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....page 13

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TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 33 No 01 10 JANUARY 1991

NEXT DEADLINE 21 JANUARY 1991

COST: PRICELESS

A New Year Message from the Base Commander

At the turn of the year we find the world at a critical juncture. The global efforts to find a peaceful solution to the Iraqi invasion of Kuwait are unprecedented, and we all hope that they will succeed. If they do not, Canadians will be called upon to join the other members of the multinational alliance to defend the United Nation's resolution. Our force is not large, but our commitment is nonetheless significant. Significant, because of the Canadian Forces reputation for reliability, individual excellence and the maintenance of a high state of readiness. To overcome some of the historical inadequacies of the defence budget, the survivability of the airplanes, ships and equipment deployed to the Gulf has been enhanced. Thanks to the constancy of our senior leaders and our own individual pride in the way we fulfill our commitments, our airmen, sailors, and soldiers have been trained and prepared to the highest possible level for duty in the modern battle. Thus, we are ready. Ready to do our part to counter aggression, restore sovereignty and defend peace.

While the mission in the Persian Gulf is vital, it is not the only burden we bear. All of the other important tasks we do so well so that our airplanes can rescue survivors of catastrophes, encourage the continued eradication of super power antagonisms, and prevent encroachment upon Canadian territory, waters, airspace, and laws must still be done. The immediacy of the crisis in the Gulf, however, requires our utmost attention.

Let us hope and pray that deterrence through the multinational show of force will suffice. If our resolve succeeds, and peace is quickly restored to the region, our New Year will be very bright. These eventualities and the factors which caused them should permit us to look at our domestic, regional and national concerns in a new and more positive context. It is with that spirit of optimism that Donna joins me in wishing you - whether on deployment or serving here awaiting the call - and your families a happy and peaceful 1991.



CFB Comox Base Commander Colonel Jack McGee and Mrs. Donna McGee wish all the personnel of CFB Comox, and their families, a happy and peaceful New Year. MCpl G.M. McManus and MCpl Rod Cando, Base Photo.

DPERA (Persian Gulf) gives Kudos to Canadians at Christmas

The pledge by Canadians from across the country to remember our men and women of the Canadian Forces serving abroad this Christmas has been more than idle rhetoric. Since the very outset of our operation in the Gulf especially, public support has been widespread. The knowledge that people back home are thinking of them despite the distance has been comforting to our Gulf troops.

As impressive as the response has been, however, it pales beside the response as the holiday season approached. Corporate organizations and private citizens alike have been extremely generous. Their offers have run the gamut of imaginable yuletide com-

modities, ranging from turkeys to free phone service to 2.5 metre-tall Christmas cards.

"We weren't expecting such an overwhelming response," admits Capt Michelle Lesieur, operations officer at the Directorate of Physical Education, Recreation and Amenities' (DPERA) Gulf Amenities and Donations Operations Centre, the co-ordinating agency for the amenities program nationwide.

Despite the best efforts of DPERA staff, moving the goods to the Gulf remains a difficult task. Those who have made donations are asked to be patient. As space becomes available, all items will find their way to the Gulf.

DPERA would like to thank, on behalf of military personnel everywhere, all those that have made contributions on behalf of all military members. "Even the smallest gesture is special when you are that far away from home," explains DPERA Director Lt-Col Greg Pearson. "The efforts made by Canadians to extend the spirit of the Christmas season to the Gulf are much appreciated."

Finally, the people at DPERA remind anyone wishing to contribute to the Gulf amenities program to adhere to the following guidelines:

1. Donors should be encouraged to make one single gift or write one letter or card on be-

half of a large group rather than send several boxes or packages.

2. Cost of mailing or shipping is at the donor's expense, unless arrangements have been made through the nearest military base.

3. Larger donations require prior approval from National Defence Headquarters in Ottawa.

4. Acceptable items are those which will increase the morale of the troops in the Persian Gulf.

They already receive 16mm films, newspapers and magazines, VHS videos, and books, although there is a shortage of books.

5. Non-acceptable items are: (1) perishable food items (due to transport restrictions); (2) alcoholic beverages (not permitted due to local customs); (3) any aerosol containers (sprays); (4) any flammable material; (5) any corrosive material (polish remover, stain remover, batteries); (6) any reading material with nude or suggestive photos.

For information regarding the donation procedure, contact the nearest base or station. The DPERA Gulf Amenities Operations Centre can be contacted by phoning (613)995-8779 or faxing (613)995-2425.

On the base

407 Plays Major Role in SAR Effort

On 7 Dec, 1990 at 1500 hrs, Crew One from 407 Sqn at CFB Comox, BC, were called to assist on a search and rescue mission involving a small fishing vessel off the coast of Northern British Columbia. The vessel, the NORSAL, was rapidly taking on water and had three crew members on board. A Labrador helo and a Buffalo aircraft from 442 Sqn at CFB Comox had already launched. The weather conditions in the area were reported as having poor visibility (less than 1/2 a mile) in rain and fog. The winds on the surface were from the southwest at 60 knots, creating very high seas. The Buffalo and Labrador arrived first on the scene. The Buffalo located and established communication with the stricken vessel, but while the Labrador managed two way comms with the NORSAL, they were unable to locate the ship due to the poor visibility. The initial plan was to drop pumps from the Buffalo aircraft to the ship so they could pump out the excessive water and hopefully manage to reach land, which was 10 miles away. However, after several pump drops, the high seas made it virtually impossible for the NORSAL crew to secure the pumps. Capt Tom May of the NORSAL then decided that an immediate rescue was in order. Unfortunately at this stage of the mission, both the Labrador helo and the Buffalo aircraft were low on fuel and had to recover at Sandspit, 95 miles to the southwest on the Queen Charlotte Islands. The Aurora aircraft circling overhead, had been monitoring the situation and acting as a communication relay to the rescue coordination center in Victoria. After the Labrador and the Buffalo had departed the area, the Aurora descended and took several radar sweeps to relocate the ship. Communication was also established between the NORSAL and the Aurora aircraft.

The Aurora is capable of deploying two 10-man liferafts with a variety of survival gear in each raft, including hand held radios. The NORSAL's crew had three life rafts on board their vessel so deployment of the SKAD (Survival Kit Air Droppable) was not required at that time. The Rescue Centre in Victoria had managed to contact a United States Coast Guard helo stationed at Sitka, Alaska, and the Canadian

Coast Guard Ship the DARBY, from Mill Bay Sound.

The situation on board the NORSAL was now getting desperate. The Captain of the vessel knew that he was running out of time and that all three crew members would soon have to abandon ship onto the three life rafts, which by this time had been tied together. The Aurora carried out a radar homing on top of their position and the NORSAL crew stated over the VHF radio that they had heard and seen the aircraft. Smoke markers were dropped along with a sonobouy (a listening device to detect submarines), to keep updated position of the ship. The radar operators on the Aurora were having some difficulty keeping the ship on radar as more and more of the NORSAL began to submerge. The NORSAL had no radios aboard their life rafts so once they abandoned ship all radio communication with the Aurora aircraft would be lost.

The Rescue Centre in Victoria had told the Aurora that the American Coast Guard helo with their crew of five had departed from Sitka, Alaska, and that the Canadian Coast Guard Ship, the DARBY, was steaming toward the survivor's position. This information was radioed to the NORSAL's crew.

The Captain of the NORSAL said that they could wait no longer and were abandoning ship. The three shipmates were told that the Aurora would stay with them until they were rescued. That was the last transmission the NORSAL would receive from the Aurora, as she apparently sank later.

With the American Coast Guard helo and the DARBY at least 1 hour away, all that could be done was to keep the position of the rafts updated as accurately as possible. With the night visibility very poor and the radar returns from the rafts very few, this updating was causing some problems.

After approximately one hour, the Aurora located the American Coast Guard helo and the Coast Guard vessel on radar. Communications were established between all three parties. The radar operator on board the Aurora determined and passed vectors for the helo and ship to get to the rafts. After several refinements,

the Coast Guard helo, was hovering over top of the life rafts. Trying to stabilize a helo, 50 ft off the deck, with 60 kt winds, in the black of the night, is no easy feat.

The Coast Guard helo requested that the Aurora drop a line of five smoke markers as close as possible to his position so that the helo crew would have a visual reference with the water. This request was carried out. The Coast Guard ship, DARBY, was now receiving final vectors from the Aurora to the rafts' position. The Coast Guard helo had managed to put one of their crew members into the icy water to help secure the harness to each crew member. One successful lift was now complete. The helo pilot was having great difficulty maintaining his position over the rafts due to the high winds and requested that the DARBY come alongside the rafts to pick up the remaining two crew members. This attempt failed due to the high sea state. The Coast Guard ship was now acting as a visual reference for the helo pilot and also began shining lights at the rafts. The helo pilot said he would attempt to pick up the remaining two survivors. After what seemed a lengthy period of silence over the radios, the word came in that all three people were aboard the Coast Guard helo and that they were inbound for Sandspit. The timing could not have been better since the American helo was getting low on fuel. The Aurora crew then arranged through the Rescue Coordination Centre in Victoria to have an ambulance standing by at the Sandspit Airport to meet the Coast Guard helo. The three crew members of the NORSAL were admitted to Queen Charlotte City Hospital and later released, having suffered only mild hypothermia.

This was an example of how coordinated actions between the people from 407 and 442 Sqn located at CFB Comox, the American Coast Guard from Sitka, Alaska, the Canadian Coast Guard from Mill Bay Sound, the Rescue Coordination Centre from Victoria, and MARPAC, resulted in the saving of three lives. It is most certain the crew of the NORSAL and their families appreciated their efforts.

BPERO Presents



WO Al Munday receives an award for aerobic excellence from BPERO S/Lt (N) Fred Bradley.

Runner's Feat

Running is a sport which requires perseverance and personal dedication by competitors. Although it is a C.F.C.I.S.M. event, sometimes runners at the Base level are low profile and almost invisible.

This article is written about a member of CFB Comox who demonstrated throughout 1990 that he is an elite runner.

Warrant Officer Al Munday started running seriously March 1989. Since then he has logged over 3800 km and competed in 15 registered running events. High-

lights of Al's accomplishments include winning the Fall Series Mens Masters Category, completing the Royal Victoria Marathon in 3 hours and one minute, and placing third at the 1990 C.F. Running National Championship. Al's running feats have earned him the respect of local, regional and national runners.

At this time the PERI staff would like to congratulate Al and wish him good luck for 1991. Keep pounding the cement.

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TOTEM TIMES



Next Deadline 21 Jan '91

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On the base

Knights of Columbus visit CFB Comox

On Friday, 7 December, 1990 approximately 40 Knights of Columbus and number of their wives from the local Comox Valley (Br. Briggs Council) visited CFB Comox. The visit started off with Mass at the R.C. Base Chapel, with Maj (Father) Veillieux presiding. Father John Laszczyk, the council Chaplain attended and led the singing.

Following Mass, breakfast was served at the Warrant Officers and Sergeants Mess. The group was greeted by the Base Commander, Col J.E. McGee, who welcomed them, and following breakfast, gave a briefing on CFB Comox and on the Squadrons and Units on the Base.

After this the group were taken to 442 Search and Rescue Squadron and were greeted by LCol Cloutier, the Squadron Commander. He gave a briefing on the Squadron's operation and presented statistics on their activities. MCpl Denninger gave a briefing and displayed the various equipment the Search and Rescue Technicians use in carrying out their search and air evacuation missions. Cpts Reid and Fontaine took the group on a walk-around tour of the Buffalo and Labrador aircraft. A tour of the Air Force museum was the last stop on the itinerary. Capt Sealby gave a briefing on the museum.

The Knights of Columbus and their wives were very appreciative of this excellent and well organized visit. Thank you Col McGee for your hospitality. Thanks also to the personnel mentioned above for your very informative briefings.



Visitors and hosts assembled in the WO & Sgts Mess foyer

It is understood that the Base Chief Warrant Officer, CWO T. Doherty was responsible for organizing and coordinating this visit. Thank you Sir. Thank you also MCpl Cadieux and Cpl Landry for assisting. (These three gentlemen are Knights of Columbus.) ...Bud Faubert



With Col J.E. McGee, Base Commander, are (l-r) Bon Sabal, Grand Knight of Dr. Briggs Council, CWO Terry Doherty, Base Chief Warrant Officer, and Father (Ma) Gerry Veillieux, Base Chaplain.

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DRINKING DRIVING COUNTERATTACK

Next Deadline 21 Jan '91

Editorial

A Tall Tale for the New Year

By Hamish (J.P. Kirk)

A rancher old, so the tale is told
Had quite an harassing plight
When he rode out one day on his trusty bay
To round up a herd before night

The ground was hard like frozen land
For winter was nigh at hand
As he rode along he whistled a song
While he searched o'er the frozen land.

They had travelled long and he spurred his horse on
As the hour was getting near night,
Then up on the ridge just past the bridge
The cattle came slowly in sight.

"There they are", said he when suddenly
In less time than it takes to tell
On a gopher mound in the frozen ground
His faithful horse stumbled and fell.

A lump like an egg on the horse's leg
Showed the place of the miserable break.
Though it cut like a knife he ended the life
Of his horse with a shot from his old thirty-eight.

The distance back to the rancher's shack
Was too far to walk in the dark,
So he looked around o'er the frozen ground
For a place where he could park.

The wind blew cold, so the tale is told
And no place of comfort in sight,
So he cut open his steed and with no further heed
Crawled in to keep warm for the night.

As the grey dawn broke the rancher awoke
With a puzzled look on his face,
Then he made a try on the ribs to pry
But found they were frozen in place!

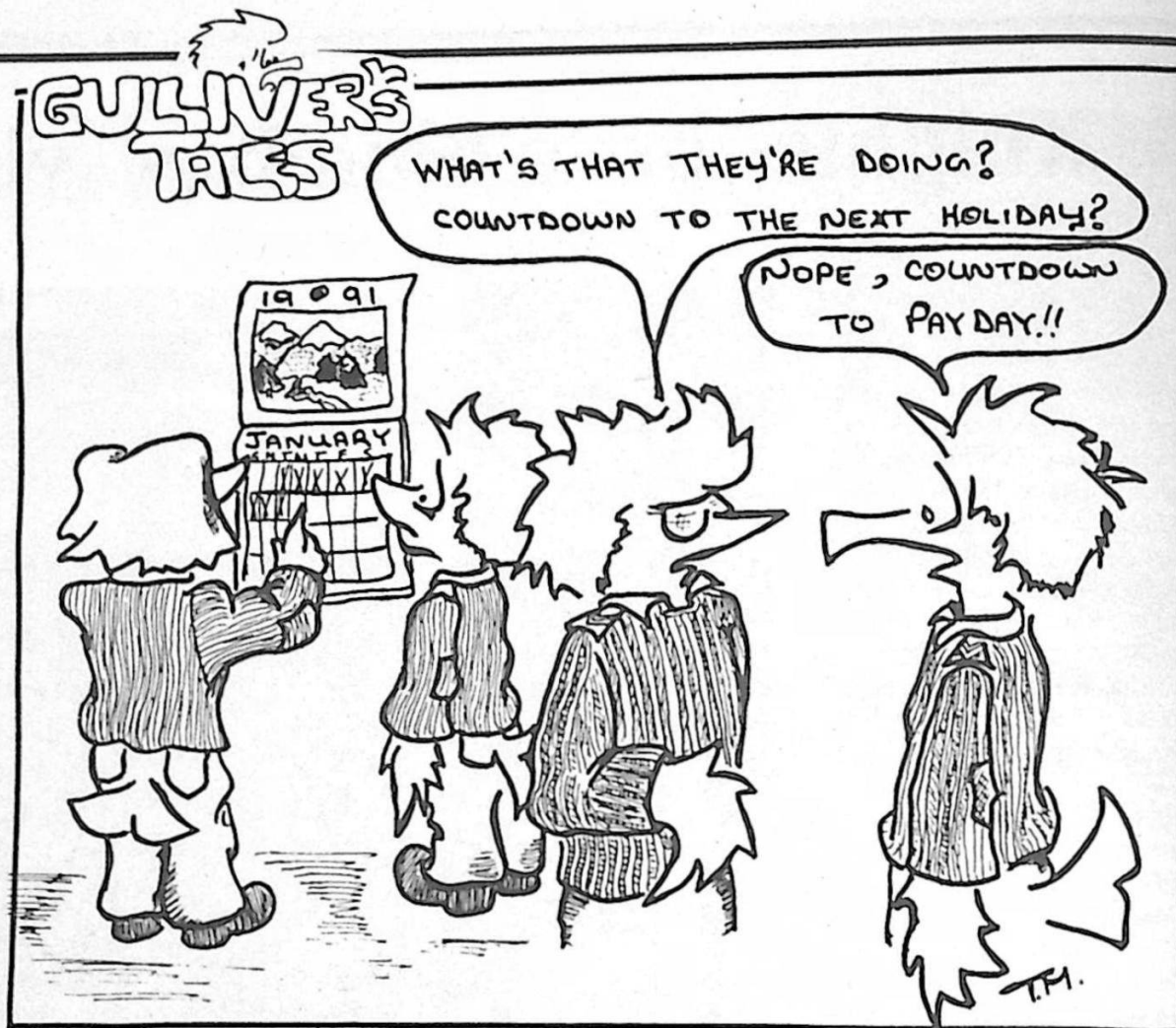
Then with a grim stare he became suddenly aware,
As through the rib cage he spied
Out on the ground, agnawing around,
Two wolves had come for his hide.

His blood ran cold, then an idea bold
Like a flash came to him there in his jail.
With each hand through a slit he moved like a whip
And took hold of each wolf by its tail!

Across the prairie they sped pulling the carcass led
While the rancher drove from inside
With a pull on each tail he steered his strange jail
And he seemed to enjoy his strange ride.

All the way back to the rancher's shack
This strangest of sights ever seen
Right past the barn on the old man's farm
He steered his bewildered team.

He let go of the two and off they flew
Out of sight with a fearful wail,
Then he called to his wife to bring out a knife
And therewith hangs a tale, (tail)!



CDS Letter of Thanks

Since Canadian Forces' men and women first deployed to the Persian Gulf, there has been a tremendous outpouring of support from across the country for their welfare. Numerous Canadian citizens and businesses have provided, on their own initiative, services and amenities to make the lives of our troops in the

Gulf more comfortable. Many Canadians have also taken the time to send letters and cards with words of encouragement and news of home.

As the Chief of the Defence Staff of Canada's Armed Forces, I wish, on behalf of our men and women in the Persian Gulf, to thank those Canadian citizens and businesses for their outstanding support.

Our service members in the Gulf are truly grateful for all your efforts. By sharing the Christmas spirit with them, you have shown that although they are many miles from home, they are with us in our thoughts.

General John de Chastelain.

About the Hospice

A letter to Mr. W. Vincent, Acting Mayor, Town of Comox, and filed with this newspaper for publication.

Dear Mr. Vincent:
Re: Hospice in the Park

I am still reading the same old comments by you regarding the feasibility of using the former Fletcher Challenge property as a hospice and a park. I would like to correct some erroneous impressions you have given.

1. "The land is too steep...you'd have to be a mountain goat to use it." RUBBISH!! Certainly it is not all flat, since there is a cliff on one side. However, a graded trail winds down to the shoreline to the west of this cliff, and what a magnificent walk it is through those giant firs.

2. You question the suitability of the existing building for a hospice. If you would again sit down with the Hospice in the Park Committee and listen with an open mind to the professional advice received, you might realize that the Comox Hill property with minor renovations is an ideal site. You say that it is not large enough. It could accommodate 8 to 10 people comfortably. The Victoria Hospice presently accommodates 7 persons and serves a much more populated area.

3. In a recent quote you imply that the Sister's Cottage by St. Joseph's Hospital would have been suitable for a hospice, "but that's being used for something else now". (The implication being that we were slow off the mark to

get it earlier.) In fact you are aware that the Cottage was never available and in any case would not be suitable as a hospice because it was built to summer camp standards and not for year round use.

Mr. Vincent, I find it difficult to understand why you take a negative view of such a positive proposition. It is possible that you and the former council made an error in judgement based on insufficient information. No one is infallible. I hope that you and the new council will see fit to reconsider your position and work together to create a Hospice in the Park.

Yours sincerely,
Harry Dougan, Comox

TOTEM TIMES

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Comment

Letters

Greenwood Reunion '91

Dear Sir:

To celebrate the 50th Anniversary of three of the Royal Canadian Air Force's most successful squadrons, Canadian Forces Base Greenwood, Nova Scotia, is hosting Reunion '91 from May 31 to June 2, 1991. 404, 405, and 415 Squadrons were all formed in England in 1941, during the Second World War. Presently, the three squadrons are still active, and are all based at CFB Greenwood, Canada's largest air base. Also participating in Reunion '91 is VP International, the Canadian inspired association of maritime patrol flyers, which is celebrating its 25th Anniversary in 1991.

Although 404, 405, and 415 Squadrons had completely different roles and flew different aircraft during the Second World War, all three are currently designated as Maritime Patrol Squadrons and fly the CP-140 Aurora aircraft. The paths taken by each squadron from their formation to the present are unique and interesting.

404 Squadron was formed at Thorney Island, U.K. on 15 April 1941. It was the second Canadian squadron to be formed overseas, and the only RCAF Coastal Fighter Squadron. Throughout the war it served with distinction earning five battle honours. Initially, the squadron was equipped with Blenheim aircraft, however, this soon replaced the Beaufighter, which the squadron flew until 1945 when it received Mosquitoes. At the conclusion of the war the squadron was disbanded. However, it was reformed in April 1951 at RCAF Station Greenwood, and equipped with the Lancaster to carry out its role of Maritime Reconnaissance. 404 Squadron was subsequently equipped with the P2V Neptune in 1955, the CP107 Argus in 1959, and the Aurora in 1981. In 1975 the squadron became responsible for all maritime operational aircrew and groundcrew training. As it is the training squadron, 404 is currently designated as a Maritime Patrol and Training Squadron.

405 Squadron was formed in April 1941 as the first RCAF Bomber Squadron in England. During the war, 405 was actively employed in offensive operations over land and sea. After a brief period with Coastal Command, the squadron became part of Bomber Command 6 Group. Later, 405 became an elite Pathfinder Squadron with 8 Group. The squadron was employed in nearly all offensive operations, participating in Bomber Commands heaviest and most successful raids. Like 404, 405 Squadron was disbanded at the end of the war and was reformed at Greenwood with a Maritime Recon-

naissance role. It too was equipped with the Lancaster, and subsequently the Neptune, the Argus, and the Aurora.

415 Squadron was the RCAF's first and only Torpedo-Bomber Squadron. As a part of Coastal Command it was equipped with both Handly Page Hamden and Fairey Albacore aircraft and flew both anti-U-Boat and anti shipping patrols. The Hamden was replaced in 1943 by the Vickers Wellington which was more effective in the anti-shipping role. In July 1944 the squadron was redesignated as a bomber squadron and was equipped with Handly Page Halifax aircraft. 415 Squadron was also disbanded at the end of the war, but was reformed as a Maritime Patrol squadron at RCAF Station Summerside, P.E.I. in 1961, flying the Argus. On June 1, 1981, the squadron moved to CFB Greenwood, and converted to the Aurora.

The other participant in Reunion 91 is VP International, or VPI. It was formed in May 1966 when nineteen Canadians, one American and one Australian of 407 Squadron in Comox, B.C., started an association of aircrew having logged in excess of 2000 hours in the P2 Neptune. Initially the organization was called the 'P2000 Club', with the purpose of promoting good fellowship among maritime fliers. With the retirement worldwide of the P2, the association was reorganized as VPI in 1970 and was set up at CFB Greenwood. VPI is now a worldwide organization with over 3000 members and chapters in thirteen countries, including Australia, New Zealand, Great Britain, Germany, the United States, Norway, Portugal, Spain, the Netherlands and Hong Kong.

Reunion 91 should be a memorable event as it brings together present and former members of 404, 405 and 415 Squadrons, and VP I. Many events are planned for the Reunion including a Meet and Greet on Friday, May 31, aircraft static displays and dinner and dances for each unit on Saturday, June 1, and a memorial service and champagne brunch on Sunday, June 2.

If you would like to register or receive more information please write to:

Reunion '91 Committee
Canadian Forces Base
Greenwood
Greenwood, Nova Scotia
BOP 1N0

More letters
on page 6

About Trivia

Stirling Response

Hi Norm:

Your latest trivia "pic" is of the short Stirling MkIII Heavy Bomber. Designed in 1936, the first prototype did not fly until May, 1939, due to endless modifications. The first production models went into service with the RAF in August, 1940 and began operations in the spring of 1941. It was the first of the "heavies" to enter service, and was considered to be the ultimate in RAF bombers of the day. However, from a tactical point of view, it had serious design flaws.

1. The Air Ministry bureaucracy, in its wisdom had insisted the a/c's designer shorten the wing span, purely to fit the a/c into the RAF standard size 100 ft wide hangars. This incredible decision resulted in reducing the a/c's safe ceiling considerably, making it easy prey for flak and fighters. During operations in which mixed bomber types were

utilized, there were incidents of Stirlings being struck by bombs released from the a/c with Higher altitude capabilities.

2. The RAF tacticians became very disappointed with the long narrow bomb bays, which restricted the a/c to carrying the 2000 lb bomb, rather than the more efficient 4000 lb high capacity one.

3. The length of the fuselage (87 ft), plus mid mounted wings, necessitated the installation of an incredibly long undercarriage. This tended to give the a/c a dangerous side swing on take off, and only skillful handling by the pilot avoided disaster. In some instances the undercarriage collapsed.

Its one virtue was its strength of construction, and ability to withstand tremendous punishment. Despite its shortcomings, morale among Stirling crews was

high. Dubbed "The Flying Coffin", etc., by its crews more out of pride and bravado, rather than derision, they considered themselves among the best, in that bombing from lower altitudes their accuracy was second to none!

The Stirling was removed from Bomber Command's order of battle in 1944, and later utilized in towing troop carrying gliders.

Sincerely,
John Novak.

More Trivia

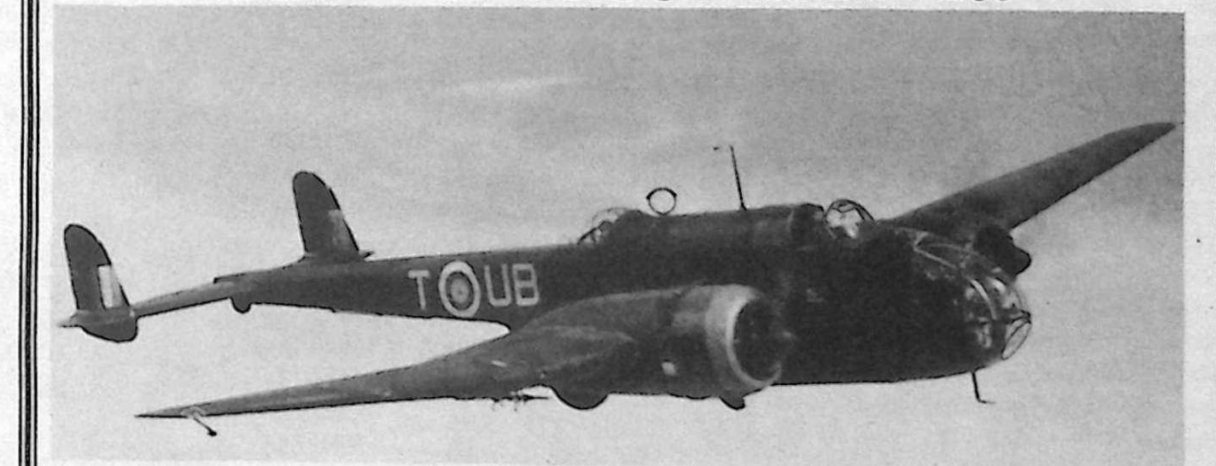
Dear Norm:

Your Trivia picture in 20 Dec 90 is that of a Short Stirling MkIII. With that code it should have belonged to #199 (Bomber) Squadron which was formed on 21 June 1943 and flew 99 raids with Stirlings while in #3 Group. It was transferred to #100 Group as a Radio Counter measures Squadron in May 44 and flew 138 Stirling raids, losing 18 aircraft while with these two groups. It is hard to read the aircraft serial number in that "pic", but if it is Serial #LJ542 'X9-G', it joined that Squadron in May 44 and was taken off strength in Jan 45. That aircraft was stationed at N. Creake during its bombing career and was no 'hangar queen', as that station did not have a hangar large enough. Most of this information can be found in the publication "The Stirling File".

Sincerely,
Tom Palmer
Victoria, BC

...and phoned in by Dwayne Forth:
Short F-29 Stirling Bomber.

Air Force Trivia



Was there anyone who really liked this aeroplane?



from the
H.W. Holmes collection

Trivia Answer

See letters by John Novak and Tom Palmer, phone call from Dwayne Forth.

Section News



BTNO AS THE WHEEL TURNS

"New Year's Resolutions!" Every year we make 'em and every year we break 'em. Since I spend more time breaking 'em I thought I'd conjure up a few appropriate to my fellow truckers. So here goes...

Safety Linda and MCpl Murray Streater should resolve to drink no wine before it's time. MCpl 'Tommy' Alexander should spend a little more time on his stretching rack to enable him to belly-up to the bar at the Lorne Hotel with the rest of the men. All officers should take an evasive driving course so as to avoid the menace at the corner of Noel and Pritchard during snowball season. MCpl Roger Theberge should attend the next up-coming creative writing course. This should give him an edge on the competition when submitting his next personal ad in quest of that elusive woman of his dreams. MCpl Hector Pitre has been stranded in Maintenance Planning & Liaison for one stress filled year. He should request a less demanding position where he can put his feet up and count all his money. MCpl Fred Sell's next

endeavour should be cornering the pet alligator market. His ostriches and potbelly pigs are stringy and have lost resale value due to months of treading water in the Chilliwack floods. To reduce superimposed pictures of a human thumb, Sgt Gord Sherritt should volunteer for a basic photography course. We all know MCpl McLearn quit all his bad habits years ago; he's now condemned to a life of 'Texas Pride' and nicotine stained fingers. Vern, you are an inspiration to all of us. Last but not least, I'd like to mention that MWO Don MacNair was pleased to hear that the plans have been approved for renovations which will enlarge his now meager office, replacing his old cumbersome writing desk with an Olympic sized ping-pong table.

Heavy equipment has been very busy as of late. It seems the forecast is snow, snow, snow, which usually tends to fall on weekends. Cpl Koran, a member of our heavy equipment section, was recently injured in an accident which she is now recovering from. We are all wishing you a

speedy recovery Marsha. MCpl Darlene Ritchie has returned from a successful tour of Honduras where she managed to mass a large sum of money. We all think she should buy a large screen T.V. for the canteen. What do you think Darlene, sound like a good plan? Cpl Jim Rogers received his CD. Congratulations Jim!

On the 14th of December, Base Transportation held their annual Christmas Party. One of the highlights of this festive occasion was the hard earned promotion of Capt Murray Jacklin, effective 1 Jan 1991. WO Gary Kayes won the door prize; a round trip airfare for two to Paris, France. Rumor has it that he will be smuggling back crates of cheap white wine for his staff to quench the voracious thirst they seem to have acquired for that substance.

I would like to end this article with a little competitive threat... Get your floor hockey sticks warmed up BEME, the 'Bruisers' back! Okay, so it's an idle threat, but we still have our weapon and she's not afraid of you.

Proctor-Silex Recall

Proctor-Silex Canada Inc. has announced it is voluntarily recalling certain 10-cup drip coffeemakers made during 1985 and 1986, because they may present a potential fire hazard.

The coffeemakers involved are Model A474AL, Type A3, with Series Numbers ending in 58 or 68. However, units marked with Series Numbers A1558 or A3058 are not being recalled.

The model, type and series numbers are marked on the metal bottom plate of the coffeemaker.

The potential hazard, discovered by proctor-Silex, results from an improper operation of a component part of the coffeemaker, supplied by another company.

The coffeemakers subject to this voluntary recall are no longer being manufactured nor are they available in retail stores.

In the interest of safety, Proctor-Silex requests that owners of the recalled coffeemakers discontinue using them and return the coffeemakers by mail, as soon as possible. Only the basic unit should be mailed, immediately, together with a label showing a return mailing address in block print. Do not return the glass carafe, lid or basket parts.

Send to: Proctor-Silex Canada Inc., Product Safety Department, Dept. 514, P.O. Box 1630A, Picton, Ontario, K0K 2T0.

Proctor-Silex will replace the coffeemaker with a 12-cup coffeemaker.

If you have any questions on this recall action, please call the toll free recall question line at 1-800-465-3483. These lines are staffed to handle recall questions only.

Either or...

In life there are only two things to worry about; Either you're well or you're sick.

If you're well you have nothing to worry about, If you're sick you have only two things to worry about;

Either you get well or you die. If you get well you have nothing to worry about,

If you die you have only two things to worry about; You either go to heaven or hell.

If you go to heaven you have nothing to worry about, If you go to hell you'll be so busy shaking hands with all your friends you'll have no time to worry!

Letters

continued from page 5

Community Heart and Stroke Campaign

Sir: On February 1, the Heart and Stroke Foundation of BC and Yukon kicks off its annual fundraising campaign. The organization's volunteers are aiming to raise \$7 million for research and education programs for heart disease and stroke, which claim more lives in Canada each year than all other diseases combined.

Each year heart disease and stroke kill 80,000 people. In BC, they claim the lives of 9,000 people annually. An overwhelming 79 per cent of those deaths are premature.

This year the Foundation is funding 55 researchers in the province's major teaching hospitals and universities. The cost of research is accelerating and as a result, several projects that should have received funding didn't. They need your help to ensure that this life-saving work continues.

At the same time, the Foundation carries out educational programs designed to help people recognize and reduce their risk of heart disease and stroke. The major risks are smoking, high blood pressure, high blood cholesterol, lack of exercise and being overweight. A recent province-wide survey of the heart health of British Columbian adults showed that 59 per cent of us have at least one of these risk factors.

When a Heart and Stroke Foundation canvasser comes to your door, be generous. Or call 1-800-663-2010 to donate. Your support will help save thousands of lives... one of them may be yours!

Sincerely, Linda Muller BC & Yukon Heart & Stroke Foundation 112 West Broadway Vancouver, BC V6H 3V2 Ph 736-4404 FAX 736-8732

FROM VANCOUVER ISLAND ZONE OF THE DISABLED SKIERS ASSOCIATION OF BC

We are a non-profit group of volunteers who teach and help people with a disability or handicap to learn to go downhill skiing. Last season was a very busy time, many people learned to ski. The disabilities were: amputee legs and arms, visually impaired, hearing impaired, polio, M.S., C.P., mental handicap and paraplegics.

Some of our skiers go on into racing and last year took part in B.C. Winter Games, Provincial Championships, National Championships, and Coca Cola Classic.

Two of our skiers, Jason Beaman, a double leg amputee and Jim Miller, a paraplegic, were named to Canada's National Ski Team for the Disabled. It is our hope that more people will take part in our program this season and we are always in need of helpers and instructors.

Instruction is free, lift costs are very minimal and you must be a member of Disabled Skiers. Annual fee \$20.00.

We are willing to teach you and if you like it, we hope you will help. If not, at least you tried. Go for it - no commitment.

Give me a call at 334-3868.

Book your space and help the disabled.

Herb Bradley 1561 Dingwall Rd. Courtenay, B.C. V9N 3S8



Oh my... it's that time again!

our Grand Winter Clearance Sale!

and I'm not really! Oh well, we'll just mark

50% OFF

- Fashion Wear
- Sleepwear
- Wear 'n Tear

and see what happens when the dust settles after the stampede. But when, when?? Wed., Jan. 9th Sounds good!



Section News



ABATS

Aesop's Fables

Welcome back all! Hope everyone had a nice holiday, for those of you who didn't have to work over the festive season.

Today finds all the ABATS staff well and eagerly attacking the myriad of complex, and often incredibly time consuming problems, encountered in the day to day operation of an institute of higher education for COMBAT AVIATORS EXTRAORDINAIRE. (That's trade school for the slower ones, and yes, it's where you work Mike.) Let's take a walk down the hall and see what is causing this feeling of excitement; that euphoric feeling of being at the nerve centre, the base where all communications and the decision making process finally comes to rest.

As we round the corner to instructor's row, note how the feeling intensifies, almost making the fine hair found on your body parts stand up at attention and wave, a feeling of 'this is where it all happens'.

The first office is that of WO Fred, where the decisions are made at a rate unequalled anywhere else in the school. Never before have we seen so many correct solutions and staff work pass between the doors. Fred is on SLC in Borden and will not be back until mid-Feb. It is amazing what a commanding presence he has, even when he is not here.

Next down the hall is the office of that famous AESOP, the 'King of Euchre, WO Wayne. Need I say more? Wayne can be found any time of the working day (which seems to be 1000 hrs - 1100 hrs and 1330 hrs - 1340 hrs in this office) busily planning strategies for the next day. Apparently, Santa gave him a book titled 'Winning at Euchre for the Simpler Mind'. Things should be interesting at the old Euchre table when his gaming partner gets back from SLC with his new 'micro-management skills as they battle for supremacy in the world of Euchre.

Across the hall we find the bull-pen, containing 1 WO, for the use of, and 3 highly trained,

superbly motivated, and all around nice guy Combat Aviator Extraordinaire.

It seems the topic this morning is the present state of the country's financial affairs and how they tie into New Year resolutions. Yours truly, for example, has pledged to stop at all on-Base stop signs, which should reduce the payroll significantly on our Base, since we wouldn't need as many law enforcement types to write tickets.

The big 'M' is going to reduce his playing of 'Pirates' to just 25 hours per week, and by doing so, reducing the amount of power the Base supplies to keep the computer going.

Mr. MSE himself is still struggling with the realization that there is no way to go to Victoria without getting into hot water, and he should never let the Tracker Wank hold and flip the coin that decided who was going to sleep on the couch in our hotel. We will ask them about the budget at a later date.

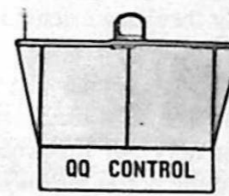
The last guy in the pen, WO Ron, is busy struggling with the navigation lesson plan. It seems that the previous owner neglected to change a few minor numbers in a problem. Shouldn't be a problem for him though. After all he is a VP person. Which brings a question to my mind, by the way. Why is it that I am not allowed to say the 'T' word in the confines of our school, and yet these left over from the 'Argus days have the audacity to wear an Argus picture into my home? It's terrible, the crimes that are committed around here.

Across the hall in the office of the Chief, we find an empty chair. It seems that the holidays were a terrible strain on the boss. He is in Mexico taking what he refers to as "a well deserved break" from the rigors of the holidays. To get old must be a terrible thing.

Losing the edge is a fate worse than losing your wings. Remember, "Keep 'em Lean and Low...WAUUNGA!!"



On 10 December 1990 the BTSO, LCol G.S. King, presented (L-R) Mrs. Susan Gibbs of Base Supply with a Suggestion Award Certificate and a cheque for \$400 (just in time for Christmas) for her suggestion to streamline form DND 78, Petty Cash Expenditure. This is Mrs. Gibbs' fourth adopted suggestion. Presented with their Canadian Forces Decorations were Sgt Caron of Base Supply, Cpl Himel of BAMS0 NDT Labs, Cpl Rogers of Base Transportation, MCpl Husereau of Base Supply, and Cpl Joyce from CE.



As the beacon turns

Happy New Year Beacon fans! Yes, it's that time of year again to roll off the couch (for a while anyway) and get back to the 'ol grindstone; when commercial after commercial on the tube makes you good'n guilty about those festive love-handles; when 'super' sales are announced in all the papers that just can't be beat. (And they'll pay the GST!); when many a resolution is made to be broken. Well our fellow MANOPS followers were no exception with their New Year promises! Maj Starha said he'd keep his fish tales as swallowable as possible this summer while Dave Bews promised to give all golfers ahead of him "at least a 150 yd head start" before teeing off this year. Speaking of teed off, Capt Bayer vowed to put an end to the rumour that his last name used to be Excedrin. Al Munday says he'll stop skipping those Helsinki treatments and Jim Houston's resolution is to rid himself of those job 'hook, line 'n sinkers' and put them to good use for fishing only. Well, I hope you all pull through... good luck!

Was Santa good to you this year? I certainly can't complain. I got just what I wanted. They included a snazzy pair of two-

tone gasoline powered socks, a beautiful gold-plated hydraulic tie clip, a handsome cherrywood handled electric moose nose polisher, a cordless dog buffer and my most prize possession, and a set of ruby red nuclear powered cuff links. I hope you were all as fortunate as I was this Christmas.

So... let's get back to the future and see what's in store for 1991. Training, training and more training! Yup, that's the main course for the first half of the year anyway. Barry 'No-Compass' Norris and Andre 'Low Fuel' Lafontaine just departed the fix for Ticktee for their long awaited fives while Jacques 'MTI' Maillee is back from March airport and is commencing his checkout as we speak. James Houston is packing his bags for Trenton where he'll undergo rigorous training in order to graduate as a Data Systems Coordinator. Remember Jim... stop, reset, PR load! (That's before you get to class!) Nick Van Berkel is looking forward to resuming his checkout in ARR/Term after putting his feet up for awhile. (Sorry for the cheap shot Nickster). Doug 'Gun-Tape' Godden also continues his quest (and Nick)

I couldn't find out any good knee-slappers on ya'll this time but you know I'm looking and listening out for juicy gossip tidbits. So, I'll put an end to this rendition and let you get back to whatever you were doing. Reminding you to keep your head up and... Death before Mis-Ident!



BAMS0

Once again, the troops in RTT are hard at it. I can't tell you how we're doing; it's Top Secret. I can't tell you what we do, because, that's Top Secret.

Since our last report, the new additions have fitted in quite nicely. Pete Francey has found a spot on the unit curling team along with Al Doole. They are struggling at the moment; but better

games are on the way. Paul Diepbrink was sidelined during the past little while due to some ailments, hopefully, he's turned the corner and things get back to normal for him. Willie Oliver is playing for the unit hockey team. There was some concern that because he wasn't a goalie, he may not make the team, but everything has worked out just fine. Some of the better players have gone away

on course, so there's now a spot for him on the third line.

We would like to tell you more, but that's Top Secret.

If some of you don't know who we are, or where we're at, drop by and see us. We'd be glad to tell you anything, but again, nothing that might be Top Secret.

In closing, we here would like to wish everyone a safe and happy New Year.



Next Deadline 21 Jan '91



Section News



VU33 Squadron

Maintenance

I trust that everyone had a merry and safe holiday season? It will be difficult to report on the last two weeks events as there weren't any. We'll fake it!

J.R. Walsh has told us to sure and mention his name. Consider it done!

Saboo got his wish, or a least they're clean. See previous issue.

Boyd Russell enjoyed his pre-Christmas 'crawl', especially at the Fire Hall. He does have a bone to pick with a certain Mister Parker. Something about who was to take care of whom? And then there's the question about the 'Moose Milk' Did he really know the moose? When you're dealing with a Newfie, it's sometimes hard to tell!

Troy Jaggard swears that GST means 'gas sucking truck'.

SAMEO - The good Capt has given a whole new meaning to the phrase 'Butt Out'. Good show Capt.

Reiner Roedger has been invited to Marty Lavigne's place for supper/sushi ... sounds fishy to me.

Dwayne Veitch's wife is trying the 'butt out' routine, so he's looking for a much larger coffee cup. Something about soothing nerves. Who's?

Dave Brown didn't get his invisible earring and has declined the offer of a PK screen and tinnerman washer in lieu of.

Mike Jameson's off hours are going through a face-lift these days. We're not sure what the 'make up' of the rumour is but we'll keep you informed.

Brian Lavigne's reason he joined the ski club: He wanted to go downhill fast (just like his career)!

SWO Mr. Cameron, (MWO if you prefer), was told he might be getting the boot. He did...a pair of them, in fact, all nice and shiny, western style. Also a new leather briefcase so we should have some gun tape to use elsewhere from now on.

Servicing Snickers

When our reserve types, Neil, Nick and Monty were asked why they were 'A' Class, they'd replied it was better than no class at all!

Speaking of no class...Darren Herle sort of got his Christmas wish. Instead of pitching lessons, it seems that the rule for pitchers starting with both feet on the rubber has been dropped this year. This should increase Darren's velocity from 19 km/h to 19 mph.

Pam McCallum is back from leave and is trying to let her hair grow longer than Darrens.

Joe Reynolds has successfully completed the alarm clock setting course. His only comment on this was, "It's about time!"

Grover is letting people almost touch his arm which almost touched Stephan Richer in 'Moerabeck' over the holidays.

News Flash: I just saw an armorer in covies and it isn't even a leap year!

J.R. Walsh says one of the benefits of having a service wife is the option of more than one pair of pants to wear. I don't think it works for the skirt, but if it does,

I don't want to know.

Mark Pigeau found getting to North Bay and back was quite the 'Challenge'. It must be nice to have your own fleet to pick from.

Tony Hernandez is back from his semi annual trip to Vancouver. At least from all appearances, this trip was not nearly as 'hair raising' as his last one!

As you have probably noticed, the Servicing and Maintenance Sections of this epistle are a little mixed up. That's done on purpose to keep the Section heads off guard. If it works really well we could sneak off for a ski day on a rotating basis and nobody would know about it but us. Only one catch...don't let your crew chief read this or they may catch on to our plan.

MCpl Al Nichols has just informed me that he also has 'two dome fasteners' on his ribbon (CD 2 to those not in the know).

That makes it a hat trick for our tiny Sqn. They should put Boyd, Brian and Al on the same crew and call it the centennial club.

A News Flash: Reiner and Nevin are looking for some tire chains for their bikes or in lieu of a Teenage Mutant Ninja skidoo. Who would be caught riding a bicycle up Ryan Road hill with a foot of snow on the ground Monday morning? You guessed it!

The deadline is fast approaching so, as the saying goes...I'm outta here!

An Arctic Warrior

I am an Arctic Warrior
Privileged to fly o'er this great land,
I have written on the heavens in silver script
And pierced the valleys of the mighty-one
Seen the sun reflected pink off mountain snow
And met the challenge of the polar north
Where ice and sky become the curved horizon.

I am an Arctic Warrior
Who has seen the auroral lights in majesty displayed
Gossamer tendrils shimmering in the dark of space
And beckoning beneath, glaciers like
Frozen fingers stretching out towards the hostile sea.

I am an Arctic Warrior
Who has reached out and touched a russian bear
Far, far from friendly shore
Where night and day begin and end
And reality and faith exist as one.

I am an Arctic Warrior
Flying proud, the product of a thousand caring hands
I am orion's belt, I race the rising sun
Free to climb and spin and turn
Yet in my splendid solitude I see the faceless throng
Whose selfless care has placed me here
And hear their plaintive call
"Forget not, we are ARCTIC WARRIORS all."



50th ANNIVERSARY REUNION
of REGINA SQUADRONS
#25 -Campion College
#33 -Central Collegiate
#34 -Scott (Sabre)
#41 -Balfour (Hercules)
#703 -Optimist (Voodoo)
MAY 17 to 20, 1991

If you were ever a Cadet, Officer, Instructor, or Committee Member with one of these squadrons, plan to attend a weekend of renewing old acquaintances in Regina. Send your name and address for more information to: AIR CADET REUNION COMMITTEE, P.O.Box 3087, Regina, Sask. S4P 3G7 or telephone (306)543-2222, 545-2595, 545-2655. Fax(306)780-6840
PRINT NAME _____
ADDRESS _____
CITY & POSTAL CODE _____

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 PMO School at 1830 hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and John LeRoss, 339-4388.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker
CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88
OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273
SUNDAY WORSHIP — Each Sunday at 1100 hrs.
HOLY COMMUNION — First Sunday of the month.
SUNDAY SCHOOL - Each Sunday at 1100 hrs
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 Liz Basham 339-4314.

Section News



442 Squadron

Buff Flight

The past year has been a busy one for the Bison crews. Five major air searches and a European trainer highlighted the year's flying activities. Between 400 and 500 hours per pilot and NAV seems to be the going rate for 1990.

Now with the throes of winter upon us, (yes Virginia, in snows in Comox), the talk turns to posting and the secondary duty shuffle. Capt Graham Newbold will relinquish the Casara organization and join Capt Harold Mulder at RCC Victoria. Capt Tim Leslie is still 'up in the air' but will be moving on and leaving the Flight Safety portfolio to Capt Martin Turpin. Capt Dave Roberts is

leaving for somewhere and passing the training files to Capt Don McClelland. Capt Tony Jones will move to Buffalo Standards and Capt Mort MacDonnell is vacating Standards to take over the Casara position.

Recent promotions in the flight include Capt Don McClelland, Capt Mike Loader and Capt Neal Matthews. The promotion party date is TBA, and I believe the SAR Techs have confirmed the location as other than the Officers' Mess. The one thousand hour milestone was marked recently by Capt Newbold, Capt Leslie, Capt McClelland and Capt Jones.

from the Rec Centre

That Inner Strength

When things get tough or even rough, we sometimes have the tendency to forego training and our health in lieu of less strenuous activities. For example, excessive eating, watching TV, drinking, etc.

It's at these times that it becomes essential to take a good moral inventory of ourselves and ask, "selves" - why do we resort to this behaviour? Short daily reflections can often circumvent many obstacles that stand in our path. It is often during these reflective periods that we can find that "inner strength".

What is inner strength? In my opinion it entails being able to reach down deep inside ourselves in order to extract goodwill, per-

severance, and determination in times of adversity. This "adversity" can be many things. For example: Squeezing out that last repetition of that last weight-lifting set even though your ears are leaking blood, your arms are vibrating and about to give, you can't breathe, you start to black out, but you get that last repetition up anyway!

While running 6 miles in a competitive race you see the finish line coming up and sure enough someone skims by you wanting that gold. You won't let him because you know better! That gold is yours. You own it. No one else. So the after burners kick in, you try and get, not your second wind but your

'umpteenth' and you push on! By now the legs start to give, the eyes water, again you can't breathe because there's no time for such a frivolous thing. Your heart is pumping so hard, it's hard to believe it hasn't exploded yet. Three seconds later, you realize it's all over, you've done it. You've won the race. Beat the finish line. Surpassed your opponent. Besides the pain, sweat, confusion and blurr of movements seen through you're sweat filled eyes, one thing remains certain. You've found that "inner strength!"

Later - Cpl Savard Gf.
Editor's note: I think I'll pass on this one; sounds a bit strenuous to me.

Electrical Trouble Signs

Flickering lights and television interference are among the potential signals of trouble in an electrical system which need to be investigated by a qualified electrician.

The following warning signs also warrant investigation by an electrician:

1. The main circuit panel -- fuse box in older houses or the circuit breaker panel in most newer homes -- overheats or becomes discoloured.
 2. Fuses blow or circuit breakers trip frequently.
 3. Appliances such as irons, toasters and waffle irons are slow to heat.
 4. Lights dim noticeably when appliances are operating.
- The wiring should be upgraded in a home if the following conditions exist:

1. Rooms and stairways must be entered in darkness because of the lack of three or four-way light switches.
2. "Octopus" outlets are found throughout a house.
3. One appliance must be disconnected in order to plug in another.

A qualified electrician can easily overcome these problems. However, after an electrical modification is made, the local electrical inspection authority must be contacted to have the system inspected. This action ensures the system is safe and the inspection requirements for the province or territory are fulfilled.

The Fall is an ideal time to have all aspects of an electrical system examined as part of preparations for the winter when people tend to spend more time

indoors. This examination can help householders make wider use of electricity, especially for heating.

Electrical receptacles (commonly called outlets) do deteriorate over time, especially in areas of a home where small appliances are used constantly. For example, electric kettles, toasters and frying pans can tax kitchen receptacles. Bathroom receptacles can take a beating from the repeated connection and disconnection of hair dryers, curling irons and electric shavers.

Worn-out receptacles should be changed by a qualified person to prevent overheating and failure. The contacts in a receptacle can lose their tension and, fail to hold plug blades as tightly as needed. A loose connection causes overheating of a receptacle and plug which may fail and cause a fire.

ATTENTION ALL DEMONS!

1941 50 1991



407 Squadron's Reunion
A Celebration To Hold On High

407 Demon Squadron
50th Anniversary
26-28 July 1991

As a celebration of 50 years of operational excellence in both peace and time of war we invite all 407 Demon members - old and new - to attend our reunion.

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

407 Sqn Reunion 407 MP Sqn
Lazo, BC VOR 2K0



Totem Inn

JUNIOR

RANKS

MESS

GRAND OPENING
CEREMONY

FRI JAN 11, 1991

15:45

FOLLOWED BY

BOSSSES NIGHT

D.J. "TOTAL SOUND"

Kids & Tobacco It's a crime.

BREAK free

National Non-Smoking Week January 21 - 27, 1991



A World Wide Association
of VP Fellowship

MEETING
VP INTERNATIONAL

COMOX WING
RCAFA WING LAZO

Wed 23 Jan 91 - 1930 hrs
INTERESTED PERSONNEL INVITED TO ATTEND
Contact Gerry at 339-8231 or 339-3376

CANADA GAMES



"The Canada Games produces more than great athletes, it produces great people!"



Sue Holloway
Silver medalist - Cross-country skiing
1977 Canada Games
Silver and bronze medalist - Kayaking
1984 Olympic Games

PRINCE EDWARD ISLAND OLYMPIC GAMES
• FEBRUARY 17 - MARCH 9, 1991 •

FIRST AID TIP



UNCONSCIOUSNESS

Loss of consciousness may threaten life if the person is on his back and the tongue has dropped to the back of the throat, blocking the airway. • Make certain that the person is breathing before looking for the cause of unconsciousness. • If the injuries permit, place the casualty in the recovery position with the neck extended. Never give anything by mouth to an unconscious casualty.

St. John Ambulance

FIGHT AIR POLLUTION



Support Your Lung Association

OFFICERS' MESS

Members and Guests.

Saturday January 26

OLD UNIFORM NIGHT DINNER & DANCE - 1900 for 1930 hrs. Buffet. 30's to 60's music by Bill's DJ. Members \$10. Retired Associates and Guests \$12.50. Prizes given for best dressed, spot dances, etc. Reservations to the Mess Manager by 23 Jan.

TGIF/ Fridays January 11, 25

Games night: Jan 11 Pool. Jan 25 Card Tournament. Food & Prizes.

Friday: January 18
REGULAR TGIF'S. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

Wednesdays January 16, 23, 30
OFFICERS COFFEE HOUR: Coffee will be served in the lounge at 1000 hrs. Dress of the day. All officers are invited to attend.

COFFEE BREAK will be served in the lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

Wednesdays January 9, 23
OFFICERS LADIES CLUB BRIDGE
Wednesday January 16
OFFICERS LADIES CLUB

UPCOMING EVENTS FOR FEBRUARY

Saturday February 16
VALENTINE'S DAY DANCE - Food, live band, prizes (including a romantic weekend for two in Victoria). Flowers for all sweethearts.

Section News



407 Squadron



Christmas is over and a brand new year has begun. The Squadron Christmas party went over very well, and was enjoyed by all who attended. KUDOS to the members of the Squadron All Ranks Fund Committee for organizing and staffing the affair. Your efforts are truly appreciated.

The new year heralds many changes, not least of which is a new crop of Captains. Six pilots and five navigators received their new rank effective the first of January. These proud, hard working folks are easy to pickout in a crowd...they're the ones with the smiles on their faces, and the brand new epaulettes on their shoulders. In fact so many people were promoted, that Lieutenants are now a rare commodity. If you see two Lieutenants hugging in the hallway, please let them be - they're simply reassuring each other that they're not alone.

New Years resolutions abound in Squadron spaces. Capt Fred Reed has resolved to make himself more easily understood by minimizing the use of slang in his everyday language. Some are betting gigabucks that he can't. Capt Ed Goski has vowed to make morning briefings more exciting, so he's going to give them entirely in Pig Latin. Sgt Rob Mc-

Fadyen hopes no more children will bless his house in future years. In order to accomplish this, however, he must stay at least a foot away from his wife at all times. Apparently, there is something in his aura that causes his wife to get pregnant. WO Hank Verdenhalven has promised to quit smoking - for at least twenty minutes. His crew wishes he would give up talking.

Capt Mike Bell, in a surprise move, has pledged to tell only funny jokes this coming year. Capt Ross Potts has sworn to be more discrete in his miasmatic ways - especially while changing for hockey. Capt Ron Vincent has finally summoned the courage to tell Percy's mother that they have been living together for years and are madly in love. Capt Mike Perreault has decided to go for the intersection hockey 'most gentle player of the year award'. Lt Simon Bell has guaranteed the airlines that henceforth he will read his ticket correctly and not arrive a day late for his future flights. Further, he pledged not to embarrass himself and his girlfriend by begging to be let on the plane so he can go home for Christmas. The list goes on. Gee, isn't anyone happy with their lives any more?

Some of the Squadron's greener pilots have taken to the study of Latin as a means of convincing navigators that they're really much brighter than they seem. One young driver flagged down a seasoned TACNAV in the hallway yesterday, and asked him in broken, disjointed Latin... "Uh, Quanto putas mihi stare hoc horologium manuale?" Which equates to "Uh, what do you think I paid for this Rolex?" The navigator took one look at him and replied with the ease of one conversant in ancient languages "Bracce tue aperiunter." (Your fly is open.)

The Moosemen: Coming January 7 to a crew room near you!

Rumours have it that a name change is in the works for the new members of crew five. Now a shadow of its former self with the departure of Capts Reed and Seymour and the impending figmosity of Capt Skuja, the Viking intend on renaming themselves 'The Vulcans'. Tricorder readings indicate that this is just not true. It promises to be an exciting year.

From the bottom of the pool... Looking upward through the turbid waters, we have witnessed the long awaited gala event of the

year. I speak of course of the Second Annual New Year's Eve Gathering of Technical Geniuses. This auspicious group, again, assembled in the hallowed home of Rose and Bob Pokeda, whom so graciously suggested an Hawaiian Tacky Tourist theme... Little did they realize...

Amid the glamour of neon colors and glitter, (some Hansum nerd with a camera), everyone saw stars...they couldn't help it! One of the prettier wahines (Wah-Hee-Nees) seemed very adept at keeping his grass skirt from revealing his gender although, we're not sure from where or whom the 'slip' came.

Pete and Wendy took a much needed rest (after his return from THE six month Maritime sojourn) and bestowed upon our benevolent gathering the benefit of their charm and wit. (Not to mention Wendy's adroit artistic talent of proboscis painting.)

Amid this quagmire of goodwill and sentiment, two significant events were conspicuous by their absence:

1. Bob did not receive a collect call from Herb, and
 2. Herb did not receive a bigger bill from B.C. Hydro.
- ...The Pool is calm...

Pillar will soon be wisked away on a whirlwind tour of Greenwood's Torpedo School. Good luck, guys. Two other people taking late holidays are Cpl Mike Turner, who was reunited with his wife over the Christmas period, and Sgt Newhouse, who will soon be a guest of the Base Hospital. Best wishes Jim! And how were your holidays?

CANADA GAMES

The athletes have a chance to excel, the country - a chance to be proud!

Curtis Hibbert

Double gold medalist

1988 Olympic Games

1989 Commonwealth Games

Five gold, silver and bronze - 1989 Commonwealth Games

PRINCE EDWARD ISLAND WINTER GAMES

FEBRUARY 17 - MARCH 2, 1991

JEUX DU CANADA

C'est une merveilleuse tradition canadienne - un événement mettant en vedette nos meilleurs jeunes athlètes.

Pierre Harvey

Triples champion Océan-Sti de fond

Jeux de Québec 1989

Champion d'été d'épreuve de Coupe du monde en 1987 et 1988

LES JEUX D'HIVER

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Section News

B.C. Bestsellers

Week Ending: December 23, 1990
Produced: December 28, 1990
(Brackets) represent last week's position

FICTION

- 1 (1) The Plains of Passage.....Auel
- 2 (2) Four Past Midnight.....King
- 3 (7) Haroun and the Sea of Stories.....Rushdie
- 4 (3) The Witching Hour.....Rice
- 5 (4) Longshot.....Francis
- 6 (6) Spy Sinker.....Deighton
- 7 (-) Friend of my Youth.....Munro
- 8 (-) Innocent Cities.....Hodgins
- 9 (5) The Ruby Knight.....Eddings
- 10(-) Possession.....Byatt

NON-FICTION

- 1 (1) Webster!.....Webster
- 2 (2) The Great Depression, 1929-1939.....Berton
- 3 (5) Trudeau and our Times.....McCall & Clarkson
- 4 (4) Three Men and a Forester.....Manhood & Drushka
- 5 (3) Gretzky: An Autobiography.....Gretzky
- 6 (10) Spilsbury's Album.....Spilsbury
- 7 (8) By Way of Deception.....Hoy & Ostrovsky
- 8 (7) An Artist in Nature.....Bateman
- 9 (6) Vanishing Vancouver.....Kluckner
- 10(-) Time Zones.....Schlesinger



Now that the winter months are hard upon us, it's time to improve our seamanship with some ground based courses. Depending on membership interest, the following courses will be available on the dates and times indicated:

1. Water Safety Course
11 Jan 91 0800-1300 Marine Section
2. Seamanship
15 Jan 91 1900 Marine Section
- 23 Jan 91 1900 Marine Section
- 31 Jan 91 1900 Marine Section.

Anyone interested in the Seamanship or Water Safety course please call Ed Goski (8118) or Ron Vincent (8604) as soon as possible for planning purposes.

We hope to hold this course in early February. Those interested please call Ed Goski 339-8477 or local 8118 after January 15.

A general meeting will be held on 24 Jan 91, 1900, at Glacier Greens Golf Club. All members are encouraged to attend. During this meeting there will be elections to fill positions on the Executive Committee. We are looking for nominations for Commodore, Vice Commodore, Rear Commodore, Secretary and Treasurer. Please forward nominations no later than January 18 to:

Capt Ron Vincent
407 (MP) Sq
Nav Standards
or to the Comox CFSA's new mailing address:
CFSA, Comox Sq
PO Box 415
Lazo, BC
VOR 2K0

Once the general meeting is called complete and the elections have been finalized, Chris Smith will present us with an intriguing account of his Victoria to Maui race. Following Chris, we'll hear about Wiener Levigne's occurrence on the high seas during our Fall Cruise, which was held 18-20 Oct 90.

In closing, we're in need of work parties in late January and early February. It's the club's intention to haul the keelboat out of the water, store it in the PETREL building, and perform any necessary maintenance on the hull. Ed Goski will be seeking assistance from the keelboaters in the club to help make the keelboat seaworthy for the upcoming sailing season.

Happy New Year, and we look forward to seeing you at the general meeting on January 24th!

ONCE IS NOT ENOUGH! FINE PAPER RECYCLING

SAVE & SEPARATE

1. Computer Paper (C/P2)
2. White Bond Paper
White based paper can have printing on both sides if blue or black ink.
3. Coloured Bond Paper
Notepaper
NCR (National Cash Register receipt paper)
Legal Pads
Phone message paper
File Folders (remove metal)
Index Cards
Reports (Stapled not glued)
White or Manila envelopes (No windows)

DON'T SAVE

- Fax Paper (chemically treated)
- Carbon Paper
- Magazines
- Waxed paper
- Paper cups and plates
- Facial Tissues
- Paper towels
- Packaging
- Lunch Bags
- Any paper with glue (eg. post-its)



NB It is essential that all contaminants be removed:
eg. metals, plastics, etc.
Paper clips and staples are OK!

COMOX VALLEY RECYCLING

SOME FACTS:

1. This type of paper can be recycled up to 7 times.
2. One ton of paper equals 17 trees!

407 ASO

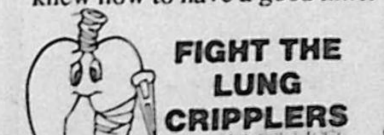
Welcome back 2 Crew to a new year. Over the holidays our crew was busy doing everything from making babies, to skiing, to being on the other side of the country on course.

I would like to wish congratulations to Mr. and Mrs. Craig Howland's new baby girl, and Mr. and Mrs. Mike Ouellette's new baby boy.

Also, welcome back to MWO Hallam from his Maintenance Manager's course, MCpl Sue Didsbury from her JY Course, Cpl Larry Reid is back off his Aurora Power Plant Course, and Pte Jay Harker is back off his IS Tech First Line Maint Course. And congratulations to Cpl Martin Landry for finishing his JLC Course.

During our days off some of us tried to enjoy skiing, with the exception of the -30 deg ski day, a good time was enjoyed by all.

We also had a skating day, and Greg Fleet assured me that it was a good time. New Years Eve went over with a blast. Some of us headed over to the Junior Ranks, while others went to Claude's, or stayed at home with the little ones. But we know that wherever we went or ended up, 2 Crew knew how to have a good time.



A happy, healthy and prosperous '91 is wished to one and all from the guys and gals of 407 (MP) Sq Armament/Photo Section.

Some of the gang were spotted snowballing the PMQs and Tyece Park over the holidays. They seemed to be having a good time even though there are no ongoing police investigations in their wake.

407 ARMPO

Congratulations go out to Pte Briere. It seems Pierrette awoke to find a husband in her stocking(s). Ho! Ho! Ho!

Farewell Pte Ron Barben, or should we say Mr. Barben. And in keeping with the spirit of out with the old and in with the new, we would like to welcome Pte Terry Restoule to Three Crew. Cpls Rob Neilson and Dale

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Wednesday	10:00 - 17:00	Wednesday	07:00 - 16:30
Thursday	10:00 - 17:00	Thursday	07:00 - 16:30
Friday	10:00 - 17:00	Friday	07:00 - 16:30
Saturday	10:00 - 17:00	Saturday	10:00 - 16:00
Sunday	12:00 - 16:00	Sunday	10:00 - 16:00

EXPRESSMART

Monday	08:30 - 21:00
Tuesday	08:30 - 21:00
Wednesday	08:30 - 21:00
Thursday	08:30 - 21:00
Friday	08:30 - 21:00
Saturday	08:30 - 21:00
Sunday	08:30 - 21:00

#7 HANGER SNACK BAR

Monday	08:00 - 14:30
Tuesday	08:00 - 14:30
Wednesday	08:00 - 14:30
Thursday	08:00 - 14:30
Friday	08:00 - 14:30
Saturday	Closed
Sunday	Closed

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Chuckle Humour in Uniform

So I'm headed down to La-Barricade

To have a talk with La-Warriors

I'm sneaking through La-Woods

When suddenly I'm looking into the barrel of LA-AK47

I look up and there he is, La-Sagne

With a few of the boys. I tell them I'm La-International observer

They say I'm full of La-Poop

They proceed to beat me with La-Blunt instruments

Which is great because La-Blunt

instruments were... La-Bats



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On and off base

CF Unit Commendation - 5E Brigade Mecanisee Du Canada

The CDS has approved the award of the Canadian Forces Unit Commendation to 5E Brigade Mecanisee du Canada for Operations to restore order and public security in the Kahnawake and Oka regions in the Province of Quebec between August and October 1990. The military professionalism displayed by all members and those in support of the Brigade in this sensitive situation have brought great credit to the CF.

Mention Elogieuse a l'Intention Des Unites - 5E Brigade Mecanisee Du Canada

Le Chef d'etat-major a approuve l'octroi de la mention Elogieuse a l'Intention des Unites des Forces Canadiennes a la 5E Brigade Mecanisee du Canada pour des operations visant a restaurer la securite et l'ordre publics dans les regions de Kahnawake et Oka dans la Province de Quebec entre Aout et Octobre 1990. Le professionnalisme militaire dont a fait preuve tous les membres de la Brigade et de ceux qui l'ont supportee durant cette situation delicate a fait grand honneur aux FC.

Canada Games (Winter) 1991 in Prince Edward Island

When the Canada Games torch is lit on February 17th in Prince Edward Island, the lives of some 8,000 Canadians will be directly enriched by this enduring sport legacy. Since their debut as part of the 1967 Centennial celebrations, close to 80,000 people have been directly involved in Winter and Summer Games held on a rotating biennial schedule.

Young people learn so much from a Canada Games experience! They travel to another part of this vast country to meet Canadians of many different cultures and regions. They have a chance to learn important life skills such as teamwork, perseverance and fair play. Some use the experience as a springboard to international competition, perhaps even to the Olympics.

The valuable lessons and experience gained at the Games is the legacy which will live on for all of Canada long after the cheers in Prince Edward Island have faded.

The Games are based on the Olympic example, with teams from every province and territory in Canada coming together for 12 days of intense competition and camaraderie.

The Canada Games -- an enduring Canadian legacy.

CFB Edmonton gets 5 new Hercs

OTTAWA -- The Honourable Bill McKnight, Minister of National Defence, announced today that Treasury Board has approved the acquisition of five CC-130 Hercules transport aircraft. The prime contract, with Lockheed Aeronautical Systems Company of Marietta, GA., including a sub-contract with Northwest Industries of Edmonton, is worth approximately \$220 million.

Two of the five aircraft will be delivered to Northwest Industries by the end of January 1991 and the remaining three by the end of February. At North West Industries the aircraft will be painted and undergo minor

avionics modifications. The work would normally require up to eight weeks, but could be completed within 10 days if the aircraft are needed to meet urgent operational requirements.

A total of \$100 million for the acquisition of the new aircraft was allocated in the Supplementary Estimates tabled in the House of Commons on November 23, 1990. The remainder of the cost will come from the normal capital acquisition program.

"As long ago as 1986, the Report of the Special Committee of the Senate on National Defence recognized the urgent re-

quirement for additional aircraft in order to address shortfalls in our military airlift capabilities," said Mr. McKnight. "Surges in air support required for the Persian Gulf operation have accentuated these shortfalls and caused us to purchase these aircraft sooner than we had planned."

Hercules aircraft are the backbone of the Canadian Forces airlift fleet, and will be for many years to come. They are regularly tasked for tactical and strategic military airlift, search and rescue missions, support of peacekeeping operations, and national and international disaster relief missions.

A Few Past Games Participants

Bronze medalist in the decathlon at the 1988 Summer Olympics DAVE STEEN won the decathlon gold medal at the 1977 Canada Games.

Olympic silver medalist and former world champion BRIAN ORSER won gold in figure skating at the 1975 Canada Games.

MICHELLE CAMERON, a gold medalist in synchro swimming at the 1988 Olympic Games, represented Alberta at the 1979 Canada Winter Games held in Brandon, Manitoba.

TOLLER CRANSTON, world-renowned artist and skater, was the gold medalist in figure skating at the first Canada Games in 1967.

Former national pentathlon champion DIANE JONES-KONIHOWSKI won the pentathlon gold, a silver in the high jump and met husband John at the 1969 Canada Games.

LUI PASSAGLIA, a 13-year veteran with the British Columbia Lions, was a member of the gold-medal winning BC soccer team in 1973.

National downhill champion and World Cup winner ROB BOYD was a gold medalist in the giant slalom at the 1983 Games.

LIISA SAVAJARVI, a retired World Cup competitor, represented Ontario at the 1979 Winter Games.

World Cup competitor FELIX BELCZYK was a slalom gold medalist at the 1979 Games.

World silver medalist CURTIS HIBBERT won two gold and a silver in gymnastics at the 1983 Games.

DEBBIE BRILL, a gold medalist at the 1982 Commonwealth Games, was a gold medalist in the high jump at the 1969 Games.

Winner of two silvers and a gold in the demonstration sport of short-track speed skating at the 1988 Olympics, SYLVIE

DAIGLE won four gold medals at the 1979 Games.

ANGELA BAILEY, a silver medalist at the 1984 Olympics, won three silver medals at the 1977 Games.

The first cross-country skier to win all four men's events at a national championship, PIERRE HARVEY was a triple gold medalist at the 1979 Canada Games.

A 14-year veteran with the Montreal Canadiens, BOB GAINEY won gold as a member of the Ontario hockey team in 1971.

A silver and bronze medalist in kayaking at the 1984 Olympics, SUE HOLLOWAY was a silver medalist in the 3 by 5km cross-country skiing relay at the 1971 Games.

ALLISON HIGSON, a bronze medalist at the 1988 Olympics, won four gold medals in swimming at the 1985 Games.

A double bronze men's champion, MICHAEL SLIPCHUK, attained gold in men's novice figure skating at the 1983 Canada Winter Games.

Three-time national champion and bronze medal winner at the 1988 Olympics, RAY DOWNEY won gold in boxing at the 1987 Games.

ANNE OTTENBRITE, winner of two gold medals in the breaststroke at the 1981 Games, collected a bronze, silver and gold at the 1984 Olympics.

PHIL TAKAHASHI, ten-time national judo champion and former Olympian won a gold medal at the 1975 Games.

Medal winner at each national skating championships held between 1977 and 1982, BRIAN POCKAR represented Alberta at the 1971 Games.

Museum gets Tofino Fire Truck

Story by:
Marie Richards
Editor
Westerly News
Ucluellet, BC

A piece of Tofino history has been sold to the Comox Military Museum.

"Old '41", a bright red fire pumper truck, recently traded hands for a reputed \$2,000.

Original cost was about \$200, advised Village Fire Chief Bob Cato.

Proceeds from the sale will go towards new portable pumping equipment for the department.

The truck, a 1941 International, was purchased by the District of Tofino somewhere in the fifties and was the first response vehicle for the volunteer fire brigade for many years.

However, times and regulations changed, and the vintage truck could no longer comply to road regulations.

Original plans called for it to become a permanent display in front of the Village offices; however, maintenance questions such as cost and upkeep prevented this from happening.

- From the Curator:

CFB comox is grateful to the people of Tofino for allowing the Air Force Museum to acquire the Tofino Fire Truck. The truck has a long history that begins in the early 1940s where it was delivered by barge to RCAF Tofino. The truck was received in good running condition. There should not be very extensive restoration required.

Thanks to Base Transportation

"We're all sort of sad to see it go," said Cato, who, along with past Fire Chief Brian Stevens, was instrumental in the sale.

Cato said that for years the vehicle was the only response vehicle in the Village.

Ron Jensen, curator for the Comox Air Force museum, said "We're really glad to get her," as he anxiously watched his prize being loaded onto a flatdeck truck for the long drive home.

Dave Bond operated the crane which loaded the unit onto the flatdeck and Neil Botting generously loaned the crane.

The vehicle was originally an RCAF fire truck employed at the Long Beach Airport.

Restoration is expected to take a few months, then the unit will be on public display at the museum.

However, there will be a commemorative plaque installed which will acknowledge Tofino's role in preserving this important part of history.



STUCK: The fire truck could not negotiate the ramp, so:



A crane lifted its tall and a front loader pushed it aboard the Base Transportation flatbed, and



Ron Jensen, Airforce Museum Curator, accepts the vehicle papers from Tofino Deputy Mayor Frank Eyndo

CANADA GAMES

"The Canada Games produces more than great athletes, it produces great people!"

Sue Holloway
Silver medalist - Cross-country skiing 1971 Canada Games
Silver and bronze medalist - Kayaking 1984 Olympic Games

PRINCE EDWARD ISLAND WINTER GAMES - FEBRUARY 17 - MARCH 2, 1991

JEUX DU CANADA

« Les athlètes ont la chance d'exceller, le pays - la chance d'être fier! »

Sylvie Daigle
Quatre médailles d'or - Patinage de vitesse Jeux du Canada 1979
Deux médailles d'argent et une médaille d'or - Jeux Olympiques 1988

LES JEUX D'HIVER 88
L'ILE DE PRINCE-EDOUARD
DU 17 FÉVRIER AU 2 MARS 1988

Comox Air Force Museum

WANTED
For the Airforce Museum
a scale model of an

ARGUS
Maritime Patrol Aircraft

Any offers?
Please call Ron Jensen at 339-8635

At the gate of CFB Comox

Next Deadline 21 Jan '91

Leisure

Teeth Bleach Kits Improved

Commercial tooth bleaching products should be viewed cautiously until long term safety studies have been completed, states Dr. John Diggins, President of the College of Dental Surgeons of B.C.

Tooth whitening products, which attempt to reduce the effects of stains on teeth, were introduced onto the Canadian market in large numbers this year, available over the counter. Dr. Diggins said, "These bleaching kits may be safe, but research to date, in the U.S. and Canada, has been inconclusive. At this point we are recommending that dentists discuss possible damage to soft tissues and gums when discussing these products with patients."

Oxygenating agents, such as carbamide peroxide, are used as the bleaching ingredient in these products. The bleaching materials are most commonly applied via a mouthguard

tray, worn for a period of time daily for up to two weeks. Dr. Diggins noted that these products are unlike other bleaching procedures performed in a dental office, such as bleaching administered to a tooth after root canal treatment, which are safe and have been accepted for several years.

Currently, the Canadian Dental Association, on behalf of organized dentistry in Canada, is reviewing home bleaching kits in conjunction with the Health Protection Branch of Health and Welfare Canada and the American Dental Association. Their findings will be made public once studies have been completed to their satisfaction.

The College of Dental Surgeons of B.C. is the official regulatory body for dentistry in British Columbia, responsible for the public's safety in matters related to dentistry.

408 Goose Squadron 50th Anniversary

408 Goose Squadron will mark 50 years since its inception on 24 Jun 91. To commemorate this auspicious occasion, 408 TAC HEL Sqn will host various events during the period 20-23 Jun 91.

Proposed events include:
Thurs, 20 Jun - fly in (for those able to wing it), early bird registration, hospitality suite (throughout).
Fri, 21 Jun - Honkers meet and Greet, "Down Homers Dance and BBQ".

Sat, 22 Jun - Pancake breakfast, flocking by numbers (parade), aircraft displays, formal dinner and dance.
Sun, 23 Jun - On a Wing and a Prayer (church service), brunch, and nesting (wave goodbye).

All former Geese, associates and friends are invited to return to the roost. For details contact 408 Squadron 50th Anniversary Committee, CFB Edmonton, PO Box 10500, Edmonton, AB, T5J 4J5. AVN 620-4381.

TOTEM TIMES 1991 PRINTING SCHEDULE VOLUME 33

NUMBER	DEADLINE (1200 HRS)	PUBLICATION DATE
1	JANUARY 7	JANUARY 10
2	JANUARY 21	JANUARY 24
3	FEBRUARY 4	FEBRUARY 7
4	FEBRUARY 18	FEBRUARY 21
5	MARCH 4	MARCH 7
6	MARCH 18	MARCH 21
7	APRIL 8	APRIL 11
8	APRIL 22	APRIL 25
9	MAY 6	MAY 9
10	MAY 27	MAY 30
11	JUNE 10	JUNE 13
12	JUNE 24	JUNE 27
13	JULY 8	JULY 11
14	JULY 22	JULY 25
15	AUGUST 12	AUGUST 15
16	AUGUST 26	AUGUST 29
17	SEPTEMBER 9	SEPTEMBER 12
18	SEPTEMBER 23	SEPTEMBER 26
19	OCTOBER 7	OCTOBER 10
20	OCTOBER 21	OCTOBER 24
21	NOVEMBER 4	NOVEMBER 7
22	NOVEMBER 18	NOVEMBER 21
23	DECEMBER 2	DECEMBER 5
24	DECEMBER 16	DECEMBER 19



Country Kitchen



Christine Mayer

Basic Mix

Here are only a few of the recipes you can whip up quickly with a Basic Mix. It is convenient, easy and versatile. This makes a large amount so you may want to half the ingredients to try it out.

BASIC MIX
12 cups of flour
1 1/2 tps salt
1/2 cup of baking powder
2 cups margarine or shortening (1 lb)
(Don't use the soft tub margarine.)

Mix dry ingredients thoroughly, cut in or rub in shortening until very fine - like breadcrumbs. Store in a tight fitting container.

BISCUITS - 400 deg oven
Bake about 12 mins.

2 cups of basic mix
3/4 cup of milk
Knead about 8 or 10 times, roll out 1/2 inch thick. Cut out and bake on ungreased baking sheet. Bake until golden brown. For a

change add 1/2 cup of grated sharp cheddar.

PANCAKES

1 1/2 cups basic mix
3/4 cup milk
1 egg
Combine milk and beaten egg into mix. Cook on hot griddle. Increase milk for thinner pancakes.

DUMPLINGS

2 cups basic mix
1/2 cup milk
Stir about 30 strokes. Add to boiling stew. Cover and boil 12 mins.

COFFEE CAKE

- 375 deg oven - 20-25 mins.
2 cups basic mix
2 tbsps sugar
1 beaten egg
2/3 cups milk
(9" greased pan)

Topping:

1/3 cup basic mix
1/3 cup firmly packed brown sugar
1/4 cup margarine
1/2 tsp cinnamon
Mix all ingredients except topping and beat well with spoon. Sprinkle topping over batter.

DROP COOKIES

- 375 deg oven
3 cups basic mix
1 cup sugar
1 tsp vanilla
1 beaten egg
Mix ingredients. Bake on greased cookie sheet for 10-12 mins. (Yields 4 dozen.)

Variations:

Add 1/2 cup of chocolate chips, raisins, chopped nuts or dates. With any of these you may add 1 tbsps of orange peel or 1 tbsps of molasses.

PMQ Lights Contest Winners

Best Decorated PMQ Contest
On the evening of Sunday, 30 Dec 90, the Base Commander, Col J.E. McGee and the Mayor of Wallace Gardens, Lt J. Carlisle, were out doing a very difficult task. The task of judging all the Qs for the best decorated PMQ contest.

This year a great deal of effort went into decorating Wallace Gardens for the holiday season. Everyone who put forth the effort to light up our community deserves a "well done".

Unfortunately, not everyone can be declared winners, so after a great deal of thought and consideration, Col McGee and Lt Carlisle came up with the following list of winners:

First Prize to Sgt K.L. Smith and MCpl P.L. Johnston of PMQ 49 & 49A.
Second Prize to Sgt M.M. Caron of PMQ 1.
Third Prize to Cpl R.A.J. Marcotte and MCpl G.R. Wentz of PMQ 25 & 25A.
Ward 1 Prize to MCpl B.G. McLearn of PMQ 4.
Ward 2 Prize to LS D.T. Kieffer of PMQ E5.

Ward 3 Prize to Sgt J.R. Lowdon of PMQ 43.
Ward 4 Prize to MWO MJ. Symes and WO M. Turcotte of PMQ 55 & 55A.
Ward 5 Prize to Capt P.A. Weed of PMQ 68.
Ward 6 Prize to Capt R.C. Sealby of PMQ 86.

Ward 7 Prize to Sgt M.J. Streveet of PMQ 107D.
Ward 8 Prize to MCpl B.W. Krauskopf of PMQ 109J.
Ward 9 Prize to MCpl H.E. Weeds of PMQ 112A, and Multiple Dwelling Prize to Block 103 consisting of residents MCpl C.A. Johnsen, Sgt K. Rodgers, Sgt R. Hillard and PO2 K.H. White.

Honourable mentions go to the following: Capt P.W. Kruijs of PMQ 78; Lt M. Subchak of PMQ 78A; MWO E.S. Cameron of PMQ 79; MCpl B.B. MacDougall of PMQ D1, and Cpl T. Banks of PMQ 11.
CONGRATULATIONS TO EVERYONE.

Attention All Cougars Past and Present

410 Sqn. will be celebrating their 50th Anniversary.



A Reunion/Celebration is scheduled for 28, 29, and 30 June 91. At CFB Cold Lake, Alberta

Preparations are under way so plan to attend now. Enquiries may be sent to:

Maj Dave Tower
410 Tactical Fighter Sqn (50th Anniv)
Medley, Alberta
TOA 2M0

Tel: Autovon 520-8907 during work hours.

Military update

To Your Health

Small Investment -- Big Return

PLAN YOUR RETIREMENT EARLY WITH AN SRSP
Everybody should plan wisely for their retirement. Financial planning for the future involves consideration of some very basic facts. In the military, your pension plans (CFSA and SRBA) and other government programs (Canada Pension Plan and Old Age Security) give you a start. These plans may leave you short of the retirement income you will need to live comfortably, so you are encouraged to start your financial planning for the future today. That's where you should start contributing to a Service Retirement Plan (SRSP).

WHAT IS A SRSP?
It's a government's way of encouraging Canadians to save for their retirement. You can put a portion of your annual income into a special plan for accumulation of retirement dollars. The money put into such a plan each year is deductible from your taxable income. You save for your retirement by setting aside some of your money and some of the government's money in a "tax-sheltered" plan for use in future years. And, to top it off, the investment income earned on this money is compounding all the time, without being subject to current taxes, to keep your retirement savings growing to help beat inflation.

CONTRIBUTION LIMITS FOR 1990
Contribution limits for 1990 are as follows:
20% of earned income to maximum of \$3500 less contribution to CFSA.

Annual Income	Maximum Allowable	Minus CFSA Contribution	Eligible Deposit to SRSP	Tax Savings on SRSP Deposit
\$ 13000	\$ 2600	\$ 741	\$ 1859	\$ 316
18000	3500	1026	2474	420
28000	3500	1622	1878	488
32000	3500	1922	1578	410
36000	3500	2635	865	225

CONTRIBUTION LIMITS FOR 1991
* Person participating in a Defined Benefit Plan: \$11500 or 18% of 1990 pensionable earnings whichever is the lesser minus (PA) Pension Adjustment.

* Pension Adjustment calculation: Accrued benefits x 9 - \$1000.
Examples below show contribution limits for members on a defined benefit plan. (Service members)

1990 Pensionable Earnings	18% of Pensionable Earnings or Maximum	Less Pension Adjustment	Contribution Limit 1991
\$ 12000	\$ 2160	\$ 404	\$ 1756
14000	2520	638	1862
16000	2880	872	2008
18000	3240	1106	2134
20000	3600	1340	2260
22000	3960	1574	2386
24000	4320	1808	2512
26000	4680	2042	2638
28000	5040	2276	2764
30000	5400	2510	2890
32000	5760	2744	3016
34000	6120	2978	3142
36000	6480	3212	3268
38000	6840	3446	3394
40000	7200	3680	3520
42000	7560	3914	3646
44000	7920	4148	3772
46000	8280	4382	3898
48000	8640	4616	4024
50000	9000	4850	4150
52000	9360	5084	4276
54000	9720	5318	4402
56000	10080	5552	4528
58000	10440	5786	4654
60000	10800	6020	4780
62000	11160	6254	4906
64000	11520	6488	5032
66000	11880	6722	5158
68000	12240	6956	5284
70000	12600	7190	5410
72000	12960	7424	5536
74000	13320	7658	5662
76000	13680	7892	5788
78000	14040	8126	5914
80000	14400	8360	6040
82000	14760	8594	6166
84000	15120	8828	6292
86000	15480	9062	6418
88000	15840	9296	6544
90000	16200	9530	6670
92000	16560	9764	6796
94000	16920	9998	6922
96000	17280	10232	7048
98000	17640	10466	7174
100000	18000	10700	7300
102000	18360	10934	7426
104000	18720	11168	7552
106000	19080	11402	7678
108000	19440	11636	7804
110000	19800	11870	7930
112000	20160	12104	8056
114000	20520	12338	8182
116000	20880	12572	8308
118000	21240	12806	8434
120000	21600	13040	8560
122000	21960	13274	8686
124000	22320	13508	8812
126000	22680	13742	8938
128000	23040	13976	9064
130000	23400	14210	9190
132000	23760	14444	9316
134000	24120	14678	9442
136000	24480	14912	9568
138000	24840	15146	9694
140000	25200	15380	9820
142000	25560	15614	9946
144000	25920	15848	10072
146000	26280	16082	10198
148000	26640	16316	10324
150000	27000	16550	10450
152000	27360	16784	10576
154000	27720	17018	10702
156000	28080	17252	10828
158000	28440	17486	10954
160000	28800	17720	11080
162000	29160	17954	11206
164000	29520	18188	11332
166000	29880	18422	11458
168000	30240	18656	11584
170000	30600	18890	11710
172000	30960	19124	11836
174000	31320	19358	11962
176000	31680	19592	12088
178000	32040	19826	12214
180000	32400	20060	12340
182000	32760	20294	12466
184000	33120	20528	12592
186000	33480	20762	12718
188000	33840	20996	12844
190000	34200	21230	12970
192000	34560	21464	13096
194000	34920	21698	13222
196000	35280	21932	13348
198000	35640	22166	13474
200000	36000	22400	13600
202000	36360	22634	13726
204000	36720	22868	13852
206000	37080	23102	13978
208000	37440	23336	14104
210000	37800	23570	14230
212000	38160	23804	14356
214000	38520	24038	14482
216000	38880	24272	14608
218000	39240	24506	14734
220000	39600	24740	14860
222000	39960	24974	14986
224000	40320	25208	15112
226000	40680	25442	15238
228000	41040	25676	15364
230000	41400	25910	15490
232000	41760	26144	15616
234000	42120	26378	15742
236000	42480	26612	15868
238000	42840	26846	15994
240000	43200	27080	16120
242000	43560	27314	16246
244000	43920	27548	16372
246000	44280	27782	16498
248000	44640	28016	16624
250000	45000	28250	16750
252000	45360	28484	16876
254000	45720	28718	17002
256000	46080	28952	17128
258000	46440	29186	17254
260000	46800	29420	17380
262000	47160	29654	17506
264000	47520	29888	17632
266000	47880	30122	17758
268000	48240	30356	17884
270000	48600	30590	18010
272000	48960	30824	18136
274000	49320	31058	18262
276000	49680	31292	18388
278000	50040	31526	18514
280000	50400	31760	18640
282000	50760	31994	18766
284000	51120	32228	18892
286000	51480	32462	19018
288000	51840	32696	19144
290000	52200	32930	19270
292000	52560	33164	19396
294000	52920	33398	19522
296000			

Health & fitness



ASK YOUR PHARMACIST

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

Living with High Blood Pressure

It is estimated that some two million Canadians have high blood pressure. Most have no obvious symptoms, so it makes sense to be on the alert. It's a disease that's easily and painlessly controlled, but if allowed to go on untreated, high blood pressure may lead to increased risk of stroke, heart disease or kidney failure.

Detecting high blood pressure is as simple as visiting your doctor or local health clinic. The painless test takes only a few moments. The doctor or nurse will simply put a cuff around your upper arm and check your pressure. If the test shows you have high blood pressure, the doctor will either prescribe medicine, modify your diet or both.

Whatever the recommendation, it's very important to follow the doctor's instructions carefully. Although you may "feel fine", high blood pressure can do great damage with no apparent signs.

Some cases of high blood pressure, perhaps five to ten percent, are caused by illnesses, but the cause of the vast majority of cases is not known. Most experts do agree, however, that certain things contribute to a person's risk of developing high blood pressure.

First, you are likely to be a candidate for the disease if someone else in your family has or had it. Another positive risk factor is being overweight. Still another is a diet high in salt.

The good news is that there are simple painless ways to effectively control high blood pressure. If your doctor decides that you have only "mild" hypertension, he or she may suggest that you lose some weight, cut down on your salt intake or get more exercise.

For moderate to severe hypertension, many medications or combination of medications can be used. The trick is to be diligent about taking them all the time.

Never stop taking your medication because you don't "feel sick". If you miss a day, don't "double up" the next day. Instead, call your doctor or pharmacist for instructions.

Dealing with Diabetes

Perhaps you know someone who has to be careful about the amount of sweets he or she eats, or someone else who has to take an insulin shot every morning and evening, in addition to being on a very strict diet. Both have diabetes.

But the severity and method of treatment are very different in each case. However, the one thing true in every case is the person with diabetes has trouble using glucose, a special form of sugar made by our body from the food we eat.

Insulin, a hormone produced by the pancreas, regulates the amount of glucose our body makes use of. Diabetics either don't produce enough insulin or what their pancreas produces isn't effective. Glucose builds up in the blood because it cannot be used by cells to produce energy. The excess eventually filters out through the kidneys into the urine.

The two common forms of diabetes include Type 1 (insulin-dependent diabetes) which usually starts in childhood or adolescence and requires lifelong treatment with insulin, along with exercise and a controlled diet. Among older people, Type 11 (non-insulin dependent) diabetes is more common. It accounts for 85 percent of all cases and can be controlled, for the most part, through proper diet and exercise.

The most common symptoms for diabetes include a "run-down" feeling, increased thirst, frequent urination, unexplained weight loss, blurred vision, skin infections and slow-healing cuts or bruises. If you notice any of these problems, report them immediately to your doctor.

Although there is no cure, diabetes can be effectively controlled with diet, exercise and, if necessary, insulin or other drugs.

Diet is vital, so ask your doctor to help you plan a diet that will lower your weight and blood glucose level. Regular exercise will help burn off excess glucose. Again, ask your doctor for advice.

B.C.'S SECRET WEAPON



AGAINST DRINKING DRIVERS

Provide police with car type/colour, licence, location and direction it was going.
DRINKING DRIVING COUNTERATTACK

info health

Dr. Bob Young



GST, your Doctor, and You

Looking toward the future is never easy, and the increasing rapidly with which things change does not help. Changes expected to occur in five years tend to happen in five months.

We will again attempt to guess what will be in store for the medical community in the coming year - and I include you, the patient, in that community.

There is unlikely to be an early end to fee disputes between physicians and paying agencies across the country. Doctors, singled out as the only professional group not permitted to recoup or pass on the GST they will pay to run their offices, may justifiably cry "foul". They will try to extract this added expense (a minimum of \$2400 annually) from the paying agencies.

Even without the GST many physicians are realizing that they

are earning less (or working much harder to earn the same). Look for increased or new charges for completion of forms, prescription renewals, telephoned advice, and other uninsured services.

Many of these were previously provided free by many doctors. Most have learned that they can no longer afford to do so.

The shortage of funds may further erode medicare, with additional items being added to the uninsured list and resistance to the addition of new technology and services growing. Waits for surgery and tests will increase, and "rationing by queue" will continue.

User fees, illegal under the Canada Health Act but desired by the provinces, may start creeping in. There is a feeling that the federal government has too much on its plate to worry about user

fees - and indeed doctors that have charged them (in various guises) have been upheld in court.

In spite of all this, health care will continue to be of a high standard when your turn does come. Medical advances will be reported every week, and controversies will continue regarding in vitro fertilization, AIDS, abortion, transplants, cholesterol, caffeine, and the like. There may be new actors but the play will stay the same.

Look after yourself in 1991. Eat properly, quit the smokes and go easy on the booze. Get some exercise and enough sleep. Learn to relax. Have a healthy and happy New Year - all year through!

Mouth to Mouth

Is mouth-to-mouth resuscitation dangerous for the provider? Cardiopulmonary resuscitation (CPR) involves close oral contact between the rescuer and the victim and concern has been raised that disease transmission may occur.

In addition, training for CPR generally involves the use of a mannequin, the life-sized rubber doll used for practice. Mouth-to-mouth contacts with the mannequin is required to provide the proper "feel" for effective breathing assistance. In the usual training scenario several trainees are assigned to a single mannequin. It is inevitable that some saliva will be left on the doll's mouth area by each participant.

The emergency Cardiac Care Committee of the Heart and Stroke Foundation of Canada has

examined this problem and has provided guidelines. The risk to the man or woman providing CPR is not high - in fact it is generally minimal.

Of most theoretical concern is transmission of the HIV organism, (the virus that causes AIDS), and the hepatitis B virus. It is reassuring that saliva has not been found to transmit either of these germs. Blood can transmit both viruses so mouth-to-mouth resuscitation in the presence of oral bleeding in either the victim or rescuer poses at least a theoretical risk.

The common cold and similar respiratory infections may spread between the parties, but catching a cold is a small price to pay for saving a life.

People who know they are infected with HIV or hepatitis B

should not provide CPR to others if other people, or other ventilating devices are available. Failing this, they should go ahead. Under such circumstances the minimal risk involved is acceptable.

These people should not, however, use a mannequin during training session. In all cases, those providing training must make provision for adequate sterilization or decontamination of the mannequins. Sodium hypochlorite is the recommended material to use.

Finally, first-aid groups, firefighters, lifeguards and others likely to be called upon to provide CPR should have immediate access to mechanical ventilation aids rather than relying on mouth-to-mouth methods.

Ontario-Bound? Call this number:

1-800-461-4513

by Richard Millette

1-800-461-4513: This is the number that Ottawa's National Defence Credit Union, along with its branches at CFB Kingston, CFB Petawawa and CFB Borden, has opened free of charge to its Ontario members who wish to settle an urgent financial matter. The telephone line, available 24 hours a day, has been set up to assist the military member who has been called up on short notice to the Gulf, or the family of this member who is on active duty away from home.

Captain Raymond Drouin, one

of the Credit Union's nine people on the board of directors, stresses the peace of mind and security that the 1-800 line can bring to the spouse or other dependants of the member who has been called away.

Warren Hanstead, the general manager of the Credit Union, thinks that a free 1-800 telephone line can help. "Primarily, it helps those who run into problems while the spouse is away", says Mr. Hanstead. "The service is a convenience to make sure we look after our members even better than we have been" (espe-

cially, if the spouse who is left behind is not able to travel to the nearest Credit Union office).

During the daytime, one or two people in the Ottawa office, at 150 Gloucester Street, receive the calls; at night and on weekends, the calls are handled by an answering service.

With 16 000 members in Ontario and \$65 million in assets, the National Defence Credit Union is proud to offer this new service to its military personnel, and to their families, who are affected by the Gulf crisis.



MSE Safety

Winter Driving - Six Basic Rules

1. Accept your responsibility to do all in your power to drive without an accident. Be prepared and meet the situation.
2. Get the feel of the road. Try brakes occasionally while driving slowly where traffic is light. Find out just how slippery the road is and adjust your speed to road and weather conditions. Expert drivers don't skid.
3. Keep the windshield clear, inside and outside. Be sure headlights, windshield wipers and defrosters are in top working condition. You have to see danger to avoid it.
4. Use tire chains when roads are covered with snow and ice. Get the best chains possible. They cut stopping distance in half and give up to 4 to 7 times more traction for starting and climbing.

5. "Fan" or "feather" brakes to slow down or stop. It's easy to lock the wheels and throw the vehicle into a dangerous skid. Remember, the key to control of any vehicle is to avoid locking or spinning the wheels.

A rapid fanning technique is recommended for short or emergency stops with all types of brakes. However, in the case of air brakes you should know the rig and how much fanning can be done without getting air pressure dangerously low. For this reason, the feathering type of application is recommended for long downgrades.

Fanning is making a series of rapid brake applications. You should be certain that the brake is completely applied and then entirely released on each application.

Feathering is feeling for a point at which the brakes begin to lock. You apply the brakes gently until you feel that the wheels are beginning to slide, then release them slightly.

6. Follow at a safe distance. It's hard to explain that the fellow ahead was able to stop but you couldn't. Give yourself room to stop. Remember, without tire chains it takes 3 to 12 times as far to stop on snow or ice as dry concrete.

The best winter driving advice is... "Take it easy".

Driver's Statement of the Month

"The telephone pole was approaching fast. I was attempting to swerve out of its path when it struck my front end."

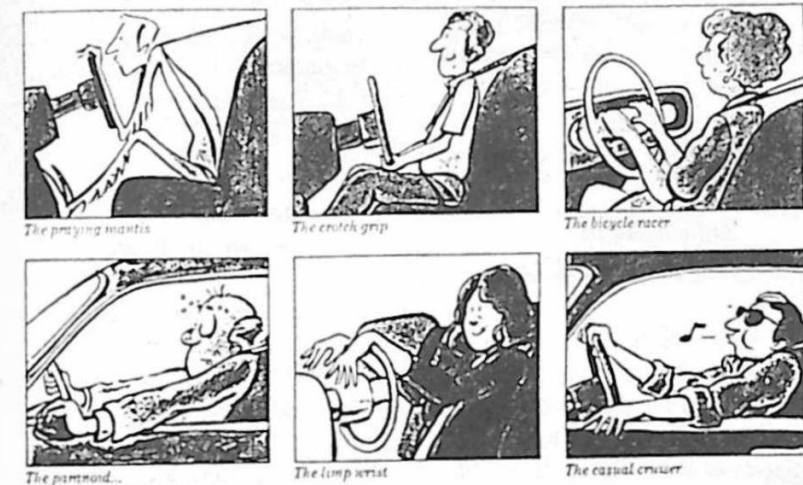
Safety quiz

QUESTION:

- If blinded by bright headlights from any approaching vehicle while driving at night, it is best to:
- a. Slow down and watch the right edge of the pavement/road.
 - b. Make allowance for the part of the approaching car that you can't see.
 - c. Put on your bright lights to counteract the glare.
 - d. Depress your lights and continue at the same speed.

ANSWER: "A"

Positions



Can't get your Fishwrapper? -- here's where to go

- *Totem Times Office
- *Museum
- *AFIS
- *Jr Ranks' Mess
- *Senior NCOs Mess
- *Rec Centre
- *Headquarters
- *AMU
- *442 Sqn
- *Clothing Stores
- *MSE
- *Driftwood Mall
- *Tourist Info Centre
- *Tommy Tuckers
- *Block Brothers
- *Mac's Milk
- *Westerly Hotel
- *Courtenay Town Hall
- *Hartmans Auto Supply
- *Coast Country Realty
- *Pacific Coach Lines
- *North Island College
- *Courtenay Legion
- *Building 82 Supply
- *CE
- *Fire Hall
- *7 Hangar
- *Officers' Mess
- *Language Training Centre
- *Base Hospital
- *EX Service Station
- *MPs
- *Glacier Greens Golf Course
- *PMQs
- *Sun West Auto Dealer
- *7-11 Courtenay-Ryan Rd
- *7-11 Courtenay - Plaza
- *Nutri-System, Courtenay
- *Comox Mall News Rack
- *Comox Legion
- *Comox Town Hall
- *REMAX
- *7-11 Comox
- *Jolly Giant
- *Port Augusta Hotel
- *Roys News Courtenay
- *St. Joseph's Hospital

Junior Ranks Curling Playdown

The Junior Ranks will be conducting the Junior Ranks Curling Playdowns to determine who will represent CFB Comox at the Jr Ranks Nationals to be held at CFB Penhold Mar 11-13, 1991. One team will be selected to represent CFB Comox so any members of the Jr Ranks may enter a 5 person team. Local playoffs will be double knockout system with dates to be announced in the New Year.

Cut off for entries will be 16 Jan 91 with the playdowns starting shortly thereafter. Anyone interested in entering a team may leave your name at the Junior Ranks Office, local 8430, or you may contact Darcy Parker, local 8329, or Pat Gammel, local 8529.

On and off base

TB Vet Tags



ONLY KEYS WITH TB VET TAGS ARE RETURNED TO OWNERS...
...A REWARDING ROLE FOR Canada Post carrier David Perrin.

VANCOUVER -- British Columbians lose their keys at Waikiki, in Zurich, Dallas, Williams Lake, Melbourne and Port Coquitlam.

For some puzzling reason, 30 BC travellers lost keys this year in Scarborough, Ontario.

All come back through Canada Post if key-chains carry the secret-number mini-tags of the Tuberculous and Chest Disabled Veterans Association.

The secret number, known only to the individual and the TB Vets, enable the latter (comprised of 25 disabled workers at headquarters in Vancouver) to trace the owners.

Located was the New Westminster longshoreman who dropped his keys onto a conveyor belt and accidentally sent them by ship to Copenhagen.

Identified for Penticton RCMP was the body found in Lake Okanagan (after 18 months, the TB Vet tag was still legible).

Nabbed by Vancouver police was a clumsy car-thief who had dropped his own set of keys in a stolen vehicle.

The TB Vets have traced owners of 129,458 sets of keys since the system was started by disabled servicemen following World War II.

Though the service is free, TB Vets rely on donations from British Columbians such as the boater whose keys were found by a scuba diver in English Bay, the climber whose keys were found in melting snow on Mt. Robson, and the factory-owner whose lost keys wound up in the Azores (the sailor who found them waited for the first available mailbox).

Total of 999,751 secret-number tags are being mailed now to residents throughout the province.

Proceeds of the 46th annual campaign are used to keep those 25 disabled persons employed year-round and for grants to BC hospitals for diagnostic equipment and research into respiratory diseases. In the past decade, more than \$2.5 million has gone to 50 BC hospitals.

Those not receiving tags in the mail by mid-January may obtain them by calling 1-800-665-7796 toll free. (From the Azores, check with the operator.)

A Child with Fever

Preschoolers may run quite high fevers with only minor infections. However, if your child feels sick and achy or has a temperature of 39 deg C (102 deg F) or above, take steps to reduce the discomfort. Otherwise, leave it to run its course, except with children who are prone to convulsions when their temperature rises. Take steps to reduce their temperature at the first signs of a fever.

Nurses at B.C. Children's Hospital make several recommendations to parents on caring for a child with a fever. Keep the child cool. Remove heavy blankets and clothes. Set room temperature below 21.1 deg C (70 deg F) and put on a fan or air conditioner in hot summer-months.

Give the child plenty of clear fluids and don't or she won't eat

Sponge or bathe the child in lukewarm water (never use alcohol or cold water). Give antifever drugs such as Tylenol and avoid aspirin products (check the label) unless prescribed by your child's doctor. Follow the instructions on the bottle for correct dose for your child's age and weight.

continued on page 22

Public announcements

Base Library Hours

Building 10
 Monday 1100-1300 hrs
 1800-2100 hrs
 Tuesday 1800-2100 hrs
 Wednesday 1100-1300 hrs
 Thursday 1800-2100 hrs

Indoor Soccer Training

Anyone interested in playing Indoor Soccer is welcome to come out to the Base Gym, Wednesdays at 2000 hrs. For further info contact MCpl David Rothermund at loc 8315.

Entraînement au Soccer Interieur

Tous ceux et celles intéressés(es) à jouer au soccer interieur sont les bienvenus au gymnase de la base mercredi, à 2000 hrs. Pour plus ample renseignement contacter MCpl David Rothermund au loc 8315.

Ball Hockey Players Wanted

Anyone interested in playing Ball Hockey on the Base Team is urged to contact Cpl Herle at loc 8505 or MCpl Rothermund at loc 8315. Practices will commence in early Jan 91.

On Recherche des Joueurs de Hockey Ball

Tous ceux et celles intéressés à jouer au hockey balle pour l'équipe de la base, contacter le plus rapidement possible Cpl Herle au local 8505 ou MCpl Rothermund au local 8315. Les pratiques vont débiter au début de janvier 1991.

Crystal Demo

Anyone interested in attending a demo of fine crystal tableware? Princess House Crystal demo will be on 16 Jan at 1900 hrs at PMQ 118G.

There is a great attendance special currently running.

Come out, have a coffee and view this crystal, which is guaranteed to be replaced at half price if broken. Stores do not offer this guarantee!

If interested, please call 339-4314 for more details. Leave message if there is no answer.

WE HAVE MOVED

The C.W.L. Thrift Shop is now located in the old guard house building just outside the gate at CFB Comox.

Hours of operation:
 Thursday 10 am to 2 pm
 Saturday 1 pm to 4 pm
 You will find something for every member of the family.

Base Badminton Playdowns

There will be a meeting of all interested players - 23 Jan 91 at 11:30 hrs in the Rec Centre conference room.

The Base playdown date will be decided at this meeting. This meeting is a MUST attend.

Tournoi De Badminton Sur Base

Il y aura une réunion pour tous les membres intéressés - 23 Janvier 91 à 11:30 dans la chambre de conférence au Bureau de loisir.

La date du tournoi sera décidée à cette réunion.

Cette réunion est obligatoire!

Fire Department's Christmas Toy and Bottle Drive.

Again this year our Toy Drive Program was a great success. Approximately 650 new and used toys were collected. The bottle drive through Wallace Gardens and Tyee Park was equally successful, with over \$600 being collected.

The Base Fire Hall would like to take the opportunity to thank the community for all the support and donations to our 2nd Annual Toy and Bottle Drive.

New PMQ Mayor

Effective 1 Mar 91, Capt R.C. Sealby, AFIS, is appointed Mayor PMQ Council. The term of office will be for the period 1 Mar 91 to 28 Feb 92.

Scouts

Bottle Drive - 1st Lazo Scouts will be canvassing the PMQ area Sat 12 Jan 90 between 10-1. Please leave bottles or cans on the step if you don't wish to be disturbed.

Welcome Home to Moose Jaw!

All former students and staff of Moose Jaw Technical High School Tech Oxford Collegiate, Canadian Vocational Training School and A.E. Peacock Technical (Collegiate) will celebrate the Diamond Jubilee of their school on August 1 to 4, 1991.

Send your name and address, and those of your friends and relatives, and we'll send full details of this historic event.

A Lit, parties, sports, banquet and dance, and more will fill the four days.

MAIL YOUR LIST TODAY to:

A.E. Peacock Collegiate
 145 Ross Street East
 Moose Jaw, Saskatchewan
 S6H 0S3
 Phone: (306)693-4626

Casual Skate Cancellation

Casual skating will be cancelled 16 Feb 91, 1200-1300 hrs.

Patinage Casuel Cancellier

Le patinage casuel va être annulé 16 Feb 91 de 12:00-13:00 hrs.

108 Comm Flt. Reunion

You are invited to attend the 108 Comm. Flight Reunion, to be held in Greenwood, N.S., from 11th to 14 October, 1991.

This is the second reunion of 108 Comm. Flight to be held in thirty-five years. We are hoping that the participation for this reunion will outmatch the first reunion that was held in Ottawa in Sep, 1986. It certainly is a great occasion to renew old friendships and reminisce about old times working with Canada's first Helicopter Squadron. This Helicopter Squadron was formed to help construct the Mid Canada Radar Defence Line during the late fifties.

The highlights of this commemorative weekend will be the Friday afternoon/evening, "Meet & Greet", with other events to follow on Saturday such as wining, dining and dancing. On

Sunday, a Thanksgiving dinner will be served.

It is anticipated that \$75 per person, (excluding motels), will cover the cost of the planned activities.

Since invitations were sent out in early Nov 90 to personnel on our last reunion's nominal roll, an early response and confirmation would be appreciated so the planned activities can be arranged, etc., also motel reservations can be made.

Those who did not receive an invitation, please contact the following:

108 Comm. Flight Reunion Committee
 P.O. Box 453
 Greenwood, N.S. BOP 1N0
 or phone Bob Holmes (902) 765-4219 or Ken McLean (902) 538-3224.

Tournoi de Squash sur Base

Il y aura une reunion pour tous les membres intéressés - 30 Janvier 1991 à 1100 hrs dans la chambre de conférence au Bureau de loisir.

La date du tournoi sera décidée à cette reunion.

Cette reunion est obligatoire!

Base Squash Playdown Meeting

There will be a meeting of all interested players 30 Jan 91 at 1100 hrs in the Rec Centre Conference Room. The Base playdown date will be decided at this meeting.

This meeting is a must attend.

Attention à tous les Cougars du passé et d'aujourd'hui

L'escadron 410 va bientôt célébrer son 50 ième anniversaire.



Des festivités sont planifiées pour les 28, 29 et 30 juin 91 à la base des Forces Canadienne de Cold Lake, Alberta

Les préparatifs sont en cours et il est souhaitable que vous vous prépariez d'avance pour participer.

Pour informations additionnelles, contactez:
Maj Dave Tower
 410 Tactical Fighter Sqn (50è Anniv)
 Medley, Alberta
 TOA 2M0

Tél: Autovon 520-8907

pendant les heures de travail.



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HELP WANTED

TRAIN TO MANAGE AN APARTMENT/CONDOMINIUM COMPLEX. The Government licensed homestudy certification includes free placement assistance. Free brochure: 691-5456 or outside Vancouver 1-800-665-8339 (24 hrs).

EMPLOYMENT OPPORTUNITY

EXECUTIVE DIRECTOR to work under direction of the Board. Salary negotiable. Closing date: January 10, 1991. Start date: March, 1991. Submit resumes to: Dzal Kaur Indian Friendship Centre, Box 2520, Smithers, B.C., V0J 2N0. Attention: Von Sarac, (604)847-2600.

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HELP WANTED

FORESTRY FIELD ENGINEER. 3-5 years experience required. SILVICON SERVICES INC. Box 490, Smithers, B.C., V0J 2N0. Phone 847-3680. Fax 847-2530 for more information.

PERSONALS

Swiss/English, attractive, 33 year female, wishing to correspond with Canadian male, age 30-40. Write to Marie Kapf, Postfach 16, 6000 Lucerne, 10, Switzerland.

TRAVEL

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel. Vancouver/Auckland, return from \$979 to \$1,404. Vancouver/Sydney return from \$1,249 to \$1,717. Vancouver call: 734-7725. Toll-free: 1-800-972-6028.

TRAVEL

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SKIERS: Lake Louise, Canada's Favourite has 3 day ski and accommodation packages for only \$163/person. Double occupancy, low season. Other package plans available. 1-800-363-0003.

WANTED

WANTED: AIRPLANES! Will take trade for heavy machinery. Pay cash or consign. Wanted immediately: CESSNA-172 and a 185. Phone Bob, 338-0700 days, 334-4386 evenings, or Jim 338-1992.

On and off base

From the Fire Chief's Office



PeeWee Hockey Tournament

Comox/Campbell River Invitational Tournament

A successful PeeWee Hockey tournament was held Dec 28, 29 & 30 at Glacier Gardens. The ten team tournament was opened by the BPERO SLT Fred Bradley of CFB Comox dropping the first puck between Comox Shoppers Drug and Campbell River Sabres, before an enthusiastic crowd.

Throughout the tournament the tone of good sportsmanship was evident as few players saw the inside of the penalty box. All players worked hard, scoring many goals and showing their great skills. The goalies were also outstanding between the pipes standing up to their attackers.

The highlight of each game came at the end when the players lined up on their blue line to award each team with an MVP and Most Sportsman-like player. The standings after Sunday's final games were as follows:

- A Event: Port McNeil W
- Comox Shoppers Drug Mart B
- Village Foods (Comox) W
- Brian Rice Toyota (Comox)

- C Event: Port Alberni W
- Campbell River Wings
- D Event: Hyland Precast (Comox) W
- Campbell River Stars
- E Event: Campbell River Rangers W
- Campbell River Sabres

The puck was dropped in the final game by Courtenay Mayor Ron Webber for the first final game. A special thanks goes out to Courtenay Mayor Ron Webber, BPERO SLT Fred Bradley, ALL the sponsors for their donations, the arena staff for their dedication in keeping the ice conditions perfect. Also, to Della Weeds, Bill Bailey, Heather Richardson, a special thanks for all their time and effort before, during and after the tournament.

Finally as a parent and the Division Manager, I would like to thank all the parents and teams for a great three days of entertaining hockey. ...Theresa Swinemar

Hockey Tourney - Start and Finish



Bruce Swinemar No.6 of Comox Shoppers Drug Mart and Lanny McVeigh No.16 of Campbell River Sabres, facing off. BPERO drops the first puck to begin the tournament.



BPERO PRESENTS - 1st PLACE A-EVENT Trophy to the captain of Port McNeil's team while Coach Chris White looks on.

Family Fire Protection

In Canada, fire burns one home every 15 minutes, destroys millions of dollars worth of property each year and claims over 900 lives yearly. Remember that most fires are the result of carelessness and that the greatest safety comes from prevention. A little extra care on your part may save not only your life, but the lives of others in your home.

To prevent your home and your family from becoming a statistic, the Fire Department recommends that you inspect your home from basement to attic. Acquaint yourself and your family with the information in this article and if you have any questions please call the Fire Prevention Bureau for further information.

Check the following:

BASEMENT

Remove all necessary combustibles from the basement. Have a service man check all furnace safety controls, the chimney and flue connections for leaks and clean the furnace once a year.

Remove flammable liquids from the house and store them in tightly-closed metal containers.

LIVINGROOM

Do not use extension cords in place of permanent wiring. Replace fixtures containing bare wires, broken sockets and fittings or defective insulation. Check that wattage of light bulbs is not too high for the fixtures - causing overheating.

KITCHEN

Always be sure that all appliances are turned OFF when you leave the house. Avoid the use of homemade or unapproved appliances. (CSA) Have an approved dry chemical fire extinguisher handy.

BEDROOM

Never smoke in bed. Ensure electrical cords are properly connected.

GARAGE

Avoid accumulation of rubbish, old newspapers and junk. Check for burning cigarettes carelessly discarded.

ATTIC

Check for cracks in mortar of chimney. Never store flammable liquids near chimney.

GOOD HOUSEKEEPING

A good way to keep your home safe from fire is to practice good housekeeping habits.

IT'S A MATTER OF LIFE AND BREATH

DON'T SMOKE

British Columbia Lung Association

Canadian Crossword

By Rick McConnell

Solution on Page 20

- ACROSS
- 1. Cry
- 4. African tribe
- 9. "Tears not enough"
- 12. Astonishment
- 13. "Army man's name"
- 14. Tape colour
- 15. Quillpasture(?) N.B.
- 17. Compass pt.
- 18. Dine
- 19. Shirt material
- 21. That's it!
- 24. Foot type
- 25. "I ___ Rock"
- 26. US RRSP
- 28. Revel
- 31. Father
- 33. Quiet!
- 35. Rend
- 36. Pen name
- 38. Made a lap
- 40. Mislead in the House
- 41. Boughs of Holly
- 43. Snobby dog?
- 45. "A ___ Garden of Grass"
- 47. Spanish for
- 48. Caviar
- 49. Arouse-area(?) PQ
- 54. Everything
- 55. Hockey site
- 56. Moving or delivery
- 57. Mary
- 58. Beer ingredient
- 59. Age
- DOWN
- 1. Tree fluid
- 2. Indebted
- 3. Fastest man?
- 4. African adventure
- 5. Word-smiths
- 6. Planesmith (abbr.)
- 7. Nothing
- 8. Alec
- 9. Negative past-ure(?) PQ
- 10. Gambler's destination
- 11. Paradise
- 16. Buzzword prefix
- 20. Horn noise
- 21. Northern B.C. river
- 22. Leave out
- 23. Virginarea, (?) Sask.
- 27. Oohs' partner
- 29. Wind-catcher
- 30. Oxygen provider
- 32. Mideast Airline
- 34. "As It ___" (CBC radio show)
- 37. Passe
- 39. "She's ___ for me" (polka)
- 42. Comparing words
- 44. Boundary (comb. form)
- 45. Crop
- 46. Orifice
- 50. Sheep-killing parrot
- 51. Christmas follower
- 52. Household God
- 53. Genetic stuff

1	2	3	4	5	6	7	8	9	10	11
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54			55						56	
57			58						59	

Military update



Can-USSR Staff Talks: Second Round

An air of disbelief pervaded the room. It seemed impossible to contemplate the second highest-ranking Soviet military officer seated next to his Canadian counterpart, matter-of-factly fielding questions from journalists on the state of Canada-Soviet military relations. Hearing him pepper his responses with words like "mutual trust" and "friendly atmosphere" made the scene all the more surreal.

Yet, on Nov. 21, Col.-Gen. Bronislav Omelichev, first deputy chief of the Soviet general staff, and Lt.-Gen. David Huddleston, deputy chief of the defence staff, presided over a news conference in Ottawa. They took the occasion to reveal the results of the second round of Canada-Soviet staff talks, held earlier that day.

As little as two years ago, the notion of such an occurrence would have been unimaginable. Relations between the two nations had historically been polite yet cautious. However, in the last 12 months, events of this nature have taken place with astonishing regularity. Delegations of military officers, historians, journalists and museum officials have travelled to and fro, examining installations, equipment and personnel. Canadian warships even visited the port of Vladivostok.

The conduct of these exchanges has not, however, been haphazard. With the recent decay of the rigid structure that for so long dominated life in Eastern Europe, the barriers between East and West have all but disappeared. The West quickly responded to the East's

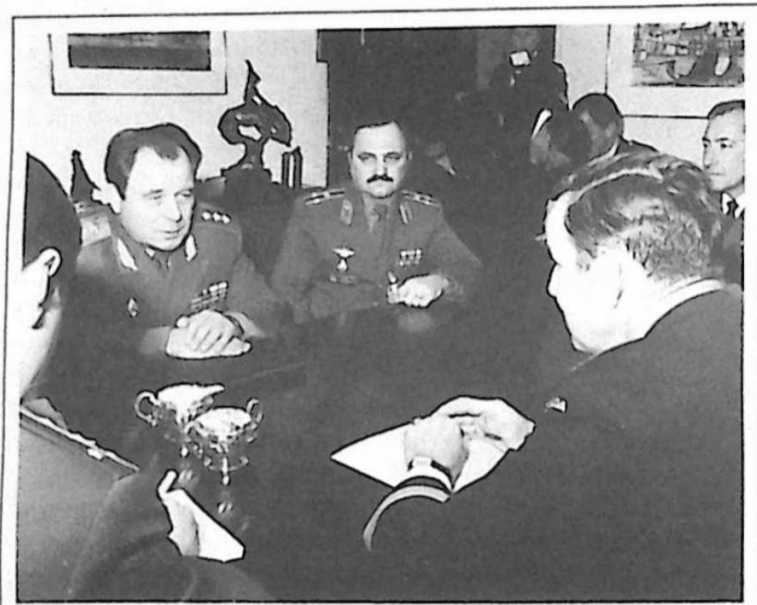
political transformation, undertaking a number of high-powered diplomatic, economic and military initiatives in an effort to solidify the new-found ties between East and West. Canada proved an eager participant in this process, engaging in an array of projects with East-bloc countries.

One of the cornerstones of Canada's new relationship with the East is the Canada-Soviet military exchange program. The project was initiated in October 1989, following the visit of a senior Canadian military delegation to Moscow, led by Lt.-Gen. Huddleston. This marked the first official visit of Canadian military officers to the Soviet Union since the Second World War. The agreement outlining the program was formally signed one month later by the Secretary of State for External Affairs Joe Clark and then Soviet Foreign Minister Eduard Shevardnadze.

The parameters of the exchange program were straightforward. The program would consist of a series of exchanges between the USSR and Canada over a two-year period, and cover a wide range of subjects, all military-related. Finally, the program would be reciprocal.

Both sides agreed to meet at the program's halfway point to conduct the second round of bilateral Canada-Soviet military staff talks, at which time the program would be reviewed.

The Staff Talks
Col.-Gen. Omelichev's visit to



Col.-Gen. Omelichev (left), with Soviet Military Naval and Air Attaché Col. Romanenko, talks with the Chief of Defence Staff, Gen. John de Chastelain.

Canada marked the midway point of the exchange program. He and his five-member delegation arrived in Ottawa Nov. 18 for the six-day session. The principal purpose of the visit was the staff talks, which took place Nov. 20 and 21. The focus of the discussions was the evaluation of the program to date, and confirmation of the schedule for the upcoming year. The talks also addressed several pertinent topics, including international and European security developments, force reductions and arms control and disarmament.

The Soviet delegation's itinerary also included a whirlwind tour of La Citadelle in Quebec City and CFB Halifax. At both locations, the Soviets inspected the facilities and equipment. In addition, they were briefed on a host of subjects, including Maritime and Mobile Commands.

Lastly, they were involved in an issue of great concern to both nations — they took in a hockey

game between the Quebec Nordiques and the Montreal Canadiens in Quebec City.

If the frequency or quality of the exchanges to date is any indication of the success of the program, it has been highly successful. In 1990, Canadian military journalists, military museum officials, representatives of the land forces of Canada along with HMCSs *Huron*, *Annapolis*, *Kootenay* and *Provider* all visited the Soviet Union in scheduled visits. Moreover, Chief of the Defence Staff Gen. John de Chastelain toured the Soviet Union at the invitation of the Soviet Chief of the General Staff, Gen. Moiseyev. Soviet military historians, military educators and an air force delegation made reciprocal visits to Canada.

Speculation that the program's evaluation would be favorable was confirmed during the press conference convened at the completion of the staff talks.

"I would like to stress how successful the program has been", stated Lt.-Gen. Huddleston. "It has been a truly remarkable experience for both sides."

Col.-Gen. Omelichev was equally satisfied. "This is an interesting and important program", he affirmed. "It allows us to become more and more open. We are now able to relate on a basis of co-operation and not confrontation."

Aside from declaring the exchange program a success, the discussions also confirmed the

schedule for 1991. In addition, preliminary talks broached the subject of the agenda for 1992. Both sides found common ground on key international security matters. Finally, and perhaps most importantly, the groundwork was laid for a potential agreement between both nations on avoiding misinterpretation of military activity. This document, entitled the Prevention of Dangerous Military Activities, will be looked at in greater detail in the near future.

"If two or three years ago, I had been told that military general staffs of the Warsaw Pact and NATO would be meeting to discuss matters of common concern in an atmosphere of trust, I would not have believed it," stated the Soviet general. "The Cold War is over."

Solution

S	O	B	S	W	A	Z	I	A	R	E	
A	W	E	A	R	M	I	N	R	E	D	
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INFO 8720

Continued on page 24

Recreation



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 11 & 12 Jan.....Music by EVENING STAR
Fri & Sat 18 & 19 Jan.....Music by WESTWIND

REGULAR ACTIVITIES

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

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(NO T-SHIRTS)

EVENTS

SATURDAY 19 JANUARY.....Branch & L.A. Joint Installation of Officers
Cocktails 6:30 PM, Dinner 7:00 PM
Installation 8:00 PM, Dance to Westwind 9:00 PM
Tickets Available at Bar \$5.00

SPORTS

SUNDAY 27 JANUARY.....Fun Crib Tournament
Registration 12-1 PM.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 11 Jan.....Music by FULLHOUSE
Fri 18 Jan.....Music by SHABOOM
Fri 25 Jan.....Music by HIGHWAY 19
Fri 01 Feb.....Music by ALLEYCATS
Fri 08 Feb.....Music by NASHVILLE (New Group)

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League - Navy Room. 7:30 PM
L.A. Drop-In-Bingo. Upper Hall. 7:30 PM
TUESDAYS.....Ladies Crib League. Lounge. 8 PM
Mixed Dart League. Upper Hall. 7:30 PM
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:30 PM
C.V. Men Crib League (Home & Away). 8 PM
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

SATURDAY 19 JANUARY - ANNUAL "BURNS DINNER".
Tickets \$30 per couple now on sale at office.
Music by the "BRIERS".

SPORTS

FRIDAY 11 JANUARY - MONTHLY CRIB TOURNAMENT.
Upper Hall. 1 PM. Reg. 45.

SUNDAY 20 JANUARY - EUCHRE TOURNAMENT FOR
FRED EGGIMAN MEMORIAL TROPHY. Lounge. 1 PM.
Reg. \$5.



To whom it may concern: SCUBA Slander

It has come to our attention that certain individuals in and around the Comox Valley have taken it upon themselves to try to slander the SCUBA certification agency we belong to. The intention of this letter is to set the record straight and to ease the minds of those who may already belong to the agency or those who may wish to join.

The agency in question is the ACUC International (American Canadian Underwater Certifications).

Originally called the Association of Canadian Underwater Councils, the ACUC was formed in 1968 to represent all of the SCUBA divers in Canada to the Federal Government. The membership consisted of the Councils from each of the Provinces and North West Territories. In 1971, an arm of the ACUC was formed to standardize SCUBA training and certifications across Canada.

Federal support funding was received from 1968 to 1979, but by 1982 the only funding came from certifications and a small amount (\$50 per member) from the Councils. During this time the B.C., Quebec, P.E.I., N.B., and Alberta Councils dropped out of the Association. In 1984, Ontario dropped out which only left Nova Scotia, Newfoundland, Saskatchewan, Manitoba and the North West Territories. This certainly did not represent the divers of the country so at the next

ACUC Annual General Meeting it was agreed to by the remaining provinces that they stop pretending to be a representative body and concentrate strictly on SCUBA Training and Certification. By 1986 these same provinces, plus Ontario and Alberta, agreed that ACUC (Association of Canadian Underwater Councils) would no longer be involved in SCUBA Training and Certification. This would be taken over by a private company named American, Canadian Underwater Certifications Incorporated, operating under the name of ACUC International. This was agreed on at the Annual General Meeting of the ACUC held in Winnipeg, Manitoba, on April 10, 1986. This same agency has upheld the training and certifications of Canadian divers ever since.

To further the position of ACUC International as a legal entity:

1. The instructors with the agency may purchase \$1,000,000 Liability Insurance through Zurich Insurance.
2. ACUC International is a member of the Technical Committee of the World Diving Federation (CMAS) based in Paris, France.
3. ACUC International is the only certifying agency in Canada to offer CMAS (World Diving Federation) certification equivalencies to its divers.

4. ACUC International is recognized by the Federal Government of Canada as an Educational Institution.

5. ACUC International diver certifications are recognized for entry into Dive Teams with the Ontario Provincial Police, Quebec Provincial Police, R.C.M.P., Seneca College, Marine Biology courses at Dalhousie University, to name but a few.

6. ACUC International is the only Canadian owned SCUBA Certification Agency.

In addition, the NAUI (National Association of Underwater Instructors) and PADI (Professional Association of Diving Instructors) have been contacted and have verified the point that the ACUC International is indeed a legal entity and they can see nothing wrong with the certifications issued by the agency.

As you can see by the above material, the ACUC International is alive and well and certifying safe divers and will continue to do so. It is a shame that some individuals carry on with their accusations, even though by their standing as SCUBA Instructors, are considered to be professionals.

Thank you for your time.
I remain, a proud ACUC International Instructor,
Robin Keyes
ACUC 083CA
President
CFB Comox SCUBA Club

Chantuese



Sgt Nickle Barber sang at the Jr Ranks Christmas Dinner. Like a thrush, Nickle.

Support Your Comox Air Force Museum Bingo Night

16:30 18:30 Every Tuesday
at the Bingo Palace
behind the Driftwood Mall

Next Deadline 21 Jan '91

Tom Procter's Realty Report: 1990-1991

Happy New Year to you all and once again here is my report for you on real estate in the valley. The information for this report is shown with the data from five previous years to give you a market perspective covering the six year period 1985-1991.

	# SALES	\$ SPENT	% INCREASE
1985	1,054	\$ 59,433,435	
1986	1,160	61,605,243	3.65
1987	1,298	67,115,175	8.94
1988	1,524	89,271,350	32.10
1989	2,160	139,600,000	56.38
1990	1,970	143,550,100	2.83

For 1990 the number of sales decreased by 190 which is a drop of 8.8% from 1989. The dollars spent increased by \$3,950,100 which is 2.83%. The multiple listing average price for the area is \$91,789 for a residential unit, up 15% from one year ago and the lot price average is \$24,114 showing an increase of 20% over 1989. The total number of MLS sales being 1,410 and the \$ spent through the MLS service estimated at \$98,365,961, private sales and exclusive listings make

up the rest of the market. (These figures to 30 Nov 91.)

1990 has been a year of stabilization. The number of sales are down slightly from 1989 which we can now reflect upon as being a boom year. The dollars spent indicates a rise in prices

during 1990 and it is interesting to note the 48% of properties sold for over \$100,000 in 1990 whereas in 1989 only 38% sold over the \$100,000 price.

LOOKING AHEAD:

The future continues to look bright for the Comox Valley when we consider the following very positive items:

- Natural Gas Pipeline Project moving from the planning to the construction stage.
- The planned inland Island

Highway likewise moving from the planning to the construction stage.

- The multi million dollar golf course and land development proceeding in the area to the southwest of Ryan Road, Anderton Road intersection.
- The Commonwealth Games in Victoria in the mid nineties plus many smaller projects in our area which will bring more people and wealth into the valley.

- With rundown of NATO a possibility of more aircraft and personnel at CFB Comox. My forecast for 1991 is for the housing market to continue to stabilize, a slow-down in prices and increases, and a smaller number of sales than in 1990. People will continue to move to B.C. and Comox and we will not be as adversely affected as Ontario and the Lower Mainland markets by recession. We will suffer from the results of the GST introduced in

On and off base

More Fever

Most children respond well to this care and their fevers will subside comfortably. However, call a doctor if the fever lasts more than 24 hours or if the child has difficulty breathing, seems to be in pain or looks sick and is very lethargic. If you are worried and would like advice, call your doctor as well.

Fever in itself is not an illness. Normal body temperature ranges

between 36.5 deg to 37.5 deg C (97.7 deg - 99.5 deg F). Fever is a rise in body temperature that occurs as part of the body's normal response to infection and may, in fact, help the body fight it off.

If your child seems hot or unwell, nurses advise a temperature check as a first step. Use a glass or digital thermometer, or a fever strip.

Digital thermometers "beep"

when the temperature is recorded and display the reading in large numbers. Although more expensive than glass, they are accurate, easy to use and unbreakable.

Fever strips go on the child's forehead and give a temperature reading pre-adjusted to the oral temperature. They are less accurate, but can be helpful in separating high and low grade fevers.

A safe and reliable way to take

a child's temperature is to place the thermometer under his arm.

Shake down a glass thermometer so that it reads well below normal. Simply turn on a digital thermometer. Dry the child's armpit. Place the bulb end of the thermometer under the armpit. Keep the child's elbow close to his side for at least five minutes. A normal underarm temperature is 36.5 deg C (97.6 deg F).

As a general rule, use a thermometer to take a mouth temperature on children over five years old. Place the bulb of the thermometer under the tongue and have the child hold it there with the mouth closed. Leave a glass thermometer in for one to two minutes and a digital one for 30 seconds. A normal mouth temperature is 37 deg C (98.6 deg F).

continued from page 17

On and off base

Dog Talk

by Gerry Gerow



Strutting Your Stuff

...only the owner is nervous

Here we are. Another year, another column, and another book. Two books, actually. The first one I'll talk about is one I just received. 'Dog Showing', by Connie Vanacore, Macmillan publishing, New York, and Collier Macmillan, Canada, Don Mills, Ont. Cdn \$29.95.

I found the book very interesting. There is a lot here for the novice preparing to show their first dog. I only wish I could have read it before I stepped into the ring, that first, scary, day. I'm sure I would have felt a lot more confident.

Vanacore is an experienced writer and her book covers just about everything the novice would want to know. This is a hard cover, 164 page edition which is well illustrated. It's too late for Christmas, but dog lovers have birthdays, too. It's just published so is probably not on the shelves yet, but you can have it ordered from the publishers.

Book number two this week, is a breed book on a loveable little breed. 'The Complete Silky Terrier', by Peggy Smith, Macmillan publishing, New York, and Collier Macmillan, Canada, Don Mills, Ontario, Cdn \$29.95.

The Silky is a really loveable little doggy which is sometimes confused with the Yorky. Silky evolved as a byproduct during the development of the Australian Terrier. They are native to Australia. All the requirements of a good breed book are here. The American, Australian, and Canadian standards are included and well discussed. This is a 230 page, well illustrated, hard covered edition, well worth the price for anyone interested in the breed. It's been out for a couple of months now, so it should be in the book and pet stores.

On Vancouver Island, where I hang my hat, an organization exists which I don't think is duplicated anywhere else. 'The Association of Island Obedience Clubs'. This group of clubs hold trials based on the CKC rules and using CKC recognized judges, but there is one big difference. Any dog can compete. This means that you can trial your Heinz 57 variety dog and earn the various obedience degrees, even though it is not a recognized or registered purebred dog. The Canadian Kennel Club is a group interested only in pure bred dogs and won't permit this, and, I believe, rightly so. However, this companion group really fills the bill. Cross bred dogs can and do win their obedience trial championship degrees, something few pure breeds accomplish and at a fraction of the cost.

As a pure bred dog owner, I compete in the CKC sponsored trials and the AIOC trials as well. The only difference is that I shall not try for the CKC trial and S3 for the AIOC. Hopefully the ideas that dogs can be fun and not just a business, will catch on and cross bred dogs all over Canada will get a chance to strut their stuff.



Fending off the 'Flu

Community health nurses remind you that now is the time for flu shots. The flu season runs from December through March. Vaccination at this time will provide high antibody levels throughout those coming months.

The flus typically characterized by its abrupt onset with a fever, headache, general achiness and cough. Unlike many other common respiratory infections, the flu can cause extreme malaise lasting several days. Pneumonia is the most frequent complication and may be viral (due to direct viral invasion of the lungs), bacterial, or mixed viral and bacterial.

Flu creates considerable cost. During the flu season, absenteeism at work and school increases, as do the number of visits to doctors, emergency rooms and clinics. Hospitalizations - especially of the elderly and those with ill health - increase due to complications such as pneumonia. Studies show rates of admission can increase between two and five-fold during a major epidemic. Similarly, the rate of death, mostly from those over 65, increases from pneumonia and previous heart and lung conditions.

Community nurses stress vaccination before the flu season begins as the single most effective measure to reduce the impact. Each year the flu vaccine contains the strains most likely to be effective. This year the vaccine will contain two subtypes of the influenza A virus (Taiwan H1N1 and Shanghai H3N2) and one subtype of the influenza B virus (Yamagata).

The vaccine is administered by injection into the arm in a single dose. The most frequent side effect is soreness around the injection site for up to two days. The vaccine itself cannot cause the flu because the preparation kills the virus.

In B.C., the Ministry of Health provides the vaccine at no cost to those at high risk of complications from the flu. That includes adults and children with long-term heart or lung disorders or conditions such as diabetes or cancer and children and adolescents treated for long periods with acetylsalicylic acid. It also includes anyone over 65 and residents of nursing homes and other chronic care facilities. The same applies to care providers who have extensive contact with people at significant risk, and adult and child household contacts of people at high risk.

Others who wish to receive the vaccine may do so for a small fee. Only those known to have severe allergy to eggs are excluded. Nurses also recommend anyone with a fever or infection wait until well. Travellers going to the southern hemisphere from March through September should review their vaccination status before leaving and have a flu shot before entering the winter season "down under".

Many miss the opportunity to receive a flu shot because they aren't aware that it is available or don't think to ask for it at the right time, ideally fall or early winter. Be on top of it and call your health unit or family doctor now.

OBITUARY

Joseph George Dack

DACK, Joseph George - of Nanaimo, BC, born in London, England on October 2, 1915, passed away at home on December 24, 1990. Predeceased by his mother Amelia Palmer and step-father Bert Palmer, may his dear soul rest in peace. He will be sadly missed by everyone. Joe served with British Eighth Army 1939 - 1945 taken P.O.W. on June 6th, 1942, at Tobruk and repatriated 1945. He emigrated to Canada in 1948 and served in the RCAF from 1948 until retiring in Ottawa in 1965, where he was an employee at Riverside Hospital from 1967 to 1979; at which time he moved to Nanaimo. He leaves

to mourn his passing his loving wife Doris, son Kenneth (Loretta), daughters, Joyce (Bob), Brenda (Bob), grandchildren, Kevin (Lynn), Steven (Angela), Kelly, Rachel, Matthew, Kate, Kenny and Jennifer in Canada. Sisters, Rose, Florence, Lylie, Alice, Violet, numerous nieces and nephews, all in England, and many close friends. Funeral service was held on Friday, December 28, 1990 from Sands Funeral Chapel, 1 Newcastle Avenue, Nanaimo, BC with Archdeacon David McKay officiating.

Courtesy Sands Funeral Chapel, Nanaimo.

Next Deadline 21 Jan '91

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On and off base

New CF Rifle



NEW WESTMINSTER, BC - MCpl "Rick Lowe", paratrooper with the Royal Westminster Regiment, examines the new C7 rifle issued to BC's army reserve units this fall. The C7 and the C8 carbine are improved versions of the American M16 rifle which fire the new NATO standard calibre 5.56 mm ammunition. The new rifle replaces the FN-C1, 7.62 mm calibre, semi-automatic rifle issued to the Canadian forces in the late 1950s. The C8 is lighter (3.8 kg) and has a larger magazine (30 rounds) than the older FN-C1; because it fires a smaller bullet at a high velocity, it permits more accurate shooting with less recoil. The C7 can also be switched to fully automatic firing. The new family of small arms is part of the continuing re-equipment of the Canadian forces, both regular and reserve, with modern weapons.

- Photo by Sgt Colin Blackburn

Looking Back:

The Avro Arrow on cold weather trials
photo courtesy MWO Cameron



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floor and fixed the photocopier...
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More Realty Report

continued from page 20

January 1991 which will bring about inflation and price increases in the long run. Mortgage rates will remain stable for awhile but will tend to go up as the inflation trends which may be brought about by GST take effect.

Best wishes and good luck to you all in 1991.

Tom Proctor is a retired 407 Sqn Navigator and has worked in the realty industry in the Comox Valley for a number of years.

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