



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 33 NO 12 27 JUNE 1991

NEXT DEADLINE 8 JULY 1991

COST: PRICELESS

442 trains a SARTECH

More SAR TRAIN pics on page 8



SAR Tech in the water gives a thumbs up to the Labrador water taxiing, indicating he is ready for the pickup. Photo by local artist and photographer, Carrie Friend.

On and off base

Dog
Talk



Spaniels

Just last week one of my co-workers entered the 'bull pen' where we usually do our thing, lovingly cradling a small puppy in her arms. "Cute," I remarked, "But it is going to grow up to be a cocker spaniel." This was mostly in jest, but not entirely. The spaniels in their various types can be very aggravating when it comes to training them to do what you want and not what they want. Before I get myself too deep into the mire, let me state, that I have personally seen some excellent spaniels both in obedience and in the field. One member of our obedience club works with a cocker and it is outstanding. I have also seen them working at the Utility level in obedience, which is very difficult.

Spaniels, as their name implies are supposed to have come from Spain. And maybe they did, originally, but the various breeds we know as spaniels were developed in Britain, when hunting with falcons was common. The dogs which are today known as springer spaniels were used to flush (spring) game into the air

from the heavy cover, and those known as cocker spaniels were used to hunt woodcocks in the hedgerows, hence their name 'cockers'. Today you will find American Cockers and English Cockers. These are simply different size classifications of the same dog. As is the Springer, really. Additionally one will occasionally run into a dog known as a 'field spaniel'. Only two have been registered in Canada in the last two years. They are mid size between the cockers and the springers.

Then there are others. The so called Brittany spaniel is not a spaniel at all. The Britt is a member of the continental gun dog grouping, which are all pointing breeds, and not flushers, as are the spaniels. The American Kennel Club now registers them simply as Brittanys, and rightly so. This should come to pass in Canada eventually.

Then we come upon, occasionally, a dog known as a Clumber Spaniel. The clumber is heavier and slower moving than the other spaniels, and is thought

by Gerry Gerow

to have been developed in France, and later England, from where they got their present name by crossing some type of continental spaniel with basset hounds. Their general appearance seems to bear this out.

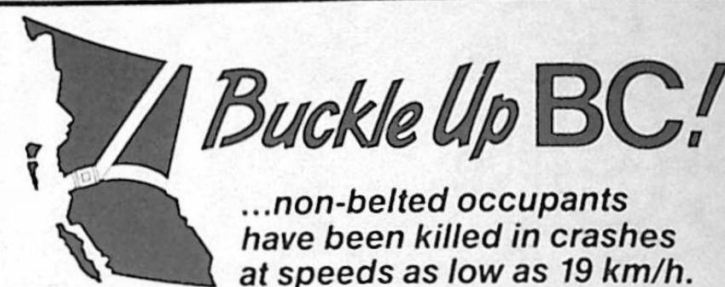
Even rarer in Canada than the field spaniel is the Sussex Spaniel. Sussex's are distinguished from the others by their colour, a golden liver, found in no other breed, and their unspaniel like trait of giving tongue when game is scented. It is assumed from this that they were developed using springer and field spaniels and hounds. Only two have been registered in Canada in the last two years.

The Welsh Springer Spaniel often known as the 'Welshman' is a beautiful rich red and white colour and seems to be quite similar to the English springer. A few are registered every year.

The Irish Water Spaniel would appear to be misclassified as a spaniel. They usually compete in retriever trials with other retrieving breeds.

If we take spaniels collectively, they are probably the most popular breed of dog in Canada. The American Cocker far outnumber the others.

So, you can join the masses and get yourself an American Cocker, or you can seek out a field of Sussex Spaniel and have one of the rarest dogs in Canada.



NEXT DEADLINE
8 JULY - NOON

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Editorial

Norm Blondel



The Singer, not the Song

Quick now: can you hum, sing or la-la any song published in the last five years? Does any song run around inside your head when you get up in the morning? Do you rap while rug-cleaning?

Unless you've just turned 20, you're more likely to hum, sing or la-la one of the so-called "Old Standards". Frank Sinatra, rather than Fresh Prince, Patti Page, rather than Paula Abdul. Today's songs are, it seems to me, instantly forgettable.

This appears to be evident to local radio stations also. Lately I have been treated to a rich repast of music from the 'forties and 'fifties, and a little from the 'sixties, pouring out of radio stations which, if not previously blasting out some form of heavy metal, rebellion, or rap, were dulling our senses with "elevator music". A case in point is Vancouver's CHQM, once a boring little right-wing broadcaster, now 1320, enriching the airways with Bing, Frank, Perry, Patti, Rosemary, the Andrew Sisters, McGuire Sisters, Stan Kenton, Woody Herman, an earlier Johnny Mathis, Nat King Cole -- and so on, to a superb ad infinitum.

To succeed as a singer today you have to be an acrobat, expert at lip-sync, (you don't have to sing: Millie-Vinilli proved that), perform half-naked, and do all this on video. Strap a mike to your head and wear a padded bra and you'll really hit the big-time -- male or female, it doesn't seem to matter. Ask yourself this: would you really appreciate Michael Jackson's squeaky little voice if you didn't watch him dance? Today's popular music focuses on the singer, not the song. And that's too bad, because today's music is mostly aural and visual manipulation. The only really honest singing these days originates in Nashville and Memphis -- and even that genre is limited by an image alternately described as "boom-chang" or "hurlin' music".

Is this the calcified outpour of a somewhat superannuated editor? I think not: I dig the Beatles and the 'Stones as much as Dizzie or Stan (Getz), and I never liked Elvis.

One can but hope that the revival of good, old popular music will take hold in the minds of new composers, and that there will be a renaissance -- where the priority is the song, and a singer's talent will be judged primarily on the output of his or her vocal cords.

Plea from a motorist

Ride on the RIGHT please.

School's out, and the roads are full of young (and not so young) cyclists. Most of them seem to know that the rules of the road apply to them, as well as to motorists, but a few -- a suicidal, ignorant, dangerous few -- will try the patience and sanity of many a motorist this summer.

Twice in three years I have come wheel-to-wheel with one of these dolts on the 5th Street Bridge! Luckily, with no vehicles behind me, I have stopped, stared, honked my horn and gestured violently to the side of the road where the cyclist should be, and have been able to proceed.

Parents: If you want to have your child home for meals every day, please impress upon him/her that the rules applying to motorists also apply to people on bikes. This isn't England; here we all ride or drive on the RIGHT.



Employee Assistance Program

12 Positive Signs



Most of us would rather take the good news with the bad.

There's good news and bad news. Which do people want first? Given the choice, a new study shows, most people would rather have them at roughly the same time.

Two psychologists at Duke University examined 107 subjects in order to determine whether people would rather experience two emotionally positive (or negative) events on the same day or on separate days, and what mental mechanisms are used to make such judgments.

The study, reported in the January *Journal of Personality and Social Psychology*, found that subjects generally preferred to separate two good events ('gain-savoring'), and to separate two bad events ('multiple-loss avoidance'), but to combine positive and negative events ('loss-buffering'). The preferences were the same whether the good-bad news was financial, social or academic.

These results, the authors say, indicate that people regard themselves as having limited but 'renewable' mental resources that are consumed in coping with either positive or negative events, but which can be replenished over time.

Too much bad or good news at once may deplete scarce resources and over-stress the individual, the reasoning goes, so people prefer to combine negative and positive events "because the gain will generate loss-buffering resources to counteract the loss."

12 positive signs

Here are author Alan McGinnis' "12 Characteristics of tough-minded optimists."

- Optimists:
- * Are seldom surprised by trouble.
- * Look for partial solutions.
- * Believe they have control over their future.
- * Allow for regular renewal.
- * Interrupt their negative trains of thought.
- * Heighten their powers of appreciation.
- * Use their imaginations to rehearse success.
- * Are cheerful even when they can't be happy.
- * Think they have an almost unlimited capacity for stretching.
- * Build lots of love into their lives.
- * Like to swap good news.
- * Accept what cannot be changed.

CAROL ANDERSON 8319
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BEV CHADDERTON 8320
GORDON SHERRITT 8363

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Comment

Armed Forces Day Messages

Governor General

From the Governor General of Canada, His Excellency Ramon J. Hnatyshyn.

Armed Forces Day 1991 was celebrated by Canadians with renewed pride in the capabilities and loyalty of the women and men who form the backbone of our military forces. Many events have transpired in the past year which have brought to light not only the continuing need for such a service in our society, but also the highly skilled manner in which members of the Canadian Forces conduct themselves. Whether it was helping to resolve the situation at Oka or assisting in the Persian Gulf, the Canadian Forces displayed the professionalism and equanimity for which they are renowned.

As Governor General and Commander-in-Chief, I am grateful for this opportunity to express my appreciation to the members of the Canadian Forces for the many duties you so com-

petently discharge both in Canada and in other regions of the world. I am confident that, as developments on the international stage continue to change at a rapid pace, the Canadian Military will strive to remain flexible and responsive to new circumstances which arise in times of peace and war. As we enter a decade when political borders are being rendered increasingly fluid, the much-admired role which the Canadian Forces play in international peace-keeping activities will certainly take on an enhanced importance.

Your dedication to preserving the values which are fundamental to our country, no matter what capacity you fulfill, is indeed laudable. On behalf of all Canadians, I send to every member of the Canadian Forces my very best wishes for success, safety and happiness in the upcoming year.

Prime Minister

From the Prime Minister of Canada, The Right Honourable Brian Mulroney.

On behalf of the Government of Canada, I would like to convey my warmest greetings to all members of the Canadian Armed Forces as we mark Armed Forces Day.

This day in Canada is traditionally a time when Canadians honour those men and women who so ably defend our country and the cause of peace. The events of this past year have given us particular reason to pause and pay tribute to the professionalism and patriotism of these extraordinary Canadians.

This year our country asked for a supreme commitment from the men and women of our forces

when Canada joined with its coalition partners in the liberation of Kuwait. Our personnel served with skill and distinction, and their efforts helped bring more hope for a lasting peace in the Middle East.

Our appreciation is not confined to the individuals who were asked to serve in the Gulf conflict. We also praise those who, with the invaluable support of families and communities, continually defend the interests of peace and freedom in Canada and in numerous regions around the world.

On this day, Canadians will be reminded of the brave and faithful service these exceptional men and women have provided to their country.

Minister of National Defence

From the Minister of National Defence, the Honourable Marcel Masse, and the Associate Minister of National Defence, the Honourable Mary Collins.

It is with great pride that we take this opportunity to thank the men and women serving in the Canadian Forces. This past year has been most challenging, and yet the challenges have been met with dedicated service, professionalism and skill. No one understands the need for peace more powerfully than the men and women who have committed their lives to its implementation.

We are especially grateful to the members of the Canadian Forces, who either directly or indirectly supported the operations

in the Gulf. Our ultimate success in the Gulf was determined by the dedication of all personnel. Whether involved in planning, deployment or sustainment, whether at the front line or on the home front, each one of you has contributed to the team effort. Not only have you helped to end aggression in one troubled part of the world; you have also defended the rights and values of civilized peoples everywhere.

To you, the men and women of the Canadian Forces, we extend our appreciation for a job well done. On behalf of the Department of National Defence, we want to thank each and every one of you for dedicated service.

Chief of Defence Staff

From the Chief of the Defence Staff, General A.J.G.D. de Chastelain.

As Chief of the Defence Staff, I am pleased to have this opportunity to congratulate the men and women of the Canadian Forces on a job well done over the past year. In last year's message I noted the significant changes taking place in Eastern Europe and the potential instability that they could introduce. As these events continued to unfold, we have had to realign our defence policy to meet these new conditions, while contributing to world peace and

security. Each of you have responded to these changes in the manner for which the Canadian Forces are known.

In particular, the successful accomplishment of our tasks within the multinational coalition forces in the Persian Gulf highlighted the professionalism of all our serving personnel, both regular and reserve. Your determination and dedication demonstrated during each phase of this war, and during the subsequent humanitarian efforts to assist the Kurds, have emphasized the willingness to put

into practice the military ethos of "service before self". For that I salute you.

As we will be directly affected by other changes occurring throughout the world, so too will we be committed further to defend national interests. I have every confidence that you will continue to meet future assignments and challenges with the same resolve as you have demonstrated in the past.

On the occasion of Armed Forces Day, I commend the men and women in uniform and wish you the very best for the coming year.

Chairman, Canadian Council of Churches Committee on Chaplain Service in the Forces.

From the Chairman of the Canadian Council of Churches Committee on Chaplain Service in the Forces, the Reverend Lawrence R. Likeness.

As I write this message, we are still living in the aftermath of the Persian Gulf war. A tense world watched as the war progressed, and a few days following the ground assault the world breathed a sigh of relief to know it was over. The Canadian Armed Forces played their assigned role in the conflict and we rejoice that no Canadian lives were lost in combat. However, it is regrettable that the damages to the Persian Gulf area will take years to repair, both

environmentally and economically, not to mention the cost in human misery and tragedy. But perhaps there is now renewed hope in recognizing the possibility of peace for this troubled area.

It is the hope of the many Canadians that we may now resume our task as peacekeepers in troubled spots around the world, and we look to our Armed Forces to carry out new assignments under the United Nations.

The Canadian Council of Churches Committee on Chaplaincy in the Armed Forces is thankful that we have been able to supply chaplains for the minis-

try of word and sacrament, as well as for spiritual counselling and moral support, to our military personnel wherever they may be serving. It is our privilege to continue to do so, thanks to the cooperation of the churches participating in the committee. We encourage members of the Armed Forces to use the many services our chaplains offer.

Before His crucifixion, our Lord told His disciples, "Peace I leave with you; my peace I give to you." It is our prayer that the peace Jesus offers us may also be for us both an inward and an outward peace.

Military Ordinary of Canada

From the Military Ordinary of Canada, the Most Reverend Andre Vallee.

The conflict in the Gulf reminded us of the horrors of war and the fragility of peace. In spite of all the efforts at mediation, Canada was dragged into an unwanted conflict. Fortunately, the conflict was limited in time and in the number of participating belligerents.

and above all after having experienced for a limited time the horrors of modern and highly technological warfare, the world, it seems to me, has once again realized the necessity of waging war for peace.

This deep desire for peace is sure enough the answer of human beings to the Lord's call when he says "Love one another as I have loved you."

The Canadian Armed Forces

have been known in the past as peace keepers par excellence. I dare hope that this orientation will continue to prevail and be a priority of the Canadian Armed Forces. The Canadian public is particularly sensitive to the efforts of our military people to maintain this orientation.

May I, on this Armed Forces Day, offer to all the members of the Canadian Forces who long and combat for peace, my sincere greetings.

Air Force Trivia



Trivia Answer

Curtiss Kittyhawk of 132 Squadron RCAF at Patricia Bay 1944.

...see John Novak's excellent response on page 12.

from the H.W. Holmes collection

NEXT DEADLINE
8 JULY NOON

Section News



ABATS

Yes, I am still alive and well. Sorry to all my fans who have been awaiting my next literary masterpiece, but I have been very busy graduating ABATS 9101 and getting ready for our adventure training trip. Anyway, here are a few things that have occurred in the section the past month or two...

Hello and welcome to another chapter of the one and only 'Aesop's Fables'. Life at our institution of higher learning is, as usual, moving along at an intense pace, with all the instructors scurrying about preparing for the next assault from the 443 Sqn Hornets. It seems that in an attempt to vent their anger over the recently kidnapped Sqn mascot (which, by the way, I had nothing to do with), two crews have made off with our ABATS School sign. Not very original but what do you expect from a bunch of aviators who have trouble distinguishing anything that moves over 150 knots. The only good thing about the unfortunate incident is that it is now our turn to reciprocate in kind, and it is rumoured that there are a few guys here who are very good at this sort of thing.

New on the scene, and freshly graduated from the MOAT course in Wally World is one Sgt 'Jake' Jacobson. At the moment, he is undergoing intensive training at the WO and Sgts Mess learning electronics and the finer techniques of swimming. Sgt Jacobson is happily settling into the pace around here and anxiously waiting for his PMQ, which will not be within a 20 mile radius of mine, I hope.

News from CFB Borden has it on reliable sources that our very own Sgt Mud who has recently returned from the TDC 1 course has been politely asked never to return to that province. This, of course, will explain the downcast eyes and disappointed looks he has been giving us since his return.

The Hornets have come and gone in what is being referred to as a very successful 'Operation Retribution'. HS 443 Sqn visited CFB Comox on 1 May at the request of ABATS in an attempt to get our sign back (and to save my career some would say). A flight of two insects or SEA Things arrived early on in the afternoon and were met by a suitably motivated committee from ABATS. After it was established that they had our long lost sign, we retired to ABATS for an afternoon constitutional and briefing of events to follow. At this point, the two units separated to prepare themselves for the evening of rivalry and subsequent feast.

It was at the Base beach where we really found out what the sections consisted of. In no time flat, the two garbage cans were filled with Gatorade and juice to quench the thirsts of the players in the beach ball game. This was a game of wits, skill, and incredible dexterity, as was demonstrated by our fearless leader, who at great risk to himself, insisted on playing in the dark with his sunglasses on. When the 443 team had been beaten several times, both teams retired to the hall for the feast that had been prepared by our very own Charles.

After the meal of steak and more Gatorade, the Maj stood up and gave one of his heart stopping orations on the benefits of living in BC and how exciting it was to be a navigator. Not to be out done, the CO of 443 also had a few choice words for the guys who had instigated this whole affair. All in all though, it was a very successful night.

ABATS course 9101 has graduated and moved on to the Sea King course in Shearwater and of course the CP 140 Aurora course in Wally World. The staff of ABATS would like to take this opportunity to thank the Base sections that assisted us in the courses instruction and also thank all the support sections.

There has been some pretty fervent training going on since the migration of our last course. It seems as if the accommodations staff in Borden at the SIT School are going to allot a permanent suite for ABATS staff in the quarters there. All the instructors are either on the way to or on the way back from a TDC course of some type or other. Of course we all do our duty and go, some taking it more serious than others of course. For example, Ron 'The Poster Child' went off to Borden to discover the CTP course, and immediately after graduating departed for Wally World in the beautiful Annapolis Valley and redid your CTP. Very commendable, except he came back with no hair. Must be something in the water I guess.

Although it was a sad event, the staff here was forced to hold a mug out for our beloved Wayne Bowlby who has left the pen and moved on to LA LA land in Ottawa, where he will be programming computers. Thanks for your work here Wayne and thanks for the office.

New on the scene is the MV Mikie's Battle Boat. It seems that in an attempt to get the guys to hang out with him, Mike has purchased a salmon slayer battle boat extraordinaire. This, of course,



407 Squadron

From the gangs in Maintenance and Engine Bay, here's the inside scoop on what's been happening since our last column insert.

With the proposed increase in Auroras to be put through the paces here, time again seems to have a way of reducing itself. But, somehow, a few people have managed to be sent on courses, trips or postings. Such people include MCpl Stu Anderson, just back from his 6A course in Borden and is now, with Cpl Mitch Moderie, off to Paris for the world famous airshow. Now, we know why Stu's been stumbling around, trying to speak basic French. As well, just back from

courses are Cpl Dave Kensley off a JY Acoustics course, Pte Trevor Kendall, finishing the rigger first line course and Cpl Tony Granter just completing the NDT course in Trenton. With Tony being newly qualified as a NDT Technician, he will be posted to the Comox NDT Section, tasked to secretly find out how those T-Birds next door manage to stay flying. Still away on course, is one of the Section's fan favorites, Cpl Andy Wysman, on the fitter first line course in Greenwood. We all just want to say "Hope you're having a great time and that you were nice to all your instructors in 404 Sqn." On probably his last TD trip in this Sqn, is

our own WO Doug Warriner. We all hope you are enjoying yourself being a Crew Chief on the exercise in England and that your posting from Comox to Cold Lake is a smooth one. Leaving the Crew and the Service, is Pte Andy Wilgress, off to Ontario to try, once again, life as a civilian. Good luck, Andy.

Welcomed to the crew, are two recent CRS additions, Ptes Scott Letendre from Two Crew and Mike Gagnon fresh from Borden.

Hopefully, we've got all the little bits of goings on here in this time. If not, we'll be sure to get it next time. Until then, take care.

Looking Back...



We need some help with this "Looking Back" picture which was before the stealth paint job. Was this an authorized flypast when commanding officers could do this, or was it the time Mike Gibbs got his mustache caught in the controls?

was an immediate hit with the 'Jake and Lester travelling road show' who instantaneously adopted Michael and have become great fishing pros. To date we can boast 6 springs, 2 cod and 45 dog things. Life is good.

Lastly, I feel compelled to tell all you up and coming hikers that if you feel the urge to do the West Coast Trail, don't. An overly enthusiastic and poorly educated

team of 5, comprised of myself, Ken Brandel, Mike Schnabel, Phil Patterson and Steve Dorman departed for the West Coast trip into hell on Saturday, 15 June, with high hopes and healthy feet, both of which rapidly decayed into "why are we here?" attitudes. To explain all the trip would take several days and pages, so we will leave it at Flash Schnabel, Keeper of the Flame Patterson, I Don't

Want to Live Anymore Dorman, Beach Brandel and Route March Yhard. Ask them, I'm sure they will explain. It was a fun trip, for all the horror stories that are told, and if anyone wants some info on the trail, just ask.

Not much else to say except 'Keep 'em Lean and Low!!! ...

WAAAUNGA!

To All MQ Residents:

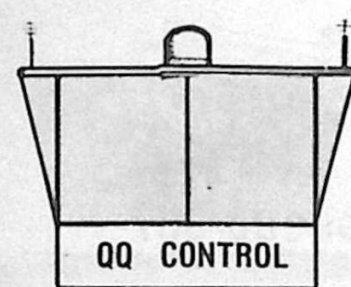
Water Conservation

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.

a. 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
b. 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



As the Beacon Turns

What time is it 'BEACON' fans? It's tales by the sea time! With both June and 1991 quickly passing us by, those of us who work closest to the waterfront decided that it was time for an author change. With that, Sgt Eric Howk steps down and Cpl Thom Banks takes up the pen. Our thanks to Eric for the fine articles he has contributed during his time as author.

It is that time of year where we once again say hello to the newcomers and farewell to those oldtimers of the section. A hearty Comox welcome goes out to Capt Dave Masnyk, posted in from Lahr, by way of the Ministry of Transport in Winnipeg. Also joining us this year for their OJT prior to the ATCO course this fall in Cornwall are Capt Martin Gagnon and Cpl Barry Norris, both already off to Goose, Cpl Andre Lafontaine, who left us for Bagotville, and already warning a chair for Lt Stephann Gregoire who will be joining Andre later this year (maybe). Capt Marie-Claude Carre is recently back from her supervisors course in Cornwall and will be leaving for Moose Jaw. Capt Jan Karr and Sgt Steve Knox will be Edmonton bound shortly. Cpl Sandra Guenther will be leaving us for Greenwood and

the 'Surprise, you are POSTED and PROMOTED award' goes to Capt Ron Bayer who will soon be Maj Bayer and working in the Provincial Early Warning Centre in Borden. Congratulations and best of luck to all who are leaving. Your experience and presence will definitely be missed.

Operationally we have seen the shortage of our terminal controllers lessened just a little bit. A 'well done' goes out to Capt Serge Roy, Lt Doug Godden, and Lt Nick Van Berkel on being Comox Valley's newest terminal controllers. Although we don't have anyone undergoing on IFR facility rating just now, Lt Alison Yeoman, fresh off her strenuous TRACS course in Trenton, is eagerly awaiting to descend the ladder for the last time and begin her IFR checkout. Even though the number of aircraft that are controlled by our IFR controllers has not diminished, our tower stats have plummeted to rock bottom thanks to our main runway closure. So for all of you that enjoy standing around watching the planes go by will have to wait until mid-August until things get back to normal.

On the lighter side of things, our annual Steak and Lobster party was held the end of May.

Although there were a few of us there who didn't partake in the lobster feast, an unofficial record was set for the disappearance of two hundred lobster. Also held recently was a Section softball challenge held between the officers and the NCMs. I won't say who won, but the officers certainly have a lot of heart and high pain tolerance. If only I had played, perhaps the outcome would have been different.

As I get ready to sign off, our congratulations to Lt Roland Lapointe on his recent promotion. Also a reminder to all those involved, the annual Base Ops sports day and barbecue will be held on 3 Jul at the beach house. Come out and say your farewells to LCol Bishop, who will be heading for Rome later this summer.

Now that I am really finishing this article off, I will leave you with these final questions: Which MCpl gave which Captain a new piece of clothing and which Lt recently whined about not being able to attend the party at the Jones'?

How did you like my first article? Not bad for an amateur eh?

Ya done good Cpl Banks ...
Dawna D.

New tire & battery recycling programs revolve around you.

Thanks to the co-operation of BC's tire and battery retailers, new initiatives for you to safely dispose of your scrap tires and used batteries are up and rolling.

How to get yourself in gear

Effective June 1, 1991, a tire collection program makes recycling used tires easy. When you buy a new tire, environment-conscious retailers are accepting your used tires on a one-for-one basis.

The same principle applies to lead-acid batteries. One used battery may now be accepted for each new battery sold. Or, you may sell the battery to a reconditioner or scrap dealer.

What drives the programs

The green levy of \$3.00 you pay on new tires,

and \$5.00 on batteries, is what makes these programs possible. Now, over 90% of the 2,000,000 used tires and 800,000 used batteries, that are being improperly disposed of each year, can be collected and reused or recycled into other useful products. But only if each of us does our part.

FOR MORE INFORMATION ON THESE OR OTHER RECYCLING PROGRAMS, CALL THE BC RECYCLING HOTLINE.

IN GREATER VANCOUVER, CALL 732-9253 (RECYCLE)

OR CALL TOLL-FREE

1-800-667-4321



British Columbia
Handle with care

BC Environment
Hon. Dave Mercer, Minister

Section News



VU33

VU Promotion



Major E.J. Beth presents Chris Brousseau with his third stripe.

One Sqn snitch is away but there are still two of us here - so watch out.

Al Knight has a 'thing' on his head as he failed in his attempt to be a panel of judges - you'll have to ask Reimer about the details. You'll get quite a kick out of it! Sgt J.R. and Trevor Jones are rarely seen or heard of these days (mixed blessings) since the new computer in the AMCRO has become available. Mark Pigeau, Nevin Bernard and Grover (alias Marc Pilon/Pie Gut/ Pie Head) should get together and compare notes on moving techniques and the pitfalls thereof. Apparently you can't move in before the other guy moves out; a novel idea I'm sure. Dan Finnegan is still searching for the perfect car. Sammy's 'Vette' from Cheers might be for sale. Dan! Mike is still trying to dig the sand out of his ears etc. from the Sqn Fishing Derby. Prizes for the fish derby went to Reiner Roedger, first with a 15 lb spring, Neil Black 2nd with a 12 lb, Paul Briand 3rd, with 7 and 8 lb springs and 'Hoser' Shack with hidden weight. All good fish and good prizes.

Fishing derby or fishing in general is very expensive for Boyd Russell. He usually puts more equipment into the water than he pulls out, including fish. The Sqn ball team got beat by Mr. Parker and the 'Parkettes'. The old man has still got it!

Congrats to Dave and Deborah Brown. It's so much easier with only one last name. Many years of wedded bliss to you both, together, as a team I mean, to each other. This sounds like a 'Claritin' commercial.

Glen Arseneault and Bill Cook found a new way to troll. You drag the boat behind you along the beach and wait for something to jump in. Maybe they were trolling for oysters or clams or something?

Joe Reynolds is still carrying the volleyball from the Sqn BBQ

under his shirt. Maybe that's why his bike has packed it in. Speaking of bikes, Pie Guy had his stolen. Our condolences.

Bo Bondy informs me that the 'Comm Cup' ended in a tie at 6-6. The end result is that all participants get their name on the cup. Does this mean that there were no winners or all losers - you decide!

Kent Storie will soon have a phone that is not long distance to call home. It was cheaper to move into Comox than pay the phone bills.

Our SWO is going to the big city to see Phantom of the Opera.

At the risk of spoiling his fun, I could have saved him a whack of money -- the guy with the mask did it! While we're on the brass, our ASO has been having trouble with A/C identification; not the type, just the number!

There should be lots of stuff for the next issue with all the internal transfers. Quite a few smiling faces and a couple of sour ones, but that's life.

Here is a newsworthy item. Sgt 'Oscar' missed a fish derby and he thinks it was a plot. As soon as he went on leave, we held the derby. On the bright side, Sarge, it just would have meant more prizes to pack had you made it.

Congrats to MCpl Pam MacCallum and Sgt Chris Brousseau on their promotions.

Tony 'S-L-I' has bought his own baseball batting helmet. He says it works real great. You just put some 'Grecian Formula' in the sponge padding inside and not only does it save your noggin, but it makes you look years younger once it's removed. Smart thinking!

On the links, Gordo and Boyd were in the golf playdowns to represent the Base and finished up just out of the running, but did themselves proud none-the-less. Good Show.

Section News



442

Squadron

SAR Landreth

During the late hours of 23 December 1990, the standby CH113 Labrador from 442 Sqn Comox became involved in a dramatic rescue sequence that would tax the capabilities and resourcefulness of the crew to the maximum.

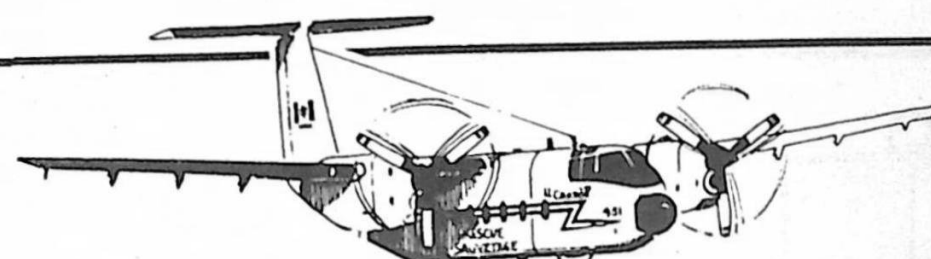
A climber had become stranded approximately 800 feet up a frozen waterfall in the rugged Whistler-Pemberton area of British Columbia and all efforts to reach him had failed. Dressed only for daytime he would not likely survive the night in the minus 15 degree celsius temperatures.

Although weather enroute to the scene was marginal for safe night helicopter operations the crew quickly assessed their options and elected to respond. Low clouds and fog would make navigation difficult and freezing temperatures increased the risk of engine icing but it could be done. Flying at the Base of controlled airspace at 2000 feet and using a combination of radar and visual cues, they made their way cautiously down the Georgia Straits up the Squamish Inlet and encountering improved conditions as they neared their objective.

Approaching the scene now alight with emergency vehicle flashers and spotlights, it became apparent that the intended landing area was unsuitable and an alternate spot was selected. Skillfully negotiating nearby darkened high tension wires, and with steeply rising ground nearby, a safe night landing was accomplished on the highway without ground assistance, using illumination from the flares dropped by the overhead Buffalo.

Meeting with RCMP and local rescue personnel on scene, it was learned the climber had been hanging precariously from two ice picks for over eight hours but was coherent and in voice contact. A powerful spotlight beam illuminated his position on the sheer ice wall some 800 feet above the rescuers below. Coordinating their plan with the ground search team and the CC115 Buffalo on scene overhead, the crew returned to their aircraft and again lifted off, slowly moving toward the cliff under the light of coordinated para flares from the Buffalo. Coming to a high hover about 1/4 mile away, they used the "Night Sun" searchlight to carefully assess the area and to determine the climber's footing. Proceeding cautiously in the event rotor wash or blade connection began to dislodge the victim, they elected to lower a SAR Tech while simultaneously climbing to provide rotor clearance. Following the SAR Tech hand signals, the Flight Engineer directed the aircraft toward the cliff but due to an overhang deflecting the cable, he was unable to position the SAR Tech within reach. Now 150 feet above and with his rotor blades extending well over the cliff top the Aircraft Commander and his crew concentrated on avoiding the trees and rocks only two feet from the blade tips. Below, the SAR Tech began spinning violently due to rotor wash deflecting from the ice, almost losing consciousness before the coordinated action of the crew allowed the aircraft to move slightly and place him in contact with the cliff. Attempting to climb horizontally across the ice wall in a hail of ice chunks and debris being dislodged from above, the SAR Tech finally fell away and directed another frontal approach. Again spinning rapidly he somehow managed to extend a rope to the climber and finally made contact while the crew above maintained their precarious hover. With the victim secure in the horse collar, the pair now swung away from the cliff and were hoisted aboard where the exhausted SAR Tech finally collapsed from his efforts and exposure.

As a result of their aggressive and positive approach, their outstanding crew coordination and performance, in the face of daunting weather and flying conditions, plus their resourceful and effective execution of the rescue, the crew of Rescue 307 prevented almost certain tragedy. Thanks to their professionalism and courage the climber's injuries were restricted to minor frostbite and hypothermia.



Aircom Commendations for Rescue 307



Cpl G.D. Lee, Capt P.W. Kruis, Maj W.W. Mackay, LGen E.R. Sutherland, MCpl L.G. MacGregor, MCpl D.J. Pierson, and LCol J.E.G. Cloutier, CO 442 Sqn. (Missing from picture MCpl M.A. Reeves.) During his recent visit to Comox, LGen E.R. Sutherland presented Commander Air Command Commendations to the crew of Rescue 307 for outstanding professionalism, crew cooperation, overall knowledge of SAR operation and dedication demonstrated during the daring and hazardous rescue of a stranded climber near Whistler, BC on 23 December 1990.

"Baby SAR Techs" in Training



Once the SAR Tech has a firm hold on the side door the Labrador's nose is lifted. When the door is clear of the water the FE will then assist the SAR Tech inside.

The SAR Tech QLSs, commonly referred to as the "Baby SAR Techs", recently visited Comox. The majority of their long and demanding course is done in Edmonton. However, on occasion they will deploy to other locations to do specialized training.

On 5 - 7 June 91, the course was in Comox to conduct training. While here they honed their skills on the Labrador practicing hoists, sky genie descents, water entries and water pickups. During the water operations phase at Comox Lake, local artist/photographer Carrie Friend was on scene to catch the action.



While the helicopter slowly air taxis at 10-15 feet above the water, a SAR Tech prepares to enter the water.

Section News

As the Wheel Turns



Hi everybody. Welcome to summer in the sunny Comox Valley. Lately Base Transportation has been a beehive of activity with preparations of the upcoming professional drivers competition, a staff assistance visit and our approaching change of command. We did, however, manage to take a little time out for our monthly sports day. This time basketball was the game and the agony of defeat which has become common place with the Sr NCOs (and Officers) once again appears to be the top scoop of this week's article. Before the game began Sgt Dale Eadie astonishingly proclaimed to all that he was indeed a direct descendant of Larry Bird, or was that Big Bird? What am I thinking of, it couldn't possibly have been 'Big Bird'. Believe me, his delicacy of execution during the pre-game warm up was a sight to behold. Fortunately, it only lasted during the pre-game warm up.

Due to the fact that he was the only representative of his team and unavoidably left holding his own, it wasn't long before he was prematurely spent. The Jr NCOs ended up chalking up another win by default, and heh!! A win is a win. While in a state of utter lassitude exceptional sportsmanship was apparent as the Jr NCOs assisted Sgt Eadie back to the main section where a smoker was to follow. The occasion was the departure of Cpl Linda Chassé enroute to 4 SVC BN, Lahr, Germany. Unfortunately, no one informed her of this little get together and by the time she arrived her party was almost over. Luckily though, a couple of diachars remained to thank her and wish her all the best.

Cpl Ken Harvey is dazzling everybody with his two finger technique and it's safe to say that he's finally graduated up to five words a minute. He's the newest

addition to our Safety Section and is undoubtedly on the road to becoming a clerical whiz. At times our diligent Safety Supervisor has been renowned for his excited and boastful talk but his hot air finally ran out while in transit to work, relying on mere fumes. Needless to say, in no way will he qualify as MSE Op of the month.

You can eat off the floors over at SPV. Sgt Sherritt, (Mr. Clean), is prepared for his staff assistance visit and that's all the gossip they would reveal to me.

Base Traffic has three new members, MCpl Gary Swyers from 437 Sqn, CFB Trenton, Cpl Dan Troughton of 447 Sqn, CFB Edmonton, and Cpl Darren Ross, who has recently remustered from the RCRs. We welcome them all.

Also you can check in on your new priority 5 charter flights 36 to 48 hours prior to takeoff. It is no longer 24 hours.

Change of Command 442 T & R Sqn 8 July '91

Command of 442 T & R Sqn will change from LCol J.E.G. Cloutier to LCol P.A. Drover at a Change of Command Parade and Ceremony to be held at 1100 hrs, 8 Jul 91.

The Parade will take place on the tarmac area between #1 Hangar and #7 Hangar. In the event of inclement weather, the Parade will be held inside #1 Hangar.

OPI for the Parade is Maj W.W. MacKay at local 8742.

Guest of Honour

BGen Diamond will be visiting Comox and attending the ceremonies.

The Quadra Band has agreed to provide the music for the Parade and Practice.

VIP Coffee. The Officers' Mess has been booked for 1000 hrs, 8 Jul 91 for coffee for VIPs and guests.

Receptions.

The Totem Inn Lounge has been booked for a reception following the Parade from 1130 to 1400 hrs. The reception is an opportunity for all to meet the new Commanding Officer.

There will be a reception for LCol Cloutier at the Officers' Mess immediately following the Parade. BGen Diamond, Col McGee and LCol Drover will be in attendance prior to proceeding to the Totem Inn Lounge.

Medal of Bravery for Capt Ghyslain Bergeron

Congratulatory Message - Bravery Award to Capt G. Bergeron from Commander Air Command.

I am proud to announce that Capt Ghyslain Bergeron of 408 Sqn will be invested with the Medal of Bravery on 21 Jun 91.

On 27 Jun 90, while on peacekeeping duties with 89 (CDN) Rotary Wing Aviation Unit in Central America, Capt Bergeron and his crew witnessed the collision and subsequent crash of two Nicaraguan Air Force MI-17 HIP Helicopters. While Capt Robertson requested assistance, Capt Bergeron and his Flight Engineer MCpl Masson proceeded to fight a fire on one of the aircraft with aircraft fire extinguishers. After the intense heat of the fire drove them back, Capt Bergeron observed a pilot still trapped in the helicopter cockpit. Aware of the life-threatening situation of the pilot and without

regard for his personal safety, Capt Bergeron successfully extricated the Nicaraguan pilot from the aircraft, suffering burns to his hands. Immediately thereafter the aircraft was engulfed in flames and ammunition from the helicopter's machine guns began to explode. Capt Bergeron and his crew then loaded three casualties into their CH135 Helicopter and evacuated them to Managua.

The performance of Capt Bergeron and his crew is a source of pride for all Canadians. The profound appreciation of Canada's Air Force is extended to those involved with this heroic rescue.

To Capt Bergeron, I extend my sincerest admiration for your courageous actions under extremely dangerous conditions. Congratulations on your well deserved award of the Medal of Bravery.

Diabetes Bike-A-Thon Report

Diabetes got a shot in the arm from Comox Valley Branch's 5th Annual Bike-A-Thon which raised over four thousand dollars in pledges and donations. The money will go toward sending diabetic children to camp, local branch projects and diabetes research.

Grand Prize Winner, Dora Ellis, won a Norco Bush Pilot Cycle from Black's Cycle Shop.

1st Prize Winner, Trevor Harris, won an Asama Outback Bike from Simon's Cycles.

2nd Prize winner, Inez Cliffe won two days at Yellow Point Lodge.

3rd Prize winner, Janessa Cameron won Dinner for Two at the Golden Carriage Restaurant.

Most Senior Participant, Len Avent will be dining at the Gaff Rig Restaurant.

Early bird draw winner of a cycling helmet (donated by Simon's Cycles) - Dan Maroccini.

NEXT DEADLINE 8 JULY

NOON

1,002,478 THAT'S HOW MANY CANADIANS ARE WATER SKIERS

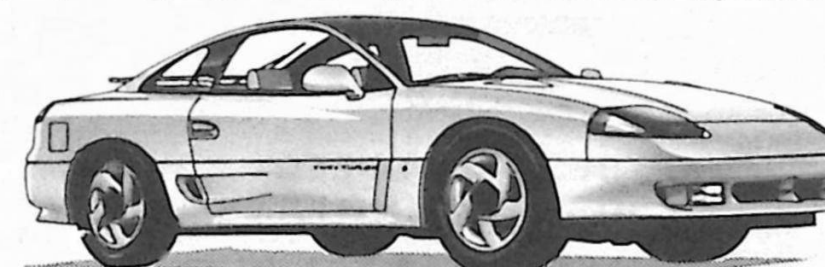
Way to go, Canada!

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for all active and ready Reserve Canadian Military Personnel
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\$750.00 D.N.D. REBATE

On Any New 1991 Model Car Or Truck Purchased This Month!
See us for details!

*NOTE: This allowance is in addition to any other rebate or low interest financing program now in effect.



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

MILITARY MEMORABILIA GIFT SHOP

Section News



BAMSO

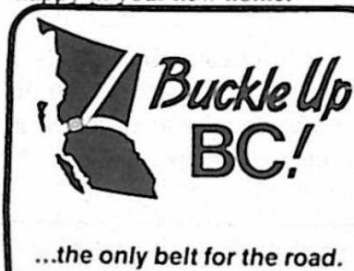
Well, sports fans, I find it my duty to put to pen all news that is news in the wild and woolly world of workshops so here it goes.

Pte Mike Delong, wife and daughter, are all safely nestled into the PMQ recently vacated by Cpl Mike and Sally Long. The Delongs are adapting to military life very well as far as yours truly can see. Mike and Sally Long are tickled pink with their recent purchase of a snug little love nest on Dogwood Ave. and Sally is with child. Cpl Gary Haynes and wife Kim are also overjoyed with the birth, in the not too distant past, of eleven, YES, eleven Newfoundland puppies. (Never realized paternity leave for puppy fathers was possible, but it seems so.) Mr. Parker is his old self but we really enjoy having him

around. Cpl Chris Walker is doing a stint down at 442 Servicing on an ATAT rotation and learning new things about aircraft that everyone should know. Mr. Al Bennet is still working with us and doing a fine job in all respects, but we are not sure for how much longer. (Cross your fingers.) MCpls Roger Beauchamp and Jean Gramont are keeping the work flowing nicely in 407 and 442 Sgns respectively and are also active after hours as intersection fast ball umpires. (Let's play ball eh, fellas.) Russ Armitage and Bill Einarson are both working hard as caretakers at the Arcade in the Canex after hours - so watch out all you hooligan children. Love is in the air for Cpl Luczanco and Lady Love, to the exclusion of nearly everything else. (Let's

play ball eh, Adrian.) Cpl Kevin Dawson is busy as ever being social and helping to organize functions everywhere. WO Gavel is away on holidays. Cpl Gatin Morency, our new machinist, and his wife and little boy have arrived safely from Borden have purchased a single family dwelling in Courtenay and are settling in quite nicely. Welcome to all. We also have a new Metals Technician arriving some time toward the end of July. (Name is being withheld at this time to protect the innocent.)

We must bid a fond farewell to MCpl Brian MacDougall, wife Selena, son Joey and daughter Vera, as Brian takes them back to Shearwater for a year long French course. Hope you all will be very happy in your new home.



...the only belt for the road.

INSURANCE CORPORATION OF CANADA

Supply Signals



The Base Supply annual fishing derby was held on Saturday June 10. While the early morning sky looked threatening, it later turned out to be quite a nice day. All fishermen reported having a lot of fun, especially the boat belonging to Monty Hurd. We hear tell that a piece of his prop was found in one of Coreena Miller's prize winning salmon. Sure hope you got a piece of the winnings, Monty.

As mentioned Coreena Miller won the prize for the biggest fish, and since there weren't that many different species of fish taught, Coreena also took the prize for the biggest fish. Pat Adams won a prize for the most unique fish, but I personally think he should of got one for fast thinking. Pat Copeland won the prize for the smallest fish. (It's now reported that one can never get hold of Pat. He's always in a closed door meeting, but the sounds of "It's three seconds to

go! He shoots! He makes the basket!" can be heard from somewhere in General Stores.) Paul Lavalee won a hidden weight prize, and was such a nice guy for giving it to his boat person. Judy Kitchen won the other hidden weight prize.

Back at the clubhouse, the kids were enjoying some very ingenious face painting provided by Mona Rogers and Judith Arsenault, and many different games, thanks to "Uncle" Rocky's travelling daycare. Maybe you're in the wrong business Rocky? A great big thanks goes out to the cooks. It's rumoured that a new restaurant will be opening in Comox, called Madame Mimi's.

A great big thanks goes out to all the people who organized this year's event, and, also to all those who came out and made this year so special. See you all next year! Remember - Keep your (rod) tips up!

Lynx Reunion

Attention all LYNXES past and present! All former aircrew, groundcrew and associates are invited to come celebrate 416 Squadron's 50th Anniversary, 20-22 September 1991, CFB Cold Lake. Activities will include a meet and greet, pancake breakfast, tour, static displays, CF-18 air demonstration, vintage flypast, parade and the 'Mother of all Anniversary Parties'. Don't miss out on what is sure to be the best LYNX party in 50 years! Tickets will be \$60 per person,

\$100 per couple for the weekend. Special hotel rates will be given.

Spread the word and remember, AD SALTUM PARATUS! All interested in attending or for more information please write:

416 Squadron Reunion Committee
416 Tactical Fighter Squadron
Canadian Forces Base Cold Lake
Medley, Alberta
TOA 2M0
Telephone: (403)594-7636.

CFB COMOX OFFICERS' MESS

JUNE-JULY 1991 CALENDAR

Friday June 28, July 5, 12, 19, 26

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

Saturday June 29

FAMILY BICYCLE RALLY - See Calendar

Wednesdays July 3, 10, 17, 24, 31

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

Wednesday July 10

OFFICERS' MESS GOLF TOURNAMENT - See Calendar.

Wednesday July 31

INTER-MESS SOFTBALL TOURNAMENT - See Calendar.

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

Catch Me If You Can!!!

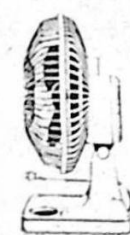
NEXT DEADLINE 8 JULY 91

CANEX

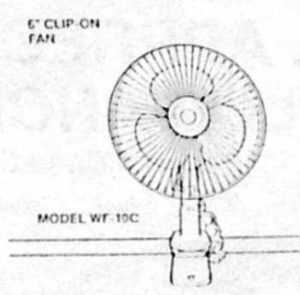
CANEX EVERY DAY LOW PRICE
ON WINDMERE FANS

Windmere

DELUXE
2 SPEED 6"/15 cm.
FAN



\$ 12.99



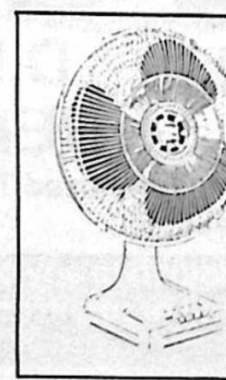
\$ 13.99

DELUXE 2 SPEED
OSCILLATING
9"/22 cm. FAN

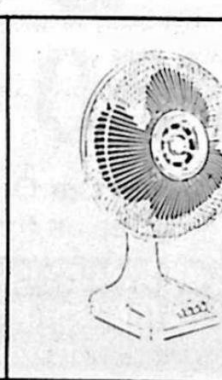


\$ 19.99

DELUXE 3 SPEED
OSCILLATING FANS



\$ 34.99



\$ 22.99



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CANEX

PRIX • SERVICE • SATISFACTION

MON	TUE	WED	THU	FRI	SAT	SUN
10:00-17:00	10:00-17:00	10:00-17:00	10:00-17:00	10:00-17:00	10:00-17:00	12:00-16:00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN

On and off base

Dredging work at Tee Park boat launch.

16 Tons & What Do You Get?



Pictured above is one of the numerous loads of sand removed from the base of the boat ramp.

Smoke Signals from Tee Pee Park



Let's go fishing!

Thursday, 30 May was a happy day for those who like to fish, as the Tee Pee park boat ramp was dredged out. Juthans Excavating Service removed over 75 truck

loads of sand which will now allow pleasure craft launch at much lower tides. The sand removed from the site was placed on the left side of the ramp access road, which now provides more parking area for vehicles and trailers. Bill and Mary Brown were the first in the fish cleaning station that day with their limit of four Chinook salmon.

The beach area below the pavilion was also cleared of the many logs that had been washed ashore over the winter months. Now there is much more beach area for sun worshippers to catch a few rays.

The sani-dump station is now installed and all that remains to be done is to pave the area around the sani-dump.

Numerous improvements have been taking place throughout Tee Pee Park and we encourage you to come down and have a look for yourself.

The concession stand is open from 12 noon to 7 p.m. daily and along with the usual pop, chips and ice cream, you can also purchase your seasonal boat ramp passes here, as well as daily, weekly and/or monthly camping permits.

MSE Safety



Good Braking Avoids Breaking

Good drivers anticipate stops and start braking early, bringing the vehicle to a halt smoothly and safely. It is advisable to use your right foot on the brake to prevent stepping on the gas and brake pedals at the same time.

Good drivers rarely get into an emergency situation because they are constantly on the lookout for potential hazards and always maintain a safe following distance of at least two seconds.

But even good drivers should know how to react when the unexpected happens. Depending on your room to manoeuvre, you have three choices of action.

1. Threshold Braking:
Brake as hard as you can without locking up or skidding the wheels. Maintain even, hard, pressure on the pedal. If you feel any of the wheels locking up, release the pressure slightly and re-apply. Don't pump the brakes. Continue the braking until the vehicle comes to a full stop.

2. Steering Around:
Steering around an obstacle may be possible in some emergency situations. Use the threshold braking technique to slow the vehicle down while you decide to steer to the left or the right. Then release the brake and steer to a safe area. Remember, if you must enter another lane of traffic, check to make sure the lane is clear.

3. Four Wheel Lock:
Hit the brakes as hard as you can, locking up all four wheels. Keep maximum pressure on the brake pedal until the vehicle has come to a complete stop. The vehicle will travel in a straight line in the direction it was travelling when the brakes were applied. Shifting to neutral or declutching will help in all emergency stopping techniques. If there is room, threshold braking should bring you to a controlled stop in your own lane. If there are safe areas to the side, you may decide

to steer around the obstacle. The best advice is to drive defensively, anticipating problem situations and to drive with extra caution when driving conditions are poor.

QUESTION

What should you do if your brakes fail?

- Pump pedal to try to restore hydraulic pressure in the system.
- Leave the car in gear and apply the emergency brake.
- Shift to a lower gear.
- Look for something to side-swipe.
- All of the above.

ANSWER: "E".

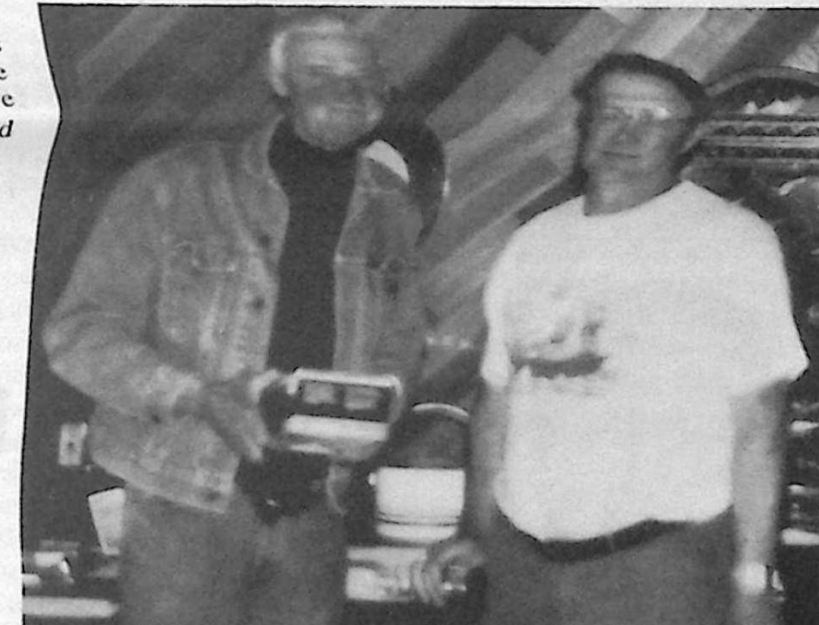
Driver's Statement of the Month

The gentleman behind me struck me on the backside. He then went into the bush to rest with just his rear end showing.

Br.160 Fish Derby Winners



Totem Times' ace typesetter Dawna Dozzi came up aces at the Branch 160 (Comox) Legion Fishing Derby on June 8 with a Spring, weighing 10 lb 9oz. Legion Sports Officer Ray Robert presents Dawna with a new graphite fishing rod, so she can catch some more.



Frank Gilland (L) won a new reel at the June 8 Comox Legion Fishing Derby, with a 13 lb 9 oz Spring. Presenting the prize is Base Supply's Ray Robert, who also doubles as Branch 160 Sports Officer.

"esprit" goes public

"esprit de corps", the inflight magazine for the Canadian Forces, went public with its Vol.1 No.1 edition, Canadian Military, Then & Now, in May, 1991.

"esprit", eighty-two pages of high-gloss high-quality printing and photography, is an unofficial, independent publication, associated with DND, drawing its material from the likes of CF-CDS Gen de Chastelain, retired Lt Gens Belzile and Ashley, and from other contemporary and historic sources. The result is a something-for-everyone magazine likely to establish a firm place among the variety of military periodicals available in the CF and in bookstores.

With a shelf price of \$3.95, this is a worth-while buy for those

who want to stay current with Canada's defence situation, and to remind themselves of the part played by the armed forces in the development of this nation.

Interested subscribers can write to:

esprit de corps
702 Albert Street
Ottawa, Ont.
K1R 6L4
Ph. (613) 233-0655
FAX (613) 231-5242

Revue copy available for viewing at the Totem Times office (production days only).

...reviewed by Norm Blondel

Subscriptions can be arranged through Carrie Friend, Ph.339-2954 or see her at Sooters Photo, 685 Cliffe Ave., Courtenay. Ph.334-3333.

Recollections

An Air Cadet's First Beer

"Roll me Over, in the Clover..."

Had anyone been watching the entrance to the large brown-stained shingle hangar on the outskirts of Calgary one memorable evening in July 1942, they would have seen a quartet of pimply-faced cadets huddled in a group, whispering.

"Have any of you lost your guts?" said one, a quizzical look on his face. "Do we do it, or don't we? It's now or never."

Three other heads nodded in agreement, somewhat reluctantly however. The die was cast.

The location was Calgary, Alberta, on the airbase known as No. 37 Service Flying Training School. The hangars boasted Boulton Paul Defiants, Bolingbrokes, Blenheims, Ansons and Tiger Moths. This was an advanced training school for the Royal Air Force members, and they were well aware that the next posting would be overseas, and action. They were a devil-may-care bunch and nothing seemed to phase them. That is, not until 70 odd young Air Cadets were posted to their barracks for a solid week. The cadets were from Vancouver, the 1601 Air Force Cadet Corps Wing, later known as the 111 (Vancouver) Squadron. The cadets were proud of their CO, retired Squadron leader 'Nick' Carter, and all his

wartime military decorations. He was a good boss.

But here in Calgary things were different. The tight-necked five button coarse tunic was just not suitable for the hot Calgary weather and some cadets were fainting on parade. Nick sought action, and action NOW. In short order all 70 cadets were issued with short sleeved open neck khaki shirts and dress regulations were relaxed. Basically, 70 youngsters were now dressed in the same uniforms as the regulars.

But back to the conspirators. "All right, here's what we do. When we take our hats off, we drape them in our belts with the badge facing inward. Nobody'll ever know! Keep your mouths shut. When you have to speak, make it deep. Let's go!"

The four cadets walked casually to the huge glass-paned sliding doors, now partially open and stepped into the cavernous hangar. They walked toward a door marked 'wet canteen' and stepped confidently inside. It was a sight none of them had ever seen before. Rows and rows of round metal tables, each with four chairs facing inward, pointing to a saltcellar and an ashtray. The air was blue with smoke, for it seemed that every one of the

patrons was smoking up a storm and talking just as furiously. When they entered, the sounds of conversation subsided to a murmur. Every eye in the room followed their hesitant footsteps. They walked to a rectangular opening in the wall and spoke to a white-jacketed corporal.

"What'll it be, mites?"

I spoke up first. "I'll have a beer." I showed him my ten cents. "What brand, mite?"

What brand, I thought? How the hell would I know what brand.

I've never had a beer before in all my life. I was trapped, starting to turn panicky. I glanced behind the corporal and looked on the glass shelves, and there they were, all the different brands. The first label that caught my eye had the word 'Lucky' on it.

"A Lucky, please."

He turned and fished out a Lucky Lager and passed it to me, taking my dime. It was a long, slim, narrow neck bottle with little droplets of dew forming on the outside. I was so hot and thirsty I didn't think I'd make it to one of the empty tables. My mates (mites), followed my example and one by one, they ordered.

"Make mine a Molsons."

"I'll have a Labatts."

"I prefer a Pils."

We eventually sat down and looked at one another conspiratorially, as if to say, well, what do we do now? In for a penny, in for a pound, they say. I took my first large swallow and tried not to gag. No Pepsi this! I had never tasted anything so horrid in my life, foul tasting, bitter and smelling of stale yeast.

I looked at the other guys and it was immediately obvious they weren't favourably impressed either. However, it was blazing hot outside and this stuff did kind of quench the thirst. Soon we were relaxed and nobody paid the slightest bit of attention to us. We sipped our beer and one of my mates even lit a cigarette. The Limeys were having a great time, loud, noisy, even raucous. Soon there was singing and everyone seemed to join in ... When the lights go on again, all over the world ... Waltzing Matilda, Waltzing Ma-ti-da ... Oh, we'll hang out our washing on the Seigfried line, and on and on. This wet canteen was great fun!

Someone said, "Let's have another."

Eyebrows raised and slow smiles crossed moist lips. "But that'll be another dime."

"So what? Let's blow the budget."

"Roll me over, in the clover, Roll me over, lay me down and do it again."

Oh, this is number seven I'm on my way to Heaven, Roll me over, lay me down and do it again."

We went through the same



by Norm Whitley

routine at the bar, but this time with a great deal more confidence. We had fully joined in the mood of the evening by now, laughing, singing, telling jokes and joining in the banter. We had been accepted. But all good things had to come to an end, and ours was curfew. Just time to get back to our own barracks.

If that same mythical person that had watched the four cadets conspiring at the entrance of the hangar earlier in the evening, had been able to see the same four leaving the exit, he would have seen quite a sight. He would have seen four pimply faced cadets marching two by two, in tight lockstep, arms swinging to shoulder height, parading down the tarmac (with an occasional wobbly step) singing at the top of their lungs:

"Roll me over, in the clover, Roll me over, lay me down and do it again."

Oh, this is number seven I'm on my way to Heaven, Roll me over, lay me down and do it again."

We went through the same

About Trivia

Curtiss P-40 -- The Hawks



By John Novak

In April 1939, the US Army Air Corps awarded what was at that time the service's largest ever contract for a fighter aircraft. This contract went to the Glenn Curtiss Aircraft Co., covering 524 examples of the P40. The Curtiss P40 was developed from the radial engine P36 and the experimental YP37, and was probably the most widely used fighter of WWII. It was flown by more than a dozen air forces, including those of Russia and China.

Much was expected of the P40, but it soon became clear that with the Allison engine, the P40 lacked the altitude performance required of a first line interceptor. The P40 was relegated to a fighter bomber role, where its ruggedness and stability made it a real asset to the Allies. The P40 series was used in nearly every theatre of WWII and was later improved with the Merlin (and upgraded Allison) engine. Improved ver-

sions were named Tomahawk, Kittyhawk, and Warhawk.

Overseas, four RCAF squadrons (#400 'City of Toronto', #403 'Wolf', #414 'Samia Imperials' and #430 'City of Sudbury') flew Tomahawks on defensive patrols, Army cooperation duties, and training in the UK.

Six RCAF squadrons flew Kittyhawks in Canada mainly on West Coast defence duties. Two of these, #11 and #111 Thunderbird Squadrons took part in the Aleutian campaign in attacks against Japanese installations on Kiska Island. RCAF personnel also flew P40 Kittyhawks and Tomahawks, while serving with the RAF in the North African campaign.

Perhaps the most legendary exploits involving the P40, were those of the 'Flying Tigers'. They were a band of US volunteer pilots who went to aid the Chinese in their fight against the invading Japanese before the US was officially at war with Japan. Under the command of Maj Claire L. Chennault, they compiled an extraordinary record of

victories over the Japanese Air Force. Outnumbered by Japanese by as much as 6 to 1, the 'Tigers' had to resort to trickery. By changing fuselage numbers, and by painting A/C noses in different colours at frequent intervals, they convinced the enemy that there were many more planes opposing them, than there actually were. One feature that was outstanding on the 'Flying Tigers' P40 was the

emblazoned eyes and jagged teeth of a shark, and this insignia became known world wide.

At the termination of WWII, some 14,000 P40s of all types had been built by Curtiss Aircraft: an outstanding contribution to the allied cause.

Some years ago a P40 Kittyhawk could be seen, perched

atop an auto wrecker's yard just off the Trans-Canada Highway at Cobble Hill, south of Duncan. Although it consisted mainly of a P40, it was a composite made up of parts of several aircraft. However, it still looked good from a distance and I often wonder where it ended up. Was it restored to its former glory by some avid collector, or did it end up sadly as scrap metal?

Curtiss P-40 Kittyhawk



A pranged P-40, Pat Bay, Victoria, 1944



Travels with Hamish

A Bus Tour, 1936

In the fall of 1936, as a teenager involved with the Boy Scouts in Winnipeg, I won the choice of a weeks bus tour to either Florida or California. I would be escorted by the District Commissioner, who was known to all as 'Skip'. He would be making a business trip as far as Kansas, Missouri, and from there on it would be a holiday trip to whichever coast I chose. Although I tried to find out which direction he would prefer to travel he insisted it was up to me. He gave me a week to decide before making the necessary travel arrangements. It was a tough decision to make. I didn't receive any help from my parents; one decided east, the other, west. A small voice inside me would prompt, "Go west young man," probably a line from some movie matinee I had seen. But then, I had heard some interesting things about Florida. I decided to toss a coin, two out of three. The first toss came up tails, the second, heads. When I found myself hoping it would come up heads again, for California. The decision was made. I'll never know what that third toss might have been!

I had to obtain permission from my parents, which was given, providing I also received permission from my school principal. The latter toyed with me briefly about missing that much school, then suggested my taking along a couple of text books to study, "to break the boredom of such a lengthy bus ride. Also, I should write an essay on my trip to read to the class on my return. I was agreeable to what ever he suggested, just to get his permission.

Right after Christmas we left on a Greyhound bus headed south. I don't know what I expected after we crossed the U.S. border but North Dakota wasn't any different from Manitoba! We skirted along the boundary formed by the Red River between North Dakota and Minnesota and completed our first day's travel at Minneapolis. Although we had travelled southward all day the weather hadn't warmed up any. In fact it seemed colder, as we noticed kids skating on the streets while our driver cautiously drove the large bus into the city.

The next morning we continued south into Iowa with a short stopover at Des Moines, giving Skip enough time for another business contact. Then on into Missouri and Kansas City where we had a days layover while Skip attended to more business matters. I explored around town on my own, gawking at skyscrapers, visiting the war memorial and museum and taking photographs with my small, \$5.00 box camera. At the Union Station I was able to get a snap of

the 'Burlington Zephyr', one of the first diesel powered streamliners. I had seen a movie earlier featuring 'The Zephyr' on its record run to Los Angeles. Being a bit of a train buff, I was delighted to be able to see the real thing.

We left Kansas City westward bound on board a fancy new bus with an up to date washroom back at the rear. Also on board was a steward to assist the driver and look after the passengers. He was an older black gentleman, perhaps a former train porter, but he was a 'natural' for the job. After helping to stow the baggage and collecting the required portions of the strip tickets, he would help each person on board with a friendly, "Good mornin' Mam", or, "Mornin' Suh". After we were underway he walked along the aisle introducing himself and telling us to "Jes pull the cord if'n I can be of service." He sat on a jump seat up front, sometimes chatting with the driver or with some of the passengers nearby. Periodically he worked his way along the aisle checking on his passengers, bringing down a pillow or a magazine, fussing over an elderly lady to insure she was comfortable, or telling little anecdotes. One passenger had a bit of a cough and he stepped over and offered him a throat lozenge as he remarked with a smile, "It wasn't the cough that carried him off, it was the coffin they carried him off in!" It didn't take long before he was everybody's friend. When he asked me if I wanted something to read it was then I decided to take out one of my school books and do some studying as well as start some notes for my essay.

We were travelling south west on Highway 54 through Kansas State, a small portion of N.W. Oklahoma and the northern tip of Texas panhandle then on into New Mexico. There we joined old Route 66, now mostly 140, which runs from southern California across to North Carolina. We gradually climbed up into snow country until we reached Albuquerque, N.M., at about 5,000 ft. where we were glad to get a travel break at a hotel. During the past 30 hours we had travelled some 800 miles and had slept while sitting in our seats.

The following day was New Years Eve and though we had only a little over 300 miles to go to reach our next destination, it took us all day to do so. We continued climbing until at 7,000 ft. we reached Flagstaff, Arizona. It had snowed all day, their heaviest snow fall in 14 years. On arrival we found the hotels were all filled and Skip and I were allowed to sleep in the lobby of a hotel near the bus depot.

On New Years Day we learned we were snow-bound as the high-

ways were all blocked with 7 ft. snow drifts. Later on we were transferred over to the railway station where they were expecting a Santa Fe train to arrive. We waited for over 2 hours in the barely heated waiting room before a snow plough pulled in. In a few minutes two large locomotives arrived pulling a short train of fairly old passenger cars. It turned out to be a hastily put together train to pick up stranded people along that portion of railroad. The coaches were being barely heated by a pot bellied coal burning stove at one end of each car. The seats were wicker and uncomfortable but it was transportation and we were gradually heading down to lower and, we hoped, warmer levels of Arizona.

At the next town down the line we picked up a large number of Arizona Indians, most of whom had blankets wrapped around them to help ward off the cold. Some sat in the remaining empty seats but most of them sat in the aisles. They had been visiting a neighbouring tribe over the Christmas holidays and were returning to their village near Kingman, Arizona.

At Kingman some of us left the train and stayed in a hotel overnight. While there we learned that thirteen people had died from the cold in the Flagstaff area; mostly these stranded in their cars in the huge snow drifts. We were glad to be out of there!

We spent most of the next day sightseeing and enjoying the bright and warmer desert air. While climbing in some nearby hills I encountered my first desert cactus; a small one, about 3 ft. in length but it's sharp spines quickly banished any thoughts of my taking it home as a souvenir! Late

in the afternoon we boarded a bus for a comparatively short trip of about a hundred miles to Boulder City, Arizona, near the borders of California and Nevada. Nearby was the location of the newly completed and quite famous Boulder Dam, now known as the Hoover Dam, a giant cork in a deep canyon of the Colorado River down stream from the Grand Canyon.

The next day we went on a guided tour out to the dam. We spent much of our time exploring in and around the huge project. We took an elevator down 560 ft to the generating station, some 200 feet below Lake Mead, the newly created man made lake. We were shown a piece of the new hollow core conductors, large enough in diameter to enable one to insert their thumb into the center portion. These were to conduct the newly generated electricity across California to Los Angeles as well as into Arizona and Nevada. All the statistics, from the start of construction right through to final production, were mind boggling.

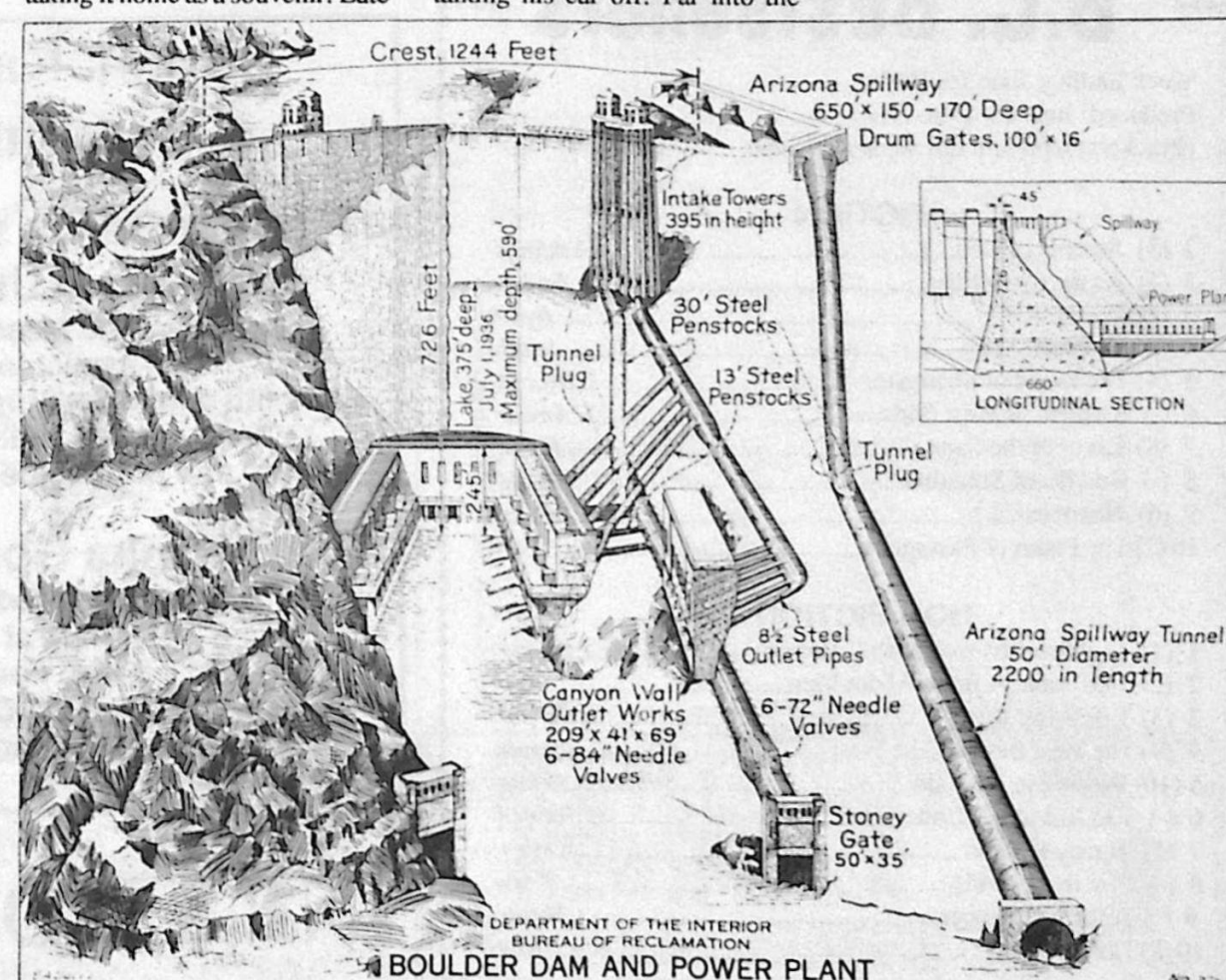
That evening, we climbed on board another bus and rode off into the night in the direction of Los Angeles. From time to time Skip and I would sit in separate seats for a chance to meet and talk with other travellers. On this occasion I was sitting alone by the window and at the next stop a young lady got on and asked me if she could sit in the empty seat beside me. As she was taking her seat I glanced back across the aisle to Skip who gave me a grin. The thought had crossed my mind to tell her I was holding the seat and perhaps she would sit with Skip, but he was sitting with an elderly woman who was busy talking his ear off! Far into the

night my co-passenger told me her life story; that she had recently divorced and had gone back to stay with her mother and was now on her way to L.A. to find a job.

At one point she reached into a shopping bag and pulled out a couple of apples. While offering one to me she informed me the apples were off one of her mother's fruit trees. Another look across to Skip, while taking a bite from the apple, brought another wide grin. Later on, when we had a chance to compare notes, he teased me about Adam and Eve and my accepting an apple from a divorcee. The ribbing even continued for a while after we got back home.

We arrived in L.A. at one o'clock in the morning and had to do a bit of hunting to find a vacant hotel room. Following a lengthy sleep-in we spent most of our first day there sight seeing in the downtown area. In the evening we took in a movie, "Three Men on a Horse". On day two we boarded an underground train which took us out of the city to Redondo Beach where I had my first view of the Pacific Ocean. We had planned on taking the boat trip to Catalina Island but when we reached the dock we were met by a picket line and told there were no boats moving that day. So we spent the day walking the beach and window shopping before heading back to our hotel. Our third day was mostly spent in the Hollywood and Beverly Hills areas viewing the homes of many of the famous movie stars of the day. I wanted to see where Johnny Weismueller lived.

Continued on July 11



Leisure



**888 (KOMOX) WING
RCAFA**

**CALENDAR OF EVENTS
JUNE AND JULY 1991**

COMING EVENTS FOR JUNE

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.

SAT 13, 20, 27.....STEAK NIGHT 5:50 - 7:30 p.m.

**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.**

Female Band

Friday 28 July at 1900 hrs

BBQ from 1730 hrs

steaks, salads, etc. \$4.50

Everyone welcome

Come out and enjoy the summer!

INFO 8720

B.C. Bestsellers

Week Ending: June 16, 1991
Produced: June 18, 1991
(Brackets) represent last week's position

FICTION

- 1 (3) Seers of Kell.....Eddings
- 2 (1) As the Crow Flies.....Archer
- 3 (5) Possession.....Byatt
- 4 (2) Elephant Song.....Smith
- 5 (4) The Druid of Shannara.....Brooks
- 6 (-) Rustlers of West Fork.....L'Amour
- 7 (8) Lives of the Saints.....Ricci
- 8 (-) Buddha of Suburbia.....Kureishi
- 9 (6) Heartbeat.....Steel
- 10 (7) The Plains of Passage.....Auel

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) The West Beyond The West.....Barman
- 5 (10) Writing in the Rain.....White
- 6 (-) You Just Don't Understand.....Tannen
- 7 (5) Nancy Reagan.....Kelley
- 8 (-) Fire in the Belly.....Keen
- 9 (-) Rituals of Dinner.....Visser
- 10 (8) Homecoming.....Bradshaw



Christine Mayer

Microwave Escalloped Potatoes

This is a quick way to make escalloped potatoes and a way to use up those tasty jellied juices from a baked ham.

Precook 5 or 6 potatoes (cut in chunks) in covered dish in microwave until almost done.

Slice an onion thinly, cover with the ham drippings. (A little of the fat dripping adds more flavour.) Cook in covered dish in microwave.

Thinly slice the partially cooked potatoes and place a layer in a 1 1/2 qt casserole. Next, place a layer of the onion mixture, sprinkle a little flour over, dash of pepper, a few pieces of cheddar cheese (extra taste), bits of ham pieces.

Repeat these layers until casserole is almost full. Add enough milk to barely cover. Finish cooking with lid on until sauce thickens.

Antipasto

There are many recipes for antipasto. This one is very tasty and seems to keep forever in the fridge.

- 3 cups chili sauce
- 2 cups ketchup
- 4 drops Tabasco sauce
- 1 tbsp Worcestershire sauce
- 2 stalks celery chopped fine
- 2 med carrots chopped fine
- 9 oz jar sweet pickled cauliflower
- 9 oz jar sweet pickled onions
- 9 oz jar sweet gherkins
- 12 oz jar green stuffed olives (drained)
- 2 tins button mushrooms

(drained)
Tuna - (drained)
Method:

Save 1/2 cup of pickle juice and boil chopped celery and carrots in the rest of sweet pickle juices for 5 mins.

There are different methods of preparation, but I chop all the other ingredients in the food processor for a more spreadable product. Combine all ingredients except tuna. Add the 1/2 cup of pickle juice and mix thoroughly. Put in jars and keep in fridge. When serving add tuna and mix in. Serve on crackers or with salad.

This recipe is very good and so handy for company.

No Bake Cheese Cake

Crumb crust

- 4 tbsp butter (melted)
- 2 tbsp sugar
- 1/4 tsp cinnamon
- 1 cup graham wafer crumbs
- Mix ingredients and press into 9" X 3" square pan.

Cheese cake

- 1 envelope plain gelatin
- 1/8 tsp salt
- 2 eggs separated
- 8 oz cream cheese
- 1 tsp lemon juice
- 1 envelope whipping cream substitute or
- 1/2 pint whipping cream
- 1/2 cup sugar divided in two
- 1/2 cup milk
- 1/2 tsp grated lemon rind
- 1 tsp vanilla

Method:

Mix gelatin, 1/4 cup sugar, salt, in top of double boiler. Beat egg yolks and add milk to eggs. Beat to mix in. Add yolks and

milk to gelatin mixture and cook over hot water until thick. Add lemon rind and cool.

Cream cheese until soft. Add vanilla and lemon juice. Add to gelatin mixture a little at a time beating at slow speed, until smooth. Beat egg whites until stiff. Add sugar. Fold into gelatin mixture. Fold in sweetened whipping cream. Spread on crumb crust. Refrigerate 2 hours.

Strawberry Glaze I for Cheese Cake

1 quart strawberries washed and hulled.
Crush enough berries to make 1 cup.

In saucepan add 1/2 cup sugar with crushed berries, 1/4 cup water, 1 1/2 tbsps corn starch. Cook until clear. Cool. Place the whole berries on top of cheese cake then pour glaze over. Chill thoroughly.

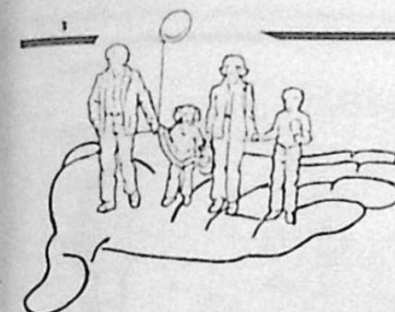
Strawberry Glaze II

Thaw 1 pkg frozen strawberries. Drain as much of the juice as possible into a saucepan. Add 1 envelope gelatin and cook over low heat until gelatin dissolved. Add a few drops of almond flavour. Spread the berries over the cheese cake. When the glaze has cooled enough to be slightly thick, pour on top. Leave for an hour to be completely set.

This cheese cake is the best I have ever tasted. (Absolutely decadent!) It takes quite a bit of effort to make, but well worth the effort. I have always used the real whipping cream, but I imagine the substitute works well too. I just haven't tried it.

Country Kitchen

Mid-Summer Melange



Our open house was a great success. Our welcome package and a plant were presented to the newcomers. Our next open house will be held on July 17 from 10 a.m. to 2 p.m.

On Tuesday, June 17 we had beautiful sunshine and our discussion group spent the time at Air Force Beach with the children, picnicking and flying kites. This Tuesday we will drop the children at the Community Centre where we will provide babysitting and then meet at the Family Support Centre where a family therapist will discuss family rituals and traditions. Coffee and cookies will be provided.

We have decided to spend one Tuesday with the children and the next in a discussion group with guest speakers, or just 'discussing'. Babysitting will be provided. Hope to see you Tuesday from 10 a.m. to 11:30 a.m.

We are now working on having our backyard fenced for the children. If you are interested in learning how to put a resumé together please phone the Family Support Centre and if enough people are interested we will have someone come to show you how. We have a list of babysitters,

and people who will clean your PMQ if you are being posted, also if you need an occasional cleaning lady. We can 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. If you have any rentals available we will gladly post them on our rental board.

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

Family Support Centre

From the Mayor



It has been brought to the attention of the PMQ Council that there will soon be a dramatic increase in the sale of burglar alarms, home protection kits, 8 ft fencing materials and guard dogs. It is also necessary for the PMQ dues to be increased to \$200/month to pay for the added security protection by 'Protect-A-Q'. Oh! and forget about going away for summer as your neighbour won't be watching your home for unusual activities!!

Why all this increase in security awareness? Well it appears no one in the PMQs cares two hoots about their neighbourhood security. Therefore, it's a case of every man (woman) for themselves. You see the Council arranged for the local RCMP to come to the Airport School on 13 Jun 91 to talk about Neighbourhood Watch. The organizer arranged for the school gym, for 50 chairs, even coffee, and how many people showed up? ZERO

- ZIP - NONE - RIEN - BIG FAT GOOSE EGG!! Consequently after an embarrassing hour plus, the organizer apologized to the RCMP officer for wasting her time and packed up.

The Base MPs do an excellent job in providing security in the PMQ Patch. However, they can not be everywhere all the time. They need the watchful eyes and ears of the neighbourhood to help them perform their duty. However, the apparent apathy of the PMQ populous certainly does not give any support to the Base personnel who act on their behalf. There is an obvious lack of interest in the PMQ community by the adults. Consequently from now on your Council will devote their energies to the children of the community who appreciate the efforts of the Council. So don't forget to go out now and buy your security equipment as your neighbour is not watching your place.

Top Running Tips



#1 Frank Shorter -- Try to train on a consistent basis with someone of equal ability. You will improve faster than if you train alone.

#2 Joe Henderson -- Run over the ground, not on it. Lift from the knees and spring from the ankles. Don't shuffle your feet.

#3 Runners World -- Drink water or diluted juice before, during and after you run, especially in hot weather. If you prefer a sports drink, be sure to dilute it to contain no more than 2.5 percent sugar. Too much sweetener can cause nausea, cramps, bloating and diarrhea.

#4 Dr. George Sheehan -- Minimize wasteful movements. Your shoulders should not move up and down, and you shouldn't sway from side to side. Direct your motion where it does the most good; forward, where it translates into more efficient training and better racing.

#5 Tom Brunick -- Running on a curve indoors during cold weather is different from running on a relatively straight road or path outdoors. To help prevent or alleviate overuse problems, alternate between running clockwise and counter clockwise.

#6 Ron Daws -- A runner's diet needn't be complicated. If you avoid fats, salt and over-processed foods, you're 80% there.

#7 Kate Delhagen -- Learn to stride after each easy run. Spend 5 to 10 minutes running 'strides' on grass or a soft trail. Concentrate on running with long smooth strides for about 100 yds at a 5k race pace.

#8 Dr. Randy Eichner -- To minimize damage both in marathon training and racing, keep your weight low, wear shoes with plenty of support and run with a shuffling style to lessen the pounding on your legs and feet. When possible, run on soft terrain.

#9 Runners World -- Running in the heat can be dangerous, but you must run in the heat to acclimatize. Run easily during those first hot days. Save your hard runs for cool days and after you've acclimatized. Don't race

in sudden heat. Keep a record of your training so you know when you've collected at least 14 hot-weather workouts.

#10 Dr. John W. Pagliano -- Add a pocket to your running trunks. You can carry adhesive bandages, money and petroleum jelly for emergencies.

#11 Mark Will-Weber -- When running hills, whether in races or in training, remember to run at a good steady pace until you crest the hill and pick up momentum again on the downside. Avoid stalling out just before you get to the top, and emphasize short quick steps with brisk arm action.

#12 Dr. Paul D. Thompson -- If you have trouble with your arches, check the way you lace your running shoes. With many styles, you have a choice of tie slots at the top. The higher the slot you use, the more lift you'll get to support your arches - and that can also help prevent heel injuries.

#14 Dr. Jack Daniels -- To breathe more smoothly and easily, relax your jaw, breathe through your nose and mouth, and be aware of your breathing rhythm. The most common rhythm is 2-2 - two steps breathing in, two steps breathing out.

Your PMQ Association

Summer Fun in '91

Once again the Wallace Gardens Community Centre is offering swimming lessons and day camp for all CFB Comox dependents. Red Cross lessons will run in the morning and will include yellow to white levels. Water babies will also be held for 3-5 year olds. The pool opens July 1 for casual, family and adult swims.

Day camp activities include games, arts and crafts, trips to the beach, plus many other special events and trips. Day camp, which is held in the afternoon, is for boys and girls 5-12 years old.

The first two week session starts July 2. Registration is at the PMQ Association office on June 27 and 28, 0800-1230 hrs, local 8571.

Come out and join us for a fun filled summer!

Day Camp

Boys and girls 5-12 years old
Monday to Friday 1230-1530 hrs.

Swimming Lessons

Monday to Friday 0830-1200 hrs.

Sessions:

- No.1 July 2-12
- No.2 July 15-26
- No.3 July 29-Aug 9
- No.4 Aug 12-23

Registration:

- June 27-28
- July 11-12
- July 25-26
- Aug 8-9

Fees:

		Community Council Members	Non-Members
One Program	Per Child	\$20	\$25
Both Programs	Per Child	\$35	\$45
Family:	1st Child	\$20	\$25
One Program	2nd Child	\$16	\$21
	Others	\$12	\$17
Family:	1st Child	\$35	\$45
Both Programs	2nd Child	\$31	\$41
	Others	\$27	\$37

**RECYCLE THIS
NEWSPAPER
TOTEM TIMES**



OPEN 7 DAYS A WEEK

**COLUMBO'S
STEAK HOUSE
PIZZA
&
PASTA**

338-1488
FREE DELIVERY

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

Jr Ranks Golf Afternoon

Will be held Wednesday 17 July

Sign up at the Mess

Green Fees - \$9.00

(for non-Golf Club Members)

Must be signed up and paid by 15th July.

NEXT DEADLINE 8 JULY

NEW

CROWSNEST

MAGAZINE

- Published Monthly
- Packed with Information and News
- Naval Operations, Engineering, and Air Operations
- Book Club, Naval Prints, Naval Calendar and much more

CANADA'S NAVAL MAGAZINE

Send: ☐ \$ 4 (Payable to Crowsnest Magazine) for Next Issue
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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

Tranquillizers Can Soothe Stress and Strain

Coping with the stress and strain of modern life can overwhelm almost anyone. That's why, for many people, tranquilizers play an important role. In fact, tranquilizers are one of the most widely prescribed medications. Unfortunately, they are also one of the most abused.

Tranquilizers are prescription drugs used to treat everything from ordinary tension headaches to anxiety, depression, epilepsy and even schizophrenia. People from all walks of life, whether they're business executives or housewives, rich, middle-class or poor, city, suburban or rural residents, are trying to cope with life through the help of tranquilizers.

Side effects vary for the many different types of tranquilizers. If you notice anything unusual about any bodily function, consult your doctor or pharmacist immediately. Do not take another dose before getting expert advice. In most cases, the side effects are harmless, like dryness of the mouth or drowsiness, but others can be quite severe.

If you are pregnant, taking other medications or have health problems such as high blood pressure, allergies, asthma, diabetes, heart, kidney or liver disease, to name a few, tell your doctor or pharmacist. They can advise you on the safe, effective use of tranquilizers, how they may affect you and if they are compatible with your current medication.

Taken correctly, tranquilizers are relatively safe. But, taken incorrectly or over long periods of time, they can cause dependency, giving the user a feeling that they cannot cope without them. For the abuser, stopping the use of tranquilizers can result in withdrawal symptoms such as delirium, trembling, psychosis and exaggerated reflexes. When taking tranquilizers, it is important to see your doctor at regular intervals so your progress can be carefully monitored.

Almost everyone has heard of someone who has died from mixing alcohol and tranquilizers. It is a very real problem. So, if you're taking tranquilizers, don't drink alcoholic beverages.

Tranquilizers are meant to be a temporary solution to some of life's pressures. The more you understand about them, the better off you'll be. If you have any questions, ask your pharmacist.

Use Vitamins Safely For Good Health

Your body needs the right kind of vitamins in the right amounts to keep you healthy and protect itself from disease. As most of your vitamins come from the food you eat, making sure you get a balanced diet is usually as easy as following the recommendations of the Canada Food Guide.

Unfortunately, the pressures of job, school and everyday living lead many of us to eat on the run, picking up whatever keeps us going and not always what's best.

Some people believe they can make up for skipped or hastily eaten meals by swallowing huge quantities of vitamin supplements. Not only is this untrue, it's potentially dangerous. Supplements can be useful additions to our diet, but there's no substitute for good nutrition.

If you don't think you're getting a balanced diet, ask your doctor or consult a nutritionist. Your pharmacist, too, can help by recommending appropriate supplements. Learn to rely on these health care professionals for good advice.

Therapeutic doses of vitamins should only be taken on the advice of your doctor. Always read the dosage instructions for vitamin supplements as carefully as those of any other medications. If you have any questions, just ask your pharmacist.



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SHOE AND LEATHER REPAIRS

info health

Dr. Bob Young



Terminating Treatment

The ethics of discontinuing treatment have been discussed repeatedly for many years. Less often do we hear anything about the ethics of not starting treatment.

Circulation can be kept going, and the lungs can be persuaded to persist in functioning for long periods of time, thanks to what really are awesome machines and instrumentation. Many people are alive and well because these machines kept them going long enough for their bodies to recover from whatever they had suffered.

Often enough the measures are not enough, and eventually someone must make the decision to terminate treatment. This is usually a family member, after full discussion with the attending physicians. Rarely the patient fools everyone and remains alive, at least for a while. Usually death occurs shortly after the "plug is

pulled".

There are occasions when a decision not to start treatment is in order. In mass casualty situations it is necessary to select patients that have a chance of survival rather than waste precious medical skills and resources on those almost certainly doomed.

Even in individual cases, where skilled help is available, initiating treatment may not be the wisest thing to do. Vigorous intervention with a very elderly patient who has suffered a severe stroke might be an example. Last-minute hospitalization of a patient dying of cancer at home for heroic attempts at reversing the inevitable final decline is another.

Sometimes such treatment occurs. Emergency room staff are geared to pull out all the stops, and an unsuspecting, perhaps

even unwilling patient is efficiently and aggressively "attacked" with tubes, needles, ventilators and other bits of machinery.

Many older people have signed "living wills", which, while not yet legal documents, do state that the author does not wish heroic measures taken. But what are "heroics"? The patient's definition is likely different than that of the Intensive Care staff.

Often the family's general practitioner knows what the patient and the family wish done. Increasingly requests are made that the elderly family member be cared for at home, if possible. This may avoid the turmoil that is almost inevitable once the hospital environment is entered.

Every case is different, but there are times when the decisions are difficult.

Waiting for Surgery

Recently we decried the long waits for surgery in some parts of the country. There are many other delays involved in this sometimes over-rated medicare system of ours, as many patients have experienced.

Pretend you have a sore back—really sore, with pain going down a leg. Maybe a disk. That's what your doctor thinks. You are put to bed for a week, given pain killers and perhaps a relaxant. Most back problems start to improve with this basic treatment but yours doesn't.

You struggle down for an x-ray, usually quickly available, but seldom of any help in diagnosis. Since you are not getting better, the doctor decides to get serious. A CT scan is a very good way to diagnose a disk, so one is ordered.

The wait in my town is eight to ten weeks. Backs have a low

priority for available scanning time.

Eureka! A nice disk protrusion in the lumbar area. Your back has been bad for about three months and your GP has confirmed a disk. A referral to a neurosurgeon or orthopedic surgeon is next. Again, in my town, at least six weeks further wait.

The surgeon agrees that a disk is likely. A myelogram (back x-ray with injected dye) will confirm and also provides the doctor with some medico-legal protection. This means an overnight bed in hospital to avoid a possible spinal headache. Such a bed is available three weeks down the road.

Good news! The myelogram is positive - you do have a proven disk. Maybe now you can have the surgery and know comfort again. The back surgeon books the operation - the first opening is

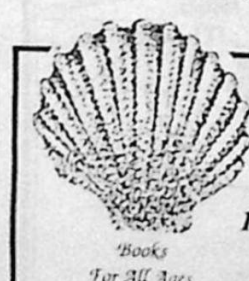
nine weeks away. You will be able to get back to work four weeks after that.

And it's wonderful. All the tests, the doctor's visits, the hospital bed, even the surgery are paid for by medicare. All you lose is 32 weeks pay, a lot of your strength as you lie around waiting, and your sense of humour, gone after being in pain for eight months.

Will someone please tell me, again, why all this is so much better than getting the whole job done in a couple of weeks (plus recovery period)? That was a normal time frame for disk surgery 15 years or so ago. It was all free then, too.

Similar scenarios occur with many other diseases - disks are merely an example.

Medicare, somehow, doesn't seem to be keeping up.



Bookshelf Bestsellers

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10 Top Paperbacks Week ending: June 21

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.....Thomas

6. The Wingless Bird
.....Cookson

7. Always and Forever
.....Freeman

8. Mountain Laurel
.....Devereaux

9. Red Phoenix
.....Bond

10. Black Trillium
.....Bradley

Baby You Can Drive My Car...



CLOVERDALE -- The B.C. Transportation Museum's Jim Winter and Susan Bean put a shine on John Lennon's 1965 psychedelic Rolls Royce as the Museum heads into the summer season. Open 10 a.m. - 5 p.m. seven days a week until September 2, the Museum boasts over 180 vintage vehicles. Phone 574-4191 for private tours and banquet information.

Cash machine on line



Canex is now in the Cash Counter business. On 26 June 1991, the Royal Bank Cash Counter came on line. This Cash Counter is a convenient way to get cash fast. It is located in our Canex Mall just outside the main gate at CFB Comox. On hand for this occasion, MWO D. Petitpas, Canex Base Manager, Mr. J.G. Karren, Royal Bank Area Manager, Comox Valley, and Base Administration Officer LCOL D.E. Anderson.

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On and off base

Commandeur-Melancon Wedding



Marie Lynne Melancon, daughter of Capt André and Yvonne Melancon of Comox, and Cpl Travis Scott Commandeur (407 Squadron), were united in marriage on April 6, 1991 at Christ the King Catholic Church in Courtenay, BC.

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



Shake the Salt Habit

Pass up on salt instead of passing the salt - your dining companions may be glad you did. Salt is not only a four letter word; it is the most important source of sodium in our diet. The catch is, we only need 1150 milligrams of sodium a day, and it only takes one teaspoon of salt to meet that need. Add in the sodium naturally occurring in foods and it's easy to get too much sodium. In fact, estimates of daily sodium intake for Western Countries are 2300 to 6700 milligrams per day. So what, you may ask?

The evidence linking sodium intake with high blood pressure is

somewhat conflicting, but reduced sodium intake is associated with a decrease in blood pressure in adults with mild high blood pressure. Because of the potential benefits, a decrease in sodium intake is recommended in Canada's Guidelines for Healthy Eating. How do we achieve this?

* Use less salt in cooking. Experiment with herbs and spices instead.

* Avoid using salt at the table. * Select foods low in salt. This usually means choosing less processed foods, as you can see from the table below.

Sodium Content (Milligrams) of Foods
Medium apple 6 mg
3 oz. ground beef 42 mg
medium tomato 5 mg
1 cup milk 130 mg
1 cup sliced cucumber 2 mg
1 slice apple pie 482 mg
3 oz canned luncheon meat 1010 mg
1 cup tomato soup 1022 mg
1 oz. cheddar cheese 430 mg
1 dill pickle, 10 cm. 1942 mg
* Check the ingredient list. If salt, sodium, Na, or soda appears second or third in the ingredient list, chances are the food is high in sodium.

School's out ... Watch for kids!

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.

Courtenay Recreation Association Squash Membership

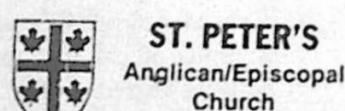
CFB Comox's squash membership with the CRA has expired and will not be renewed until Sept 91. Members wishing to play must pay as they play until our contract is renewed.

Summer Hours - Military Noon Hour Swim.

Commencing 2 Jul 91, military noon hour swim will be from 1200 - 1300 hrs.

Military Learn to Swim Program

If you can't swim, here's the program for you. Learn the basics Tues and Thurs 0800 - 0830 hrs. Military personnel only. Register at the Rec Centre, loc 8315 or 8690. Program starts 9 Jul 91.



218 CHURCH ST., COMOX

HOLY EUCHARIST

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

Fr. John Pastka - 339-2925

JESUS IS LORD

Personal Exercise Program

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

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.

Bowling

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

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

Diabetes Thank-you

Editor:

Many thanks for making the 5th Annual Diabetes Bike-A-Thon-Plus such a great success.

We would also like to thank the participants from CFB Comox for their support of this event.

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.

Cheticamp Reunion

Discussions are underway with Branch No.32 of the Royal Canadian Legion in Cheticamp to host a military reunion in mid August, 1992. This reunion would be open to all military members from Pleasant Bay to Margaree who have joined or retired since 1 January, 1960. This is a heads-up for planning purposes and work is underway to try and identify as many individuals as possible that fall in the above mentioned qualifying criteria. Interested individuals are asked to correspond with the undersigned for more information:

Col J.C. Muise at NDHQ
National Defence
Headquarters
MGen George R. Pearkes
Bldg
DCETS
Ottawa, Canada
K1A 0K2
(613) 995-0864;
or at home,
1780 Stoneboat Cres.
Orleans, Ont.
K1C 1W8
(613) 824-4126.

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.

Comox Glacier Wanderers

The Comox Glacier Wanderers will be holding a 10K Volkswalk on 1 July 91, sponsored by the Courtenay Chamber of Commerce. The walk will begin at Lewis Park, near culvert, starting at 0900 hrs. Everybody is welcome.

For more information phone 339-3982.

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.

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.

TO PLACE AN AD CALL THIS PAPER OR BCYCNA AT (604) 669-9222.

\$195 for 25 words
\$3.70 each additional word

ANTIQUE

Wanted by Antique Collectors: Rifles, Revolvers, Swords, Glass, Art Glass, Pre 1920 Furniture. W.H.Y. 7 12242 Lait Street, Maple Ridge, B.C. V2X 1T4. 463-7046.

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BUSINESS OPPORTUNITIES

TASTE-FREEZ...New franchises available in selected areas of B.C. From \$50,000 to \$200,000. Call now for a free brochure (604) 862-8143 or write: T.F. Franchises of Canada Inc., 227 - 1891 Springfield Road, Kelowna, B.C., V1Y 5V5.

Well established New and Used Furniture Store. Excellent location, Central Surrey. Includes clean, high-quality stock, truck, all equipment and contacts. \$29,000. 583-0233, 583-0881.

COMING EVENTS

VALLEYVIEW OILPATCH REUNION, Aug. 16, 17, 18, 1991. Bring your family. Contact others who were here from 1940's to 1990's. \$25 per person. Deadline June 30. 524-3210 or 524-3903. Box 412, Valleyview, AB, T0H 3N0.

FOR SALE MISC

Peter's Bros. Street 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.

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FOR SALE MISC

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Golfcar Inventory Blowout. \$750,000 used Inventory. Clubcars - Yamahas - E-Z-GO's - Gas/Electric. Base from \$600 - \$4,000. (604) 248-8111, (604) 988-5562, (403) 328-6688. F.O.B. our locations.

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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.

DO YOU ENJOY travelling? Are you between 18-30? Yes? Then travel and work with The International Agricultural Exchange Association. For details contact us at 1501 - 17 Ave. S.W., Calgary, AB, T2T 0E2.

HELP WANTED

Reporter for Gulf Islands Driftwood. Good benefits package including dental. Resumes to Joyce Carlson, Publisher, Box 250, 126 Upper Ganges Road, Ganges, V0S 1E0 by June 26.

PERSONALS

Tall, Handsome Businessman, 40, seeks Lady, 18-35, N/S, single, relocatable. For matrimony. Photo please. 6200 McKay, Suite 145-930, Burnaby, B.C., V5H 4M9.

REAL ESTATE

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

Recreation

Scuba Club Activities



The CFB Comox SCUBA Club has been tremendously successful in reaching our goal of self-sufficiency. We now have 62 paid members with 6 more undergoing training. We have visited over 20 different dive sites on Vancouver Island in the first full year of operation. Our members have logged over 600 dives during this time frame.

An air compressor (recently purchased), 30 tanks, 10 complete sets of rental SCUBA, and a new club room, help our members enjoy the beautiful aquatic wonderland which surrounds us.

We have, and are going to continue to, welcome and host other CF SCUBA Clubs (Adventure

Training Ex's) visiting our area. Community projects, social events, diving excursions and sportsmanship are but a few of our offerings. Our membership dues are inexpensive and our rental prices and policy are superb.

We also conduct SCUBA courses (from basic up to and including assistant instructor), for our members to ensure ongoing training/upgrading takes place.

Have you ever wondered what the other three quarters of the planet looks like? Come out and join us and see it for yourself.

We would like to take this opportunity to thank the personnel of CFB Comox for supporting our

club. Without this support we never could have done it.

Special thanks to the following:

Base Commander
BAdmO
BPSvcO
BSecurO
BPERO
Base Fund Committee
Rec Council Chairman
Base Rec Centre Staff
NPF Staff
SAR Techs
GGGC Staff
NPPAO

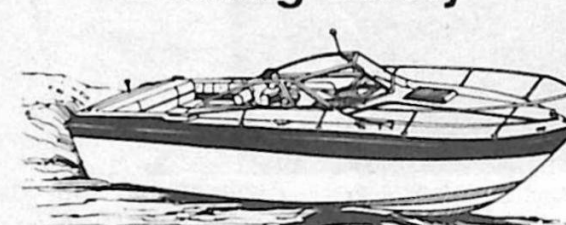
Robin Kayes,
President

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 hoses 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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649 ANDERTON RD., COMOX 339-5400

NEXT DEADLINE 8 JULY

Looking Back...



This is from a MUCH earlier edition of the Fishwrapper. Because of the shifty eyes we know this is an AI Navigator. Olde tyme people believe it is either Len Dodd or Don Middleton modelling the new, then, flying gear. Someone please verify.

We also thought, due to Defence Department funding cuts, it might be a good idea to recycle old flying suits like this one.

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Summer '91 Base Pool Schedule

EFFECTIVE JULY 1

FEES: \$1.00

	MON-THU	FRI	SAT-SUN
830	+	+	
	RED CROSS SWIM LESSONS		
1145			CLOSED
	MILITARY AND DND EMPLOYEES		
1300			1300
	MASTERS SWIM CLUB		
1400			1500
	CASUAL		
1600			1800
	CADETS		
1800			1900
	FAMILY SWIM		
1900			ADULTS ONLY
	ADULTS ONLY		

On and off base

What's in a (Dietary) Claim?

Every time we shop, we are bombarded with claims about the foods we are buying. What do those nutrition claims on the label really mean? Read on and become Label-Literate.

Light or Lite can mean almost anything - light tasting, lower calorie, light coloured. Check the label for some explanation for the 'light' claim. **Calorie Reduced** foods must provide no more than half the calories the food would normally provide, when ready to serve.

The fat story gets a little more complicated. **Low in fat** means the food provides no more than 3 grams of fat (slightly less than a teaspoon) per serving. There are no current regulations covering the terms medium, moderate, or high fat. **Low in saturated fat**, on the other hand, means the food has no more than 2 grams of saturated fat per serving. Also, no more than 15% of the total energy in one serving comes from saturated fat. For example, most vegetable oils would qualify as low in saturated fat, but some

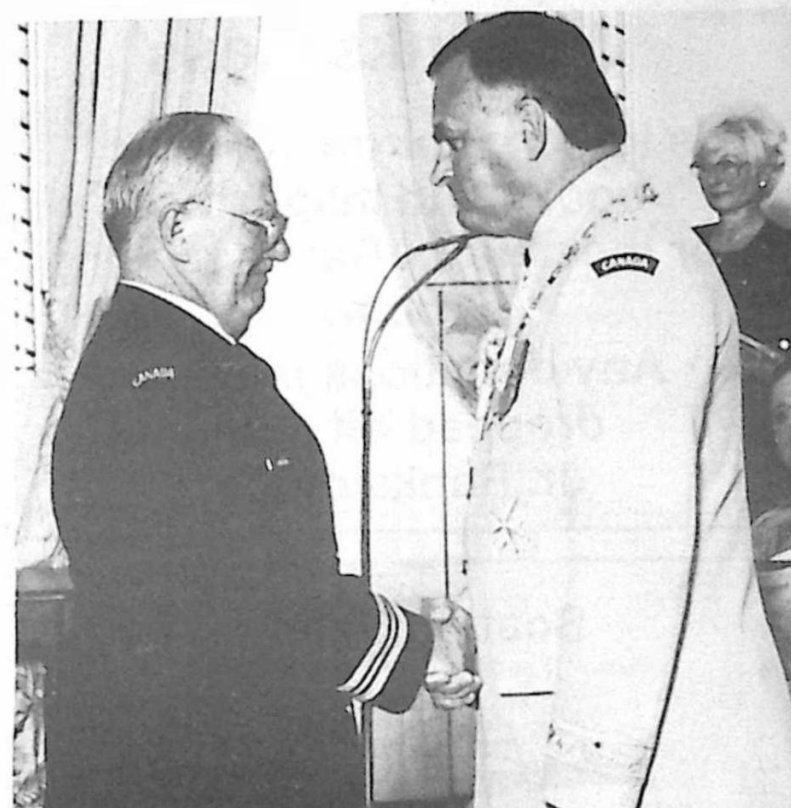
margarines would not. Cholesterol free foods must also be low in saturated fat, but they have the added bonus of containing no more than 3 mg cholesterol per 100 gram (3.5 oz) serving. Foods low in cholesterol contain no more than 20 mg per serving, and they must also be low in saturated fat. Of course, cholesterol doesn't tell the whole story. A chocolate bar containing caramel or peanuts could qualify as being low in cholesterol, but it would not qualify as lowfat. The moral of the story is, concentrate on using lower fat, leaner foods and your cholesterol intake will likely be reduced at the same time.

Fibre is a whole separate kettle of...well, cereal. Just when you thought you had fibre figured out, oat bran, soluble fibre and insoluble fibre came on the scene. When it comes to fibre the label might state **Source of Dietary Fibre** or **Moderate Source of Dietary Fibre**, which means the food has at least 2 grams of dietary fibre per serving. Check the package for suggested serving

sizes if you want to compare products. The proverbial apple a day, medium sized, would qualify as a moderate source of dietary fibre (if you eat the skin). Foods labelled a **High Source of Fibre** must contain at least 4 grams of dietary fibre per serving. One cup of raw blueberries would qualify as high fibre. A **Very High Source of Fibre** contains at least 6 grams of fibre per serving. One cup of peas, dried beans, or lentils would fit in this category. If you've fallen asleep counting grams of fibre, take heart.

Canada's Guidelines for Healthy Eating take a simpler approach; emphasize cereals, breads, other grain products, vegetables and fruits in your diet. These foods are good sources of fibre. By eating more of them, you'll increase your fibre intake, especially if you choose whole grain products and eat raw as well as cooked vegetables and fruits. When in doubt, remember: an apple a day may keep the doctor away, but it's only a moderate source of fibre, although it is low in fat and cholesterol free.

OMM for 407 Veteran



LCdr Tom Dandeno, former RO with 407 Sqn, received the Order of Military Merit from Governor-General Ray Hnatyshyn in Ottawa on May 26. LCdr Dandeno began his career with the Royal Canadian Navy in 1948, transferring to the RCAF in 1951, flying in Lancasters, Neptunes and

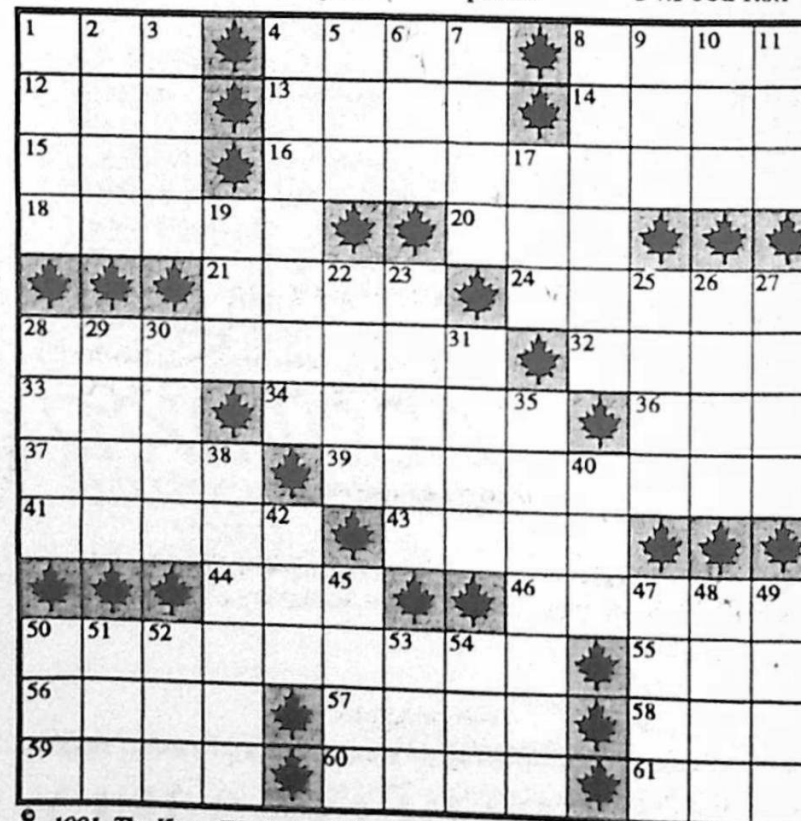
Argus aircraft with Maritime Command. He taught air navigation in Winnipeg and flew with 407 Sqn. Prior to retirement, he served with ICCS in Vietnam. Presently he serves as CAdO at HMCS Quadra, and is a director of the Comox Valley Credit Union.

Canadian Crossword

By Rick McConnell

Solution on page 22

ACROSS	32. Chinese prefix	pt.	27. Horse colour
1. One of the "hosers"	33. Illusionist	DOWN	28. Bars
4. Robust	Geller	1. Part of CFB	29. In (low)
8. One who shines	34. Dens	2. Gem	30. Wall square
12. Copy	36. "Prosperous" woman	3. Lugosi	31. Table scraps
13. Done	37. Light or flower	4. Optimistic	35. Imposing
14. Tall or fairy	39. Expo '86 organizer	5. Ms. Gardner	38. Icy Strait
15. Gal of song	41. Rob	6. Allow	40. Anger
16. Lower Can. pol. grp.	43. Russian ruler	7. Makes a mistake	42. Can?
18. Make happy	44. Caviar	8. Rocks	45. Enough
20. Offspring	46. Creed	9. Make lace	47. Slang negative
21. Controversial insulation	50. Political payoff	10. Beer	48. Not odd
24. "again!"	55. Eggs	11. Legal thing	49. Empty weight
28. B.C. depression premier	56. Margarine	17. Charged particle	50. Battery term.
	57. Spoken	19. Pharaoh	51. Every
	58. Each	22. Ado	52. Golf peg
	59. Killed	23. Intestinal trains	53. Cockatoo
	60. Cautious	25. Passenger	54. Food fish
	61. Compass	26. Outer prefix	



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On the Base

Glacier Greens

G.G. "Cold start" for men Thurs.

One begins to wonder if it will ever warm up. Once again, the men were hampered by a strong cold wind when they teed off on Thursday evening at G.G. Actually it did not start out too bad, but toward the end of the nine holes it became quite blustery and cold. All weather golfers don't soon give up. Despite all, some good scores were turned in.

1st L.G. Team (+12): Ted Sauve; Jim Johnson; Dick Nex; Jay Birstonais.

1st L.N. Team (95.5): John Webber; Bill Fox; Chuck Perry; Bernie Johnstone.

2nd L.G. Team (+15): Randy Standish; Stan Stevens; Bob Sayer; Pat Copeland.

2nd L.N. Team (101): John Ronson; Leo Lamothe; Ted Sutton; Greg Noble.

A chipping contest was included in the event on Thursday night with the Jack Burgess team

winning first place, when they chipped up to within 11 1/2" from the cup.

Second place winners were the Ted Sauve team, chipping up to within 26 1/2" from the hole.

The Bing Shearer team placed 3rd when they chipped up to 39" from the cup.

Our congratulations to all the winners and especially to a very happy Fred Horvath, who placed his ball closest to the pin on both the designated holes.

A monthly executive meeting chaired by the president of G.G., Capt Murray Jacklin, was held on Thursday 20 June at the Social Centre. At the conclusion of the meeting the president announced the transfer of vice-president Capt Bill Brundige to Damascus and that he will be leaving on 4 July 91. The president then declared that although it was a short tenure, Bill accomplished a

great deal and worked very hard for the club in the short time that he was in office and will be greatly missed. In turn, Bill thanked and expressed his appreciation to the president for his kind words. He also thanked the committee members for their support. Good luck, best wishes and congratulations on your recent promotion Bill.

The president then announced his own transfer to Cornwallis and that he will be leaving 18 July 91.

Murray will surely be missed. His diplomacy in handling the issues entailed in the position of president has been a big plus for our club.

Good luck and our best wishes to Murray and Joan.

The next monthly executive meeting will be held 11 July 91 at the Social Centre at 1:00 p.m.

GG Ladies Clean Up

Glacier Greens captured both field trophies in the Ladies Invitational held this past Sunday. After 18 holes of play Sharon Miles of Glacier Greens and Carol Strachan of Sequoia Springs were tied with 83. Following a 5 hole sudden death play off, Sharon Miles emerged the winner and was presented with the Village Food Markets trophy.

Field low net for the day went to Lori Cameron, also of Glacier greens, with a score of 66. She was presented the Design Floor-coverings trophy.

Team prize was sponsored by Bonanza Restaurant and was won by Shirley Shearer, Millie Hudson, Sharon Littler and Cheryl

Armstrong, with a total net of 280.

Longest, most accurate drive went to Lois McNichol of Comox and Carolyn Walker of Sun-dydale.

After the loss of the sudden death play off, Carol Strachan took 1st low gross in "A" flight with an 83, 2nd low gross went to Cheryl Armstrong with 86 and 3rd low gross went to Karen Todoruk. Low nets went to Shirley Shearer with a 66, Inga McArthur with a 68 and Frankie McCaffery with a 68.

Karen Salminen won low gross in "B" Flight with a 92, 2nd

low gross went to Pat Verchere with a 93 and Trudine Berger took 3rd with a 96. Low nets went to Chora Eilerton with 67, Anne Patterson with 68 and Mary Harrison with a 72.

"C" flight low gross title went to Marg Wreggitt with 103, followed by Peggy Clarke and Vi Wilander each with 103. B.J. Granoukos won low net with 69, followed by Gladys Mitchell with 72 and Betty Auringer with 73.

Congratulations and grateful thanks were extended to all participants, sponsors and club members, who helped make this another very successful day.

Pac Region Golf Championships

This Base will host the Pac Region Golf Championship 02-05 Jul 91 at the Glacier Greens Golf Course. Approximately 48 competitors from CFB Chilliwack, CFB Esquimalt, CFS Masset, 3 PPCLI Esquimalt, MARPAC HQ Esquimalt, CFB Det Vancouver, McChord AFB and CFB Comox will vie for the privilege of representing our Region at the Nationals at CFB Bagotville 17-23 Aug 91. So be a sport! Come out and support our team!

Pac Region Golf Championships

Place: Glacier Greens Golf Course

Date: 02-05 Jul 91

Opening Ceremonies
0745 hrs, 03 Jul 91.

Tournament Play 0800 hrs
Meet and Greet
Glacier Greens Golf Course
1800 hrs 02 Jul 91



National Competition
CFB Bagotville
17-23 Aug 91



LEGION LOG

BRANCH 17 COURTENAY 334-4322

ENTERTAINMENT

Fri 28 June.....Music by EVENING STAR
Sat 29 June.....Music by KENNY SHAW
Fri & Sat 5 & 6 July.....Music by WESTWIND
Fri & Sat 12 & 13 July.....Music by WILD RIVER

REGULAR ACTIVITIES

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

MONDAY.....FUN EUCRE
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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SPORTS

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BRANCH 160 COMOX 339-2022

ENTERTAINMENT

Fri 28 June.....Music by VALLEYBOYS
Fri 05 July.....Music by ALLEYCATS
Fri 12 July.....Music by NIGHT LIFE
Fri 19 July.....Music by SHABOOM

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

SPORTS

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

EVENTS

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



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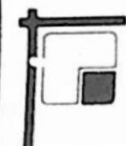


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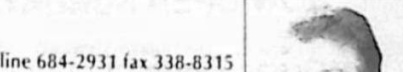
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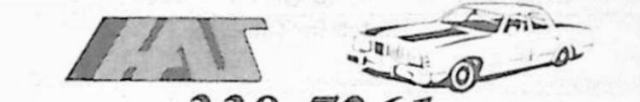
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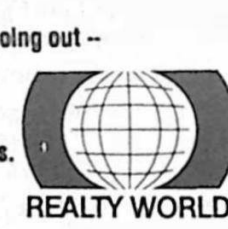
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On and off base

Memories....

The Uniform

...by Dawna Dozzi

Many of you may not know (or care) that I was once in the Navy Reserve. Now I must confess that my reasons for joining were not very patriotic. I was raised in Regina, Sask., where there were ten women to every man, so my girlfriends and I decided our chances of meeting a 'hunk' would be at least doubled by joining the Navy (to say nothing of the Mess privileges).

Off we all trotted to the 'ship', HMCS Queen. I still giggle when I think of this building as a 'ship', especially since it was situated in Wascana Park by a not-so-large man made lake (called Wascana Lake of course).

We were all accepted and immediately found out we didn't know much about right dress (what's the matter with the way we look), and trying to march in step with a whole bunch of people who didn't know much more than I did. I had trouble getting my left foot going with my right arm. Believe it or not, by the time they finished with me I kind of liked marching, probably because it was the only thing I did well in the Navy. My girlfriends did ace on their exams and two of them made the shooting team.

Finally we were to get our uniforms. I could hardly wait to show up at the 'ship' looking like something out of the movies. That

Looking Back...



Totem Times Typesetter Dawna Dozzi (l) with her pals at HMCS "Queen", Regina, Sask. in 1954.

image didn't last long. Can you believe they gave me a starched collar (stiff as a board) with these little stud things to hold it on? The stud things weren't too hard to attach to the collar and then to the shirt, but there were no instructions as to how to get a tie under this stiff board without little stud things flying all over the place. I finally accomplished the impossible and walked out to the kitchen for supper, face red as a beet from all the exertion. My Mom and sister tried very hard to stifle their amusement, but had to break into gales of laughter when my tie fell into the soup.

Start all over again - back to the stiff board and studs!

I didn't tell you about the 'shoes'. All my life I had to wear these ugly oxfords because of long slim feet and foot problems. So guess what the Navy gave you - ugly oxfords, shiny and black. Just the thing to make my size 8 and a half look like real boots. (Appropriate for the Navy?) To add insult to injury, over the boots went rubber galoshes, with seven big metal buckles yet. Now I looked like a deep sea diver with flippers.

Finally I'm out the door and in time to make it to the 'ship'. Boy, Mom and Jill are in good moods tonight, they're still laughing their heads off. I could hear them all the way to the bus.

Attention All Demons and Former Demons!

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407 Demon Squadron

50th Anniversary

27-29 September 1991

407(MP) Sqn is having its "50th Anniversary" in September to commemorate this event. We are creating a Sqn booklet. Any interesting stories, antidotes, or memorabilia, which you think would be interesting for this booklet, you can contact Cpl Doug O'Brien at local 8403 or Cpl Mike Storozyk at local 8534. We would appreciate any help that you can provide.

For more information or to advise of your intention to attend contact
2Lt Steve Power AVN 252-8204 or (604)339-8204 or write:

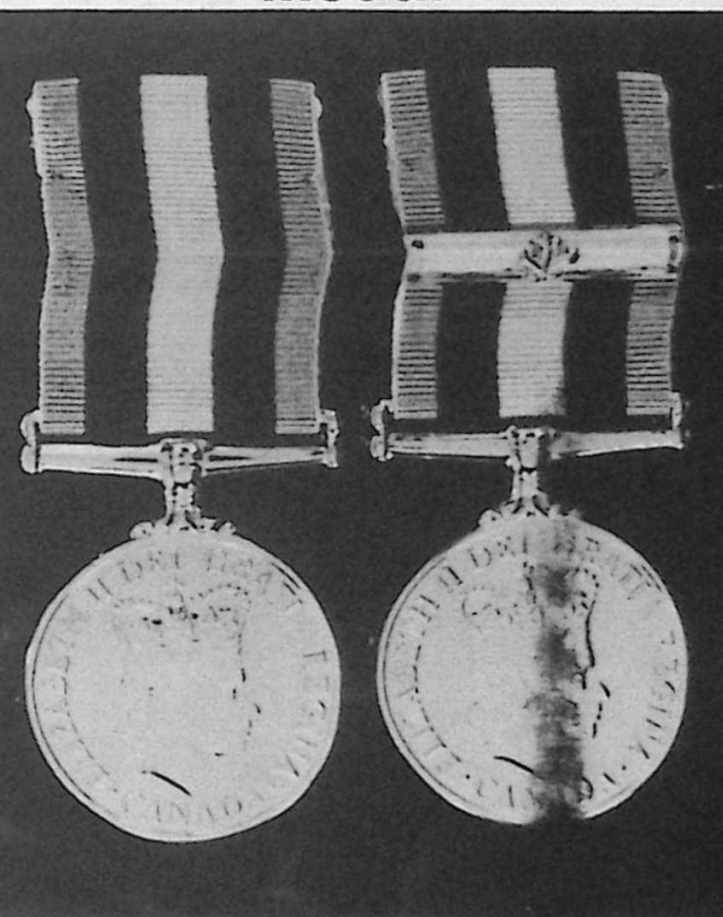
407 Sqn Reunion

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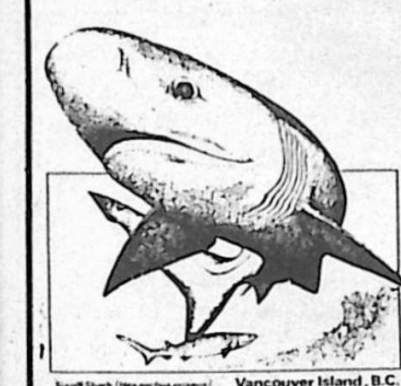
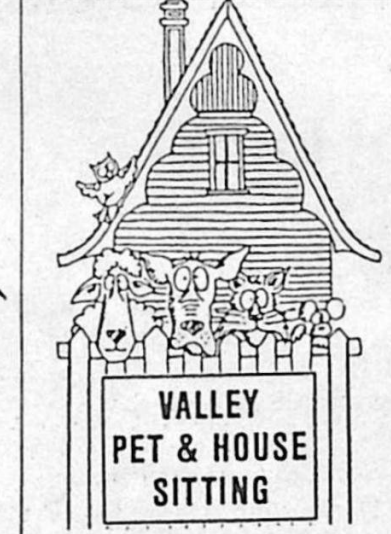
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Canadian Forces sailors, soldiers, airmen and women; doctors, nurses and medical teams; communicators and support personnel; engineers; and, CF members on exchange with Coalition forces, will be awarded the Gulf and Kuwait medal in recognition of outstanding performance in the Persian Gulf conflict. The medal is shown here without and with clasp, the latter signifying service in the theatre of operations during actual hostilities.

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Military Update



RECYCLE



Environmental Awareness in DND

The DND "Green Team"

Environment week was recently observed, June 2-8, but throughout the Canadian Forces, it seems as though it has been observed all year long. And indeed it has, to a large degree, within the entire Department of National Defence, thanks to the efforts of all personnel, civilian and military. The DND Green Team is led by the Directorate, Conservation and Environment (DCE) in National Defence Headquarters, and by a growing number of dedicated personnel in the commands and on bases.

With a mandate to encourage DND personnel to make lifestyle changes in support of the environment, DCE is also responsible for dealing with highly technical issues. At CFB Goose Bay, for example, DND operated one of only two PCB (polychlorinated biphenyl) incinerators in Canada, and the first mobile installation in the country, capable of breaking down these chemicals.

"Conserving energy, recycling paper, doing whatever you can to protect the environment is nothing less than an ethic," says Tony Downs, Director, Conservation and Environment.

The directorate has evolved from a five-person team in 1983

to its present strength of 19, and will soon employ 28 people. Currently, the single biggest item on the agenda is implementation of the Green Plan drafted by the Government of Canada in response to the need for environmental awareness and action within all departments and Canada as a whole. The theme of the Green plan is "sustainable development", which is described as an "activity in which the environment is fully incorporated into the economic decision-making process as a forethought, not an afterthought. It holds that resources must be treated on the basis of their future, as well as their present value." The task faced by DND, then, is to change the way the department sees its own activities in relation to the environment. For sustainable development to work, people must be educated on environmental issues in such a way that they will feel compelled to act.

To begin with, DCE develops policy and procedures, then provides expert advice, and an evaluation of performance. The challenge is to encourage people to adopt the infinite number of ways of conserving energy and natural resources. By simply using 35-watt instead of 40-watt

tubes in fluorescent lamps, or by putting pickle jars in toilet tanks to displace and therefore save water, wasteful consumption of energy and natural resources can be avoided.

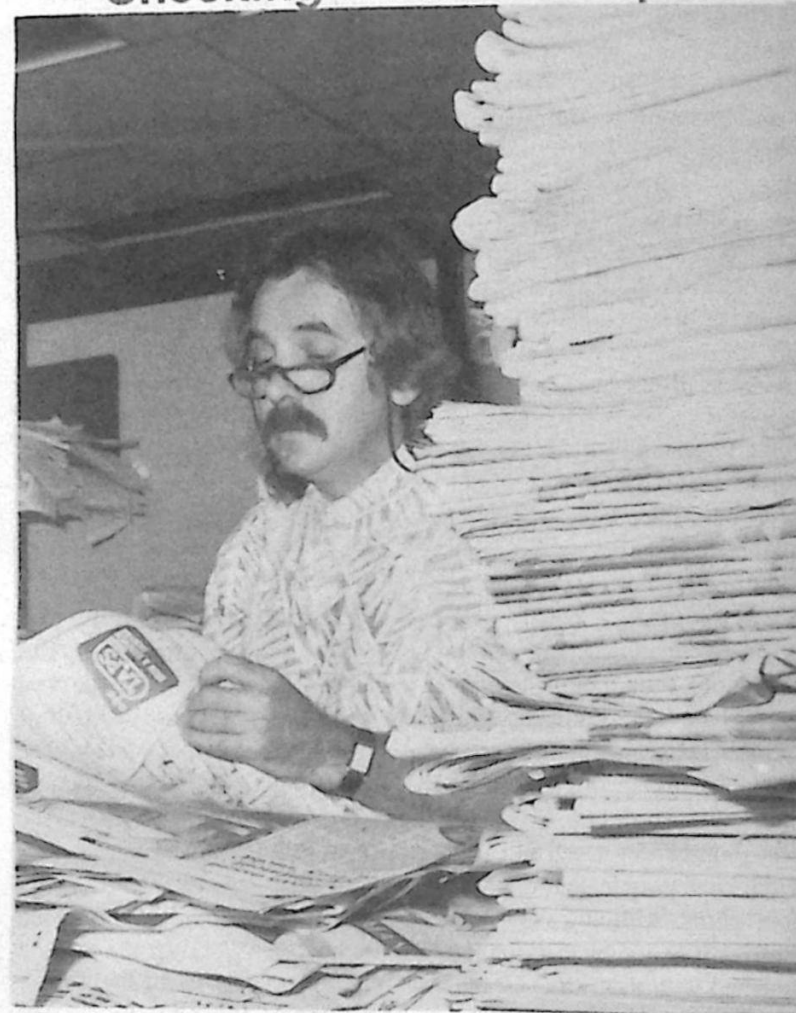
And as a prominent issue unfolds, the directorate distributes a flyer (on recycled paper, of course!) with helpful information on things like the hazards of radon gas, lighting, heating, and refrigeration. Go Green at Work, a guide for National Defence Employees, is another publication that gives practical suggestions for ways each individual can reduce, reuse and recycle at work and at home.

"When you look at environmental management you couldn't write enough policy. We have an unwritten policy -- common sense", explains Forrest Smith, head of energy management for DND. "Where you can reduce waste of natural resources - do it."

Consequently, the biggest task is to give people the knowledge they need to reduce waste and save resources - to make common sense more common.

Even within the hallowed halls of National Defence Headquarters, common sense is being applied. Ray York, the librarian for Director Communications Resources in the public affairs

Checking for Media Clips



Ray York goes through 36 newspapers each day to produce Media Clips. (CF photo by Sgt Fairbrother)

directorate, responded immediately to the opportunity to use recycled paper. He is responsible for the production of Media Clips, a daily 12-page (tumbled) summary of print media coverage of DND and defence-related issues. More than 700 copies of this publication are distributed each working day throughout NDHQ and to offices across Canada, all

on recycled paper. He also recycles the 24 newspapers he and his staff cut up every day to produce Media Clips, and passes along old magazines (he has subscriptions to 70) to the NDHQ library.

"It is not that much effort," says Mr. York, "but it saves a tree, and keeps the paper out of a landfill site."

Martin Mars Water Bombers

The "Old Ladies of Sprout Lake"

VICTORIA-- They are known as the old ladies of Sprout Lake, and after 50 years they are still among the largest aircraft in continuous service. The 'Martin Mars' water bombers, stars of the Forest Industries Flying Tankers, were the dream of one man - Dan McIvor. Both the man and his dream will headline the 1991 Victoria Airshow. A huge Martin Mars flying boat will join the now 83 year old McIvor to officially open the airshow at the Victoria

International Airport, August 5th.

Forest fire suppression was far from his objective when the legendary aviation pioneer, designer and builder, Glenn Martin sold his long range flying boat transport concept to the US Navy in 1937. The Mars had a range of 5,000 miles and flew in the Navy's trans-pacific service from 1942 to 1953. Aside from their prodigious range one routine supply run established a

weightlifting record of 68,327 pounds. In their years of operation the Mars fleet logged 87,000 accident free hours.

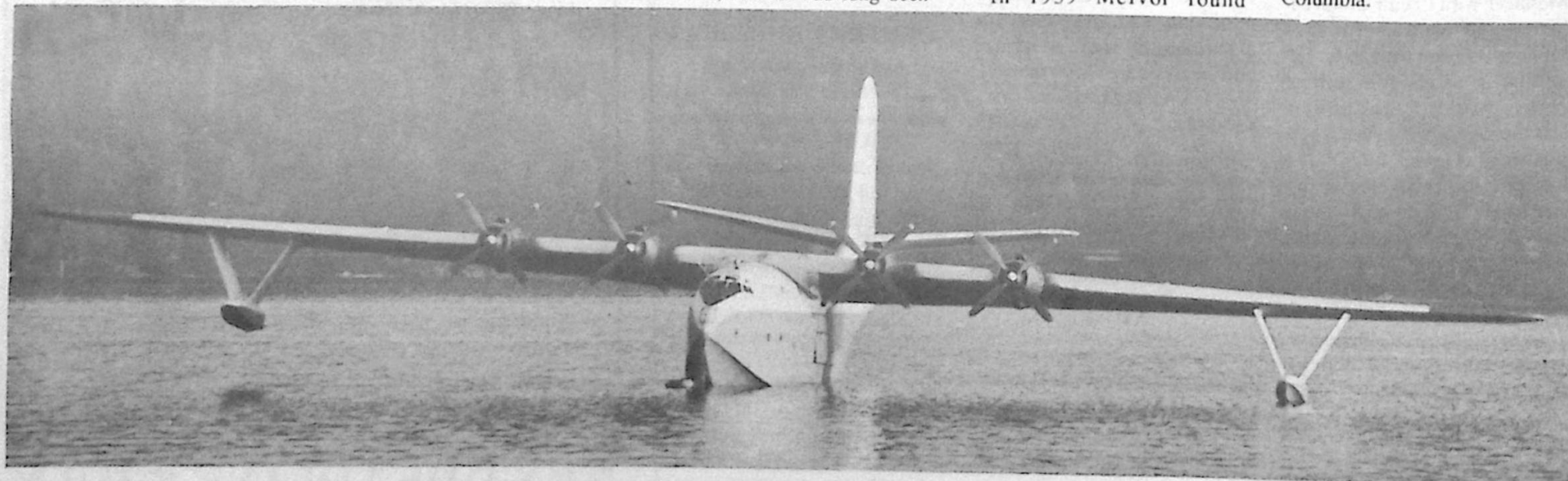
Dan McIvor wanted to fly from his earliest years. He joined the RCAF as an air force mechanic in 1939. In less than a year he was in flight training and was commissioned as a Pilot Officer in 1941. As a pilot for the forestry giant McMillan Bloedel in 1956, McIvor had long been

fascinated with the idea of water bombing forest fires. The existing fleet of single engine aircraft, in McIvor's opinion, lacked the speed, range and capacity.

The disastrous forest fire years of the mid-fifties sent the then 30 year old McIvor in a search that lead him to the last 4 remaining Martin Mars, then some years out of service.

In 1959 McIvor found

machines at the Alameda Naval station in California, beached like stranded whales on the concrete slip ways. He stood shaking his head in respectful awe. The Mars has an overall length of 120 ft., a beam of 13 ft. 5 in., and a wing span of 200 ft. The single rudder soars 44 ft. McIvor had found his dream machines and the rest, as they say is history, a singularly impressive event in the history of forest fire fighting in British Columbia.



Martin Mars Flying Boat