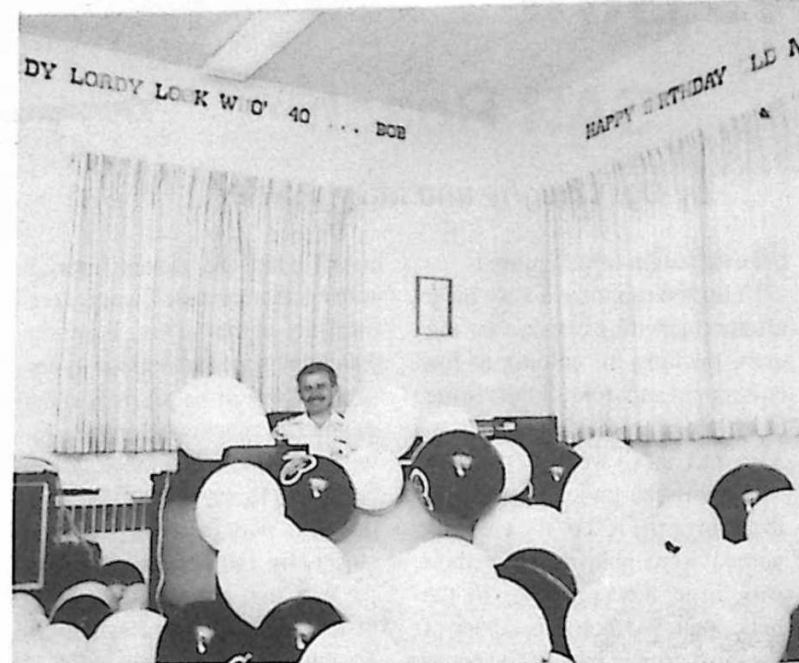
Congratulations are in order for our newly promoted Requirements Officer, Capt Kevin Mercer. Rumour has it that Captains don't make mistakes, so we'll have to see whether this prophecy is true or not. "Captain Highliner" was greeted with an office covered in fishing nets and hip waders, courtesy of a certain MWO (no names!). He also

received wine, chocolates and balloons from his loving wife, Julie. Our BCEO was also greeted by an office covered in balloons, streamers and "Buddies" recently, in celebration of his wedding anniversary. Congratulations, Sir, to you and your wife and we wish you many more happy years together.

Just a note in passing to the UtilO: If you see a certain garbage can lid, please return it to the canteen so Sue won't think she's "lost it".

Welcome aboard Lt Rod May and wife Donna to the illustrious Base Fire Chief's position. Hope your tour here is unmatched. A warm welcome is also extended to Cpl Snook and Pte Payne, who have also joined the Firefighters. MCpl Smith has returned from his QL6A so I'm sure he'll be put to the test to see how much he retained from his course and Cpl

Happy Birthday!



Lordy, Lordy, the B Sup O's "40"! Does this look like a Staff College Candidate???? Maj Bob Piercy celebrated his 40th birthday recently.

Shipping, Tool Crib and Vehicle Spare Parts. CFS Holberg was a short tour as it was an isolation posting. Shortly thereafter, he was transferred to Moose Jaw where he worked at Clothing Stores for the entire duration of his 4 year stay.

MCpl Ayotte was again posted to 2 SVC B. Petawawa from 1987-1990. In between this tour, he had the opportunity to serve in Baghdad, Iraq. It was here that he recalls a case of beer being fifty American dollars. Finally, in May 1990, he was posted back to Comox. He worked once again at 1 Supply Group, Rations, General Stores and MPO.

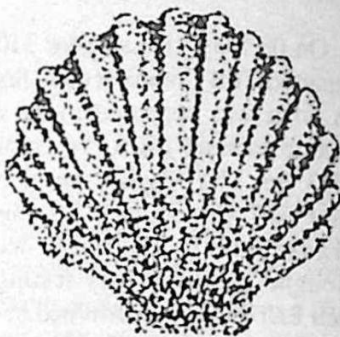
MCpl Ayotte has been married for 18 years and his wife's name is Margo. His daughter, Andrea, is 15 years old. His hobbies are stamp collecting, golfing and fishing.

From 1981 to 1983 he was posted to CFS Holberg. He performed a variety of jobs including

We asked MCpl Ayotte to contribute some memories and he jokingly said that they were all unreportable. However, rumour has it that he and Col McGee are on a first name basis...

We are going to miss his laughter and his good sense of humour. We wish him and his family continued success and happiness.

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The Census of Agriculture helps ensure the following:

- All operators, including women, in agriculture will be recognized for their role as decision makers.
- Information will be used to defend farm interests in international trade negotiations and disputes.
- Farm organizations often use this information to present their cases to government.
- Many government stabilization and price support payments are directly or indirectly based on analysis of the information.

Together, the confidential information gathered in the Census of Agriculture and the Census of Population will ensure that you and your farming community get your fair share of agricultural services, as well as funding for schools, hospitals, roads, vital social services, and rural development. With you, the Census makes good sense.

If you haven't received your Census of Agriculture form, please call toll free, 1-800-465-1991. Call for HELP from 9 a.m. to 9 p.m., Thursday, May 30th through Friday, June 7th (excluding Sunday).

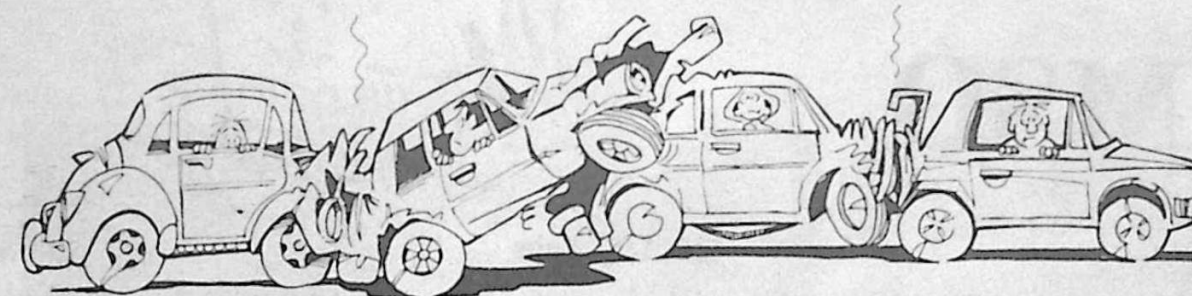
1-800-465-1991



Statistics Canada

Canada

MSE SAFETY



Safety Maintenance Saves Lives

Surveys and studies show mechanical malfunctions are directly responsible for nearly 10% of traffic accidents. The magnitude of this figure becomes apparent in Canada's accident statistics which show that more than 5,800 people die, 200,000 are injured and there are about 600,000 total accidents on public roads every year.

The owner or operator has a legal and moral responsibility to make sure the vehicle is in safe operating condition. Keeping the vehicle in top-notch operating condition is especially important in emergency driving situations where there is no leeway for anything but the best performance both by the driver and the car.

The safety items listed below do not constitute a complete safety check but they are important items that can be checked by the vehicle operators.

Lights:

Check all lights to determine if they are working properly and free of dirt.

Windshield Wipers and Washers:

Test for good cleaning action and smooth operation.

Horn:

Check for serviceability.

Instrument Panel:

If any of them indicate trouble, do something about it.

Safety Belts:

Check operation of take-up reels, buckles, and serviceability of safety belt harness.

Tires:

Always check the tire pressure

when the tires are cool. Keep tire pressures balanced correctly. For heavier loads, adjust tire pressures within the limits stated on the tire.

Battery:

Keep fluid at the recommended level. Keep battery clean and remove corrosion from battery terminals.

Steering:

Check belts, ensure power steering fluid is at correct level. Check tires for uneven wear which indicates improper steering adjustment. At the first sign of any steering fault the vehicle should be taken or towed to a garage.

Window Glass:

Keep all windows clean on both sides so that you will have the best possible vision.

Rear View Mirrors:

Keep clean and properly adjusted to provide a clear view of traffic.

Locks:

Door, trunk, and engine hood locks should be in good working order.

Defrosters:

Test for serviceability and operation.

Sun Visors:

Maintain arms and brackets in good working order.

Brakes:

Indicators of trouble are: a low fluid level in the brake master cylinder or a spongy feeling in the brake pedal; locking of any one wheel upon brake application; and too much brake pedal travel before becoming operative.

Radiator:

The front of the radiator core should be kept clear of any obstructions and coolant should be kept at the correct level and strength.

Oil and Coolant Leaks:

Watch for any indication of loss of liquids under vehicle after parking. And check dip sticks regularly.

Exhaust System:

When driving in a closed car, be alert for drowsiness, light headedness, or headache. Those are the first symptoms of carbon monoxide poisoning. Stop immediately, get some fresh air, then drive with windows open to the nearest garage and have it repaired.

Drivers Statement of the Month

I thought my window was down, but found it was up when I put my hand through it.

Safety quiz

QUESTION:

When your right wheels run onto a soft shoulder what is the best way to get back on the highway?

- Apply brakes.
- Reduce speed by taking foot off gas pedal, turn back when the vehicle is slowed and the way is clear.
- Steer hard to the left.
- Apply brakes and steer hard to left.

ANSWER: "B"

As the Wheel Turns



First of all, I feel a need to apologize to all my loyal fans who religiously read my column every two weeks and regrettably found to their dismay that I slacked off and didn't submit anything in the last Totem Times. Yes, both of you, and you know who you are!! It doesn't really matter that I went to the greatest lengths to try and protect the whereabouts of all the distributed papers which mysteriously went missing. I don't even mind that you dirty rotten informers (I mean loyal fans), brought this to the attention of my boss, because now I can live with myself again. It was just like MWO MacNair said, the extra training has lifted the shame and my conscience is clear.

MSE Safety Section has been

experiencing the height of modern technology ... of another era that is. The antiquated computer system recently bestowed upon them has proven to be a provocative test of man versus machine. I don't really know how old it is because it conveniently arrived without a manual, but I did notice that they've been vigorously taking turns on the stationary bicycle which appears to be its main source or power, so you'll have to take it from there. After much confusion in trying to figure this piece of kit out, MCpl Streeter and MCpl Pitre eventually turned to WO Kayes, who amazingly admitted that he had one just like it when he was a wee lad. So as long as he doesn't short out and safety Linda's legs hold

up, they figure it should be programmed sometime around Christmas.

I must send a hearty ha! ha! ha! to Sgt Willie Snider, the avid down home fisherman. He promised MCpl Dave Martin a day out in his new boat and insisted that he need not bring anything because he had everything in hand; everything except his tackle box.

You don't have to worry about MCpl Darlene Ritchie. She's been scrubbed up to the elbows, free of micro organisms in preparation of pending motherhood. The waiting was the worst and time sure took its toll. She was almost feeling contractions and she was only Linda's coach. Cpl Linda Burton finally had a 6

Section News

OFFICERS MESS CFB COMOX JUNE 1991 CALENDAR

Saturday June 1
FISHING DERBY - see calendar

Wednesdays June 5, 12, 19, 26

OFFICERS COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Fridays June 7, 14, 21, 28

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

Saturday June 8

FAREWELL BASH - see calendar

Saturday June 15

BEACH VOLLEYBALL - see calendar

Saturday June 29

FAMILY BICYCLE RALLY - see calendar

NOTICE: Notice a mistake in our monthly calendar? It may be put there on purpose for you to catch. If you see one, call our Mess Manager to receive points for prizes. You may also see gift coupons for future events. Look carefully and ...

Catch Me If You Can!!!

UPCOMING EVENTS ENTERTAINMENT

08 Jun.....Candlelight Dinner
15 Jun.....Beach BBQ

July.....Summer Break

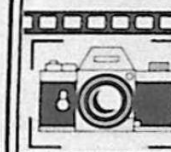
UPCOMING EVENTS SPORTS

01 Jun.....Fishing Derby
15 Jun.....Beach Volleyball Competition
19 Jun.....Mixed Golf Tournament & BBQ

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lb, 15 oz baby girl, arriving at exactly 2:39 a.m. Friday, 24 May 91. Congratulations from all of us at Base Transport on the birth of Candice Lindsey, Linda!

Pte Steve Cabana arrived here unexpectedly last week. Fresh in out of Borden, he's the newest member of our organization and we'd like to welcome him aboard.

Cpl Bob Fairfax, after 32 years of dedicated service, has finally decided to retire. You may not know him because he's been hanging out in our refuelling section since he got here. But believe me, he's a great guy and we're going to miss him. Good luck in your retirement, Bob!

NEXT DEADLINE 10 JUNE NOON

Section News



BAMSO



NDT

NDT has once again been asked to inform you on all that's been happening, and since posting season is here, that's where I'll start. MCpl Dan Duchesne is heading for the wilds of Northern Quebec - in other words, his posting to Bagotville has arrived. This means he will be only an hour from his home town, so he's definitely looking forward to moving.

On the way in from Baden is MCpl John Stewart, and we're not sure how he'll handle two tough postings in a row, but we hope he'll enjoy himself. Welcome John! Tony Granter, formerly of 407 Sqn is joining us directly from his NDT course and will be a welcome addition to the shop. Welcome back Tony!

Bert has still not managed to get his boat in the water. He keeps telling me "next week". However, I'm convinced that it won't be long before he starts chasing the elusive Spring and Coho. Be sure and call us for the barbecue.

I heard Rick had a party at his place on the weekend. When asked how it went he replied, "I don't know. I wasn't there." Because he left his two trusty guard iguanas on duty, he wasn't even worried about damage. Rick has a rather unique way of doing things - all right?

I just returned from a spring vacation in the holiday capital of Canada - Lilloet, BC and I had a wonderful time - truly. It's not as implausible as it sounds. I have always wanted to chase cows.

Bert and Rick have just returned from a job in Victoria and once again a Buffalo is eating up a large portion of our work hours with a brand new ultrasonic technique. It's starting to look like

it will be a very busy summer. Until next time ... say NO to CRACKS!

Base Armt

Once again a few words from the Armourers. It seems things are happening fast and furious lately. It's almost like being busy.

We are losing MCpl Murray. In fact as you read this she is probably halfway across Canada headed for Trenton. In her place we are expecting MCpl Ann Gale, arriving mid July from Europe. Cpl Mark Scott is driving in from Cold Lake and Pie Ledrew finally crossed Canada from the other coast to join his wife. It's not that Deanna worked hard enough for three people but she talked and ate enough for 3 and we can't afford to lose the revenue.

May should prove to be an interesting month. MCpl Patenaude and Cpl Fairbairn are both headed off to great old CFB Borden. Both have been requesting these courses for sooo longggg that they are overjoyed to be finally heading off for two fantastic advanced electronics courses (XG-9L). No toaster will ever be safe.

Left holding the fort is WO Turner. He's finally recovered from the Mag Explosive inspection and hopefully is getting his pool ready so we can have a celebration. Sgt Keays is still here keeping us in line and typing out resumes. Will Kuwait ever be the same?

Cpl Jones may be around too between his fishing and whale watching business. He even made a special EOD run to Little Tribune Bay to see what he could see. MCpl Corrigan will be busy

over the next couple of weeks; a reunion with his buddies from the beaches of Normandy. We hope he gets a better reception this time. (We don't mean to insinuate that Bernie is old but he used to polish Wolfe's boots on the field as a Cpl.)

In the meantime, we have also survived the MAF Explosive Inspection and the AMIT. The floors have never been cleaner.

EOD has stepped up their Explosive Safety Program by trying to get a message across to some of the kids in the local schools. If anyone out there has questions about this just give us a call.

Not much else from the TAZ. Until next time, keep your fuse long and your charge small.

I/E, I/S Labs

Here it is again - another report from the Lab. Believe it or not there is going to be a lot happening in the Lab this summer.

Rob Turgeon was promoted/demoted to an Officer Cadet. He is now in Chilliwack on his basic training course and is going to Royal Roads in the fall. Good luck, Rob!

Sgt Wayne Sloan, is soon to be a civy. As of 30 May 91 he has 39 more working days left before he retires. His replacement, Sgt Atchison, is due to arrive 15 Jun from Pat Bay.

Steve Wain is expected to be going on a French course somewhere, sometime this fall, but no official word has come through as of yet. Steve is getting a little

anxious because his replacement Cpl George Gebauer from Edmonton, will be here in July.

Simon Hutchins is still pedalling his way through life. He has placed no worse than fourth this year in any of his races. He thinks that he is doing well so far, but hopes to do even better as the season progresses.

Bruno Kocis was promoted to Cpl in April. Congratulations, Bruno.

Marc Fricker is the newest Tech on the IS side. He came from Borden in April.

Val Gemme is in the Lab on her ATAT rotation until Aug. Gord Grawbauger has just

continued on page 11

YES KIDS,
Now It's
Dad's Turn - help
us celebrate
Father's Day
we'd like to know about
your

'SUPER' Dad

Driftwood Mall
40 STORES TO SERVE YOU

The DRIFTWOOD MALL MERCHANTS are inviting children of the Comox Valley between the ages of 5 and 12 to tell us about their 'SUPER DAD'.

Competition will be judged by a member of the teaching profession in the Comox Valley and will focus on Creativity and Communication.

TWO PRIZES WILL BE AWARDED!

CONTEST RULES:
If you think your Dad is 'Super' then tell us why by submitting a drawing and no more than 50 words describing him.

Entries should state your name, age and phone number, as well as your Dad's name and phone number.

Entries must be submitted to the Administration Office in the Driftwood Mall no later than 5:00 p.m. on Sunday, June 9, 1991.

All entries will be posted in the Mall and prizes presented on Saturday, June 15 at 2:00 p.m. Both winners will be phoned.

Father's Day is Sunday, June 16th!

PRIZES!!!

FIRST Overnight Golf Package presented by Schooner Cove Resort in Nanossee and Square 1 Travel in the Driftwood Mall

SECOND Gas Barbecue presented by Driftwood Mall Merchants

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Driftwood Mall
40 STORES TO SERVE YOU

On and off base

More Soviet Visit

Signing an agreement



Canada's CDS Gen A.J.G.D. de Chastelain (above) and Soviet Union's CDS Gen M. Moiseyev, recently inked an agreement which will minimize dangerous military activities between Canada and the USSR.



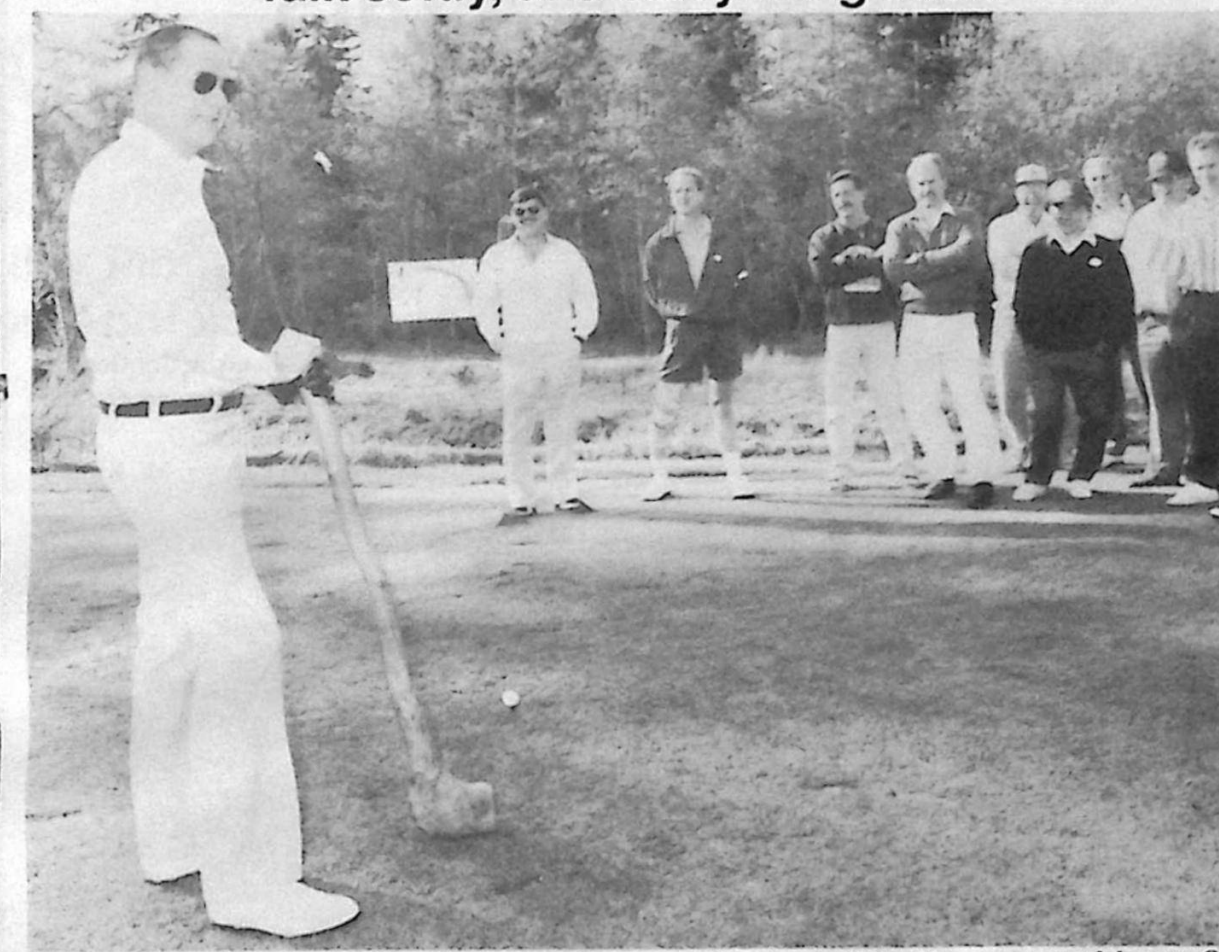
Glasnose



Gen. Moiseyev checks out the CF-18.

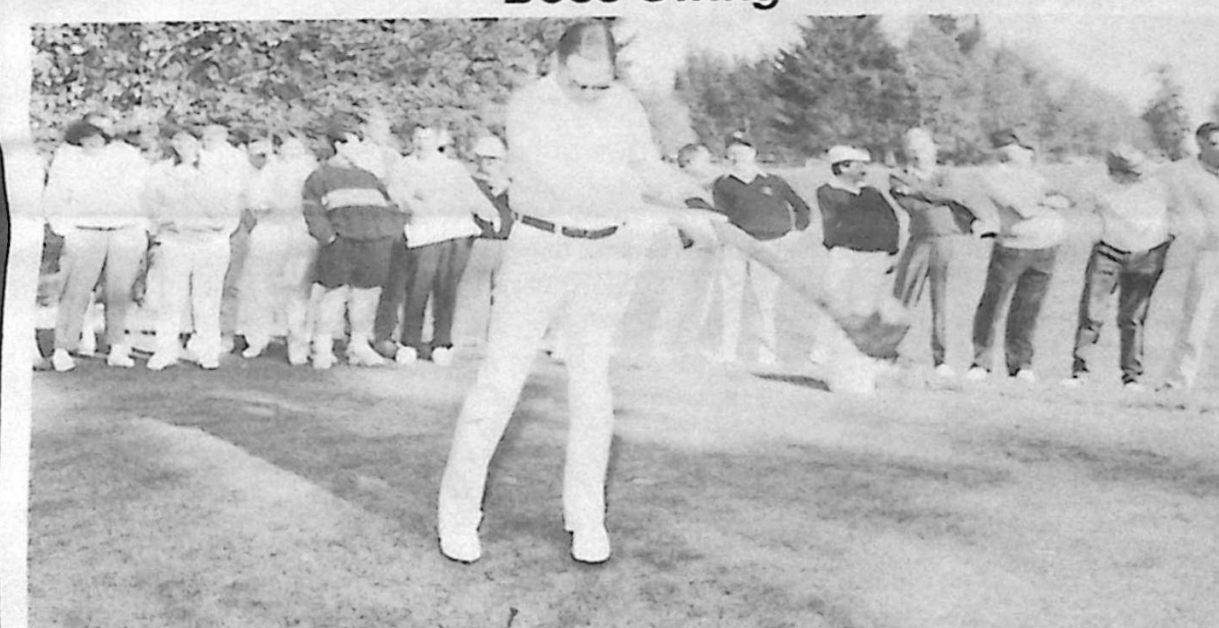
NEXT DEADLINE 10 JUNE

Talk softly, and carry a big stick



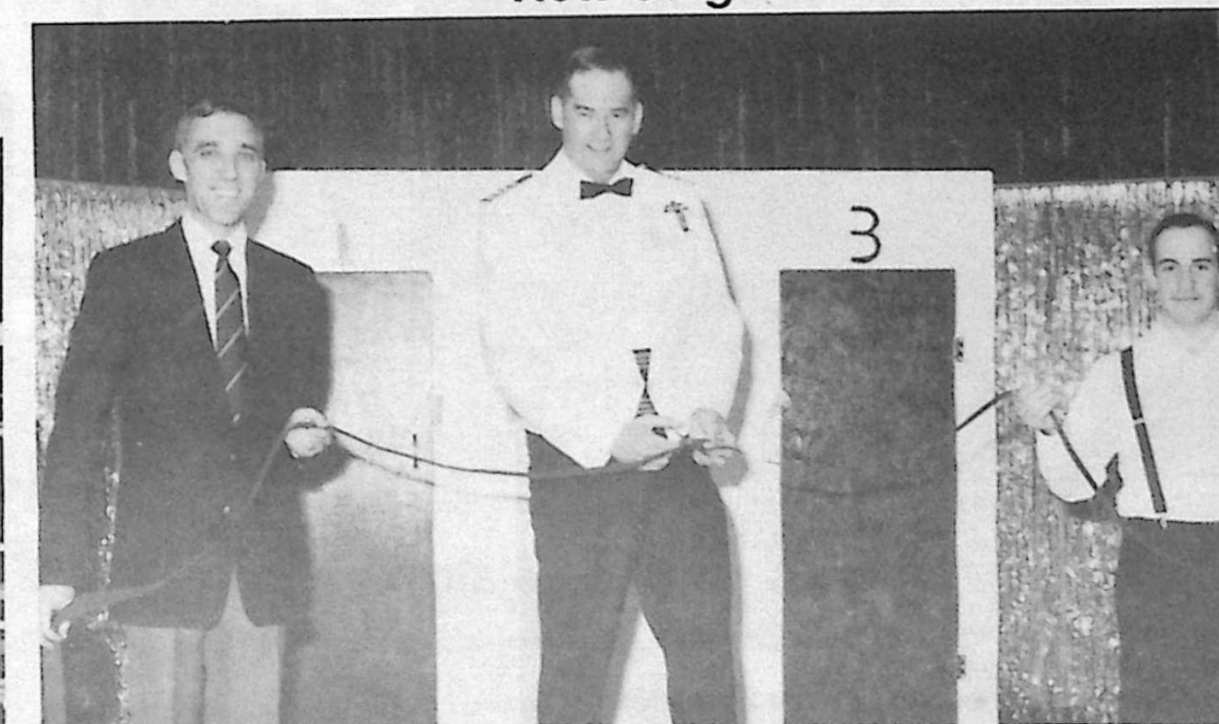
BComd Col J.E. McGee explains his forthcoming shot to the recent ATC golf tourney participants. Or was he laying the law down?

Boss Swing



Direction of heads and lonely tee indicates the BComd made his shot.

New Stage



New Officers Mess stage was opened recently, by the senior member.

More BAMSO

returned from Borden, where he was on a 2 week High Reliability Soldering course. He really enjoyed the course even though it was a challenge and the weather was hot and muggy as per normal. Gord's over all comment about his 2 week vacation was "It was HOT ... Darn HOT and WET

too!!"

Carl Dufour has gone on a 2 week SIT course in Borden (poor guy). After that he is off to Chilliwack to be a volunteer driver for 6-8 weeks.

Mike Lonigro, Rod Russell and Simon Hutchins have been studying vigorously for their

continued from page 10

ATAT exams in June. Wish them luck!!

Sorry to say that is all from the Lab this month. So we'll be saying goodbye. Have a great summer and don't forget, be careful out there, it's a tough world.

Tri-City Boot Repair & Sales
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Special Events

Soviet Generals visit CFB Comox

Soviet - CDS Visitor List

Soviets: General Moiseyev and Mrs. Moiseyev, Fleet Admiral Makarov, Col-General Kolesnikov, Col-General Malukov, Maj-General Zalomin, Col Vozlov, Col Getmakenko, Col Romanenko and Mrs. Romanenko and Maj Kelinin.

Canadians: General de Chastelain and Mrs. de Chastelain, Brig-General Goetze, Maj Fletcher, Mr. Kiriloff (interpreter), Lt-General Sutherland and Mrs. Sutherland, Col McGee and Mrs. McGee.



Distinguished visitors meet the Snowbirds.



A 50-man guard of honour performed superbly for the visiting Soviets and CF visitors.

More de Chastelain

But I do not accept the arguments that you have made nor their conclusions. I believe that the senior leadership of the Canadian Forces, and of the Department, has responded well to changing geopolitical realities and the difficult fiscal challenge which our nation faces. I believe that leadership involves more than the defence of parochial interests. We are challenged to keep in mind, above all else, the interests of Canada and of the individual men and women who serve in the

ranks of Canada's Armed Forces.

At a time when the Canadian Forces are held in higher public esteem than for many years, when they have demonstrated that they can prevail in spite of much-publicized and longstanding equipment deficiencies through the motivation and training that you and others like you have instilled in them through many years of unselfish leadership, I find it particularly unfortunate that you should choose

...continued from page 5

this moment, a few months before we launch you with sincere acclaim into your next career, to make this unhappy gesture.

All that said, I shall miss your counsel, your leadership and the friendship we have had over the years. I wish you much success and happiness in the future.

(Signed)
A.J.G.D. de Chastelain
General

Checking out the CF-18



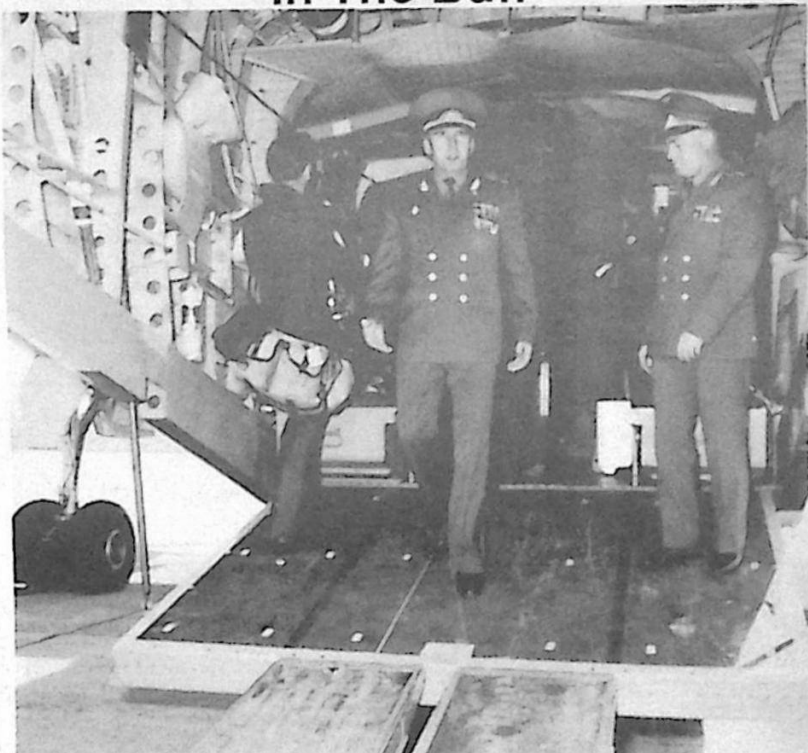
Soviet Air C.O.S., Col-General A.I. Malukov, checks out the CF-18, with pilot Capt Gerry McKinnon (L), Commander Air Command Lt-General F.R. Sutherland (R).

A gift for Mrs. Moiseyev



Mrs. Moiseyev (L), receives a gift from Mrs. Donna McGee, with Mrs. de Chastelain and Mrs. Romanenko present.

In The Buff



Soviets check out 442's Buffalo T & R aircraft.

Do Svidanya!



Gen Sutherland, Col McGee and CWO Doherty give a farewell salute as the Cosmo taxis out.

Feature

Pioneer Sports

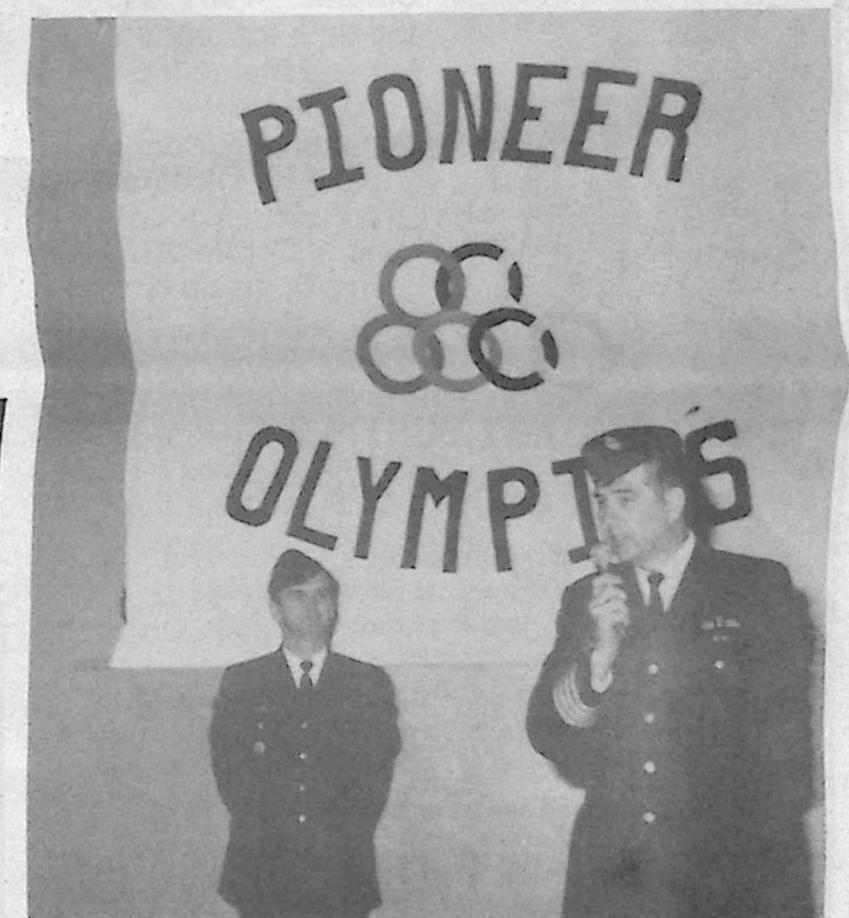
Old-timers impress at Comox Valley Pioneer Olympics, held at CFB Comox on April 25.



Below and R: The Base Commander and Base Chief were kept busy presenting awards to the many fests competitors.



Piping in the colours and competitors.



Leisure



**888 (KOMOX) WING
RCAFA**

CALENDAR OF EVENTS MAY AND JUNE 1991

THUR 30 MAY - AFIS - HERITAGE NITE.
Come out and meet the **NEW BLUE**. 7 p.m.

COMING EVENTS FOR JUNE

SAT 01 - HAWAIIAN NITE
SAT 15 - SPRING GOLF TOURNAMENT
SAT 29 - Start of the weekly STEAK BBQS

DND AND MILITARY PERSONNEL WELCOME
WING HOURS OF OPERATION ARE AS FOLLOWS:

Thurs 11 a.m. - 6 p.m. (except AFIS nights)
Fri and Sat 11 a.m. - 1 a.m.

***PLEASE NOTE the 3rd Fri and Sat of each month are now "NON-SMOKING" evenings in the Wing. Come out and support your Wing.



Summer's here, and the time for outdoor fun and friendship is upon us. For functions, parties & group BBQs, contact the Glacier Greens Social Centre. Any size of group is welcome.
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INFO 8720

B.C. Bestsellers

Week Ending: May 19, 1991

Produced: May 21, 1991

(Brackets) represent last week's position

FICTION

- 1 (1) Seeress of Kell.....Eddings
- 2 (4) Possession.....Byatt
- 3 (6) Lives of The Saints.....Ricci
- 4 (5) The Druid of Shannara.....Brooks
- 5 (2) Elephant Song.....Smith
- 6 (9) Disappearing Moon Cafe.....Lee
- 7 (7) As the Crow Flies.....Archer
- 8 (3) Heartbeat.....Steel
- 9 (8) The Plains of Passage.....Auel
- 10 (-) The Difference Engine.....Gibson & Sterling

NON-FICTION

- 1 (1) Lighthearted Everyday Cooking.....Lindsay
- 2 (2) Iron John: A Book About Men.....Bly
- 3 (10) The West Beyond The West.....Barnan
- 4 (8) Life After Death.....Harpur
- 5 (3) Nancy Reagan.....Kelley
- 6 (5) The Wealthy Barber.....Chilton
- 7 (-) Homecoming.....Bradshaw
- 8 (-) Bad Trips.....Fraser, ed.
- 9 (6) Breach of Promise.....Leslie
- 10 (4) Dance of Intimacy.....Lerner



Christine Mayer

This is the time of the year for rhubarb. Rhubarb is good of course in pies, stewed and jam, but is also good in cakes. These are a few recipes I am sure you will like

A super lady and super cook, Jean Scarff, donated the following two recipes:

Rhubarb Cake

1/2 cup shortening
1 1/2 cups sugar
1 egg
1 tsp vanilla
1 cup soured milk (add lemon juice to fresh milk)
1 tsp soda (dissolved in milk)
2 cups white flour
2 cups finely chopped rhubarb

Method:

Beat shortening, add sugar slowly till light and fluffy. Add egg and vanilla. Alternate flour and milk additions. Add rhubarb and mix evenly. Pour into greased and floured 9" X 13" pan. Cut 1/2 cup brown sugar, mixed with one tsp cinnamon and two tbsps butter until crumbly and sprinkle on top of cake. Bake one hour 350° oven. Cool on rack.

Rhubarb Crisp

4 1/2 cups chopped rhubarb
3/4 cup sugar

Country Kitchen

Rhubarb Recipes

1/4 tsp cinnamon
4 tbsp butter
1/3 cup brown sugar (firmly packed)
1/3 cup flour
3/4 cup rolled oats

Method:

Place rhubarb in greased baking dish 1 1/2 qt size. Sprinkle with sugar and cinnamon. Cream butter, add sugar gradually. Blend in flour and oats. Spread over rhubarb. Bake 35 - 40 mins. at 375°.

Rhubarb Upside Down Cake

Bottom part:
1/2 cup butter or marg.
1 1/2 cups white sugar
2 eggs well beaten
3 cups flour
4 tps baking powder
1 cup milk
1 tsp vanilla
Dash salt

Middle part:

4 cups rhubarb (cut fine)
1/2 cup white sugar
1 pkg (3 oz.) strawberry jelly powder

Top part:

1/4 cup flour
1/2 cup brown sugar
3 tps butter

Method:

Cream butter adding sugar slowly, until smooth. Add milk and vanilla to beaten eggs. Mix together flour, baking powder and salt. Alternate flour and egg mix to butter mixture, ending with flour. Pour into 13" X 9" pan. Add rhubarb mixture. Mix the top part until like crumbs. Sprinkle over rhubarb mixture. Bake in 375° oven approx. 45 mins.

Note: The strawberry jelly powder in with the rhubarb gives a super flavour to the cake.

Mint Jelly

The equivalent of a dutch oven of diced rhubarb (I used 5 qts)
1/2 cup lemon juice

Bring to a boil and simmer 1/2 hr. Add 1 cup fresh chopped mint. Simmer until soft. Pour in jelly bag and strain.

4 cups drained juice
7 cups sugar
1 bottle Certo

Bring juice and sugar to a full green food colouring. Skim. Bottle. Seal.

I got this recipe last year from Gayle Burt and it is really good. It goes great with lamb of course, but other meats too.



Thank you Teresa!

Gulliver's Tales has turned into Gulliver's Travels. Teresa McIsaac, our ace cartoonist, will soon be on the Coquihalla, heading east and then north to CFB Cold Lake, Alta., with her IE Tech husband. To say we'll miss Teresa is true enough, but her talented work will continue to appear in the Fishwrapper (and, we hope, the Cold Lake Courier, Sentinel and other military papers, if they know what's good for them).

Teresa's wit, topicality and fine hand is evident enough in her work -- we don't have to tell you how good she is, but we'll miss her Monday morning smile. Good luck in Cold Lake Teresa, and thank you...Editor and staff, Totem Times.

NEXT DEADLINE 10 JUNE



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- Tickets can be purchased by Cash or Acquittance Roll...on sale now

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- Cost will be \$3 ea. for Members and \$5 ea. for Guests
- Tickets on sale now by Cash or Acquittance Roll (at JRank)

NO DOOR TICKET SALES



Base Commander, Col J.E. McGee presents Sgt P. Callaghan with the Air Transport Group Commander's Commendation for his part in the rescue of a hiker and a medivac at Cypress Bowl on July 25, 1990.



442 Sqn CO, LCol J.E.G. Cloutier advises Lt J.P.A. Carrier of his upcoming promotion to Captain.



442 Sqn CO, LCol J.E.G. Cloutier congratulates Cpl S.F. Sharpe on his selection as 442 T & R Sqn Service Person of the 2nd quarter of 1991. Cpl Sharpe was selected for his outstanding dedication, maturity and keen interest in his trade.

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Health & fitness



ASK YOUR PHARMACIST

by Stephen Gill, B.Sc. M.B.A.
Director, British Columbia Pharmacy Assoc.
Community Pharmacist, Shoppers Drug Mart

These Drugs Hurt, Not Heal--1

As parents, you face the constant challenge of keeping informed about the various drugs that can harm your children.

Although most people know about the dangerous effects of alcohol, marijuana and cocaine, there are several less well-known drugs that should not be overlooked because of the threat they pose to young people.

Commonly referred to as "killer weed", "green", or "angel dust", PCP can have devastating effects on your child. Usually smoked in tobacco or marijuana cigarettes, PCP can distort reality so drastically for users that symptoms closely resemble those of mental illness. Users can become violent and destructive toward themselves and others.

LSD is also a hallucinogen that distorts reality. "Acid" is a liquid that is usually swallowed, often after having been placed in a sugar cube or blotter paper. Users can suffer from wide mood swings, and can feel fear, nausea and other forms of extreme discomfort. Results can be so severe that complete emotional breakdown can result.

Derived from peyote, a cactus that grows in the southwestern part of the United States, mescaline is another mind-altering hallucinogen. Sometimes called "mesc" or "cactus", mescaline is usually swallowed directly in thin slices or boiled in water which is then drunk. Users go into a dreamlike state, with heightened sensations and a feeling of unreality.

Pentobarbital, secobarbital and amobarbital - all classed as barbiturates - are drugs which have a general depressant effect on the central nervous system. Usually swallowed in pill or capsule form, barbiturates calm tensions and relieve anxiety, so they can quickly lead to dependency.

Heavy doses can impair judgment, cause drowsiness and confusion, and noticeably slur speech. Overdoses can result in death, and the risk is greatly increased when barbiturates are taken with alcohol.

Next we'll take a look at four more dangerous drugs you should know about. Once parents are better informed, they will be better able to prevent their children from using drugs. If you have any questions, ask your pharmacist for advice.

These Drugs Hurt, Not Heal--2

In the previous column, we looked at four dangerous drugs all parents should be aware of. By knowing what these drugs can do, parents can better protect their children against harm.

There are other dangerous drugs it pays to know something about. Quaaludes produce similar effects in the body as barbiturates. "Ludes" cause drowsiness and interfere with mental processes and coordination. Overdoses can lead to unconsciousness, lung and heart failure, and death.

Heroin, also known as "smack", "junk" or "horse", is an extremely addictive drug. It usually comes in the form of a white powder that is either injected after dissolving or sniffed into the nostrils. The drug affects the central nervous system, reduces the ability to feel pain and depresses the respiratory system. Once the user is addicted, withdrawal is very difficult. Heroin overdose can lead to coma or death.

Amphetamines are stimulants which affect the central nervous system. These "uppers" or "pep pills" are usually swallowed in pill or capsule form. Their general effect is exaggerated activity, irritability and nervousness. Some abusers can stay awake continuously for as long as six days, but the crash which follows when the drug wears off can be devastating.

Substances that are abused by sniffing fall under the category of inhalants. These include gasoline, airplane glue, paint thinner, dry cleaner solution and others. A euphoric high can be produced seconds after sniffing. Abusers can suffer impaired judgment and poor motor coordination. They can become abusive and violently dangerous to themselves and others.

Damage to the brain, kidneys, liver and bone marrow are often the result of prolonged abuse of inhalants. They may also produce irregular heartbeat and death by loss of oxygen.

Keep informed about the dangerous drugs that can harm your children. Your pharmacist can help by answering any questions you may have. He or she can also refer you to your local or provincial drug abuse authority should you require professional help.

**NEXT DEADLINE
10 JUNE - NOON**

info health

Dr. Bob Young

Pay and Pensions for Doctors

Pay and pensions for doctors. These are subjects that arouse public passions as quickly as any discussion of politics, women, or religion. Doctor's fees and retirement benefits have certainly caught the public's eye in British Columbia in recent months - but we must admit that politics have usurped centre stage at present.

Doctors in one province or another are, it seems, always in the throes of negotiating with their respective provincial governments over fees. In reality, it is not the fees that are being discussed - the fees are set by the provincial medical associations - but the lump sum of money to be distributed as fees for the work done.

Medicare, in the sense of having physicians bill provincial health plans for their services, is likely to be around for a while. (Not an iron clad assumption, as

some are predicting its demise). Assuming that it will continue the development of a less cumbersome form of fee negotiations is increasingly necessary.

Medical negotiations tend to be protracted, partly because most physicians are morally and ethically unable to utilize the strike weapon. And when they do, as they did in Ontario a few years ago, the result is chaos and bitterness, and no points are gained by the doctors.

Endless meetings, confrontational statements, and political maneuvering sap strength, energy, and funds. The BC talks lasted 27 months - far too long, especially when the final settlement was more a political than a negotiated one.

Provision of pensions for doctors is a contentious subject. We will not argue the pros and cons here, but will make the following

two points.

Doctors, like everyone else, must make financial plans for retirement. Being self-employed, they must put funds aside for this purpose - no one does it for them. RRSPs are, of course, available, but many physicians are well over 30 years of age before they can afford to contribute. The amounts allowed have been small and the accrual years too few.

In BC the government is putting \$25,000,000 into a benefit fund for doctors. Since most doctors are in a 50 percent tax bracket, they (collectively) would require \$50,000,000 before-tax money to buy the same pension.

And we are sure that the BC government would not be very happy seeing the second \$25,000,000 of their money go straight to Ottawa.

Devil's Advocate

Into the lion's den with this one. We will take a look at environmental issues, playing the part, at least to a minor degree, of devil's advocate.

Please don't misunderstand me - I am appalled with smoke-filled skies and greasy seas as the next person, and as aware as any of the disease-producing toxins that increasingly surround us. The possible state of the planet when my grandchildren reach my age worries me.

But I am bothered somewhat by the scare tactics that are employed by some environmentalists, particularly when the dangers of the pollutant of the day have not been fully, or even partially defined. Sometimes the emotions run high while the science is weak.

On occasion millions of dollars are spent fighting windmills that are not doing much damage

in the overall scheme of things. It has been stated that cleaning up the Expo 86 lands will save the life of one person per million over the next 70 years. That's about four people, at a cost of about \$8 million each.

A recent study concluded that dioxin is not nearly as dangerous to humans as earlier studies on rats suggested. If this true it will and could have major economic consequences.

Ecological disasters tend to be overplayed. The earth, although struggling these days, tends to be self-healing. The shorelines touted as being "destroyed for a century" following an oil spill are generally back to normal in 10 or 15 years. Recovery around Mount St Helens is far ahead of predictions.

Identifying and combatting pollutants and environment-damaging activities is important

for our individual and the larger public health. There are probably many more toxins out there, as yet unknown. But exaggerating and overstating the dangers, particularly when all the facts are not in, has the potential of weakening the credibility of the environmental movement.

Medical associations, including the British Columbia Medical Association, are active in educating people about environmental concerns. Their publications are well researched, conservative, and factual. They avoid the flamboyant and florid statements so frequently seen and heard in the media.

Most environmentalists are hard-working concerned people who deserve our thanks for their valuable work. A few are riding the crest, rumour-mongering and spreading unwarranted fear. You should learn to tell the difference.

Pledge Run for MP Blind Fund

MWO Ralph Murphy has again pledged to help the Military Police Fund for Blind Children.

MWO Murphy has completed two such charity runs in the past. He ran a 35 mile marathon in 1986 at CFB Greenwood. He single-handedly raised \$1,200 for the Military Police Children's Blind Fund. In 1988 he repeated his performance in mileage but more than doubled his pledges for our charity.

He has been running diligently for ten years. Running helps him stay focused toward his goal and maintains his competitive edge.

He has again generously chosen to run a forty mile marathon to raise pledges for the same cause. He would like to run a mile for every year that has passed him by.

His gruelling run commences at Gold River and ends at Tahsis for a grand total of 62.5 km. He

will begin around 0200 hrs 1 Jun 91. All of us at CFB Comox wish MWO Murphy the best and extend our support to see him through this extraordinary task.

If anyone wishes to aid this cause with pledges or participation, please contact the Military Police at local 8218 or pledges can be made at the Canex retail or Salvation Army Cafeteria.

THURSDAY 30 MAY 1991

THURSDAY 30 MAY 1991

TOTEM TIMES 17

On and off base

Back to the Battle for Antwerp

by Duke Warren

In early September of 1944, the Allied armies swept forward towards Germany. 21st Army Group, comprising the First Canadian Army and Second British Army under command of General "Monty" Montgomery, followed the Channel Coast north and arrived in Antwerp on the 4th of September.

There followed a short period of semi-confusion while priorities were sorted out between Monty and General "Ike" Eisenhower. Some important messages were delayed, which resulted in a serious misunderstanding and some hard feelings at the top level of command before final plans were in place.

The fighting to open the port of Antwerp was one of the decisive battles of the war and it cost the First Canadian Army 703 officers and 12,170 other ranks killed wounded and missing. 355 officers and 6,012 other ranks were Canadian, the others from Allied units under command of the First Canadian Army. In addition, other Canadians were lost in the Leopold Canal battle and the preliminary approaches.

During the period of 28th April to 3rd May this year, a group of Canadian officers stationed chiefly at Heidelberg and Ramstein, visited the Scheldt area for Battlefield Study 91. Each year that a battlefield study is carried out veterans, who were actually on the scene during the war, are requested to join the group and describe the events that took place from their own perspective. On some occasions, German officers have also taken part.

This year I was given the honour of joining the study group, as the wing and squadron I served with was very active in the battle

for Antwerp, providing air support. We were always prepared to give air cover against Luftwaffe attacks but in the Antwerp Battle our main task was fighter-bomber strikes and armed reconnaissance.

Arriving at Frankfurt Flughafen (a madhouse, busiest airport in Europe now), I was met by LCol Berntson, who many will know as he was once BOpsO at Comox. On Sunday there was a preparatory briefing at Heidelberg HQs, and on Monday we travelled by a super tourist bus to Antwerp.

This was the first time I had been in Antwerp since 1944, a gap of 47 years. During my last visit the V1 and V2 weapons were still falling, indeed a short time before I left in 1944 the Rex Cinema had been hit, killing 242 military and 250 civilians with another 500 seriously injured. 1,214 V weapons fell on Antwerp. (Talk about a Scud!)

We were billeted in a modest hotel and each day toured the battlefield. Representing the Army and contributing a great deal of personal detail was Brigadier General Denis Whitaker, who, in partnership with his wife, has done extensive field research and written a book about the battle. During the battle the BGen commanded a Canadian regiment. Also with the group and very knowledgeable about operations in the Scheldt area was Dr Bill McAndrew, historian with the Directorate of History, NDHQ.

During the four days in the Antwerp area we visited locations where the more important engagements had taken place: Breskens, the Leopold Canal, Knokke, Terneuzen, Westkapelle, (where the Walcheren dike was breached), Flushing, Beveland,

and Woensdrecht. In addition we stopped and paid homage to the fallen at Aldegem and Bergen-Op-Zoom Canadian military cemeteries. At the latter one, LCol Berntson found and stood before his uncle's grave who was killed while serving with a Saskatchewan regiment.

Sometimes we were accompanied by men who had been members of the underground and resistance movements in Belgium and Holland. On one occasion at a special dinner, a member of the underground found I had flown four sorties on 11 Oct 44 against the town of Sluis, occupied by enemy units. He approached me and said, "You bombed me!"

I naturally thought he might be rather upset about that but, no, he shook my hand and called up a friend who had been with him at the time, to come and meet me. We had a great chat going back over the details of those particular days.

Listening to the BGen tell of his regiments fighting and seeing the actual terrain over which the army moved made me again appreciate the fact I had served as an airman and not a soldier. But it also confirmed my sincere admiration for the Canadian soldier and the difficult task they faced in the clearing of the Scheldt.

It was interesting for me to compare at first hand the perspective of the Army view as opposed to the Air Force view. The BGen would show us his command post location, the location of his companies, the territory they fought over. It was a matter of yards in many cases, or a part of a mile. We in the air, on the other hand, were seeing the entire battlefield and beyond. This is not to degrade the

Army, I wish to state, but to emphasise the different way we look at the same battle.

Taking part in the Battlefield Study 91 was a great experience for me, it brought back many memories, some exciting and pleasant, some sad of course at the losses our wing and Army suffered.

The people of the Antwerp area are extremely grateful to Canadians for their liberation in 1944 and each year there are ceremonies to mark the occasion. 1994 will be the 50th anniversary and a special celebration is already in the planning stage.

On the 28th Nov 1944 the first convoy came up the Scheldt to Antwerp. Many dignitaries, both military and civilian were on board or on the dock. However, through some 'snafu' or otherwise, in spite of the great sacrifices of the Canadians to open the port, no senior Canadian was present.

A pity you say.

Valley Social Planning Project Coordinator

Heather Marinaccio has recently been hired by the Comox Valley Social Planning Council as a project coordinator. The 6 month project titled Healthy Communities will involve several steps. The first will be to gather information on the community. In addition to files of statistics there have been several needs assessments done which gathered the opinions of health and social agencies as well as community residents themselves. Marinaccio will also collect information on the services that are already being offered via local social agencies,

service clubs and others. The next step will be to identify issues that community residents want to work on. Marinaccio is hoping to attract people who have creative ideas on how to enhance the health of Valley residents. The last step will be to create new partnerships among health and social agencies, volunteer groups and members of the community. Anyone who has a question about the Social Planning Committee or the project may phone Marinaccio at 338-9374 days or Marie McNamee at 338-7928 in the evenings.

Junior Ranks Mess Upcoming Events

TGIF - 31 May - Euchre
This is the final TGIF until September

Fishing Derby starts 18 May until 2 July
Sign up at the Mess - Entry fee \$10.00

Rules available at Mess office
6 July dance with presentations of awards
Boat rentals available at Jaspers
So come and participate in the FISHING DERBY

Snack Bar will be closed as of 1 June for the summer months.

A new tender will be required for September.



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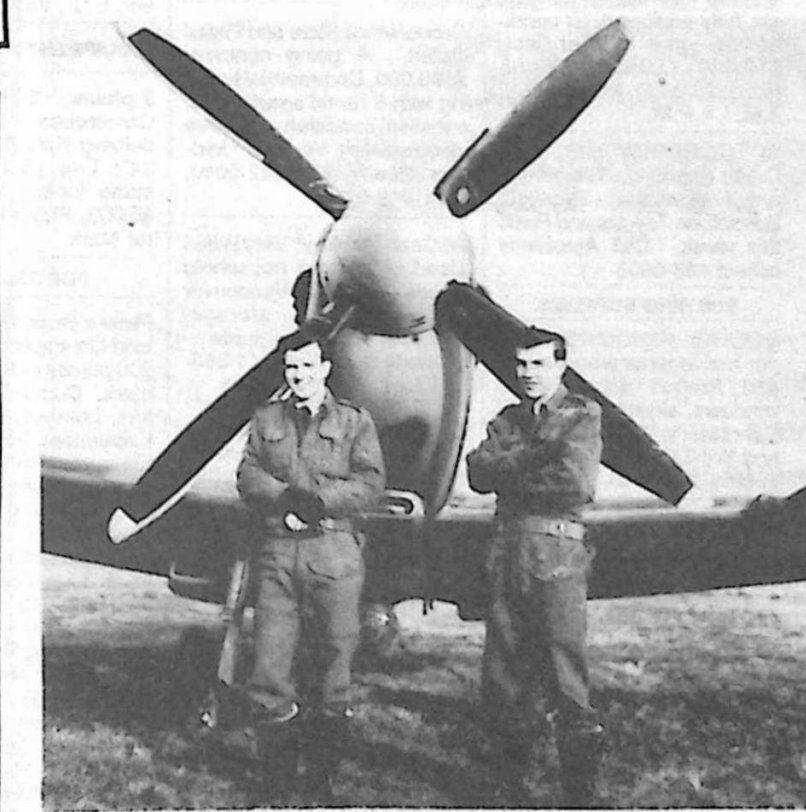
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Duke One and Duke Two



F/Lts B and D Warren, RCAF, known as Duke Mk I and Duke Mk II. Photo taken shortly after Falaise when both were Flt Cmdrs with 66 RAF Sqn. Aircraft is Spitfire Mk XVI with 500 lb bomb and two point five and two 20mm machine guns. Both are wearing British Army battledress with 'throw away' rank so in case of capture by front-line German troops they might be taken for ordinary British troops.

Public announcements



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Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease)

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

It's like slowly being buried alive.

The ALS Society is trying hard to remedy this situation. We assist patients, generate awareness and fund scientific research. We desperately need your help.

Local cadets will be at all Comox Valley commercial centres on June 1.

Please buy a Tag and support the crusade against ALS. For further information call Birdie Pilon, Comox Valley Coordinator at 334-2148(R) or 338-5424(W).

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HOLY EUCHARIST

8:00 a.m. and 10:00 a.m.
Fr. John Paetkau - 339-2925

JESUS IS LORD

Personal Exercise Program

A supervised P.E.P. class has commenced at the Base Gym from 0730-0830 hours, Mon thru Fri. All Base members are welcome to attend, however newcomers must show up on Tues or Thurs for proper P.E.P. instruction. Instruction will take approx half an hour and members should be dressed in proper workout attire.

Boat Launch Passes

Tee Pee Park Boat Launch Season Passes - 1991.

Boat launch season passes are now available by contacting Linda Rose, PMQ Secretary, at 339-8571. Passes may be acquired at the new community centre from 0800-1200 Monday to Friday. Once the seasonal caretakers are employed at Tee Pee Park, boat passes will also be available on location. The price for the 1991 season will be \$30.00 or \$3.00 per day.

Ball Diamond Bookings

The Base softball diamonds are not first come, first serve. They must be booked. Please forward a memo to the BPerO requesting the facility.

Accident/Injury Reports Sports Related

All CF 98/CF663 are to be staffed through the BPerO for his comments and documentation.



CFB Personnel Help Kick Off Fitweek

A group of CFB Comox personnel and dependants gathered at Zellers in Courtenay's Driftwood Mall at 10:00 a.m. on 26 May to help kick off Canada's Fitweek in the Comox Valley. The participants ran, biked and walked a distance of 10 km and dedicated their efforts to fund raising on behalf of Cystic Fibrosis. Their individual efforts raised sums ranging from \$10.00 to \$150.00.

The staff of Zellers, who sponsor the CF cause nationally, provided refreshments on completion of the event.

Best Video Renters Courtesy Superior Videos 450 Ryan Rd. Courtenay

Mermaid
The Rookie
Predator 2
Quigley Down Under
Avalon
Three Men and a Lady
The Punisher
Marked for Death
Bonfire of the Vanities
Graveyard Shift

Bowling

The Base bowling alley will be closed for the summer from 28 Apr until 15 Sept 91.

The league bowling has been completed and the bowling banquet will be held in the SNR NCOs mess on 26 Apr. starting at 1900 hrs.

Base Soccer Team Practice

Base soccer team practices have commenced at the Base soccer field. Practices are scheduled for Mon at 1600 hrs and Thurs at 1800 hrs. All team positions are open and anyone wishing to play is welcome to attend. For further info contact MCpl D. Rothermund loc 8315 at the Base Gym.

WO & SGTS MESS FISHING DERBY

Derby runs from Sat 8 Jun until Fri 14 Jun 91.

Register at the bar. Cut off for registration is 1800 hrs Fri 7 Jun. Cost \$3.00 per person.

Weigh in at MSE Dispatch. Categories: Mens & Ladies
1. Largest Coho
2. Largest Spring
3. Largest Trout
4. Many hidden weights
Prizes will be awarded at wrap up Bingo & Dance Sat 15 Jun 91.

Upcoming Events

Gigantic Mug-Out Fri 14 Jun 1530 hrs.
Wrap Up Bingo & Dance Sat 15 Jun 91 1900 hrs.

Close-Out

409 TAC (F) Sqn will conduct close-out ceremonies 21-25 Jun 91. All former members are invited to attend these festivities. Please contact event OPI, Maj B. Degagne. Tel No. (work) 011-49-7229-678167, (home) 011-49-7229-53388, FAX 011-49-7229-678836. "Media nox merides noster".



WATCH OUT FOR THE UP COMING EVENTS

GREAT JUNE SALE 12-22 JUNE

BURN THE MORTGAGE SALE 14 JUNE (VERY HOT SPECIALS)

TEEN-TOWN CAR WASH 15 JUNE BAKE SALE 15 JUNE

THANK YOU FOR SHOPPING AT CANEX

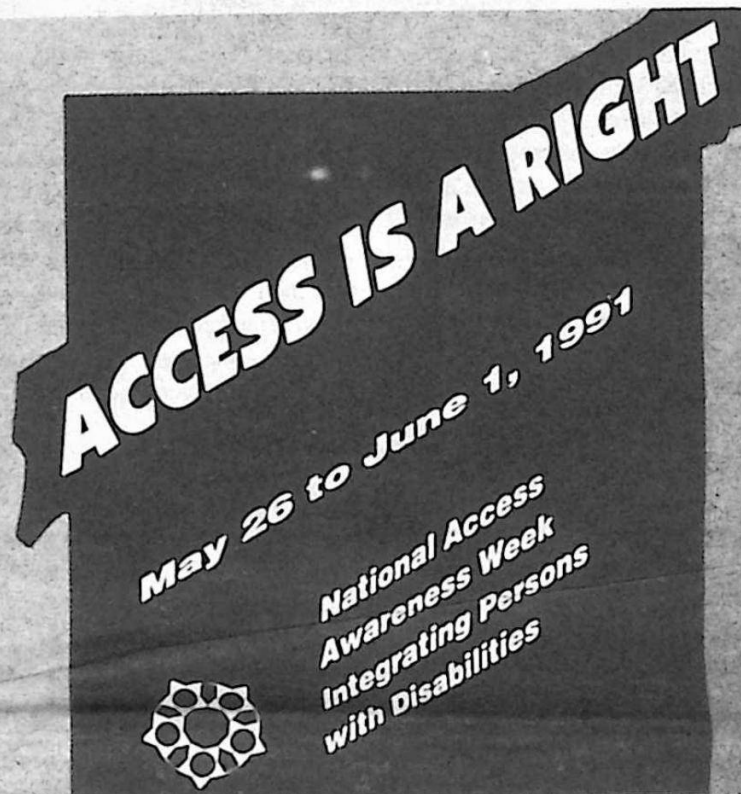
WHAT'S YOUR HURRY, B.C.?

YOUR LOCAL POLICE ICBC

The CFB Comox Jr. Ranks Mess

is looking for donations of books and magazines for the new Jr. Ranks reading room.

Any donations may be dropped off at the Jr. Ranks office.



Skate Comox Valley Held 11 May

by Marilyn Fairbrother

Comox Valley Skating Club hosted Comox Valley Off-Season School Test Day at the Comox Valley Sport Centre, on 11 May 91. Skaters from Comox Valley, Campbell River and Port McNeill took part.

Can Skate Badges went to: Laura Anderson, Amy Belam, Tyrone Coyle, Shannon Carol, Shannon Carson, Jocelyn Carter, Annie Cadieux, Claudia Darifuch, Lindsay Erickson, Ben Jackson Frank, Elliot Forbes, Nicole Haultain, Noel Ker, Jaica Mose, Paul Meynert, Alison McLennan, Shawan Powers, Sarah Redden, Cayton Routenberg, Jennifer Scottwade, Ryan Trant, Mike Thomas Kenny Wild, and Alysha Wheelodon.

Junior and Senior Skaters were judged by: Pat Cutt, Jan Bonham, Lynn Henderson, Michelle Leboeuf, and Nedra Williams.

Campbell River skaters were coached by Lyn Holloway and Rae Anne Hesketh.

Port McNeill skaters were coached by Elizabeth Kines.

Comox Valley skaters were coached by Dawn Rachuk, and Andrea Parker.

1st Figure - Bianca Jackson, Clea Minaker

2nd Figure - Jennifer Long

3rd Figure - Linda McKenzie

4th Figure - Amanda Nelson

6th Figure - Nickolas Kosick

and Sandy Shores from Parksville

7th Figure - Leann Mac-

Donald from Gold River

PRE Dance, Baby Blues -

Bianca Jackson

JR. BR. Dance Willow - An-

naliza Cook, Ilene Redden; Fiesta

- Danika Parks, Alison Woods

and Diana McKenzie

SR. BR. Dance, European -

Eric Swedberg; 10 Fox - Annalisa

Cook

JR. SLVR Dance, Keats

Foxtrot - Giacinta Alberti and

Jacqueline Michell; Rocker

Foxtrot - Linda McKenzie, Eric

Swedberg, Kristie Brown and

Amanda Nelson

GOLD Dance, Viennese Waltz

- Andrea Samuels and Melanie

Fairbrother (see photo).



PRE. FREESKATE - Clea Minaker

JR. BR. FREESKATE - Jennifer Long

We would like to thank judges, dance partners Patrick O'Brien and Sandra Clarke, and test chairman Georgina Alberti and Debbie Parks.

Speed up your metabolism

As you develop through life, your metabolism slows down significantly, thus there is a constant struggle to keep your weight from increasing. Throughout early childhood, the body is constantly changing in growth of bones, muscles, organs and tissue. A child's metabolism is efficient due to the constant energy required for this growth and development. An adult in contrast, uses less energy since growth has ceased.

In order for you to maintain a desired weight, you must speed up your metabolism. The simple

way to do this is through aerobic exercises such as swimming, running or walking. However, the key to success is doing it safely and for a minimum of approximately 30 minutes continuously. An important factor to realise is that for a new exerciser, he or she should start gradually. For example, a new runner may only want to run for 5-10 minutes the first few times. Building up gradually prepares the body for higher intensity and frequency. To help attain a more desirable fitness level, the addition of aerobic workouts such as

weightlifting and toning exercises are very important to improve overall fitness and avoid unnecessary injuries. For instance, a runner is less likely to have back problems if he or she is doing exercises to strengthen the abdominal muscles, thus taking strain off the back.

With a combination of regular aerobic workouts and strengthening exercise, you will feel and look healthy as well as maintain a desired weight.

Michelle Buyer
Expres Evaluator

BEAUTIFUL GARDENS COMPETITION

Starting 1 June 1991 and over June, July and August, the councillors will be looking at the gardens of the PMQs to see how beautiful you have made, and are keeping, them. During the last week of August, the Councillors will select the top gardens from each ward. Independent judges will then select the overall winners for all PMQs.

PRIZES

Overall Winners:

First Prize	-	\$100
Second Prize	-	\$75
Third Prize	-	\$50

Ward Winners (9 wards) - \$25 each



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SEE YOU AT THE
LEEWARD!

PUB HOURS:
Monday to Thursday
11:00 a.m. to 1:00 a.m.
Friday and Saturday
11:00 a.m. to 1:30 a.m.
Sunday
11 a.m. - 12:30 a.m.

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NEIGHBOURHOOD PUB & BREWERY

- country cooking
- rural hospitality
- reasonable prices
- clean air system
- brewing our own natural Leeward lager

good food!
KITCHEN HOURS
11 AM - 10 PM

good times!

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BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

AUTOMOTIVE

1973 KENWORTH Model K123, Serial #888972, Eng. 8V92, Tran Roadranger, RTO 9513, Rear Axle, 80HD, Ration 4-63. Offers to Cartwright's Service, 949-7613, Port Hardy, B.C.

R.V. 25' For Sale. Chevy engine, low mileage, sleeps six, fully equipped, air conditioned, gas cooker etc. \$17,000 O.B.O. Phone (604) 526-3600, Mon. - Fri. 8 A.M. - 4 P.M.

AUTOCREDIT! Speedy Credit Approval. Own/lease any new make. Payment Specials on Toyotas and Fords this week. Call Autocredit collect 433-6803.

BUILDING SUPPLIES

DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604) 266-1101.

BUSINESS OPPORTUNITIES

UNLIMITED INCOME POTENTIAL. Manufacturer now accepting applications for provincial distributors of "JUICEWORKS", the amazing new fresh juice vendor. Call Acton Assemblies (416) 873-7806, for information package.

Guaranteed Success! \$7,700,000 Satellite Industry. Market SpaceTech's new 35' dish to homes, R.V.'s, cabins etc. Inventory secures investment (\$5,000), (\$10,000 after May 31, 1991). Protected territories going fast. SpaceTech, Mr. Hamilton (604) 522-5494.

BUSINESS OPPORTUNITIES

Looking for a fun, profitable, people-oriented business you can coordinate out of your home? Balance Fashions offers dynamic 100% cotton clothing, minimal investment and substantial profit margin! Call Margaret 1-800-565-5600!

Convenience Store and Postal Outlet. A going concern. \$130,000. Commercial building with 6 rental apartments, excellent condition, all above in downtown Vernon. Midtown Realty, (604) 542-5010, (604) 542-0616.

All Cash Turnkey! Very Busy! Used office and household goods. 2,200' Vancouver Showroom plus storage. \$42,000, possible trade. property or...? Donna 1-983-2087.

Canada's largest CALENDAR & BUSINESS GIFT Company needs self-starters selling to local businesses. Highest Commissions. Small refundable investment required. O'Donnell-DRG, 487-16 Westney St., Ajax, Ont., L1S 6W8, (416) 427-8520.

Established Modern Boarding Kennels (Kitwanga, B.C.). Immaculate Ranch style house. 4 1/2 acres, barn, 2 storey, double garage, root cellar, greenhouse, fully landscaped. \$69,000. 849-5427.

ROCK HOUNDS. 24" saw, 14" and 10" saw. Grinder and polisher etc. Tons of good quality material from around the world. \$5,000. Phone (604) 494-1614.

EDUCATION

Apply now for the SMALL BUSINESS DEVELOPMENT PROGRAM which starts in September. Enrol in this 8 month course by calling 324-5445 or writing to Small Business Development Program, Langara Campus, 100 W. 49th Ave., Vancouver, B.C., V5Y 2Z6.

EQUIPMENT & MACHINERY

3-phase, 5-Hp Speedair Compressor, \$500. Heidelberg Kord-62. 18 1/2" x 24". Two 7500 Editwriters, some fonts. Full package \$5,000. Phone 635-7840, ask for Mark.

FOR SALE MISC

Peter's Bros. Paving and Inland Contracting Disposing of 200 pieces of Surplus Equipment. Dump Trucks, Tractors, Loaders, Belly Dumps, Excavators, Pavers, Windrow Elevators, Rollers, Dozers, Graders, Jaws, 1213 Crushers, 25,000 gallon Hot Oil Tank, Water Trucks, Equipment, Trailers, Backhoes, and Truck Scales. Call Vic Kampe, (604) 493-6791.

Be Bright, Be Seen, Be Safe! New super reflective arm-bands \$14.95. Ideal for Joggers, Cyclists, Nightworkers etc. M.O. Lonewolf Services, 1831 Harbour Street, Port Coquitlam, B.C., V3C 1A4, (604) 941-2379.

Attention: Ford Supercab owners "F" Series. Lift kit available to raise rear seat. No drilling necessary. Available at participating Ford Dealers or call Calmar 1-800-561-7867.

GARDENING

The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Drip Irrigation. Huge Book Selection. 72 page, photo filled, 1991 catalogue, \$4, refundable on order. Western Water Farms, #103 - 20120, 64th Ave., Langley, B.C., V3A 4P7.

HELP WANTED

APARTMENT/CONDOMINIUM MANAGEMENT JOBS. Live-In/Live-Out. All areas. For free brochure write: RMTI, 460-789 W. Pender, Vancouver, B.C., V6C 1H2 or call (604) 681-5456 or 1-800-665-8339.

Curling Club Manager and/or Ice-maker required in Smithers, B.C. 400 member club, excellent 6 sheet facility. For more information call Gord Pratt, 847-2644 evenings, fax 847-2530.

"BE RICH AND FAMOUS" FT \$100,000. PT \$25,000 Commission. Market Canada's Hottest Music Video Vacation Program Booklet. Protected Territories available. 24 hour information line. 1-800-263-1900.

WELCOME TO VICTORIA. Busy Victoria building supply centre requires experienced Contract Sales-person to quote and sell to small and medium sized contractors. Must have previous sales experience in the industry, be familiar with the Building Code and be competent at reading plans and doing take-offs. We offer Canada's warmest climate and a very attractive compensation package. Call Peter Nasmyth, (604) 479-7151.

HELP WANTED

INTERNATIONAL MANUFACTURER of environmental products seeking key individuals, part-time or full-time start-up. Opportunity to earn \$200,000 + per year. No overhead or employees. For the facts phone Carl Howe (403) 464-9658.

LIVESTOCK

African Pygmy Hedgehogs. The cutest little exotic animals - now available in B.C. For brochures and information phone Doug Pearce 498-2128 or Caroline Barnes 766-4162. Other exotic animals available; Wallabies etc. From Small Wonder Ranch, Oliver, B.C., 498-2128.

PERSONALS

Birth Mother seeking adoptive Deborah born R.G.H., Victoria, May 13/55. Reply C.A.R.A., 277-8255.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1.

VALE MOUNT. 3 bedroom house with full basement, heated & lighted. 3,200 square foot shop with large door on 2.6 acres. \$49,900. Terms. 1-929-4115, Vancouver.

TRAVEL

Houseboating on Shuswap Lake in beautiful B.C. on a luxurious Admiral houseboat. Space still available. For information and bookings call collect (604) 836-4611. Call Now!

On and off base

More CF Drugs Policy

continued from page 1

tested frequently if, as a result of a substantiated drug involvement, you find yourself on C&P or R of S, in order to monitor abstinence during this period.

How accurate are the tests and how can I be sure that my sample is not mixed up with someone else's? Laboratories undertaking drug testing on behalf of the CF must first pass a comprehensive accreditation process to ensure that the lab personnel, premises, equipment and procedures all meet laid down standards which are legally acceptable and scientifically supportable. Maintenance of these standards are assured through dual ongoing programs of quality assurance. The testing program is founded on a firm principle that positive findings must be one hundred percent accurate. Where there is any doubt whatsoever regarding a test result, the benefit of the doubt will always be to the sample donor. The program features stringent "chain of custody" controls to ensure an unbroken audit trail of each urine sample from the time it is produced, through shipment, laboratory analysis to storage. The member becomes one of the first links in this chain when he/she witnesses the sealing of the sample and applies his/her initials to that seal. Again, any break in the chain of custody procedures renders the urine sample invalid. Every contingency is covered, therefore, to ensure that no injustice occurs as a result of inaccurate analysis or wrongful identification of a sample.

Will a positive urine drug test be considered as evidence for disciplinary action? No, a positive urine test shall be grounds for administrative rather than disciplinary action. Disciplinary action will continue to be taken where other evidence, e.g. of possession, trafficking, importing, etc., exists.

Is it possible to get a positive urine test as a result of "second hand" marijuana smoke? No. The sensitivity levels of tests are set well above the point where second-hand smoke would be detected. The same is true of substances absorbed in normal dosages of non-prescription medications, and positive results which are registered in this area are subject to judicial review.

What will happen if my urine sample tests positive? While each case will be considered on its own merits, the following will be the norm: The CO

will be notified of the positive result and will interview the member to obtain an explanation before undertaking any further investigation which might be required, such as whether the positive test is the result of legitimately prescribed medication, etc. Where doubt exists the case will be reviewed by a specialist who is knowledgeable in both medicine and pharmacology. The CO will then recommend one of the following courses of action to NDHQ in accordance with the provisions of CFAO 19-21: release from the CF; retention on C&P or R of S as applicable; or no further action on the basis that the positive test result has been medically explained. In all cases where a positive test has been confirmed, the member will be referred to the Medical Officer for assessment as to whether treatment for drug dependency is needed. As noted earlier, one-time treatment will be offered to all who need treatment, including those members who are to be released.

That is the broad outline of the three-point program. Detailed articles covering the new policy, treatment, rehabilitation and drug testing are now being prepared and will be published in future editions of the CF Personnel Newsletter and this newspaper.

Family Support Centre

The first open house for new comers in this active posting season was well attended. The new ladies enjoyed the information provided by the Welcome Wagon Team and the New Comers Club. They also enjoyed meeting one another and finding things in common. The donation of plants from Farquharson Farms was greatly appreciated, as well as the sandwich and vegetable trays provided by Lt Pitcher and his staff.

The second welcoming open house will be held on Wednesday, 19 June from 10 a.m. to 2 p.m. Sandwiches and coffee will be provided. Representatives from the Welcome Wagon Team and the New Comers Club will also attend. A Base welcome package will be given out. We are hoping a few of our new single personnel will drop by for their package and a plant.

If your husband is away, come by on Tuesday morning and meet some other ladies who are or have

Census Day June 4

Stand up and be counted!

Members of the Canadian Armed Forces traditionally stand up to be counted when their country calls on them. On June 4 - Census Day - they'll get that chance once again.

June 4, 1991, is the day everyone living in Canada will be asked to complete a Census form. Canadians, such as those in the forces who may be working outside of Canada, as well as their families, will also be called upon at Census time.

"We're counting everyone in Canada," says Mike Sheridan, Manager of Census Collections for Statistics Canada. "And whether members of the forces are stationed on a base here at home or overseas, the Census will reach them."

The Department of National Defence will be distributing Cen-

sus questionnaires to armed forces personnel no matter where they are serving - on board ship, at isolation postings such as CFS Alert, on peacekeeping missions, and at embassies and CDLSs (Canadian Defence Liaison Staffs) in foreign countries. Trained coordinators will distribute the Census forms to all personnel, military and civilian. The form asks the basic Census questions as well as where each person would ordinarily be counted at home in Canada. The completed forms are returned to the coordinator who then sends them to Ottawa for processing.

"Here in Canada, private married quarters (PMQs) on each base are enumerated the same as most urban neighbourhoods," explains Mr. Sheridan. "The forms are dropped off and mailed back once complete. Barracks, hospi-

als and other quarters on base will receive individual forms for distribution to the CF members residing there. Once completed, these forms will be returned to a central place on base and picked up by Statistics Canada field staff for shipment back to Statistics Canada for processing."

The information provided to Statistics Canada is the most detailed source of data available to governments, business, academia, and private individuals. The identity of the individual Canadian providing the information, however, is held by Statscan in the strictest of confidence.

"It's up to every individual serviceman and woman to ensure that their Census is filled in accurately and returned promptly," adds Mr. Sheridan. "On Census day, we want everyone to count."

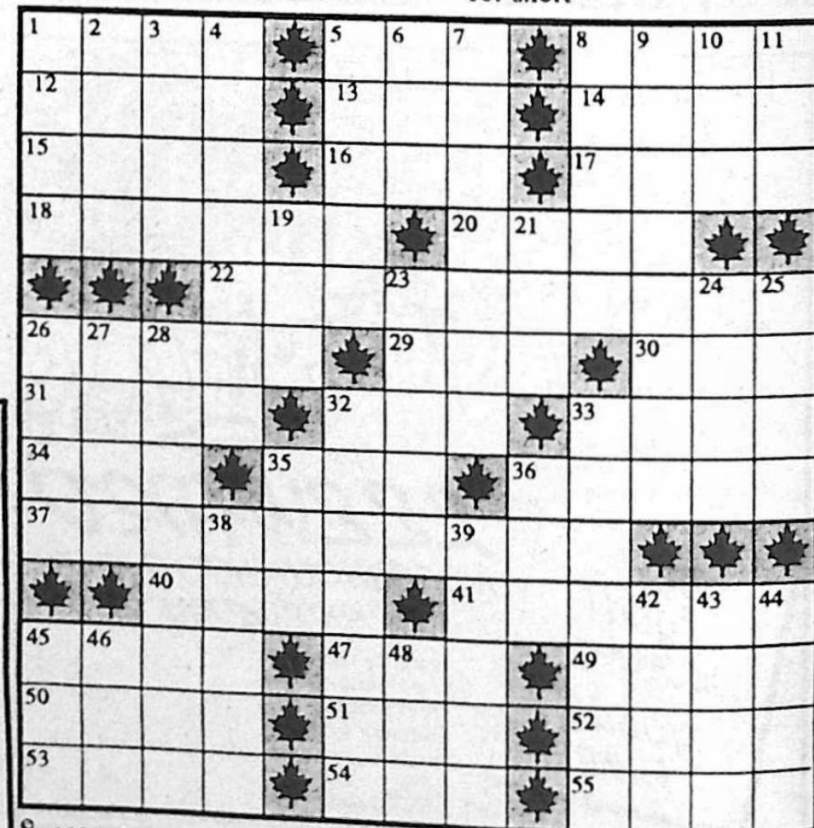
Help conserve wildlife habitat.

Canadian Crossword

By Rick McConnell

Solution on page 21

- | | | | | |
|-------------------------------|---------------------------|-------------------------------|--------------------------------------|-------------------------|
| ACROSS | 1. Street sign | 35. Make a lap? | rock | 27. B.C. plant town |
| 5. Intimidate | 36. Paper name | 4. Auto capital | 3. Portent | 28. Parliament at times |
| 8. Risky | 37. Parliamentary swindle | 5. Greens | 6. Paddle | 32. S. Man. town |
| 12. Hooks | 40. High? | 7. CBC host | 33. Evil figure of Algonquian legend | |
| 13. Karate! | 41. Late-night event | 8. Subcontinent | 9. 22A's | 35. Offspring |
| 14. African River | 45. Cupid | 10. TV waitress | 36. Mr. Blake | 38. Exam results |
| 15. Not odd | 47. Fib | 11. Slang affirmative | 42. Early garden | 43. Scream |
| 16. Scottish | 49. Thought | 19. Sire | 44. Soft | 45. glance |
| 17. Let go | 50. Carried | 21. Genetic stuff | 46. Me in Magog | 48. Lumber union (abbr) |
| 18. Wood smoother | 51. Ram's dame | 23. Candidates' goals | | |
| 20. Decorate | 52. Sets | 24. Curved moulding | | |
| 22. Unhappy Parlia-mentarian? | 53. Goals | 25. Ellis and Northcott | | |
| 26. Israeli seaport | 54. Urban music (?) | 26. Quality factor, for short | | |
| 29. Age | 55. Just | | | |
| 30. Self | | | | |
| 31. Substandard | DOWN | | | |
| 32. Formerly | 1. " " only sixteen" | | | |
| 33. Small bird | 2. Molten | | | |
| 34. Green prefix | | | | |



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On the Base

Glacier Greens

G.G. Hosts Comox



Glacier Greens hosted Comox on Sunday, 26 May 91 with 68 men competing for team low net score in this inter-club match. The G.G. team scored a low net of 1001 and the Comox team scored a low net of 1015.

A return match will be played at Comox Golf Club on Sunday, 30 June 91 for the combined net trophy.

Comox
1st L.G. - Don Kerr 69
2nd L.G. Gord Trenthold 75
1st L.N. - Jim Stone 66
2nd L.N. - Larry Kulesh 67

A total of 128 golfers will take to the links this coming week end at G.G. to play for the Glacier Greens Mens Open Trophy, which is sponsored by McConachie's Furniture & Appliances. Most of the players registered are from Zone 6 however, some have travelled from as far away as Vancouver and Victoria to compete in the two day event.

The course is in good shape and the greens are playing real well.

Glacier Greens
1st L.G. - Arnie Mathus 72
2nd L.G. - Karl Cameron 73
3rd L.G. - Gregg McNeve 74
1st L.N. - Jerry Boucher 62
2nd L.N. - Jim McCaffery 66
3rd L.N. - Bill O'Neill 66

Mike Burrows is back to defend the title he won in 1990. Some big names include Don Kerr, Mitch Carr-Hilton, Jim Ferguson, Mike Burrows, Steve Brach and Doug McArthur. Some \$7,000 worth of prizes are available. Good luck to all!

Effective immediately, tee times at Glacier Greens can be made 48 hours in advance.

We wish to thank the following sponsors for their generous support. *by Rose McCliesh*

Glacier Greens Mens' Open Sponsors

McConachie's Furniture & Appliances
Mad Man McKay
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Island Honda
Mike Finneron Pontiac Buick The Golf Shoppe
Port Augusta Resort Motel
His N' Hers Jewellery
Portuguese Joe's Fish Market
Comox Builders Supplies
Brian McLean Chev Olds

Hot liquids burn too!

Burns from spilled tea, coffee or any other hot liquid or food can be as serious as any burn caused by flame. In fact, the majority of burn victims are injured by hot liquids and grease; most of these victims are young children.

The Old Lady warns parents to keep their eyes on inquisitive youngsters and toddlers who may grasp for anything which catches their attention. Children may be tempted to pull the corner of a table cloth, grab for a cup of coffee or for a dangling cord or a pot handle. The Old Lady says keep tea or coffee pots away from the table edge, turn all pot handles toward the inside of the stove or counter, never hold a child while you are drinking hot liquids, don't leave children alone in the kitchen while food is cooking, and take time to fix meals without rushing. If a burn occurs put cold water on it immediately!



SLOW COW TUFFY
HAMI HAI NILE
EVEN ARN DROP
SANDER TRIM
SADSENATOR
SIDON ERA EGO
POOR WAS WREN
ECO SIT TIMES
COMMONSCON
RANK REDEYE
AMOR LIE IDEA
TOOK EWE GELS
AIMS RAP ONLY



LEGION LOG

BRANCH 17 COURTENAY 334-4322

*****ENTERTAINMENT*****
Fri 31 May & Sat 01 June.....Music by WESTWIND
Fri & Sat 07 & 08 June.....Music by EVENING STAR
Fri & Sat 14 & 15 June.....Music by SEA CRUISE

*****REGULAR ACTIVITIES*****
BINGOS.....Thur., Fri., Sun. at 7:00 PM
MONDAY.....FUN EUCHE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW at 6:30 PM
SATURDAY.....FUN BRIDGE at 12:30 PM

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information
NOW OPEN SUNDAYS.....12 - 7 PM

****Dress Code in effect 8 PM Fri & Sat****
(No T-SHIRTS)

*****EVENTS*****
SATURDAY 10 JUNE.....Kenny Shaw Show & Dance.
Reserved seats only. Cost \$10 per person.

*****SPORTS*****
JUNE 14, 15, 16.....FIRST ANNUAL FISHING DERBY
Prizes Galore. \$8.00 entry fee includes supper.

BRANCH 160 COMOX 339-2022

*****ENTERTAINMENT*****
Fri 31 May.....Music by WHITEWATER
Fri 07 June.....Music by NASHVILLE
Fri 14 June.....Music by SHABOOM
Fri 21 June.....Music by WESTWIND
Fri 28 June.....Music by VALLEYBOYS

*****REGULAR ACTIVITIES*****
SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League - Recessed to Sep 9
.....L.A. Drop-In Bingo. Upper Hall. 7:30 PM
TUESDAYS.....Ladies Crib League - Recessed until Sep.
.....Mixed Dart League - Recessed until Sep 10
WEDNESDAYS.....Navy League Drop-In Bingo
.....Upper Hall. 7:30 PM
.....Crib - Recessed until September.
THURSDAYS.....* 1st Branch Exec. Mtg. 8 PM Upper Hall
.....L.A. Exec. Mtg. (as required)
.....* 2nd L.A. Gen. Mtg. Upper Hall. 8 PM
.....* 3rd Branch General Mtg. Upper Hall. 8 PM
FRIDAYS.....Meat Draws, Lounge 2 - 6 PM
.....Dance, Lounge. (Unless advised)
SATURDAYS.....Meat Draws, Lounge 2 - 6 PM

*****EVENTS*****
TBA

*****SPORTS*****

SATURDAY 8 JUNE.....FISHING DERBY
Tickets at the bar \$5.00 per person.
Boats - your own responsibility.
Sandy's Hamburgers \$3.00.

NEXT DEADLINE

10 JUNE 91

Bookshelf Bestsellers

1. The Burden of ProofTurrow
2. Golden OrangeWambough
3. Secrets of the MorningAndrews
4. Message from NamSteel

10 Top Paperbacks

5. Woman of the MistsMcKee
6. War HeavenMaloney
7. White NinjaVan Luftbader

Week ending: May 25

8. HammerheadsBrown
9. Red PhoenixBond
10. Sachem's DaughterPorter

Military Update

137(T) Flt Reunion at Lantzville, June 8

by John Novak

137 Transport Flight History
Formed in July 1952 at Lachine, P.Q. under Air Transport Command, its establishment and strength was 2 Bristol Freighters, with 13 aircrew members, and 23 maintenance personnel. After a training and shakedown period at Edmonton, Alta. the 2 Bristols with 15 crew headed east in October for the U.K. Their route was via Dorval, Goose Bay, Bluie West, Keflavik, Prestwick, and they arrived at Langar near Nottingham on 23 Oct 1952. So only three months after its formation, and 2 days after its attachment to #30, Air Materiel Base at Langar, 137(T)Flt went operational under its first O.C. F/L J.A.E. Jolicœur. 137's strength increased with the addition of a third Bristol and an Expeditor in Dec 1952, and the delivery of a fourth Bristol in the spring of 1953. Due to lack of the facilities at Langar i.e. no navigational aids, no airfield lighting, no met officer, 137 was forced to operate from North Luffenham, an RCAF Base in Leicestershire. Materials were trucked from 30 A.M.B. to North Luff, and loaded on to the continent bound Bristols. This situation continued until March 1953, when the Langar airfield was upgraded to full operational requirements, and the 137 aircraft returned to the home base. From the time of its first operational flight on 23 Oct 1952, until its disbandment on 27 Nov 1967, 137(T)Flt served as one of the key members of the Canadian contingent on the NATO team. Flying vital supplies and personnel, it contributed in large part to the operational efficiency of the

Fighter Wings in France and Germany, and the Air Weapons Unit first in Rabat, Morocco, and later in Sardinia. Other flying commitments under NATO saw 137(T)Flt aircraft in nearly every country in Europe and North Africa, and as far east as Turkey and Greece.

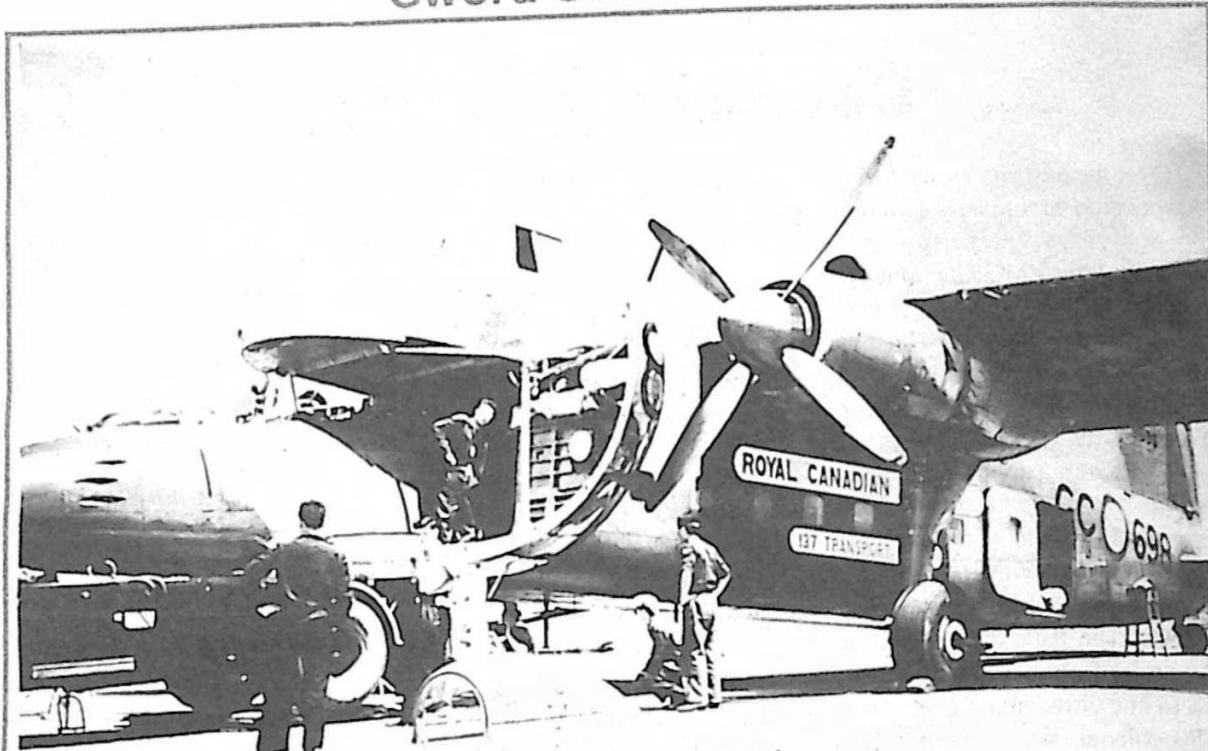
From aspirins to jet engines, hangar tents to Herman Nelsons, all were delivered by the sturdy Bristol.

After phase out of the Bristol Freighters from service, they were sold by Crown Assets to Wardair, who purchased them with all spares for \$40,000. They were put back to work in northern Canada, carrying freight and equipment for mining companies. Wardair eventually sold two of them, one to Lambair, and one to Norcanair. Only one survived, CF-WAE (ex RCAF #9699) of Norcanair. In 1983 it was donated to the Western Canada Aviation Museum in Winnipeg.

In publications relating to the RCAF, and its post war history, little if any recognition has been given to the role played by 137(T)Flt in its support of NATO.

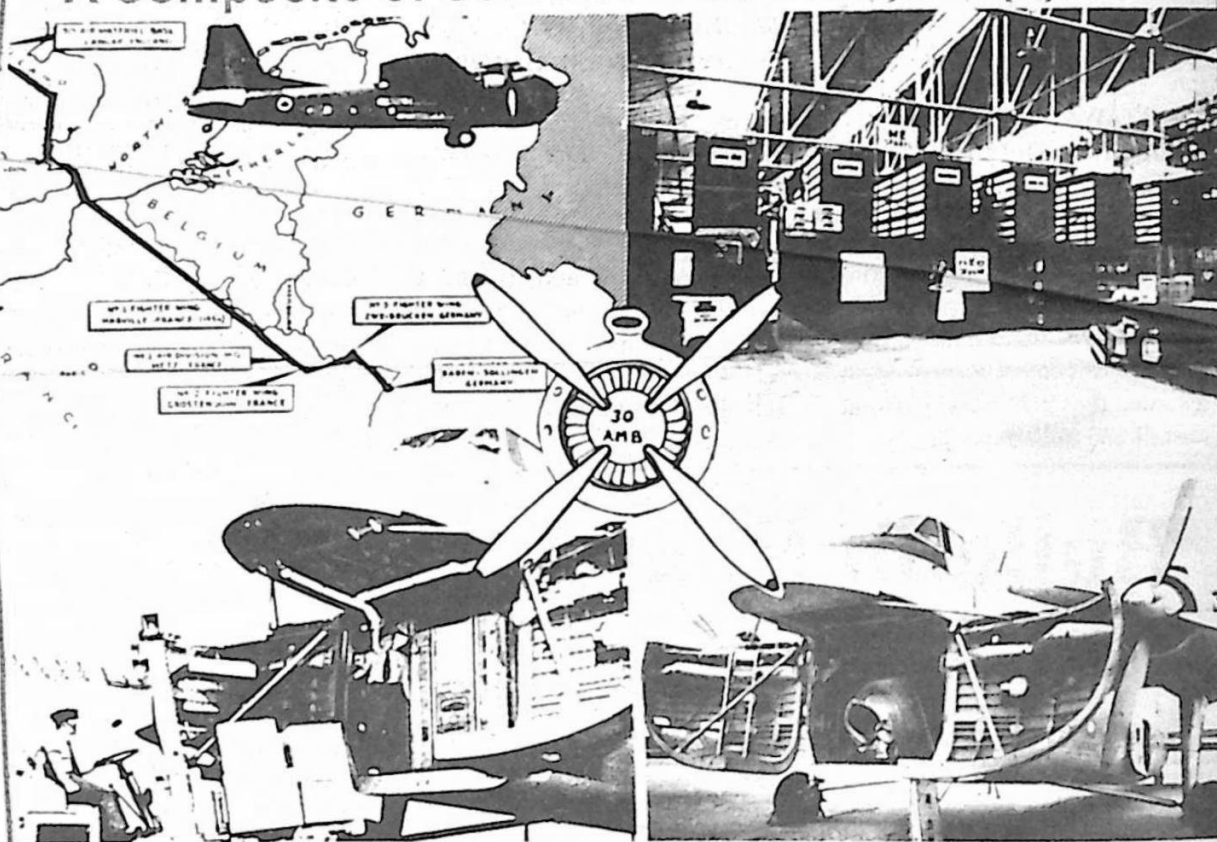
137(T)Flt O/Cs
F/L J.A.E. Jolicœur
S/L R.L. Fullerton/S/L B.W. Olson
Representative Aircraft
Bristol 170 Freighter Mk31
#9696, #9697, #9698, #9699,
#9700 and #9850
Expeditor - 1595

Sword Swallower



Bristol Freighter #9698 of 137(T)Flt Engorging a Sabre V Fighter at Rabat (French Morocco) in May 1956. #1 Air Division Sabre Squadrons were deployed to Rabat in order to utilize the air firing range. While on detachment some Sabres were damaged. Those that were too badly damaged to be flown back to their home bases in Europe, or repaired on site, were loaded on to Bristol Freighters. They were then shipped to Scottish Aviation Ltd. in Prestwick, Scotland, for repair.

A Composite of Services -- 30 AMB, 137(T) Flt



Bristol Freighters flew from North Luffenham, then Langar, England from 1952 to 1967 (photo, Langar Log).

NEXT DEADLINE 10 JUNE - NOON

LAND

TELL THE CF THAT SINCE WE CAN'T AFFORD TO GIVE THEM A PAY RAISE THIS YEAR, THEY ONLY HAVE TO WORK A 4-DAY WEEK.

SURE THING BRIAN.

A 4-DAY WEEK? — THAT'S RIDICULOUS! IN THE ARMY, WE'RE OPERATIONAL AND THAT MEANS WE'RE ON DUTY 7 DAYS A WEEK!

NAVY

A 4-DAY WEEK? WHAT GOOD IS MORE TIME OFF OUT HERE?

AIR

WHAT'S THIS I HEAR ABOUT WORKING OVERTIME?

Dust off Your Wings . . . for Colorado Springs!

43rd Annual Convention
RCAFA Association
October 8th to 13th, 1991

Sheraton Hotel South
Colorado Springs, U.S.A.

The members of 971 Air Marshal Siemon Wing will host the 1991 Convention in Colorado Springs, Colorado; Tuesday, 8 Oct. to Sunday, 13 Oct. 1991. This is the first time the RCAFA will hold a Convention outside of Canada, and 971 Wing guarantees some real Colorado Western hospitality.

This information packet is designed to provide all that you need to plan your visit to the Convention. Please fill out the questionnaire and return as soon as possible.

971 Task Force '91 welcomes you to our community and we will do our utmost to give you a most happy and memorable convention.

The following have been selected as your 1991 Convention committee:
Chairman: Roy JC Thompson (719) 574-4382
Vice Chairman: Gord Davis (719) 593-9069
Sec/Treasurer: Phil Bryant

The address and phone number for any Convention business is:

971 Task Force '91
4635 Woodsmore Court
Colorado Springs, CO 80917 USA
(719) 574-4382 FAX (719) 593-8090

CONVENTION HOTEL

We have selected the Sheraton South Hotel as the Convention headquarters. The address is:

Sheraton South Hotel
2866 South Circle Drive
Colorado Springs, CO 80906
(719) 576-5900 FAX (719) 576-7695

Should you require to contact the hotel for any Convention business, be sure to mention RCAFA '91 so that you will receive special treatment. Also, please advise the 971 Wing host committee of any contact with the hotel so we can follow up on your request. We promise that arrangements will go smoother if you funnel all your requirements, needs and requests through your committee at the above address.
Room rates for any members staying at the hotel other than the Convention dates are \$68 U.S. single or double including tax.