

407 O'Brien '91 Champions

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New Pilot for 442

....page 8



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 33 NO 14 25 JULY 1991

NEXT DEADLINE 12 AUG 1991

COST: PRICELESS

Visiting July 30: Air National Guard Band of California



The 562nd Air National Guard Band of California in a group portrait in the Mormon Tabernacle, Salt Lake City, Utah. The band will visit CFB Comox and the Comox Valley, performing as a band and in various smaller combinations at various events, from July 30 to August 8. The A.N.G. musicians were here for Col J.E. McGee's Change of Command Parade, in 1989. More pictures on pages 3 and 12

On and off base

by Duke Warren

410 Squadron: Reunion at Cold Lake

410 Squadron of the Royal Canadian Air Force was one of the early '400 block' squadrons formed in England during the war. Three of these squadrons, 406, 409, and 410 were equipped and trained as night fighter squadrons.

410 Sqn, formed on the 30th of June, 1941 at Ayr Scotland, based on Heathfield, an aerodrome located a few miles outside the city. Flying Boulton Paul Defiant aircraft at that time, the first operational sortie took place on 23rd July, 1941 and the first victory occurred on the night of 6/7th September '42. By this time the Squadron had been refitted with Beaufighter aircraft, a much superior machine.

Toward the end of 1942 the squadron changed aircraft and this time to the Mosquito NF MK II and various Marks of Mosquitoes were flown until the end of the war.

The Squadron record during the war was 75 enemy aircraft destroyed for a loss of 17 of our own and 30 aircrew. About 3000 sorties were flown accounting for slightly over 7000 operational flying hours. Nineteen DFCs were awarded, as well as two DSOs, 1 MBE and 1 BEM. The Squadron was disbanded at

Gilze-Rijen, Holland on the 9th of June, '45.

The Squadron had been called 'The Cougar Squadron' unofficially and in May '45 King George VI approved the crest showing a cougar backed by a pale moon with the motto 'Noctivaga'. (Wandering by Night.)

410 Sqn was reformed 1 Dec '48 as the first post war Regular Force fighter unit. Originally equipped with Vampire aircraft, the squadron changed to F86 Sabres in May '51, going overseas to North Luffenham in Oct of that year.

Serving with the Air Division in Europe until Oct '56, 410 was stood down for a short time returning as a CF-100 unit at Uplands and then on 101 aircraft until Mar '64. Temporarily disbanded, the designation 410 was given to the all weather operational training unit at Bagotville in April 1968 operating CF-101 aircraft. In June 1982, the unit moved to Cold Lake and commenced its training role on CF-18 aircraft, which continues to the present.

410 Sqn celebrated the 50th anniversary of its existence on the weekend of 29/30 June at Cold

Lake. Invitations had gone out to former members of the Squadron as well as service and civilian dignitaries. Approximately 400 people attended from out of town and a further 200 present squadron members. The numbers were divided almost equally between wartime and peace time members. What was especially gratifying was the considerable number of ground crew from the 1941-45 era.

The largest number of aircrew from the post war group came from the CF-100 and CF-101 period when squadrons had many more aircrew than during the Sabre days. There were not the numbers of groundcrew one would have liked to have seen, but perhaps many of these are still serving and could not get away.

The hangar, where the reunion was held, was nicely decorated. Photos and memorabilia were displayed on walls and tables. T-shirts, caps, pins, crests, etc. were in good supply. A firm called Lots-a-Books, had many aviation and military books on display and received a good deal of attention. (Was it because of the pretty young lady selling them? Forgive me if that is a sexist remark.) The Squadron diaries were also available for people to look at and

there were always interested spectators there.



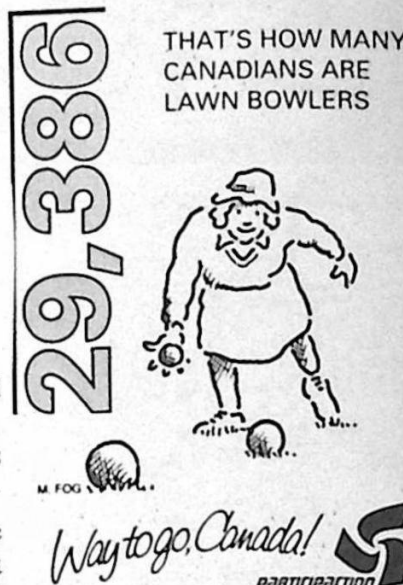
Duke Warren
circa 1942

there were always interested spectators there.

Saturday evening a dinner was held and six of the former Commanding Officers were at the head table as well as the present CO, LCol G.R. Todd. LCol Todd read a letter of congratulation from the Provo of Ayrshire. The Provo stressed the association 410 Sqn had with Ayr, as well as paying tribute to RCAF personnel who had served in the Commonwealth Forces. Later, dancing was to the music of the PPCLI military band from Calgary.

Sunday morning there was a parade. About seventy former members paraded, and an equal number of presently serving personnel stood to attention as the padre spoke. Following a few brief speeches the reunion was over, and there was a bit of a 'let-down' feeling as people said farewell and departed.

Reunions always end on a happy-sad note, and one wonders when the next one will be, and will we be there? But we are glad we went.



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Dog Talk by Gerry Gerow



Breeding for Profit?

Dog breeding for fun and profit. Forget it! Simply put, it doesn't work that way. Many people obtain their first pure bred dog and think, "Oh boy, I paid \$400 for this dog, and if she has eight puppies I can make \$3200."

Let's take a look at it. First off, before the offspring are going to be worth anything, the bitch and the sire are going to have to be proven to be something worthwhile. This means showing, trialing, and working the dog. After you have done this successfully for a couple of years, maybe you can start to think about breeding her.

Okay, so we do this and now it's time. Now we have to find a suitable male. The owners of any good male will want to see two things after you show them that your bitch is worthy of their male. They will insist on a brucellosis test and an X-ray for hip displacement.

No big problem here. Just a bit of time and about \$400. (The price of the first pup just departed, and the dog isn't even bred yet.)

Oh, yes, the owners of the sire will want another \$400, so now the price of two puppies is gone.

Let's assume the male lives in the same town, so you won't have any transportation costs. However, in real life, this is seldom the case. So, let's also assume that you breed your dog, and now it's simply a case of waiting for nine weeks and instant cash will come down the chute. Whoa! Wait just a minute here. Around the six week point it's time to take the bitch to the vet for a pre-natal check up. Don't need that? You do if you want to keep that bitch. He or she will only charge you around \$75 for this. About this time there will be a big increase in food intake too. And, you will have to buy or build a whelping box. You can probably get by without this, but it is kind of like having your own children on the living room sofa, if you don't.

Now the pups are born. Again we'll assume no problems, and no resulting vet bills. In real life this happens about 50% of the time. Right after birth, the puppies will

need their tails docked, and shortly after that they will have to be tattooed and have their first shots and be dewormed. Assuming eight puppies, this won't cost more than about \$400. Don't forget the post natal checkup for mother, too.

Now the puppies have to be registered, and you will probably have to advertise to sell them. If you are lucky, you will manage to sell about half the puppies with no trouble and then you'll have to sell the last ones at a reduced rate to get rid of them.

If you are lucky enough to have a good sized litter you may even break even. If you have a small litter, which happens about half the time, you'll lose your shirt.

So, if you want to breed because you think you can improve on your breed, and that this is worth the expense, then go right ahead, but if you think it will be fun, or make you a bunch of money, forget it.

On the Base



DOG GONE HOT?

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The Air National Guard Band of California will play in various combinations at Comox Valley events during their visit, 30 July - 8 August.

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PUBLIC HEARINGS



BRITISH COLUMBIA LEGISLATIVE ASSEMBLY

Select Standing Committee on Constitutional Matters and Intergovernmental Relations

BRITISH COLUMBIA and the CANADIAN FEDERATION

We want to hear from you!

What kind of Canada do you want to see?
What changes could be made?

The Select Standing Committee on Constitutional Matters and Intergovernmental Relations has been asked to consider the state of the Canadian Federation and to consult broadly with British Columbians to determine their views on:

- the social and economic interests and aspirations of British Columbians and other Canadians within the federation; and
- the form of federation that can most effectively meet the social and economic aspirations of British Columbians and all Canadians.

The Committee is to produce a preliminary report and recommendations to the Legislative Assembly this summer following this first round of public hearings.



Honourable
Bruce Strachan, MLA
Chairman

Mr. Colin Gabelmann, MLA
Deputy Chairman

CRANBROOK
AUGUST 1, 1991 - 2:00 P.M.
Inn of the South,
Club Room
803 Cranbrook Street North,
Cranbrook

NANAIMO
AUGUST 6, 1991 - 1:00 P.M.
Coast Bastion Inn,
Ladysmith Room
11 Bastion Street,
Nanaimo

If you wish to appear at any of the initial public hearings listed above, or would like to provide a written submission please contact:

VANCOUVER
AUGUST 7, 1991 - 2:30 P.M.
Westin Bayshore,
Park Room
1601 West Georgia Street,
Vancouver

KAMLOOPS
AUGUST 8, 1991 - 10:00 A.M.
Coast Canadian Inn,
Colonade Room
339 St. Paul Street,
Kamloops

Mr. Craig James
Clerk of Committees
Room 224,
Parliament Buildings
Victoria, British Columbia,
V8V 1X4
Telephone: 356-2933 (collect)
Facsimile: 356-8172

NEXT DEADLINE 12 AUG

Special Event

Sea Island Memorial



RCAF Memorial Plaque was unveiled by CFB Comox BComd Col J.E. McGee at Vancouver International Airport on July 22, to commemorate the unit which flew out of RCAF Station Sea Island during and after World War Two.

Filberg Festival Aug 2-5

The Filberg Festival happens August 2, 3, 4, and 5 from 11 a.m. to 8 p.m. at the grounds of the Filberg Lodge in Comox. The nine acre grounds become transformed - the best in crafts, music, and food come together to make an exciting place to spend a day, two, or even three or four.

Now in its ninth year the Festival continues to grow. More crafts, more foods, and more music. If you've never been before, this is the year to experience Filberg. Over 25,000 people from throughout the Pacific Northwest and further afield have discovered that this is a very special event.

The Festival is more than just a crafts fair, it is a pleasure. Amble through the gardens. Sit beneath a shady tree. Stop for a snack and gaze across the bay or listen to music, all surrounded by friendly faces and beautiful crafts. Sounds like a lazy time but it is the underlying energy that makes it so special and keeps people coming back for more.

Excellence is paramount at Filberg, and it is this dedication to

providing the finest crafts which has made this the foremost outdoor craft fair in B.C. Over 120 craftsmen present an incredible range of crafts. Pottery ranges from utilitarian to fanciful, from high glazed to raku or gold inlay, from thrown to sculpted. Glass is stained, fused, slumped, blown or etched. Jewelry ranges from finest gold and silver to enamels and fish leather. Woods are crafted into toys, furniture, boards and boxes. Filberg is the place to expect the unusual, to find unique and special gifts for yourself or a friend.

Lots of food too - from ethnic to decadently caloric. A great place to have supper while you listen to the eclectic range of entertainment on the main stage. With jazz, country, bluegrass and folk, story telling and dance, the stage is active all day. The powerful Japanese drum group, Uzume Taiko, perform on Friday evening, Natural Elements will be on stage on Saturday, and Sunday features up-coming B.C. artist Rick Colbourne and the Desperation Jazz Band later in the day.

The children certainly aren't forgotten either with clowns, magic, storytelling, free face-painting, and even a hands-on-farm.

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

Admission is just \$3.00 for adults, \$1.00 for children between 6 and 11, tots 5 and under are free. Pick up from the Powell River ferry can be arranged on a reservation basis only by calling 339-0606.

For more information, contact:
Jane Howard
Festival Coordinator
61 Filberg Road
Comox, BC V9N 4R7
Phone: 338-7802 (evenings)
334-4446 (days)

Remembering Sea Island



A group of RCAF veterans (names not available at press time), flanks the Base Commander CFB Comox, Col J.E. McGee, at the unveiling of RCAF Sea Island memorial on July 22, 1991.

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Sorry for the inconvenience

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Comment

Letters

Victoria Cross -- A Letter from the Prime Minister

A letter from the Prime Minister, the Right Honourable Brian Mulroney MP, to Mr. Harry Harris, President of Legion Branch No.17, Courtenay, filed with this newspaper for publication.

Dear Mr. Harris,

Re: Your letter regarding the place of the Victoria Cross in the Canadian system of honours. I appreciate receiving your thoughts on this matter.

Since the mid-1960s, Canada has been developing its own national system of honours. Its key elements are the two orders, the Order of Canada and Military Merit, as well as the awards for peacetime bravery. However, there are no mechanisms in the present Canadian honours system

to reward gallantry in the face of the enemy.

In order to fill that void, senior government officials have been considering the possibility of creating Canadian Military Valour Decorations, but a final decision has not yet been taken. All new decorations would be approved by Her Majesty The Queen.

Canada will continue to maintain the highest standards of eligibility for the awarding of orders, medals, and decorations, and the Victoria Cross will remain the highest honour in the Order of Precedence for its distinguished recipients.

Yours sincerely,
Brian Mulroney

PMQ Apathy -- the Mayor Replies

Dear Sir:

I am pleased that my article caused the above response. If the 'poetic message' kicked up a hornets nest then it achieved its objective. The article was not written in anger, more in disappointment, and was reviewed both by Council and Base personnel before publishing.

I, like the writer, find my community "a very quiet and pleasant one" and I really enjoy the security offered by living in PMQs. However, the community does exhibit an amount of apathy toward certain subjects. All community events are advertised by using either flyers, newspaper ar-

ticles and, in special cases, ROs. Nevertheless, the Council is still short of councillors after repeated appeals for volunteers, and community events (except those oriented to youth) go by poorly attended.

If my article offended those individuals who work hard at making events and organizations in the community a success, then I apologize. However, for the remainder, perhaps you could look at what you could do to help make your community a better and more enjoyable place to live.

R. Sealby, Capt.
Mayor, PMQ Council

ABATS promotion



Shown above is WO B. Yhard being presented with his new rank from the ABATS OIC, Maj J. Smurthwaite.

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Army Brats

Dear Sir:

As ARMY BRATS, we spent our lives - packing and unpacking, making new friends, starting new schools, joining new clubs - all to turn around and say goodbye again as our fathers were once more posted off to another base elsewhere in Canada. Most friends have since been forgotten. There were so many, but when so little time was spent in each area, few close friendships developed.

But in one particular posting, closer than normal (for us) relationships did develop, because we were drawn into a foreign country, to small bases around the town of Soest, W. Germany. We all spent three years there, and came from all parts of Canada and different environ-

ments - none of us at the time spoke the language, although we lived in an English speaking area designated to Army families, we stuck close to one another. It was the time of our lives, a time none of us will forget especially if you were in your teens at the time, as I was. Our fathers were with various Regiments and/or Corps, so when their tour of duty was completed in W. Germany, they were posted back to Canada, to each and every province.

Where are all these Army Brats now?? Have you stayed with the Armed Forces? Or have you settled into the civilian way of life? I'd like to reunite as many friends as possible by sending this letter to 12 major newspapers across this land. I've had some response from the Toronto area

but I know there are many, many more of you out there scattered across Canada, who remember Soest Senior High.

I'm particularly interested in the years '62 to '65, but due to the different unit rotation years even if you were there for just one of those school years, let's hear from you!

So ... remember me? Hazel (Lowther) Liley. Or Soest Senior High?

Please write - all responses will be answered.

Send responses to our Secretary/Tracker:

Doug Krupp
192 Heldon Court
Kelowna, BC
V1Y 8B2
(604)769-5777

"Thank You Canadian Forces"

Please convey the following message which I received from General Powell, Chairman Joint U.S. Chiefs of Staff.

"On behalf of the men and women of the Armed Forces of the United States and the Joint Chiefs of Staff, I extend our best wishes to you and the members of the Armed Forces of Canada as you celebrate Armed Forces Day and Canada. The superb professionalism and esprit de corps of the Canadian Forces was evident in their performance during operations Salon, Desert Shield/Storm and continues to be evident in operation Provide Comfort. We are fortunate to have Canada as our neighbor and closest ally. Our successful partnership has ensured the collective defense of North America and the North Atlantic alliance for

the past five decades. We look forward to continuing the unparalleled relationship which exists between our countries and our forces, thus providing a secure environment for our two great nations for many decades to come. With best wishes."

Signed General Colin L. Powell, Chairman of the U.S. Joint Chiefs of Staff.

"Au nom des femmes et des hommes qui font partie des Forces Armées Américaines et d'état - Major Interarmées, je vous offre mes meilleurs vœux, ainsi qu'aux militaires Canadiens, à l'occasion de la journée des forces armées et de la fête du Canada. Les Forces Canadiennes ont fait preuve de professionnalisme et d'un excellent esprit de corps lors des opérations Salon,

desert Shield/Storm et continuent de démontrer les mêmes qualités dans le cadre de l'opération Provide Comfort. Nous sommes heureux que le Canada soit à la fois notre proche voisin et allié. C'est grâce au succès de cette association que nous avons pu, au cours des cinq dernières décennies, assurer la

defense collective de l'Amérique du nord et le maintien de l'alliance Atlantique. Nous ne doutons pas que les relations particulières qui unissent nos deux pays et nos forces armées se poursuivront, nous permettant ainsi de bénéficier d'un environnement sûr au cours des décennies à venir. Mes meilleurs vœux."

Signé par le General Colin L. Powell, Chef d'état-Major Interarmées - EU

Air Force Trivia



Trivia
Answer

Fairchild Super 71P
Trenton 1938

Section News



407 Squadron

ASO

Congratulations:

to all 407 Sqn Fitters who wrote the engine run-up exam. All passed (was there any doubt); to Cpl Donny Brenson for surviving the marathon eight duty corporals in a row. Way to hang in there big guy;

to Cpl Wayne Wyatt on the successful completion of the 1st Line Radar course in CFB Greenwood;

to Cpl Tony Granter on successful completion of the Non-Destructive Testing course in CFB Borden;

To Cpl Greg Fleet and Kelly on the birth of Matthew. Mother and son are doing well;

to Cpl Vic McClelland, winner of 2 Crew hockey pool, which he did about half way through the season;

to MCpl Rob Egan, who in a much tighter playoff hockey pool race, edged out Cpl Larry Reid for the win by two points;

to our great mixed slow pitch softball team '2 Live Crew', who won again. This time it was a 18-14 thrashing of Canadian Tire. Oh, by the way, has anyone seen our Comox Valley Charity Tournament Trophy? and,

to 2 Crew in general for contributing so many plaques around the Section.

Ins and Outs

2 Crew would like to welcome Cpl Dale Warren, AET, from CFB Baden, West Germany, to our little family. May you have a successful tour with us. Speaking of 'little' the rumor mill has been working overtime again. This time it has WO Chris Little moving over to Servicing Support WO position. We hope this is not true. I know I speak for the whole Crew when I say that Chris will be sorely missed.

Travels

MCpl Rob Egan and Pte Jay Harker had to make last minute travel arrangements to Winnipeg. An MRP was required for A/C 111, but we have it on good authority that a couple of locals didn't get any sleep.

Sgt John Brauner, Cpl Crain Howland, Cpl Larry Reid and Pte Rob Skwirut lucked in on their NORPAT trip. They were supposed to go to Whitehorse, Inuvik, and back to Whitehorse, each stop abbreviated by a 10 hour patrol. But as luck, or weather, would have it, on the second day Inuvik got weathered in. This infuriated the ground crew as they were forced off the A/C in Whitehorse with nothing to do for 10 hours, and 2 vehicles to do it with. A good time was had by all.

2 Crew is looking a little slim right now with Cpl Angie Hermans, Cpl Mike Thibeault, Cpl Les Andrew and Cpl Ray Tessier away on OCEAN SAFARI.

Also MCpl Hoop Hooper, Cpl Greg Fleet, Cpl Mike Ouellette, Cpl Mary Penny and Cpl Colin

Winterburn are joined by Cpl Charrette from 3 Crew, Cpl Oostrom from Maintenance, Cpl Piller from Armament and Cpl Desjardine from Safety Systems on the Competition Crew. Comp Crew will be starting to practice soon.

ARMPO

Hi from the Armament and Photo world. We are fully into the summer posting season and the goodbyes are over with and the hellos have begun.

We held our annual fishing derby and even though the weather wasn't the greatest, everyone had a good time. A few of the participants got very wet rescuing other participants coming off the water as it was extremely rough by this time. Rob and Bill braved the weather in a canoe and lived to tell about it. The big winner this year was Roger Gallant with a 10 lb chinook.

Steve Watts and Rob Nielson finally returned from their month in Mawgans. No real wild stories accompanied them home so either they behaved or are real good at keeping quiet. Jim Cook returned from his XG course and keeps telling us the only reason he passed is because the guy next to him did. Congrats to OCdt Mitchell on his recent grad from Officer Training in Chilliwack. He is now enjoying some time off and in August he will be off to attend the University of Alberta in Edmonton. We all wish Chris and his family the best of luck.

We on the Arm't side of the house said goodbye to Dan Fowler, who is off to the other coast, Dan Booth and Brad Halstead to Cool Pool, and we even had our ArmPO, Rob McConkey, taken away from us. Rumour has it the SAMO just wanted him closer to make it easier to check up on. He is taking Cathy Melenchuk's spot. I wonder how he'll look in a skirt and high heels. We would like to welcome Tom Gale to our little family. He is just in from Deutschland. There will be many new faces over the coming weeks.

On the Photo side, Rod Mattson is on his way to Lahr, while Neil Lauder is headed for Cold Lake. They will both be missed and we wish them best of luck. Doug O'Brien is in Borden doing some technical work for a change. He is on the High Reliability Soldering course. Have fun Doug. Bob Davidson is off searching for either Gilligan's Island or maybe just trying to find his little mermaid. He took a month off to do some touring by boat - sounds great. And finally, Dan Maillette is heading out on leave for points east, namely Ontario.

So for now, and until next time, we at ARMPO wish everyone a great summer - if it ever gets here.

407 Squadron - O'Brien 91 Champions



407 Squadron is the 1991 winner of the O'Brien Cup. O'Brien is Canada's national anti-submarine warfare competition and is held annually to determine Canada's representatives at Fincastle. The Squadron was represented by a team consisting of the Crew 7 Moosemen, ably led by Lt(USN) Kelly (CINCPACMOOSE), and a technical crew headed by Sgt Willy Rivett.

The O'Brien competition took place in Greenwood from the 15-22 of June, 1991. Competing crews were assessed on their performance during an ASW sortie and an OMS scenario. It was a very close race. Each crew carried out an attack during their ASW sortie, and each crew performed similarly in the OMS. After much posturing, the smoke finally cleared and 407 Squadron emerged victorious. Their victory was attributed to three things: (1) the closest attack; (2) the outstanding performance of the technical crew; and, (3) teamwork. The team was very professional, and displayed a great sense of spirit - proving that teamwork beats bravado hands down. The team's spirit was enhanced by the supportive presence of Col McGee, and LCol Chester. 407 Squadron has won the right to represent Canada at Fincastle 91 this fall. 415 Squadron won the O'Brien sports trophy for excellence in volleyball.

DEMON DOINS

July was the month of mass crew changes here at 407, adding to the usual melee.

NOTICE: If anyone was not assigned to a crew this time around, would they please start showing up at work so we may find you a crew. Hopefully nobody slipped through the cracks this year. Just kidding ... we hope.

Welcome home to our wayward MOAT grads. If ever a deed deserves a medal, it is serving a sentence of six months on course in Greenwood. Kind of like one of those sensory deprivation tanks, where people begin hallucinating after a few days of containment. Please set your watches ahead 30 years, guys (and girl!). Deserving of further

mention is Capt Bob (Bobby Two - Rats), Schwartz, completing a further 3 months of training in ZX for the Tac-Nav course. Well done, Bob. We'll be watching you for good material for this column ... we know you won't disappoint us.

Also returning from course (well, there's a lot more, but these

continued on page 7



more 407 Squadron continued from page 6

are the people that caught my attention), is Capt Ross Potts. Ross reports that the Staff Technical Air Navigation Course ... STANC as he refers to it ... was a real hoot - NOT! Apparently this particular group of students set new records with respect to school standards. (The basement is a cold place to be.) On the plus side, the course included numerous cultural outings, designed to expand one's horizons.

Crew 6 Terminators recently completed a driftnet fisheries patrol, with a reporter from the Vancouver Sun tagging along to faithfully record the heroics. Boy, did they ever fill him full of stories ... I could have used that stuff on my lawn! In case you missed this little gem, I will relate the highlights of the article. Terry Glavin writes: "In the North Pacific, it's a lot like looking for a needle in a haystack ... and then the needle we've been looking for turned up ... the Aurora falls from 12,000 feet to a mere 200 feet from the rolling waves ... spinning at 60 degree bank turns at 260 knots a ship's length above their smokestacks." Hmmm - sounds a lot like the makings of a script. Which one is 'Goose' and which is 'Maverick'? Interesting that he should also write "The crew of 17 officers and technicians spend a lot of their time shooting the breeze or dozing

off." Guess he caught the Terminators with their guard down. On the serious side, it's nice to have public recognition for a job well done.

With summertime comes warm weather. Warm weather invites baseball. Baseball can lead to injury in very rare cases. Enter Sgt Rob McFadyen. Beating the odds, Rob happened upon one of those rare injuries, but in a big way. He now sports the latest in fibreglass cast technology to the tune of 8 weeks. He also sets off airport metal detectors. He gets rather testy when asked for the story, though. We wish you a speedy recovery, Rob. You'll need it to chase all those little ones around the house.

Capt Fred Reed, 407 Sqn's man-about-town has really outdone himself this time. Seems Fred has set a new record for holding down jobs at the Sqn. He is currently STACCO (Squadron Tomato and Cucumber Officer, or something like that), ANSTANDO, and D/SOPSO. I've heard of vertical integration of management, but this is ridiculous! When asked about this, Fred replied, "Affirmatron - I do have a few swept-up jobs, but I'm not being paid gigabucks. I'm just getting my chain rattled."

The past couple months has seen the arrival of new OJT

people. Worthy of mention is Lt. Mark Mombourquette, assigned to Crew 2. Mark spends a lot of time looking at something inside a white bag. Curious. This reporter looked inside one of these bags, but all he saw was mushroom soup. I don't know what Mark finds so interesting in that. P.S. don't sit beside me while we're flying.

This being the summer season, everyone is disappearing on leave. That means less to tell stories about. Apparently, I've been given poetic license to create, so here goes.

I come from a small mid-western squadron. I never thought it would happen to me, but ... (No, that won't work.)

How about this. I offer the following humble comparison of Pilots and Navs:

Navigators

- are faster than a speeding bullet, stronger than a locomotive, can jump tall buildings in a single bound, walk on water, and talk directly to God.

Pilots

- wound themselves with bullets, recognize locomotives 2 out of 3 times, make low marks on high walls, float only with water wings, and talk to themselves. ... now I've done it!

A CD for Capt Smith



Capt C.R. Smith, BOC/DIAC, being presented with his Canadian Forces Decoration by LCol F.J. Bishop, BOPSO.

New Hooks for Nancy



Captain Rudy Preus, ARAF Flt Comd presenting Cpl Nancy Hennessey with her chevrons. Nancy is employed in the ARAF Comox Orderly Room and was promoted on 9 June 91. Congratulations Nancy!

BTSO Presentations Parade



On 5 July 1991 the BTSO Branch held a Presentations Parade in the Base Headquarters conference room. Seated in the front row (L to R) are: PO2 Watts, B Sup - CD; CWO Doherty, BWO; LCol King, BTSO; Sgt Pierson, BMSO - CD. Rear row (L to R) are: Mr. Soles, BCE - Retirement Certificate; Cpl Armitage, BMSO - CD; Mr. Epp, BCE - Retirement Certificate; MCpl Allard, B Sup - CD; Mr. Hirschhorn, BCE - Retirement Certificate; MCpl Pierce, B Tel - Suggestion Award Certificate; Mr. Pritchard, BCE - Retirement Certificate; Cpl Robertson, BCE - CD. If Cpl Robertson looks a little tired, it is due to being up all night fighting the Goose Spit site fire. Congratulations to all of the presentees from the BTSO Branch.

RECYCLE THIS NEWSPAPER TOTEM TIMES



CFB COMOX OFFICERS' MESS

JULY/AUGUST 1991 CALENDAR

Wednesday July 31
INTER-MESS SOFTBALL TOURNAMENT - See Calendar.

Fridays July 26, August 2, 9, 16, 23, 30
REGULAR TGIF. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

Wednesdays July 31, August 7, 14, 21, 28
OFFICERS' COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Saturday August 17
INTER-MESS FAMILY PICNIC. See Calendar.

Wednesday August 21
OFFICERS' MESS GOLF 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 12 AUG - NOON

Section News

442 Transport and Rescue Squadron Change of Command

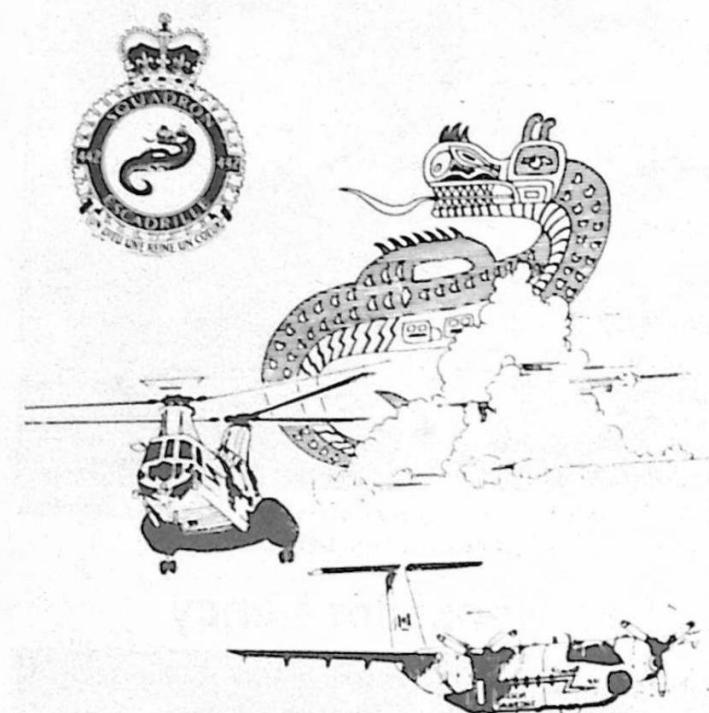
From: LCol J.E.G. Cloutier, CD

To: LCol P.A. Drover, CD

Diamond is Back



Seated: BGen C.G. Diamond, Commander Air Transport Group (a former snake). Standing: (L to R) LCol P. Drover, Col J.E. McGee, LCol G. Cloutier.



Accepting the Colors



LCol P. Drover accepting Sqn colors from Col McGee.

Inspecting the Parade



LCol Drover inspects while LCol Cloutier follows.

July 8th 91 proved to be of major importance to the members of 442 Sqn. On this day, LCol G. Cloutier, CD, proudly handed over the Squadron colors to the incoming Commanding Officer, LCol P. Drover, CD. The outdoor parade was presided over by the Base Commander, Col J.E. McGee, CD, with the guest of honour being BGen C.G. Diamond, CD Commander Air Transport Group.

A few days prior to the parade, LCol Cloutier ended his final flight on a 442 Buff by being involuntarily hosed down by a Base firetruck, which just happened to be standing by.

After two years as Commanding Officer of 442 Sqn LCol Cloutier, his wife Ginette and their two daughters, are off to Toronto where he will take up new duties as a staff instructor at the Canadian Forces Command and Staff College. Following the parade, a reception was held in the Junior Ranks Mess for all Squadron members to welcome LCol Drover and his wife, Natalie, to the unit.

LCol Drover, a native of St. Johns, Newfoundland, enrolled in the Armed Forces under the ROTP Program in 1970 and graduated from Memorial University of Newfoundland with a Bachelor of Commerce degree in 1973.

Following flying training at CFB Moose Jaw and CFB Cold

Lake, LCol Drover was posted to his first operational flying tour as a Tracker Pilot with 880 Squadron at CFB Shearwater. After three years with 880 Squadron he was posted to 406 Squadron where he served as a Tracker Flying Instructor for three years. In 1981 he was posted to Ottawa where he attended Continuous Language Training followed by a tour in the CADO Branch Directorate of Air Requirements.

LCol Drover attended Staff College in 1985 and then served with 442 Squadron CFB Comox as Buffalo Flight Commander and Squadron Operations Officer. In 1988 he was posted to Air Transport Group Headquarters, CFB Trenton, where he served as Staff Officer, Search and Rescue. In 1989 he was promoted to his current rank and posted to NDHQ.

LCol Drover is currently with the Directorate of Air Operations and Training (DAOT) serving as a Staff Officer, Search and Rescue.

LCol Drover and his wife Natalie have two daughters, Jennifer age 12 and Sarah age 10.

As LCol Cloutier departs for Toronto, all the members of 442 Sqn wish him and his family all the best in the future and in hand welcome LCol Drover and his family to the Squadron, as he accepts duties as the new commanding officer.

All Wet



Col Cloutier all wet.

Getting Hosed



LCol G. Cloutier getting hosed as he exits from the Buff on his last flight.

Section News



As the Wheel Turns

This is it, my final hurrah. No longer will have to spend stress filled weekends desperately trying to create something intelligible and somewhat humorous for all you loyal Totem Times groupies. This time next week I'll be beginning my life sentence at CFB Cold Lake where I should be eligible for parole in eight years or so.

We had a Change of Command Parade on the 9th of July, welcoming our new BTNO, Major Mike Couture to the Section. Our drill was a sight to behold and everyone was turned out well. We also have a lot of other new faces roaming about. Capt Fred Hebb has assumed the role of Traffic Officer and under him Sgt Ian MacDonald and MCpl Gary Swyers are new members of our Traffic Section team. At Marine Section we welcome aboard CPOI Joe Hazelwood and LS Joe Dumas, and here at Base Transport we welcome Cpl Robert Vachon, Cpl Larry Grant, Pte Dave Russell and Mr.

'Downhome' himself, Jeff Arsenault.

This month baseball was the game and it looks as though I'm going to have to knuckle under and admit that I blew it for my team thus enabling the Sr NCOs and Officers to chalk up another win. We've got to let them win once in a while or they'll take their ball and go home.

During the recent scare MCpl Brian Krauskopf was seen running in the PMQs and was unfortunately mistaken for a bear. Crazy housewives led by his wife Judy, attacked him relentlessly. Brian later insisted that no charges would be pressed as long as they each gave him a letter of appreciation.

Cushioned by a surplus supply of air bags, Lt Karen Vedova recently took to the air on a daring T-33 mission. She actually pulled 6 Gs while in an inverted dive and now rumor has it that she may reclass and become a pilot.

Cpl Nadine Bonnier and Cpl Mike Ignasz are back from CFTS

BTNO Presentations



Base Commander Col J.E. McGee (L) presented driving awards recently to (L-R): Cpl Glen Veley; Mr. Ed Cumby; Mr. Clark; Cpl Marsha Koran; Cpl Mike Gallichan; and, Cpl Rick Marcotte.

Borden after successfully completing their TQ5A course. Iggy is soon heading to CFB Ha! Ha! Petawawa where he'll fit right in and Nadine is in heavy equipment looking forward to a week of snow sometime this winter.

I guess that's it. I don't know who will be taking my place but I'm certain they will corner somebody. So goodbye and good luck.



Master Driver's award for Mr. Clark.



Safe Driving award for Mr. Keith MacArthur.



Safe Driving award for Mr. Ken Gjesdal.

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.

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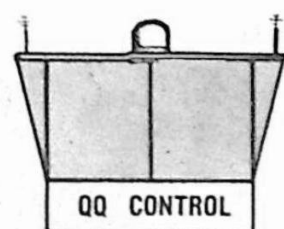
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Section News



As the Beacon Turns

It is time 'Beacon' readers for yet another episode of our seaside chats. With the deadline rapidly approaching, I realize just how small our section really is when I try to write the article. Nevertheless, we occasionally get a newsworthy item or two. So without further ado, make your self comfortable and read on.

Topping the newsworthy items list is our very own BATCO, Major John Stariha. Maj Stariha was recently presented with a much deserved long service award. Maj Stariha's career has spanned 37 years, beginning as an airman at RCAF Station Centralia, Ont in 1956 and ending up as the BATCO at CFB Comox; a position he has held for the last four years. Major Stariha will be retiring later this year, and as he leaves, our best wishes for the future go with him.

Our newest members are slowly but surely finding their way across the country to this land of eternal rain. (MET must have been forecasting sunshine lately.) Joining us this week are Lt Doug Crumback and Lt Dave Tack fresh off their ATCO course in Cornwall, and MCpl Dave Couvrette who joins us from a tour in Baden. Also joining us for a temporary stint as a tower controller is Capt Tom Miles. Capt Miles recently completed a 3 month NBCW course and will be filling in at the tower until he takes over the reins of the NBCW office on the other side of the Base later this summer. Welcome to all and hopefully you will get settled without too much trouble.

We recently had our section photo taken with almost all of our people in attendance. Those people that might have been

detrimental to the camera's safety were kept safely locked up in the tower. Just kidding Rolie, I know somebody had to work.

The NCMs of the Section finally decided to give the officers the slow pitch rematch they have been pestering us for. To ensure that they wouldn't say the outcome was fixed, we even had a guest umpire, our own foul expert, Ron Carter. Although I tried my best to keep the score close, the officers once again tasted the agony of defeat, as we severely trounced them 19-5. Shall we make it a best of 5 series?

Operationally, our main runway should be back in operation on 16 August. The contractor, has just one more layer of asphalt to lay to complete the entire job. Even though we are still without an IFR runway, our PAR was



Maj John Stariha, BATCO, receiving his certificate of service from LCol Bishop, BOpsO. Maj Stariha is retiring after 37 years in the RCAF and CF.

brought back on line last week. The new PAR dome has been inflated, and although it resembles an oversized beach ball, it should allow a better radar presentation than the old dome. Now that our PAR is back, let us see if the PAR controllers can be made to earn their pay. As a bit of operational trivia we worked out what we

would have charged an aircraft for doing a PAR run during 1990 and the total came to approximately \$175. It is too bad that we aren't allowed to send out invoices for that!

Join us next time as we find out which tower controller constantly drives around topless?

The People of Base Air Traffic Control



Back Row: Mr. Ron Carter; Pte James Fernandes; Pte Gilles Belley; Cpl Jacques Maillee; Cpl Thom Banks; Pte Annie Dorval; MCpl Sylvie Jones; Cpl Jim Houston; Pte Bill best.
Center Row: Cpl Dan Borne; Sgt Mike Strevett; Sgt Norm Leduc; Sgt Steve Knox; Sgt Eric Howk; Lt Nick Van Berkel; Capt Paul Anderson; Capt Ron Bayer; Capt Lee Burnham; Capt Jan Karr.
Front Row: Capt Bob Trainor; Capt Dave McLeod; Capt Butch March; Capt Tom Miles; MWO Dave Bews; Mrs. Darlene Clark; Maj John Stariha; Lt Alison Yeoman; Lt Stephann Gregoire; Capt Dave Masnyk; Capt Marie Claude Carre.
Missing: Capt Serge Roy; Lt Roland Lapointe; Lt Doug Godden; Lt Greg Huber; WO Al Munday; WO Earl Taylor; Sgt Tom Schrader, MCpl Jan Jedras; MCpl Pete Wooldridge; Cpl Darlene Arsenault; Pte Shani Cochrane.

Base Hospital

Due to circumstances beyond our control, the Base hospital has been forced to do the most we can with many personnel shortages. MCpl Czank is currently spending a sunny summer in CFB Borden. Then he is off to the ever popular vacation spot, CFB Ottawa NDMC. While in this beautiful resort town, he will be living in the best hotel accommodation money can buy and be force-fed meals in the finest restaurants. Mind you MCpl Czank will be on the QL6A Med A Course, which lasts approximately six months.

Cpl Gord Parker and Cpl Tom

MacIntosh will be enjoying the summer in Quadra. Those poor Cadets! Cpl Parker, even if he's Air Force Blue, still has airborne training. Cpl MacIntosh, who is Army, has a background with IPPCII. Cpl MacIntosh is willing to give all this up, however, to go back to school. All of us wish Tom the best of luck in September. Tom will remain in the service while taking a three year college Lab Tech course in Ottawa. Maybe he'll even grow long hair!

Pte Monteyne will be leaving us shortly to go to CFMS Borden for her QL5A training. Tammy has been quite busy this year,

having been deployed to the field hospital in the Gulf in January. But don't worry Tammy, your hair will grow back.

Our Lab Tech, PO Renaud, (another land-locked sailor), is on a SLC course, again, in Borden. The Lab will be in the very capable hands of the Mrs. Sharon Falkard.

Leaving an opening in the hospital WO position, WO Fowler, a true 'Air Force' person, is off to Halifax to join a ship. Her departure leaves a spot in the MIR that will be difficult to fill. Once the Warrant leaves, who will remind the doctors that the library

has called about their overdue books? Do they golf on board ship?

Also leaving not only CFB Comox, but the CF, is Capt Gour, our Pharmacist and 'pillar of society'. Joanne plans on staying in the immediate area for the time being, but rumor has it that she may be off to medical school in the future. Best of luck to you!

There is a rumor that we will be getting a new P-Med Tech, so all those who have let their immunization lapse, beware!

The hospital orderly room is playing musical clerks again. After welcoming Cpl Dumont in

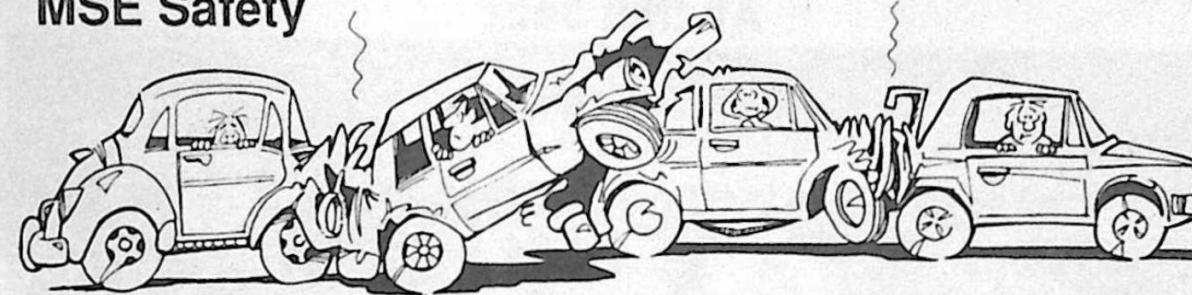
May, the Career Manager (who had been told she wasn't being posted this year), was not only posted to CFB North Bay the end of August, but promoted her to MCpl as an added bonus. Congratulations Carole.

So please have 'patients' with the MIR Staff. Despite our many staff changes and people being away on course, we will try to maintain our normal state of confusion in providing the best care we can.



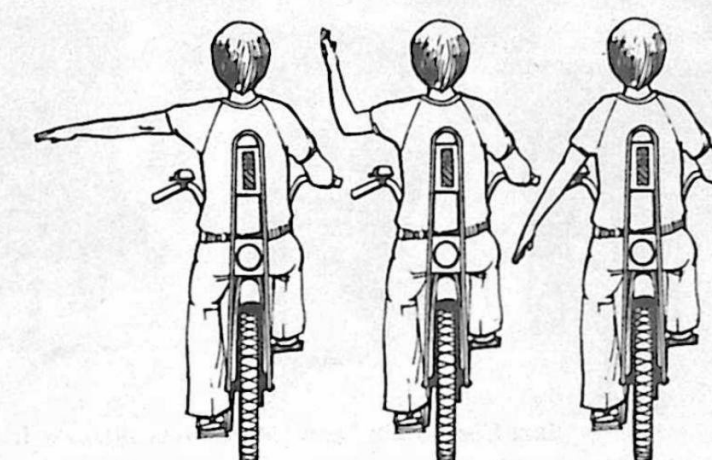
On and off base

MSE Safety



Bicycle Safety

Every year children are killed and thousands injured because of bicycle accidents, almost a quarter of which are due to mechanical failure. It is your responsibility to help your children become more safety conscious. You should stress the importance of keeping equipment in good condition, and develop a responsible attitude toward safety. The Motor Vehicle Act states that a person operating a bicycle has the same rights and duties as a driver of an automobile.



Move over to centre line.

Keep close to the curb when making a right hand turn.

Come to a full stop at stop signs and red traffic lights.

After Sunset Safety

It is unlawful and selfish to ride a bike after sunset without having a headlight and tail light or fender reflector. The white front light must be visible from a distance of 500 feet. Remember that bike riders are hard to see in the dark so wear bright or light colors.

Signals for Safety

You must remember the other drivers on the road. They don't know what you are doing or going to do, so always make your signals for safety. Use the left arm and hand for all turning and stopping signals. Signals should be made well before the turn and carried part way into it.

Ride on the Right

Your bicycle is a vehicle. The rules of the road for vehicles apply to you too. It is safe for

pedestrians to walk facing traffic. It is suicidal for cyclists to ride on the left.

Obey Stop Lights and Stop Signs

At pedestrian crossings, walk your bike across. If you ride across, you may be blamed for an accident if you are hit by a motor vehicle -- if you survive.

Warning Systems



Another part of signals for safety is the warning system. The bell or horn on your bike should be loud enough to be heard 100 feet away. Use your warning system every time you need to.

Lock Your Bike!



Whenever you leave your bike, use a strong chain and lock to stop thieves. If your bike is stolen you should have a description of it to give to the local police.

QUESTION:

A flashing green light in B.C. indicates?

- An advanced green for left turns.
- A pedestrian controlled intersection.
- An indication the light is about to turn to red.
- Faulty wiring.

ANSWER: "B"

Drivers Statement of the Month

A pedestrian hit me and went under my car.

Cyclists -- Ride on the RIGHT

NEXT DEADLINE 12 AUG

NEW

CROWSNEST
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Just for Kids

Bubble Power Boat

Harness the power of a simple chemical reaction. Turn your sink or bathtub into a testing ground for your own power boat.

- 1 small pliable plastic bottle with tight fitting screw-on lid
- Scissors
- Small (narrow) drinking straw
- Plasticine
- Magic Baking Powder
- Paper tissue
- Water

1. With scissors or sharp object, punch a small (straw-sized) hole near edge of bottle. Place straw in hole so that only about 1 cm sticks out.

2. Point the outside portion of the straw down, away from bottle, so that the portion inside points toward the top inside wall; fix placement with plasticine sealing hole completely.

3. Magic power cartridge - Cut a 10 cm square of tissue. Place a rounded spoonful of Magic Baking Powder on tissue. Wrap tissue around powder and twist ends.

4. Fill a sink or large container to a depth of 10 cm with cold water. Fill a second sink or large container to a depth of 10 cm with hot water.

5. Pour a small amount of water in prepared bottle. Push in magic power cartridge and immediately tighten cap on bottle. Put bottle gently into cold water and let it go. When it slows down transfer it to container of hot water.

Why it works:

When the paper gets wet, it untwists, wetting the baking powder. When baking powder comes in contact with liquid - just like in a cake or bread batter - a chemical reaction begins. In the bottle, this reaction makes a lot of gas and foam. The gas goes out through the plastic straw and pushes the boat along. Magic Baking powder is a continuous action baking powder. This means that part of the reaction begins as soon as it comes in contact with liquid.

However, heat causes a further chemical reaction, thus the boat moves again when placed in the hot water.

Age 'n Potency Test

Bakers use this test to check the effectiveness of their leaven-

ing agents. It's a good idea to test home supplies as well.

- 10 mL (2 tsp) baking powder from your cupboard
- 10 mL (2 tsp) newly purchased Magic Baking Powder
- 2 small glasses
- Hot water

1. Use the same quantity of each (old and new) baking powder sample. Place the older sample in one glass, newer sample in the second glass.

2. Add 125 mL (1/2 cup) hot water to each sample.

3. Observe the amount of fizz and sizzle.

What's the difference:

Exposure to air (which contains moisture) each time the baking powder container is opened causes a slight unnoticeable chemical change which in itself doesn't decrease the effectiveness of the baking powder. However, over time it can, thus it is a good idea to purchase baking powder in quantities that can be used up within 6 months to a year or to replace your supply every 12 to 18 months. If the above test yields few bubbles from your baking powder, it probably won't perform well when you use it for baking.

Power Up a Balloon

Employ chemistry to inflate a balloon.

- 1 glass smaller at top than bottom or 1 small carbonated beverage bottle
- Small funnel (optional)
- 25 mL (2 tbsp) Magic Baking Powder
- 125 mL (1/2 cup) hot water
- 1 large balloon

1. Place a rounded spoonful of baking powder in glass or bottle. If using bottle, a funnel makes the work easier.

2. Add hot water.

3. Immediately fit opening of balloon over container opening. Shake bottle gently to accelerate action.

Why it works:

Magic Baking Powder is a blend of acid and alkali. When the powder is dry, the mixture is stable - nothing happens. Add moisture...a chemical reaction occurs and releases carbon dioxide which inflates the balloon.

OPENING SPECIAL

KID'S DAY
12 and under
by Appointment

1-8x10 \$19.98
2-5x7 or 4-3x5 only
8-Wallet Size

Portraits by Eleanor

Winner of 3 Child Portrait Awards

No. 3 - 625 Cliffe Ave., Courtenay Mall
(Behind Tulios Restaurant) 338-5151

Special Events

CFB Comox Presents -

California Air National Guard Band

Summer Concert and Tour

by Norm Blondel

The Comox Valley will echo to the sound of martial music, dixieland and jazz from July 30 to August 5, when the prestigious California Air National Guard band pays a repeat visit here. They were at CFB Comox for a change of command parade in 1989 when the present Base Commander, Colonel Jack McGee, received his appointment. For their 1991 visit they are in the Valley as part of MUSIC 91, a province-wide festival of musical entertainment.

Accommodation and support for the ANG bandsmen is being provided by CFB Comox, but their performances will be largely open to the general public. In addition to their participation in the Freedom of the Town of Comox parade on Tuesday, July 30, they will appear for concerts at the Junior Ranks Mess (July 31), Glacier View Lodge (August 1), Courtenay Rotary Bowl (August 2), Comox Nautical Days Parade (August 5), and a joint performance with the National Reserve Naval Band from CFB Halifax at Centennial Square in Victoria on August 8. After a relaxing barbecue and picnic at Air Force Beach on August 9, they will

return next day to their home base at the Channel Islands ANG base, Ventura County, California.

The correct military title for the California visitors is 562nd Air Force Band, 146th Tactical Airlift Wing. There are eleven other Air National Guard bands around the U.S.A., all capable of performing in several musical configurations: traditional military concert band, marching band, dance band and jazz combo. Smaller combos are used in a variety of functions.

Civilian occupations of the band members range from professional musician and music educator, to computer programmer, accountant, law enforcer and engineer, and a lot of other vocations in between. The unique backgrounds of these citizen-soldiers enrich the band with their diversity. One member, a practicing criminal attorney from the San Francisco Bay area, holds several cross-country world records for ultra-light aircraft.

As air guardsmen, all thirty-six band members are required to meet two days a month for training and performance. They also

562nd A.N.G. Band Itinerary

Sat 27 July - 1300 hrs - Arrival at CFB Comox

Sun-Mon 28-29 July - Rehearsals

Tue 30 July - 1050 hrs - Freedom of the Town of Comox Parade, followed by a Meet & Greet at the Junior Ranks Mess, and a Jam Session.

Wed 31 July - day off for fishing and golf

Thu 1 August - 1400 hrs - Concert at Glacier View Lodge

Fri 2 August - 1400 and 1900 hrs - Concert at Courtenay Rotary Bowl

Sat-Sun 3-4 August - Base activities

Mon 5 August - 0930 hrs - Comox Nautical Days Parade

Tue 6 August - Depart for Royal Roads Military College

Wed 7 August - Rehearsal with Naval Reserve National Band

Thu 8 August - Public Concert with NRB, Victoria City Hall, Centennial Square and return to CFB Comox.

Fri 9 August - Barbecue/Picnic at Air Force Beach

Sat 10 August - Band returns to California.

All that Jazz



Jazz Combo will "jam" at JR Mess, after the freedom parade.

The Commander/Conductor

Since he auditioned for the job in 1979, Major Albert Turriciano has commanded the 562nd Air Force Band. A San Francisco native, he has been active in music since elementary school. He plays trombone, Euphonium, tuba and other instruments.

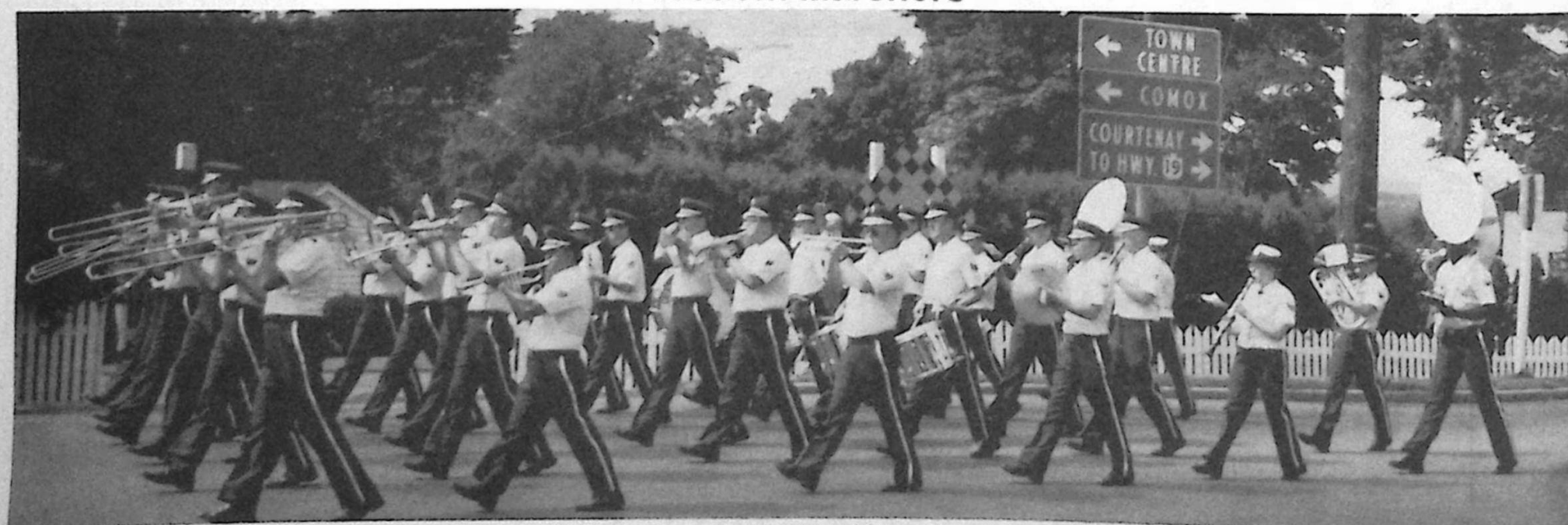
He holds a Bachelor's degree and master's degree in music education and a Master's degree in Systems Management from California universities, and is currently employed as a project engineer with Hughes Aircraft Company in El Segundo, Ca.

Lotsa Puff --



A.N.G. band will play at other Valley events.

Freedom Marchers



562nd A.N.G. Band marched in "Freedom of Comox" parade, two years ago.



by Norm Whitley

Helpful Hints for Acey Deuceys

Cartoons by Rodger, from a booklet published by No.3 "M" Depot, RCAF Edmonton, 1943.

Deuceys'. It was an informative little thing with rather good cartoons by 'Rodger', whoever Rodger was. It detailed things like the canteens and the press shops, paydays and uniform alterations.



And one very tiny mention of inoculations, to wit, "That 'knoce' won't hurt, but your imagination makes it." No sooner had I read that item than the Corporal announces, "Line up outside for Knoce Parade." We were lined up and marched forthwith to the base hospital, placed in single file, told to strip to the waist, and walk slowly through the line of waiting medics. Now it was a long time ago and I truly can't remember the actual numbers, but I think I was punctured about fourteen times by leering medics. When they drew blood and I saw my own colour in a test tube for the first time, I paled. We were imme-



diately marched back to barracks and ordered to swab the floors. This I later learned, was to keep the circulation flowing and the mind off the pain. TABT was the worst. I clearly recall. I lost my appetite, was nauseous and dizzy and couldn't stand up. Four days later when I was discharged from the hospital, I remembered the saying, "Your imagination makes it hurt." Boy, did I ever have one vivid imagination!

... and only this weekend the building superintendent came in and told us we had been working so hard, we could knock off for a few days, so I lounged around mostly in bed and did a lot of reading. Guess you could say I had four days off with pay, but I'm rarin' to go now ...

Shortly after settling in, we were issued with a small booklet called Helpful Hints for 'Acey Deuceys'. It was an informative little thing with rather good cartoons by 'Rodger', whoever Rodger was. It detailed things like the canteens and the press shops, paydays and uniform alterations.

The Bull Pen now for a health lecture. The Chief Medical Officer is giving a slide show on communicable diseases. I wasn't prepared for what was in store, in fact, none of us were. The Bull Pen is a lecture room where the desks are in a semi-circle, each tier slightly higher than the other. In the centre was a lectern and above the lectern was a large screen. We waited in anticipation for this lecture and to say the least, it was memorable.

The M.O. loved his work, it was obvious. He set out to scare us, and he succeeded. He stared directly at each one of us, or so it seemed. He started with a bang. "If you go out with dirty women, you get SYFFF-Lis. If you consort with HORRRR-s, you get GON-REEEE-AH! When you get KLAPPPP, you go blind for life and you're sent away! There's NO CURE!!" And with a dramatic gesture and a theatrical wave, the houselights dimmed and the screen shone in all its brilliance. The silence was deafening. The M.O. banged his fist on the lectern and every man in the room jumped.

"AND THIS IS WHAT IT LOOKS LIKE."

And there, in all its glory, two stories high and in full living colour, an infected thingy with scabs and pus, gently cradled in a rubber-gloved hand. Not a man in the room moved, let alone spoke. The doctor had made his point.

... and Mom, you'll never believe it, we've been here only a couple of weeks and already we're allowed to go to movies. Today we saw a love picture of some sort, I forget the name, but it sure caught everyone's attention. In colour too. I'll never forget the plot. They think of everything here it seems ...

Meal parade that evening was at 1730 hours and the evening fare was described as cold cuts and potato salad. Cold cuts was right. The main course consisted of meat of some sort, beef I think, rolled round and round like a huge cigar, and sliced thin. The resulting slice of meat was laid out on the plate, exposing its oval consistency; loops and whorls of gristle, fat, grease, sinew and tendon, with one or two spots of edible meat. I picked at it for a



respectable length of time, then moved on to the potato salad. Now up to that point I had never eaten rubber cubes in mayonnaise garnished with green onions, nor have I done so since. I rather like my potato salad to taste like, well, potato salad.



... and you know, Mom, how the whole family enjoys your Sunday roasts? You know, the standing rib with brown potatoes, fresh carrots and peas, mashed turnips, all swimming in deep brown gravy? And the two pies you used to have for dessert (my favorites were apple with cinnamon and pumpkin with whipped cream), all washed down with gallons of fresh cold bubbly milk. Well Mom, I don't go to bed hungry here! Tonight we had an amazingly different meal, cold cuts and potato salad. It was like nothing I've ever experienced before in my life. I'll try to get the Chef to give me the recipe ...

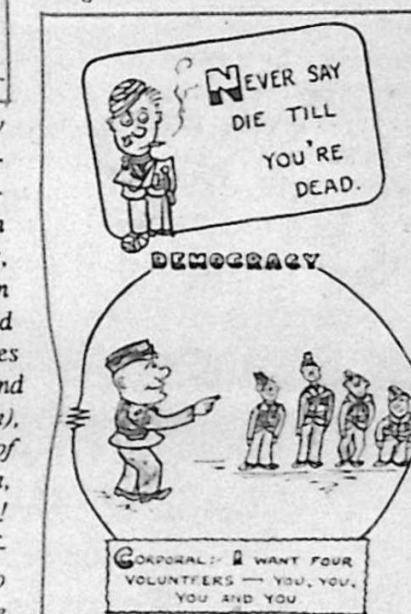


Today was final issuance of full uniform. We got our summer underwear, winter underwear, summer hat, winter hat, tunic, pants and shoes. I examined my new treasures, especially the one piece summer underwear. It was a cotton step-in thing that was sleeveless, like a woman's dress, with a crossover top. There was only one thing wrong. It draped below my knees and was fashioned for a Sumo wrestler. Two or three skinny guys like myself could easily have crawled inside. I stripped and put it on, along with my greasy new boots, and my new winter cap, commonly called a p-pot. I did a few jigs

and high steps to make the guys laugh and danced around the barrack room to everyone's delight.

Then the Corporal walked in. He didn't think the p-pot should have been pulled quite so low on my head, nor should I be toe dancing in boots without laces. He told me to stay close to home for the next 72 hours.

... today, Mom, I went to the tailor and got fitted for my dress uniform you know, the one that you go to formal functions in? The tailor wasn't quite satisfied that I had a perfect fit so he couldn't issue the finished product for a few days. The boss came in while I was being measured and I think he had a migraine. He looked drawn and



upset and suggested I wait the three days until everything was just right. They're sure a decent bunch around here; they all have a real sense of humour ...

I was reading a blurb about the Service Police. It said, quote, "The Service Police are your friends and will be helpful to you and assist you at all times. They have a job to do, and a tough one. Always remember that they are in the service for your protection and guidance. Never be under the impression that they are out to get you. When in doubt or in trouble never hesitate to seek advice from a Service Policeman." End of quote.

I just about choked. I'd as soon cozy a badger to my breast.

... well, Mom, I'll close for now. Oh, by the way, if you're ever worried about me being safe and the like, don't give it a second thought. We have a swell security program here in Edmonton to protect us from marauding women and so forth. (Just kidding Mom, ha ha, don't believe a word of it.) And no, I'm not breaking the hearts of all the Alberta girls, and no, I haven't soloed in a Spit-Fire yet. Yes, I'm regular and yes, I say my prayers. Say hi to Dad when he gets home from overseas.

All my love, Norm.
Note to Norm: I changed one word in your text to protect the ears of the innocent; hence "thingy."Editor.

Recollections

Leisure



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CALENDAR OF EVENTS JULY 1991

SAT 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.

This Week:

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!

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

INFO 8720

B.C. Bestsellers

Week Ending: July 14, 1991
Produced: July 16, 1991
(Brackets) represent last week's position

FICTION

- 1 (1) Possession.....Byatt
- 2 (3) As the Crow Flies.....Archer
- 3 (5) Seeress of Kell.....Eddings
- 4 (6) Elephant Song.....Smith
- 5 (8) The Kitchen God's Wife.....Tan
- 6 (7) Rustlers of West Fork.....L'Amour
- 7 (4) The Plains of Passage.....Auel
- 8 (2) Lives of the Saints.....Ricci
- 9 (-) Mamista.....Deighton
- 10 (9) Heartbeat.....Steel

NON-FICTION

- 1 (1) Lighthearted Everyday Cooking.....Lindsay
- 2 (2) Iron John: A Book About Men.....Bly
- 3 (4) Rituals of Dinner.....Visser
- 4 (3) Writing in the Rain.....White
- 5 (10) The Border Book.....Ingram
- 6 (9) Homesteads and Snug Harbours.....Murray
- 7 (-) Three's A Crew.....Pinkerton
- 8 (5) High Endeavours.....Clark
- 9 (-) Toujours Provence.....Mayle
- 10 (7) The West Beyond The West.....Barman



Christine Mayer

Dundee, Scotland, is celebrating its 800th birthday this year. In 1191 it was granted its first charter as a Royal Burgh by King William the Lion Heart. Now that is not too important, unless you were born a Dundonian like myself. Anyway, I just received a present of a cookbook commemorating this event, so here are a couple of the recipes.

(Famous) Dundee Cake

- 6 ozs soft butter or tub margarine
- 4 ozs brown sugar
- 1/2 tsp almond essence
- 7 ozs white flour
- 1 tsp baking powder
- 6 ozs currants
- 6 ozs sultanas
- 2 ozs chopped red glace cherries
- 3 large eggs
- 1 1/2 ozs whole or split blanched almonds
- 1 oz ground almonds

Method:

Grease an 8" round baking tin (deep one) and put a circle of greased paper in bottom. Cream together butter or marg., sugar and almond essence. In another bowl sift together flour and baking powder. Into this mix add prepared fruit and ground almonds. In third bowl beat the eggs. Fold the eggs in a little at a time, and do the same with the fruit, folding into creamed mixture. Do not beat. Use a strong spatula. Mix well and put in tin. Level the surface. Lay the blanched almonds in circles on

Country Kitchen

Dundee Celebrates 800th Birthday

top. Bake cake in warm oven at 325° for 45 mins. Turn down heat to 275° for about an hour longer. Test for doneness with a skewer. If sticky, bake longer. To protect the cake while cooking, it is recommended you make a collar surrounding the cake tin that stands above the rim. Use three sheets of brown paper stapled together.

Dundee Seville Orange Marmalade

- 3 lbs Seville oranges
- 2 whole lemons
- 6 lbs sugar
- 6 pints water

Method:

Pour boiling water over oranges and lemons. Leave until cool enough to handle. Squeeze the juice from lemons and discard skin. Put in large heavy pot. Cut oranges in two and squeeze out as much juice as possible, with squeezer. Save all the seeds. Look through orange shells for further seeds. Cut each shell in three pieces and process in food processor until chunky (not too fine). Gather up seeds and tie in muslin. (Necessary for a good set.) Add to pot with the 6 pints water. Cover the pot and leave overnight. This softens peel. Next day, bring contents to a boil. Turn down heat and allow to boil gently, uncovered, so liquid will evaporate. Allow to cook until mixture is a thick mush. Stir often to prevent sticking. Meanwhile warm sugar in low oven or in paper bag in micro for 1/2 min. Stir in warm sugar until dissolved. Turn up heat again. After 15-20

mins. Test for setting point. Put one tsp on cold saucer and put in fridge. After 1 min when the marmalade is pushed aside it forms a skin, it's ready. If not, boil for a longer time. When test is right, turn off heat, take pot off, put in a little butter to disperse foam. Cool slightly so peel is not floating on top. Pour into warm clean jars and top with wax.

Note: Use only the bitter Seville oranges.

Scotch Eggs

- 12 ozs sausage meat
- 1 tsp dried thyme
- 4 small eggs to boil
- 1 small egg for coating
- 4 ozs dried breadcrumbs
- Salt, pepper
- Oil for deep frying

Method:

Boil the eggs for 8-10 mins depending on size, then shell. Prepare sausage meat with salt, pepper and thyme. Divide mixture into 4 pieces using flour on hands. Mould meat around eggs making sure there are no cracks. Set in fridge to firm up meat. Now dip sausage meat into beaten egg then into bread crumbs. Deep fry in hot oil and drain on paper towel.

Dip for Scotch Eggs

- 4 ozs natural yogurt
- 1 tsp. chopped onion
- 1 tsp ketchup
- Salt, pepper to taste

Method:

Mix and let stand for a couple hours to marinate flavours.

Attention Former Members of #38
Prince Albert Squadron, RCAC:

50th Anniversary Parade and Homecoming Reunion

October 19, 1991

Contact: Jerry Nash

Army, Navy, Air Force Veterans Association
25 - 11th Avenue North West
Prince Albert, Saskatchewan
S6V 3A8

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10 Top Paperbacks Week ending: July 20

1. Sullivan's Sting.....Sanders
2. Courting More Disaster.....Barker
3. Blue Lighting.....Stella
4. Beyond the Stars.....Ross

5. Dragon.....Cussler
6. Wingless Bird.....Cookson
7. By Way of Deception.....Ostrovsky

8. September.....Pilcher
9. Always and Forever.....Freeman
10. Second Child.....Saul

On and off base



Glacier Greens

In honour of Millie Watamaniuk's birthday, Frankie McCaffery, the ladies club captain, presented Millie with a cake and all were invited to enjoy it with her. Millie is a past member of Glacier Greens and now resides in Kelowna. After visiting with friends in Comox for the past week, Millie and her husband Bill returned to Kelowna on Tuesday.

Glacier Greens will host the Zone 6 Seniors Golf Tournament on Wednesday, 31 July. A total of 85 entrants will begin at 8:30 a.m., shot gun start.

The 22nd Annual Gen. Lett Golf Tournament will be held on Saturday, 10 August 91.

Bing Shearer and Rick Salmon will represent Glacier Greens Golf Club in the finals at

The B.C. Seniors Summer Games to be held in Vancouver in September.

Bing captured the 1st low gross in his age category when he posted a 76. Rick scored the 1st low net in the same age category with a 68. Congratulations and good luck in Vancouver.

Our congratulations to Sharon Miles, who captured the field low gross when she played in the Eaglecrest Golf and Country Club Ladies Open last week. Out of a field of 128 ladies, Sharon fired a very impressive score of 83.

Glacier Greens held their annual Mr. & Mrs./His & Hers Golf Tournament on Sunday, 21 July 91. Some very good scores were posted and some not so

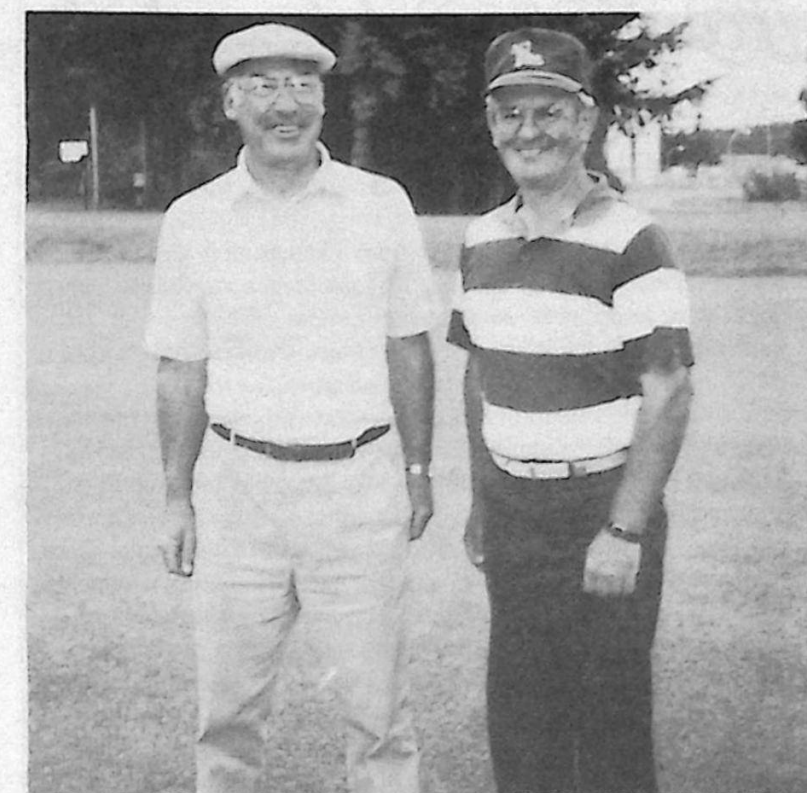
good. However, everyone was still on speaking terms when the teams gathered in the club house for conversation and refreshments. This being a net tournament all scores listed below are net.

Mr. & Mrs. field low net taken by Gwen and Rick Salmon - 62.5. His & Her field low net taken by Marg Smith and Nick Stolarechuk - 64.5.

1st L.N. Elsie and Roy Downey (64.5); 2nd L.N. Inge and Doug McArthur (65.5); 3rd L.N. Leslie and Doug Mann (66.5); 4th L.N. Shirley and Bing Shearer (66.5); 5th L.N. Jan and Rick Verbeke (67); and 6th L.N. Patty and Ken Beachey (67.5).

Most mileage: Ruth and Bert Perrons.

BC Seniors Winners for GGGC



Rick Salmon and Bing Shearer brought home the blue ribbons from Port Alberni Golf Club semi-finals for the B.C. Seniors Summer Games.

GGGC Team for Labatts Pro-Am



The team of Mike Burrows, Russ Wreggitt, Arnie Mathus and John Holly will represent Glacier Greens Golf Club at the Labatts Pro-Am Tournament, Quilchena Golf and Country Club, Richmond, B.C. 26 July 1991. Congratulations and good luck.

Eaglecrest Winner

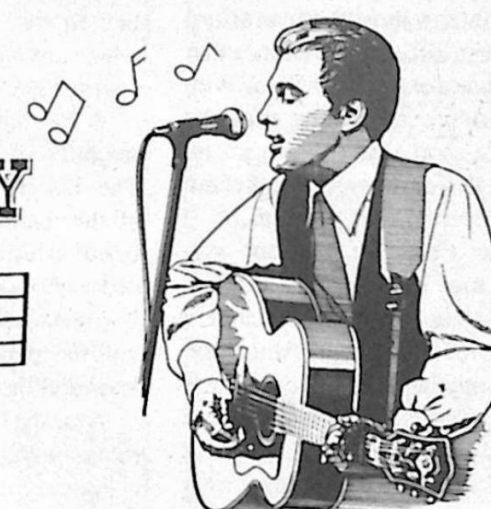


Sharon Miles of Glacier Greens Golf Club wins Field Low Gross at Eaglecrest with an 83. Sharon also won the Field Low Gross trophy at Glacier Greens at their annual ladies invitational, June 1991.

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Health & fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Caring For Kids With Casts

Most children recover quickly from a broken limb, but initially the experience may frighten them. To smooth their way, talk to them about what happens in the emergency room while you wait. Let them take the lead in asking questions. Nurses will tell you children differ in how much information they want.

Fractures heal well in children. As soon as the break occurs, the bone and surrounding muscle bleed. The blood clots and forms a hematoma. Within the first three weeks new cells build up in the hematoma and produce a web of fibres that bind the broken bones together. Cells within the web produce a cement-like substance that begins to show on x-ray and gradually replaces the fibres with new bone. The web provides a continuous bridge across the fracture site and is called a callus. At first, it is large and a bump can be felt on the bone. After the bone is fully strengthened the excess is absorbed and the lump gradually disappears over time.

Nurses recommend you describe the cast to your child as a very hard bandage that holds the bone still so it can grow back as strong as ever. They also recommend you treat the cast with care and teach your child to do the same. Plaster casts need 36 hours to set completely, although fibreglass casts dry and harden in about 20 minutes. Initially, keep plaster casts away from hard surfaces such as the top or edge of a table. Pressure on a soft cast can create a slight dent that rubs painfully on the inside. Also, move the cast with the flat of your hand as fingers can cause a dent.

Use pillows to support the entire length of either type of cast and keep the limb elevated so the foot is higher than the hip and the hand higher than the shoulder. Get the child to wiggle the fingers and toes frequently. Movement and elevation in the first 36 hours will reduce swelling.

Always call the doctor if the toes or fingers become numb, blue, swollen or hard to move. Expect some pain the first 24 hours, but it should not be intense or worsen.

For continuing care of the cast, keep it dry. Water causes plaster casts to disintegrate, and water under any cast can badly irritate the skin. Watch the skin around the edges of the cast. If it is red or rough, massage the skin gently with rubbing alcohol. The cast edges can be taped with adhesive.

Do not allow children to poke anything under the cast. This can bunch up the lining and cause a pressure point, or scratch or cut the skin and cause infection. Check with the doctor if a cast smells badly, or there is drainage, or your child runs a fever. To help stop itching, try blowing cool air from a hair dryer or sprinkle baby powder under the cast.

As much as a child may want to get out of a cast, the return to hospital may cause concern. Reassure the child the cast cutter only opens up the cast. It does not go through the soft padding between the cast and the skin. The technician will use special scissors to gently cut the padding.

When the cast comes off, the arm or leg may look or feel strange. The skin may be dry and pale and the limb stiff or weak. Be interested and reassuring. Once the child comes home, use skin lotion and add bath oil to water to help the skin return to normal. Encourage the child to gradually return to normal activity and he or she will quickly regain confidence and be back to normal.

Take Off Pounds Sensibly T.O.P.S.

TOPS is the oldest and largest of the non-profit weight control organizations. It is the only one funding its own program of obesity research. It is a self-help organization, patterned after A.A.

TOPS was founded by Esther S. Manz in 1948 and is known world wide, with headquarters in Milwaukee, Wisconsin, USA. Our chapter here at CFB Comox was presented its official charter October 3, 1983, and is known as TOPS#BC 3454. Lazo. Over the years this chapter has been very successful in losing weight with male and female division winners. Many have reached their ideal weight goal to become KOPS (keep off pounds sensibly).

Cost:

\$20.00 for the first and second years and thereafter it is \$18.00 a year. The first and second year will receive a manual which explains the philosophy of TOPS. The 'TOPS News' magazine comes to you each month with many ideas and success stories and no advertising. Our chapter has dues of \$5.00 per month to pay for our awards, materials we use at the Chapter and to help send members to our annual conventions.

Diet:

To be discussed with you by your doctor. Only they know your medical problems and are better able to recommend a diet for you. TOPS is 'Taking Off Pounds

info health

Dr. Bob Young



Squirmy and Wiggly Legs

Do your legs squirm and wiggle all night long? Or does your bed partner complain bitterly about being awakened by your nocturnal kicking? Whichever of these afflictions is bothering you, you are not alone.

These are two separate problems. The first is usually called the restless leg syndrome. Those with this condition are well aware of it, and complain of broken sleep caused by aching legs. Repeated leg movements are made during the night in an attempt to get comfortable, and sleep, like the legs, is restless.

The leg movements are voluntary, consciously (although sleepily) carried out by the victim.

This is not the case in the other sleep-robbing condition. Here the movements are jerking or kicking in nature, and may involve the arms as well as the legs. The com-

plaints come from the person sharing the bed - the kicker is unaware of the night-time aerobics.

Dubbed periodic limb movement disorder (PLMD), the condition is being studied by several sleep laboratories. It is increasingly common with advancing age, affecting over 40 percent of people over 65 years of age. Both sexes are equally involved.

Although sufferers are unaware of the muscle spasms, some do complain of insomnia, and PLMD is the main finding in about 17 percent of insomniacs.

Even those who do not complain of sleeping poorly have been shown to suffer from daytime sleepiness, and lab results confirm that the quality of sleep enjoyed by these people is less than ideal. Since the condition is a chronic one, occurring most nights, the functional

abilities of the patient during waking hours are bound to be adversely affected.

There are three main modes of treatment. Behavioral modification and transcutaneous (through the skin) electrical nerve stimulation (TENS) are effective in some cases. Usually medications are required. They seem to be effective, at least in the short term, but the best choice of drug for PLMD is still open to question. Research is ongoing.

In many cases small bedtime doses of Valium are effective in managing the restless leg syndrome. Many doctors have found that therapy with a combination of two or three drugs even better.

And older people remain the best customers for twin beds!

Medicaid in the U.S.

Our American neighbors enjoy many benefits, but universal access to health care is not one of them.

Abundant and excellent care is available for those who can afford it, or can afford the insurance that will pay for it. Even those with expensive insurance may be caught short as many policies are cancelled or not renewed if claim payments become too high.

The Canadian medicare system has been under intense scrutiny in the US. Politicians are recognizing that many Americans are denied medical care due to its cost, and in a society where money talks it is not unusual for patients to be refused care, even in emergencies, unless payment arrangements are made up front. One form of coverage in the USA is Medicaid, for seniors, and federally funded. Available funds are less than needed, naturally.

Oregon is proposing (and awaiting legislative approval) for

a novel plan designed to ensure that the available money is best used. "BEST", here, means paying for those medical services of proven effectiveness, most benefit the quality of life, and which are long-lasting or provide "permanent" cures.

A list has been made of the majority of medical conditions. The 714 items certainly include all the common ones. These have been arranged in descending order of priority. The top four are bacterial pneumonia, tuberculosis, peritonitis, and foreign bodies in the airway.

Near the bottom are infectious mononucleosis, viral warts, alcoholic cirrhosis of the liver, and hemorrhoids. Below these is terminal AIDS. (Early HIV disease ranks number 158.)

Severe diseases rank high if effective treatment is available. They join such things as diaper rash, sprains, and food allergies if treatment is futile, unproven, or

Sensibly', so no fad diets please. We have a suggested eating plan based on the Exchange System of the American Diabetic Association.

Weigh-In:

This is held each week at a set time period. Your weight is completely confidential with your weight recorder and assistants. Dieting as you know, is no easy thing to do, so each individual has

to work at it. Some will lose faster than others, so don't be discouraged.

We are your helping hand but you alone must decide you CAN and WILL lose weight. We have phone lists so you can call your TOPS Pals if you feel you are slipping on your diet. Enlist your family and friends to help you keep to your diet, too. Questions, comments and ideas are always

welcome. And above all else - "Remember TOPS Cares"!!

So weigh all the facts and you can tip the scales in your favour by joining TOPS. For more information call

Leader Sandi 339-6548 after 6:00 p.m.

Co-Leader Elaine 339-3213

Our Chapter meets every Wednesday night at the Base Rec Centre.



Ronnie Milsap Back to the Grindstone

Opening 'Back to the Grindstone' (RCA/BMG), with a re-make of The Skyliners' 'Since I Don't Have You' is bound to draw comparisons to his mid-80s 'Lost In The 50s Tonight', but, for Ronnie Milsap, the 'Grindstone' breaks previously uncharted ground.

He stretches the limits of country to the point of crossover, something this latest release is bound to do. Backed by Dire Straits' Mark Knopfler, Milsap bops along with a solid backbeat and an infectious rhythm track set up Knopfler's signature guitar riffs and solid percussion work. His current single 'Are You Lovin' Me Like I'm Lovin' You', currently entrenched in the top five, is a slow-paced shuffler filled with hook lyrics and dynamic vocals. He stays in the laid-back groove for 'When The Hurt Comes Down' and then locks up a solid rocker with the title track and with 'Spare The Rod (Love The Child)' Ronnie adds the set's highlight via an emotional outting. Aided by the Boys Choir of Harlem, the chanter deals with violence against children, a subject he detailed in his autobiography 'Almost Like A Song'.

Working with a wide variety of artists that range from Patti LaBelle and Paul Davis to John Hiatt and Vince Gill, Milsap gives one of the best performances of his career and 'Grindstone' will go a long way to adding to the already impressive half-dozen Grammys and 20 plus million sales. His blues-tinged 'Love Certified', complete with horns and high-flying LaBelle vocals, along with the good time sound of 'Turn The Radio On' and the soulful 'Old Habits Are Hard To Break', penned by John Hiatt and Marshall Chapman, round out Milsap's finest moment.

Oak Ridge Boys

Following a string of 19 hit albums, gold and platinum sales, every conceivable award and countless millions of sales, 'Unstoppable' (BMG) would seem like a most appropriate title for the Oak Ridge Boys debut on their new record label.

Opening with infectious 'Heaven Bound' (I'm Ready), which features the same intrigue as their while back 'Elvira', the Oaks keep the tempo chooglin' as they offer 'When It Comes To You' and slow it down to a shuffle with 'Change My Mind'. Working from the pen of Dennis Linde, who also wrote 'Heaven Bound', the quartet run through their intricate harmonies on the fast-paced 'Your Love Made Me This Way' and cover their current top ten 'Lucky Moon', a track that features try-again lyrics set against a Cajun backdrop.

For Richard Sterban, Duane Allen, Joe Bonsall and Steve Sanders (who replaced William Lee Golden), 'Unstoppable' is a rollicking nine song outting that swings from 'Love This Cat' and the drive-55 'Baby On Board' through the romance of 'If I Were You' and 'In A Tender Moment'. Perhaps the Oaks truly are 'Unstoppable'.

Sweeney's Scene

Have you ever noticed how fast taxis go when they're empty and how slow they go when they have a fare? I'm sure it must be my imagination. I know, it's probably a safety thing and they don't want to drive as fast with passengers in the car... just bought an aloe vera plant and can't wait to burn my finger to see if it worked. I'm outta here...



Ronnie Milsap

On and off base

Shopping Sensibly for Food

In these financially troubled times, getting the best nutrition for your food dollar can be a challenge. By following a few simple steps, and with a little planning, the odds could be in your favor.

The first step is to make yourself a list. A good time to start is when you return home after shopping and discover that you have forgotten to buy something. Add to this list as you run out of things. It also helps to think ahead and decide what you'll need to prepare for the coming week's meals. And don't forget to take the list with you when you go shopping... and to use it!

A second step is to check newspaper ads and grocery store

flyers for food specials. Decide if it's worthwhile shopping in one or more stores, and then clip and use the coupons for the foods you need.

A third step is to shop alone, if possible. It's easier to comparison shop (and maintain your sanity) when you don't have children with you who stand up in the shopping cart and add surprise purchases to yours.

A fourth step, perhaps the cardinal rule of shopping, is never grocery shop when you are hungry. Furthermore, shop when you are well rested and have the time to do it right.

These steps are good preliminary preparation but even after

you've entered the store - alone, not hungry, well rested, and with your list in hand - you'll need to be aware of the differences between both the prices and the products staring down at you from the shelves.

Make sure that you compare prices. Buy the most economical item, and remember, that jumbo-sized package might not be a bargain if you waste half of it. Also be aware that the more processed a food is, the more it will cost per serving. For example, those cold, ready-to-eat cereals cost more per serving than good old-fashioned oatmeal.

The most wholesome foods to buy are listed in Canada's Food Guide. They are generally found around the perimeter of a grocery store, along the outside walls. This does not include, of course, the chocolate bars at the check-out counter!

Once you've got the best bargains for everything on your list, get your coupons ready and pass through the check-out counter. Watch and make sure that you are charged correctly for your purchases.

Now that you've finished, it's time to take your groceries home, where you will undoubtedly discover that you've forgotten something. It's time to once again begin a new list.

SEE YOU AT THE LEeward!

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

THE LEeward
NEIGHBOURHOOD PUB

good food!
KITCHEN HOURS 11AM - 10PM
good times!

*country cooking
*rural hospitality
*reasonable prices
*cleanair system

649 ANDERTON RD., COMOX 339-5400

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.

Hot liquids burn too!

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

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



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.

CFB Comox Yacht Club

The next general Meeting of the CFB Comox Yacht Club will be held at 1900 hours, on Tuesday, July 30, at the Glacier Greens Clubhouse. New members are welcome to attend.

The club offers basic sailing courses to members. For information on the Keelboat course call Ed Goski at 339-5401. For information on the Dinghy course call Barbara Brabant at 339-6359.

Base Hockey

All personnel interested in playing on, coaching or managing a CFB Comox Base hockey team, are requested to contact the Rec Centre, loc 8315.

Removal of Diving Board

To prevent further accidents from occurring and in order to comply with the Royal Life Saving Society of Canada and the British Columbia Health Act, the diving board was removed. The minimum depth of a pool for a one metre diving board must be 10 ft 6 in, from the top of the water line to the bottom of the pool, measured at the end of the diving board. Our pool depth is 9 ft 5 in, which is unacceptable according to regulations.

ST. PETER'S Anglican/Episcopal Church

218 CHURCH ST., COMOX

HOLY EUCHARIST

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

Fr. John Paetkau - 339-2925

JESUS IS LORD

Personal Exercise Program

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

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.

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 .50c per photo entered. For further info contact the Rec Centre 8315/8690.

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.

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.

General Meeting Rec Council

A general meeting will be held at 1300 hours 7 Aug 91 at the Rec Centre. It is imperative that all clubs have a representative in attendance.

Agenda items as follows:
a. constitution amendments;
b. DA verification;
c. safety;
d. financial control;
e. membership restrictions;
f. waiver forms;
g. minutes of meetings; and
h. club reports.

Additional agenda items may be forwarded to the Rec Council Chairman through the BPERO prior to 5 Aug 91.

New Dependant Passes CFB Comox, BC

The Military Police Identification Section is presently in the process of issuing new dependant passes. The new dependant passes are light blue in colour and are serial numbered with a four digit red number on back.

In order to facilitate the onrush of requests, present dependant pass holders are requested to adhere to the recall date in alphabetical order as much as possible hereunder:

Jul 29 - A-D
Aug 1 - E-H
Aug 15 - I-L
Aug 26 - M-N
Aug 29 - O-Z

It should be noted that a military parent must be present for signature of sponsor on the dependant passes if dependant over six and under 16. Appointments only will be served first, local 8621.

Present dependant passes will no longer be valid after 30 Nov 91.

BSecurO

Totem Inn JUNIOR RANKS MESS

FAMILY DAY PICNIC

Sat. Aug. 17 at 11:00 a.m.

To be held at the Base Sports Field (behind Canex).

This is an all ranks event for children 14 and under.

There will be games, races, food, entertainment, and more.

Register NOW at your Mess. (No Charge)

Filberg Festival

Hands-on Farm -- Special Events

Sat./Sun., July 6/7

CART and CARRIAGE RIDES
Comox Valley Cart & Carriage Rides
1:00 p.m. & 3:00 p.m. Shows

Sunday, July 7

SHEEPSHEARING DEMO
Tom Patterson
11:00 a.m. - 12:00 noon

Sunday, July 14

BEEKEEPER DISPLAY
Paul Klem
10:00 a.m. - 12:00 noon

Saturday, July 20

HORSESHOEING DEMO
Geoff Kidd/Nob Hill Stables
10:30 a.m. - 2:00 p.m.

Sunday, July 21

FORBIDDEN PLATEAU DOG OBEDIENCE AND TRACKING CLUB
11-11:30 a.m., 12-12:30 p.m., 1-1:30 p.m.

Saturday, July 27

PAINT & PINTO HORSE DEMO
Heather Richardson
of Rainbow Acres
11:00 a.m. - 2:00 p.m.

Sunday, August 11

SHEEPDOG DEMO
Mr. & Mrs. Wickson
of Bordercroft
1:00 p.m. - 1:30 p.m.
3:00 p.m. - 3:30 p.m.

Sunday, August 18

HOEDOWN
The end of the season celebration featuring Beyond the Looking Glass' Company (Kymme Patrick)
11:00 a.m. - 3:00 p.m.

THEATRE SPORTS FOR CHILDREN
11:30 a.m. and 2:00 p.m.

IMAGINATION BOOTH FOR CHILDREN
FACE PAINTING
11:00 a.m. - 3:00 p.m.

BEEKEEPER DISPLAY
Paul Klem
10:00 a.m. - 12:00 noon

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.

Bronze Star for Ken



The United States of America remembered the Canadian Forces during Fourth of July festivities in Ottawa when U.S. Ambassador Edward Ney awarded the Bronze Star to Commodore Ken Summers. The Bronze Star is second only to the Silver Star (there is no Gold Star), and since 1944, has been awarded for "courageous or meritorious service" in time of war.

It is considered unusual for the U.S. honour to be given to a member of another country's military.

Commodore Summers commanded the Canadian Forces throughout Operation Friction and the Gulf War.

(CF photo by Sgt Gerry Fairbrother.)

The Vacuum "Shope"

• New & used vacuums
• All makes & models

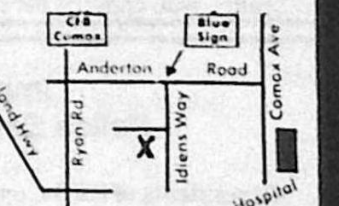
• Built-in vacuum systems •
Dyno-Vac - Canadian Made
No bags to buy or filters to clean
10 year Warranty

Large supply of janitorial cleaners, supplies & equipment

Merve & Nancy Harder
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2270 Cliffe Ave., Courtenay
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WE SPECIALIZE in growing quality ornamental trees & shrubs

OPEN
FRI. TO MON.
9-5
Closed Tues.,
Wed. & Thurs.



JENSEN NURSERIES

Idiens Way, One Mile North of Comox off Anderson

BCYCNA

BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

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

AUTOMOTIVE

1991 VW JETTA. Less than 1,200 kms and never licensed! Pearl grey metallic, automatic, am/fm cassette, p/s, power door locks and mirrors. Ask to see Stock #3469. ONLY \$13,688 OR LEASE FOR \$78.63/WEEK. (Based on 48 month plus applicable taxes, O.A.C.) Call for details: STEVE COLES or GARY SPERANZA at 985-0694 or (out of town call collect) DL#6066.

1991 VW CABRIOLET. 5 speed, am/fm cassette, power steering, red with black top. Ask to see Stock #3482. COMPARE THIS PRICE! ONLY \$17,898. Bank terms. Trade-in or lease it for ONLY \$98/WEEK. (Based on 48 months plus applicable taxes, O.A.C.) For details call: STEVE COLES or GARY SPERANZA at 985-0694 (out of town call collect) DL#6066.

BUILDING SUPPLIES

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

BUILD YOUR OWN Log Home, Ski or Lake Cottage. Your dream can be a reality with an affordable, easy to assemble log package. We can help you no matter where you build. Country Pine Log Homes Ltd., 275 Okanagan Ave., Penticton, B.C. V2A 3J8. Phone 492-1000.

BUSINESS OPPORTUNITIES

CO-PUBLISH YOUR OWN MAGAZINE. Non-profit Societies, Churches & Clubs. Publish your own magazine at reasonable cost. Professional desktop publishing facilities available for books, booklets, folders, leaflets, letterheads. Save money now, same prices and prices. Phone for details, Westminster Gospel Co-Publishers, 936-1204 or 522-5015.

BUSINESS OPPORTUNITIES

Fitness Centre (business only) - 5,000 square foot plus over \$60,000 in equipment. Turn-key operation. Owner can give fair lease. Asking \$60,000. Revelstoke, B.C., 837-3440, 837-4717.

COLOURFUL BUSINESS. Do you have a flair for colour and design? Decorating Den, Canada's fastest growing Interior Decorating Franchise is expanding in B.C. Training provided. Lower Mainland 525-8722, Provincial 1-800-565-8722.

MR. MIKE'S... Family Restaurant. New and proposed locations now available throughout B.C. i.e. Kelowna... New; Vancouver... New; Langley... Sold; Nanaimo... Proposed. Call now for information Terry Scott of The Sutton Group. (604) 861-5122 or 862-0574.

TASTEE FREEZE... New and re-conditioned Franchise locations available in selected areas of B.C. From \$50,000 to \$200,000. Call now for a free brochure. (604) 765-8162 or 862-0574 or write: Tastee Freeze Western Canada, 202 - 125 Hwy 33 East, Kelowna, B.C., V1X 2A1.

REGIONAL DEALERS. Dynamic business leaders required for a highly entrepreneurial opportunity in a recession-proof industry. No inventory to carry. You provide the facilities to hire, train and motivate your people in your exclusive territory. \$5,500 investment required. ADVANTAGE NETWORK, 431-4500.

ROBOTIC BOXING. Fighting was never this much fun! Newest craze in bar entertainment, totally recession proof. Earn up to \$400+ daily. Established exclusive territories available throughout B.C. Acton Marketing, 376-4784 or Ken, 799-8608.

BUSINESS OPPORTUNITIES

\$10,000/month. Is what you are doing now ever going to earn you \$10,000/month, working less than 40 hrs. per week? 24/hr recorded message. (604) 290-0088.

FOR SALE MISC

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

ARE YOU HAVING TROUBLE WITH RELATIONSHIPS? Read page 210. Buy and read "Dianetics the Modern Science of Mental Health" - \$7.50. To order call: Vancouver Dianetics Center, 401 West Hastings Street, Vancouver, B.C., V6B 1L5. (604) 681-0318. M/C and Visa accepted.

Experience Color and Natural Fibre. Come to The Blue Star Ranch. Angora Goats - mohair products. Max Kleine, RRI, Site 17, Comp 1, Princeton, B.C., V0X 1W0. Phone: (604) 295-7143.

EXOTIC LINGERIE! Hundreds of exciting designs modelled in Glossy Full-Color Catalogue. His-N-Hers Day-Evening Wear, Novelty Items. \$8 cheque, money-order; Lucious Lingerie, Box 27006, Colwood Corners Postal Outlet, Victoria, B.C., V9B 5S4.

Oxy 2,000 enhances oxygen levels in the body. 3 ozs. of the highest quality stabilized oxygen available. No hydrogen peroxide. 100% guaranteed. 1 - \$29.95, 2 or more \$24.95 each. Plus G.S.T. Freight included. Discount on large orders. For information call: Huggar International, 1350-13 Ave. S.E., Salmon Arm, B.C., V1E 2G7. Tel. & Fax (604) 832-6720.

FOR SALE MISC

WIND TOYS CANADA offering a beautiful line of windchimes and windmills to complement your patio or garden. Free brochure. R.R.2, Site-265, C-5, Courtenay, B.C., V9N 5M9.

HEALTH

Free Mail Order Catalogue from Vitamin Discount Stores. Please call 1-800-663-0747 or write 260 S.W. Marine Drive, Vancouver, B.C., V5X 2R5 for all your Vitamin Needs.

HELP WANTED

HAVE THE EXPERIENCE of your life working overseas in the agricultural field. Qualified applicants between 18-30 are to contact the International Agricultural Exchange Association at 1501 - 17 Ave. S.W., Calgary, AB, T2T 0E2.

Overseas Positions. Hundreds of top paying positions. All occupations. Attractive Benefits. Free details. Overseas Employment Services, Dept. CA, Box 460, Mount Royal, Quebec, H3P 3C7.

Bakery Manager Wanted. Vancouver Island Grocer has an immediate opening for a Qualified Bakery Manager. Excellent starting wage and a comprehensive employee benefit package. Please fax your resume stating your experience to: (604) 248-4307.

Twice-weekly newspaper in beautiful West Kootenay seeks energetic, action-oriented, customer-driven, entrepreneurial, resourceful Sales Supervisor. Contact Dave McCullough, The Castlegar News, Drawer 3007, Castlegar, B.C., V1N 3H4. (604) 365-7266. Fax (604) 365-3334.

HELP WANTED

TRAIN TO Manage an Apartment/Condominium building. Government licensed home study certification course. Job placement assistance. Call for free brochure (604) 681-5456 or 1-800-665-8339.

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.

MECHANIC and PARTSPERSON wanted for thriving Chrysler/Jeep-Eagle Dealer in Quesnel, B.C. Top wages and benefits for right persons. Call Jeff at (604) 992-9293.

PERSONALS

WOULD YOU LIKE to correspond with unattached Christian people, ages 18-80, the object being companionship or marriage. Write ASHGROVE, P.O. Box 205, Chase, B.C., V0E 1M0.

Body, Mind, Spirit, find out who you really are. Call 1-800-F.O.R.-T.R.U.T.H.

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

Two Bedroom House on half acre. Well and septic field. Surrounded by lakes. Good fishing and hunting. Deka Lake, B.C. Asking \$38,500. Phone (604) 593-4896.

D'ARCY - 75 ACRE FARM & RESIDENCE. Beautiful property beside Gates River, close to Anderson Lake. Outbuildings, Livestock, 4 bedroom home. \$240,000. Paul Woodside, (604) 932-5538/894-5374.

TRAVEL
Visiting the Lower Mainland? Stay with friends. Cottage Bed and Breakfast Registry S35. Double/Single and up. Will pick up at Airport or Ferry. 1-943-3783.

On and off base

Family Support Centre for Military Personnel & their families

Your centre offers:

1. Community information;
2. a listening ear;
3. aid to resolve practical problems;
4. a telephone and walk-in referral service.

Why use the FSC?

If you are new to the Comox Valley

Your FSC has valuable information about community programs. It doesn't matter what your interests are, the FSC can help—whether it's providing information about recreational programs for you and your children, or letting you know about educational & financial services.

Are you a single or working parent?

Sometimes it's difficult to find appropriate child care. FSC can provide you with a list of child care facilities.

Are you going through some difficult times?

If a personal problem is interfering with your life or productivity, the FSC can help you find appropriate professional counselling.

Feel tense, uptight, or pulled in too many directions?

Community serving agencies provide workshops on stress management that can help you feel more in control. In fact, there are many helpful workshops conducted in the Comox Valley—ranging from; arts and crafts workshops to parenting skills workshops. Why not take advantage of them?

Are you going away?

If you are concerned about leaving your family behind, the FSC can offer support and information for you and your family.

Got a general question and don't know where to get it answered?

Call the FSC at 339-8654, or drop in to the Centre at 119 Little River Road (just outside the main gate). If they don't have the answer, they can get it for you. No question is too big or too small—and it doesn't matter whether you are single or married. We're all part of the military community.

All our services are strictly confidential.

Volunteers needed—training sessions provided, bilingual volunteers welcome.

PMQ Summer Programme

A Reminder about summer program registration for the third session of Day Camp and Swimming Lessons. Registration will be held 25-26 July (0800 - 1130 hrs.) at the PMQ Association office.

		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

There is a change in the pool schedule. Evening swim (1800 - 2000 hrs.) is now open to everyone. Lanes will be available for those who would like to swim laps. Kids: Bring your water toys and come out for some fun after dinner!!!

The Day Camp staff would like to thank everyone who came out to the nickel carnival last Friday. A big thanks to all who helped out and to those who dared to go in the dunk tank (especially Capt Sealby, who endured the cold water all afternoon!)

Important Notice Police Services - CFB Comox

All residents of CFB Comox and PMQs are hereby notified that the Military Police Section are responsible for all police services/security for this unit. All complaints/requests should be forwarded to local 8218. Emergencies call local 8425.

Our Viewing Habits

OTTAWA -- Summer has returned again. Time for weekends at the cottage, perhaps a game of golf and watching television? Believe it or not, Canadians spent an average of 23.4 hours a week watching television in 1989 according to Statistics Canada.

While that figure may seem high, 1989 was the lowest weekly viewing average since 1979. Indeed since the weekly television viewing average peaked in 1984, Canadians have gradually cut back their viewing time by almost an hour a week.

There is definitely a regional disparity in television viewing. It seems that westerners watch less television than easterners. Residents of Quebec, for example, reported the highest average viewing levels at 25.7 hours per week. Newfoundlanders were not far behind at 25.5 hours a week. The two most westerly provinces recorded the lowest average viewing hours, with British Columbians watching 21.6 hours a week, and Albertans watching

21.9.

There is not only a disparity of television viewing by region, but also by sex. Women consistently watch more television than men do; up to 6 hours more a week. It is also evident that as we age, we tend to spend more time in front of the television set. Adolescents spend just over 18 hours a week watching television, whereas people 60 and older spend over 34 hours a week watching television. The most avid television watchers in Canada are francophone Quebec women over 60, who log almost 43 hours a week.

What are Canadians watching? Again there is a regional disparity in television viewing habits. While francophones tune into variety and game programming almost 20% of the time, anglophones watch this type of programming 8% of the time. What are anglophones watching instead? Comedy is one type of programming that anglophones consistently prefer, and the western provinces contain the nation's most avid sports

watchers.

Canada's most informed television watchers are found in Newfoundland, who spend over 27% of their television viewing time tuned into news and public affairs programs. Albertans watch the least amount of news and public affairs programs nationally, tuning in during only 18% of their viewing time.

The one television viewing trait that all Canadians share is their love of drama. Drama is the most popular type of program in every province, with audience shares ranging from 26% in Manitoba, to 31% in Prince Edward Island.

It is evident by these statistics that television plays an important, though slightly diminishing, role in the lives of Canadians. It will be interesting to see whether 1990 statistics on television viewing will reveal a continuing trend of Canadians turning away from this popular medium. A question that springs to mind is, what are Canadians doing with all that extra time?

Canadian Crossword

By Rick McConnell

Solution on page 22

Canadian Sea

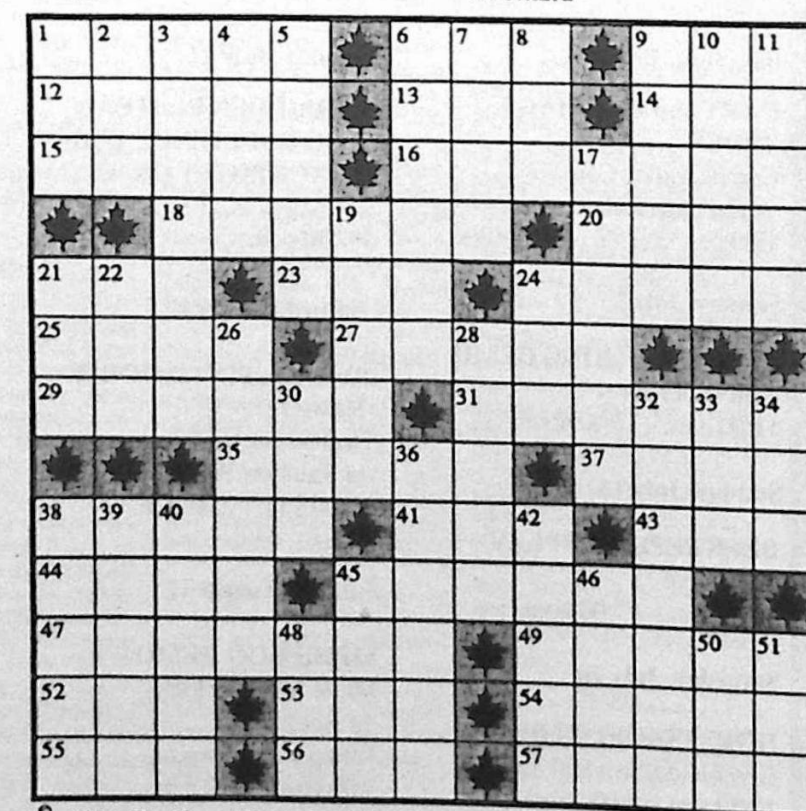
Cadets to B.C.

COMOX, BC -- Fifty-two teenagers, from Quebec to British Columbia, members of the senior band from HMCS Quadra Sea Cadet Training Establishment will march in Saturday's Vancouver Sea Festival Parade. The young musicians are attending a six week band camp at Comox on Vancouver Island. Most will be level three or higher bandmen, who play in unit bands or school bands during the rest of the year and will have spent two or more summers at band camp.

Royal Canadian Sea Cadets is a national youth organization for young people aged 12 to 18 years, sponsored by the Department of National Defence in partnership with the civilian Navy League of Canada. Sea Cadets are not members of the Canadian Forces. The aim of the program is to encourage in youth the attributes of citizenship, leadership, fitness and an interest in the activities of the Canadian Navy.

Music Director at the Quadra Sea Cadet Camp, Lieutenant Commander Gordon Brown says, "The Quadra Band course is special as it brings together young people from across Canada. Because of that it particularly meets the aim of the cadet movement dealing with citizenship. The comradeship that is built between the young people through their music leads to many long lasting friendships that are carried on by mail long after the six week camp is over. Participating in events like the Sea Festival Parade gives the cadets a positive experience in service to the community."

ACROSS	31.	DOWN	24.
1. Smells	Wells, NWT	1. Tries for a placekicker (abbr.)	science, for short
6. Wheel projection	35. Turnover	2. Pokey	26. Ont. town with a beat
9. Evergreen	37. Verdi	3. Bullfighter, Sask.	28. Minister Harvie
12. Friendly guy on TV	38. Vase parts	4. Chem. suffix	30. Tape speed (abbr.)
13. Friend in Forget	41. Anger	5. Play guitar	32. Softspring month, Ont.
14. Italian wind	43. Cut off	6. Is unable	33. Fuss
15. Sutherland, for example	44. Pequod Captain	7. Mine in Manicouagan	34. Snooze
16. Man. Premier of 1880	45. TV football fill	8. Space-station	36. Nephew's sisters
18. Graduate rule word	47. Boat of 1949 fire	9. Lost's partner	38. Healthier
20. Golden rule word	49. Send	10. Incensed	39. Oarlock pin
21. Finish	52. Wing	11. Artificial material	40. With time to spare
23. Chairman of China	53. Brown beverage	17. Island near Campbell River	42. Mistake
24. CFB in Germany	54. Speak	19. Minister Marcel	45. Liver fluid
25. Cross	55. Spanish king	21. Sea eagle	46. Flying prefix
27. Serious	56. Affirmative answer	22. Now, in Scotland	48. Negatory
29. Cartoonist Len	57. Queenly		50. Greenland Eskimo



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Off the Base

Meritorious Service Medal

"Bing" Bingham award at Br.160 Comox

At a special general dinner meeting on 27 June 1991, Comox Branch 160, Royal Canadian Legion, "Bing" Bingham was presented with the highest Legion award by Paul Dobson, President, Br.160, assisted by Phil Redman, Honorary President, Br.160.

The citation, prepared by Jim Payne, Past President and Chairman of Br.160 Honours & Awards Committee, and approved by Provincial and Dominion Command, of The Royal Canadian Legion, reads in part:

"He retired from the Canadian Forces in 1975 after serving more than 30 years. He joined the Legion in 1970 and holds a Life Membership. He has been a tireless worker in Br.160 where he has served on the Executive (several years), as 1st Vice President, and Sgt-At-Arms, and has served on, or chaired, several committees, mainly Poppy/Bursary, Welfare (sick and visiting), and on the Br. 160 Colour Party. He has been a willing worker at all times in any or all other Legion activities at Br.160."

Comrade Bingham is also a member of the RCAF Association (888 Wing KOMOX) and a worker on the Hospital Visiting Committee, and Charitable Donations Committee.

Salvation Army; The Canadian Red Cross Society; First Open Heart Society; The United Way; d'Esterre Senior Citizens Housing Society (as a director); Ident-A-Kid program; and, 888

(Komox) Wing RCAF Association. Comrade Bingham has made unusual personal sacrifices of his time to the community and has rendered services to Br.160 far exceeding those of other members, therefore, it was recommended to Dominion Command that M.H. Bingham be awarded the Meritorious Service Medal (MSM). The membership of Comox Br.160 concurred.



30-year CF veteran "Bing" Bingham (centre) flanked by Branch 160 President, Paul Dobson and Honorary President, Phil Redman, received the highest Legion award, the Meritorious Service Medal, on June 27, 1991.



LEGION LOG

BRANCH 17 COURTENAY 334-4322

ENTERTAINMENT

Fri & Sat 26 & 27 July.....Music by WYLIE & THE OTHER GUYS

Fri & Sat 02 & 03 Aug.....Music by EL DURADO

Fri & Sat 9 & 10 Aug.....Music by WESTWIND

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

"MORE PLAYERS WELCOME"

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

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

EVENTS

SATURDAY AUG 3, 10, 24, 31.....Steak Night 5:30 - 7:30 PM

SATURDAY AUG 17.....Beach BBQ Air Force Beach 3:00 - 10:00 PM - Salad & corn provided. Bring your own meat. \$3 per person. Children welcome.

SUNDAY AUG 18.....Steak BBQ

SPORTS

SUNDAY SEPT 01.....Fun Golf at Longlands Details TBA.

BRANCH 160 COMOX 339-2022

ENTERTAINMENT

Fri 26 July.....Music by WHITEWATER

Fri 02 Aug.....Music by WHITEWATER

Fri 09 Aug.....Music by ALLEYCATS

Fri Aug 16.....Music by NIGHT LIFE

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 AM to 6 PM

MONDAYS.....Men's Dart League - Recessed to Sep 9

.....L.A. Drop-In Bingo. Upper Hall. 7:30 PM

TUESDAYS.....Ladies Crib League - Recessed until Sep.

Mixed Dart League - Recessed until Sep 10

WEDNESDAYS.....Navy League Drop-In Bingo

Upper Hall. 7:00 PM

Crib - Recessed until September.

THURSDAYS.....*1st Branch Exec. Mtg. 8 PM Upper Hall

L.A. Exec. Mtg. (as required)

*2nd L.A. Gen. Mtg. Upper Hall. 8 PM

*3rd Branch General Mtg. Upper Hall. 8 PM

FRIDAYS.....Meat Draws, Lounge 2 - 6 PM

Dance. Lounge. (Unless advised)

SATURDAYS.....Meat Draws, Lounge 2 - 6 PM

EVENTS

SUNDAY AUG 25.....Legion Picnic Air Force Beach 1 PM

SPORTS

TUESDAY EVENINGS Mixed Summer Darts from July 16

to August 26 - 7:30 p.m. in the games room. For info call Gerry

Lalonde at 338-8382.

SUNDAY AUG 11.....Golf Tournament Comox Golf Club.

Reg. \$15 at Br. 160 Bar until midnight or at Comox Golf Club

until 12:30 noon. Tee-Off at 1:00 PM. Hamburgers included with

registration fee.

A Trivia Extra - The Hornet Moth



By Bud Mooney

have to part with our Hornet Moth CF-BBE.

Well CF-BBE was sold, returning north to bush flying and wolf hunting, etc. Mac Attended UBC, graduating in geology. Yours truly plied various areas of employment around B.C.

Over the years, CF-BBE fell victim to neglect and more modern aircraft, better suited for that type of flying. Unfortunately, the neglect of this aircraft in its later years deprived it of a place in the B.C. Aircraft Museum.

DeHavilland-Hornet Moth Bi-Plane circa, early thirties. Registration CF-BBE featured enclosed cockpit, side-by-side seating, dual controls, Gypsy Major in-line engine approx 140 H.P.

The aircraft was originally owned by Cominco and used extensively in Northern Canada for mining exploration and surveying. A number of subsequent owners and varied applications followed until the early '50s when my brother Mac (ex-RCAF) and myself purchased the aircraft complete with wheels,

floats and skis, spare motor and prop. Oh, the plans we had! Actually we intended to build up flying time on our private licences, which we did, but not to the extent that we initially planned.

During the summer months we kept CF-BBE moored on Cultus Lake (Photo), flying cross country and into Harrison and Chilliwack Lakes as time and funds afforded. It was during the summer that Mac decided to go to UBC and study geology, as this was to be a long term commitment requiring considerable funds, we decided

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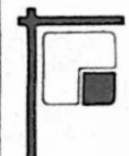
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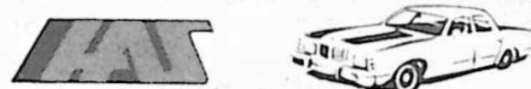
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On and off base

Tragedy at Sea



The freighter Tuo-Mai sits amidst rescue vessels and debris from the Tenyo-Maru off Cape Beale, VI, south of Bamfield.



The bow of the Tuo-Mai showing minimal damage after colliding and sinking the Tenyo-Maru.



A life boat from a nearby vessel inspects a survival raft for anybody from the Tenyo-Maru.

416 SQUADRON'S 50th ANNIVERSARY

REUNION



20, 21, 22 SEPTEMBER, 1991
CFB COLD LAKE
4 HANGAR

ACTIVITIES

FRIDAY, 20th SEPT, 91

REGISTRATION 1400 hrs - HANGAR 4
MEET & GREET 1730hrs - HANGAR 4

SATURDAY 21st SEPT, 91

LUNCHEON, STATIC & FLYING DISPLAY

(VINTAGE FIGHTERS, CF-18)

COCKTAILS 1800 hrs HANGAR 4

DINNER / DANCE - PPCLI BAND 1900 hrs HANGAR 4

SUNDAY 22 SEPT, 91

BRUNCH - LAKEVIEW INN

BATTLE OF BRITAIN PARADE

TO ALL LYNXES PAST AND PRESENT

AIRCRAFT, GROUND CREW & ASSOCIATES

TICKETS

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416 Squadron
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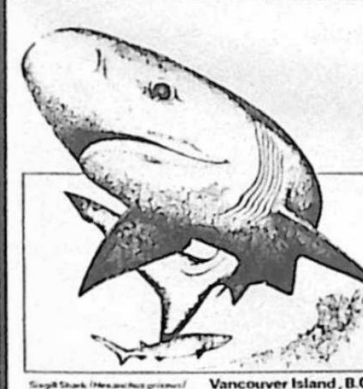
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L'Association Francophone

L'Association Francophone de la Vallée de Comox souhaite la bienvenue aux Francophones et aux Francophiles qui viennent passer du temps dans un des plus beaux coins du Canada. Vous nous trouverez dans le Centre Communautaire (Bâtiment 199) à côté du Canex. (CP 295, Lazo, BC, V9R 2K0). T1301 339-3990, télécopieur 339-3992. Nos heures de bureau (été) sont: le mercredi de 12:00 à 16:00. N'hésitez pas à téléphoner avec vos questions ou suggestions, et surtout ne manquez pas la journée de balle-molle le 27 juillet. Nous attendons votre appel.

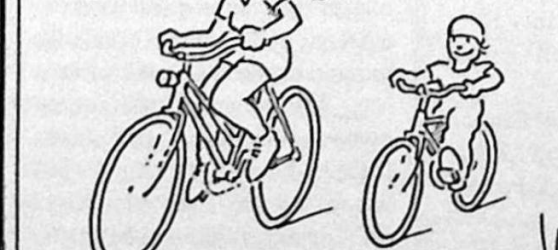
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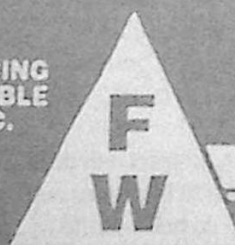
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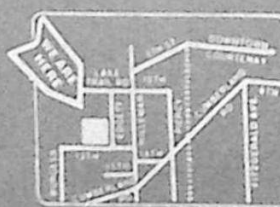
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