



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 1 January 15, 1987

Deadline is Monday, January 26, 1987

Cost: Priceless

COLD TURKEY DAY



January 21,
1987

† British Columbia
Lung Association

Speakers Bureau Established

OTTAWA -- The Minister of National Defence, the Honourable Perrin Beatty has announced the creation of a new National Defence Speakers' Bureau.

"The object of the new bureau," Mr. Beatty explained, "is to reach a broader cross-section of the Canadian people than we have been reaching until now; to explain what we see as the challenges to Canadian security and sovereignty and what we are doing about them."

This initiative is to respond to the increasing public demand for an active information policy on defence issues.

"I believe the government has an obligation to provide the

public with more factual information about our defence activities," said Beatty.

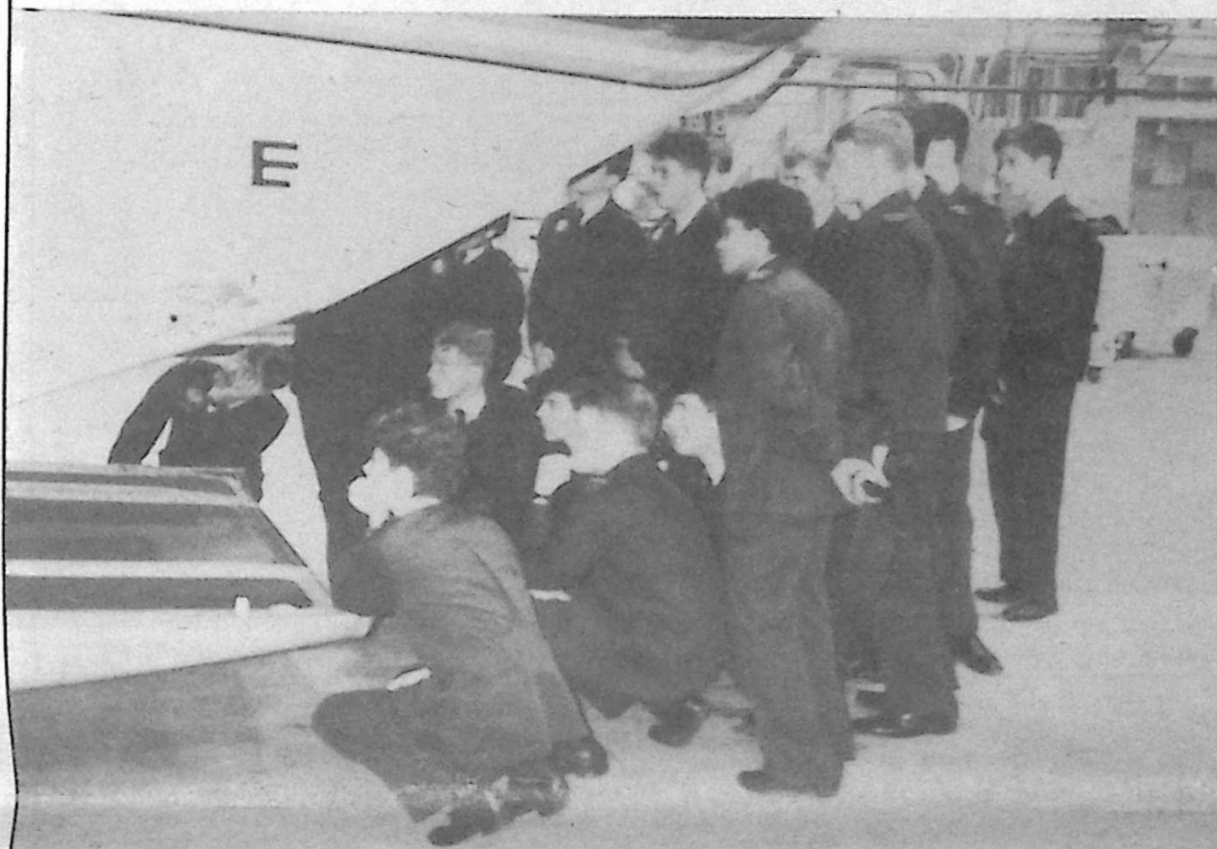
Now in its formative stages, the new National Defence Speakers' Bureau is expected to be completely operational within a few weeks. Senior Canadian Forces officers will explain the challenges to peace and security, as well as Canada's response to them, before a wide variety of audiences. They will welcome opportunities to participate in conferences and seminars throughout the country organized by church groups, schools and universities, business and labour organizations, service clubs, and any other groups wishing

to learn more about the important issues of peace, arms control and national defence.

Beatty added that other information initiatives have already been set in motion. This year, in response to requests from schools across Canada, the Department of National Defence has made available information kits pertaining to peace and security issues. In addition, a series of lectures has been conducted at ten Canadian universities on security, peacekeeping and arms control issues.

"The issues are too important to ignore," he said. "Canadian communities across the country must have the opportunity to have access to experts in the field."

Lookin' into their Future



Officer Cadets from Royal Roads Military College peer intently into the rear of a Labrador helicopter. The cadets were on a visit to CFB Comox last week as part of their military "hands on" training week.

Activities included career oriented briefings from BTSO, BATCO and the squadrons. Subsequent squadron visits followed and the day proved very worthwhile for the young and upcoming generals.

National Non-Smoking Week Jan 15 - 21

Canex The Facts

YOU TOLD US!

In mid November we started a "We'd Like To Know" survey in the Canex outlets. First off, we'd like to thank all our patrons who took the time to tell us what they thought of our outlets. This includes those patrons who criticized us as well as those who thought we were doing a reasonable job. As the old maxim goes "If You Like What We're doing, please tell your friends; if you don't like what we're doing, please tell us."

The results of the survey were roughly summarized by coming up with an average rating for each form returned to us (eg. An "excellent" rating for a particular facet of an outlet was cancelled by a "poor" rating of another facet on the same form). The "Fair" and "Poor" ratings for individual facets of an outlet's operation which are not reflected in the summary have not

continued on page 17

SECTION NEWS



Anker Klankin'

Hooks & Stripes Awarded



Movin' up the ladder at VU33...L to R - Jamie Bull to Cpl, Yvan Duchesne to MCpl and Jim Kightley to Major. Head Anker Klankin Maj Art Nielsen was on hand to make the presentations.

Your regular correspondent is presently enjoying leave in sunny Swift Current, Sask. So while the pride and joy of "Speedy Creek" is at home regaling the folks with wild tales of life beyond the mountains the job of penning this weeks deathless prose has fallen to the guest scribe - ANKER 97.

A number of Sqn aircrew welcomed the New Year at a bash sponsored by the Mountain Mikes and the Bob Wallets. Mike's neighbours are to be forgiven for thinking that the celebration lacked the carefree, go-for-it attitude so characteristic of a VU 33 social event. That's because Mike held an impromptu "bar christening" party the night before that was the kind of uproarious celebration of life that we bon vivants at VU 33 are used to. Anyway the party was a great success; Thanks Guys. Never let it be said that the Anchormen bring anything less than their customary vigour and intensity to any ur-suit!!

As the clock struck midnight some members of the Sqn celebrated more than the New Year. Effective 01 Jan 87 our 28 yr old SAMEO, Jim Kightley, became one of the youngest Majors in the CAF and Martin Baggaley was promoted to Captain.

After a few glasses of Mountain Mike's celebrated "rocket fuel" punch some of the guys were overheard to utter pronouncements about

resolutions. Herewith a sampling:

ANKR 92 To take a T-33 to YYYZ in order to make his upcoming stint at Volleyball unbearable.

ANKR 95 Win a scholarship to the Kightley School of Skiing.

ANKR 91 Make a guest appearance on "20 Minute Workout."

Following the Christmas and New Years revelry life at the Sqn has resumed quickly. There is a noticeable lightness in everyone's step; an enigmatic smile on their lips; a positive current of goodwill. Why? Perhaps because there are three SOCIAL trips this month involving, at one time or another, all Sqn aircrew. Yes, it's truly amazing what the promise of a trip to San Diego will do to a man.

The indomitable Killer Bekolay is leading the first exodus south. The reason for the trip is to determine if the Anchormen bring anything less than their customary vigour and intensity to any ur-suit!!

If Killer and crew decide to come home, on the other trips Speedy Creek's own Lt Chaulk will be subjected to a similar test of aeronautical prowess and targets will be towed for Canadian warships. What else will happen? Watch this space for late-breaking developments. Oh what a life those 33ers lead, don't they!

VU 33 TECH SIDE

So here it is mid January with most of us happy to find that it's finally pay day once more after a long 31 day haul.

Everyone seemed to have enjoyed their Xmas and New Years holidays. Josh Fontaine was saying that he wished his stay in Quebec had been longer. Could it be that he has a cute little thing back there that he isn't telling us about.

After suffering a shoulder separation while skiing on Mt. Washinton last Dec Major Kightley asked Santa to lend him a Nurse and a physiotherapist for holiday skiing. Now he doesn't want to give them up in return for his ski poles.

Our latest Tech O' the Quarter Cpl Gilles Lessard has done some great work the past few

months and of course it did not go unnoticed. Congratulations.

The VU 33 hockey team has found the going pretty tough so far this season. With a little luck things may look up in 87.

Harry Weeds says the Sqn bowling team has been having some staffing problems but now Niel Black has come up from the minors to join the fray they hope to strike on to a winning roll off.

"Woody" was in to see us this morning with the good news of having received confirmation of a go-ahead on his visit to Chicago. We do trust that all will go well and are looking forward to seeing you when you get back.

Dave Maloney is obviously banking on continuing warm temperatures. Last week he was seen doing a spring tune up on his bike.

IT'S PARTY TIME



The WOs and Sgts were at home to the Officers recently and some 33 Squadron personnel joined in the festivities. WO Lyle McManus, Capt Richie Clements, Major Jim Kightley and Sgt Wayne Hay ham it up for the photographer.

We have a brand new tech from CFB Borden. Pte Pierre Bovin has signed in and is eager to begin work. Welcome aboard Pierre.

ITEMS — YEARS END (LAST YEAR) IN REVIEW

HALEY'S COMET — Stars in the sky

LAVIGNE/HOGARTH — Stars in the East

EXPO 86 — Star in the West

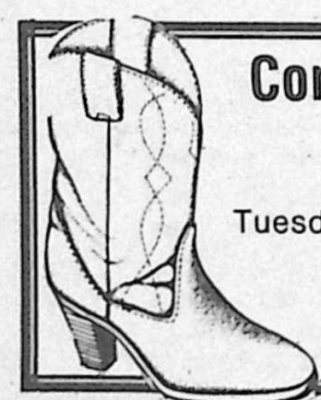
OVER NEW YEAR — Tides (SYSYG)

ITEM — Jan 87 — Stars in our eyes

It's Glen Litchfield actually in coveralls. If this sounds disjointed, possibly it's because the writer just received the news of a posting to Cold Lake. Rumour has it that Merv Larivee is insisting that he be allowed to go along, too.

NEXT DEADLINE

January 26, 1987



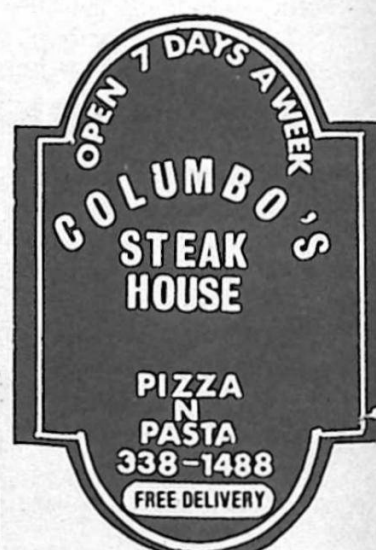
Comox Shoe Repair

1836 Comox Avenue
(Across from Legion)

Tuesday to Saturday -- 9:00-5:30

TOP QUALITY

SHOE AND LEATHER REPAIRS



AROUND THE BASE



From The Top Rung

Col Ted Gibbon

I hope to make a brief comment in each edition of Totem Times on items that I feel have an impact on our community or our profession but have not received adequate attention.

I would like to start with commentary on Wallace Gardens and specifically the Community Council. Although a resident for only a few short months I have been struck with the pride that most residents show in their quarters and the surrounding grounds. I have also been impressed with the enthusiasm of the Council members I have met and the scope of their activities. As a former councillor and mayor of a military community I can attest to the personal effort that is required to make things happen and the frustration of apparently having to do everything yourself. If a Council is to be effective and impact on the hierarchy (that's me) it requires the support of every resident through an involved representative.

A recent newsletter from Cpl Guibord the Deputy Mayor, outlined the vacancies on the Council and requested assistance in filling the positions. I add my voice to his appeal and encourage all to consider becoming involved. If you want a better community you have to be an active part of it before you can influence it.

RRIF or annuity? Know before you buy.

If you're 60 or older, you're faced with an important choice: before you reach 72, you must de-register your RRSP.

For most people, this "rollover" decision boils down to two competing investments: an annuity or a Registered Retirement Income Fund.

Which is best for you? There are many factors to consider — the most important of which is the ability to keep your retirement dollars growing... while deferring taxes at the same time.

In that regard, we think there's a lot to be said for an Industrial Group of Funds RRIF.

But it must be your decision. Which is why we've put together an informative — and comparative — booklet that puts all of the facts in front of you.

Before you do anything, write for your copy. And know before you buy.

The Industrial Group of Funds

☐ Please send me a copy of your booklet comparing the merits of annuities and Registered Retirement Income Funds.

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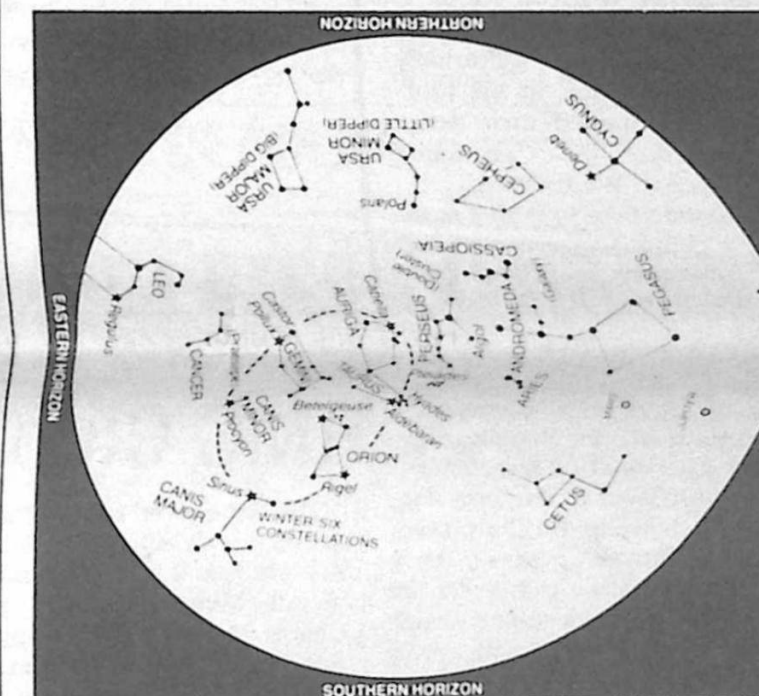
COLD TURKEY DAY



January 21, 1987

British Columbia Lung Association

UNCLE BRIAN NEEDS YOU BOY

National Museum
science+
technologySTARGAZING
JANUARY

gas and dust from which stars are constantly being born.

Scan the two famous star clusters in Taurus: the Pleiades (often called the Seven Sisters) and the Hyades. They are lovely naked eye objects but binoculars multiply the number of stars in both clusters and reveal the faint nebulae surrounding the brightest members of the Pleiades, giving them a hazy appearance. Large tripod-mounted binoculars are ideal for viewing these clusters.

Two other star clusters which are greatly enhanced by binoculars are located on the map. Look in the east for the Praesepe cluster. It is in the faint constellation Cancer and is often called the "Beehive". High in the northwest in Perseus lie twin swarms of stars appropriately called the Double Cluster.

The pentagon of stars outlining the constellation Auriga contains several star clusters which are a delight in binoculars. And don't forget the Great Galaxy in Andromeda for it is still well placed for viewing high above the western horizon.

Keep this map to use with February Stargazing which will feature a close-up of the Winter Six constellations.

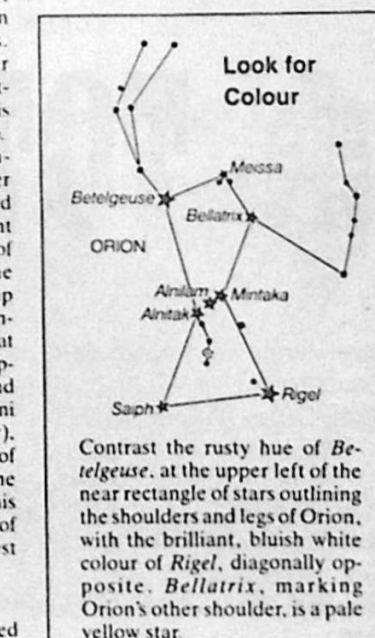
Planets

Look for Jupiter high in the south just after sunset. It is brighter than any of the stars (magnitude - 2.3) and therefore is the first object to appear at dusk. Fainter, but redder, Mars emerges to the upper left of Jupiter when the sky becomes darker. The distance separating the two planets increases from about 8° at the beginning of January, to more than 20° by month's end. A young Moon enhances the scene from the 3rd to the 5th. Brilliant Venus dominates the predawn sky. Rising in the southeast about three hours before the Sun, it reaches its greatest brilliancy (magnitude - 4.6) in 1987 as the year begins. Saturn rises about an hour later. Much fainter and closer to the horizon, it is harder to identify. For those who like a challenge, look for the tiny pale disk of Uranus around the time of New Moon at the end of January. Venus, about 3° north of Uranus, will serve as a guide. Binoculars are a must.

The "Winter Six" Constellations

Six bright constellations dominate the southeastern sky on a January evening. Appropriately called the "Winter Six", these constellations contain more than half of the brilliant stars of all seasons. Of this month's first magnitude or brighter stars, only *Deneb*, which is setting in the west, and *Regulus*, which is rising in the east, lie outside the group. The large and spectacular constellation Orion is central to the Winter Six. Its jewel-studded "belt" — formed by three almost equally spaced bright stars — is the unmistakable signature of the mythological Giant Hunter. The other five constellations of the group form a huge arc around Orion. Beginning with Canis Major (the Big Dog) at the lower left of the "belt", sweep upward in a clockwise direction to find Canis Minor (the Little Dog), Gemini (the Twins), Auriga (the Charioteer), and Taurus (the Bull). Each member of this magnificent array has at least one brilliant star. Sparkling *Sirius*, in Canis Major, is not only the brightest star of the "Winter Six", it is also the brightest star in our heavens.

For Binoculars
The winter sky is a feast for the unaided eye, but more subtle delights are revealed by binoculars. The chill of the



Look for Colour

Contrast the rusty hue of *Betelgeuse*, at the upper left of the near rectangle of stars outlining the shoulders and legs of Orion, with the brilliant, bluish white colour of *Rigel*, diagonally opposite. *Bellatrix*, marking Orion's other shoulder, is a pale yellow star.

Calendar

d h (Universal Time)
4 00 Quadrantid meteors
4 19 Jupiter 1° 3 N. of Moon
4 23 Earth at perihelion
5 12 Mars 1° 4 N. of Moon
6 23 First Quarter
15 03 Full Moon
22 23 Last Quarter
24 20 Venus 1° 8 N. of Moon
26 05 Saturn 6° N. of Moon
26 07 Venus 8° N. of Moon
29 14 New Moon
31 17 Venus 3° N. of Uranus

Curator, Astronomy

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Ottawa, Ontario
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Musées nationaux du Canada

Canada

EDITORIALS

COMMENT

Gord Kruger

One Day in Piastany

By now I'm sure you've heard them all. The many reactions that came to pass as a result of the "big brawl."

Back some days ago our starry eyed juniors were headed for a possible hockey gold in Piastany Czechoslovakia. But something happened on the way to the bank. They were hijacked by a gang of Ruskies and three very incompetent game officials.

The rest is history! Funny old men in ill fitting store bought suits gathered in a secret enclave, discussions were held and voila!, we Canadians were once more left holding the proverbial bag.

Not good you say? Or did you say good for us. Whatever your reaction you have obviously taken a side.

My opinions are mixed but I do feel we were taken in. Having had some experience officiating at the International level I have seen first hand the politics involved in International hockey. The truth of the matter is that we got jobbed. Not by sports but by politics to the Eastern European countries and especially the Soviets, sports and politics are intertwined. A victory on the ice is a victory for their system. They hate to lose and as a result will go to any lengths to win.

There of course is no greater nemesis to Soviet hockey than Canada. It is the greatest of Soviet obsessions to beat the Canadians and here we had a perfectly bad situation developing, bad for the Soviets that is. Down 4 to 2 in the second period the Soviets had to come up with some secret weapon. If Canada won by 5 goals then it was gold. If they simply won it was silver. The Soviets? Nothing - Figmo - No chance!

I think it was a deliberate strategy by the Soviets to drag us down and out with them. They had nothing to lose by brawling and we had absolutely nothing to gain. Replays clearly showed the Soviets coming over the boards first. Do you really think they would have moved unless told to do so? Nyet! The Soviet players are puppets and they were being controlled by a coach who had already picked up a dozen minutes in penalties during the tournament. And by the way, the Soviet team was leading the tournament in penalties.

We will never know precisely the Soviet motives but it is reasonable to presume that their unusually hopeless position in the tournament prompted their desire to frustrate the Canadians. Let's face it! We got took.

As a side note to it all I must add a comment or two about the officiating at the International level. "It's a bloody joke."

The level of proficiency of some of the European officials would not meet with intersection standards let alone hockey played at the world tournament level. Officials at Piastany turned their backs on the players and walked off the ice. They never even tried to prevent the initial occurrences which precipitated the full scale brawl.

We can't just shrug our shoulders and say that's bad officiating. We must do something constructive about it. Canadian players are notorious for reacting to bad officiating.

G.M.K.

TOTEM TIMES

Read in the Best Messes in the Canadian Forces
CFB COMOX, LAZO, B.C. VOR 2K0

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Latch Problems in the John

RMC Club to meet

The Vancouver Island Branch of the RMC Club of Canada is hosting a Western Reunion of all Military College ex-Cadets to be held at Royal Roads Military College from 20 - 22 Feb 87. Details are as follows:

Registration 1700 hrs 20 Feb
87 Royal Roads Castle;
Meet and Greet 1700 - 2200
hrs 20 Feb 87 Royal Roads
Castle (\$14/Couple);
Dinner/Dance 1900 hrs 21
Feb 87 Royal Roads Castle
(\$40/Couple);

Buffet Luncheon 1200 hrs 22
Feb 87 Royal Roads Castle
(\$26/Couple).
All ex-Cadets are encouraged
to attend with wife/guest. For
further details/reservations
contact Capt Mark Ross at
(604) 380-4530. Returns NLT
10 Feb 87.

Next Totem Times Deadline
January 26, 1987

EDITORIALS

Lightside Investment Seminar
Upcoming

Norm Blondel

Of Resolutions, Roots and the Rain

New Year: The time of Resolutions made, soon to be forgotten. The first to go will be the smokers, broken on the altar of their addiction. Rationale will take care of the rest.

I quit the weed in 1957, in the same month a link between lung cancer and smoking first became public. Except for a backslide in 1964, when I took up a corn cob pipe to enhance my image as a drama critic for the Greenwood "Argus," I've inhaled only sidestreams.

I knew a lady once who smoked cigars. "How long have you been doing that," I asked; "Ever since my husband came home and found a cigar butt in the ashtray by my bed," she replied.

Lightside will take a break for a while after this; the scribe and his wife are off on a Pri 4 to re-discover his roots. I come from a pretty ancient family, as traceability goes.

The earliest I know about is a Blondel who fought at the Battle of Hastings in 1066. He was on the winning side. Also of

note are Troubadour Blondel, who sang King Richard the Lion Heart out of prison in the eleventh century, and Highwayman Blondel, who was hung in 1789. All I can muster against that legendary lot is a couple of parking tickets.

Our house, when we bought it last September, was coloured grey and white. Now it's also green. Little spores are feeding on this interminable rain, and turning parts of the house into an algae crop. Our molding is mouldy. My lawn is green, but it ain't grass. My dog quacks at strangers. I'm measuring the new garden shed in cubits, never mind metric. And Cat now drinks his whisky neat.

Only Wife seems pleased with the downpour. Keeps muttering, "Don't have to shovel it." She's always been a brave soul though, so this might be a front she's putting up to hide her anxiety.

In fact I'm sure of it. For the last two mornings she's called, "Noah, come and get your breakfast." My name is Norm.

LETTERS WE GET

Dear Sir:

On behalf of the Board of Directors and the Campaign Committee of the Comox District United Way, I would like to say thank you to the employees of CFB Comox for their generous support of the 1986 United Way Campaign. Their total contribution of \$27,000.00 is over one quarter of the whole campaign (\$96,700.00) - a tremendous achievement. Again we say thank you.

Yours sincerely,

Marianne Muir,
Campaign Chairman

Trivia Editor,

Sir:

WHAT: AVRO Anson, a late model, probably a Mark V and

probably Canadian built. In RCN markings.

WHERE: Probably Shearwater, N.S.

WHY: Probably Coastal Patrol though may be relegated to liaison or training as was the case for most Ansons.

WHEN: About 1944-45 probably.

Note: I recently found the remains of about 50 AVRO Ansons scattered around Southern Saskatchewan. They sold surplus for \$50 each and farmers bought them to strip for parts (tires, cables, engines, etc.)

Sincerely,

Colin Stevens, Capt.

Burnaby, BC

ex-O.C. 7 Platoon

Canadian Scottish Regiment
Comox 1982-83

THINK ABOUT IT...

When everything seems to be going against you, just remember that the airplane takes off against the wind, not with it.

Henry Ford

Air Force Trivia



what
where
why
when

Answer from Last Issue



Avro Anson, believed to be a Mark V in use by the RCN as a wireless trainer. We didn't know where or when - but reader Colin Stevens filled in a few gaps.

SECTION NEWS



BAMSO

Awards Day at BTSO



Smiling faces at the BTSO presentations day are (Back row L to R) Sgt Hofman-BCEO promotion, Sgt Whillans-BAMSO promotion, MCpl Evans-BCEO promotion, Mr. Carter-BSupO retirement, LCol Bowes-BTSO, and MWO Cooper-QA promotion. Congratulations and the best to all of you.

YOU WIN SOME, YOU LOSE SOME! Mike Wells is off to 442 Sqn to broaden his knowledge under the tutelage of Maj Lagrange and CWO Ford plus a supporting cast of many techs. Coming our way from 442 Sqn and into MSO is Kelvin Hamilton. Kelvin hails from Calgary and his wife Anne from Barrie, Ont. Both Mike and Kelvin are Direct Entry Officers (DEOs), graduating as Mechanical Engineers from civilian universities. Enjoy the new job and associates on 442 Mike but don't forget us in BAMSO. Welcome to BAMSO Kelvin; I'm sure you and the rest of the MSO gang will see that 442 gets continued super support. Really no one lost in this people shuffle, but rather both sides won!

LOOK OUT FOR DEADHEADS! Anyone boating on the straits of Georgia keep their eyes peeled for deadheads (loose logs, usually floating low in the water) as they could punch a hole in a boat's hull if rammed. With the recent heavy rains and flooding of the roadway near the Base's front gate even

automobile drivers had to look out for a fair sized "deadhead" (chunks of wood zipping along flooded roadways). I guess in the rainy season around here defensive driving has to include a lookout in each vehicle to shout "Thar she blows." (or something similar) when a deadhead is spotted on your side of the road!

NO ONE KEEPS NEW YEARS RESOLUTIONS! There are some vague plans for 1987 though:

Mrs. Webb - to see the Master Tech Library move into the old RS Lab (or oversee the Library until the year 2000 if that comes first).

Capt McPhail - "finally" to retire from the RCAF Aux/RCF/CAF but only if he can beat Sgt Parent into work at least twice in 1987.

Sgt Parent - to fly on weekends if good weather ever comes on weekends, otherwise "to let" Capt McPhail be first to work only twice in 1987.

Maj Monahan - to see the end of BAMSO ECPs before being posted (meaning he'll be here until possibly 1990).

MWO Symes - to qualify

Capt Hamilton in the fine art of coffee making (at 0715 hrs Mon thru Fri).

Capt Hamilton - to accept coffee making training if such a qualification is at least recorded in his UER (CF 743B), and to find his way to Shelter 3 before the next exercise.

Sgt Mousseau - to continue to aggravate BAMSO "pigeons" by using the term "sergeant-major," otherwise to get the "team" so efficient he won't worry about BAMSO clerical ops when he retires (again) next summer.

Capt Fisher - to continue to defy people telling him to touch up his hair with Grecian Hair Formula.

MWO Dryden - to overcome Metal Worker shortages by "press ganging" relatives even if they are under three years old.

WO Orcutt - to continue to sharpen his tool control skills in the event he decides to open a tool rental shop upon retirement.

Capt Godbole - to retrieve his ear muffs from his wife at first sign of an eastern posting.

The shops seem to be alive

and well for 1987 and now for the first shop reports of the New Year.

AMSE

Sgt Paquet's little elves have been kept very busy inspecting, repairing and modifying all the tech's little toys found lying about each squadron. There have been no complaints thus far and we hope to keep it this way throughout the New Year.

Cpl Farina is now off on his JLC course and we're all hoping he'll perform above and beyond all others. Sure hope the post festive season doesn't slow him down. Best to you Rick.

Pte Leveigne and his baby (the supply room) have all but become the nucleus of the section. This man and his achievements since taking over the supply room has brought only admiration and respect from all his peers. Keep up the good performance.

There are now a couple of Vehicle Techs who drop in periodically to pay up their coffee fund. We would all like to give a warm welcome to MCpl Perry and Cpl?, he is only known as "Gabby."

IE/IS LABS

By the time this article makes it to print, the holiday season will be over and everybody in the Comox Valley will be broke...except possibly the storekeepers. It is a good time to take stock of what was accomplished in 1986 by the personnel of IE/IS Labs.

Soon after arriving in Comox, WO Gray was engaged

in a search which was to last the rest of the year. He could be heard mumbling to himself while peeking in the sergeants' office "where are those two rascals?"

Meanwhile Sgts Sullivan and Gauthier were "very busy" attending Entertainment Committee meetings, doing stock checks, learning how to play crib and reading the Horoscope.

MCpls Merpaw and Laze were getting used to working under staffed. They acquired the ability to laugh during exercises whenever the command post announced that we can send 25% of the section to lunch, they even joked about it: "Which leg are we going to send first?"

Claude Oulette learned that cars can develop mechanical problems even if they are BMWs. Karen Thompson trained her third MCpl and got posted to Portage la Prairie as a reward. Sue McKay tried to convince the guys in the section that it was OK to send flowers to her husband. Mary Penney learned some French while Luc Lauzon polished up his English. James Scally and Dan Lefebvre were writing a book titled "The uses of Heavy Metal Music in the workplace" and, Kent Storie was trying to implement the idea of flexible working hours in the Battery Shop.

Overall it was not a bad year but we failed to accomplish our most important goal: Having CE build us a skylight so we can see the sun.

Oh well, there is still 1987!

Jr. Ranks Club

ENTERTAINMENT

16 JAN 87 - HAPPY DAY. Like it used to be! Music by the band "NEON CITY" Four member band (3 guys and 1 gal). Middle of the Road Band. Admission \$2.00 for members and \$3.00 for guests.

17 JAN 87 - RETIRED MEMBERS NIGHT. Come out and see some old friends. Music by DJ AUDIO EXPRESS. Admission \$2.00 for members and \$3.00 for guests.

30 JAN 87 - COMEDY ACT followed by DJ AUDIO EXPRESS. Admission \$2.00 for members and \$3.00 for guests.

SNACK BAR: 339-4333

SECTION NEWS



Supply Signals

Welcome to the wonderful world of Base Supply in 1987. Everyone appears to have survived the holiday season and are all settled down to work again as they prepare for the upcoming SAY. So much for getting back into the swing of things slowly.

Christmas must have been a real success for some of us. Not to mention any names, but I heard Mary Jo, Karen and Cathy have been hanging around the Diet Centre paying for all the fun they had.

The Christmas Party was once again a real success. A good time was had by all, some so good that any details after about 4 o'clock are a little sketchy (...rumours abound). Santa and Mrs. Clause wished all the best in 1987 as they stumbled out. Rumour also mentioned a rather sickly crew flying for vacations the next morning but Lorena and Allison aren't saying a word. As a final note on the Christmas Party, General Stores would like to extend their thanks to the Senior NCMs who helped clean up afterwards.

Congratulations from all of us to Bill and Cathy Bailey on the new addition to their family. Daniel Thomas was born on December 19th at 3:15 in the afternoon.

Congratulations also to Ken, the MSE driver, who won Pte Verge's Baby Pool with a guess of 7 pounds 4 ounces.

Bob Cotton is also in the family way, so much so that he is not only driving everyone in Headquarters crazy with his

pacing but he won't even take off his jacket at work for fear it may take too long to put back on and he might miss something. Ruth is due January 10th and for Bob's sanity's sake let's hope the doctor was very accurate.

The CE building is finally undergoing cleanup after it's asbestos contamination. MPO wishes them the speediest of return to their NORMAL work place as they are not only driving them out of their but also out of their minds. MPOs office has never been quite so busy (aren't evacuations fun?).

Welcome back to Mario Seguin and farewell to Carl Scribner who are trading places. Mario has just returned from a shortened stint in the Middle East and will be taking over Carl's job in 1 Supply Group. Carl has left us to replace Mario in the Middle East for the remainder of his tour.

A welcome is also extended to Lt Dave Jones whom rumour has it is actually finished with his series of courses and plans on staying with us for awhile this time. It'll be nice to settle down a bit, eh?

January 17th keeps coming to mind, so it must be a busy day for a lot of people in Supply. Jack Picard should be kept busy anyway as it is the long awaited day that Jack and Linda will be married. All the best to both of you. Matt also mentioned the 17th in hopes that Clair Gagnon will be found by then. It seems she got lost in her basement which she was cleaning out in aid of the garage sale being held at Canex on the 17th. Amazing how stuff piles up. If you have the same problem contact Sgt Sears (local 8254), Cpl Ullock (local 8497) or Mr. Berger (local 8519) and they will gladly pick it up anytime before the 17th.

It was rumoured to me that Cathy Segriff has been a little down in spirits lately due to the fact that her boyfriend is remustering and she will have to find a new man. Hopefully you won't have to audition prospective boyfriends too long before you find the right one.

Happy Hunting! Speaking of hunting, if you are looking for just the right way to send that special message look no further, Sandra Belanger will dress up and deliver your message in a song. It's her new thing on the side. Good luck, Sandra.

Finally, Maj Blakely and MWO Bowerman are off to Ottawa again this year to see the Career Managers. Let's hope they bring back good news for all those who had interviews with MWO Bowerman before he left.

And that's the way it is in the Wonderful World of Supply, all the best to everyone in '87...

Suggestion Award Winners



Corporal Greve, a Vehicle Technician with the Base Maintenance (LAND) Shop, received \$350.00 for his suggestion to relocate the Halon Fire Extinguisher extension pole on the Walter Crash Trucks in the CF. Lieutenant Colonel Bowes, our BTSO and his commanding officer, made the presentation.



Susan MacKenzie, The Base Supply Officer's Secretary, received an award of \$350.00 for suggesting that purchase order continuation sheets be relined to match the lineation on the original purchase order forms. She was presented her award by Lieutenant Colonel Bowes, Our Base Technical Services Officer.



MCpl Kasaboski

When he was in the BTELO Nav AIDS Shop, Master Corporal Kasaboski proposed that large visible markings be painted on the CFB Comox runway to permit rapid location of the theodolite plug positions during precision approach path indicator and precision approach radar proficiency flight testing. NDHQ granted him an award of \$300.00 for his suggestion and his new Commanding Officer, Lieutenant Colonel David, the Goose Bay Station Commander, made the presentation. This was Master Corporal Kasaboski's sixth award, bringing his total awards up to \$1,650.00.

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SECTION NEWS



Demon Doins

Order of Military Merit announced



Col Gibbon presenting

MWO Peter Ronayne

Happy New Year. Well, here we are well into the month of January already. This is the time when resolutions made for the New Year are often broken; if not already forgotten. Children are by now bored with their new Rambo dolls and are back in adventure land, imagining a cardboard box to be a mysterious cave begging to be explored. All are back to work with their noses to the grindstone, ready for the challenges the year has to offer. Hope one and all had a terrific holiday season and thoroughly enjoyed all the festivities. May 1987 be as good as last year, if not better.

It seems that someone had a bit of a scare the morning after the Demon Officers' Christmas Party. This person woke up to find his false teeth missing and too late to order a new set from Santa. Apparently, so the story goes, being caught up in the merriment the night before, the individual took out his teeth, which had become a painful nuisance, and attempted to place them in a jacket pocket but missed altogether. Our

fearless leader, being sharp-eyed, spotted the teeth lying on the floor and retrieved them. After some deductive reasoning and a few phone calls the next morning, the owner was promptly identified by his/her spouse, who choked up with laughter when asked if someone had lost something at the party. With the shiny set of ivories in place, the owner was much relieved and looking forward to tasting many Christmas delicacies. I believe that places a whole new meaning on the verse "All I want for Christmas are my two front teeth."

A group of lieutenants have made a responsible New Year's resolution: to become good captains. Congratulations to Steve Amo, Alex Raiche-Marsden, Pete Holst, Adam Chalmers, L.J. Kroker, Dave Bolton, Dave Nurse and Graham Edwards. Thanks for the drinks.

The life of a fellow navigator was placed in jeopardy during a patrol early last week. Sometime near the end of the flight, it was noticed that

vocated strongly by the once-trapped navigator. Says Adam "I wouldn't go in there if I was you. I never knew what real fear was until then."

All 407 aircrew have just undergone a rugged sea survival course. All went well but for a few mishaps. The instructors were faced with a rather embarrassing situation when the propeller fell off the rescue boat. Majors Gibbs and Bishop nearly escaped missing out on the tower exercise. Happy hours were spent aboard the dinghies, singing songs while bobbing up and down. One individual spent much of his time mesmerized by the wave action and speaking vehemently to his dearest pal, Ralph. But he was not the only one. Everyone came out relatively unscathed at the end and with a healthier respect for the mighty power of water. Many thanks to the survival school and our Demons who made all this possible. Anchors away, mates.

An event that occurred before Christmas must certainly be mentioned. The pilots and FEs had a meeting and succeeded in raising \$310. This money was donated to the Comox Valley Association for the Mentally Handicapped. Special mention goes to Mr. Ed Rich who made a substantial donation.

The Demons wish Col Gibbon a very Happy Birthday and many more. May your next half century see you fit and well.

It's time to fly south again. Crew 4 is off to CompuX this week. Crews 3 and 7 will soon be away for another Readiex. I wonder if Major Dave Armstrong will again bring his tambourine and let his hair down. Ralph and Sue Southern are anxiously awaiting their first baby. Good luck to you and may everything go well. You have much to look forward to. Kenn and Angie Rodzinyak will also soon be waking to the cries of a newborn baby. Any bets on how long before he or she will be juggling. And a warning to pilots: there is something fishy about the windscreen in aircraft 116.

Nuff said.

1 CREW

In the last little while 1 Crew has been very busy, but then hasn't everyone? We've been able to take some time off from

our hectic schedule of shopping and parties to work on aircraft - God forbid. Speaking of parties the 1 Crew party was an excellent, well attended event. The food, drink and music were good. Thanks Gerry and myself from all the crew.

1 Crew has managed to get representation on the last two MRPs. Sgt "Little Buddy" Jefford and Cpl "Ian" Thompson feel they are both ready to retire from MRP duties. First it was too cold, now it is too hot - aren't you guys ever satisfied? Cpl Johnson tried his hand at this interesting diversion as well and maybe he can lead the pack if it ever happens again.

407 Sqn has finally reached a milestone in Aurora history; 100% unserviceability. Not to worry though, rumour has it that 117 has been traded in on a slightly used Neptune. Yes, this beautiful babe was found at Uncle Sam's used airplane dealership in downtown Arizona with very few hours, figuratively speaking; she will make a wonderful addition to our fleet. Also we figure only a week and 712 will be "B" checked and ready to go; where, we're not sure.

There's not much more to say except PER season isn't even finished and postings are in. Soon we'll have to say goodbye to Cpl Thompson and Cpl Thompson (W) as they leave the high tech world to go to Portage on the little yellow jobbies.

As a closing note, congratulations to MWO Ronayne on his recent award of the Order of Military Merit, member.

ARMAMENT

Greetings one and all from 407 Armament. First of all the Annual 407 Armament Christmas Stag is history for another year. Good food, good people and some very interesting gifts. There was something for everyone from the lonely Lt to the hungry WO. For the curious few who were wondering what that strange rig behind Bldg 34 was, that was Stu's Christmas chip, courtesy of 2 Servicing Crew (Armt). Seems there was a slight mix-up with the guest list this year, but never again, the OIC Invitations received a

continued on page 9

AROUND THE BASE

....more Demon doins

continued from page 8

shiny new nominal role. Mustn't forget the CO, Sir (Tut tut). All in all a good time was had by all. Some more than others, right Chris?

Now on to the travel portion. Ray Stiel and Ralph MacCuiag are off to beautiful Borden for the Senior Leaders Course. Ray Michel will be going to Penhold for his JLC. Pete Legault is Greenwood bound. Returning soon from POET will be Tom McInnis. Todd Gilles and Mrs. will be heading for Borden for a basic driver training course

with DND 404s in hand. Lots of luck folks and have fun.

Seems congratulations are in order. Dusty Burrows picked up his Master Corporal. Congratulations also to Cpl Mark Wells of Torpedo Shop fame. Both received their promotions just before Christmas. Ho! Ho! Ho! And all that stuff.

Well it's time to say so long for now. From us and ours. Here's wishing you and yours all the best in 1987. Bye for now.

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Betty Duncan at work?



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FOR SALE MISC.

Chicago 8' Pan Brake \$2,950. Brake Dies \$30 per ft. Rigid #400A Threader \$2,300. Wicketed Power Hackaw. \$500. Wanted: 4x16' & 3x12' Syrup Evaporators. Martins Metal Shop, RR#3, Wallenstein, Ont. N0B 2S0. (519)669-8400.

Lighting Fixtures. Western Canada's largest display. Wholesale and retail. Free Catalogues available. Northburn Lighting Centre, 4600 East Hastings Street, Burnaby, B.C. V5C 2K5. Phone 1-299-0666.

Montreal Military Surplus: Workshirts \$2.75, workpants \$3.50, workboots \$15. For catalogue, send \$2 (refundable first order). Military Surplus, Box 243, St. Timothee, Quebec, J0S 1X0.

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Greenhouse sales representative. Vary Industries manufacture greenhouse structures and accessories. We require a sales representative for British Columbia. Sales experience and a knowledge of the greenhouse industry is desirable. Initial training at home office would be required. If you are interested in joining a dynamic growth oriented company please send your resume and salary requirements to: Vary Industries Ltd., P.O. Box 160, Grimsby, Ontario, L3M 4N6. Attention Mr. George Dekker. Ma Cherie Home Fashion Shows, Est. 1975. Join our successful family of independent representatives in presenting quality lingerie and leisurewear at In-Home parties for women. Call toll-free at 1-800-263-9183.

Suggestion Award Winner



Corporal Nolan, an Airframe Technician on 407 Sqn, received a minor award of 150.00 for bringing a problem to light that required alternative corrective action to that which she suggested.

SERVICES

Injured? Frustrated? Call collect for free consultation 0-736-8261. Major Personal Injury Claims. Joel A. Wenner, Lawyer experienced in injury cases since 1968. Contingency fees available. 1632 W. 7th, Vancouver.

Mutual Funds. Rates negotiable. RRSP's, Bluechips, Gold Stocks. Free brochures-consultation. John Gordon/Lawrence Nicol - 37 years experience. Richardson Greenshields, #500-1066 West Hastings, Vancouver. V6E 3X1. (604)682-1751 collect.

Accident victim? Practice emphasizing major personal injury and motor vehicle claims. John Van Hof, Lawyer experienced in personal injury since 1975. Phone for a fee quote before we start, call collect for free consultation 0-687-6116.

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Wanted: Owner/Operators. Must have own B-train or A-train trailers. Coquihalla Trucking. Phone 378-6125.

SPORTS & RECREATION

Sports Shorts

PAC REGION HOCKEY CHAMPIONSHIP

CFB Comox will host the 1987 PAC Region Hockey Championship 19-23 Jan 87. Teams participating will be CFB Esquimalt, Fleet Allstars, CFB Chilliwack and our own CFB Comox Totems. For scheduled game times contact the Base Rec Centre local 8315.

PAC REGION BOWLING CHAMPIONSHIP

CFB Comox will host the 1987 PAC Region Large Base Bowling Championship 2-6 Feb 87. Teams participating will be CFB Esquimalt, Fleet, CFB Chilliwack and CFB Comox. The CFB Comox team is comprised of WO Lyle McManus, MCpl Harry Weeds, WO Neil Peters, Sgt A.B. MacDonald, WO Bill Hill and Sgt Doug Slauenwhite.

PAC REGION CURLING CHAMPIONSHIP

CFB Comox will participate at the 1987 PAC Region Curling Championship being hosted by CFB Chilliwack 22-25 Jan 87. The CFB Comox team is comprised of Sgt Daryl Sears, Sgt Dennis Villund, Sgt Jim Bostock and MCpl Jim Wind.

QUOTABLE QUOTES

When a man points a finger at someone else, he should remember that three of his fingers are pointing at himself.

R. J. (Bob) Grievé

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Wildlife of Canada

Pipe Smoke

By Gerry Gerow



It's been a while since I've had a good outdoors book to read, or for that matter the time to read one, so when Lyn Hancock phoned recently with the news that she was in Courtenay autographing books, I welcomed the opportunity, not only to pick up a copy of her latest book, but to renew acquaintances with the diminutive Australian born Canadian naturalist and writer whose boundless energy and enthusiasm makes the Tasmanian Devil look like a pussy cat.

Looking for the Wild, published by Doubleday Canada, \$22.95, is everything anyone who knows Hancock would expect it to be.

This book tells the story of Hancock's trip around North America with naturalist Gus Yaki and a myriad of other wildlife lovers, including Roger Tory Peterson whose journey in 1953 they were recreating. Through the pages you can travel with them, starting in Newfoundland, travelling through the eastern United States to the Ozark mountains, the Florida Everglades and across the south through Texas to the Grand Canyon and California. Then north to Alaska and the Pribilofs.

Birds, birds and more birds. Lyn writes tirelessly on the birds they encountered on their travels. Some rare and some more common. Other flora and fauna they ran into is mentioned as well, but this is essentially a "birder's" book. Anyone who has an interest in birds cannot afford to miss *Looking for the Wild*.

I found myself enthusiastically devouring every page, which is rare for a reviewer, who normally just flips through the pages. Hancock writes like she talks. Pay close attention or you'll miss something. This illustrations are done by famous Wildlife artist Robert Bateman and there is a section of photos which highlight the trip. You should find it in your local bookshop, as it's hot off the press, but if not, have them order it for you, or order it yourself from the publisher.

XXXXXXX

The book I just wrote about really highlights the decline in wildlife in North America over the last 30 years. These travellers were able to compare what they saw with what Peterson and James Fisher saw in 1953.

People are coming to their senses, finally, but, is it too late? We still use pesticide and herbicide sprays. Perhaps not as carelessly as in the past, but use them we do. The sad thing about it is the main reason they are used. Pure and simply, it's because they are cheaper than other methods. In my opinion we need legislation outlawing spraying unless it can be shown that there is no other way. Even then, we should be taking a long look at why it's necessary.

Herbicide spraying in forest and crop areas is probably the least desirable of all and its continued use merely accents our fixation with material wealth over a healthy environment. You would think that someone would have learned something from the Agent Orange fiasco in Vietnam. Read any good books lately, Frank?

AROUND THE BASE

Veterans Gather for Awards



Back Row L to R

WO Cote CD1

Sgt Roche CD1

Capt Palahicky CD1

MCpl Wind CD1

Capt Zanussi CD1

WO Gibson CD1

Maj Armstrong CD1

Capt Melson CD1

Front Row L to R

Maj Thain CD

MCpl Nichols CD2

Col Gibbon

Sgt Holliston CD2

Sgt Wedge CD1

407 Photo of the Year



Lt Paige Cutland conducting a ground check of a U/S MAD System. Well done!

WOs' & SGTs' MESS

JANUARY 1987

Coffee & Sticky Buns in the lounge every Wednesday morning at 1000.

Normal TGIF - 16th & 30th

Saturday 17th 2100 hrs. - 0100 hrs.

"HOORAY IT'S PAYDAY AT LAST" Dance

Food by the Mess Wives Club

Casual Dress

Dancing to the music of "LORI AND THE COUNTRY CLUB BAND"

Admission: \$7.50 per couple

Friday 23rd 1800 hrs - 2400 hrs.

"MIXED GAMES NIGHT" - DARTS - EUCHRE - SHUFFLEBOARD

*****TGIF food will be on from 1730 hrs.*****

Casual Dress

Registration for the games 1800 hrs. Games start at 1900 hrs. Dancing to the latest Mess tapes after the games.

Admission: "FREE"

Saturday 31st 2100 hrs - 0100 hrs

"DEE JAY of the MONTH DANCE"

Casual Dress

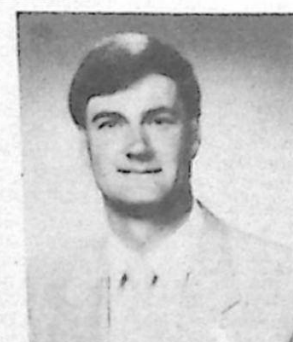
Dancing to the music of "AUDIO EXPRESS" all nite long, with no breaks!!

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Some planned upcoming events: Mark your calendar!!

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Saturday March 14th 2nd Annual "LUCK OF THE IRISH" Monte Carlo Night

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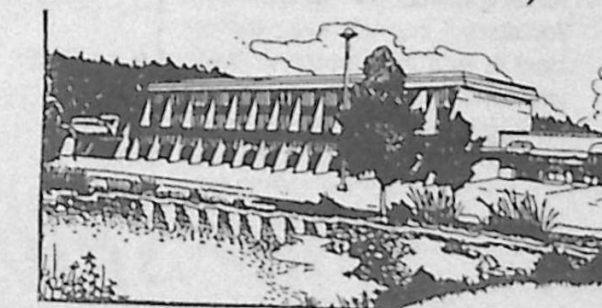
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Canadian Forces Update

Hofflin Trophy Awarded



VICTORIA—Mr. Ken Casson of the Canadian Forces Maritime Experimental and Test Ranges has recently been awarded the "Hofflin Trophy" for his extra-ordinary efforts in the public speaking forum on behalf of the Canadian Forces.

The trophy was awarded on behalf of Director General Information by Major Robin Alford, Senior Information Officer, DND/ESQ.

The trophy itself was donated by Colonel Frank Hofflin after he spoke on the Department's behalf in 1984.

Whenever there is human conflict there will be examples of human bravery and sacrifice. Thus it came to pass that one of the members of the DAD speakers program was called upon to make a contribution greater than expected by the program notices.

On a winter evening, early in 1984 in a church hall in Halifax, Nova Scotia, Col. Frank Hofflin, late of the Royal 22e, attended a meeting devoted to a discussion of peace and disarmament.

In the best traditions of the Canadian Armed Forces and the public service he did his duty by explaining NATO positions on deterrence, arms control and disarmament and answered questions from the audience.

Certain members of that audience, who called themselves pacifists, expressed their own views rather forcefully in disagreement with Col. Hofflin.

At the conclusion of the meeting one of these persons expressed his extreme disapproval of Col. Hofflin's views and did this so forcefully that she dispossessed Col. Hofflin of his lower lateral incisor. In the spirit of sacrifice which has long characterised the men and women of Canada's Armed Forces, Col. Hofflin has most unselfishly contributed his tooth to the cause of peace with freedom and security. This most special of all teeth has been enshrined for preservation in a trophy that shall hereafter be known as "The Hofflin Trophy (for valiant service)." At a presentation ceremony in September, 1984, the Director General of Information, BGen J.Y. Durocher said "Be it known to all persons that this trophy shall be presented from time to time -- but not more than four times per annum -- to military and civilian representatives of the Communications Program on Deterrence, Arms Control and Disarmament who bravely endure all that hostile opponents can throw in the way of missiles, bullets or invective, and who have given their best in a good and noble cause."

Col. Hofflin's noble sacrifice has not gone unrewarded, and neither will that of any other DAD speakers who may be unfortunate enough to suffer bites or scratches on the field of peaceful combat. Nominations may be forwarded to DG Info,

Chief of Policy Planning for the DAD program. Trophy winners will receive a scroll suitable for framing.

Mr. Casson was recommended for the Hofflin Trophy by the Commanding Officer of CFMETR, LCdr Mike Dunn. The citation reads:

Whereas Mr. Kenneth W. Casson of Canadian Forces Maritime Experimental and Test Ranges did, in the performance of his public speaking duties on behalf of the Department of National Defence, participate in what was advertised as a "rational panel discussion concerning the activities of the Canadian Forces Maritime Experimental and Test Ranges";

And whereas the said Mr. Kenneth W. Casson was subjected on that occasion to invective, personal vilification, threatening gestures, rude remarks and dirty looks;

And whereas the said Mr. Kenneth W. Casson on several occasions during the ensuing coffee period found himself surrounded by hostile forces and subject to threatening remarks and sullen expressions, and did require to be escorted to the safety of his vehicle through the intervention of his commanding officer and the range engineering assistant.

Canadian Forces Photo by Sgt J.F. Smith
(L to R) Mr. Ken Casson, LCdr Mike Dunn and Maj Robin Alford

RCAF History Launched

On Friday, November 7, a reception was held at National Defence Headquarters to launch the introduction of a new book, "The Creation of A National Air Force The Official History of The Royal Canadian Air Force Volume II" by W.A.B. Douglas.

It is an examination of the air force between the two World Wars, and in the western hemisphere during the Second World War. It chronicles the rapid growth of the RCAF, the highly successful British Commonwealth Air Training Plan, and operations of the Home War establishment, with a vivid portrayal of the role of the air force in the Battle of the Atlantic. A third volume will describe operations overseas, 1939-45.

Dr. Douglas is the Director of History at NDHQ and has had a distinguished career in the Royal Canadian Navy where he was a specialist in navigation and aircraft direction. He was a contributor to the first volume on the air force, "Canadian Airmen and The First World War" and was the co-author of "Out of the Shadows: Canada in the Second World War."

The well attended reception witnessed many from the On-

tario academic community, government agencies, the University of Toronto Press and the Department of National Defence. Speeches were made by both the Chief of Defence Staff, General Paul Manson and by the Deputy Minister, Mr. Dewar.

In his address to those assembled, General Manson said that:

"This is an historic and historical occasion. I read Volume I and thoroughly enjoyed it and having to wait for Volume II was much like having to wait for Christmas -- the book was certainly lived up to Volume I. It is well told and this proves that history does not have to be boring. The birth of the air force is very much a part of the development and assertion of Canada as a sovereign nation. On behalf of everyone in the Canadian Forces, thank you very much for the remarkable history of the Canadian Air Force."

The book is published by the University of Toronto Press and is available at bookstores throughout Canada at \$39.95 or it can be ordered through: Manager, Direct Mail Marketing

University of Toronto Press
63A St. George Street
Toronto, Ontario
M5S 1A6

Parcels on the go



WINNIPEG--EXERCISE PARCEL PUSH--Members of the Fort Garry Horse, Militia armored unit in Winnipeg, Manitoba, busy themselves preparing Christmas hampers for distribution to needy Winnipeg families.

The soldiers, put themselves and a number of the unit's vehicles to work the Saturday before Christmas assisting the local Christmas Cheer Board pack and deliver hampers during their annual funding campaign.

Canadian Forces Update

INVESTITURE

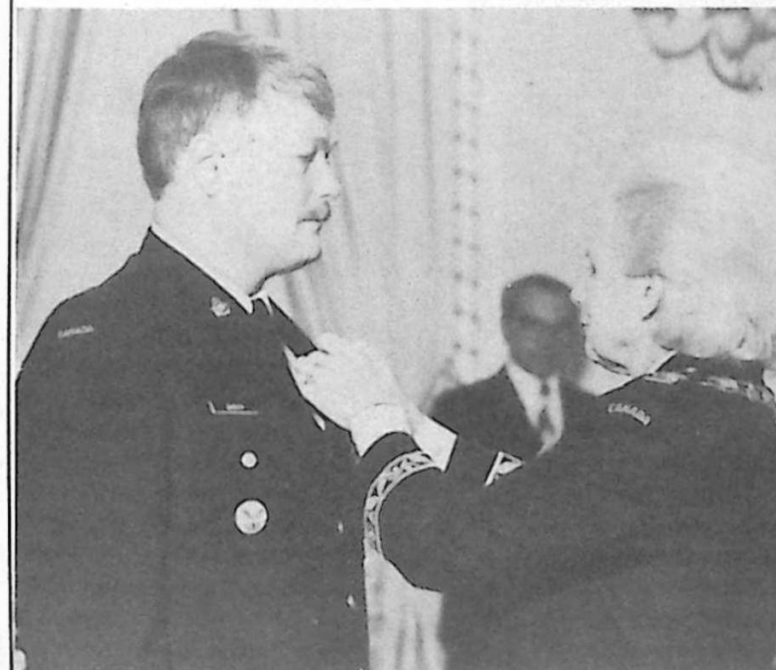
The Order of Military Merit



Colonel James Edward Henry Gibbon, CD, of Agassiz and Lazo, B.C., is invested with the grade of Officer in the Order of Military Merit by Governor General Jeanne Suave.



Warrant Officer Donald Allen Logan, CD, of Saint John, N.B., and Lazo, B.C. is invested with the grade of member in the Order of Military Merit by Governor General Jeanne Suave.



Warrant Officer Paul Anthony Baiden, CD, of Keswick, Ont. and Lazo, B.C., is invested with the grade of member in the Order of Military Merit by Governor General Jeanne Suave.

101067 - Bye Bye Birdie

On April 3 the last flight of Voodoo 101067 will take place over CFB North Bay, marking the end of an era in Canadian military aviation.

Retired from service in December, 1984, the CF101 Voodoo was retired from service as an air defence interceptor, making way for the new CF18. Since that time, 414 Electronic Warfare (EW) Squadron has had the distinction of being the only squadron in the world still flying the F101 Voodoo aircraft. The Black Knight Squadron operates CF101006, a dual pilot trainer, and EFF101067, the Electronic Warfare (EW) variant.

414 EW Sqn's primary role is to provide an Electronic Counter-measures (ECM) environment for the purpose of training Canada's land, sea and air forces to operate in such a hostile atmosphere. To this end, the squadron operates the T33 aircraft equipped with ECM pods, the CC117 Falcon equipped with an internal ECM suite, and EF101067 (alias the "Electric Jet") equipped with

an internal and external capability.

The "Electric Jet" was the prototype for the USAF project to equip a number of F101s for the ECM training role formerly fulfilled by the EB57 Canberra which was retired in 1979. The prototype (tail no. 300) was equipped with a signal receiver, three barrage noise jammers, a deception jammer, a radar warning receiver, and the associated wiring and control boxes for external pods. This ECM suite provided the Voodoo with the ability to detect and electronically jam fire control radar signals. The project was dropped by the USAF after only six months of flying.

National Defence Headquarters undertook to lease the single Voodoo and in September, 1982, the "Electric Jet" joined 414 Sqn. This new addition gave the squadron a high speed, high altitude, fighter capability. Between September, 1982 and December, 1984, the "Electric Jet"

was employed in CF101 and other NORAD interceptor ECM training, and Maritime surface ship air warfare weapons crew training. As the CF18 replaced the CF101 in Canada, the primary mission for the EF101 became CF18 ECM training.

Alas, all good things must come to an end. The EF101 will be returned to the USAF, March 31. In keeping with the air force tradition of paying tribute to a departing warrior, the squadron is planning a farewell parade and flypast for April 3. As well, a committee has been formed to plan an all ranks social function on the weekend of April 3 to 5, for those interested in, or affiliated with the EF101 operation. The proposed social events include a mixed TGIF at the respective messes on Friday and an all ranks dinner dance on Saturday night. Your support of this final Voodoo farewell is encouraged. For further details contact the Voodoo Closeout Committee (AV 628-6208).

Low Level Flying at Goose

NATO, BRUSSELS -- Perrin Beatty, Minister of national Defence, announced today that the Royal Netherlands Air Force (RNLAF) will commence low-level flying training at Canadian Forces Station Goose Bay, Labrador in the Spring of 1987.

This bilateral agreement, which is planned for a ten year period, will allow the Dutch to station up to 25 F-16 fighter aircraft and up to 400 people at Goose Bay.

"This increase in activity will generate significant economic impact in Labrador and more specifically in the Happy Valley/Goose Bay area," said Beatty.

During the first year it is anticipated that the Royal Netherlands Air Force will bring 12 F-16 aircraft and 125 personnel. All incremental costs involved with this flying training will be borne by the RNLAF.

The densely populated European countryside and air-space above makes it increasingly difficult for European air forces to conduct low-level tactical flying training in their present training areas. The total low-level training

area available in Labrador is approximately twice the size of The Netherlands.

Beatty said that Goose Bay has unparalleled training value, and that costs have been calculated in such a way that a fair comparison has not yet been possible. Canada has therefore asked that, in the next phase, both locations be

noted in detail. This view was also put forward by the Eurogroup which examined this question yesterday (3 Dec). Beatty said that he is confident that it will be followed up and that Canada's bid will get full consideration during the next phase of this project.

Sonars for Portugal

OTTAWA -- The Associate Minister of National Defence, the Honourable Paul Dick announced today a project to provide a gift of three sonar systems to Portugal.

Sonar is commonly used by warships to detect underwater objects, e.g. submarines.

In 1980, as part of a NATO Military Assistance Program, Canada agreed to provide an appropriate sonar system for the Portuguese Frigate Program. At that time, the government approved the project at a maximum cost of \$11 million (\$1980) to Canada. This assistance program was developed to help member

countries of the southern flank

to fulfill their assigned roles in the collective defence of the alliance.

"This project will contribute to the alliance and at the same time will provide significant opportunities for Canadian industry," said Dick.

"State-of-the-art Canadian technology aboard Portuguese warships will improve the total military capabilities of the alliance. It will also result in greater NATO standardization and interoperability because Canadian warships will have this equipment," he added.

A contract to provide the sonar systems to Portugal is expected to be awarded to a Canadian company in 1987.

National Non-Smoking Week Jan 15 - 21

AROUND THE BASE

Red Shield Club Activities

New Years Spread



Tables of goodies were spread out in preparedness for the New Year activities at the Red Shield Club. A good time was had by all.

SKI WATCH

CRIME PREVENTION PROGRAM FOR SKIERS

"AN OUNCE OF PREVENTION"

1. Always use ski-check or lock-up devices if available
2. OR use your own cable locks to secure equipment
3. IF you have to leave your ski equipment unlocked, then separate skis and poles
4. Never leave skis unlocked on a car ski rack
5. Never leave your vehicle unlocked while at the ski hill

"Remember" your equipment is valuable, so take the few minutes necessary to prevent the loss of your ski equipment.

For more information on Ski Watch, contact Cst Schroter, Courtenay RCMP 338-1321 Local 249.

SKI WATCH

CRIME PREVENTION PROGRAM FOR SKIERS

"IN CASE OF THEFT"

Properly identified and recorded details of your ski equipment greatly increases the chances of it's recovery.

Also, Canada West Ski Areas Associations offers rewards for information leading to the conviction of a person charged with ski theft.

GET INVOLVED! JOIN SKI WATCH NOW!

For more information on Ski Watch, contact Cst Schroter, Courtenay RCMP 338-1321 Local 249.

Visitors to the Recreation Hall will have noticed the increased activity at the Alternate Life Style Lounge and associated Red Shield Canteen. Lunch times are particularly busy periods; however, people and their families can be found there seven days a week from early morning until 9:30pm at night.

For several years efforts have been made to provide an area for those who wish to enjoy socializing away from Messes and their associated bars. Unfortunately these dry canteens were not as well supported as had been expected. That is until now. A remarkable change has taken place. In recent months the canteen has more than tripled its daily sales and a broad and varied number of associated activities are taking place throughout the week. A teen club is now underway as well as an arts and crafts club. Further activities are planned under the auspices of the PMQ Council and in conjunction with the Red Shield Canteen.

The catalyst for all these activities has been the efforts of the Salvation Army Red Shield Organization under the leadership of Captain and Mrs. Russ Sutherland. Just over a year ago, the Base Commander, Colonel Kadonoff suggested that the Salvation Army be

asked if they wanted to take over the Alternate Life Style Canteen. At that point in time Base authorities were faced with closing the canteen as the losses could no longer be borne by Base Fund. The Salvation Army, despite this unhappy state of affairs, decided to take on our canteen and see what they could do to salvage the situation. Brigadier and Mrs. Bonar were appointed to take over the canteen operations. The Bonars had considerable experience in Red Shield operations at Canadian Forces Europe plus enormous energy. They soon had the canteen established and ready for the first permanent Salvation Army couple, the Sutherlands. Since then the operation has grown and developed.

The festive season saw canteen and lounge activity throughout the period, providing personnel, who normally would have had a lonely Christmas, with a place to socialize. For those lucky enough to go to the Community Council sponsored New Years Party and catered by the Red Shield Canteen, there was the opportunity to enjoy an old fashioned family New Year. Whole families were able to see in the New Year in an atmosphere of fun, laughter and togetherness.

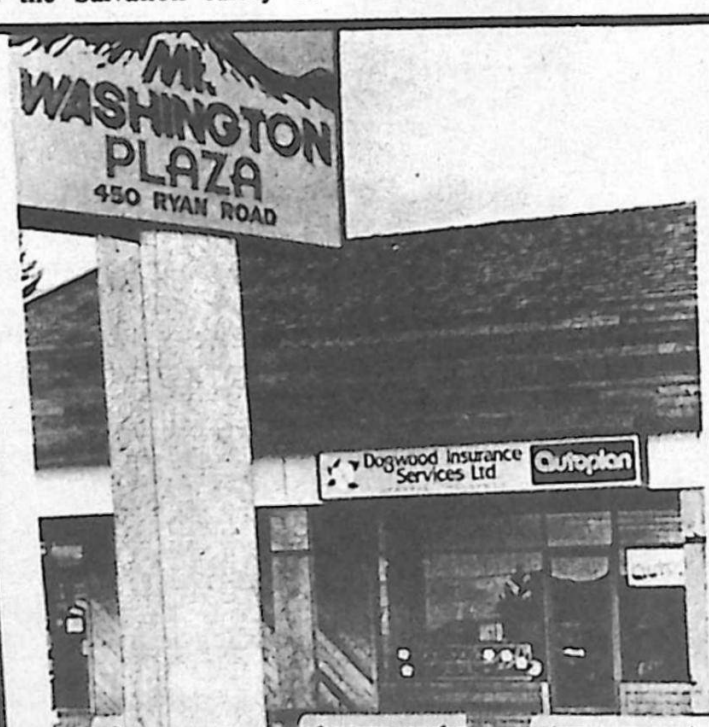
The hard work of the Sutherlands and the love they give to their work and to us all at the Base has in return generated enthusiasm and a spirit of volunteerism that make all the difference. Our former operation was a commercial one without the love and commitment that the present one receives. The enthusiasm being generated is contagious and has resulted in efforts by all to improve the facilities, resources and social amenities that are so necessary for personnel and their families on a military Base.

Continued support is necessary. The Salvation Army Red Shield Organization in Europe has been subsidizing the operation here by providing considerable sums of money, both to establish the canteen and for its annual budget. Self help efforts and volunteers continue to be required to keep costs down. In the meantime we are hoping that the experiment of having the first Red Shield operation in Canada will lead to greater things. There is no question that a visit to the Red Shield Canteen and Alternate Life Style Lounge can provide a new outlook on life.

My My!



Donald where's your troosers



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An Autoplan reminder - An incorrect rate classification can invalidate your Autoplan insurance. If you drive to or from work or school, your vehicle must be insured in rate class 002 (not 001 - pleasure only). Be sure your vehicle is rated in the right classification for its use.

Autoplan

338-6766



AROUND THE BASE

Officers Wives Club

O.W.C. would like to start off the New Year by thanking all those who participated in making the December Mess Decorating Party such an overwhelming success. Congratulations to all the winners that evening. The grand prize winner, Lt Louise Neal, recipient of the Gingerbread Chalet, donated the prize to St. Joseph's Children's Ward. (We're sure she made many eyes sparkle there on Christmas Day).

Wednesday, January 21st, 1987 O.W.C. will commence this year's activities with a "LADIES' NIGHT OUT" at

the Courtenay Hotel Pewter Room. Time: 7:00 for 7:30 pm. The menu: Seafood Plate \$11.50, New York Steak \$14.00, and Schnitzel with mushrooms \$11.50. The price includes a salad, potatoes, three vegetables, bread and dessert. Wine or a soft drink will be served with dinner compliments of O.W.C. Due to limited seating capacity the evening is open at this point only to members. If you wish to attend please register by January 19, 1987 by calling Shelley Lunsford 339-0546 (evenings).

O.W.C. would like to urge

its members to attend the Investment Strategies Seminar on Jan 20, 1987 in the Officers Mess at 1930 hrs. Reserve a seat by phoning Capt Clarke at local 2469 prior to Jan 15, 1987.

On Feb 4th, 1987 O.W.C. is holding a LADIES' SKI DAY at Mt. Washington. Price: Full Package: \$20.00 (includes equipment rental, lesson and lift ticket); lift ticket and lesson: \$15.00; lesson only: \$7.00. Transportation: car pool or local bus service departing from Washington Inn at 7:30 am. Fee for the bus is \$9.00 return but will be partially sub-

sidized by O.W.C. Payment is due the day of the event. To make your reservations call Shelley Lunsford before Jan 23rd or register at the dinner. Participants wishing to rent equipment must supply Shelley

with their height, weight and boot size.

Other upcoming events:
Feb 18 International Pot Luck Supper
Mar 18 Make-Over
Apr 15 Fashion Show

Officers Mess

WEDNESDAYS JANUARY 7, 14, 21, 28
OFFICERS COFFEE HOUR: Coffee will be served in the lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

FRIDAYS JANUARY 9, 16, 23
REGULAR TGIFs - Food as indicated 1700 - 1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS JANUARY 14, 28
OWC BRIDGE CLUB at 8:00 PM

WEDNESDAY JANUARY 21
"LADIES NIGHT OUT" 7:30 for 8:00

FRIDAY JANUARY 30
MIXED TGIF "OLD UNIFORM NIGHT" Dig the old uniform out of mothballs and dust it off for the grand reunion of Old Uniforms. There will be prizes for the best. Food will feature Prime Rib at 1930 hrs. This will be followed by dancing to DJ. Cost per couple: Members free. Limited Associates and guests \$10.00 (Please sign at door).

RESERVATIONS: Please make every effort, etc.
DRESS STANDARDS Casual, etc, Informal, etc.
"COOK YOUR OWN" BBQ will be discontinued till spring.

WEDNESDAYS FEBRUARY 4, 11, 18, 25
OFFICERS COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

WEDNESDAY FEBRUARY 4
LADIES' SKI TRIP The Officers Wives Club is hosting a Ladies Ski Trip to Mt. Washington. Cost will be as follows: Full Package-\$20.00, Lesson and ticket-\$15.00, Lesson only-\$7.00. Transportation by car pool or local bus at \$9.00. The bus departs from Washington Inn at 7:30 am. For further information and reservations, contact Shelly Lunsford 339-0546.

FRIDAYS FEBRUARY 6, 13, 20, 27
REGULAR TGIFs: Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

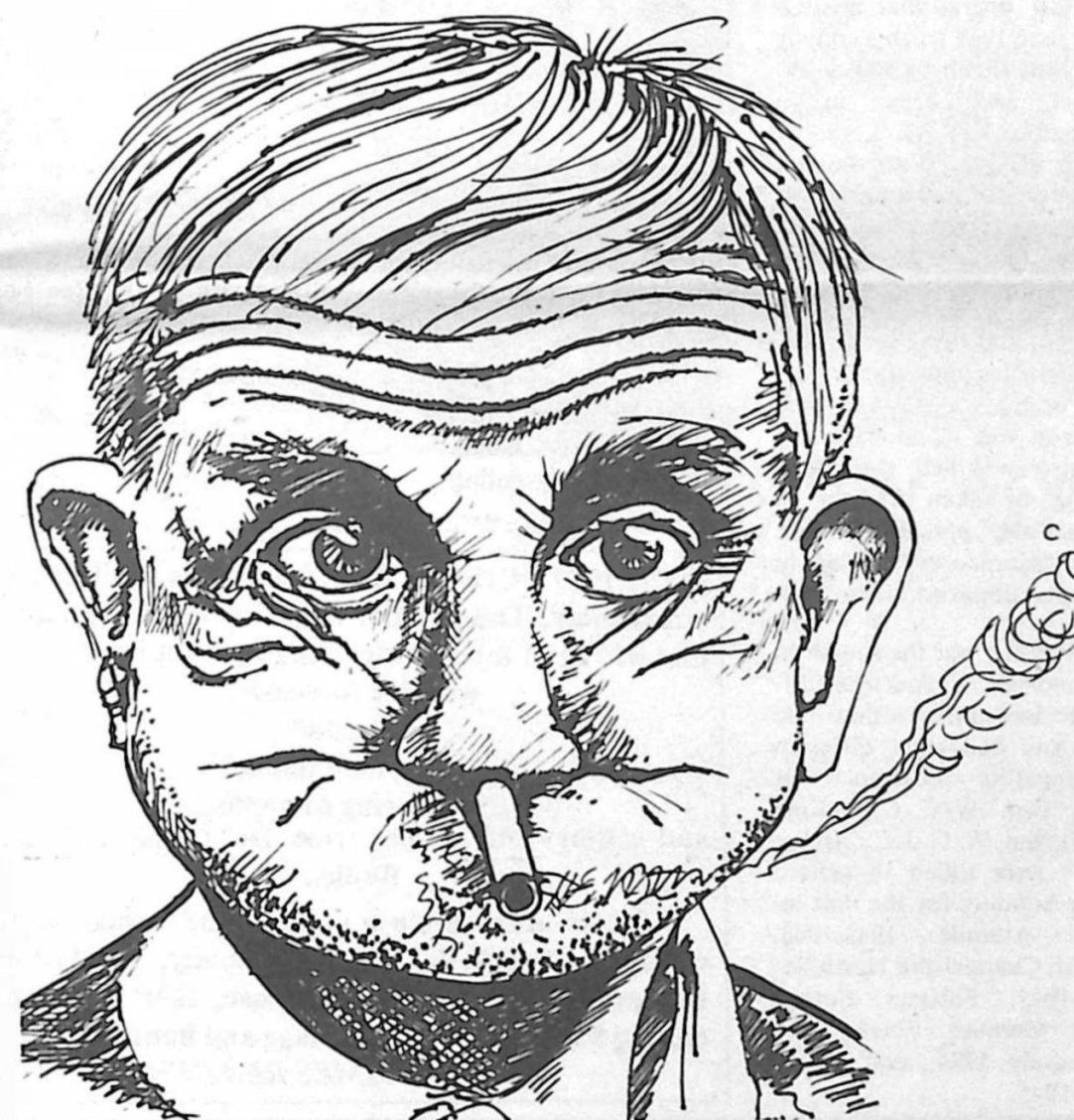
WEDNESDAYS FEBRUARY 11, 25
OWC BRIDGE CLUB

SATURDAY FEBRUARY 14
HEAR YE! HEAR YE!
DECLARATION
It is hereby decreed that the evening of 14 February, the Officers Mess will present a "Grand Ball" in honour of a nymph who periodically flits from town to town slinging arrows to the wind in the general direction of couples.
A sumptuous meal featuring stuffed pork tenderloin at 1930 hours will be followed at 2100 hours with dancing to DJ. Dress of the day will be informal.
Cost per couple: Members \$25.00 - Limited Associates & Guests \$30.00
Reservations by 9 February (339-8324)

WEDNESDAY FEBRUARY 18
OWC INTERNATIONAL POT LUCK 7:30 for 8:00. Dress Casual.

SUNDAY FEBRUARY 22
SUNDAY BRUNCH Reservations by 16 Feb 87.

WANTED



SMOKERS

Can be identified by: A blue cloud of smoke, hacking, coughing and emitting noxious odours.

If found turn into Maj Tamminen, BButt0, Loc 2347

For the next Butt-Out Course please register with B Butt O by January 23rd. Includes all military members, dependants and civilian DND employees.

SECTION NEWS

407 SQUADRON
COASTAL STRIKE

Origins of the Species

John Bradley

407 Coastal Strike (CS) Squadron was formed on 8 May 1941, at Thorney Island, England, under the command of W/C H.M. Styles (RAF). 407 was placed under command of No. 16 Group, Coastal Command and was Canada's fourth overseas Squadron and its second coastal type. The first personnel would not arrive at the Squadron until 22 May but due to a lack of aircraft, all of the aircrew were immediately given seven days leave.

The original aircraft type was to be the Bristol Blenheim Mk IV which were surplus to No. 86 (RAF) Squadron. The aircraft arrived still wearing the BX code of 86 Squadron and were in terrible condition. After a lot of work by the groundcrew the first two aircraft were made serviceable but within a month word was received that the unit would re-equip with the Lockheed Hudson Patrol bomber. With the arrival of the first Hudsons, 407 was to become the only overseas squadron to use this type of aircraft in spite of the extensive use of the Hudson with Canada's home based squadrons. At this time 407 Squadron adopted and carried the RR code on the fuselage sides. The aircraft carried four 250 pound bombs and plenty of machine gun ammunition to use in their attacks.

With the formation and training completed, 407 was declared operational on 1 September 1941 and was assigned Strike Reconnaissance anti-shipping strikes while patrolling at night along the enemy held coast. The unit started off slowly but within three months had sunk or damaged over 150,000 tons of enemy shipping in 52 separate attacks. This was a record for Coastal Command which was reflected in a Letter of Commendation that was sent out by the A.O.C. Coastal Command praising the skill and determination displayed by all members of 407 (CS) Squadron.

This determination was to lead the squadron in breaking their own record when between 30 April and 31 May 1942, they would attack over 83,000 tons of shipping. It was these statistics and the fearless way in which they pressed home their attacks that led the press of the



A Lockheed Hudson Mk V, coded RR-B, serial AM679, taking off for a patrol of the Eastern Approaches.
DND Photo

day to refer to 407 as the 'Demon Squadron.'

GENERAL RECON-
NAISSANCE

407 learned in February 1943 that they would be receiving a new aircraft type and a new mission. The aircraft would be the Vickers Wellington and the mission was General Reconnaissance, which actually meant anti-submarine operations. The squadron was removed from operations and proceeded to Skitten in Scotland for training on the new aircraft. 407 was now known as 407 General Reconnaissance (GR) Squadron and as well, would now acquire the new C1 code which was only occasionally carried on the aircraft.

The unit moved to Chivenor in Devon on 1 April 1943 where they immediately joined in the Battle of the Bay of Biscay hunting German U-boats. The first confirmed U-boat kill occurred on 6 September 1943 when P/O E.M. O'Donnell and crew caught U-669 running on the surface. An attack was made at extreme low level which sent U-669 straight to the bottom. An indication of exactly how low the attack was carried out was the fact that the Wellington's trailing aerial was left wrapped around the submarine's conning tower.

Further U-boat sinkings included U-283 on 10 February 1944 by F/O Heron and crew. On 4 May 1944, F/O Bateman observed a submarine charging its batteries on the surface. After the attack, U-846 was no more. The final U-boat to fall to the Demons was U-722 which was attacked and sunk by S/L C.J.W. Taylor and crew in the English Channel on 29 December 1944.

407 (GR) Squadron flew their last operational mission on 11 June 1945 when a convoy escort was flown by F/L W. Manuel and crew in a Wellington XIV (L/L) serial number HF302. With the end of the war, 407 had amassed an impressive record with over 250,000 tons of enemy shipping attacked, sunk, or damaged, four U-boats sunk and three damaged, and three confirmed and one probable enemy aircraft destroyed. Cost to the squadron was 42 aircraft and 197 aircrew killed, wounded, missing, or taken prisoner. A further 64 personnel were killed, injured, or missing in non-operational accidents.

During the war the squadron had moved to fourteen different locations within the U.K. and had eight different Commanding Officers. Of these, two, W/C C.F. King (RAF) and W/C J.C. Archer (RAF) were killed in action. Battle honours for the unit include Atlantic 1943-1945, English Channel and North Sea 1941-1945, Fortress Europe 1942, German Ports 1942, Normandy 1944, and Biscay 1942-1945.

Accelerated to Corporal



Maj Clarke presenting

Cpl Gagne accepting



Maj Clarke presenting

Cpl Penney accepting

The 1987 "CHASE ALMANAC" is available to our readers. The popular almanac has many items that will be of interest including such topics as -

weather forecasts,
horoscopes,
household hints,
the meaning of names,
and century old recipes from Dr. Chase's Recipe Books.

Readers may obtain a copy of the Almanac by writing to the A.W. Chase Company, 70 Hymus Boulevard, Pointe Claire, Quebec, H9R 1C9, enclosing 50 cents to cover postage and handling.

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201 - 467 CUMBERLAND

334-4461

COURTENAY, B.C. V9N 1K3

LIFESTYLE

Canex

been forgotten. We are looking at ways to improve these facets. Generally the survey showed us to be in a "Good" position for most outlets although you had us "Excellent" in a few and "Fair" to "Poor" in several others.

In addition to ticking off blocks on the forms, many patrons were kind enough to provide written comments on specific points. These points are repeated below, together with BXO's response.

RETAIL STORE

Customers comments and BXO's responses are as follows:

Not enough children's clothing.

Agreed. Basic children's clothing has been ordered for spring. (We must order six months in advance to get decent prices).

90 Day Finance Plan should be extended to 180 days for purchases over \$500.00.

Agree in principle; however the plan is financed by Base Fund which currently lacks resources to support such an extension.

Poor shoe selection.

Our authorized market is too small to support a full fledged shoe department. For this reason we have concentrated on selected sport shoes in appropriate price ranges.

Need more staff in the store, so customers don't have to wait to be served.

Staff costs money. Increases in staff would necessitate higher prices (so you would shop elsewhere) and reduced money available to Base Fund to support Base Amenities, Social and Recreational Programs.

Canex never has in stock the items I'm looking for. e.g. Coleman Propane stove and lantern.

If you don't see what you're looking for, Please ask. Like Base Supply, our stock holdings are based on past sales and anticipated customer demand.

EXPRESSMART

Sale prices are not great compared to downtown.

The Expressmart is a convenience store offering Groceries prices, as opposed to convenience store prices.

Store should be open from 0700 - 2200.

There is insufficient business in the earlier and later hours to cover cost of wages. See above.

Sometimes the colour of the packaged (Luncheon) meats looked "OFF" as if they were left there too long.

Any meats which have not been sold within a month of the

Expressmart receiving them are returned to the supplier for credit. Depending on the chemical composition of the packaging, fluorescent lighting can make the contents appear "washed-out" or otherwise discoloured. We guarantee our foods. Try them and if there's a problem bring them back for a refund.

SERVICE STATION

Extend the hours to 0800 AM to 6 PM.

The Service Station has been operating at a loss this year. To cut losses, those hours where there was insufficient business to cover wage costs were cut. Once business picks up, consideration will be given to extending the hours once more.

Authorized Canex customers who are not employed by the Base have a hassle getting their

vehicles on the Base to get to the Service Station.

The Base is a Military Installation containing sensitive equipment and information, therefore security is a must. We are working on getting facilities outside the wire. In the meantime, please bear with us.

7 HANGAR SNACK BAR

More hot items would be nice but would need major modifications to the kitchen and might result in slower service.

Modifications including improved cooking facilities are under active investigation; However it will be 1987 or possibly 1988 before the improvement could be made.

Should have a selection of flavoured all natural yogurts. In the past, yogurts have not sold, but we'll try it again.

continued from page 1

SEE YOU AT THE
LEEWARD!

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

THE LEEWARD
NEIGHBOURHOOD PUB
& BREWERY

- country cooking
- rural hospitality
- reasonable prices
- clean air system
- brewing our own natural Leeward lager

good food!
KITCHEN HOURS
11AM - 10PM

good times!

*RESERVATIONS ARE
SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

COMING SOON!

M.V.P. LTD. PRESENTS

Hypnosis
Sessions with
Romane

LOSE WEIGHT 6:30 P.M.



Change your attitude to change your body. Learn to lose the urge for sweets and learn to enjoy low-calorie nutritious food. Feel full with less food. Strengthen your desire, determination and will power. Are you tired of going from one diet to another? Learn self-discipline.

STOP SMOKING 8:30 P.M.



Learn to think of yourself as a non-smoker and you are. Help to lose the desire to smoke without withdrawal symptoms and without the desire to substitute food for cigarettes. Does a two-inch roll of paper stuffed with tobacco dictate your lifestyle? Practical Methods. Bring your last cigarettes when you come.

NOTE: Only one session is required. As most people enjoy the experience while lying down, we suggest that you bring a pillow, a mat and wear warm comfortable clothing.

ONE NIGHT ONLY!

*CAMPBELL RIVER-MON. JAN. 19-COAST DISCOVERY INN
*GOLD RIVER-TUES. JAN. 20-COAST GOLD RIVER CHALET
*COURTENAY-THURS. JAN. 22-THE WESTERLY HOTEL
*PARKSVILLE-SUN. JAN. 25 - LEGION HALL

REGISTRATION BONUS!
CLIP AND BRING NEWSPAPER
AD WITH YOU FOR A FREE
ROMANE RECORDING
VALUED AT \$12.50

\$45 Per Session
(\$35 For Seniors
and Students)
INCLUDES PRINTED
MATERIALS
REGISTER:
20 MINUTES
BEFORE SESSION

YOU HAVE BEEN HYPNOTIZED

Have you ever placed your keys or your glasses somewhere and two minutes later wondered where you put them? Or, forgot where you just parked your car? Then, you were in a hypnotic trance.

Have you ever thought the door bell or phone rang, but it didn't? Have you ever looked for something that was 'staring you in the face', but you didn't see it? Ever driven your car for miles and wondered how you got there? These are a few examples of common everyday hypnotic trances everyone experiences. You have already been hypnotized thousands of times.

Have you ever told yourself to awaken at a set time in the morning and you did? Have you ever said 'I'll hide this where NO ONE can find it' and you couldn't find it yourself? Have you ever said 'I can't lose weight or I can't quit smoking.' Then you have given suggestion to yourself.

Have you ever forgotten a name that was on the 'tip of your tongue'? Where did the name go? In the 'back' of your mind, your subconscious or inner mind. You can learn to make your subconscious work with and for you instead of against you.

Romane's main concern is to have hypnosis accessible to everyone. There are other hypnotists who charge \$90. to \$195. for comparable services. His human-ness shows through when he says: "this ancient art should be shared with everyone and used for the good of humankind and the community."

Romane's studies of the mind began over 25 years ago. The key to Romane's success in helping others lies in the fact Romane is "a man of action."

Although the sessions are helpful and fun, this is NOT stage hypnosis. Therapeutic hypnosis is nine times as powerful and helps you to unlock the powers of your own mind.

Romane is not scheduled to tour your area again for some time. If you want help to lose weight or quit smoking, be sure to come! Registration begins 20 minutes before the session.

GUARANTEED RESULTS!
"If you are not fully satisfied by the end of the first break, we will refund your entire fee."

HEALTH AND WELL BEING

info
health

Dr. Bob Young



SVR - *Spiritus vini rectificatus* - the stuff of which intern parties are made. It is pure grain alcohol, used extensively in hospital laboratories and pharmacies. Being what it is, it is kept under lock and key.

But I digress. It is an earlier Christmas season. A new surgeon has arrived in town, along with a new anaesthetist. Both are neighbours and my wife and I decided to welcome them to town, and to the medical community by having them in for dinner with a few other friends.

The entree has long been forgotten, but not the dessert. My wife had made a pair of open-faced mince pies (this was before calories had been discovered!), and because it was Christmas the pie would be served *en flambe*.

A little brandy, dim lights, and the dessert would appear, topped with a halo of soft blue flame.

Brandy, I felt, might not burn well, so as my contribution I wrote a prescription

"for office use" for a few ounces of SVR - the real stuff. A few drops burned beautifully when tested in a saucer.

We thought that three ounces would be about right for our dessert, and indeed the flame was something to behold. It flared a foot above the edge of the pie plate-to be snuffed out as unobtrusively as possible with the pie-server by yours truly.

The guests were enthralled - they had never seen anything like this back in Saskatchewan!

I could see through the flames that the pie was bubbling a bit, and the already dark filling was rapidly turning an unhealthy black. There was a pall of smoke nestled under the ceiling above my head.

Time for action. I took a deep breath and blew, birthday-cake style, hard and fast. A ball of blue flame shot to the far end of the table, hesitated, and raced back to what was left of the pie.

We served the second one unadorned.

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

EATING FOR LIFE

As we age, our nutritional needs do not change drastically, but good nutrition plays a more important role in our well-being and some diet alterations may be necessary to keep feeling fit and active.

Everybody needs the same nutrients, but the exact amount of each depends on your age, sex, body size, activity level and state of general health. As you age, your body will likely need fewer calories, especially if you are less physically active than you once were.

Good foods not only keep the body going, but also help to strengthen and repair it. Proper nutrition is a key ingredient in any successful health maintenance program.

Aging is a natural process. As you grow older, your heart

and blood vessels age too. Your body becomes more susceptible to heart attacks, strokes, congestive heart failure and high blood pressure.

Think of your heart when planning meals and snacks. Researchers have found that diets high in fat, sugar and salt, and low in fibre foods are likely to lead to a higher risk of heart disease.

No matter what your age or the general condition of your body, you can do many things to ensure that you live longer, healthier and happier. Your doctor can advise you on your body condition. If you have any questions on nutrition and especially on the effect certain foods may have on medications you are taking and vice-versa, ask your pharmacist.

Vision: The Key to Learning.

Good Schools: Good Teachers: Good Vision

A good education is what you want for your child. That means good schools, good teachers and good vision.

Your school-age child's eyes are constantly in use in the classroom and at play. So when his or her vision is not functioning properly, learning and participation in recreational activities will suffer.

There are things, however, you can do to be certain your child's vision is ready for school each year and to relieve the visual stress of schoolwork.

Vision Skills For School

Good vision involves many different vision skills working together to enable your child not only to see clearly but to understand what he or she sees.

The basic vision skills needed for school are:

***Near Vision:** Ability to see clearly and comfortably at 13-16 inches, the distance at which school desk work should be done;

***Distance Vision:** Ability to see clearly and comfortably at ten feet or more;

***Binocular Coordination:** Ability to use the two eyes together;

***Eye Movement Skills:** Ability to aim the eyes accurately, move them smoothly across a page and quickly and accurately from one object to another;

***Peripheral Awareness:** Ability to be aware of things to the side while looking straight ahead;

***Eye/Hand Coordination:** Ability to use the eyes and hands together.

If any of these or other vision skills is lacking or not functioning properly, your child's eyes have to work harder. This can lead to headaches, fatigue and other eyestrain symptoms. Also, the stress of schoolwork can affect these vision skills, causing a vision problem where none existed before.

Don't assume your child has good vision because he or she passed a school vision screening. A 20/20 score means

simply that your child can see at 20 feet what he or she should be able to see at that distance. It does not relate to all of the other vision skills needed for learning. Vision screenings have a piece in preventive care but they are no substitute for a thorough vision examination.

Be Alert For Symptoms

Be alert for symptoms that may indicate your child has a vision problem. Note if your child frequently:

- * Loses his or her place while reading;
- * Avoids close work;
- * Holds reading material closer than normal;
- * Tends to rub eyes;
- * Has headaches;
- * Turns or tilts head to use one eye only;
- * Makes reversals when reading or writing;
- * Uses finger to maintain place while reading;
- * Omits or confuses small words when reading;
- * Performs below potential.

Because vision changes can occur without you or your child realizing it, have your child's vision examined by your optometrist every year.

A thorough examination should include:

- * A review of your child's health and vision history;
- * Tests for nearsightedness, farsightedness, astigmatism, colour perception, lazy eye, crossed-eyes, eye coordination, depth perception and focusing ability;
- * Any eye health examination.

If Your Child's Eyes Need Help

After assessing your child's test results, your optometrist may prescribe glasses, contact lenses or vision therapy.

He or she may also recommend preventive measures, such as mild prescription lenses to be worn only when doing schoolwork or watching television. These help relieve stress on your child's eyes.

Vision therapy is prescribed for conditions which cannot adequately be treated with glasses or contact lenses alone.

By reinforcing or reteaching vision skills, it improves conditions such as poor eye coordination and movement, lazy eye and perceptual problems.

Homework, Computers and TV

Make sure your child's homework area is evenly lighted and free from glare. Furniture should be right size for proper posture. During periods of close concentration, have your child take periodic breaks to rest the eyes. Rest breaks are also recommended when your child is using a computer or playing video games. If he or she spends many hours with a computer, ask your optometrist to suggest ways to help avoid vision-related problems. THE B.C. Optometric Association or your optometrist has a pamphlet about VDT's and vision.

To make TV viewing easier on your child's eyes:

- * Be sure the room has overall soft lighting.
- * Place the set to avoid glare and reflections.
- * Watch from a distance at least five times the width of the screen.

Be sure your child's hours away from school include time for physical activity and creative play. Both can help keep his or her vision skills functioning properly.

Eye Protection

Teach your child these eye safety rules:

- * Keep away from the targets of darts, bows-and-arrows, BB guns and missile-throwing toys.
- * Don't run with or throw sharp objects.
- * Wear safety goggles when using chemistry sets, power tools, household and yard chemicals or firecrackers.

(Note: Be certain your child is mature enough to handle these items safely, and, provide proper adult supervision.)

A Lifetime of Good Vision

Your care and concern for your child's vision can enrich his or her future and, at the same time, help him or her develop eye car habits for a lifetime of good vision.

AROUND THE BASE



Jr. Ranks Ladies Club

Happy New Year from the Junior Ranks Ladies Club. Hope everyone enjoyed the holidays and survived the festivities of the season.

Our Christmas Pot Luck supper/Penny Auction was held on December 17th. The turn-out was rather disappointing due perhaps to the number of section parties being held

that day. However there was plenty of good food so everyone who came had another opportunity for holiday over-indulging. The Penny Auction following the meal was successful in raising \$75.00 to be contributed to Friendly Visitors, an organization in the Valley which assists local families in

need. One of Santa's elves kindly agreed to take time out from her hectic schedule to act as auctioneer and did an excellent job at keeping the bids going. Good taste prevailed in the choices of donations for auction so no one suffered undue embarrassment. Needless to say, there were lots of surprises as everyone discovered

the contents of their packages. In fact Laura was delighted to find her purchase was one of the very items on her list to Santa- we certainly hope you have had hours of enjoyment with your new Flying Flipper!

Our next meeting will be on Wed. Jan 28th at 7:30.

Everyone is reminded to bring a favorite recipe or two, and if response is good we can get busy on our Club Recipe Book. I am given to understand that the scheduled entertainment for the evening should be of interest to everyone, so bring your adventurous spirit and your cheque book (just in case) along. See you all on the 28th.

RENEWAL

FEB 87

Bring your plate
up-to-date

If the decal on your number plate is "FEB 87" your auto insurance and vehicle licence must be renewed by the first of March. Set a date with your Autoplan agent this month. Take time to discuss your insurance needs and changes that become effective January 1, 1987.

Premiums

Premiums are up for most motorists as a result of a sharp increase in claims for injuries and vehicle damage in 1986.

For the majority, increases will be under \$25. About a quarter of a million will pay between \$26 and \$50 more. For about 5,000 commercial vehicles with larger premiums than private passenger cars, the increase will be over \$50.

For many motorists, an increase in Third Party Legal Liability premiums will be offset to some extent by a reduction in the cost of Collision coverage. Those who do not carry Collision will be most affected by the premium increases.

Liability Limits

A limit of \$15 million Third Party Legal Liability is now available for all vehicles.

Weekly Payments Increase

The weekly "No-Fault" payments for disability or death increase from \$130 to \$145 for victims of accidents occurring on or after January 1, 1987.

Weekly dependent survivor payments increase from \$30 to \$35 for victims of accidents occurring on or after January 1, 1987.

Equipment of a Motor Vehicle

Revised coverage will apply to new and renewal policies issued on or after January 1, 1987 for most private passenger and light

commercial vehicles. Attached equipment supplied by or available from the vehicle manufacturer is automatically covered with no dollar limit.

Coverage for equipment not supplied by or available from the vehicle manufacturer has dollar limits:

- a \$500 limit applies to coverage for permanently attached sound and communication equipment;
- a \$1,000 limit applies to coverage for any other permanently attached equipment, e.g., special paint finish and canopies.

Where it is of benefit to the motorist, the new additional coverage will also apply to existing 1986 policies for accidents occurring on or after January 1, 1987.

Some premium comparisons for motorists with a four year claim-free discount:

Medium priced vehicle	Lower Mainland			Vancouver Island						Fraser Valley and Southern Interior			Northern B.C.		
				South			Central and North								
	1985	1986	1987	1985	1986	1987	1985	1986	1987	1985	1986	1987	1985	1986	1987
Pleasure use only	\$441	\$402	\$426	\$361	\$329	\$349	\$381	\$348	\$370	\$368	\$335	\$355	\$406	\$368	\$390
To or From Work	543	500	527	445	410	432	469	433	456	453	417	439	501	459	482
Business use	666	553	571	546	453	467	575	479	494	556	461	475	619	511	525

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MASS SCHEDULE: Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of
the month in Parish Hall, preceded by Mass in the Chapel at
7:30 p.m. President: Mrs. Edna Sinclair, Telephone 339-
6883.

CATECHISM CLASSES - September - May in the PMQ
School at 1830 hours, every Wednesday. Religious
Education Co-ordinator: Mr. Fred Chiasson, Telephone
339-6488.

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne
CHAPEL - St. Michael & All Angels, Wallace Gardens,
Bldg 88

OFFICE - Headquarters, Bldg 45, Room 48, Telephone:
339-2211, Local 2273

SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 1000 - 1100 hours, pre-school at 1100
hours. For further information contact Superintendent,
Michelle Wohlegemuth, Telephone 339-2885.

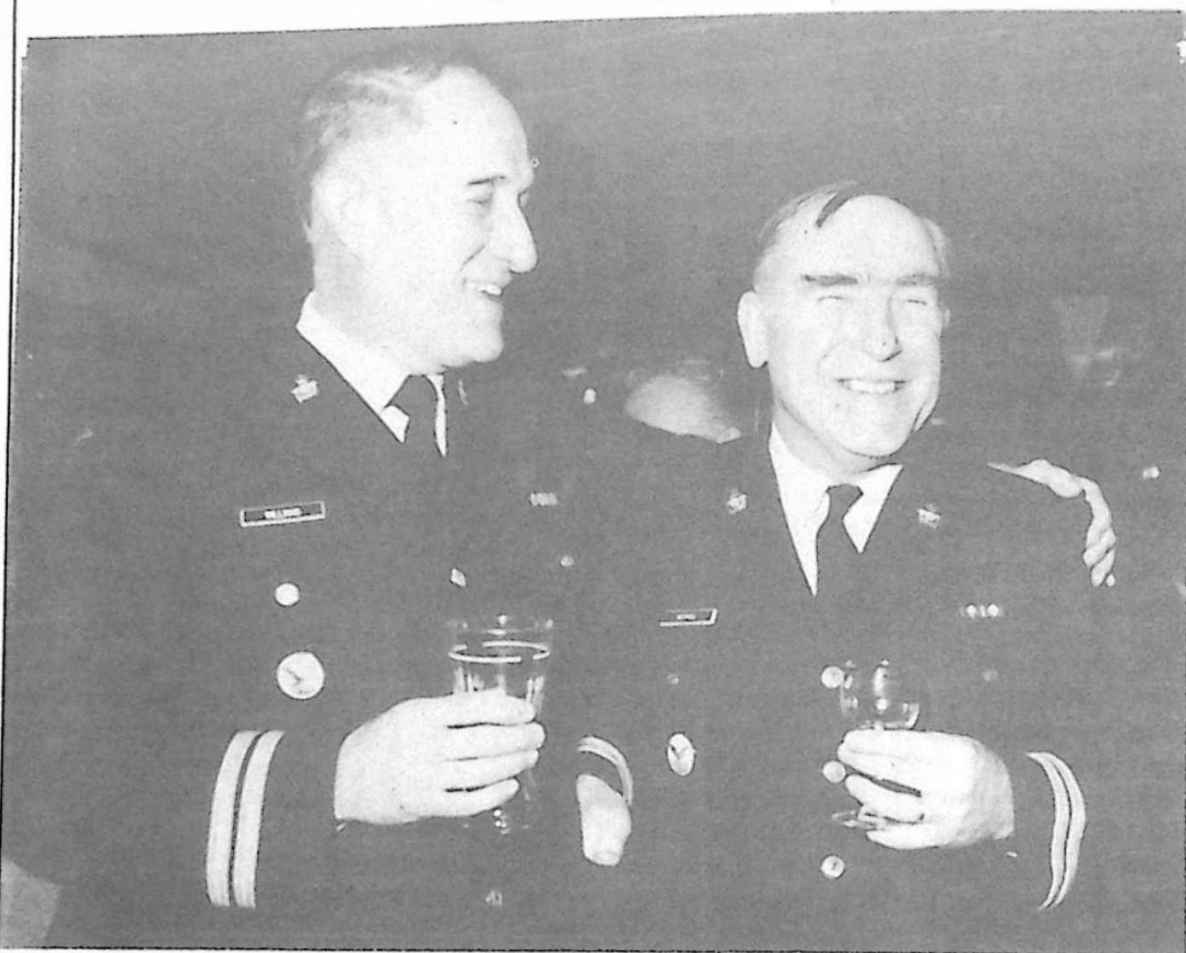
JUNIOR CHOIR - Practices 1530 hours each Wednesday.

SENIOR CHOIR - Practices 1900 hours Tuesdays - volun-
teers needed.

CHAPEL GUILD - First Thursday of every month at 2000
hours in the Chapel Annex.

President: Mrs. Diane Harrison, Telephone 339-6663.

Comedy Duo Performs



That renowned comedy team of "Bob & Bob" was in action again this holiday season. Known in show business circles as the "Booze Brothers" the duo are shown performing at the recent "at home" visit of the Officers at the WOs and Sgts Mess. A recent eye operation in Hong Kong helped "Little Bob" perfect his new smile.

Survival...are you prepared?

SURVIVAL HEADLINE: BC BLIZZARD KILLS ONE

STORYLINE: One of the worst snowstorms to hit BC has left one dead. As the storm reached its peak, it's only casualty had been returning from a local hunting excursion when his truck broke down four miles from Hwy 46. Police suspect he may have over-estimated his physical condition and under-estimated the severity of the storm. The victim had spent the last 6 years in the far north where it is said he spent months alone running a trapline over some of the most desolate wilderness on this continent.

He turned 31 only last week. He is survived by his wife and two children.

The ironies are compiled here by the fact that when rescuers, alerted by his family, found him, he was only 2 Km from his vehicle. When searching for ID this clipped news article was found:

SURVIVAL

The following deals with the essentials of survival when travelling by car:

Let's look at that car of yours, not as a showroom-new status symbol, but as basic hardware for family survival.

UNDER THE HOOD:

Your horn can alert rescuers as far as 2 Km downwind. The flat, round top of the engine's air cleaner subs as a tool for digging trenches or throwing up earthen windcreens. Under the hood are reservoirs sometimes, up to 6 litres of oil. A litre of oil, burning in a hub cap, in the still air of sunrise, spews a miniature atomic cloud high into the sky - a smoke signal visible for miles. Lube oil used as a salve against a searing sun or frosty winds can save your skin if applied before you expose yourself. Every hose converts to a siphon for getting at gasoline in your tank. The windshield wiper tubing becomes an effective tourniquet for stopping bleeding. Unbolt the hood and you have the makings for a sturdy, heat reflective lean-to.

INSIDE YOUR CAR:

As is, your car is a bunkerhouse, or you can strip the interior for whatever good it might do. Door panels become ground sheets protecting you from frozen or wet ground.

Convex guage lenses on the dome light can be used as a sunfocusing fire starter. Or, more simply, use your cigarette lighter. The glove compartment door and sunvisors double as shovels. Slipcovers, floor mats and rugs make into blankets and clothing.

OUTSIDE YOUR CAR:

Many an old hand hunter has warmed himself (and stayed alive) over a fire. "It sure hurts, seeing \$85.00 worth of rubber going up in flames" a stranded hunter north of Prince George told his rescuers, "but I wasn't thinking dollars, just sense." A little siphoned gasoline ignites your fire. If yours are tubed type, cut the tube into leggings or sew edges shut with under-dash electrical wiring for weatherproof shoes.

One family, broken down on a little used fire trail, carefully removed a sealed beam headlight and, leaving it still wired, directed its beam upward in wide sweeping arcs. A rescue team quickly spotted them.

"The list of life-savers in the average case is almost inexhaustable." All you need is a little imagination. Rescue specialists say that people lost or stranded are more easily found if they stay in one spot.

LIFESTYLE

Investing Experts Need to be Wrong

NICK DAY

If you are like most Canadians, the need for correct, valuable information confronts you daily. You act on the information and opinion of the weatherman who is forecasting rain; your visits to the dentist and doctor, lawyer and accountant gives you the opinions, information and guidance on which you can act.

Your reliance upon "experts" most likely goes beyond these examples.

Whether you're a seasoned investor or have never invested before, you will probably seek direction and answers from the

investing "experts." And like many other investors you will find they often differ in their forecasts and recommendations, present hard to understand theories and are often wrong!

Don't be discouraged as it is this "expert" disagreement which makes markets work! Just imagine if everybody were in total agreement about the value of a certain stock, bond, mutual fund, warrant, right or option; there would be no trading as value would have found its "correct" level and everyone had gone home!

However, this is not the case. Organized, regulated exchanges around the world are the marketplaces for the tens of thousands, the millions of trades which are transacted everyday...because value means different things to different people at different times.

And these people, like you, are looking for valuable information on which to act.

And presto!...the need for "experts." Yet experts, like you, are individuals with differing needs, wants, experience, expectations and objectives.

If all of the "experts" were right and if we all acted on their advice, the markets, as we know them, would simply disappear.

And that is why the "experts" need to be wrong! And that fact can be turned into opportunity for you in your pursuit of financial freedom: The freedom to choose.

Someone once noted that "warm and comfortable is the body temperature at the centre of the herd"! And too often, we have seen where herd instinct can lead.

FACT: During the rocketing upward flight of gold to an all

time high of \$US850, the average gold buyer did not line up to purchase this precious metal until it had already reached \$US800!

Although seldom discussed by many "experts" or investment brokers is the fact that there is a reasonable, understandable, solid and conservative approach to investing. However, if you choose to pursue this idea, beware: you won't be part of the "crowd"!

Nick Day is a financial consultant with Midland Doherty Ltd. in Courtenay. Call Nick at 338-5588 with your inquiries.

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We wish to thank all the patrons who attended the Red
Shield Club over Christmas and supported our New Year's
Eve Celebration.

We especially want to thank Brite Nites Band, the Teen
Town representatives and all the volunteers who gave freely
of their services on New Year's Eve to the Red Shield Club.
From the Administrator and Staff.

AROUND THE BASE

Promoted at BOPSO



Tony Huntley receiving his promotion to sergeant from LCol Rogers.

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Tue. Jan. 27 General Meeting 7:30 PM.

Regular Activities

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TUESDAY — Pub Darts

WEDNESDAY — League Crib

THURSDAY — Fun Darts

FRIDAY — TGIF & MONEY DRAW at 6:30 p.m.

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PROVINCIAL

Your M.L.A. Reports

Stan Hagen

These past weeks have been very challenging indeed. You will have heard by now that the name of my portfolio has been changed from "Continuing Education and Job Training" to "Advanced Education and Job Training" which brings it more into line with similar Ministry names across the country. My Deputy Minister, Mrs. Isabel Kelly and I have been working hard to pull together and acquaint ourselves with the various component parts of our newly formed Ministry - universities, colleges and institutes, apprenticeship and employment training, labour market programs, manpower advisory services, student employment programs, Women's Programs and Youth Services.

The appointment of Mrs. Kelly as my Deputy Minister will further improve our ability to provide services to Women and Youth regarding access to education, training and other areas.

The Premier and this Government recognize that the Youth of our Province are one of our greatest natural resources and we want to get our young people involved in building a great future for British Columbia.

In order to ensure that our young people have the "ear" of the Social Credit Government, the Provincial Youth Advisory Council was established on October 26, 1985. The Council, consisting of young people of many diverse

walks of life and geographic locations meets regularly to bring the concerns and suggestions of the young people in communities around the Province to the attention of the Government.

Priority for Youth Grant funds is given to projects that test realistic new ideas related to employment and Youth development, enhance communication and interaction between Youth Groups in a community; involve or benefit many young people; enhance economic development; are supported by the community and have limited capital cost.

Because of limited funding and popularity of the Youth Grants Program I would urge anyone interested in the

program to contact either my office or your Government Agent for further information and application forms.

I have recently announced the formation of the Student Financial Assistance Review committee. The Committee, comprised of representatives from education, business and government is chaired by Dr. Les Bullen, a former official of the Education Ministry, and will receive written submissions until December 31, 1986. I look forward to being able to make recommendations to the Premier and Cabinet in January 1987.

By this time this message greets you in the press, our new office will be open at:

450 Ryan Road, Mt. Washington Plaza, Courtenay, B.C. PH: 338-1433

Either my constituency secretary, Mary McCaffrey or my Executive Assistant, Bob Hunter will be pleased to help with any problems or concerns you may have. We hope to have an office opened in Parksville early in the New Year. I plan to be in the constituency at least one day each week to meet with you. Please call Mary at 338-1433 and she will arrange an appointment for you.

My wife Judy and I would like to take this opportunity to wish all Comox Valley Residents a Merry Christmas and a Peaceful Happy New Year.

Classified

RATES

Effective February 24, 1986 ALL Insertions will be \$3.00 per column inch.

URGENTLY NEED DEPENDABLE PERSON who can work without supervision for Canadian oil company in Comox Valley area. We train. Write A.F. Dickerson, Pres., Southwestern Petroleum, 87 West Drive, Brampton, Ont. L6T 2J6

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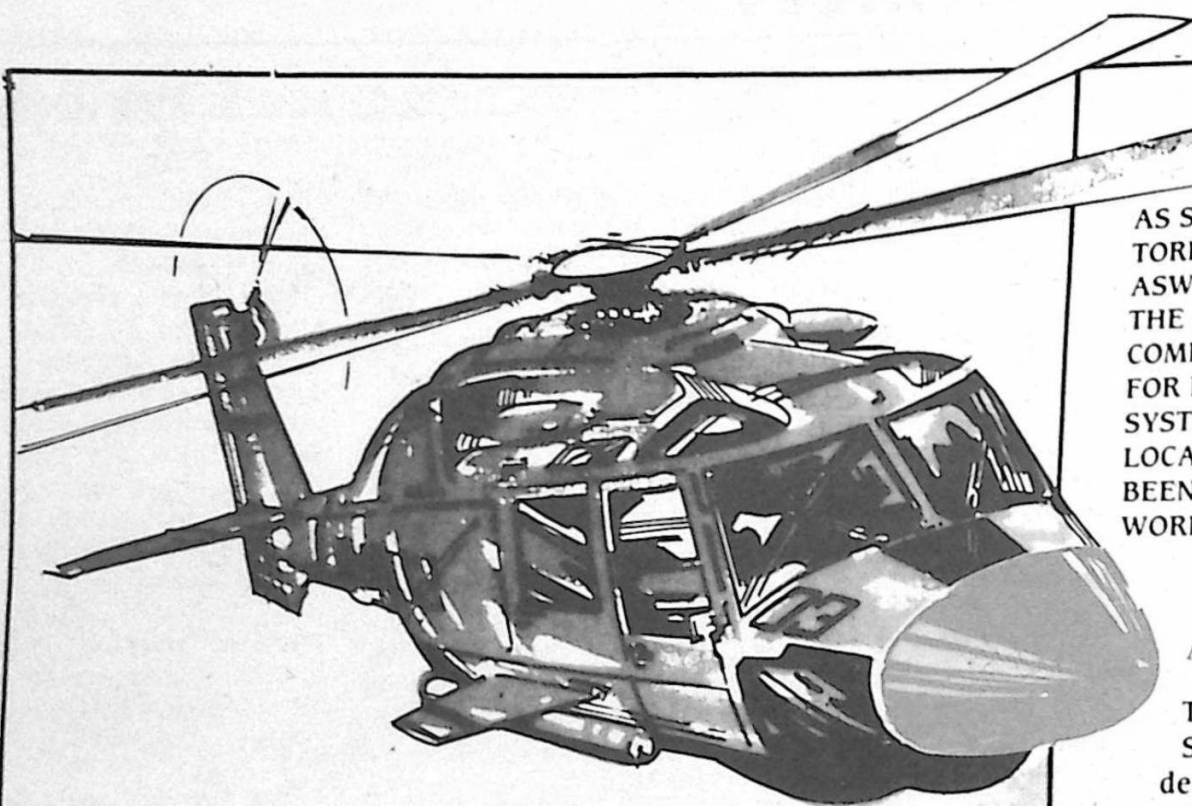
Drink and drive?



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The AN/SQR-501 Canadian Towed Array Sonar System (CANTASS) is used for long range passive detection of threat submarines. CANTASS is designated for use by the Canadian Navy's ASW fleet including the CPF. CANTASS will provide Canada's Navy with the world's most cost-effective, powerful and sensitive system for ASW detection, classification and targetting. It will reinforce Canada's position as a world leader in ASW operations and technology.

AN/SQS-510 ACTIVE SONAR

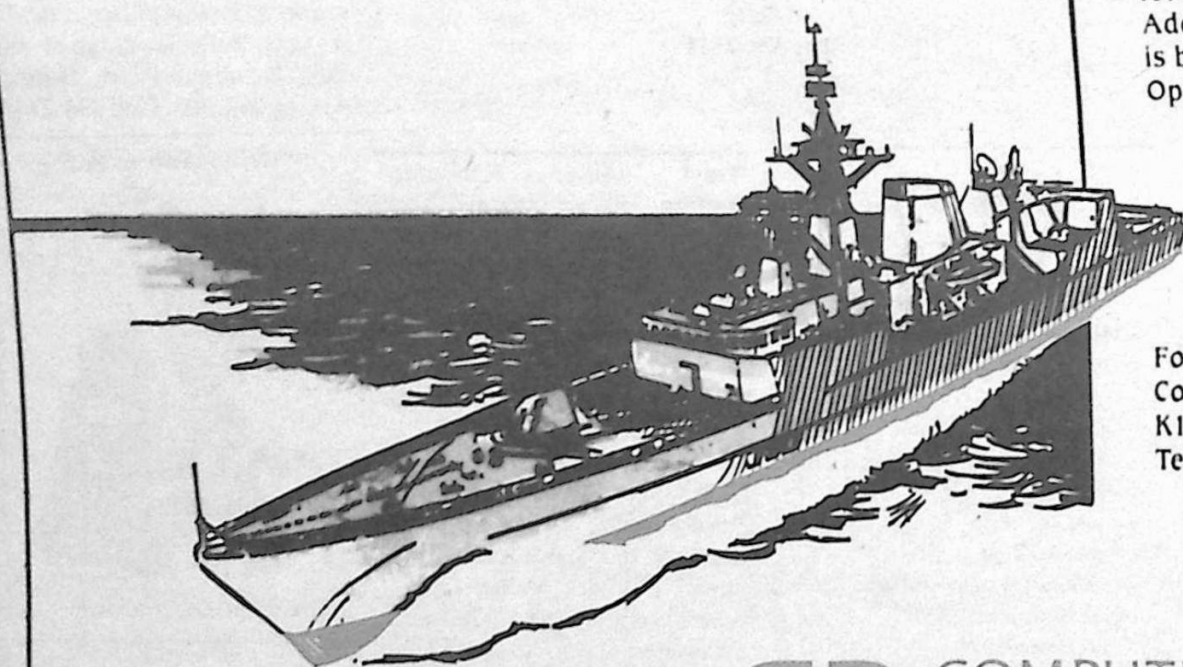
The Canadian Navy has selected Computing Devices Company to design and develop the AN/SQS-510 Active Sonar for its ASW fleet of the 1990s. The SQS 510 comprises the transmitter and wet end subsystems and the display, control and processing subsystems. An advanced development model of the SQS-510 Sonar System is now at sea with the Canadian Navy.

AN/UYS-503 SONOBUOY PROCESSOR

The AN/UYS-503 Sonobuoy Processor (SBP) is designed around a new architectural concept that fully exploits the potential of new microprocessor and dense memory components to give a simple, powerful, easily maintained and easily expanded system.

The AN/UYS-503 has won international competitions for the Swedish Navy and the Royal Australian Navy. Additionally, it is on order for the CPF and the system is being flown by the CFB Shearwater's Helicopter Operational Test and Evaluation Flight (HOTEF).

HEARING THINGS



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