



TOTEM TIMES



Vol. 27 No. 4 CFB COMOX TOTEM TIMES

THURSDAY February 21, 1985

Deadline is Monday, March 4, 1985

COST: PRICELESS

It's Official.. New Uniforms On The Way.



Ottawa -- Defence Minister Robert Coates has unveiled plans for the introduction of three distinctive environmental uniforms for the Canadian Forces. While retaining the unified force structure, the sea element will be issued with dark blue uniforms, the land element will wear green and the air element will have light blue uniforms.

"This new initiative is tangible evidence of the government's commitment to the Canadian Forces. Moreover, since the cloth and uniforms will be manufactured in Canada, it will also provide a significant boost for the textile and clothing industry" Mr. Coates said.

The cuts of the land and air uniforms will be the same as the present Canadian Forces uniform, but with the addition of epaulettes for the former. The sea element will wear a double-breasted jacket. Rank symbology will remain the

same to illustrate the fact that the Canadian Forces remain a unified force.

There will be both winter and summer dress, with the lighter weight summer versions for the elements being white for the sea, tan for the land and light blue for the air.

All servicemen and servicewomen, Regular and Reserve, will be provided with an initial free issue of the uniform. A limited number of uniforms will be issued by summer 1985. All members of the Regular Force and Primary Reserve should have their winter uniforms by the fall of 1987 and their summer uniforms by the spring of 1988. Uniforms for the Supplementary Reserve and the Cadets will be issued at a later date in a manner similar to that for the Regular Force and Primary Reserve.

...A Backgrounder.

When Defence Minister Robert Coates announced that the Canadian Forces would be getting new uniforms to reflect the three distinct environments, the Chief of the Defence Staff established a committee to examine all the issues involved and to present recommendations.

The mandate of the uniform committee was to develop a plan to introduce three separate uniforms while not disturbing the benefits derived from unification. This was to be done taking into account recommendations contained in the Fyffe Report, an independent review of Unification commissioned by the previous Conservative Government.

The uniform committee headed by the Assistant Deputy Minister (Personnel) also included the chief of personnel services, the deputy commanders of maritime, mobile and air commands, the chief of construction and properties and the director general of supply systems. Two technical advisors, one each from Assistant Deputy Minister (Materiel) and Assistant Deputy Minister (Personnel) were also members of the committee. The Canadian Forces Chief Warrant Officer was an advisor to the Chief of the Defence Staff on the uniform selection.

Eight principles were established to guide the development of proposals for new uniforms:

- 1.) the paramount criterion was to be operational effectiveness;
- 2.) any uniform adopted would have to be distinctively Canadian - that is no return to the pre-unification uniform;
- 3.) new uniforms are a total force decision and would have to incorporate the Reserves;
- 4.) while cost would be taken into account, it would not be the overriding factor in assessing the options;

5.) the requirement for identity was acknowledged and factors were ranked in order of importance - "Canadian" being the most important, followed by environmental, then unit/regiment/branch and finally classification and trade;

6.) traditional differences in emphasis placed on units, regiments, corps, branches and trades by the former three services should be considered;

7.) rank badges should be readily recognizable;

8.) the male/female differences would be incorporated in all possible options.

After considering several options of dress it was decided that the navy would get a dark blue, double breasted uniform. In the summer, the navy will switch to a high collar white uniform and a white short-sleeved uniform for less formal every day dress.

The army will stay in green but the winter uniform will be made of a heavier material than the present cloth. They will have a tan uniform for summer wear.

The air force will wear two different weights of light blue material.

The cuts of the army and air force uniforms will be the current Canadian Forces style with the addition of epaulettes for the army. The policy on buttons, and the buttons themselves, will remain the same and there will be no change in classification badges. The common rank symbology will be retained to illustrate the fact that the Forces remain unified.

There will be no change in the style of operational clothing such as combat dress and flying suits. However, there will be a different work dress for each environment.

Continued on page 12

Cadet Visits Underway

This week marks the beginning of the annual Spring Migration of Air Cadets to CFB Comox.

The various squadrons throughout the lower mainland and Vancouver Island are rotated through base visits during the next several months.

While here the Cadets are housed at the very famous Hyatt Quadra, renowned for its excellence in quality and service.

The Cadets will undertake visits to the various squadrons on the base to get a first hand look at the real thing. The Cadet groups also visit other base facilities such as the Met section, Fire Hall and the TRACs/Tower operation.

Head knock on the Cadet program is non other than Capt Frank Gavin, our neighbourhood Bast Nuclear Defence Officer. Capt Gavin deserves a lot of credit for the Cadet visit program. It's no easy task.

Salmonoid enhancement Group To Meet

A steering committee has been active since November, 1984 to lay the foundation for the Committee for the Advancement of Salmonoid Enhancement (C.A.S.E.). The group has met on several occasions and has endeavored to bring together all user groups in recognition of the vital importance this resource has on all aspects of our community. We feel that the potential of our waterways is enormous and there is much we can accomplish. Our initial objectives shall concern:

- The Establishment of a central information data base which will accumulate and disseminate information regarding local salmon conditions.

- The development of a community plan to develop a salmon enhancement program.

- The Promotion of public awareness as to the economic and environmental importance of enhancement.

- Project coordination by supporting existing projects as well as generating new endeavours.

- Developing policy and regulations by working with government agencies to rectify old problems and to keep abreast of current developments which may lead to environmental damage that would interfere with our enhancement goals.

A special meeting will be held at 7:30 p.m., Wednesday, 27 February at the Courtenay Fish & Game Club and the program will include:

- Guest Speaker - Mr. Brian Allen. Mr. Allen is our new Community Advisory from - Fisheries and Oceans Canada;

- General discussion on the proposed aims and objectives of this organization;

- Structural organization of the group and establishment as a society in accordance with the Societies Act of British Columbia; and

- Election of Officers.

The sub-committee believes that you have a specific interest in this matter. You are therefore cordially invited to attend. Should you know someone within your group that may be particularly interested in participating, please bring them along. We look forward to seeing you.

"Old Totems" Hosting

CFB "Old Totems" will be hosting their 7th annual North Island Old Timers Hockey Tournament from the 22nd to the 24th of March.

Teams participating will come from Campbell River, Mission, Nanaimo, Port Alberni, Cowichan Valley and of course, locally.

Teams will arrive on Friday, March 22nd and play will begin that evening. The tournament will continue through Saturday and Sunday with the presentations slated for Sunday afternoon. OPI for the tournament is the BPERO, Lt Brian Van Hereweghe at local 2542.

ASW Competition '85.

The 1985 National ASW competition including the technical evaluation has been scheduled for the period 9 - 13 April, 1985 in Greenwood, N.S. to select the Aurora crew that will represent Canada in Fincastle 85. This year Fincastle will be held at RAF Kinloss from 27 Sep - 9 Oct.

As in past national ASW competitions each crew will fly one day and one night sortie against an Oberon class submarine and will conduct one OMS mission in a multi-threat scenario.

CFB Greenwood will nominate a Competition Coordinator and VP404 will provide a Scenario Coordinator. The MAG OPI is Maj W.S. Lewis.

At press time the "Whale Killers" over at VP407 had not yet announced their team but local competition is ongoing.

Regional Broomball

Canadian Forces Base Comox will host the Pacific Region Broomball Championship from 25 to 28 February.

Teams from large and small bases will compete in a Round Robin playdown.

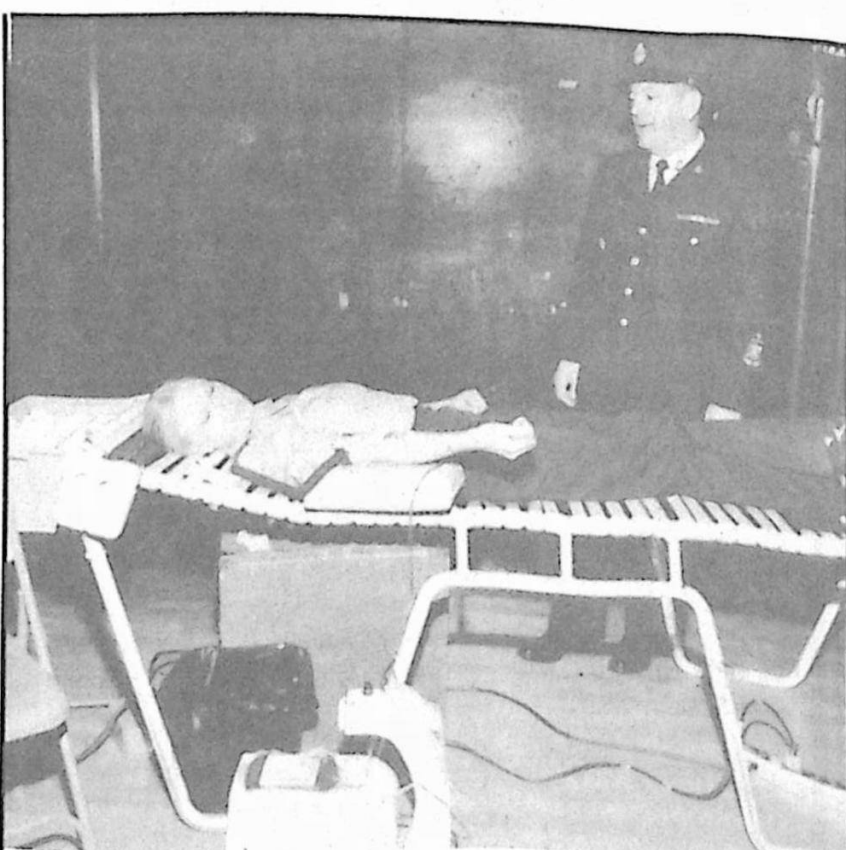
Large base representatives are Chilliwack, Esquimalt, 3PPCLI and Comox. The small base teams are Beaverlodge, Kamloops, Provider and Holberg.

Round Robin play is scheduled for the afternoon and evenings of February 25 and 26. Quarter finals and semi-finals get underway Wednesday, February 27 with the finals going on Thursday the 28th. All action is at Glacier Gardens.

Further information can be obtained by contacting the recreation centre at local 2315.

KUNG HEY
FUT CHOI

THE YEAR OF THE OX



Courtesy Base Photo

CCWO Checks out Bloodletting...CWO Oulette happened by during the recent Blood Donor Clinic held at CFB Comox. The CCWO was on his staff visit to the base to see for himself why nobody wants to leave. From all reports the clinic went well.

Demon Doins



Sqn

MAINTENANCE
A belated welcome to the technicians, Jeff, Bob, Marcel, Jim and Eva, who've joined the team and farewell to Micky, Roy, Reg and Ian, now in servicing. MCpl Maxted, an engine tech from Otawata, has recently joined us. Another couple of weeks and you'll be right at home, Tom. Cpl Belanger joins the Engine Bay team. Don't let them lead you astray.

And that's the way it is, until our next report - bye for now.

now in the Spec 1 payfield he will have enough extra money to finish the "Jag" in the near future, what will he talk about then? Roch St. Pierre is presently on the Flight Safety Course in Winnipeg which could prove to be a survival course if the prairie weather gets any worse.

On the lighter side, two Long Range Trainers returned from trips to Southern California, more specifically, San Diego and area. Capt Clive Barratt and crew in a Buffalo returned from a four day sojourn that saw Lt Rick McClure sampling the sights, if not the Tequila in Tijuana, while the OF-

FROM THE MAIN FLOOR
Doug and the Slugs returned from the WINOX curling trophy meet the weekend before last, victorious - sort of. Our intrepid crew, numbering 23, led by Himself and our own Mr. T (Gord) apparently were winning fair and square, when rule 4 was invoked by the hosts. Rule 4 has to do with interpreting the rules in your own favour - the Americas Cup and Olympic cycling

Food. Deep fried chicken, chips, salad.
2100 hours -- "Glen Gillis and the Alley Cats"
Cost \$10.00 per couple.

Section News

VU 33



Since our regular scribe is "stuck" in Southern California administering comfort to an ailing Tracker, I have been volunteered to fill in for the poor guy!

Our detachment to San Diego returned with first-class T-33 service having been provided to the USN. That's the good news!

Without going into too much detail, the ramp in MIRAMAR has looked like VU33 South for the last couple of days. At this writing, the aforementioned ailing bird is still there, with an uncertain future! Where do we send your docs, Bob?

The squadron has been pretty busy lately with pilots jumping out of one type aircraft into another. It finally caught up to our fearless leader when he tried to go flying in our super twin with a go-fast helmet.

Last week we had our scheduled rocket firing. Leading to the exercise, the CO decided to have an early morning recall. One person was so surprised he called Ops and said "No one told me we were going to have a recall!" Hey, Kevin, that's the whole idea!

The Base Commander and the BOPSO had a (gentleman's) wager on the outcome of the Rocketex. With extreme diplomacy, our fearless leader had to rule for "Red Lead" on the score even though it may mean his next posting may require thermal underwear and a course in dog-team management.

That's all folks. Hurry back Anchor 92!

The unknown writer

TECH-SIDE

Once again, I find myself jotting words down for the paper, I stood in for Len before when he was on course and have found out already just how difficult it is to start knowing full well that just around the corner there are critics who take pride in shooting you down. To set

the record straight Len has passed on the bullet-proof vest to me for a while so fire away. Being my first article it was inevitable that there would be very little to report. So as to not disappoint anyone I will dig deep and let the pen do the rest.

Saturday, 9th February brought us our first squadron get-together at the Lion's Den. Merv tells me that those who attended ate, danced and walked away with a smile on their face. It also comes to me that the newly founded company Music by George was turning out the tunes for young and old. I don't know if we have any Old Guys but I'm sure if we do they enjoyed the melodies.

I can only be envious of those who had the opportunity to fight the snow last week in order to get to the function. Being part of the recent California Det. to San Diego, I missed out on all the snow and had to fight the heat to get anything done. One T-33 found the weather to its liking and decided to stay longer which in turn allowed Len Comeau the opportunity to see the sun and sand. Now, we find Scott Hanna with beach towel rolled up and on his way to rescue Len and his Tracker from the immense heat. Anyone else wishing to see California is urged to contact the nearest ticket agency.

It hurts to report that the squadron hockey team has suffered defeat in the first round of the playoffs. Which I'll take the space available to say is not set up with operational squadrons in mind. For the first time this year, we found ourselves with five players away and a goaltender on the opposition who kept getting in the way. Good luck to those teams who survived the first round. Keep a good guard because we plan to show you, the winner, that we can and will beat the top team of the intersection playoffs.

I would like to welcome to the squadron MCpl Frank Bliss. Frank is a member of Base Armament, who graciously support us with extra manpower when needed. Whether the Navy likes Frank is still in question, they successfully destroyed both of his targets in one trip. The other aircraft being more elusive only lost one.

There are a couple of old faces in new jobs, Daniel Dureau leaves Servicing and goes to Maintenance doing the switch with Jenny Martinez.

I'm writing today to dispell the myth that the people in Supply are nothing but a group of inactive paper pushers. Various personnel have taken some well deserved breaks from our busy sections over the last few weeks in order to participate in the winter sports which we all enjoy. Skiing and curling have topped the list.

Thursday, 7 February, will go down in history as the day Supply descended upon Forbidden Plateau. With skis, inner tubes, tobaggans, and knitting needles, an assault was made on this beautifully snow covered mountain. Throughout the day, one could witness all sorts of unusual jumps, turns and somersaults. I'm sure that many loose skis and ear piercing shrieks are still bouncing around the plateau.

After a wonderful day on the slopes, we were all treated to a lovely meal with Dawn Ullock being given a surprise birthday cake. Words of appreciation go out to those who organized it, and especially the weather man for giving us 30 cm of newly fallen snow.

A group of eager Supply curlers have just returned from a trip to Cold Lake where they participated in the Central Region Logistics Bonspiel. Now you may be wondering what a team from the Pacific Region is doing in Cold Lake. It seems that a certain Sergeant has friends in high places. Unfortunately, having the right contacts does not guarantee an instant win. It takes a team effort to win. The team was made up of Darrell Sears, Steve Dew, Pat Armstrong and Donna Middelbrook. We're glad (or maybe not) to hear that Darrell is talking again. We're sure he didn't go all the way to Cold Lake for

Not enough will have to do for now, I will put the pressure on my scoopers for more information to be written into the next article. Included in the article will be information on the whereabouts of 20,000 ft. of missing wire, last seen in California.

G.L.

A Story With A Moral

From MSE Safety

Once upon a time there were two brothers, Very Smart and More Smart, from the Land of Go, who set out into the world to seek their possessions.

Because they were members of the Smart family, they knew that the best way to get Possessions was to ask questions then, if they heard the answers, they got Possessions. (This is a family secret known only to Smart people and passed on to each child on his twelfth birthday.)

So, as the story goes, each time they would come into a new Land they would ask, "Who are the wisest men in this Land?" When they were sure they had the names of the wisest men they would go to them and ask them questions.

Now it just so happened that the Smart brothers were much alike in many ways. They each had hair, noses and toes, each had a pair of hands, legs, eyes and ears and each had an extremely large satchel. (It was the custom in those days to carry satchels for Possession storage.)

The smart brothers were much alike in many ways, but in one way they were different.

Very Smart was extremely methodical and extremely fussy about the way he packed his Possessions into his satchel. He wanted to know exactly where each Possession was and was often heard to say, "I want to be able to put my hands right on each Possession without having to search."

More Smart was just the opposite. He would just toss his Possessions into his satchel and let them lay where they fell and then when he needed one of his Possessions he would go searching through his satchel and was often heard to say, "Now where did that go -- let's see -- it should be just

before this one -- no, that one -- or was it this one --"

And so it was that they travelled together from Land to Land, asking questions and getting Possessions until one day, as they were approaching the Land of Undergo, it happened!

They came to a curve in the road and a big fire-breathing-two-headed dragon rose up in front of them.

Now, this was not an unusual thing to have happen. Big fire-breathing-two-headed dragons were not uncommon in the Land of Undergo and the Smart brothers each had a Possession for just such an emergency. This was one of the questions they had asked, "What do you do when you come to a curve in the road and a big fire-

breathing-two-headed dragon rises up in front of you?

Very reached into his satchel, pulled out his Possession and stepped aside so the dragon head coming at him went right past him. Not even one little hair on his head was singed.

But, alas, it was different for More. he was still searching through his satchel for his Possession as the jaws of the dragon chomped up and down -- up and down -- until there was no More.

The moral to this story is -- when faced with an emergency situation and if you want to be very smart you'll know what to do without having to think about it.

Are you Very Smart? Read the MSE Safety Quiz in every edition.

M. S. E. Driver Safety

What would you do??

You're running a two-lane highway at night. A car coming toward you from the opposite direction refuses to lower his beams. You are momentarily blinded. What should you do?

- ☐ Keep your beams low, slow down and look to right edge of roadway.
- ☐ Raise your beams and honk until he lowers his beams.
- ☐ Flash brights on and off, slow down and look at right edge of roadway.

Answer On Page 8

Base Supply

a bad case of laryngitis.

Chuck Harvey down in POL will be going to the Pacific Region Volleyball tournament as a member of the Base Team. Good luck to them all. Speaking of teams, the Supply intersection team placed first on the season and are looking to take the trophy in the playoffs. Chuck will be forming a team of his own in August as he and Sharon will be getting married (this is not a rumour, it's a fact). Congratulations to both of them.

We have two new people in Supply this month. Greg Alton is now working the CSO/MUX, and the pressure is really on from those meanies down in Clothing Stores. Louise Tanner is a civilian working in LPO. She is replacing Gord Hodgkinson, who has been sick since before Christmas. We wish him all the best for a speedy recovery. Returning to Supply from Borden, where he placed tops in his TQ5 class, is Claude Cipilietti. We are all proud of his achievement.

Over the past few weeks, Privates and Corporals have been moved around within the various sections in Supply with more moves on the way. Some of the moves have been liked, where others have not been appreciated. Dan Brown likes his move to Customer Services, because he is now surrounded by what he likes best -- women. Kathy Segriff, who was moved to General Stores is unhappy with that move because she is constantly fighting with the computer. We'll know if she's winning the battle if her reject rate starts to drop. Good news from Pete Chelley this week, he got the extension he was waiting for. He got a whole day extra added to his military career. And Bob Cotton will be leaving us soon for Borden.

where he will be taking his 6A course. ISG will be reverberating with the sound of silence for 2 months.

And finally, the Supply 50/50 candy draw has been won by a non-supply person. He is Ted Soles from CE, who guessed 1,521 pieces

of candy, missing the total by only one piece. Congratulations, and good eating. And that's it from the Supply Section for this edition.

From RSRL

More Section News On Page 11.

OFFICERS' MESS

Fridays, February 22
REGULAR TGIF

1600 - 1700 hrs. Food 1700 - 1800 hrs. Free Taxi - ask at Bar.

Wednesdays, February 27
OFFICERS' WIVES CLUB
BRIDGE

Saturday, February 23

MEDIEVAL NIGHT A traditional Medieval feast, complete with King, Queen, Knights, Courtiers, Jester, and Ladies-in-waiting. Period costume is suggested. Feasting to begin at 1900 hrs followed by dancing at 2100 hrs. Cost per couple: Members \$25.00, Guests \$30.00.

COMING EVENTS:
Mess Dinner - 29 March

JR. RANKS' MESS

February 28 -- DJ SUMMIT MUSIC

March 1 -- Top 40 Band REDLINES

March 7 & 8 -- DJ SUMMIT MUSIC

March 14 -- DJ AUDIO EXPRESS

March 15

CFOX ROCK VIDEO PARTY

9 X 12 Screen for Video

Lots of prizes -- Cost - \$2.00 per person.

March 21 -- NINE TONIGHT DJ

March 22

JRM INDOOR BEACH PARTY

Wear your sun glasses and bathing suit.

Women pick Mr. Beach Bum 1985

Men pick Miss Beach Beauty 1985

GREAT PRIZES!

March 28 -- DJ SUMMIT MUSIC

March 29

TOP 40 BAND -- LAKE SCHINDAL

This band did very well on the CKLG countdown of the bands!

DJ on Fridays-\$1⁰⁰ * Bands-\$3⁰⁰ per person

SPORTS

TGIF FOR MARCH

March 1 -- DARTS * March 8 -- EUCHRE * March 15 -- CRIB

March 22 -- DARTS * March 29 -- EUCHRE

Sign up by 1715 hours. Games start at 1730 hours.

\$100⁰⁰ CANEX Gift Certificates for prizes!

SUNDAY TOURNAMENTS

March 3 -- DARTS * March 10 -- POOL * March 17 -- EUCHRE

March 24 -- CRIB * March 31 -- DARTS

Sign up by 1215 hours. Games start at 1230 hours.

Cost \$2⁰⁰ per person. All money returned in cash prizes.

DJ ON THURSDAYS - FREE
ENT HOTLINE - PHONE 339-5212
FOR A RECORDING OF UPCOMING EVENTS.

Editorial

RRSP ANYONE?

Every January and February, many Canadians go through a strange ritual: they look at all kinds of newspaper and TV ads, hold secretive phone conversations and study leaflets and brochures. Then, they rush off to the nearest bank, trust company or credit union and plunk down as much money -- within limits -- as they can.

They're smart. Because RRSPs (Registered Retirement Savings Plans) are not lotteries, soccer pools or tickets on the horses. RRSPs are the best buy most people will ever encounter, and even more surprising, they're fully endorsed, in fact made possible, by the federal government.

Incidentally, people look at RRSPs differently: as retirement plans; as tax deferrals; and as plain good investment. In fact, they're all three.

The great thing about an RRSP is that any money invested in the plan isn't taxable in the year in which it's invested. If the plan lasts for 20 years, the funds won't be taxable until 2005, and maybe not even then, depending on what the investor does with it. He may roll it into a government annuity or a RRIF (Registered Retirement Income Fund). In either case, tax is still not payable on the money invested until it's withdrawn.

It gets even better. If income tax is deferred at a time when the contributor is, say, in the 50 percent tax bracket, by investing in a RRSP it may be eventually withdrawn after retirement when the tax bracket is much lower. That's what most people look at as one of the major benefits. But it's not the biggest attraction.

With an RRSP, the major benefit is that for all of the 20 years, or whatever period over which the tax is retained

instead of being paid to Revenue Canada, it keeps compounding income along with the rest of the contributor's capital that's invested.

That may not sound like much, but think about it:

Suppose you decide to contribute \$2,000 annually to an RRSP at the beginning of every year. Assume that the plan will earn 12 percent per year and that you are in a 50 percent bracket. Meanwhile Fred, your neighbour across the street, in exactly the same circumstances as you, makes an ordinary investment at 12 percent, earmarking \$2,000 per year but of course pays tax on it first, because his investment is outside an RRSP. Let's see whose performance is better:

At the end of 10 years, your plan is worth \$39,309, while Fred has accumulated a total of \$13,972. And after 25 years, your nest egg is worth \$298,668, while Fred's is worth \$58,156!

"Wait a minute," says Fred. "You're missing one little item. My investment in all those years is made with money I've already paid tax on, so my total is tax free. Yours is all tax-deferred, so they'll tax you when you cash it in."

He's right. But then you may not cash it all in at that point, as we're already seen, or you may pay tax at a much lower rate. But at the very worst, which means that you are still in the 50 percent tax bracket when you cash in the plan, you're still almost three times as well off because there has been more money earning interest and compounding over all those years. In fact you'd still end up with \$149,334 compared with Fred's \$58,156.

It's even better if you can find an investment with a better rate of return that qualifies as an RRSP. In fact it gets better much faster.

Suppose that instead of contributing \$2,000 per year at 12 percent (\$39,309 after 10 years; \$298,668 after 25) you found a 20 percent investment. The totals would be \$62,301 after 10 years and \$1,132,755 after 25.

Of course you're not a millionaire yet because you still have to pay tax. But half a millionaire is better than none.

A warning note: Many people get so caught up in the numbers that they look mainly at their RRSP as a great tax deferral and retirements plan, forgetting the investment aspect. The soundness of the investment comes first. Then consider how good it is as a tax deferral plan and a retirement benefit.

That's why it's important to talk to a professional who is experienced in financial matters. A Certified General Accountant (CGA) for instance, because if there still are aspects of investment advice that you might need he will gladly find them out for you or direct you to the best people.

Many institutions get into the RRSP act, especially at this time of the year (because you're allowed to deduct your RRSP contributions from 1984 tax if you contribute before the end of February).

The above article was supplied by the Certified General Accountants Association of Canada.

Tax Tips

By the Institute of Chartered Accountants of British Columbia

This is the time of the year when you can look on your children as something else: tax breaks.

For instance, if you pay someone to take care of your children, you may be entitled to child care deductions if you are a working mother or single parent, a widow or widower, divorced or separated.

Perhaps you are taking an occupational training course or working on a research program, in which case you may also deduct child care expenses. If you are a mother or a father attending school or university you would not normally qualify for a tax deduction for child care expenses. Similarly, alimony, separation, and child maintenance payments to an estranged spouse do not qualify as child care expenses.

Child care expenses include the costs of daycare or payments you make to someone who cares for your children in your own home. They are not deductible if you make them to a relative under 21 years of age or to someone claimed as a dependent.

Children for whom you are claiming expenses must not be over 13 years of age in 1984 unless they are infirm. There is a family limit of \$2,000 per child up to a maximum of \$8,000 and your deductions may not exceed two-thirds of your earned income.

If you are claiming payments made to a boarding school or camp, you are allowed a maximum of \$60 per week per child.

New Uniforms for CF



Hey Man---Them There New Togs Are Some Fine!

Learning disabilities Weeks

March 4 - 15, 1985

RECOGNITION - THE KEY TO HOPE

Frustrated, unhappy and fearful are how many learning disabled individuals spend all day, every day. Thought to be lazy, unmotivated or not trying, many of these children, adolescents and adults are teased, laughed at and scorned by classmates, co-workers and even family members.

Statistics tell us that at least ten percent of the population is mildly to severely learning disabled, that's three to four kids in every classroom. Because this handicap is not easily visible, many persons are not recognized as being in need of special help.

Learning disabled individuals are bright; they can learn, but their learning style is different. Regular instruction in regular classrooms

creates problems in mathematics "going through a phase"; if he to reading and science to physical seems intelligent and is basically a good kid, but is getting poor grades and is called "disruptive"; if his teacher says, "He could do better if he tried."; if he can't seem to get organized or do things on time; if he plays primarily with children younger than he or if he has withdrawn and develop flexibility within the school systems and employers need to adapt job skills to give learning disabled persons the chance to find their place in the community and be self-supporting.

The weeks of March 4 - 15, 1985 have been designated Learning Disabilities Weeks in Canada. Take this opportunity to find out more about learning disabilities and take another look at your child's behaviour. If you think your child's problem is more than that he is

The Canadian Association for Children and Adults with Learning Disabilities,

c/o Comox Valley ACLD
2115 Gull Avenue
Comox, B.C. V9N 5N9
Tel: 339-3357

Air Force Trivia

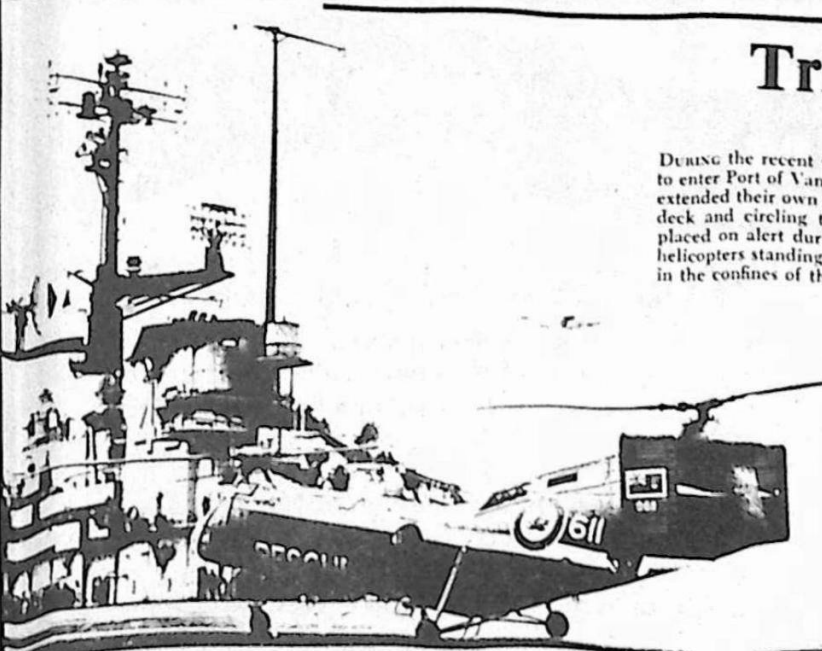
What? Where? Why? When?



Trivia answer

From Last Issue

During the recent visit of the USN aircraft carrier "Coral Sea", largest vessel to enter Port of Vancouver, 121 C & R Flight pilots from RCAF Stn Sea Island extended their own personal welcome, landing a Vercel helicopter on the flight deck and circling the ship in a Canoe. The entire rescue organization was placed on alert during the arrival and departure of the huge vessel, with the helicopters standing by and marine section crash boats shepherding the carrier in the confines of the harbour approaches.



TOTEM TIMES

Published every second Thursday, with the kind permission of Colonel Kadonoff, Base Commander, CFB Comox.

Second Class mail registration is 4098. Office phone: 339-2541.

INTERIM EDITOR: Ron Fisher (local 2560)

ASSISTANT EDITORS: Chuck Ellis and Gord Kruger

BUSINESS MANAGER: Ken MacLean (local 2524) or 339-7218

CIRCULATION MGR: Shawn & Susan Johnson: 339-0580

SECRETARY: Kathy Pincombe: 339-3497

CAMERA OPERATOR: Dave Blamire & Dave Gibson

PHOTOGRAPHY: Base Photo

EDITORIAL STAFF: Gilles Doiron, Bob Hallowell & Marion Kroemer.

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Printed in Courtenay, B.C., by the Comox District Free Press



Next Totem Times Deadline - Monday, March 4, 1985

A.F.V.C.

Mot du president

DU NOUVEAU AU SEIN DU CONSEIL ADMINISTRATIF

Lors de la réunion de conseil administratif le 14 février dernier M. Serge Roy fut élu vice président par interim de notre association. Les membres du conseil administratif souhaitent la bienvenue à M. Roy qui demontre déjà beaucoup d'enthousiasme et d'esprit d'entreprise depuis sa nomination à ce poste.

REMERCIEMENT

M. Gaston Couturier tiens à remercier tous les artistes qui ont répondu favorablement à la demande qui leur a été lancée lors de la parution du journal le Totem Times le 8 février dernier. M. Couturier travaille actuellement, en collaboration avec deux artistes de la base, à l'élaboration d'un spectacle pour adultes qui aura lieu le 29 mars prochain au "shoestring" (4^e Ave Courtenay) vers les 19h00. Lors de cette activité il y aura un souper, suivi d'une soirée cabaret. Les couts des billets, incluant le souper et la soirée, sont de \$5.50 pour ceux qui auront réservé à l'avance et de \$7.00 le soir du spectacle. Il est à noter que le nombre de billets est limité, donc réservez tôt.

Pour de plus amples informations ou pour réserver vos billets, contacter votre association à 339-6125 dont les heures de bureau sont de 13h00 à 16h30 du mardi au vendredi.

REUNION A VANCOUVER

La fin de semaine du 9 & 10 février dernier, avait lieu à Vancouver un colloque réunissant chacun des présidents des associations membres de la Fédération des Franco-Colombiens. Divers sujets de l'heure ont été abordés dont les lois sur les langues officielles, les levées de fond etc. Selon M. Roy qui participait à cette rencontre, cette fin de semaine fut très enrichissant. D'ailleurs, M. Roy fera une courte synthèse (de ce colloque) qui sera publiée lors de la prochaine édition du journal de l'association Française "l'Echo".

LES FORCES CANADIENNES SE JOIGNENT AU C.I.S.M.

Ottawa -- Le ministre de la Défense nationale, M. Robert Coates, a accepté, au nom des Forces canadiennes, une invitation à se joindre au Conseil international du sport militaire (C.I.S.M.).

Le C.I.S.M. est une association internationale regroupant 86 membres de forces armées de divers pays vouées au développement des sports militaires. En 1985, le Conseil prévoit tenir 12 championnats internationaux.

"Je suis persuadé que le Canada apportera une contribution valable à cet organisme international et saura en tirer parti. L'amitié par le sport est un objectif admirable et il est juste que le

Canada joigne ses efforts à ceux d'autres pays pour réduire les tensions internationales", a déclaré M. Coates.

Les Forces canadiennes étudient présentement leur participation aux épreuves de parachutisme, de biathlon, de cross-country, de tir et de pentathlon militaire. On évaluera également la possibilité d'une participation future au pentathlon naval du C.I.S.M. ainsi qu'aux exercices d'orientation.

En mars, le Canada déléguera des participants et des observateurs aux épreuves de ski nordique en Suisse et de cross-country au Portugal, afin d'évaluer le programme.

Le C.I.S.M. a été fondé à Nice, en France, en 1948 dans le but de promouvoir l'activité physique et le sport militaire, de favoriser les relations amicales entre les forces armées des pays membres, d'encourager l'aide mutuelle technique entre eux et de contribuer à la paix mondiale par l'esprit de camaraderie et l'entente réciproque.



Ottawa -- Les services de transport aérien du gouvernement fédéral pour dignitaires, actuellement gérés par deux ministères, seront regroupés et contrôlés par le ministre de la Défense nationale, ont annoncé aujourd'hui le ministre de la Défense Robert Coates et le ministre des Transports Don Mazankowski.

Suite à cette fusion, les avions à réaction maintenus en service par Transports Canada pour les besoins des cadres supérieurs seront intégrés à la flotte opérée par la Défense nationale. M. Coates et M. Mazankowski ont affirmé que cette initiative mettra fin à la duplication des services et après un certain temps permettra au gouvernement fédéral de réaliser des économies.

"Le regroupement des deux flottes aériennes nous permettra de retirer les vieux appareils tout en maintenant un niveau de service adéquat," ont déclaré les ministres.

Une sécurité accrue résultera également de cette initiative. Le ministère de la Défense nationale a accès aux pistes d'atterrissage militaires dans plusieurs parties du monde ainsi qu'aux aéroports commerciaux alors que Transports Canada ne bénéficie pas du même degré d'accessibilité.

Les ministres ne prévoient pas de licenciements suite à cette fusion: "Nous avons avisé notre personnel de s'assurer que le transfert s'effectue d'une façon juste et équitable afin d'occasionner aux gens impliqués le moins d'inconvénients possibles."

Ottawa -- Le ministre de la Défense nationale, M. Robert Coates, a annoncé que les trois éléments des Forces canadiennes recevront un uniforme distinct. Tout en conservant une structure unifiée, l'élément Mer aura un uniforme bleu marine, l'élément Terre, un uniforme vert et l'élément Air, un uniforme bleu pâle.

"Cette nouvelle initiative est une preuve concrète de l'engagement du gouvernement à l'égard des Forces canadiennes. Le tissu et les uniformes étant fabriqués au Canada, l'industrie de textile et du vêtement bénéficiera grandement de cette décision" a déclaré M. Coates.

La coupe de veston des éléments Terre et Air sera la même que la coupe de l'uniforme actuel, avec épaulettes pour celui de l'élément Terre. L'élément Mer portera un veston à boutonnage croisé. On conservera la même symbolique des grades afin d'illustrer le fait que les Forces canadiennes demeurent unifiées.

Il y aura une tenue d'hiver et une autre d'été. La tenue d'été de l'élément Mer sera blanche, celle de l'élément Terre, beige et celle de l'élément Air, bleu pâle.

Une première distribution se fera gratuitement pour tout le personnel militaire, Régulier et de Réserve. Un nombre limité d'uniformes sera distribuée à l'été 1985. Tous les membres de la Force régulière et de la Première réserve devraient recevoir leurs uniformes d'hiver à l'automne 1987 et leurs uniformes d'été au printemps 1988. Les uniformes destinés à la Réserve supplémentaire et aux Cadets seront attribués suivant la même procédure à une date ultérieure.

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For sale: Deluxe 1977 Apache Ramada all-hard, fold-down camping trailer. Features 12 ft. box, dble bed extensions, awning, 3 burner stove, 3-way fridge, furnace, porta-potie, 2 tables and more! Can sleep 8! Seldom used and in excellent condition. Asking \$4,600.00. Phone 339-3626.

For sale: 21' Aristocrat (Land Liner) trailer, stainless steel double sink, stove, oven, 2-way fridge, toilet, shower, furnace, 12 volt/110 volt lites, lots of cupboards, sleeps 6, tantem axle, good tires, etc. and much more, well maintained. \$5,500.00 Phone 339-7817 - anytime.

For sale: 1984 Ford Super Cab F150, 5800 kms. \$14,000 new - asking only \$11,000. Clay Greve at 339-4485.

For sale: new 70 horse Power Evinrude Motor w/new trailer. 16' walk-thru boat. (Chrysler Sports Lite) seats 6, seats make into beds. Can be seen at 460 Uplands or call 334-2013.

For sale: 1975 Honda CB550. Fair condition. Runs well. \$500 o.b.o. C. Ellis at 338-9117.

For sale: 1980 Ford F250. P.S. P.B. 4 speed trans. Phone 338-1685 after 5 p.m. \$5,500.00 o.b.o.

For sale: 17 cubic foot Westinghouse Frost Free fridge. 1983 model. Used 1 1/2 years. Almond color. \$450.00
30" Viking Electric Range. 1982 model. Used 2 years. Almond color. Self cleaning oven. \$300.00.
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MATURE

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Feb. 21 - DUDLEY MOORE

"MICKI & MAUDE"

"Warning - Some coarse language & swearing." - B.C. Director

MATURE

Feb. 22 to 28

"THE FLAMINGO KID"

"Warning - Some very coarse language, swearing & suggestive scenes." - B.C. Director

MATURE

Sports

To The Victor

... Go The Spoils



Well Done Guys...

Capt Michelle Lesieur presents the Regional Hockey Trophy to 3PPCLI coach, Larry Logan and his team captain. The team captain will have to remain anonymous as no one can tell us his name. We'll just call him "Champ".

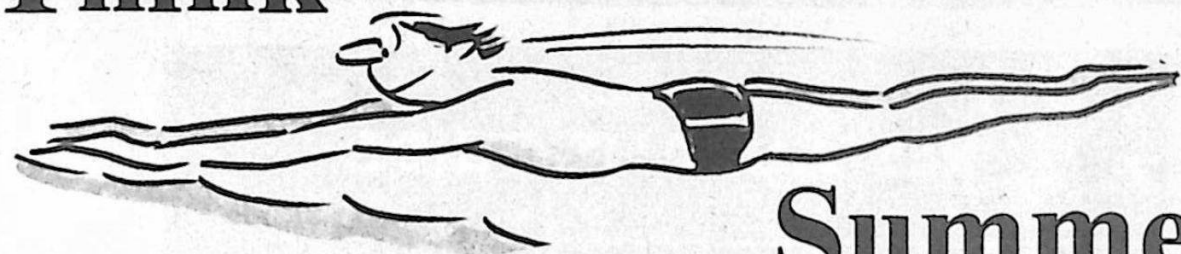
Zebra Convention at Comox



Courtesy Base Photo

Refs collect hardware... referees at the recent Hockey Regionals were rewarded with a plaque for valor above and beyond the call. Officials included (Left to right): MCpl Chris Vanier - Esquimalt, Sgt Ian Kennedy - Esquimalt, Capt Gord Kruger - Comox (Referee-In-Chief) and Pte Kevin Lamorie - Comox.

Think



Summer!

Pac Region Bowling Champs

The Pacific Region Bowling Championships were held at CFB Chilliwack from 04 - 07 February 85. CFB Comox was second to CFB Esquimalt in the Large Base Category. They were only 270 pins behind, that isn't far when you realize the winners had almost 28,000.

Two of our bowlers won individual awards, Sgt T.L. MacDonald had high single and Sgt L. Fraser, the high triple. Congratulations gentlemen!!

Think



Summer!

1985 Pac Region Broomball Championship

Feb 24 to March 1

Glacier Gardens



Large Base Reps | Small Base Reps

Chilliwack
Comox
Esquimalt
3 PPCLI

Beaverlodge
Holberg
Kamloops
Provider

Lights On

OPTOMETRISTS CALL FOR "LIGHTS ON" DRIVING TO SAVE LIVES

The optometrists of B.C. have issued a "Lights On" challenge to motorists that with the flick of a switch, could easily save 200 lives a year and prevent at least 11,000 injuries across the country. Furthermore, according to Transport Canada figures, at least 45,000 accidents would be prevented saving \$200,000,000 in related costs.

Dr. J.B. McRoberts, President of the B.C. Optometric Association, said that even though Transport Canada plans to require all new vehicles in 1986 to have stock "daytime running lights", motorists can prevent accidents now by driving with their headlights on, or installing running lights. "Visibility is the key," said Dr. McRoberts, "you've got to be seen. In Sweden and Finland, where these programs started in the 1970's, accident rates dropped 15 to 20%. In Canada, in the 60's, Greyhound Bus Lines experienced a 24% drop in accidents with a lights on campaign."

"For 20 years, Optometry in Canada and the U.S. has advocated daytime running lights and we are pleased the federal government is moving ahead on this," said Dr. McRoberts. "The phenomenal

saving of life and limb we are talking about is based on a very conservative estimate of only a 6% reduction in accidents. There are over 700,000 auto accidents a year in Canada. If everyone "switched on" and we got a 20% reduction in accidents, over 600 lives would be saved, and over 35,000 injuries prevented," he said.

The addition of small bright running lights make highway passing much less risky, especially during the two-hour period around dusk and dawn. As ambient light fades, so does the ability to distinguish colours and objects but running lights make a vehicle stand out.

"There are many other factors that justify 'lights on' all day," said Dr. McRoberts. Many drivers do not have 20/20 vision and everyone occasionally experiences rain, snow, fog, dirty windshields, glare and even direct sunlight in their eyes, while driving. Crowded streets and busy intersections in cities are accident traps where drivers or pedestrians often simply don't see the other vehicle. In the city or in the country there will always be a situation when a vehicle is camouflaged by the environment.

"Two widely-spaced running lights at the front of the car allow other motorists better judgement of your distance and speed," said Dr.

McRoberts "but unlit cars seem to be farther away than they really are." Studies published by optometry professor Merrill Allen at Indiana University have found cars with running lights to be from three to ten times more visible than those without, during low light conditions.

Car colour can also be a problem. Dr. Allen found white cars at least eight times more visible than black cars. Dark blue and dark green cars are twice as hard to spot as green or red cars, and four times as hard to spot as light blue cars.

Another optometric study showed that drivers tend to delay putting on their headlights at dusk by up to half an hour on clear days, as opposed to grey days, even though there was eight times less light on the clear day at dusk. Automatic daytime running lights would solve this problem.

One criticism of the Lights On campaign is the increased likelihood of dead batteries for those who forget to switch off the headlights. However, after 1986 only older cars will not have the automatic shut-off system as years go by. For these cases, the B.C. Optometric Association recommends one of three things: have automatic running lights installed, have your headlights "hard-wired" to turn on when the engine is on, or simply install an inexpensive warning buzzer that reminds you you've left your lights on.

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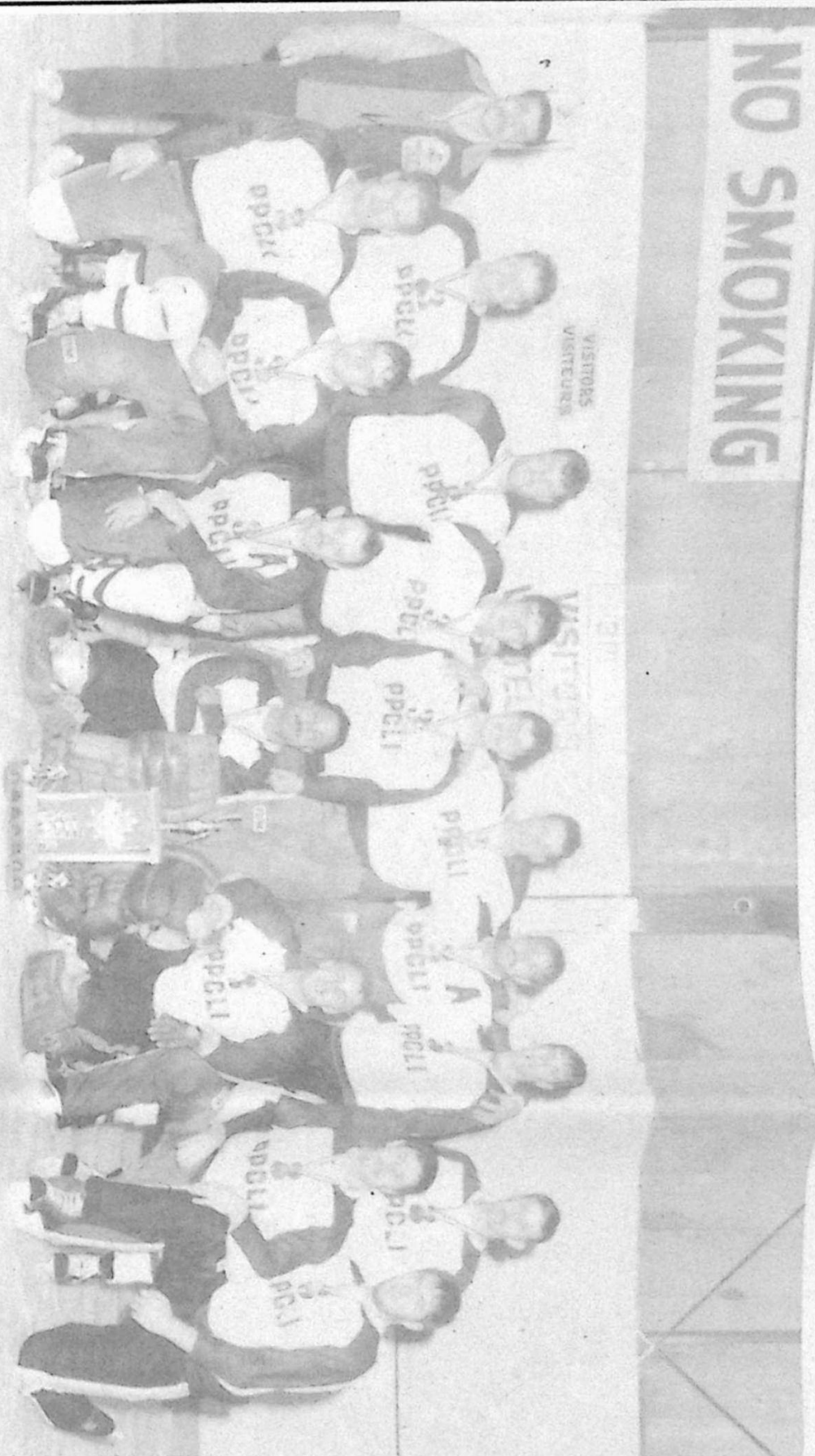
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Sports

Pac Region Hockey Champs



Courtesy Base Photo

3 PPCLI

.... Will Represent PAC Region At The Nationals

Canadian Forces National Sports Championships 1985

SPORT	DATE	LOCATION
a Small Base curling Curling (petites bases)	18-22 Mar 18-22 mars	CFS Carp SFC Carp
b Hockey Hockey	25-29 Mar 25-29 mars	CFB Petawawa BFC Petawawa
c Broomball Ballon sur glace	1-4 Apr 1-4 avril	CFB Edmonton BFC Edmonton
d Badminton Badminton	8-10 Apr 8-10 avril	CFB Toronto BFC Toronto
e Volleyball — Men's & Women's Volleyball — Personnel masculin et personnel féminin	22-24 Apr 22-24 avril	CFB Halifax BFC Halifax
f Softball — Men's & Women's Balle molle — Personnel masculin et personnel féminin	23-27 Aug 23-27 août	CFB Cold Lake BFC Cold Lake
g Soccer Soccer	21-25 Oct 21-25 octobre	CFB Cornwallis BFC Cornwallis
h Running — Men & Women Course à pied — (mixte)	29-31 Oct 29-31 octobre	CFB Chilliwack BFC Chilliwack

Heart Answers



Fibrillation

Fibrillation is unsynchronized contractions of heart muscle cells in different parts of the heart which prevents it from pumping effectively. Fibrillation usually starts when cells other than the natural pacemaker cells contract prematurely or out of timing with other cells in other parts of the heart muscle. Fibrillation in the heart's upper chambers may occur with only a 25 percent reduction in the blood pumped, while fibrillation in the lower chambers is far more important because the heart pumps little or no blood. Fibrillation can be treated with drugs and electrical shock. In emergencies the heart can be helped to continue pumping blood by cardiopulmonary resuscitation (CPR) until medical assistance is available.

WE'VE TOUCHED THE HEART OF SOMEONE YOU KNOW

B.C. Heart
Foundation



Glacier Greens report

Comes spring and a person's mind turns to -- well, golf, of course. What else is there?

1985 promises to be our best year yet at Glacier Greens, starting with our official opening March 16 and ending in October, just in time for our Winter Golf Schedule.

For those of you who have not golfed Glacier Greens, or at least not for a while, you should. Under the expert care of Course Superintendent, John Ferguson, Glacier Greens boasts some of the best greens on the Island and, at this time of year, is one of the driest courses around. Our recently renovated and expanded Club House facilities are another added bonus for those who enjoy the 19th hole as much as the previous 18.

You can even enjoy a pint of draught in our new solarium. It may not improve your game, but

it's guaranteed to make you feel better about it!

One of the nice features of Glacier Greens is the fee schedule. There's no problem getting your money's worth here, even for the casual golfer. A single membership is \$205.00; man and wife is \$345.00; junior is \$60.00; and lockers, if desired, are \$15.00 for the year. Daily green fees are \$8.00 and \$6.00 for 9 holes only. Rental clubs and carts are available at the Pro Shop.

Watch for our tournament schedule, information about group lessons for the novice, an explanation of the handicap system, notes about the seniors' and juniors' programmes, and much, much more in future editions.

W.D.O.

SKI POINTER

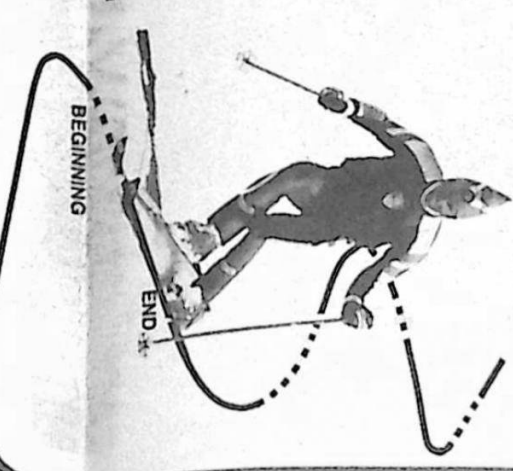
POLE PLANTS ARE THE BEGINNING AND THE END

By Bruce Bowlin, member, 1978 U.S. Ski Demonstration Team, Instructor, Winter Park, Colo.

When you're learning to ski and are making just a few turns at a time, it's natural to think of planting the pole at the beginning of the turn. That's the way the pole plant is taught in lessons and the way it's practiced by most skiers. But if you are a skier who has advanced to the point where you can link several turns in succession, a problem arises if you continue to think of the pole plant as an initiation for each turn. Hesitation between turns results while the pole is brought forward to the proper position and placed in the snow. Fluidity is never achieved.

As soon as you reach the stage where you can link parallel turns in series, stop thinking of the pole plant as keying the turn initiation. Instead, practice planting your pole at the end of each turn—when you are crouched lowest—depending your knees to achieve edging. By planting your pole at the end of a turn, you'll make the end of one

turn serve as the beginning of the next turn, with no awkward pauses when changing direction. You'll ski with improved rhythm and fluidly turn after turn after turn.

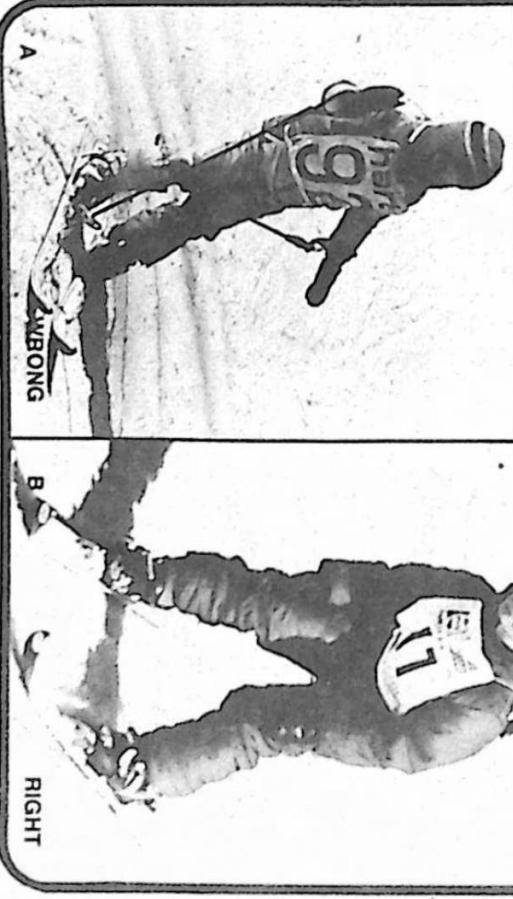


SKI POINTER FOR KIDS

'Bend Zee Knees' Not Enough

By Rudl Wyrech, Taos, N.M., founder, Pied Piper Club; Swiss certified

How often have you told your youngster to bend the knees. In correcting his stance on skis, proper knee position is



only part of the solution. There are two ways to bend the knees, the wrong way (A), where he sits back and raises his arms, and the right way (B), where ankles are flexed and knees are pushed forward into the turn while hands are kept down. This is a good basic position that will give your youngster the balance to move in all directions.

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Promotions and Awards



CDI Presentations/ Front Row L to R Sgt Edwards, Capt McLeod, Col Kadonoff, Maj Harrington, Maj Lanthier. Back Row L to R MCpl Johnson, Sgt Overholt, MCpl Heinrichs, WO Peters, Sgt Farrell. *Courtesy Base Photo*



Cpl Bertrand Hatin is presented the Canadian Decoration (C.D.) by the CO VU33, Maj Trevor Owen, for twelve years of exemplary Military Service. *Courtesy Base Photo*



Cpl Goddard, an Aero Engine Tech on 407 Sqn, recommended that an inferior quality pocket knife, that had been purchased for use on some of the aircraft maintenance tool boards, be removed from service as they were creating a Fod Hazard when the handle covers separated from the knife while being used. He was granted an award of \$250.00 for his proposal. *Courtesy Base Photo*



Sgt Kidlark receives his C.D. from C.O. VP407 LCol Rogers. *Courtesy Base Photo*



Sgt Tom Livingston has recovered sufficiently from a sports related physical disability to accept the promotion to that rank. All members of VU33 were assembled to witness the happy occasion as the Commanding Officer Major Trevor Owen proudly announces the glad tidings. *Courtesy Base Photo*



"Gavel to you sir"!...says a smiling Major "Duke" Snyder as he hands over the tools of power to Maj. Rick Young. Transfer of power was for PMC of the Officers Mess. *Courtesy Base Photo*



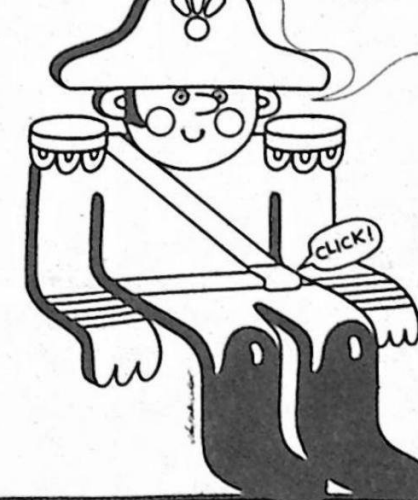
The infamous "Ready Alert" Keg is returned to 2 members of VP48 by LCol ROGERS AND Maj Hansen. *Courtesy Base Photo*

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THE HEART
OF SOMEONE
YOU KNOW.**



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Answer to MSE safety quiz

Flash brights on and off, slow down and look at right edge of roadway is the best decision.

You're right, you need to communicate to the other driver that he hasn't dimmed and chances are he just didn't realize it. But if he doesn't dim, you slow down to minimize the hazard and look to the right edge of the pavement. If you're looking away from the full glare of the lights and to the right, your eyes can handle the light better.

Etc.

ALCOHOL?

This could be of interest to you. Be as honest with yourself as possible.

The following questions, compiled by the John Hopkins University, may be used to ascertain or predict an alcohol problem in your lifestyle.

Ask yourself these questions and answer them as honestly as you can.

1. Do you lose time from work due to drinking? Yes ☐ No ☐
2. Is drinking making your home life unhappy? Yes ☐ No ☐
3. Do you drink because you are shy with other people? Yes ☐ No ☐
4. Is drinking affecting your reputation? Yes ☐ No ☐
5. Have you ever felt remorse after drinking? Yes ☐ No ☐
6. Have you gotten into financial difficulties as a result of drinking? Yes ☐ No ☐
7. Do you turn to lower companions and inferior environments when drinking? Yes ☐ No ☐
8. Does your drinking make you careless of your family's welfare? Yes ☐ No ☐
9. Has your ambition decreased since drinking? Yes ☐ No ☐
10. Do you crave a drink at a definite time daily? Yes ☐ No ☐
11. Do you want a drink the next morning? Yes ☐ No ☐
12. Does drinking cause you to have difficulty in sleeping? Yes ☐ No ☐
13. Has your efficiency decreased since drinking? Yes ☐ No ☐
14. Is drinking jeopardizing your job or business? Yes ☐ No ☐
15. Do you drink to escape from worries or trouble? Yes ☐ No ☐
16. Do you drink alone? Yes ☐ No ☐
17. Have you ever had a complete loss of memory as a result of drinking? Yes ☐ No ☐
18. Has your physician ever treated you for drinking? Yes ☐ No ☐
19. Do you drink to build up your self-confidence? Yes ☐ No ☐
20. Have you ever been to a hospital or institution on account of drinking? Yes ☐ No ☐

If you answered yes to any one of these questions there is a definite warning that you may be alcoholic. If you answered yes to any two of the questions the chances are that you are alcoholic. If you answered yes to three or more of the questions you are definitely an alcoholic.

A-A 338-8042
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For more information contact your Squadron/Section
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WE'VE TOUCHED THE HEART OF SOMEONE YOU KNOW.



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CANADIAN HEART FUND

February is Heart Month in B.C., and that means volunteers from the British Columbia Heart Foundation will be canvassing door-to-door, business-to-business in efforts to raise money to support cardiovascular research.

The B.C. Heart Fund has set \$3.6 million as the 1985 campaign total. It's an increased amount over last year, necessitated by the rising costs of research, the recipient of 77 cents of every dollar donated to the Heart Fund. Research is the only way a prevention and cure for heart disease will ever be found, but research technology is continually advancing, requiring increased financial support. Without public donations, all research would stop, and so would the fight against cardiovascular illness.

The only way to get those public donations is through the Heart Fund's army of volunteers. As in past campaigns, volunteers are needed in all areas of the fund-raising effort. Whether it's helping to co-ordinate a community unit, assisting in telephone campaigning, or literally walking from door to door to collect donations, volunteers make up the life-blood of the Heart Fund. Please phone 338-9255 to volunteer.

It takes very little actual time to volunteer for the Heart Fund, but the rewards are tremendous. Just a couple of hours of your time will bring you great personal satisfaction, from being part of a province-wide team dedicated to saving lives. Volunteers are players on that team, such as scientists, researchers, surgeons or nurses. Together these groups will one day find a cure for heart disease, and knock it from its position as the number one killer in North America.

If you have just a few hours of extra time, please give them to the Heart Fund in February... your time could not be better spent. And remember, if you are one who is called upon by a Heart Fund volunteer, please give generously... your support ensures the B.C. Heart Foundation will continue to be able to touch the heart of someone you know.

Naval History

Halifax -- The earliest step to organize a volunteer naval reserve in Canada occurred without official approval or funds. In early January, 1913, a small group of patriotic businessmen and yachtsmen from Victoria, British Columbia, met and initiated the idea of creating a purely volunteer naval reserve.

The first application to form a local volunteer reserve company was made to Prime Minister R. L. Borden in May of the same year. Official word came from Ottawa in July to begin training; however, the company had no official status, funds, uniforms or pay. All they received was the help and encouragement of the officers and crew of HMCS Rainbow.

On May 18, 1914, the Canadian government established an official naval volunteer force by Order in Council under the provision of The Naval Service Act. This volunteer reserve force would later be known as the Royal Naval Canadian Volunteer Reserve.

This concept came under considerable criticism in Parliament. Those opposed felt that instead of strengthening the Canadian Naval Service, the new naval reserve would serve merely as a source of men for the Royal Navy.

The Royal Naval Canadian Volunteer Reserve consisted of officers and ratings enrolled as volunteers who would engage in service at times of war. Enrollment was open to seafaring men and any other men deemed suitable for service. The initial term of engagement was three years with prolonged service, if desired, up to age 45. The initial strength of the force was set at an ideal 1,200 men.

The first drill was held in the old Gunnery House in the Navy Yard at Esquimalt in August, 1913, and the company's first public drill display took place in January, 1914. It was an odd sight compared to today's public drills because, due to the lack of RCN funds, the reservists marched not in uniform but in civilian clothes.

The Liberal Government finally allocated funds in July, 1914, for a nation-wide volunteer reserve force, which was authorized under the

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18 to 19 years	5 ft 3 ins.			in height.....	33 inches
				5 ft 5 ins. and over in height.....	34 inches
19 to 20 years	5 ft 3 1/2 ins.			5 ft 3 1/2 ins. and below 5 ft 5 ins.	33 1/2 inches
				in height.....	
				5 ft 5 ins. and over in height.....	34 inches
Over 20 years	5 ft 4 ins.			5 ft 4 ins. and below 5 ft 7 ins.	36 inches
				in height.....	
				5 ft 7 ins. and over in height.....	36 1/2 inches

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1913 Naval Aid Bill. This force of 1,200 was to be in three main subdivisions, with companies of 100 within the regional units. The Victoria unit, as number one company, provided the first 61 recruits to be sworn in.

War was declared in August, 1914, and the HMCS Rainbow with a contingent of 50 RNCVR's on-board, sailed south from Esquimalt to protect the sloop HMS Algerine and Shearwater against attack from the powerful German cruiser Leipzig, then known to be in the North Pacific. So it was, the RNCVR went to war. At the outbreak of the First World War, vessels were

acquired hurriedly from other government departments and private citizens. These ships, manned largely by the RNCVR, were armed and sent out on patrol. The reserves also rounded out the crews of Canada's cruisers and provided complete crews for Canada's first two submarines.

After the war, Canada began a drastic naval reduction. All those ships acquired as gifts or on loan were eventually returned to their owners, with the exception of the Patrician and Patriot and four small trawlers. All naval ships were laid up or disposed of. The RNCVR was disbanded in June, 1920.

French Language Training

The Language Training Centre on Base Comox normally has space available on the courses for spouses of military personnel who wish to learn French. There is no cost involved and there are two courses held per year; January - June and July - December. Spouses who wish

to attend and are accepted for training must agree to follow the class attendance criteria and progress levels established for the regular students. Vacancies are not known until shortly before the courses begin, therefore interested

spouses must make necessary arrangements in advance and place their names on a waiting list. For further information and to place your name on the list, contact Major Graitson at CFB Comox, Local 2544.

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OFFICE: Headquarters Bldg., No. 45, Room No. 48. Telephone 339-2211, local 2273.
ORGANIST: Nancy Nowosad, telephone 339-9843.
PUBLIC WORSHIP: Sundays at 1100 hours.
COMMUNION: First Sunday of the month.
CONFIRMATION CLASSES: Each Wednesday at 1515 hours in Chapel Annex until Palm Sunday. Confirmation 31 March, 1985.
RELIGION-IN-LIFE CLASSES: Each Tuesday at 1515 hours in Chapel Annex until Baden-Powell Sunday.
JUNIOR CHOIR: Rehearsals each Sunday at 1015 hours in Chapel.
SUNDAY SCHOOL: Sundays at 0930 and 1100 hours.
BIBLE STUDY: Thursdays at 1000 hours in Chapel Annex.
LADIES GUILD: First Thursday of each month at 2000 hours.



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 Sunday - 1000 hours.
 Week Days - 0900 hours.

BAPTISMS & MARRIAGES: By appointment - notice well in advance.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m.

CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours.

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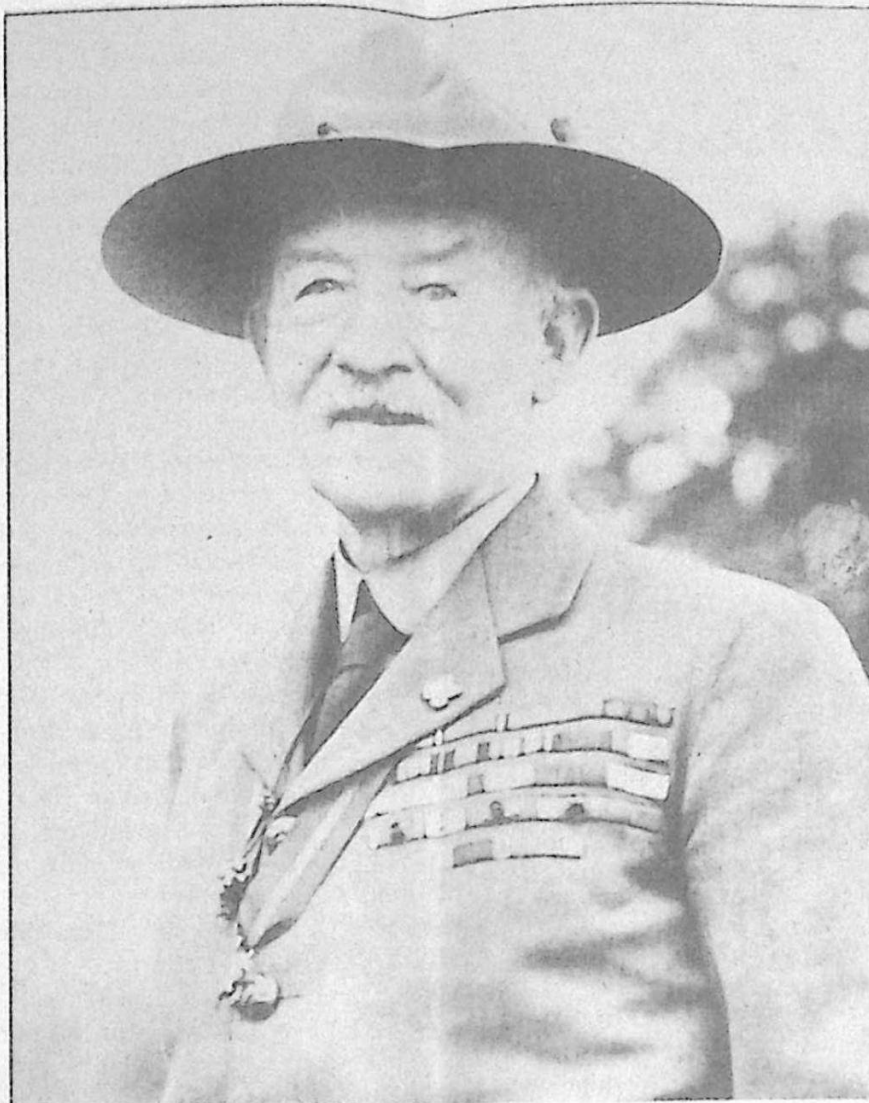
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Girl Guides of Canada Guides du Canada



This is Lord and Lady Baden-Powell. They devoted their lives to the Scout and Guide movement. February 22nd is their shared birthday. We will be holding a Parent and Daughter banquet on Friday, 22nd to celebrate this special birthday. It will be held at 5:30 pm. (17:30 hr) at the Canadian Legion, Comox Ave.

Scouts and Guides all around the world set aside February 22nd as Thinking Day and celebrate in a variety of ways.

Across my kitchen table

— by Rosemary Gibson



Time goes by quickly, and the man in my life is planning his retirement. "Retirement" is the wrong word, though -- perhaps metamorphosis would be a more accurate description; coming out of this present life into a new and much different one. This change will mean a change of residence for us and, to that end, we are in the throes of designing the details of the house we plan to build. For years, we have collected pictures and brochures with ideas we would like to incorporate into our "permanent" home. Now, he is building a model of the house, while I wade my way through stacks of clippings, saving the ones that still appeal, and discarding the ones whose day has passed, keeping in mind that "It is a bad plan that admits no modification" . . . (Publius Syrus). What was important to us twenty years ago does not necessarily merit the same amount of attention today. Styles change. People change. Learning to take changes in stride is part of living, and growing.

CURRY-GLAZED CHICKEN

Ingredients:

Chicken breasts or thighs

1 tablespoon melted butter
 1/2 cup honey
 1/2 cup prepared mustard
 (Dijon mustard may be used)
 4 teaspoons curry powder
 Slivered almonds.

Method:

Bake chicken at 375° F. for 30 minutes. Drain.

Mix together butter, honey, mustard, curry powder and almonds. Pour over chicken. Bake at 375° F. for another 10 minutes. Serve with rice. Very tasty!

HINT:

To get the last bit out of a nearly empty catsup bottle, pour in a little vinegar and oil, cover and shake, then add to your bottle of tangy salad dressing.

THOUGHT FOR TODAY:

Even if you're on the right track, you'll get run over if you just sit there.

Emerson

King Salmon Club Fund Enhancement

The Directors of the Comox-Courtenay King Salmon Club held a meeting on the evening of 12th February where a presentation was made by Ron Douglas of the Courtenay and District Fish and Game Protective Association. The Directors were briefed on the work of the Association, and a slide show was presented outlining the accomplishments in the area of salmon enhancement which the Fish and Game Club have completed.

The work has been going on since 1979, water supply to incubation boxes has been greatly improved by replacing a wooden stave pipe with 6 inch plastic pipe. Hard to believe, but frogs were finding their way into the old pipe and blocking the flow at times, although the intake was screened. A spawning channel has also been constructed in an old

channel of the Puntledge River. There are some 200 members of the Fish and Game Club, many of them donate their time as volunteers in this very worthwhile project.

Following the presentation, and after a short discussion the Directors of the King Salmon Club voted unanimously to contribute one thousand dollars to the Fish and Game Protective Association to help further their work of salmon enhancement. In addition, five hundred dollars each was voted to be contributed to the Sport Fishing Institute of B.C. and the local Unit 60 of the Canadian Marine Rescue Auxiliary, both organizations have the interest of sport fishing and boating safety paramount in their sphere of interest.

D. Warren

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Around the Base

Our People

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MCpl Diane Shea

This issue the Totem Times would like to introduce MCpl Diane Shea.

Diane is a "Supply Tech" over at No. 6 Supply Group (442 Sqn.). She joined the Military nine years ago in Quebec City and then completed basic training just down the street in good old St. Jean.

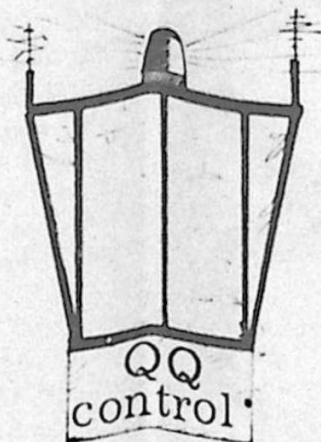
Her first "real" posting was right back in St. Jean and after a couple of years there, she was posted to sunny Comox where she has been for the last six years.

Diane is married to Cpl Shane Shea, an Airframe Tech over at VU33 Sqn. In her spare time she enjoys several hobbies which include hiking, fishing, bird hunting and handgun shooting.

We at the "Fishwrapper" would like to welcome Diane to our pages. A pretty face is always a welcome addition.

Courtesy Base Photo

As The Beacon Turns



I'm back once again from course, this time the TRACS course in Trenton, and have been tasked to inform you of the happenings of the Air Traffic Control section.

Firstly, a welcome goes out to OCdt Dean young, who is here on OJT awaiting the next Air Traffic Control course in Cornwall, Ontario. Dean is posted in from CFS Holberg and is a former Radar Tech.

Welcome back goes out to Cpl (W) Joyce Forsyth who has returned after 6 weeks absence due to illness. It's nice to see you back in good form Joyce. Sgt Neil Garlough is back from the Supervisor's course and Sgt Phil Nakashima returned from the Senior Leaders course in Borden.

Phil was given the distinction of being the Ironman while on course. This involved inventory on all the Irons used by his classmates while on course. A truly challenging job indeed. Unfortunately this has gone to Phil's head and he has requested a week's leave this summer to enter the world Ironman competition in Hawaii. Any volunteers to set him straight?

Away on trips we have the Major off to St. Jean, Quebec, for a management development course. He returns tomorrow, 22 February, Neil Garlough and John Storton, very much against their wishes, are on a two day military ski trip with 442 squadron at Kamloops. It's a

tough life but someones got to do it.

In other news, there is a Mug Out on 1st March for Cpl (W) Jane MacKenzie who is leaving us for balmy Cold Lake. The Mug Out should be an excellent time as several section personnel will be providing the beverages gratis, right? The victims are Cpl Rick Champagne and Paul Anderson who have been recently promoted to that rank. Paul also qualified in Terminal but fortunately for him we do not believe in double jeopardy. WO Dale Campbell qualified in the Tower as a controller and will also be contributing to the cause.

Capt Bernie Murphy has finally been discovered in the Tower and is starting checkout in Terminal this month along with Capt Champagne.

Bernie has been in the Tower for the last ten years, that's right I said ten years, but now they are going to make him start earning his money.

This Friday, ATC is hosting the QQATC/VRATC Annual Hockey Game at the Base Arena at 1400 hours. This is the first time we have played them since 1979 and a good time should be had by all. Afterwards there will be a meet and greet at the Golf Course. Our team has been diligently practising and we should have no difficulty in thrashing the opposition, I think?

Well, that's it for this issue so tell next time - take care ya-all.

R.C.

Learning Disabilities Weeks March 4 - 15, 1985

RECOGNITION - THE KEY TO HOPE

Frustrated, unhappy and fearful are how many learning disabled individuals spend all day, every day. Thought to be lazy, unmotivated or not trying, many of these children, adolescents and adults are teased, laughed at and scorned by classmates, co-workers and even family members.

Commonly called an "invisible handicap", a learning disability is often not recognized for what it is. Caused by a deficiency in the central nervous system that causes problems in mentally processing everyday living and learning communications, and expressing appropriate responses, a learning disability often manifests itself in behavioural problems (attention span deficit, social ineptness, to mention only a few), inconsistent or poor learning patterns, difficulty reading/writing/spelling, doing arithmetic, but seems intelligent, lack of gross or fine motor skills (doesn't play sports well etc.) or any of many more misunderstood behaviours.

Statistics tell us that at least 10% of the population is mildly to severely learning disabled, that's three to four kids in every classroom. Because this handicap is not easily visible, many persons are not recognized as being in need of special help.

Learning disabled individuals are bright; they can learn, but their learning style is different. Regular instruction in regular classrooms creates problems with subjects ranging from mathematics to reading and science to physical education. In later years, problems can arise in learning job and social skills.

Parents need to understand the problem and find out how they

can best help their children. School boards and administrators need to understand and develop flexibility within the school systems, and employers need to adapt job skills to give learning disabled persons the chance to find their place in the community and be self-supporting.

We are now, in addition to aiming for early recognition and treatment, trying to catch up with all the learning disabled adults who have spent their life trying to get along in society while trying to cover up their handicap. Even after achieving a correct diagnosis, it is a long hard struggle to learn what they have missed, and even harder to overcome years of self-deprecation and lack of self-esteem.

The weeks of March 4 - 15, 1985 have been designated **Learning Disability Weeks** in Canada. Take this opportunity to find out more about learning disabilities and take another look at your child's puzzling behaviour. If you think your child's problem is more than that he is "going through a phase"; if he seems intelligent and is basically a good kid but is getting poor grades and is called "disruptive"; if his teacher says "He could do better if he tried."; if he can't seem to get organized or do things on time; if he plays primarily with children younger than himself, or if he has withdrawn socially and his only companion is the T.V. set; or exhibits other mysterious behaviour, write us. We'll send you information and tell you where to go for help. The Canadian Association For Children and Adults With Learning Disabilities

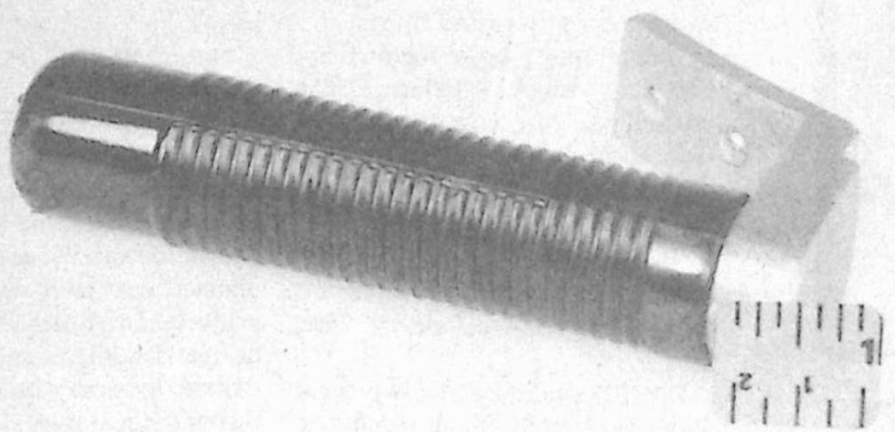
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WHAT IS IT? (what-ZIT?)

Is the pictured "What-zit" yours? Call BAMS Technical Warrant Officer, Local 2582, if you have the answer.

Courtesy Base Photo

Base Photo in focus

Hi everyone. Can't believe it's deadline time already. We've been pretty busy here at Base Photo, what with photo workshops and bowling tournaments. Gilles just came back from "The White House" in Ottawa, where he attended the "Advanced Process Management" workshop for colour processing. Kodak (the big yellow God) gave this course, and a lot of good information has been passed along. Tammy finally got away on TD. She's gone to Holberg for the Ladies Bowling Tournament. You'll just have to hold on to your socks till the next issue to find out how she made out. (What an alternative to a TQ5 TD trip to Borden!)

We're all looking forward to the "Big Bash" with the 407 Photo Techs. We're planning a **Pot Luck Party** (somewhere) and the idea of a hot-tub was suggested also. That part of the plan got voted down though-not enough adventurous spirits out there.

With any luck, our roaming photographer will soon have a tricycle with a big carrying basket. Should be somewhat amusing. Look for it. Till next time, remember this - focus is directly related to the amount of homemade rhubarb wine consumed. Cheers!

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Uniforms

Continued from page 1....

Generally, all service personnel in the Maritime Surface and Sub-surface and Maritime Engineering branches - the sailors - will wear the navy uniform. Those in the air operations branches - airmen like pilots, air navigators, air defence technicians, air traffic control assistants, flight engineers, etc. -- will wear the air force uniform. The army uniform will go to those in the land operations branches -- soldiers in the artillery, armoured corps and infantry.

That description stands as a rule regardless of where the people serve. Reservists will wear the uniform of the reserve element in which they serve, regardless of trade or classification.

Branches that are identified with only one environment - such as members of Aerospace engineering who are strictly air force or Land Electrical and Mechanical Engineering technicians who are strictly army - will wear the uniform of that environment. Other branches will be designate tri-service - capable of posting to

any of the three environments - and members may wear any of the three uniforms.

In cases where entire military occupation codes - a specific job - within a branch serve with only one environment, it is that military occupation code rather than the entire branch to which it belongs that may be assigned a uniform color. For example, the field engineers of the Military Engineering branch are definitely army and would wear that uniform.

For some of those working in support and specialist categories or trades, the uniform they will wear will come as a result of discussions between the career manager, the branch and the individual concerned.

The decision to proceed this way was made much easier when the commanders of commands agreed that they would accept different colored uniforms in their units - based on the concept that performance, not uniform color, was what mattered.

The first issue of the new uniforms will be a limited series to be issued by the summer of 1985. After that, 50 per cent of the new winter uniforms will be issued by the fall of 1987 and the remainder of the summer uniforms by the spring of 1988.

Issuing of the new uniforms will be done on a geographical, rather than environmental, basis.

The introduction of new uniforms is expected to strengthen environmental bonds within the Canadian Forces while retaining the benefits which have accrued from Unification.



A look at the late, great era of luxury passenger train travel will be in store for visitors to Vancouver's EXPO 86.

Negotiations are now underway to bring the Trans-Canada Limited, a vintage passenger train from the 1920's, to Vancouver for 1986.

As a city that got its start from

All Aboard The Millionaire's Special

the railway, Cranbrook's EXPO 86 community committee has launched the Trans-Canada Limited project with enthusiasm and high spirits.

"The community has been behind this project for quite a length of time," notes Garry Anderson, executive director of the Cranbrook Archives, Museum and Landmark Foundation. "We are excited about showing off an aspect of our heritage to an international audience."

Designed as Canadian Pacific Railway's answer to the Orient Express, the Trans-Canada was built at the close of the roaring twenties. No expense was spared in its construction during this high-rolling era; no detail was neglected in the effort to carry passengers from sea to sea in style. And the results were truly impressive.

Raved the editorial writers at the Vancouver Star in May 1929: the Trans-Canada "will place the company in the proud position of running the finest passenger trains on this continent, and therefore the

finest, from the standpoint of equipment, in the world."

An outstanding piece of rail history, the Trans-Canada Limited became a natural focus for Cranbrook's EXPO 86 committee. Such a train would make a first-class, walk-through exhibit, and Expo officials have extended a formal invitation to the Cranbrook Archives Museum and Landmark Foundation to bring the cars to Expo. Final site approval now awaits the conclusion of negotiations over the use of the Burlington Northern Railway.

Even so, Cranbrook EXPO 86 committee members are not sitting back idly. The costs of sending the Trans-Canada to Expo and maintaining the vintage train on site would be high, and the committee has been seeking assistance from a variety of partners, including CP Rail, the B.C. Heritage Trust Fund and the city of Cranbrook.

In addition, there is the continuing work of restoration, for the years have not looked kindly on the Trans-Canada.

With the onset of the Depression in the 1930s, Canadian Pacific Railway was forced to withdraw its luxury train service. Individual cars were put to new work, and subsequent renovations served to conceal their former elegance. While Cranbrook's Expo Committee is confident that all restorations will be completed before the World Exposition, no time is being wasted.

In recent months, the committee has been studying ways of getting the Trans-Canada to Vancouver. A variety of options, including employing the Royal Hudson with diesel back-up to haul the Trans-Canada west are being investigated.

In any event, the journey of the Trans-Canada from Cranbrook to Vancouver is bound to be truly memorable.

Executive Director Anderson predicts that railway buffs will be lining the route to watch and photograph "200 metres of Tuscan-red enameled and gold-leafed coaches" make the historic journey west.

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Law Talk

By Gordon Hardy of the people's law school

The third in a series of four articles on crime prevention.

To Staff Sergeant Jack Hest of the Colwood R.C.M.P., modern living is like a wagon train, winding in a single line across the prairies and vulnerable to attack.

"When the wagons are stretched out, there is little chance for people to help each other," he says. "But, when the wagons are pulled together in a circle, people can help protect each other and share cooking and child-caring duties."

Hest, the author of this province's R.C.M.P. policy manual on

crime prevention, applies his wagon train parallel to modern city and town dwellers who, in their isolation from their neighbors, are just as vulnerable to attack as the family in the exposed wagon.

The answer, according to Hest, is not simply to increase security on individual dwellings by means of stronger locks, alarm systems or video scanners in foyers and entrances: "North America is evolving towards the 'urban fortress'," he says. "What this means is that you, the law-abiding citizen, end up being a prisoner."

Hest says that the alternative to the urban fortress is the "urban village", something like the wagon train in a circle where neighbors can keep an eye on each other's

belongings and lend a hand if there's trouble. In modern terms, this means that neighborhoods, commercial districts and industrial complexes should be planned in such a way as to encourage neighborliness between residents or users and to deter criminals.

This kind of planning is known to architects, the police and crime prevention specialists as Crime Prevention Through Environmental Design, or CPTED for short. According to Hest, CPTED "puts space under the control of the people who use or reside in that space."

CPTED planning, for example, may result in the construction of an apartment complex in which all the occupants have a clear and well-lit view of the entrances of their neighbor's apartments, thus permitting the prompt reporting of any suspicious comings and goings.

Unlike the urban fortress approach, which reduces the possibility of crime, CPTED reduces the probability that would-be criminals will proceed to commit the crime when the chances of detection are so high: "The criminal has to perceive that the crime is a risky business," Hest says.

CPTED would not likely prevent highly-motivated crimes, such as a planned bank robbery, Hest says, but it is effective against less serious but common crimes such as vandalism, break and enter, and theft. And it is these kind of crimes which touch the lives of the greatest number of people and occupy the police most. In a given year, he says, the police are forced to respond dozens of times to calls from the same apartment complex or shopping center.

"Once you've created an environment which requires constant police intervention, you've created

a constant drain on the tax-payer," he says.

In B.C., CPTED principles are most evident in the construction of Tumbler Ridge in the north central part of the province, an "instant" town which is being built from the ground up. Elsewhere, things move more slowly, in part because most existing buildings were constructed without reference to crime prevention considerations.

But there is progress. Brian Pollick, senior projects officer with the Attorney General of B.C., says, "The big thing that is happening in crime prevention is that when we build houses and other buildings, we're looking at the plans and asking 'What's the crime risk?'"

Pollick says police officers now actively take part in the planning process for new industrial, commercial and residential developments.

Norm Brown, Police Services Crime Prevention Officer for the Attorney General, says application of CPTED during the planning process may result in changes to the plans. He cites the example of a Nanaimo subdivision which was planned next to a seniors' housing project. In order to reach the nearest school, young people from the subdivision would have to cut through the seniors' project. The planners realized the potential for vandalism and nuisance to the seniors and relocated the subdivision.

Critics of CPTED have suggested that it could represent a kind of police state intervention in the lives of ordinary people. "Nothing could be further from the truth," counters Hest. "By reducing the probability of crime, CPTED actually reduces police involvement."

NEXT: Preventing Juvenile Crime.

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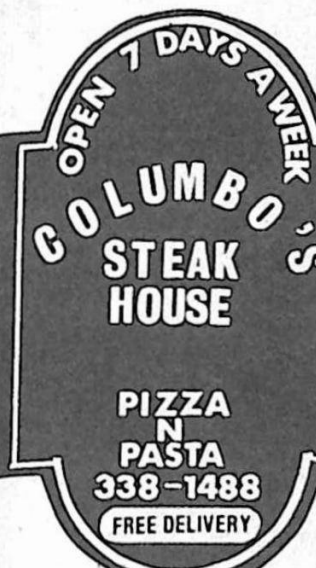
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