



Fathers Day  
June 16

Do something for Dad!

Winning one  
for the  
Wrapper

...pages 4 & 5



# TOTEM TIMES

Canadian Forces Base Comox B.C.



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COST: PRICELESS

## 442 goes Beachcombing



A 442 Labrador helicopter moved 20 logs to Air Force Beach on May 15, for a retaining wall to reclaim and protect DND property from sea erosion. Pictures on pages 1 and 23 by local freelance photographer Ron Brown.

### Boeing - Boeings restricted

## The New Service Air

DND has decided to reserve our Boeing 707 fleet for operational missions and training such as air-to-air refuelling and the support of UN type operations. This means that the fleet can no longer be used for our Service Air schedule. The Department has, therefore, decided to replace the 707s on that schedule with commercial charters and that announcement was made by the Minister on 9 May, 1991.

Final details have been ironed out and the service will be in place by 3 June, 1991. Base Traffic sections have been advised how the new system will work so if you

require information, you can get it from that source.

Air Canada will operate the domestic service from the international airports at Halifax, Ottawa, Toronto, Winnipeg, Edmonton and Vancouver. Further consideration is being given to the provision of service to locations such as Fredericton, Calgary and Victoria. The new schedule calls for westbound service on Monday, Wednesday, Friday and Saturday with eastbound service on Tuesday, Thursday, Saturday and Sunday. Nationair will operate the international schedule and flights to Lahr

will leave Ottawa on Wednesday and Sunday and will depart Lahr on Thursday and Monday.

Much of the new service will continue to operate in the same way as the old. Bookings will be made through the ASTRA system at Base Traffic and Priority 4 and Priority 5 programs will continue. Priority 5 passengers will know more than 24 hours in advance if they have a seat and if so they will not be bumped. Check-ins will be handled through Air Canada counters and the flights will be designated YF 300/31 rather than using the normal Air Canada designator - AC. Proper uniforms

will still be required on these flights and alcohol will not be served. This step will cost us some people and naturally we regret that. There are some advantages however, with two of them being the increased frequency of domestic flights and what should be better dependability. People travelling in and out of Lahr will notice little difference since we will continue to operate through 5 AMU.

There will be some bumps that have to be worked out and we will be paying very close attention to those in the coming months. You are encouraged to use the new

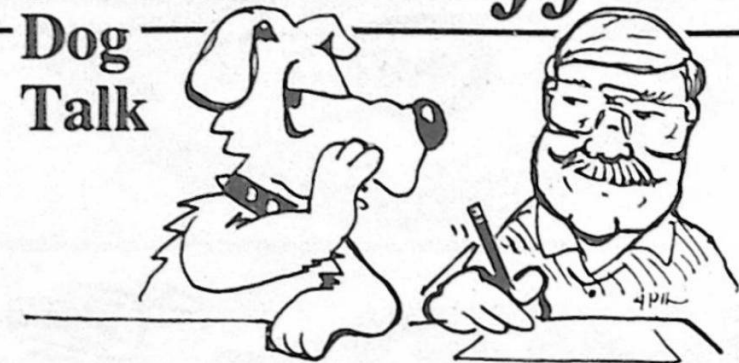
service but please bear the following points in mind:

1. Commercial terminals rather than AMUs except Lahr.
2. You must register with ASTRA to get on the aircraft.
3. There will be no friendly Traffic Technician at the airport counters.
4. No bumping of Priority 5 once confirmed.
5. The flights are YF 300/301.



# On and off base

Dog  
Talk



by Gerry Gerow

Buyer  
Beware!

Once upon a time in Canada, if you purchased a pure bred dog, you specified with or without papers, and there were normally two prices quoted. If you had no papers, the dog could not only not be bred, but you couldn't show it or trial it either. In addition there was a lot of abuse of the system.

This led to a law being passed making it illegal to sell a dog in Canada without providing the purchaser with papers in its name, at no extra cost, as part of the sale. This law is flagrantly violated and seldom enforced. If you wish to know why it is not enforced, you will have to ask our police force, because it seems to me they are not doing the job they are paid to do by ignoring it.

After this became law legitimate breeders, together with the Canadian Kennel Club designed a non breeding contract. The dogs papers are stamped 'non breeding' and while the owners can still show and trial the dog, no offspring from it can be registered.

There are two reasons for the non breeding contract. One is quite simply because it is good business for the breeder who does

not wish competition. These breeders will normally not sell a dog except at a horrendous price without a non breeders contract. The second is much more sensible. Responsible breeders take a strong interest in the standard and future of their breed. They do not want any substandard dogs bred. Quite often, after the dog matures, and the breeder examines it, the non breeding restriction will be lifted. Frequently, there is an additional charge for this.

The Canadian Kennel Club has been designated by the minister as the registration authority for pure bred dogs in Canada. How does a person register a dog? It really isn't complicated, but there is a bit of red tape. You do not have to belong to the C.K.C. in order to register a litter or a dog, but the fees for the service are double if you are a non member. It is cheaper in almost every case to join the C.K.C. Membership costs \$37.45 per year. Most breeders have a registered kennel name, which they prefix to the names of the dogs they register. This greatly simplifies matters because no two dogs of the same breed may have the same name,

and no one but the registered holder can use his/her kennel name. Mine is 'Hella'. There is a one time charge for a kennel name of \$134. If the name goes unused for five years it may be forfeited.

All dogs being registered must be identified by a tattoo mark. Tattoo letters are available from the C.K.C. at a nominal charge of \$11. Mine are M9W and no one except myself can mark a dog with this combination. The breeder's tattoo letters are suffixed with a letter to identify the year and a number to identify the individual dog.

Registration of a litter costs \$11. When the litter registration is processed the C.K.C. will assign it a number and provide the breeder with the required number of individual dog registration papers. These are filled in with the dog's new owner's name or the name of the breeder if the dog is unsold at the time, and returned to the breeder for distribution. If the dog is registered in the breeder's name there is an \$11 charge to transfer the ownership. For this reason the breeder will normally wait until the dog is sold.

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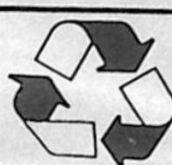
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339-3311

So now you see why the dogs sold in pet stores normally come from American puppy mills and not Canadian. So, what is that blue piece of paper you were given when you bought that puppy at the pet shop? It is an American Kennel Club litter registration form. However, only

the importer can register a dog not born in Canada with the C.K.C. and extensive documentation must be supplied. So, don't make the mistake of thinking that this blue piece of paper will enable you to get Canadian Registration papers, because it won't.



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# Editorial

Norm Blondel



## Winning one for the Wrapper

There is a special feeling about the Best Military Newspaper Award (see next page) garnered by your Fishwrapper for its 1990 editions, in that it was the work of the new kids on the block. Sure, we collected the award for 1986, 1987 (didn't enter for '88), and 1989 and sure I was around for those as an assistant, but this one belongs to my girls -- Dawna Dozzi, Sherry Snow (posted), Julie Blondel, Liz Basham, Karen Vedova, Stephanie Boutillier and Teresa Miles (now employed elsewhere) and a guy -- Ron Fisher, a former editor of the Totem Times.

I single out for special mention Liz, Julie and Teresa, who joined the team on or just after day 1 as volunteers, not knowing the first thing about newspaper production. Within a very short time, these enthusiastic ladies became expert and meticulous workers who'd turn up on the foulest of days, put up with a sometimes capricious and often disorganized editor, and still turn out the kind of newspaper our readers seem to like. To be part of a winning team in their first year is a rare and rather special accomplishment.

Thank you ladies.

## Mea Culpa?

The U.S.A. is taking a good look at Canada's health care system these days. Why? Because the cost of medical care south of the border is completely out of control. To be sick there is to face bankruptcy, if you survive. Canada's system seems headed that way, with the taxpayer carrying the load.

I thought of this the other day, after a visit with my M.D. for a checkup on my diet-controlled diabetic condition. With all the anniversaries, birthdays and other special events requiring we dine out at our favourite restaurants recently, I had fallen off my diet and the old blood sugar was up a bit. This required a visit to a diet counsellor and some more blood tests -- all at the expense of our health care system, all avoidable if I had followed my diet.

This mild form of system abuse is exceeded every day in various ways and to a much greater extent, by a lot of other Canadians. If we don't eat properly, don't exercise enough and abuse our bodies with too much of anything ultimately proven harmful (animal fat, sugar, tobacco, liquor, et. al), then we pose an avoidable burden on our national health care system.

If we want affordable medical care in Canada, we must take better care of ourselves, or face even higher loads upon our shrinking after-tax income.

## Thanks Teresa Miles

Teresa Miles, our ace camera and layout girl and one-time Yukon Correspondent, left us recently for a paid job, and some prospects for a career in the newspaper business. Her outstanding work on the Tracker Retirement edition will be her legacy at the Fishwrapper.

So will our memory of her determination to do her very best, no matter what the task, and her cheerful presence in the newsroom.

Good luck in your career Teresa.

GULIVER'S  
TALES

Posting time ...



The "Cross Country Travelling, I Don't Want to Move" Blues.

## 409 Sqn Disbands 25 June

On 25 June 91, 409 Sqn will disband. During the fifty years since it stood up 409 Sqn has had the distinction of serving in World War II, the defense of North America, the Cold War in Central Europe, and in the Persian Gulf theatre of operations while on active duty.

The Nighthawks stood up on 17 June 1941 Digby, Lincolnshire, England as a night-fighter squadron, initially flying the Bolton Paul Defiant. While the Squadron's role remained unchanged, it transitioned during the war years to Beaufighters and Mosquitos, to take advantage of improvements in aircraft performance and weapons systems. After participating in the defense of England the Nighthawks were the first night-fighter squadron on the continent after D-Day and were the highest scoring night-fighter unit after the invasion. The Nighthawks accompanied the advance allied armies through France, Belgium, and Holland. The Squadron disbanded at Rheine Airfield, Germany, in April 1945.

The second phase of the

Squadron's life was spent largely based at Comox in defense of North America. Its commitment to Norad spanned thirty years, from 1954 until 1984. Aircraft flown were the CF100 and the CF-101. While no shots were fired in anger during this period, unit expertise and proficiency was demonstrated at innumerable Callshot and William Tell competitions, with many awards being won by both aircrew and groundcrew. In July, 1984, 409 was the first operational fighter squadron in the Canadian Air Force to stand up with the CF-18 Hornet at Cold Lake. After a brief spell flying Norad Alpha Alert at Cold Lake and Bagotville the Nighthawks were reassigned to Central Region heralding the beginning of a new and exciting era in fighter aviation in Europe.

In June, 1985, 409 Sqn set up operations in South Dispersal at Soellingen to become the first Hornets deployed in Europe. This, the third distinct phase in the Squadron's history of achievements, witnessed the Nighthawks primary role changing from one of air defence to air-to-

ground operations for the first. Unit effectiveness remained high nonetheless and excellent NATO Tac Eval results followed a period of intense training and workups. By the summer of 1990, 409 Sqn was the most experienced and proficient fighter squadron in the Canadian Air Force. Saddam Hussein invaded Kuwait 02 Aug 1990.

The decision to send a Canadian fighter squadron to the Gulf was announced 14 Sep 90. The deployment of 409 Sqn to the Persian Gulf was undertaken smoothly and effectively at the beginning of Oct 90. 409 Sqn became the first fighter squadron on active service since WWII. The mission was Air Defense of the Allied Fleet in the Arabian Gulf. Operational fighter sorties were flown immediately on arrival at the Qatar deployed operations base of Doha. 409 Sqn flew over 1100 hours in the Middle East theatre without any flight safety incidents. Since June 85, 409 had accumulated over 26000 accident-free hours on the CF-18. A first time achievement for any nation or unit flying the Hornet.

Continued on page 5

# TOTEM TIMES

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# Comment

## Letters

### DD's Infamous Past

Dear Sir:

Your excellent issue of April 25, 1990, page 20, featured a picture of a woman (I think you should be told) who was a con artist of my acquaintance in far away Regina, Sask., in the mid '50s.

This woman (I noted she hasn't tried to change her appearance) was well known in that city and was also a featured singer with the band at the Trianon Ballroom. I think most of the band members were from Moose Jaw, always a hotbed of nocturnal activity.

The charge to enter the ballroom was, to my recollection, something less than \$1.00. I have always felt that this woman had a lot to do with this high price and what I want to know is this - was she in cohorts with the manager

of said ballroom, who apparently was from Balgonic, Sask., and we all know what kind of shoes they wear there!

And not only that, when we went to Regina Beach she wouldn't let me borrow her mosquito repellent.

Is this the kind of person you want working at your splendid paper? I think so.

Sincerely, But still itching,  
Mrs. D.E. Eberts  
Aldergrove

(Another hotbed of nocturnal activity, but we have promised the RCMP and the neighbours that we will try again to keep it down.)

Typesetter's comment: Mrs. E. is much MUCH older than I and her total recall is not what it should be. I lov ya, Dorothy, Dawna.

Dear Sir:

It is time again to launch the entries for this year's Annual Build, Bail and Sail Race. As in the past this will be a major event in the Comox Nautical Days festivities. This year the race will be held on Monday, August 5th. The race is sponsored by Central Builders, who would like some of your readers to again take up the challenge and enter this fun event.

This competition is definitely for the technically minded individuals. Contestants are required to design a craft built from materials selected from our stock at Central Builders. Build the said craft within a three and a half hour time frame, then race it in the Comox Marina during the Nautical Days festivities.

Some of the rules of play are

### Build, Bail and Sail, Aug. 5

that the cost of materials must not exceed \$69.69. Teams consist of two people who are 19 years of age or older. A fully refundable deposit of \$30 per person is required upon registration. The deposit becomes refundable if and when the team's boat hits the water.

There have been some minor adjustments and fine tuning to the rules of the event which are detailed in the entry kit. Some of the highlights are: there will be no spare teams this year and no metal boats. Again, this year, we will have 16 teams with no spare 'stand-by' teams. Registration will begin on Saturday, June 15th at 10 a.m. sharp at our Central Builders Office, 610 Arderton Ave., Courtenay. Registrations

will be on a 'first come first entered' basis. No pre-registrations will be permitted. For more information you may call the Race Coordinator, Mac McCaffrey, at Central Builders at 334-4416, local 214.

Thank you,  
LG (Mac) McCaffrey  
Build, Bail and Sail Race  
Coordinator  
334-4416 (214)

Editor's note: For those who do not remember, McCaffrey is cartoonist Emeritus of the Totem Times. His "Mushrooms" and "Unskins" were famous throughout the CF in the early '70s, and he designed the totems which stand guard on page 4.

## A Letter of Thanks

from the Mansell Family

We wish to express our gratitude to all who sent flowers, brought food and offered their support to us. The care and concern expressed by you during our time of bereavement sustained us through an extremely difficult time in our lives. We will always hold a very special place in our hearts for the exceptional individuals who attempted to save our daughter. Those unselfish acts of courage by both friends and strangers will not be forgotten. We are also grateful for the efforts of St. Josephs Hospital, CFB Comox, The Marine Crash Res-

cue Unit, and St. Michaels and All Angels Protestant Chapel.

My family and I are deeply saddened by our loss, but we know Amanda has gone to a good place, a place where she can laugh and play and forever be a happy little girl.

Though Heaven and Earth may separate us,  
We feel close to you in our hearts.

Though we can't reach out and touch you,  
We feel we're never far apart.

Thank You,

Karen and Bill Mansell.

## FAMILY SUPPORT CENTRE



## OPEN HOUSE

Holly Liddiard, our Director, had her last day with us 31 May. She and Gary are on their way to Germany the first week of July. Holly will be greatly missed. Colonel McGee presented Holly with the Base Commander's Commendation at a reception held at the Family Support Centre before she left.

Our second welcoming open house will be held on Wednesday, 19 June from 10 am - 2 pm. Sandwiches and coffee will be provided and representatives from the Welcome Wagon Team and Newcomers Club will also attend. A Family Support Centre welcome package and free plant will be given out. Single personnel are most welcome. Why not drop over on your lunch or coffee break?

If your husband is away or

you'd like to drop by for a coffee and chat, or meet others, come by on Tuesday morning from 10 - 11:30.

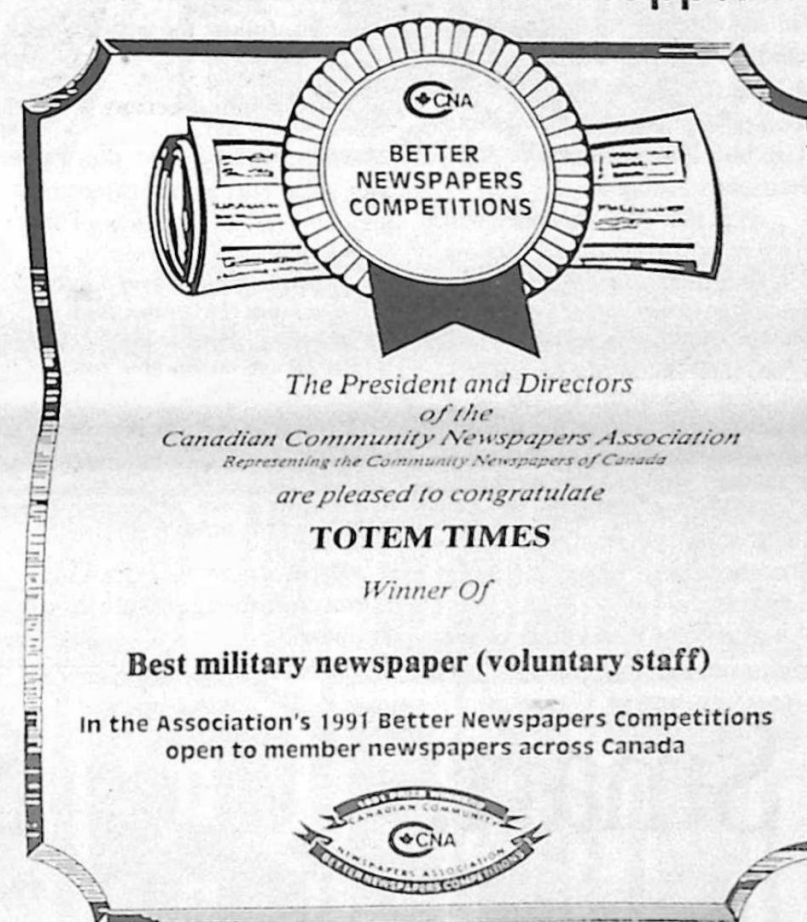
We have a list of babysitters available. There is also a list of people who will clean your PMQ if you are being posted. We can also put you in touch with someone who will certify that your appliances, TV, and VCR, etc. are in good working order prior to your move.

We now have a list of rentals available or we can put you in touch with someone who can help you. Also if you have any rentals available we will gladly post them on our rental board.

See you on June 19th.

We are located at 119 Little River (Kinninnik) Road. Phone 339-8654 or 339-8655.

## Another one for the Wrapper



### More 409

continued from page 4

The Nighthawks have served Canada long and well and have been first many times. First to Europe after D-Day, first in night-fighter kills after D-Day, the first fighter sqn in Comox, the first operational sqn on the Hornet, the first Hornets in Norad, the first Hornets in Europe, and the first Canadian fighter squadron to the Gulf. With both the Cold War and the war in the Gulf won - we are the first to shut down.

The Nighthawks have run a great race. Our record stands by itself, a testimony to the skill and cunning of all who have proudly served as Nighthawks. Our disbandment is a sad day for the Canadian Forces, the Canadian Air Force and the fighter community, but is deemed necessary for fiscal reasons. 409 Sqn remains the very best.

Editor's Note: This was my old squadron from 1970-84. I worked on HG01 (Voodoo Flight Simulator).

## Air Force Trivia



### Trivia Answer

Hawker Siddeley Buccaneer  
S.2 XT281 12 Squadron RAF at Cold Lake, Alberta, for weapons trials in Mar 74.

from the H.W. Holmes collection



# Section News

## Hospital Heartbeats

Although most Canadians look forward to summer, for allergy sufferers it's a mixed blessing. Allergy exists when your tissues react to pollen, early grasses, flowering of trees and shrubs. Furthermore, they can react to changes in temperature, moisture, food, drugs, bacteria, viruses, chemicals, light, emotional factors, and a host of other possible factors.

'Hay fever' is not necessarily caused by hay and is rarely accompanied by fever.

It's not possible to eliminate all the factors which may be causing your symptoms, but you should do everything possible to remove as many irritating factors as you can.

Let's start by going over the symptoms and signs. We all know the moment we hear the word 'allergy', fun has definitely nothing to do with it. Itchy, watery eyes, runny nose, sneezing, scratchy throat are all familiar terms, but there are several other symptoms. For example headaches, wheezing, irritability, anorexia (loss of appetite), depression and insomnia may appear.

The nature of the allergic process and even the responsible allergen are often suspected from the history. Diagnosis is confirmed by the above physical findings, skin tests, and the accompanying eosinophilia (increase number count of any acid strains in blood or secretions).

Even if you've consulted an

allergist and have been given a course of treatment, there are still lots of things you can do around the house to reduce your exposure to the offending allergens.

- Install a window air conditioner in your bedroom and equip it with effective electrostatic filters if you can.

- Close off the room from the rest of the house.

- Remove as many dust catching objects as possible and vacuum thoroughly at least once a week.

- Keep all the windows in the house closed as much as possible, especially in the early morning when pollen settles.

- Sleep on a foam mattress or water bed. Plastic mattress and pillows covers reduce dust mites, but they're uncomfortably sticky in the summer time. Use cotton sheets and synthetic fiber blankets. Do not use chenille bedspreads, quilts or comforters. Use bedclothes which can stand frequent washings.

- Pets that play outdoors will bring in pollen on their coats, so ban them from your bedroom except right after they've been bathed or thoroughly brushed.

- Keep pollen-covered clothes out of your bedroom. If you've been gardening, cutting the grass or playing on the lawn, remove the clothes you've been wearing as soon as you enter the house. It's a good idea to throw them directly into the washing machine.

- Keep cut flowers out of the

house, even those that don't shed pollen may have a perfume that will aggravate allergies.

- Use a dehumidifier to minimize sources of mould. Clean refrigerator and air conditioner drip pans frequently.

- In cleaning, use a vacuum cleaner with water filter, oiled mops, and damp cloths.

- Avoid handling objects that are heavy with dust or other allergenic materials (books, stored clothing, etc.).

- Do not have stuffed animals or toys in the house.

If you do have to take any medication, it has to be suited to your own particular needs. Do not use any medicine (not even medicine you buy without a prescription) without telling your doctor. If drugs are prescribed, carefully follow the instructions on the label.

### Specific Therapy

Study of allergy with skin tests and desensitization programs may be needed if enough of the following conditions exist:

- Sensitivity to many factors which cannot be controlled or eliminated.

- Recurrent secondary infections.

- Progressive increase in symptoms.

- Asthma.

### Important note:

Avoid cigarette smoking. Tobacco can aggravate your symptoms.



## 407 Squadron

We've got a lot of things going on, so let's get right into it. Gord Morrison has left 1 Crew and is, at this moment, trying to adjust to 419 Sqn way up north in Cold Lake. Rod Mattson is on a 'really tough video production course' at Humber College in Toronto. Hopefully, they won't get busted for producing those 'artistic' type videos.

The long weekend in May turned out to be just that, as the West Coast Military Photographers Association held their bi-annual get together. Sixty-five retired and serving members gathered for a weekend of lie swapping and debauchery. The 'Pièce de Résistance' was the whole pig barbeque held on Saturday night. All that was left of this 75 lb. monster was the head and it apparently made a stop at the Griffin Pub before reaching its final resting place on Dan Finney's front porch. Did you happen to upset any Italians lately, Dano?

Speaking of upset, Gary Blinn is anxiously awaiting both T.A.E. and B-A-B-Y. Don't worry Gary, you'll do well on both!

Donna Lush has decided to 'pull the pin' to work in a photo studio in Regina. We wish you all the best, Lefty. Dave Hooper is Photo's rep on this year's com-

petition crew. No doubt they'll be enjoying the 'land down under' at Fincastle 91. Brian Buttner will be attending the summer school at Rutgers University in New Jersey, U.S.A. Hopefully Brian will come back a more efficient and refined person.

The Armament Section has also had some major goings on. Dan Booth and Brad Halstead are being posted to Cold Lake. Dan's going on a house hunting trip shortly. By the way Dan, there's no realty office in Shanks. Dan Fowler is being 'shipped' out to Shearwater and WO Dunne is off on a conference to Greenwood in the valley. Cindy Leduc is Greenwood bound for her 04 course. Jim Cook is still in Borden on his XG course. He's either doing well or he's broke from all the payoffs. Rock Blouin is headed that way on his 9L course. With four Armourers being posted, one would think that replacements are on the way. Due to financial restraints, these four people will be replaced by one - Cash Currie. Welcome to Comox and good luck!

In an effort to promote safety, Frank Sabiston will be conducting a bicycle safe driving course. Something to do with a bike, a ditch and large amounts of pain. Call Frank to register.

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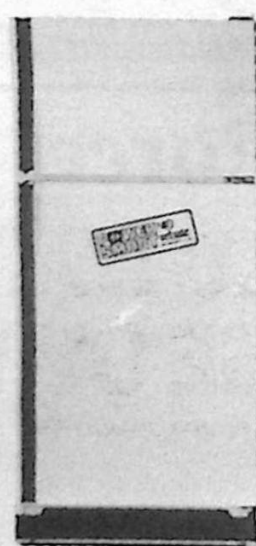
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BC hydro



\*Rebates apply to Canadian purchases only.



# Section News



## 442 Squadron

### SAR Watts

Sunday afternoon, 2 Jun 91, there we were sitting around Ops diligently finishing up our Post Op reports from the two Marine SAR cases we had responded to that morning. There had been two missing canoeists near Victoria and a boat in distress near Tofino. We had flown over 4 hours on both missions, but had been stood down by the Rescue Coordination Center (RCC). Suddenly the ringing phone distracted us from our paperwork. It's the RCC hotline ... another mission? RCC didn't want us. They were calling to launch the Buffalo crew to Prince George to check out a reported Emergency Locator Transmitter (ELT) signal. The Buff guys had just headed home after returning from the boat in distress mission near Tofino. Most of the Buff crew hadn't even gotten home yet before their pagers went off. We chuckled at the situation.

To our surprise, a few minutes later the hotline rang again ... it looks like it's going to be a busy day. This time RCC has a mission for us. There isn't much information. A concerned citizen saw an airplane flying low over some trees and thought he heard a crash

and the plane landed in a lake near Pentiction. It was believed to be a Lake Buccaneer with 4 persons on board (POB) that had just taken off from the Pentiction airport. Our first thought was since it was reported in a lake near Pentiction the RCMP would surely have a boat on scene in no time. With Pentiction being at least 2 hours from Comox in a Lab, we surmised we would no doubt only get halfway there and then be stood down. In the meantime, RCC had called again requesting the Buff to now fly to Pentiction first and then on to Prince George for the ELT.

While enroute, we were informed that the location was now 10 miles west of Pentiction in the mountains and not in a lake. Due to the Buff's higher speed, the Buff would be on scene at least 45 minutes before us. The Buff's SAR Techs were now prepared to jump into the crash site. It now appeared the Lab was definitely required. Enroute we were continually getting updates. The RCMP had arrived at the scene and there was now no reason to drop the Buff's SAR Techs. The Buff crew was then released and proceeded to Prince George. (The

ELT was subsequently homed and found to be an open mike at the airport.)

We were then told 3 POB had not survived the crash and the RCMP still required assistance from the Lab. Nearing Pentiction we were advised that the RCMP now wanted us to proceed to Kelowna to transport a coroner to the crash site. Information about the crash was still sketchy and we hadn't heard anything about the 4th POB. We decided it best to drop off our 2 SAR Techs at the crash site to assess the situation.

Finding the crash site was not as elementary as we were led to believe. The Pentiction tower couldn't give us a latitude and longitude position, therefore, it took them a while to guide us to the crash site, which turned out to

be near the concerned citizen's house (the one with a satellite dish in the yard), which was 1 mile up from the Apex Ranch, which is on the road to the Apex ski hill, which is 10 miles southwest of Pentiction. Twenty minutes later we were on scene. Once at the crash site it was fairly easy to speculate how the accident was caused. It had occurred at 3700 ft in a tight canyon with rapidly rising ground. Due to the very strong gusty downdrafts it appeared the pilot had gotten into a situation he couldn't fly out of.

The hoists were made challenging, not only by the strong winds, but the crash was surrounded by very high trees. Once on the ground the SAR Techs learned that there were no sur-

vivors. The remaining Lab crew proceeded to Pentiction for fuel.

Even though the crash site had occurred fairly close to a road the RCMP still required our assistance due to the ruggedness of the terrain. We were concerned about the approaching darkness, possibly complicating the task at hand. On return to the site, after picking up the coroner, we noted that the winds were still strong, but they had somewhat steadied out. We did a reconnaissance of the area and decided on a safe departure route from the site back to Pentiction. In addition, the SAR Techs had cut down numerous trees to give us more room for the hoists.

—continued on page 13

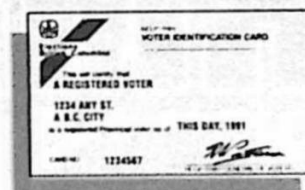


## Want to Vote?

### Be sure you are Registered.

Do you have this card?  
Is it correct?

This card means that you are on the Provincial Voters List.



If you do not have this card, or the address is no longer correct, please check at a Registration Centre now.

You must be a registered voter to vote.

#### How to register:

If you think that you are not registered to vote:

- Contact a Registration Centre or Registrar of Voters.
- Have the Voters List checked for your name.
- If you are not on the list, but qualified, complete a registration form.

#### Qualifications:

- 19 years of age or older
- Canadian citizen
- Resident of British Columbia for the past 6 months

#### Registration Centres:

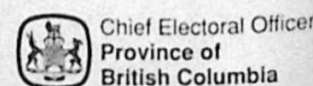
Registrar of Voters  
B.C. Access Centre  
2500 Cliffe Ave.  
Courtenay  
Mon.-Fri. 8:30am-4:30pm

Comox Centre Mall  
215 Port Augusta St.  
Comox  
Thu., Sat. 9:30am-6pm  
Fri. 12pm-9pm  
Sun. 12pm-5pm

Driftwood Mall  
2751 Cliffe Ave.  
Courtenay  
Thu.-Fri. 12pm-9pm  
Sat. 9:30am-6pm  
Sun. 12pm-5pm

For more information.  
Elections British Columbia Information Line  
1-800-742-8683 (Toll Free)

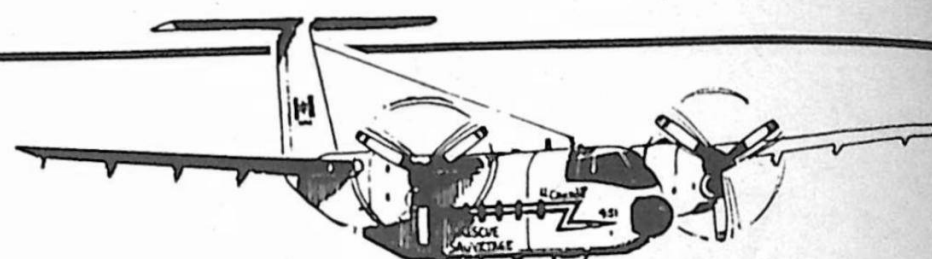
Remember: You cannot register on Election Day.



ELT helped 442 find crash locale

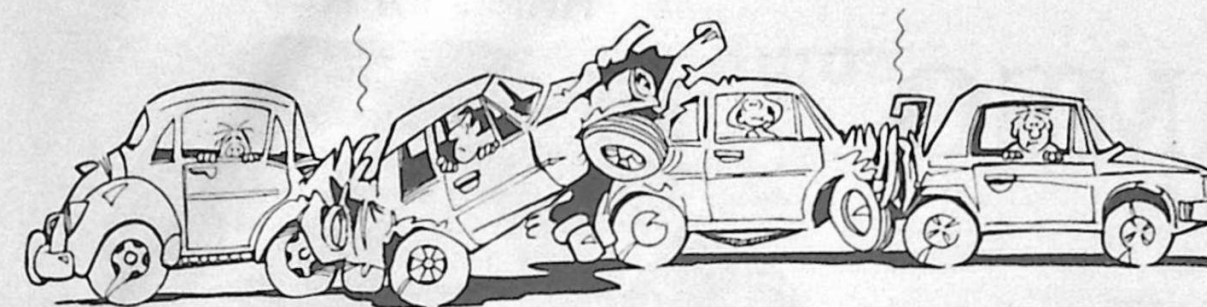


Sheared tree trunk shows violence of impact



# Section News

## MSE SAFETY



### Front Wheel Drive Vehicles

As public demand increases for smaller, more fuel efficient cars, so has the number of automobiles on the market equipped with front wheel drive. Almost all domestic and foreign manufacturers now offer several front wheel drive models.

A front wheel drive car may take some getting used to. No longer is the car pushed from behind by its rear wheels, it's now pulled by its front wheels. Since these are also the steering wheels this arrangement gives the car its different 'feel'.

The front wheel drive arrangement positions the entire weight of an engine/drive train unit over the driving wheels. While most cars are heavier in the front than in the rear because the engine is up front, a front wheel drive car is even heavier in front because of the added weight of the transmission and differential directly over the front wheels. This location of weight can help the driving wheels maintain their grip on the road. This extra grip can be an advantage in Canadian winter driving.

Although this advantage may

help get the car going under adverse conditions such as snow, ice or heavy rain don't expect any gains in braking performance under any driving conditions. Braking performance is not influenced by drive arrangement.

Regardless of whether your vehicle is front or rear wheel drive, when the going gets slippery, slow down. Adjust your speed to the changing surface conditions and drive accordingly. Caution before the fact is always the best solution.

In slippery conditions a skid may occur. If it happens:

- Keep your cool.
- Do not use the brakes.
- Take your foot off the accelerator.
- Follow your natural impulse and steer to keep the car going in its original direction.
- Don't over compensate.
- When you feel the car regaining traction, start to straighten your wheels.
- Be prepared to handle a skid in the opposite direction.

Experienced front wheel drive owners may find that gentle acceleration will help the vehicle pull out of a rear wheel skid. If the

front wheels skid, as is the case when entering a corner too fast, take your foot off the accelerator. The engine braking effect may slow the car to the point where front end traction is regained. If the skid continues, depress the clutch or select neutral. Freely rolling wheels are better able to regain traction.

### Driver's Statement of the Month

The accident occurred when I was attempting to bring my car out of a skid by steering it into the other vehicle.

#### Question

Drivers, because of natural forces pulling on the vehicle when you take a curve, it is best to:

- Slow down while in the curve.
- Slow down before reaching and on entering the curve then accelerate slowly through it.
- Apply the brakes in the curve.
- Cut a straight path across the curve.

Answer "B"

### The Horse is Back



Front row L-R: MWO Weaver, MWO Belanger, Capt Hamilton, Mrs. Sue Powers (CR-3), Sgt. Maillett. Second row L-R: Mr. L. Wylie, MCpl Basham, Cpl Moderie, Cpl Melancon, MCpl Stever, Cpl Andrade, Cpl Martin, Mr. G. Noble. Third row L-R: Mr. W. Watkinson, Cpl English, Cpl Willford, Cpl Sirard, Cpl Mitchell, CFM Lively, MCpl Salmon, MCpl Martin.

### New Badge for BEME

May 15, 1991 marked a very special event for all EME personnel of the BEME workshop in CFB Comox. Twenty-eight strong, which includes four civilian personnel were in attendance for the parade, marking the official rebadging ceremonies. For many of the technicians the hat badge was new, but for some others, it was the welcome return of an old and universally recognized friend.

The hat badge and collar badges were well received by all CFB Comox personnel they had to stop many times to show off

the badges and give a short history lesson of what, where, and why. Events for the day included refreshments after the parade, a section ball game and a family BBQ at Airforce Beach.

The reviewing officer was Maj R.W. Piercey, A/BTSO, with the BWO, CWO T.P. Doherty and his faithful assistant, Sgt P. Farrell as guests of honour.

The badge will serve as a proud identity for all who serve beneath it and will ensure that the proud history and tradition of the Corp is carried on.

Arte et Marte.

## MP Awards



Sgt H.J. Schweitzman, Base Security, being presented with his CD by LCol F.J. Bishop, BOpsO.



A happy occasion. Pte Alexander has taken her first step on the way to becoming a one stripe Sharon said "At least a BSecurO." Well done Pte first class, and many more. By the way Capt Cossette, BSecurO, is the one on the left.



Capt Cossette, BSecurO, presents Pte Heron with his first stripe. Congratulations Lance. Keep up the good work.

## Hangar 7: Traffic Flow Changes

Since the fence has been put up around the aerodrome, the traffic flow to and from Hangar 7 has posed a safety hazard. At the moment the traffic flow crosses at both sides of the hangar and also goes from a one-way to a two-way on the road from Base Telecom. This creates a serious potential for accidents. There have been many band aid solutions to alleviate this problem but it seems to be getting worse instead of better.

A traffic survey of the area has been completed and the following solutions will be implemented on the 4th of July:

- Change the road from Base Telecom to the hangar from a one-way to a two-way. This will not only alleviate the traffic flow

problem but will make it easier and faster to get to the parking area without having to go under the breezeway.

b. Change the traffic flow under the breezeway and beside the breezeway (beside Base Photo) to the opposite direction. This will alleviate the criss crossing of traffic at both ends of the breezeway making the flow of traffic smoother.

The changes will mitigate many of the traffic flow hazards in this area, reduce the traffic under the breezeway and make it quicker for personnel to get to work. Your cooperation and tolerance during this change-over period will be appreciated. Drive safely and be careful.



# Section News



## BAMSO

### Nav Com Lab

As you may recall, in our last edition of 'As the Lab Turns', we had sent Cpl Dave Threndyle on a mission to the Annapolis Valley in order to find out all we wanted to know about FLIR. Well he's back now. Turns out he was afraid to ask.

At last printing Lisa Wilgress was way out to 'here' with baby Wilgress. Now she is slim and trim pushing little Sam in his buggy. Congratulations to Lisa and Andy on the birth of their beautiful baby boy.

It's posting season again. Fig-motious has reared it's ugly head in Navcom. MCpls Shiela Tanner and Stu Preston are leaving us. Shiela and Keith are heading way up to Cool Pool for a four, maybe five, year holiday. That's right Shiela - ten months of winter and two months of hard dog sledding. Stu and Patti are going to Winnipeg, of all places, to take a year long French course, of all things! Why some people want to leave paradise is beyond me.

Around our lab at this moment you would see much perusal of ATAT study manuals. Cpl Darcy Parker is about to have a little weight lifted from his shoulders

as he attempts his TQ4 exam. The person who is the most anxious is Al Coles. He is attempting the TQ5 exam. Best of luck to both of them.

I almost forgot to mention the severe whipping Navcom Labs gave to VU33 Maintenance last Friday. It was the fitness day sports activities in which VU33 challenged us to a slow pitch soft ball game. Actually, I think they took pity on us after the second inning, as we were struggling against a nine to one deficit. Both teams enjoyed the competition and we met at the golf course after the game to relish the lies that everyone else was going to hear.

This Friday we are playing against IE/IS Labs. I predict a sound trouncing with Navcom emerging victorious. Stay tuned.

### AMSE/Ref

The Refinishers are finally digging themselves from under the mountain of aircraft parts that have steadily found their way to the shop since January. Recently we managed to participate in the BAMSO golf day. Fun was had by all. At the eighth hole, the

## Supply Signals



Despite the Comox liquid sunshine, the annual Base Supply Golf Day went ahead as scheduled on 8 May.

First place team was clinched by Don Ayotte, Tim McNeil and Jim Hume. A close second was the team of Bill Chiki, Dave Boudreau, Corinna Miller and Sandy Cochrane. Sports fans everywhere are still talking about the close finish ....

Closest to the pin was Judith Arsenault, longest drive for males was Don Ayotte and Judy Brown for the females. The Griffin Pub, Four Seasons Video and all who helped organize and bring this years golf day to a very enjoyable finish. A good time was had by all.

Fond farewells to Cpl Brad Burton, who is off to CFS Masset, and Pte Terri Craddock, who has finished her contract and has decided to reside in Victoria and pursue other interests. Base Supply will miss you both. Good luck with your future endeavours.

### MUSIC FOR YOUNG

Teaching Opportunity **CHILDREN** ages 3 - adult

Requirements: Grade 8 Piano; Grade 2 Theory

Work out of own home/studio. Set own schedules.

Contact: Gloria J. Venning, Coordinator

4034 21st Avenue, Port Alberni, BC, V9Y 5J6 (604) 724-2996

### RRMC for Rob



OCdt (ex MCpl) Rob Turgeon, BAMSO organization, receives BComd's congratulations upon his acceptance for UTPM officer training at RRMV Victoria.

'Boot' (Cpl Tim Boutillier) had some interesting time trying to hit the ball. In order to get a better drive than his team mates, he swung like mad, fell on his behind, stood up, swung and fell again. It seemed like he was standing on a banana peel. After the game, he said that golf was a lot more fun than curling with Las Vegas rules.

The 'Link' (Cpl John Blackmore) is presently in Borden on a helicopter blade repair course.

We must also report that Nick and Mel (The Badger) are regularly fishing with some success, although we have not heard any stories (yet) of the big one that got away.

On the AMSE side, MCpl

Clyde Levy and Cpl Chuck Damery will be leaving soon for the civilian world while Cpl Rick Schultz will be heading for Pat Bay in August. New faces are due to appear at any time now. Not

long ago we said goodbye to our mechanic from BEME, Cpl Sylvain Lebrun, and we take this opportunity to welcome Cpl Don Willford. Until next time we wish you all a great summer.

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

**'SUPER' Dad**

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

2751 Cliffe Ave., Courtenay • Tel: 338-1071



# On and off base

## CF Assists Kurds

The first order of business for one Canadian medic upon arrival in Zakho, Iraq was to remove a used needle from the foot of a young Kurdish boy who was sitting on the hospital steps, crying. He had been playing, barefoot, only metres from the dilapidated building in the still-smouldering medical supply dump.

Medical personnel from 4 Field Ambulance in Lahr, Germany had just begun to restore limited treatment facilities in the hospital of the near-deserted town, and refugee resettlement

camp, 18 km inside northern Iraq across the border from Turkey.

"I've seen more here the last two days than I've seen in my whole life," said Able Seaman Tracy Lepage, a Canadian Forces medical assistant at work in the pediatric wing. "It just doesn't seem real until you've seen it."

More than 120 Canadian Forces personnel deployed to southeastern Turkey in mid-April to airdrop supplies to isolated refugee camps. Known as Operation Assist Task Group (OATG), the Canadian contingent

provided detachments of medical personnel and equipment wherever the human need was most immediate.

Two CC-130 Hercules aircraft began dropping containers of blankets, food, water and shelter April 18 to Kurdish camps straddling the Turkish/Iraq border; in less than two weeks, the CF planes had delivered over 700,000 pounds of supplies during the initial and most critical period of need.

A detachment of 62 medics, doctors and support staff first deployed to a base camp at Silopi, Turkey, a mere 15 km from the Iraqi border on April 23, pending an evaluation of the refugees' medical requirements. The next day, 16 medical personnel made the 150 km, seven-hour road move through the mountains to the refugee camps at Yekmal to set up treatment facilities. An estimated 60,000 refugees had found their way there, and the camp's numbers were swelling daily as more and more refugees attempted to escape the carnage of Iraq. Most were suffering from diarrhea and many of the children were dehydrated.

Within a day of arriving at the mountain camp, the Canadians had established a 20-bed facility and were treating about 150 patients each day. Though the living conditions were appalling, enough food, clothing and water were beginning to arrive daily to sustain the refugees. Soon, the most pressing problem became that of inadequate sanitation facilities. Still, four babies died from dehydration within the first 36 hours of the Canadians' arrival, and many more lay gravely ill.

On April 27 a detachment of 18 personnel travelled the eerily empty Iraqi roads, past destroyed military installations and coalition force patrols and checkpoints on their way to the Zakho hospital.

LCol Leslie Dubinsky, Commanding Officer of the medical unit in Zakho, recalled that the condition of the hospital upon arriving "... was the most filthy (hospital) I have ever seen. The



Able Seaman Tracy Lepage, a medical assistant from Saskatoon, Sask., cradles a dehydrated refugee baby at the hospital in Zakho, Iraq.



Cpl Donny Cook of Pouch Cove, Nfld., prepares a tiny patient for oral rehydration fluids at the dilapidated hospital in Zakho, Iraq.

stench was unbelievable -- the lone Iraqi intern who had worked here the last weeks of the war told us that there was no one around to remove the dead from their beds -- cadavers were simply left there when they died. They were removed only about a week before we arrived."

Members of the CF unit were

also dispatched to the resettlement camp at Zakho, and to refugee camps at Yesilova and Uzumlu.

When the airdrop relief effort stopped, Canadian medics still worked hard to help relieve the suffering of the refugees, tending to more than 750 people a day at the hospital and refugee sites.

## NEXT DEADLINE 24 JUNE - NOON

CANADIAN FORCES



FORCES CANADIENNES

### "DID YOU KNOW THAT?":

Generally, it costs more to insure your car than your life! Protect the financial well-being of your family!

Talk to your SISIP adviser **today** or call us **toll-free** at 1-800-267-6681.

### "SAVIEZ-VOUS QUE?":

Généralement, il est plus dispendieux d'assurer votre auto que votre vie! Protégez le bien-être financier de votre famille!

Renseignez-vous **aujourd'hui** auprès de votre aviseur du RARM ou appelez **sans frais** le 1-800-267-6681.



# Special Event

Aug 21 - 26

## Soviet Ships to Visit Victoria

Esquimalt, BC ... Three ships of the Soviet Pacific Fleet based in Vladivostok will visit Victoria in August. The announcement was made May 17, 1991 by the Minister of National Defence, the Honourable Marcel Masse.

There will be about 800 Soviet sailors aboard the two destroyers and replenishment ship.

The goodwill visit is one of a series of exchanges between the military forces of Canada and the Soviet Union set up by the Canadian Government. In June 1990, Canadian warships from Maritime Forces Pacific made an historic and highly successful visit to Vladivostok. It was the first occasion that westerners were in the Soviet port since 1937.

"Canadian sailors were given a most heart-warming reception by our Soviet hosts and the people of Vladivostok," said Rear-Admiral Peter Cairns, Commander, Maritime Forces Pacific. "With greater Victoria community support we look forward to reciprocating the outstanding hospitality we enjoyed."

Captain (N) Mark H.D. Taylor has been appointed Senior Staff Officer for the visiting Soviet ships.

"Plans are well under way to provide a number of opportunities for Soviet sailors to see and experience, first hand, a typical Canadian sailor's way of life and to better understand, in general, the life-style of Canadians," says Captain (N) Taylor. "The Soviets are anxious to meet Canadians ashore and welcome the opportunity to further the growing sense of goodwill that is building between our two countries."

"The Soviet warships will bring a near-professional dance and band troupe with them to perform several concerts in the greater Victoria area. These are exciting and emotional performances that earn the highest praise from audiences around the world. Admission will be free of charge and will be open to all our neighbours in the Victoria area," says Captain (N) Taylor.

The ships visiting Victoria are the destroyers *ADMIRAL*

*VINOGRADOV* and *BYSTRYY*, and the oiler *PECHENGA*. The *Admiral Vinogradov* is an 8,250 ton, helicopter destroyer of the *Udaloy* class; the *Bystryy* is slightly smaller at 7,300 tons described as a specialist surface warship complementing the anti-submarine capability of the *Admiral Vinogradov*. The *Bystryy* is one of about 16 *Sovremenny* class vessels. The *Pechenga* is a *Dubna* class, 11,000 ton replenishment tanker commissioned in 1978. Both destroyers are new vessels, having entered the Soviet fleet within the last three years.

This visit to Canada is scheduled for August 21 to August 26. The ships will berth at the new jetties in HMC Dockyard, Esquimalt. It is expected that groups of Soviet sailors will be taken on excursions to sights in the Victoria area. The average Soviet sailor does not have a lot of discretionary spending money by western standards, consequently, the success of the visit will largely depend on the tremendous hospitality and goodwill of local organizations who will participate with the Navy in hosting the ships' companies.

On his visit to Victoria in May, the Chief of General Staff of the Armed Forces of the USSR, General of the Army Mikhail Moiseyev, told his audience, "The Soviet people always remember the contribution of Canada during World War II." He went on to express his confidence that contacts between Canadians and Soviets will promote mutual understanding and help preserve stability and security. He said, "The best language for mutual relations we can use is when simple people can meet sailors and officers and visit ships and listen to music."

Captain (N) Taylor says, "Residents of greater Victoria have a wonderful opportunity to be part of this historic visit of Soviet ships to Canada by visiting the vessels and by offering the Soviet sailor a genuine feeling of welcome to Canada's west coast and to a most beautiful, friendly and hospitable city."



DUBNA class replenishment tanker, similar to the *PECHENGA*, visiting Victoria in August 1991.



UDALOY class anti-submarine warfare ship, similar to the *ADMIRAL VINOGRADOV*, visiting Victoria in August 1991.



SOVREMENNY class destroyer similar to the *BYSTRYY*, visiting Victoria in August 1991.

## Security Tips if you are Alone

You may find yourself at home alone or travelling unescorted. The first principle of crime prevention is avoiding those situations which would make you appear as an easy target to criminals. Here are a few common tips which may help you from becoming a victim:

a. lock your outside doors. If you have a storm or screen door, make a habit of locking them. Keep your doors locked during the daytime as well. Also don't forget to close and latch any open windows when you leave the

house;

b. when moving to a new home, change all the locks;

c. if you live in an apartment, never buzz anyone into the building you do not know, and don't put anything valuable in downstairs storage area. Go to the laundry room during the day when you know there will be lots of other residents around. Do not go to the garage alone in the evening if you can help it; but if you do, be alert and have your keys ready;

d. do not open your front door

to a stranger. If he needs assistance, offer to make a phone call for him, but do not let him into the house. If he is a delivery man and you have your doubts, you can ask him for identification or ask him to set the parcel on the doorstep. Do not open the door until after he has left;

e. don't leave notes on your front door;

f. if you receive an obscene phone call, hang up at once. If the caller persists, call the telephone company for assistance in dealing with the matter, or call the police;

g. if you discover you have a 'peeping Tom' make every attempt to behave as naturally as possible. Walk to the nearest phone and call the police. Stay in the house until the police arrive;

h. if you go away on a trip, leave a house key with one of your neighbours so that he/she can check on the house. Advise the police, who will make extra patrols in your area, and cancel your newspaper;

i. it is not a good idea to tell people whom you do not know well that your husband is away. It

can be tempting to say to a pushy salesperson over the phone "call back in a few months when my husband is home", but because you never know if he/she is legitimate, you are better off to keep that information to yourself;

j. above all, remember that it's better to feel a little foolish and be safe, then to take unnecessary risks and fall prey to crime; and

k. if something scares you or has you concerned and you do not know who to call, call the police or the Family Support Centre - 339-8654.



## Stories from the Hamish Collection

from Hamish columns in the *Comox District Free Press*, circa 1967.

### On Tall Tales

It was recently announced that an oversized ruler was to be adopted as a symbol of the Comox Valley. This is to be used in publicizing the Valley's varied action, large hospitality, and big fish. There is yet another art that could be added to the local collection, and many of our pioneers and old timers as well as fishermen could contribute to this production. I am referring to the lost art of lying prevarication, fish stories, or tall-tale telling. Around this valley there must be a quantity of old yarns worth dusting off and relating once again. We might be able to talk the publisher or the local Chamber of Commerce into conducting a Tall Tales contest.

When I was a lad many of the old timers of our settlement would get together around the 24th of May each year to swap yarns. The best story was claimed "yarn of the year" and the story teller was awarded a plug of 'chaw' (chewing tobacco). A real story teller was as fascinating to watch as he was to listen to. It was a fair riot of entertainment!

One of the tall tales that I recall concerned a miner on his way to

his claim when he chanced upon a large lump of pitchblende at the side of the trail. Knowing this was the ore in which radium was found he excitedly grabbed the chunk and turned back to the settlement, ten miles away. While struggling back over the trail with his great find, so pure was the radium in the ore that it began to burn his hands. He hastened on and finally arrived at the river bank across from the settlement. He threw the lump of ore into his boat and began to row across. But fate was against him. That ore was so pure that before he had reached the other side, it burned a hole through the bottom of the boat and disappeared!! As the old timer moved his chaw over to his other cheek he added, "I'm just right sorry I lost that chunk of ore, 'cause I'm sure none of you fellers believes me."

There were quite a number of prospectors around the country and what they lacked in fortunes they made up for in yarns. A contribution made by another old timer told of an experience he had one fine day out on his claim. "I was workin' out on the bottom

corner of my claim next to Old Joe's claim and my pick suddenly hit something worth investigating. Well sir, I uncovered the largest gold nugget I've ever seen, but just as I was about to dig it out I thought that I had better check the boundary of my claim.

Sure enough the line ran right across that nugget, with two thirds being in Joe's claim and only one third in mine! Well chaps, being honest like I am I couldn't rightly take that nugget, so I just chopped off my third and covered over the remainder. Ole Joe's going to make a nice find one of these days, but I ain't going to tell him where it is."

Then there was the hunter, who told us that he always insured bringing home a good fat moose whenever one was needed. "Yep," he drawled, "I always walks up and feels the moose's ribs first to find out whether they are worth shooting!"

And that should be enough to digest for the time being, but I'm sure there must be some equally good yarns around the Valley. How about it you Old Timers?

### On Advertising

The advertising agencies claim that advertising effects the majority of our population in their everyday lives. If this is the case, it could explain much of the wild behaviour of some of our citizens. What the manufacturers produce and what the hucksters attempt to portray are not necessarily the same product. I imagine that the manufacturer might even wince a little when he sees some of the wild claims that are made about his product.

The auto maker builds a car with safety equipment, power brakes, etc. etc. to assist you in combatting the hazards of highway and city driving, but the advertising boys prefer you to drive their machine along the beach, (even in the surf!), up a mountain-side, along railroad ties, or speeding along the middle of a completely empty road with never a thought of meeting another vehicle. It must be a nightmare for the Madison Avenue boys to dream up something to say about next year's models when they have run out of adjectives - years ago!

Next in line, I suppose, would be the cleaning industry with the boys trying to soft soap us into all sorts of alluring possibilities. Has anybody yet seen or heard a box of detergent let loose with a tiger roar? If any sound was to be forthcoming I would think it should be that of a low whistle - to signify "clean as a whistle". Such a whistle could be enclosed for the housewife to hand out to the children, and would be much more effective advertising to my way of thinking. (I understand that they pay big money for such ideas - hint.) And some of those cleaning agents, the way they race by on a white horse instantly removing stains that even steel wool could hardly touch. It's really amazing! Is such exaggeration really accepted by the consumer public or is it just intended as a form of entertainment?

Pet foods are another item that cover large areas in the modern shopping centres, causing considerable confusion to today's pet owners. One of our neighbors selected a can of dog food and told the clerk, "I don't remember what brand my wife told me to get, but if the dog doesn't like it I guess I'll have to eat it myself!" Another pet owner told me once

that her cat would drink only so-and-so's milk, and it wouldn't make any difference even if she removed the labels from the cans! Talk about spoiled kids! The pets are right in there too!

There are the cigarette smokers who, the advertisers would have us believe, would rather fight than switch, but I've never yet seen any black eyes attributed to this claim. Then there is the young couple exchanging sweet nothings beneath a full moon while blowing smoke in each others face!

And there are the soft drinks - with which one becomes the life of the party, or, you can 'come back' (from where?) with a brand of hair cream, or, go now and pay later, only \$37 per week (for how long?), and so on ad nauseum. So, don't depend always on those labels that read "No ironing required". Remember, there's no law against wearing a wrinkled shirt!

Regardless of what they say, liquor won't solve your problems - but it'll give you some dandy new ones.

### Better Bottles and Beaches

A recent despatch from Victoria states that BC's Department of Recreation and Conservation is taking a close look at new legislation being introduced in the State of Washington to outlaw the use of non-returnable beverage bottles. The Department is concerned that such containers will litter beaches and park areas, and that broken bottles, will create a serious safety hazard.

It gets one's dander up when you think of all the legislation that has to be introduced because some knuckleheads grow up (?) without enough common decency to have consideration for other people. These thoughtless lunks smash their empty bottles against rocks on the beaches, or in public parks, or toss them from their speeding cars along the highways.

Unfortunately the ones at whom the bulk of the proposed legislation is aimed are not concerned about the 2-cent refund. They are the by-product of our affluent society! A large proportion of their broken litter is bound to become a safety hazard, a fire hazard, and an eye-sore in all public places.

It would seem that some thought should be given to changing the material used in the making of containers. While a youngster, having to take my turn at doing the dishes, I used to scheme of making dishes that could be eaten at the end of each meal. After all, I had seen comedians in comedy plays where they had to eat their hats!

A character by the name of Harry Oliver, whom I met in the southern California desert region, has made himself a one-man committee to beautify the desert. For over ten years he has carried

on his beautification program which is aimed primarily at ridding the desert of empty beer cans and other litter. He drives about in an old 1928 model station wagon erecting signs which read: "Look at what you did, for shame. Beauty was here before you came.", or, "Kleenex, bushes, beer cans and other eye-sores too - from our roadsides they must go and it's up to you."

My friend reported that at that time the U.S. Government was making plans to have everything aboard the Moon Rocket made edible. The dishes could be eaten in an emergency, even the knife and fork would be made of licorice. Harry says, "Perhaps soon we won't have to go around saying, 'Clean Up'. We'll just say, 'eat 'em up boys!' He goes on to say that they would start out with a cheese-flavoured edible beer can and "even if they only ate a part of it, the little desert creatures could finish it off!"

There is also a report of a new beer can invented that is highly magnetic. When a guzzler tosses it out of a car window, it pops right back and sticks to the metal sides and rear of the car. Not a can rolls on to the roadside shoulder, and when a motor patrolman comes along and sees a car with its rear end studded with beer cans, he has prime evidence of a litterbug and can write a ticket forthwith.

It seems that the main trouble with this country is that the Indian didn't have strict enough immigration laws!

In signing off, I leave you with this thought for 1967 - when we particularly wish to show off our province during Centennial Year - keep BC Green AND Clean.

### More 442 Sqn

continued from page 8  
hoisted aboard safely.

We then returned to the Penticton airport where we were met by an ambulance. We noted that the winds were calm at the airport. We couldn't help thinking, if only the winds had been calm in the mountains maybe there wouldn't have been a requirement for us in Penticton.

THIS IS ONE TEST YOU WON'T WANT TO BLOW



A roadside screening device could be in the hands of any police officer, anytime, anywhere in the province.

# NEXT DEADLINE 24 JUNE NOON



# Leisure



**888 (KOMOX) WING  
RCAFA**

## CALENDAR OF EVENTS JUNE AND JULY 1991

### COMING EVENTS FOR JUNE

SAT 15.....SPRING GOLF TOURNAMENT  
SAT 29.....Start of the weekly STEAK BBQs

### COMING EVENTS FOR JULY

WED 03.....GENERAL MEETING, 8 p.m.  
SAT 06.....STEAK NIGHT, 5:50 - 7:30 p.m.  
THURS 11.....AFIS HERITAGE NIGHT 7 p.m. in the Wing.

### 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.

(Bulk grocery items available on request)

## DON'T LOOK ANY FURTHER THAN THE BASE SOCIAL CENTRE.

Why? Close to the Base;  
- Well priced/excellent snack bar;  
- Well maintained;  
- Very scenic.

Where? - Just off Knight Road, next to the golf course, just a few minutes from the Base.

So drop by and see us or book your party now!

INFO 8720

## B.C. Bestsellers

Week Ending: June 2, 1991  
Produced: June 4, 1991  
(Brackets) represent last week's position

### FICTION

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

### NON-FICTION

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



Christine Mayer

### Crustless Quiche (Marg Cale)

2 cups broccoli flowerettes  
1 cup chopped onion  
1 cup chopped mushrooms  
1 cup grated cheddar cheese  
3/4 cup bisquick  
1 1/2 cups milk  
1 tsp salt  
1/4 tsp pepper  
1 tsp oregano

#### Method:

Grease a deep pieplate or casserole well. Lay broccoli, mushrooms, onions in dish and sprinkle with cheese. Combine all other ingredients together and pour on top of vegetable. Bake in center of oven at 400° for 35-40 mins. Let set for 5 mins before removing.

Marg said you can use different vegetables. I used asparagus and a little green pepper instead of broccoli, as that is what I had on hand. This recipe is easy and very good. I recommend you try it. It will probably become a family favourite.

### Rhubarb Jam Recipe!

2 lbs cut up rhubarb  
2 cups white sugar

THAT'S HOW MANY  
CANADIANS ARE  
SOFTBALL PLAYERS



Way to go Canada!  
PARTICIPATION

## The Bookshelf



### Books

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604-338-5943

## Country Kitchen

## Meals for Summer

1 can crushed pineapple  
1 large pkg strawberry jello  
(6 oz.)

#### Method:

Put the rhubarb, sugar, pineapple in pot. Bring to a boil and boil 20 mins. Add jello and stir until dissolved. Pour into sterile jars. Top with melted wax and cover. Store in cool and dry place. While the rhubarb is good right now, you could freeze some to cook jam up this winter.

### Salmon Casserole (Jean Scarff)

1/2 cup diced onion  
1/2 cup diced celery  
1 cup mixed cooked carrots and peas  
2 tbs oil or margarine  
2 - 7 1/2 oz cans salmon (skin removed)  
reserve juice  
2 cups seasoned mashed potatoes  
1 beaten egg  
Milk  
Light cream

#### Method:

Saute onion and celery in a little oil. Set aside. Heat the two tbs oil in pan, add flour gradually.

Add milk to make a cream sauce. Add salmon juice. Add more milk if sauce is too thick. Fold in celery, onion, mixed vegetables and salmon. Season to taste. Combine mashed potatoes, beaten egg, enough light cream to make a spreading consistency. Place salmon mixture in 1 1/2 qt casserole. Spread potato mixture on top. Dot with butter. Bake at 350° until potatoes are browned approx. 35 mins.

### Bean Salad

1 can french green beans  
1 can yellow wax beans  
1 can kidney beans  
3/4 cup sugar  
1/2 cup oil  
1/2 cup vinegar  
1/2 tsp salt  
1/4 tsp pepper  
1/2 cup chopped onion  
1/2 cup green sweet pepper chopped

#### Method:

Drain beans. Mix the other ingredients together and pour mixture over beans. Toss well and marinate 24 hrs. covered. Stir occasionally.

### KVA Air Unit for Cumberland



The Korea Veterans Association recently presented the Cumberland Health Care Unit with an air cleaning unit and four pedestal fans. Shown testing the unit (with a cigarette) is KVA vet and Totem Times contributor, Henry Mayer, with Health Unit Administrator, William Crysler.

## ArtScene

Wilsden Galleries presents an exhibition and sale of paintings by Stuart Babcock, Peter Krutaski, Donna Matilla and Carole Thompson with steel sculpture by Douglas Senft. This group show of work by five Valley artists is varied and interesting. Stuart Babcock has recently had a show at the Arts Alliance, Peter Krutaski has exhibited his vibrant pastel drawings at Wilsden Galleries. Donna Matilla has exhibited her paintings in Vancouver and West Germany, and Doug Senft's commissioned sculptures can be seen in North Vancouver, Portland, Oregon and Barcelona, Spain. It is a privilege to host a show for these five accomplished artists. Come and browse and enjoy the colours, the shapes, the art. June 13 to 29 in attendance. Saturday, June 15 open from 2 pm to 4 pm. Location: 440 Anderton Ave., Courtenay (by the 5th St. Bridge) Hours: Tues. to Sat. 10 am to 5 pm, evenings by appointment Phone: 334-2286

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## Junior Ranks Mess Upcoming Events

### Fishing Derby starts May 18th until July 2th

Sign up at the Mess - Entry fee \$10.00  
Rules available at Mess office  
July 6th dance with presentations of awards  
Boat rentals available at Jasper's  
Come and participate in the Fishing Derby

### Steak and Lobster Night June 15th

Dinner at 18:30 hrs  
Only 200 dinner Tickets  
Cost \$10.00 members/\$15.00 guests  
21:00 hrs - Dance to the Band - Accelerators  
For dance only doors open at 20:30 hrs  
Limited tickets cost \$3.00 members/\$5.00 guests  
Tickets purchased by cash or acquittance roll on sale now

Snack bar will be closed as of June 1st for the summer months  
A new tender will be required for September

# On and off base

## Pac Region Badminton Results



Back Row L-R: MCpl Guitard, MCpl Williams, MCpl Arsenault, Sgt Mann.

Front Row L-R: Cpl Breton, OCdt Paquet, Maj Leblanc, Cpl Forget.

The Pac Reg Badminton Championship was held at CFB Chilliwack from 22-26 May 91. In team competition, Comox placed first with a total of 32 points. MCpl Guitard succeeded in attaining the open singles category and OCdt Paquet won the service womens' category. The runners up for the open doubles were MCpl Williams and MCpl Guitard. MCpl Arsenault and Maj LeBlanc were runners up

for the Jr Vet category. In the Sr Vet category, Sgt Mann was the runner up.

Our Base badminton team did very well at this tournament and it was evident that the competitiveness and camaraderie were alive and well during each event. All in all a job well done for CFB Comox. Congratulations to all members for representing our Base and doing so well.

## Outstanding Cadet

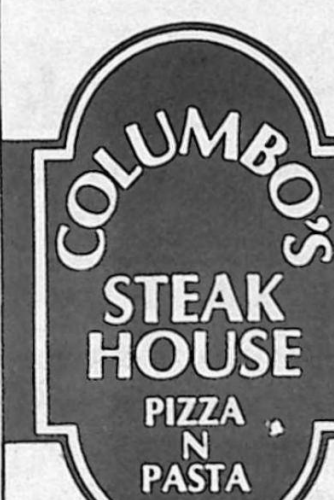


WO Christopher Scott received the Royal Canadian Legion Medal of Excellence, and the Duke of Edinburgh Bronze Award, at the 51st Annual Inspection of the RCACC at HMCS Quadra on May 26. He has been accepted by RRCM at Victoria, and will begin his training in Sept.

**DARN!**  
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ADVERTISED  
IN THIS SPACE!



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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

### What's A Help To You May Hurt Your Child

Bad weather outside usually means playtime inside for children, but home can be a far more dangerous place than the great outdoors.

Children are often unpredictable, so spend a few minutes learning how to deal with common accidents, especially poisoning.

A poison is simply anything not intended to be eaten as food, from paint flakes to vitamin pills, machine oil to medicine. Preschoolers are learning about tastes; they don't know sweet from sour or bland from spicy -- only that the world is full of new and different tastes.

It doesn't help that varnish pours like table syrup or grouting compound looks like flour. If parents take pills to feel better, a toddler wants the whole bottle. Headache pills, household bleach and tranquilizers are the most prevalent child-poisoners.

Make a thorough search around the house to clean up potential trouble spots. For example, adults with hobbies often leave things lying around. Lock them up out of reach. The same goes for indoor cleaning products.

Poisoning requires prompt action. Ask your neighbourhood pharmacist to explain the categories of poison treatment so you'll be prepared.

For example, some poisons can be neutralized or diluted. Some can be vomited while others should not. Teach yourself what action to take at home and where to go for professional help. If you do have to take a poisoned child for treatment, remember to take the poison container with you.

### Let The Label Be Your Guide

It's hard to believe, but some people actually hold to the maxim, "when all else fails, try following the instructions."

They may be able to get away with it sometimes, but when using prescription or non-prescription medications, this policy is foolish and dangerous.

Each of the medications available in your drug store has specific instructions for safe use. If you need more information, ask your pharmacist. He or she is professionally trained to provide expert advice and supervise the sale of certain products available only in drug stores.

Using any product improperly can be harmful, so if you have even the slightest doubt about the proper use of any drugstore product, consult your pharmacist.

Among the many roles a neighbourhood pharmacist serves is one of counsellor. It is your privilege and responsibility to ask for and receive expert advice on the proper use of medications.

Instructions for using medications have been carefully written and should be followed the same way. There are specific medical reasons why you should take some medications "before meals" and others "without dairy products". Your doctor or pharmacist will be pleased to explain them.

Clear instructions have been given to help you and your family enjoy good health through safe use of top quality medicines. Use them according to the instructions and enjoy the healthful benefits.

## info health

Dr. Bob Young



### Doctor-Patient Relations

I am aware of only two professions whose clients are asked to take off their clothes and lie down. The medical profession is one of these.

The request is a reasonable one. In order to make a diagnosis, a physician usually must examine his or her patient. The exam may be brief, limited to looking at a patient's eye or throat. Often a full physical examination is performed, necessitating closer contact.

Occasionally a doctor will go astray and allow his actions to transgress into fondling or other forms of sexual stimulation. The patient, perhaps not realizing that the examination is more intimate and less professional than it should be, may not complain.

Sometimes the hormones of both parties get stirred up, and liaisons of some sort develop. On

other occasions the patient makes a play for the physician, and he responds. (We are purposely being gender specific since this is the most common type of medically related sexual abuse.)

The possibility of sexual involvement between physician and patient has been recognized since the dawn of medicine. Doctors are betraying their calling if they use their position of trust to take advantage of their patients. They are also obviously not doing their job of diagnosing, treating, and hopefully curing.

Young physicians are repeatedly warned about getting sexually involved with patients in any manner, and governing Colleges of Physicians and Surgeons view any transgressions very seriously. Physicians who stray are severely dealt with, and may lose their license to practice and

be heavily fined. And there may also be messy involvements in court.

Genuine romance may, of course, occur. Doctors are permitted to pursue true affairs of the heart providing the object of their affection transfers her care to another physician.

Sexual abuse of patients by physicians may go unreported. Its incidence is not known. Subtle abuse may not be recognized, and fear or embarrassment stifles complaint in flagrant cases. The public is becoming more aware of the problem, and some doctors' organizations are encouraging patients to report abuses.

But hearings fair to both parties are mandatory - doctors have been falsely accused by amorous, vengeful, or mentally ill women.

### Hayfever

Hay is only one of the causes, and, in spite of the name, fever plays no part. Yet hayfever has long been the popular name for the springtime sniffles and sneezing that affect so many.

Hayfever is the result of being over sensitive to certain pollens (and occasionally, fungus spores) that drift on the breeze. It is a seasonal allergic reaction, medically known as allergic rhinitis. Like the seasons, the causes follow the calendar - tree pollens in the spring, grass pollens in summer, and weed pollens in the fall. There is some overlap, of course.

Need we mention the symptoms? An itchy, stuffed or runny nose, sneezing, and red watering eyes with puffy lids are the common ones. Add headaches, loss of appetite, insomnia, irritability and depression, and coughing and wheezing

to complete the picture of misery.

Allergic rhinitis is most common in children and teenagers. Fewer older people are afflicted, probably because the annual exposure to the offending pollen gradually promotes immunity. Some people suffer for a lifetime.

Prevention is possible, but may be difficult. Avoiding the offending pollen helps. It is unfair to ask some teenagers to cut the lawn if they sneeze for a day afterwards. Moving to a geographical area where the offending plant does not grow is an effective, but usually impractical option.

Most people must either suffer or use some form of medical treatment. Antihistamines are time-tested and often effective. Newer ones, while more expensive, do not cause the drowsiness associated with the originals.

Nasal sprays are useful. Prescription pumps or aerosols can block the allergic reaction or counteract the inflammation. Do not use over-the-counter sinus sprays as relief is brief and rebound nose blockage occurs quickly.

Cortisone compounds are the next form of treatment. Nasal sprays, tablets, and long-acting injections are available. Sometimes a single shot of the latter will see the patient through the season. Side effects are few as low doses usually suffice.

Desensitizing injections (allergy shots) are used less frequently than formerly, probably because other treatment has improved. The long course of weekly injections quickly becomes a time-stealing nuisance. In some cases, though, the shots are the only things that work.

## Bookshell Bestsellers

- |                                       |                                       |                                         |
|---------------------------------------|---------------------------------------|-----------------------------------------|
| 1. The Burden of Proof<br>.....Turrow | 10 Top Paperbacks Week ending: June 8 | 8. The Fifth Profession<br>.....Morrell |
| 2. Golden Orange<br>.....Wambough     | 5. Once a Princess<br>.....Lindsey    | 9. Red Phoenix<br>.....Bond             |
| 3. Woman of the Mists<br>.....McKee   | 6. Captive Secrets<br>.....Michaels   | 10. War Heaven<br>.....Maloney          |
| 4. Red Dragon<br>.....Harris          | 7. Rush<br>.....Wozencraft            |                                         |

NEXT DEADLINE

24 JUNE - NOON

### Pac Region Champs



Pictured here with the Base Commander, Col J.E. McGee and BPerO, Lt (N) Bradley, is a jubilant Comox team. Congratulations to the team and hopefully next year we'll represent the Pacific Region at a CF National Ball Hockey Championship.

CANEX

12-22 JUNE 1991

SALE DATES INCLUDE SUNDAY WHERE APPLICABLE. SE VOUS PRÉFÉREZ UN CAHIER PUBLICITAIRE EN FRANÇAIS, VOULEZ EN DEMANDER UN À LA CAISSE.

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TUE	10:00-17:00	MAR	10:00-17:00
WED	10:00-17:00	MER	10:00-17:00
THU	10:00-17:00	JEU	10:00-17:00
FRI	10:00-17:00	VEN	10:00-17:00
SAT	10:00-17:00	SAM	10:00-17:00
SUN	12:00-15:00	DIM	12:00-15:00

# On and off base

### Branch 17 Legion Award



Legion Life Membership - for George Swift, a long standing member of Branch 17 Royal Canadian Legion, was awarded recently for many years of loyal service to the Legion. He presently serves as a member of the Br.17 Executive Committee.

Do something  
for Dad  
June 16

## Fathers' Day



COMOX AIR FORCE MUSEUM  
CFB COMOX  
LAZO B.C.

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1 JUNE THRU SEPT. 10-4 p.m.  
WED THRU SUN & HOLIDAYS

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FATHERS DAY FATHERS DAY FATHERS DAY

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# Public announcements

## Answers to the Iron Game!

On many occasions a person may enter a weight-training facility and be immediately intimidated by the array of equipment displayed in most gymnasiums today.

It's no wonder then, that one can feel lost amidst this iron jungle and not know where or how to begin his or her workouts. All this has now changed because we now have answers to the iron game!

Every Thursday you can wander over to the local Rec Centre on Base and see your friendly neighbourhood PERI, Cpl Savard for advice on personalized fitness programs. These programs will be made to suit your needs and will help you achieve results if you haven't already.

Questions on strength training, toning exercises and body building will be answered at this time. I will be available from 1530 to 1600 hrs Thursdays. Hope to see you there!

## Accident/Injury Reports Sports Related

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

## 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.

## 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.

## 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.

## Boat Launch Passes

Tee Pee Park Boat Launch Season Passes - 1991.

Boat launch passes are now available only at the canteen at Air Force Beach between the hours of 1200 hrs and 1900 hrs. Price is \$30.00 for the season or at the daily rate of \$3.00.

## Athletic Trainer Survey

The CF National and CISM Sports Program are developing a national data bank of qualified athletic trainers. If you are a qualified trainer please contact the Rec Centre at loc 8690 by 21 Jun 91.

## 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".

## CF Photo Contest

This competition is for amateur and professionals from 5 - 8 Nov 91. Entries may be submitted by members of the Reg Force and dependants, members Res Force and dependants, Foreign Exchange and dependants, civilians employed by DND, members Sea Army and Air Cadets. Entry .50¢ per photo entered. For further info contact the Rec Centre 8315/8690.

## YACHT CLUB OPEN HOUSE

The CFB Comox Yacht Club/C.F.S.A. will be holding an Open House on Saturday, June 22nd, from 11 a.m. to 4 p.m. at their Clubhouse (Bldg 5), on HMCS Quadra.

Drop in to view the Club's keelboat and dingy fleet or to register for their sailing courses.

Refreshments will be served.

The next General Meeting will be held on Tuesday, June 25th at 7 p.m. in the Glacier Greens Clubhouse.

## CHAPEL CHIMES

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

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

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

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

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Claudette LeBlanc, phone 339-3002.

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

## ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj R.E. Baker

CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP - Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - recessed to Sep 15

NURSERY SCHOOL - Each Sunday at 1100 hrs.

CHOIR - practices 1830 hrs, Thursday at Chapel.

CHAPEL GUILD - meets once a month, first Thursday at the Chapel 7:30 pm, President Betha Baker 339-0189.

## 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.

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UNLIMITED INCOME POTENTIAL. Manufacturer now accepting applications for provincial distributors of "JUICEWORKS", the amazing new fresh juice vendor. Call Acton Assemblies 1-800-465-5006, for information package.

NEW IN CANADA. Magic T's TM. Hot selling colour col- or T-shirts. Distributors needed in your area. Call today. Atlas Company, (604)493-9122, Penticton.

Free information: New MLM Mail Order Business. Builds down line fast. Very profitable. Call, leave name and telephone number for immediate reply. 1-852-5988.

Well established Home Decorating Business. Excellent reputation for service and products. Proven clientele, opportunity for expansion. Owner wants to retire. Contact: Rainbow Paints, 4801 Joyce Avenue, Powell River, B.C., V8A 3B7.

### EDUCATION

SOUND & RECORDING COURSES. Weeklong Summer Workshops taught by professional engineers. "Hands-on instruction. Trade School Certified. Tax Deductible. BULLFROG RECORDING SCHOOL, 2475 Dunbar, Vancouver, B.C., V6R 3N2. (604)734-4617.

First Time in British Columbia Workshop for Investors and Entrepreneurs. Saturday, June 8, at the British Columbia Institute of Technology. Cost \$95.00 + GST. Call 1-800-265-4559.

### 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, Window Elevator, 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.

NORITAKE SALE! Terrific discounts on current patterns! Delivered, well-packed, insured. For price list on your Noritake pattern, call Alexander's "The Noritake Experts", Toronto, toll-free 1-800-263-5896.

### FOR SALE MISC

Trace your Family history. Write today for your basic kit. Charts and instructions included. \$10. Cheque or money order. P.O. Box 32001, 100-3749 Shellbourne Street, Victoria, V8P 5S2.

### 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.

"BE SUPER RICH" Earn \$250,000 FT. \$50,000 PT Commission; Marketing our exclusive 2 for 1 music book. Protected Territories available. Free 24 hour information line. 1-800-263-1900.

NEED EXTRA \$\$\$\$. C&M Gifts needs demonstrators to sell toys & gifts at Home Parties. No investment or experience required. Established company, call today (519)258-7905.

WHOLESALE FIRM. Since 1976, NOW seeks 2 representatives in your area. Display and Service Merchandise in established retail accounts. Minimum weekly earning potential \$800+. Call (416)756-3174 or (416)756-2156.

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Reporters here is a great opportunity. One of Canada's finest community newspapers has a senior reporting position open immediately. Next stop Editor? The successful applicant must have minimum 3 years experience or related skills in all aspects of the editorial department. Send resume and samples of work in confidence to: The Publisher, c/o The Tribune, 188 North First Avenue, Williams Lake, B.C., or phone (604)392-2331.

Assistant cook needed for summer employment. Would consider student with College Chef training. Write Fairview Mountain Golf Club, Box 821, Oliver, B.C., V0H 1T0.

O.E.M. Hardware Inc. has an exciting opportunity for a Senior Sales Rep. in your area. We offer: Base Salary/Commission Bonus, Auto Allowance, Benefit Package, Complete Training. Call the Sales Manager 1-800-663-6554.

### LIVESTOCK

LLAMAS FOR SALE (Legacy Classic Sale IV). 70 Llamas being sold by auction, June 8/91, Westerner Exposition Fairgrounds, Red Deer, Alberta. Call (403)346-3148 for details.

### MISCELLANEOUS

CLIP this idea! Do you have an old or too small photo? Let prizewinning artist Theo Halladay transform it into an exciting gift. Sketches \$12.50 up, pastel portraits \$75, oil \$135 up. Also pets, executive portraits, composites, restorations. Guarantee. Call 721-2892 or 642-4118.

### 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.

Campbell River semi oceanfront, view, 98'x204' lot, 12'x68' mobile, addition. Live in while building. Near school, beach. Large garden. Take rv/rt part down. \$78,500, 923-3670.

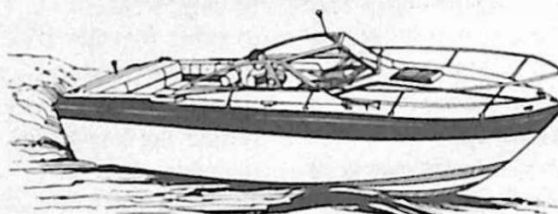
For Sale or Trade. Commercial Building, main street Creston, B.C. 100% occupancy. May take some trade. (604)964-2946 or (604)563-9623.

## 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.

## Boating Safety



Explosions and fires on boats can be a terrifying experience, often resulting in serious burns and even death. When fueling your boat:

- Never smoke. Shut down the engines, motors, fans and heating devices before fueling.
- Always leave room in the tank for fuel expansion. Wipe up any spills.
- Never refill portable fuel tanks in the boat itself. Take them ashore for filling and wipe off any spillage before placing them aboard.
- Check bilges for leakage and fuel odors, and ventilate.
- Use stoves approved for marine use; portable stoves and heaters are unsafe. Have fire extinguishers and locate them in areas of easy access.

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Sunday  
11 a.m. - 12:30 a.m.

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**NEXT DEADLINE**  
**24 JUNE - NOON**

# Recreation

## MP

## Golf & Fishing Results



The CFB Comox Military Police Section hosted the 8th Annual Western Canada Military Police/RCMP Golf Tournament and Fishing Derby on the 24th and 25th of May 1991. Military participation included, CFB Comox, CFB Chilliwack, CFB Cold Lake, SIU Vancouver, SIU & PDSIU Victoria, CFB Esquimalt and McChord AFB. RCMP members attended from Courtenay, Campbell River, Powell River, Parksville, Nanaimo and Victoria. Retired members showed up from Edmonton, Calgary, Vancouver, Victoria, Comox, Courtenay and Port Hardy to help round out the field.

Early Friday morning 0715 hrs, Col Jack McGee, CFB Comox Base Commander, hit the first ball to officially start the golf tournament which saw 178 golfers on the Glacier Greens Golf Course in two shotgun starts. The morning golfers were dampened for a couple of hours by a light drizzle which eventually cleared for a sunny afternoon round on the course.

Presentations and a BBQ were held at the golf club and when the scores were tallied the Canadian Military Police Association (CMPA) trophy was awarded to an upstart team of OSI and Air Force Police from McChord AFB, Washington, USA. We congratulate the team members LCol Ron Pearlman (71), SA Al Price (72), SMSGT Jim Miller (74), and Maj Dave Becroft (75) for first

travelling to Canada and joining in our yearly ritual and second for winning the CMPA Trophy. Individual awards were also presented in five other categories:

1. Sponsors Event: LG winner, Stu Mohler (82) from Powerhouse Automotive, Courtenay; LN Winner John Paruch (73) from Celebration Florists, Woodgrove Centre, Nanaimo.

2. Military Police: LG winner - Cpl Bob Guimond (74) from CFB Chilliwack; runner up Special Agent Al Price (78) from McChord AFB; LN winner LCol Ron Pearlman (71) from McChord AFB; runner up WO Doug Anderson (73) from CFB Esquimalt.

3. RCMP: LG winner Const John Beckett (77) from Campbell River; runner up Const Greg McNeveits (78) from Courtenay; LN winner Cpl Rob Turnbull from Victoria; runner up Const George Craig from Campbell River.

4. Retired MPS: LG winner Ted Sauve (76) from Comox; runner up Marty Peterson (83) from Vancouver; LN winner Lloyd Billings (72) from Lazo; runner up Gil Croze (73) from Vancouver.

8. Guest Division: LG winner Carl Cameron (75) from Cumberland; runner up Roy Downey (76) from Comox; LN winner Al Walsh (71) from CFB Comox; runner up Russ Wreggitt (71) from Union Bay.

The longest drive went to Gerry Evans from Calgary. The

closest to the pin on holes 4 & 7 were both won by Stu Mohler. Spot 4 our live pig was won by Const Jan Nightingale, from the Parksville RCMP Det. The trip for two donated by Air BC was won by Sgt Ken Rodgers, CFB Comox, MP Section.

Results of the Fishing Derby were: Largest salmon to Const Ian MacPerson from Courtenay RCMP with a 16 1/2 lb Spring; runner up Lowell Davidson with a 14 lb Spring; total weight went to Const Bob Page of Parksville RCMP with a total of 20 lbs; largest non-salmon went to Cpl Scott Trappell of CFB Comox with a 7 lb Red Snapper. We had a total of 72 out for this years fishing derby and most caught fish. The winds were calm and the day sunny. Winner of a Fishing Trip for Two to the N.W.T. was Bud Taylor from Victoria, BC.

The CFB Comox Military Police Section would like to thank those Military Police, RCMP, retired members, guests and sponsors who made this year's event the biggest and best yet. CFB Comox will again host the event in late May 1992, so plan to attend and make it another successful branch event.

A special thanks goes out to the Comox, Courtenay, Royston, Campbell River, Victoria, Nanaimo, Bowser, Parksville, Qualicum Beach and Vancouver merchants and sponsors who contributed toward our prize table. See you next year.

## Support Your Lung Association

## 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





# On and off base

from the Fire Chief

## Camping Out



## CFB Comox Equitation Club



Once again spring is upon us. Barbecues and campfires will become part of our outdoor activities. The following are some safety tips to help make your outdoor events accident free. Fires at Airforce Beach are prohibited unless a permit is issued by the Base Fire Chief.

- Fire permits are available from the Fire Hall on request.  
- Barbecue equipment precautions:

a. have equipment in good working order;

b. a minimum clearance of 1.5m from buildings, walls and combustibles is required;

c. do not store barbecue cylinders indoors;

d. keep small children away from the barbecue.

- When camping out, take the following steps:

a. your tent should be of flame retardant fabric. A paraffin coated

cotton tent can burn up in a few minutes;

b. your tent should have two exits, or a window sufficiently large enough to serve as a second exit. Also, keep a sharp cutting tool in the tent to cut out an exit in the walls in case fire obstructs the only exit;

c. never use candles or matches in or near a tent. Use floodlights;

d. extra care should be exercised when using electricity and lighting in or near tents. When using heaters, keep them well away from walls, pillows, camping chairs, in fact, all contents of the tent;

e. campers who carry fuel for propane or gasoline type camp stoves in the trunk of the car should never leave the fuel in the trunk over the weekend or any longer than needed to transport it;

f. if you are planning a full day's drive to a campsite, take the precaution of opening the trunk periodically to ventilate the compartments;

g. build your fire downwind, far away from your tent. Make sure it's out before you go to sleep;

h. never freshen a fire with a liquid starter. Explosions can result. Keep flammable liquids away from your tent and children;

i. a fire extinguisher is a must in every campers equipment, for it could well be a lifesaver; and  
j. finally, all fire laws, ordinances, and regulations at the campsite should be strictly observed. Good housekeeping is a must.

Supervise children at play. Make sure they are safe. A little extra caution is an item well worth taking on any camping trip. Have Fun! Camp Safely!

CFB Comox now has another fledgling club to add to its growing list of Base activities. The CFB Comox Equitation Club has been in operation since March. We started off our year with a raffle, which was won by WO Jim Rest of BAMSO.

In April we planned for our first clinic, which was held May 11-12 at Rainbow acres. Our clinician was Karin Hanson, and she coached us on the finer points of English and Western equitation as well as jumping. There were thrills and spills aplenty, and a fun time was had by all.

The club has approximately 20 members, and with the return of the nice riding weather, you will no doubt see some of us out riding along the roads.

The Comox Valley is a horse lovers heaven, with the temperate climate for year round riding, as well as breathtaking scenery. An abundance of old logging roads provide easy access to backwoods beauty for those willing to take the time to look.

Our club is open to anyone interested in horses, whatever your pleasure; English, Western, driving, dressage, etc. Our aim is to bring together equestrians of the military community, to share the enjoyment of horses, and to further the knowledge of horsemanship. Our next scheduled event is a beach ride and BBQ 21 July. For further information contact Cpl Himsl at 8595 or Cpl MacCallum at 8505.

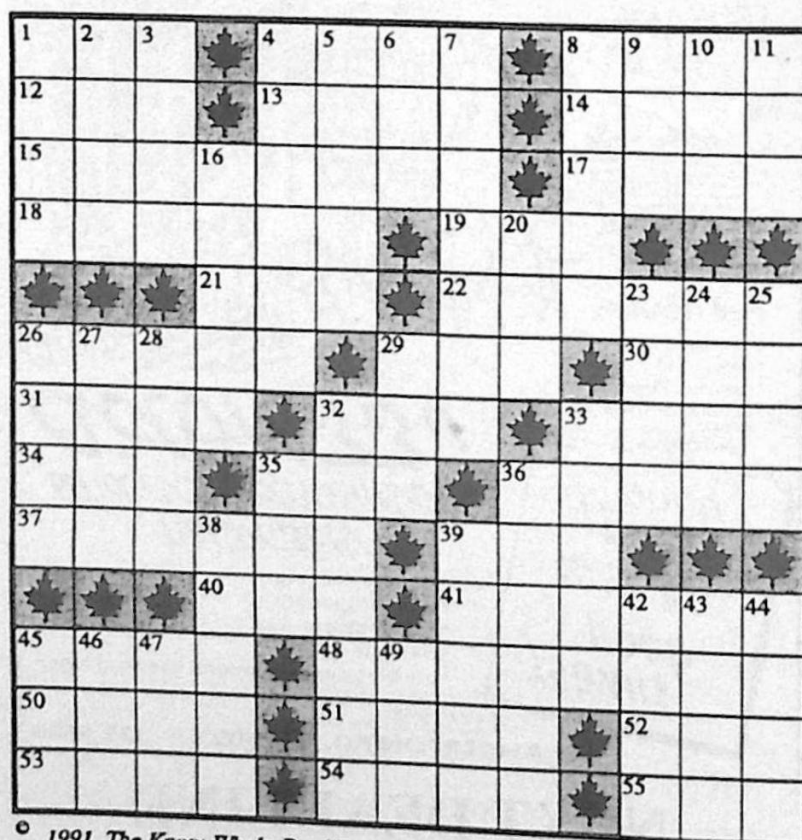
## NEXT DEADLINE 24 JUNE

### Canadian Crossword

By Rick McConnell

Solution on page 21

<b>ACROSS</b>	Turner	wing	26. Ponoka's
1. Watering	32. Energy	<b>DOWN</b>	27. Profit
hole	source	1. Lake fish	28. Biol.
4. Temples	33. Bore	2. "boy!"	
8. Phaser	34. Spanish	3. Fishing	29. Wound
setting	Aunt	need	32. General
12. Dined	35. Hockey's	4. Authour	Guy of
13. Hawaiian	36. Half a	Lois	WWII
bird	Who song	5. Employed	33. Breaker
14. Type of	37. O Canada,	6. Milkfish	position
package	for one	7. Sir George	35. Pin
15. Old pump	address	of the HBC	36. Singer
part	40. Self	8. Winter	Rene
17. Part of AD	41. Come out	wrap	38. "Hurri-
18. Biblical	45. Indicator	9. Catch rays	cane"
dancer	48. Denial	10. Jug	39. Follows
19. Each	50. Egg on	11. Buzzword	42. Frost
21. Free	51. Formal	prefix	43. Aim
22. Ease	address	vessel	44. Chem.
26. Newspaper	52. Chinese	20. Age	suffix
line	Chairman	23. Corner	45. Add sound
29. Flim Flam	53. Was	24. A cheese	46. Anger
30. Work	54. Post	25. Alaskan	47. Era
sched.	55. House	city	49. Shoe size
letters			
31. Wood or			



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# On the Base

## Glacier Greens

### Ladies and Mens Open Tournaments



On 4 June, Glacier Greens Ladies hosted the ladies from Powell River and Eaglecrest Golf Clubs. Everyone enjoyed a day of good golf and camaraderie. A delicious lunch was enjoyed by everyone, followed by the announcement of winners for the day.

For Powell River, Eileen Milson fired a low 89 for first low gross, followed by Shirley Cole with 92, and third to Ann Drader and Phyl Williams with 101. Low net scores went to Bruna Lopez with 74, Darlene McKenzie with 75, and Karen McDowell with 81. Least puts went to Alice Mantoni with 29.

Results for Eaglecrest ladies were low gross going to Clem Tobin with a 91, followed by May Burroughs with 94 and Ev Johnson with a 96. Low net scores went to Jean Cotter with 74, Gail Connell with 76, and Marg Denton with 78. Least puts went to Pat Smith and Joyce Wray who each had 30.

For Glacier Greens it was a Pin Day. Low net for the day was a three-way tie by Ardyth Wood, Pat Verchere and Rose Jacobson, who each had a 69, followed by Martha Campbell with 70.

Low gross for the day went to Sharon Miles with 89, second to Lorraine Courtemanche with 90, and third to Shirley Shearer with a 92. Least puts went to Barb Carter, Patti Beachy and Frankie McCaffery, all with 31.

Coming up on 16 June is the annual Ladies Invitational at Glacier Greens, with ladies from March Meadows to Port Hardy competing for prizes. This tournament is unique as it is divided in three handicap flights, and so makes for a very popular tournament. It is sponsored by Village Food Markets, Design Floor-coverings and Bonanza.

### High Winds Hamper Men's Open

The Glacier Greens Men's Open has come and gone and is only a memory, maybe a bad memory for some of those that played on Sunday afternoon. Driving rain and gusting winds were factors that the Sunday afternoon golfers had to contend with. However, the extreme change in the weather didn't seem to hamper the field low gross and the field low net winners. Mike Burrows of Storey Creek Golf Club captured the field low gross with a score of 141 after 36 holes.

Glacier Greens own Murray Jacklin Jr. captured the field low net title carding a 123 after 36 holes. Our congratulations to Mike and Murray and to all the winners of the tournament.

A number of golfers from G.G. travelled to Pacific Playgrounds on Sunday to take part in the 2nd Annual Paul Chepil Memorial Golf Tournament. The course is in very good shape and a real challenge. Our congratulations to

Vi Wilander and Rick Salmon who were the LG winners of the tournament. Other LG and LN winners from G.G. were: Barb and Ron Carter; Rose McClesch and John Ferguson; Pat Verchere and Bill Ballance; Irene and Jim Perry; and, Sharon Miles and Doug Cull.

Hidden Hole: Joan Curtis and Fred Horvath.

Ladies Longest Drive: Pat Verchere.

Both Vi Wilander and Lee Johnson fired a beautiful drive from the top of the hill and over the water onto #3 green with Vi's ending up 13 feet from the pin and Lee's 10 feet from the pin. Each won a K.P. prize.

Watch for bulletins posted in the Social Centre/Club House for information regarding the Labatts T.P.A. and the men's inter-club at Comox Golf club.

It is nice to be playing #18 green again. The added cart path is a good feature and will allow players to move to the back of the green without delay and therefore speed up play.

Narrow wheeled golf carts will be banned from the Glacier Greens Golf Course effective 1 Oct 91.

The next monthly committee meeting will be held on 20 June at 1:00 p.m. at the Social Centre/Club House.

A courteous golfer will be in position when his turn comes to hit.

### Practice Swing



The BComd, Col J.E. McGee follows through with his shooter at recent GGGC tourney.



## LEGION LOG

### BRANCH 17 COURTENAY 334-4322

#### \*\*\*ENTERTAINMENT\*\*\*

Fri & Sat 14 & 15 June.....Music by WILD RIVER  
Fri & Sat 21 & 22 June.....Music by EL DURADO  
Fri 28 June.....Music by EVENING STAR

#### \*\*\*REGULAR ACTIVITIES\*\*\*

BINGOS.....Thur., Fri., Sun. at 7:00 PM

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

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(No T-SHIRTS)

#### \*\*\*EVENTS\*\*\*

SUNDAY 16 JUNE.....Fathers Day Steak BBQ  
\$6.00. Starts at 3:00 PM. Open to members and guests.  
SATURDAY 30 JUNE.....Kenny Shaw Show & Dance.  
Reserved seats only. Cost \$10 per person.  
9 PM - 1 AM "Celebrate Canada Weekend"

#### \*\*\*SPORTS\*\*\*

JUNE 14, 15, 16.....FIRST ANNUAL FISHING DERBY  
Prizes Galore. \$8.00 entry fee includes supper.  
SATURDAY 22 JUNE.....Fun Golf Tournament  
at Long Lands Par 3. Shotgun start 3:30 PM.  
Entry fee \$7.00 at bar.

### BRANCH 160 COMOX 339-2022

#### \*\*\*ENTERTAINMENT\*\*\*

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  
.....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

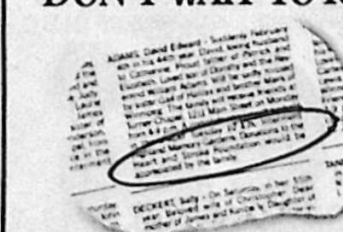
#### \*\*\*EVENTS\*\*\*

NOTICE: General Meeting, June 20th postponed to 27th at 1900 hrs in lieu of 2000 hrs. Details to be announced.

#### \*\*\*SPORTS\*\*\*

SUNDAY AUG 11.....Golf tournament. Details TBA.  
SUNDAY AUG 25.....Legion Picnic Air Force Beach 1 PM.

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SALOME	PER	
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AGATE	CON	RDO
IANA	SUN	REAM
TIA	PIT	SEEME
ANTHEM	MIS	
EGO	EMERGE	
DIAL	NEGATION	
URGE	DEAR	MAO
BEEN	SEND	ELL

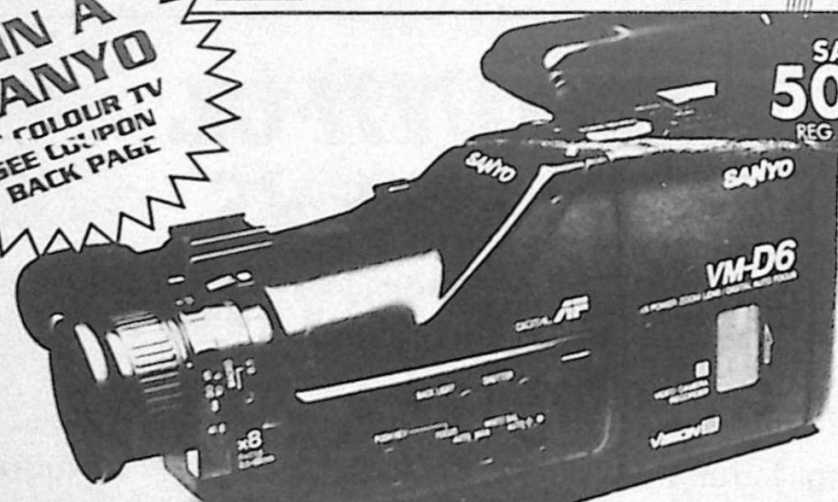
## CANEX Sight & Sound

12 - 29 JUNE 1991

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FRI	10:00-17:00	VEN
SAT	10:00-17:00	SAM
SUN	12:00-16:00	DIM

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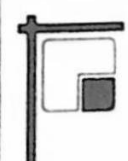


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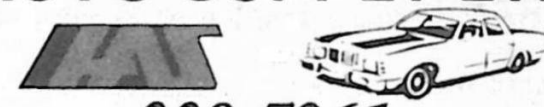
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HOW MANY  
CANADIANS  
ARE CYCLISTS

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PARTICIPATION

## On and off base

### Beachcomber

...."eat your heart out, Bruno Gerussi."



On the 15th of May, 442 Sqn was approached by Base and asked if a Labrador Helicopter could airlift approximately 20 logs to a designated location at Air Force Beach. Their response was positive. The purpose of this airlift was to provide raw material in the construction of a retaining wall. This wall, technically known as a berm is under construction to reclaim and protect DND property that has eroded away due to heavy wave action resulting from winter storms. The Lab Crew also realized an exceptional training opportunity here on Base.

Many thanks to 442 Sqn for support, and to freelance photographer Ron Brown of Courtenay, BC, who was in the area and captured these shots of the Lab at work.



### To All MQ Residents: Water Conservation

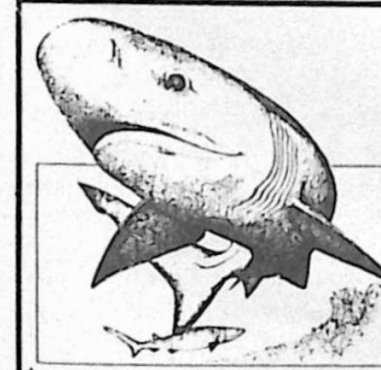
In order to maintain a safe water level at CFB Comox the following watering restrictions must be put into effect commencing 15 June until 30 September 1991.

- MQ lawns will be watered according to house numbering; even numbers on even calendar days and odd numbers on odd calendar days. Watering will take place only between 1800 and 2100 hrs. and
- the only exception permitted is for those MQs with newly sodded lawns which are to be watered daily. The cooperation of all MQ residents would be greatly appreciated. The importance of an adequate supply of water for fire fighting purposes and domestic use cannot be stressed too strongly.

By Order of the Base Commander

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All insertions will be \$4 per column/inch.  
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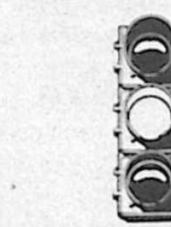


### 16 2-MEMBER TEAMS

are invited to enter  
Registration: 10 AM Sharp  
Saturday, June 15th  
at Central Builders Offices

A DETAILED LIST OF RACE RULES WILL BE  
AVAILABLE AT TIME OF REGISTRATION

Entry to the contest will be on a first come, first entered basis. The first 16 entries received will be contestants in this year's event. An entry fee of \$60 per team will be collected at registration - refundable when the team boat hits the water ready to race. Each team will select boat building materials of their choice (except styrofoam) from regular stock at Central Builders up to a value of \$69.69. There is no charge for materials. Materials will be delivered to the boat building site near Comox Marina on the day of the race. Construction by each 2-person team must be completed during a 3 1/2 hour period using only hand tools - no power or cordless tools will be allowed. Boats must be open style with no decks, must carry both team members and be capable of being paddled (or rowed) and sailed. The race will take place at the Comox Marina, August 5th, beginning and ending at the boat launch ramp. All contestants will receive plaques for participation and first, second and third place teams in the race will receive trophies. Additional prizes will be awarded for best costumes, most innovative boat, etc.



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# Military Update

## The University of Hard Knocks



by Norm Whitley

I learned early in my brief flying career never to trust weather forecasts, especially in Manitoba. Or to take silly chances. As a result of an especially harrowing incident, I like to consider myself a graduate of the U. of H.K.N., or more commonly known as the University of Hard Knocks. The whole thing started in Rivers, Man., at No.1 Central Navigation School. In mid October, 1944 I was assigned to be First Navigator on an air exercise that triangulated from Rivers to Riding Mountain, northwest to Roblin, then back to Rivers. The exercise was basic in nature; a simple D.R. plot, or ded reckoning (ded meaning deduced) to be carried out over the entire three hours, with a minimum of peeking out the portholes for landmarks. Visual fixes are reassuring to aircrew, but on this particular trip there appeared to be nothing to worry about. The time was 1345, the day glorious. Blue skies, a limp windsock, all afternoon to float in the great open void. Besides, we were being piloted by a pilot officer (name withheld) and assigned to reliable 12335, a relatively new Anson Mark V. And for added insurance the rest of the crew consisted of a second nav plus a wireless air gunner, or WAG. What could possibly go wrong?

The skipper looked us over. He remarked, especially to me, a Leading Aircraftsman, full of youthful viss and pinegar, that there could be slight turbulence over the Riding Mountains, so that it would be OK to get a visual fix. I chuckled to myself

because I knew what real mountains were, Seymour, Hollyburn and Grouse. Riding Mountains were no more than goosebumps on a broad, flat prairie - or so I thought.

"OK gang, let's go!" And soon we were strapped in and taxiing for takeoff. I hastily started my plotplan and handed the skipper the first Message Slip of the day: To: Skipper. From: 1 Nav. Text: Course out 030 true. This was quickly converted to a compass course and we were on our way. The radio operator, I noticed, was curled up cozily behind his radio equipment and reading a pocket novel, while my backup, 2 Nav, was engaged in ground sightings. All was well. I concentrated on my D.R. and emphasised clean lines and pointy arrows.

Soon I noticed a modicum of bumpiness in the flight and actually broke off the tip of my super sharp pencil. "Must be Riding Mountains," I mused and glanced out the porthole. We were relatively low and I could see the trees clearly swaying in the wind. The turbulence increased and I secured myself in the navigator's seat by locking my long bony legs under the desk, thus leaving my arms and hands free to recover flying instruments and maintain some semblance of a plot plan. It was rough trip and I was kept busy, busy. Finally, at the appointed time, I handed the skipper Message Slip No.3: Over Roblin, new course 140 true, Let's go home.

Soon the familiar dip of the port wing and a clean turn to head southeast. I settled in for what I

hoped would be a perfect exercise and no 'cocked hat' on my chart. I wanted to impress my instructor with my junior prowess.

The turbulence had disappeared, I noted, and I looked up to the flight deck. The skipper was half out of his seat and waving to me to come forward. I hunched up and sat beside him. "What's up, skipper?"

"Where are we?"

"We'll be over Rivers in nine minutes."

"Look out."

I looked out from the co-pilot's seat and my jaw fell open. We were on top of solid white cloud cover, just like a huge roll of cotton batting beneath us, white, fluffy, all consuming.

"Where did that stuff come from?" I blurted out.

"Never mind. It's there, and we're just about out of juice. But better than that, our radio doesn't work! Went U/S half an hour ago. How accurate is your plot plan?"

Talk about holding a gun to a guy's head. I was trapped. No bravado now, no bragging, just the plain truth. An expensive aircraft and four lives in my hands. I tried my best to look confident.

"Skipper, at 1500, exactly three minutes from now, we'll be over base. Find a hole and go down."

"Tell the crew to put on their parachutes and stand by to leave aircraft. Jettison the fuselage door. Prepare for exit procedure."

I looked at the skipper and swallowed deeply. "This is the real bloody McCoy," I thought, and went aft.

The gods of luck were with us on this flight, doubly. Skip punched a hole through the cumulus or nimbus or whatever the cloud layer was, and lo and behold, in the distance, our

favourite runway.

"Nav, grab the Very pistol and fire an emergency flare, we're out of fuel." And at the speaking of these words, the engines started to sputter. Skip was busy flying, trying to be first in the circuit.

Now a quick word of explanation. Between the pilot's seat and the co-pilot's seat there is a hole in the deck, the floor, covered with a thin layer of fabric. The hole is the exact size and fit for the barrel of a Very pistol. The Very pistol is like a policeman's revolver, except the barrel is much enlarged, fat, you might say, to take a large sort of shotgun shell. This engorged barrel has a small tit on the end, so that when you puncture the thin fabric and insert the barrel, you must give it a 90 degree turn to lock it in place. Then you pull the trigger.

I grabbed the unfamiliar weapon and levered it open, inserting a fat cartridge. I rammed it through the fabric and twisted.

"Now, dammit, now!"

I pulled the trigger and the explosion that followed nearly blew both my hands through the deck-head. The quarter-turn twist had not engaged and the damn thing backfired! A blinding flash, followed by smoke denser than the clouds around us, and the fuselage immediately filled with acrid fumes. Skip slid open his window, I slid open mine, but to no avail. Neither of us could see because of the flash. We drifted silently toward terra firma, literally on a wing and a prayer. The most prominent thought that flashed through my mind was of one Anson landing on another Anson, coming to rest piggyback.

"Wish I'd topped up the tanks before takeoff," I heard Skip say to himself. I nearly choked with amazement.

## Spitfire Diary

Review by Duke Warren

Spitfire Diary by E.A. Smith. Published by William Kimber and Company. \$13.95.

Many books have been written and published about the Spitfire aircraft and the men who flew them. This is another one, and also one of the best. The author combines his own personal experiences and thoughts with excerpts from the official war diary of the squadron and wing he served with. This makes an interesting combination, and an honest, most readable account of life on a squadron chiefly engaged in fighter bomber operations.

Ted Smith recounts the 'highs' and 'lows' he undergoes as he flies a successful mission, and

then loses a close friend to flak on his next sortie. He tells of off duty pub crawls, but he does not dwell on them. When he uses swear words they fit the story, and there are not many, and they are not offensive.

The operations Smith flew were from shortly after D-Day 'til the end of the war. The wing supported the First Canadian Army which makes his story of particular interest to Canadian readers. Furthermore, the squadron is operating in an area where German fighters seldom were active, and the main hazard is the heavy flak concentrations as the German army retreated. Johnny Johnstone, the famous RAF Ace, has often been quoted



Duke Warren  
circa 1942

as saying he had no wish to do fighter bomber work as it was too dangerous.

*Spitfire Diary* is an honest account of squadron life. For any one who served on a fighter squadron (of any kind), it will bring back many memories.

For someone who has never experienced operations, "it tells it like it was."



# NEXT DEADLINE 24 JUNE