



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 2 January 29, 1987

Deadline is Monday, February 9, 1987

Cost: Priceless

New Boss at NORAD

NEW COMMANDER-IN-CHIEF NAMED

OTTAWA -- The Honourable Perrin Beatty, Minister of National Defence and Casper Weinberger, United States Secretary of Defense, today announced that United States Air Force General John L. Piotrowski, 52, has been named Commander-in-Chief of the North American Aerospace Defence Command (NORAD).

Under the terms of the NORAD agreement, the appointment of the commander-in-chief and his deputy must be approved by the Canadian and United States governments. The deputy commander-in-chief currently is Canadian Lieutenant-General Donald McNaughton. The commander-in-chief of NORAD reports to the President through the U.S. Joint Chiefs of Staff and Secretary of Defense, and to the Prime Minister through the Canadian Chief of Defence Staff and Minister of National Defence. In the course of his new duties, General Piotrowski will be maintaining close links with Canadian military and Government authorities.

The mission of NORAD as stated in the Agreement renewed in 1986 is to provide surveillance and control of the airspace of Canada and the United States, provide appropriate response against air attack, and provide warning and assessment of aerospace attack. NORAD headquarters is located in Colorado Springs, Colo., and Canadian airspace is controlled by two NORAD Region Operations Control Centers co-located at North Bay, Ont. Last year Canadian CF-18 jet fighters under the operational control of NORAD intercepted Soviet military aircraft on five occasions entering the Canadian Air Defence Identification Zone without notification.

General Piotrowski originally trained as a navigator, but eventually became a command pilot. He has more than 5,000 flying hours to his credit, including 100 combat missions. In recent years, he has held command positions at several tactical air bases in the U.S. as well as abroad. While deputy commander for air defence, Tactical Air Command at Peterson Air Force Base, Colorado from 1979 to 1981, General Piotrowski worked closely with Canada's air defence forces in support of NORAD. Most recently, he has been vice chief of staff of the U.S. Air Force in Washington, D.C. General Piotrowski is married and has three children.

NEXT DEADLINE

FEB 9

Ground Breaking for New Patio



After years of paper work the folks at Air Command have finally given approval for the Junior Ranks Club patio. The patio will be located next to the Combined Mess and the PMC is planning a gala spring opening. The Base Commander Col Gibbon gives PMC MCpl Peter Wybenga a hand turning over the first sod to start construction. The PMC is about to call in on offers from all the volunteers who said they would help build the fence. Remember, it's a self help project so if you have a hammer, a saw and the time drop down and help Peter and the Base Commander get this thing built. (Base Photo)

HEART TO HEART



FEBRUARY IS HEART MONTH

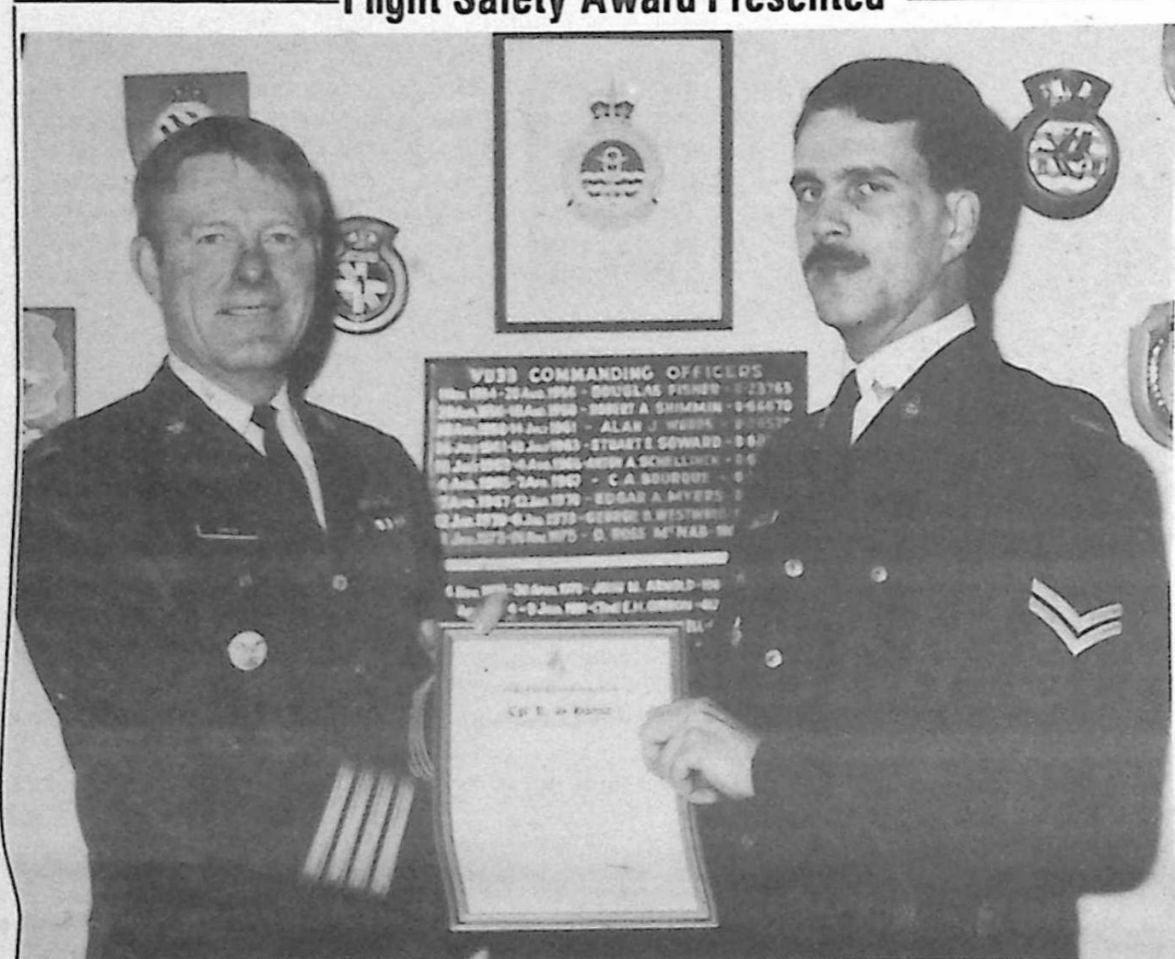
SECTION NEWS



Anker Klankin'



Flight Safety Award Presented



Col Gibbon presenting Cpl Scott Hanna honoured

doing a repaint of the supply area. Hopefully they won't be overcome by the fumes. We'll hold the door open guys, Honest.

Cpls Al Nantel and Dave Maloney are back from a week down San Diego way. Al says it was a breeze (AET talk) but he did get tired of waiting for Dave who always seemed so extra busy. Ahhhh, the life of a com/radar tech on detachment.

Last week our hard hitting intersection hockey team came out ahead of the fast skating BOpsO team. Final score was 6-5. One of our new to the squadron players, Pierre Boivin, led the scorers by beating the goalie twice. Single netters were Al Ashcroft, Glen Litchfield and Pete Morro.

Dave Hall also new to the team, put in a fine performance as well.

During the latest game Chris Shelly executed an excellent assist pass to Pete Morro. After the game Pete remarked to Chris that his pass had been right on the mark. Chris said "Pass hell! I was shooting for the net."

Courses - WO Lyle McManus and MCpl Harry Weeds are away and Cpl Ron Fortin now an F18 park, start and tow specialist has recently returned from two weeks at the Cool Pool. Ron's luck held. He left before the really cool weather hit. If you see Ron smiling it's because he asked the Sgt if he had missed him. The Sgt said YES!

WOs & Sgts Mess

JANUARY 1987

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

Normal TGIF - 16th & 30th

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!!

Admission: \$1.50 per person

FEBRUARY 1987

"FREE" Coffee & sticky buns in the Mess Lounge every Wednesday morning at 1000.

Saturday, 14th 2100 - 0100 hrs

VALENTINES DANCE

Chicken & Chips

Casual Dress

Admission will be charged and there will be "SOMETHING SPECIAL FOR THE LADIES"

Friday 20th 1800 hrs. - 2400 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 28th 2100 - 0100 hrs

"DEE JAY OF THE MONTH DANCE"

Casual Dress

Dancing all nite long, with no breaks!!

D. J. to be announced

Admission: \$1.50 per person

SOME PLANNED UPCOMING EVENTS: MARK YOUR CALENDAR!!!

Saturday March 14th

2nd Annual "LUCK OF THE IRISH" MONTE CARLO NIGHT

Games of chance for all, including Black Jack, Crown & Anchor, Over & Under and a five race horse racing card.

Saturday May 9th

MOTHER'S DAY SPECIAL CANDLELIGHT DINNER

By the time a copy of this week's Totem Times hits MR880 Tracker Squadron in Summerside, Capt Patterson and WO MacLeod will have already put in their requests for a transfer to VU 33 Sqn. These two gentlemen were part of an exchange between the two squadrons two weeks ago which saw the eastern crew tuning into the finer points of west coast flying. While in Comox, the two PEIrs were simply dumbfounded as they discovered a world much different from their own, a world where there was actually more to the landscape than red mud, and where there were actually family names other than Arsenault.

The first of two VU 33 Southern California deployments recently concluded with Bravo Zulus going out to the crews involved in the conducted operations. VU 33 was given a good deal of support from its sister squadron, VRC 30, out of NAS North Island. As a gesture of thanks, two former Tracker drivers from VRC 30 were given a chance to once again put the Tracker through its paces. As one of the lucky Yanks put it after the flight, "I couldn't believe I was actually flying that old bird again, but I sure

believed it when I stepped out of it afterwards and my flight suit was full of oil."

If you are wondering which pilot got the best suntan while in California, the award would have to go to Richie Clements. Gloria, tired of her husband's pale, winter kind of face, told Richie that he either come back looking like a sun bleached beach bum or he would have to buy bed sheets to fit the couch. Richie took this to heart and 'accidentally' broke his airplane after he arrived down south. The only time the other pilots saw him was when they were on approach to runway 10 which ran right over the local nude beach.

The California detachment was able to get in a little bit of tourist sightseeing between their work schedules. One particular day, the crew visited Marine Land. It was here that John Reimer single handedly clashed with a group of folks from the Humane Society in a heated battle of sour words and beer bottle throwing. This occurred when John began lobbying for an open hunting season on seagulls, after being struck on the arm and leg by a white birdie bomb.

The Malibu Mini-Auto Racing Club was another stop on VU 33's tour. All the pilots

took part, and when the dust settled and the final times were tallied, the fastest Anker turned out to be Bob Wallet. The results would most surely have been different had Bob been disqualified for leaving the track and going cross country to the finish line.

Bob had been assigned the duty of detachment commander, but I'm not so sure that this was a good idea. A detachment commander is supposed to have the quality of decisiveness in his decisions, yet Bob, while in Tijuana, could not make up his mind on which leather purse to bring back to his wife, so he finally bought five of them
.....ANKER 95

VU 33 TECH SIDE

The VU 33 maintenance area has taken on a fresh new look. The repair techs have been busy with the brushes and gallons of what looks suspiciously like sea element blue paint. All in all it looks great. The maint. Sgt (Wayne) Hay was so impressed that he also replaced the section's old leaky coffee machine.

Not to be outdone, the crafty supply support group headed by MCpl (Yvon) Duschene is

AROUND THE BASE

FINANCIAL TIPS



From The Top Rung

Col Ted Gibbon

It is frequently said that the second thing that goes in the aging process is the memory and we have ample proof of the truth of that observation within the military community here at Comox. A considerable number forget that sometime during the month of their birth they have to go to the gymnasium for an assessment of their level of physical fitness. It's not an option, it's not discretionary, it's a commitment and all must do it unless medical documentation can be presented to the assessing authority during the birth month that excuses an individual from undertaking the evaluation.

If the system forgets one of our entitlements we are quick to demand corrective action. The converse is true and the system is entitled to assess your standard of fitness once per year during your birth month and of course corrective action can be taken should you fail to present yourself voluntarily. I haven't decided on what that action should be yet. However, one thought that came to mind was to program the pay computer to forget your birth month. When you arrive at the pay office for corrective action and we have your attention, your proximity to the gymnasium might trigger the appropriate memory circuit. Please don't put me to all that trouble.



...leading the way



A good listener is not only popular everywhere but after a while he knows something.

THE RISK FACTOR IN FINANCIAL PLANNING

If you're thinking about making some financial investments, you should keep a number of important factors in mind.

Should you plunge into that penny stock that your buddy says will go to \$10? Or should you invest in that property across town that can be leased back at a good profit?

It all depends on your goal. Whatever it is you want to achieve through personal financial planning and investing, you must consider such factors as risk, rate of return liquidity (or marketability) and tax.

I would like to deal with risk in this column. For most investors, security of principal and income is most important.

So you need to consider these kinds of risks: the possibility that unfavorable business conditions may reduce the expected returns from an investment. This could result in non-payment of interest when it is due, or loss of the equity you hold in the stock of a company that has gone bankrupt.

Market risk exists because stock and bond prices fluctuate with changes in investor attitudes or market psychology. That stock you thought would make you rich can just as quickly make you poor.

Interest rate risk is very real. As interest rates rise, market values decline. Thus a significant change in interest rates can have a major effect on your investments.

Then there's purchasing power risk. Persistent inflation can reduce the purchasing power of your dollar, particularly if you have invested in fixed income securities.

Investments with a growth potential will usually offer a better hedge against inflation during these periods.

There are two ways you can lessen your investment risks. One way is to diversify your portfolio; in other words, don't put all your eggs in one basket.

The second way is to develop a knowledge of investments and the market.

HIGH RETURN OFTEN MEANS HIGH RISK

In discussing personal financial planning, I wrote recently about the types of risk you face in investing your money.

A primary purpose in investing is to maximize the return on the money you have

invested. But the return on investment generally has a direct correlation to the degree of risk.

Simply put: the greater the risk, the higher the return.

The annual rate of return on an investment is measured by how much the money you are working with appreciates or depreciates over a period of years. Most investors measure progress by current yield, which tells you how your annual income relates to the current price of the security, not to its face, or par, value.

Liquidity and tax are also important considerations in planning your personal finances.

Liquidity refers to the ease with which an asset can be turned into cash with little risk or loss of principal.

Regular savings accounts or Canada savings bonds provide great liquidity. Investments such as a house or a commercial property are not as liquid.

Typically, a higher liquidity goes along with a lower return.

If you survive the risk, and your rate of return is good, you may not keep as much as you think if you haven't done your tax planning.

Returns from investments are taxed in different ways, and these can affect your investment decisions significantly.

Investment income is taxed as dividends, interest or capital gains -- or can be totally exempt from taxation.

You will be taxed more on interest income than you will on income that is capital gain.

So, if you're investing in an area where your returns come in the form of interest, you will want to make sure your rate of return from that investment is higher to offset the higher taxes.

"Financial Tips" are provided as a reader service by the Institute of Chartered Accountants of B.C. and the Totem Times.

The Other Option



When Maj Hart ordered his new uniform he didn't expect this. However because of our new "opportunities for women" program it has been decided that females will wear the pants and we males will go to the other option. The Chief was upset because it came without Canada flashes.

EDITORIALS

COMMENT

Gord Kruger



Teen Drinking a reality

Teen drinking and driving is a complex and thorny issue. It involves the dual problems of impaired driving and underage drinking. It's a dangerous combination because at the teenage level drinking is experimental and driving is inexperienced.

the highway as a result of experimental drinking.

We must acquaint them with the realities. The myth about the harmless use of beer and wine as opposed to spirits is just that - a myth. We must teach them about personal limits and the effects of "over limiting." Most of all though we must accept the fact that teen drinking is for real and deal with it head on.

Discuss the facts, set an example and be concerned. Then maybe you won't be unfortunate enough to receive that 2 a.m. phone call.

G.M.K.

Have a Heart

February is Heart Month and starting February 1st, thousands of volunteers working for the B.C. Heart Foundation will be knocking on doors throughout B.C. and the Yukon asking for donations to fight heart disease - Canada's number one killer.

Heart and cardiovascular disease afflict up to 50% of the population and kill more people than all other diseases combined. However the Foundation's longstanding commitment to research is making a difference. Since 1949 - when the B.C. Heart Foundation began its fund raising efforts - the overall death rate from heart and blood vessel disease for people under 65 dropped 34%.

The Campaign is challenging Comox Valley residents to mark February or Heart Month by making a personal commitment to fight heart disease. Decide now what you will give when the Heart Fund canvasser calls.

B.C. Heart has a solid reputation for keeping its campaign and administration expenses to a minimum; a fact which enables the Foundation to direct a high percentage of the money it receives (86¢ of every dollar) to research and education programs designed to eliminate heart disease.

Have a change of heart

Eat less saturated fat.



TOTEM TIMES

Read in the Best Messes in the Canadian Forces
CFB COMOX, LAZO, B.C. V0R 2K0



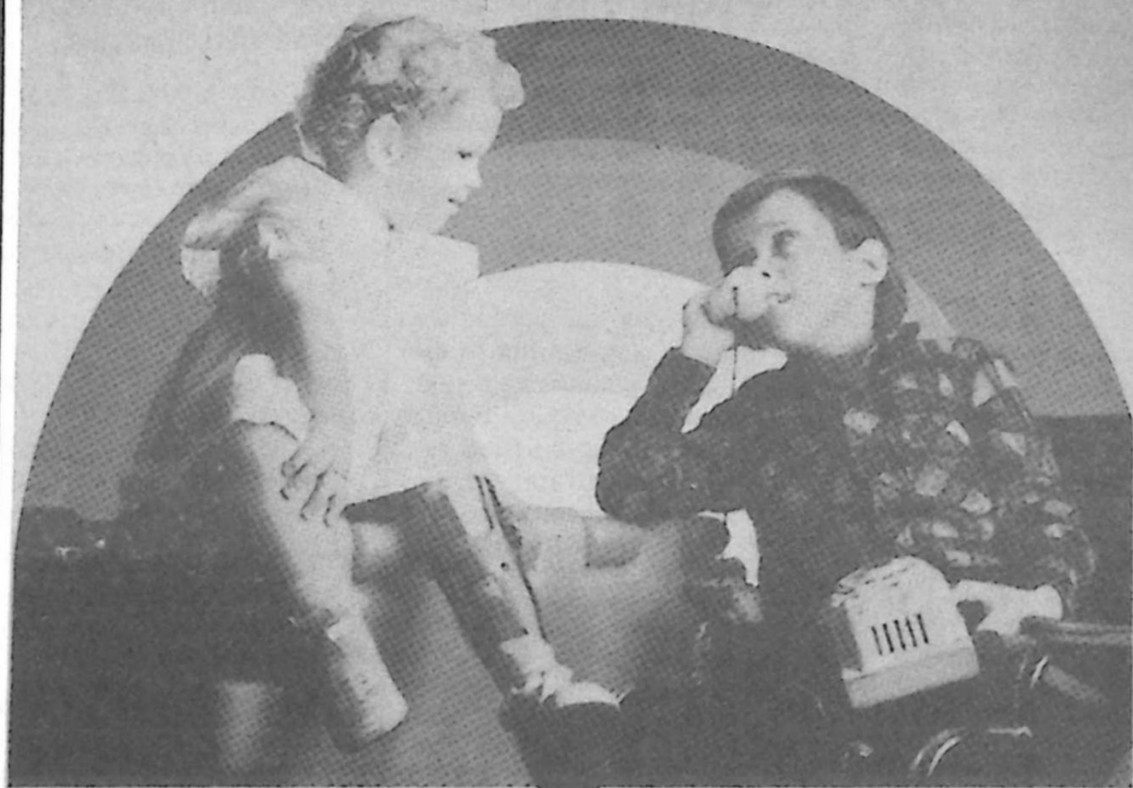
Published every second Thursday, with the kind permission of Colonel Gibbon, Base Commander, CFB Comox. Second Class mail registration is 4098. Office phone: 339-2541

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Variety Helps Kids!



Variety Club Telethon

bctv

February 14 & 15, 1987

Next Totem Times Deadline February 9

EDITORIALS

Hey You! Name our new Mascot



"Ye Old Fishwrapper" has adopted this fine looking person to be our new mascot. But he (or she) (or it) needs a name. That's where you, our readers, come in. We want you to help us name this handsome dude (dudess).

Rumour has it that after navigating Auroras he (or she) (or it) became involved with some "stick handling" - cross trained to pilot and then flew with the SAR gang at 442.

Not being challenged enough by either of these trades he (or she) (or it) was last seen sporting the wings of an AESO and eating cookies up at VU 33. (That's all that AESOs do at VU 33 I am told).

The Flight Engineers are said to be close to picking him (or her) (or it) up on waivers. If so our mascot could finally settle into a permanent home with the stationary, I mean Flight Engineers at 407.

However a name is still needed. Please help by clipping this article and placing your suggested name in the space provided. We ask you to identify yourself but if you don't want to that's okay with us.

Dear Editor

My suggested name for your mascot is _____

My name is _____

My Section/Phone No. is _____

LETTERS WE GET

Editor Totem Times:

After having raised three teenagers I would normally have said that there is absolutely no way that you would get me to "babysit" a bunch of them. That was before tonight when Pearl and I spent the evening at the Red Shield Canteen in the Recreation Centre to give Capt Russ Sutherland and his wife Evelyn the chance to spend a little of their time elsewhere.

As I write this three of them are playing Yahtzee, another one is playing the piano, four are playing cards, three more are playing pool, two are just talking, two are playing basket ball, and the remaining two are playing badminton. They really impressed upon me that they are really a good bunch and that all they are looking for is a place where they can be themselves.

I thoroughly enjoyed being here and wish to take this

means of publically thanking the Salvation Army, in particular Russ and Evelyn Sutherland, for having the Christian love to ensure that this facility is available almost every day of the year. They realize how important it is for teens and adults alike to have a place where they can come and have fellowship and food in a non alcoholic environment. I sure would have appreciated such a place when I was here as a young person in the 50s. The canteen was here then but the atmosphere wasn't the same. Speaking of atmosphere not being the same, it is different now to what it was when Canex ran it.

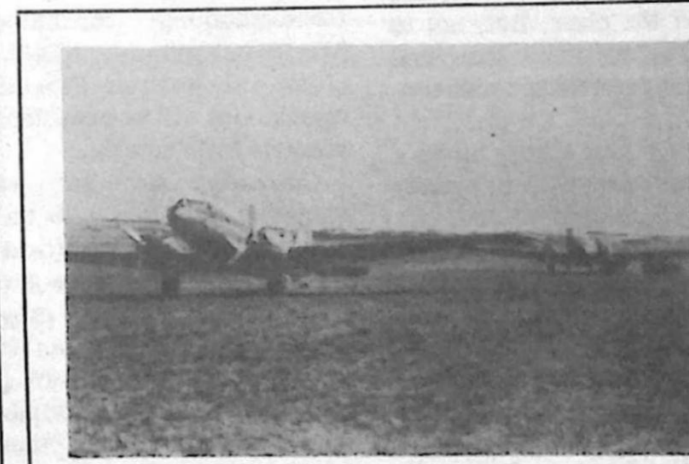
Let's not leave it all up to the Salvation Army. Russ and Evelyn deserve more evenings off than they are getting now. If we don't help them they will do it by themselves but I don't think that is quite fair. Do you?.....R.C. Williams

Air Force Trivia



what where why when

Answer from Last Issue



The venerable Dakota - probably from 435 Sqn - doing grunt service at Wainwright, Alberta, in the summer of 1957.

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SECTION NEWS



BAMSO

An MWO in the Making



LCol Bowes presenting Gord Cooper promoted

Our open house went really well this year. Santa dropped off presents for everyone again; he sure knows us well, doesn't he? Unfortunately Les had already left for home so he had to wait until last week for his. What does it feel like, Les? Bill got an excellent book from Santa, "Women Make Better Bosses Because...." We think that maybe Mrs. Claus might have picked it out for him though!

Ed is leaving today for a week long trip to Moffat, it's his first time away from home and he's so excited. Next it's Bob's turn, but for three weeks. Aren't you glad you're in the Air Force now?

Percy, Debby and Ed are leaving at the end of January for the initial training course on the lightweight SKAD. This SKAD is totally different from the Aurora SKAD, so at least they won't be spending the first three days of the course learning to tie knots.

Well, that's the latest from Safety Systems. Until next time!

NDT

A new year does not necessarily bring new news, but with the holiday season now over and everyone's pocketbook somewhat overtaxed, the humdrum of routine is a welcome feeling for many.

With the new year, however, does come a new series of inspections by all the squadrons, with VU33 and 442 starting the year with fervor. If this is an indication of the workload for the upcoming months, we should be kept fairly busy.

Our new S.O.A. (Spectrometric Oil Analysis) machine is due to arrive around the middle of next month and with it comes the modern technology of computer calibration and diagnostic troubleshooting capabilities. Maybe our monthly J.O.A.P. (Joint Oil Analysis Program) correlations will be consistently accurate from now on.

The new year always brings a lot of surprises with it, usually 10 or 15 pounds of ugly fat from the food we unwittingly gorged ourselves with over Christmas. Mind you, some of us are doing something about it; Ian has started "Fat Classes" three times a week. And some of us aren't because we were told that we have a "Perfect Physique" many moons ago. Maybe Santa should have brought someone a mirror for Christmas?

have another summer to swap tales of how the big ones are still getting away. Maybe this year will be different.

That's about all for the column this time. Just a little input to ensure continued publication, circulation and an abundant supply of fishwrap-see. See you on the water soon.

BASE ARMAMENT

Well here it is folks; the return of the Phantom Armourer (PA). It's been a while since the old PA's pen has mysteriously scribbled an input to the BAMSO column so there is a lot of news to catch up on.

The Christmas season has come and gone but not without its highpoints. The "Taz" held a fantastic bash and there was a special mixture to add flavour to the atmosphere. Many visitors were in attendance including BAMS

ArmAvO, and his better half, TWO, and one of the "Bobsy Twins," and thanks to the personnel at Base Armament there was a terrific spread; everything from chili to crab legs to wurst salad. The little extravaganza was made more enjoyable when there was a knock on the door and the Phantom Armourer had left a bag of gifts for each and every armourer. When all the gifts were handed out there wasn't a dry eye in the place (tears of laughter). The oldest armourer in captivity felt a sudden flush of thankfulness as he received the gift he always wanted...toilet paper printed with crossword puzzles. The only problem now is that he wants a phone installed in the "heads." Blaine Allen got a lovely paperweight and Al Rice was happy to get a special treat left behind by Rudolph. Frank Bliss was enthusiastic over his nifty guillotine and Rick Jacques his cure for baldness. Dave Oakie received an award for his business ventures and Bob Patenaude a non-smoking

frog. Joanne Giles was pleased with her new Calvin Klein wardrobe. Jardy Olson got a gift from his dog, Glen Litchfield is still wearing his nose warmer and Don Wilson smells his moose "souvenir" once a day. "H" Haskell, the section "newf," loved his newfie mug and Jeff Campton was overwhelmed with his new escort. Russell Payne got a new bowling ball bag and Alain Ladouceur started the year off right with a maidens calendar.

So as you can see a good time was had by all and the oh's and ah's reverberated throughout the section.

Now to the serious side. Welcome to Pte Joanne Giles, a welcome addition to Base Armament. Her cheery disposition and perpetual smile is enough to make everyone in the section wonder what she's been up to.

This year there will be a few postings but so far it's just in the rumour stage. Pte Giles is one her drivers course in Borden. Cpl Don Wilson has graduated from his SIT course and is being employed as a small arms instructor under the watchful "master" eye of MCpl Dave Oakie. MCpl Rick Jacques is off to Borden soon to attempt the terrible XG/XH. MCpl Frank Bliss has been revalidated as EOD tech extraordinaire and is good for another three years. WO Ireland is off the Halifax to bone up on the NATO standards now in effect for "X" areas. MCpl John Dimock and Cpl Alain Ladouceur are slugging it out in San Diego with VU33 Sqn. Sgt Rice has been giving explosive safety talks at schools as far south as Nanoose and as far north as Holberg.

That about wraps it up for the Base Arm't news and we at Base Arm't wish everybody good fortune and good health in the year ahead.

The Phantom Armourer

CFS Barrington to Celebrate

CFS Barrington will be celebrating its 25th year as a Canadian radar station and 30th year as a long range radar site 5, 6, 7 Jun 87.

All former Stone Horse people and friends are invited to return to the beautiful South-West Nova Scotia Coast to help celebrate this anniversary party.

Events include release of a commemorative book registration night, armed forces displays, anniversary party. For further info contact CFS Barrington, Capt Lutz Sukstorf, SCOMPT.

SECTION NEWS

Supply Signals



Psst! Hey, didn't ya hear yet? There's a wild fondue party over at Jack and Linda's place, pass it on!...oh alright, the truth then...congratulations and best wishes to Jack Picard and his beautiful bride on their recent wedding, and especially on being the proud owners of three new fondue pots! It wouldn't be nearly as funny if they hadn't all been gifts from the same group of people...And further congrats to Mr. and Mrs. Wally Berger on their 25th wedding anniversary, and most of all, to Bob and Ruth Cotton on the birth of their new son, Christopher Derek, 7 lbs 8 oz of wailin' fighting fury!

Things have really been happening around Supply lately. We had two teams entered in the local fund-raiser trivia quiz at the Legion last week, all in aid of Rick Hansen's tour. There were a small cluster of U of Somewhere degrees sitting at one table, who actually managed to win the contest, and then there was a table full of funseekers led by Barry (wanna see my flounder?) Howell who won the prize at the opposite end of the skill-scale. I'm still waiting for my boobies. Congrats to Neville Russell and Dave Jones on their educations, and the spoils thereof, and to those of us at the other table who had the most fun...It was an excellent affair, well done to John Clarke and his lovely wife (who was there to keep him in line) on a job well organized and executed...imagine, a trade group three quizmaster working right there in CE Supply...

On the medical-merit list, and worthy of mention this time out are: Davis Mitchell, for breaking his leg while stepping over a little guy during a recent game of soccer, (damn speed bumps!)...but everybody's a little guy to Davis anyway, Karen (no I'm not pregnant) Parrott for wangling a way to wear civies for a week or so at work, and to the whole staff of CE Supply Group for surviving (so far) the dread asbestos threat. They're

Did You Know

The chemical that gives the skunk its odor is called ethanethiol, so pungent that less than one ten-trillionth of an ounce can be detected by the human nose.

CE Happenings



For those who are not aware of it, the Base Fire Hall is a part of the C.E. Section.

The Fire Hall is manned 24 hours a day by a total of 40 personnel consisting of 4 shifts of 9 and 4 day workers, Base Fire Chief, Deputy Fire Chief, Chief Fire Inspector and Fire Inspector.

All personnel are qualified and cross-manned on all Fire Fighting vehicles. The Fire Hall had a total of 7 vehicles which are:

- 1 Rapid Intervention Vehicle used for Crash Rescue.
- 3 Major Foam Vehicles used for Crash Rescue.
- 2 Triple Combination Pumps used for Structural Fires.
- 1 Panel Truck which is the Base Fire Chief Command

Vehicle. On Base Emergency or Fire phone number is Local 8333.

Off Base Emergency or Fire phone number is 339-8333.

Fire Hall Business phone number is Local 8250.

Chief Fire Inspector's phone number is Local 8552.

John Evans was in Williams Lake from Jan 5 to Jan 10 on standby for PPCLI Exercise Winter Wolverine. There was a total of 6 firefighters present from Shearwater, Cold Lake, Edmonton, Bagotville and Comox. John had a two day drive to Williams Lake and 3 days coming back. The weather was good, lots of work and no time to golf.

Ron Bennett attended a one day talk on updated methods

of first aid in Vancouver. Ron is now passing on his new knowledge to personnel on first aid courses, and feels the lectures were well worth the time.

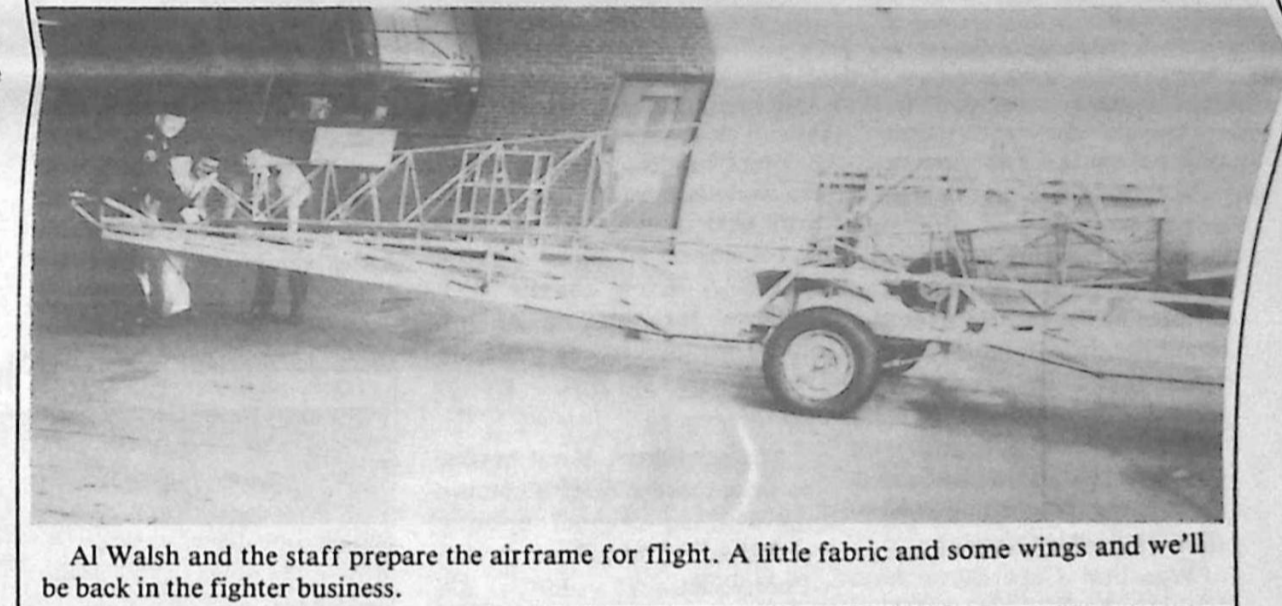
Cpl Joyal is posted to HMCS ALGONQUIN, Halifax in Jan 87.

The Base Fire Hall extends a warm welcome to the following firefighters who have joined the hall recently:

- Pte Keene - Dec 86
- Pte Deices - Dec 86
- Cpl Jones - Jan 87
- Cpl Jones is married to Helene and they have a daughter Emilie.

The CD Section extends its best wishes to Cpl Wayne Mitchell in making the adjustment to civvy street. Get a haircut at least every 6 months, eh!

INITIAL '18 READIED



Al Walsh and the staff prepare the airframe for flight. A little fabric and some wings and we'll be back in the fighter business.

PUBLIC MEETING

To discuss the new Multi Purpose Rec Centre Development
Monday Feb 9 at 7:30 p.m.
Comox Rec Centre

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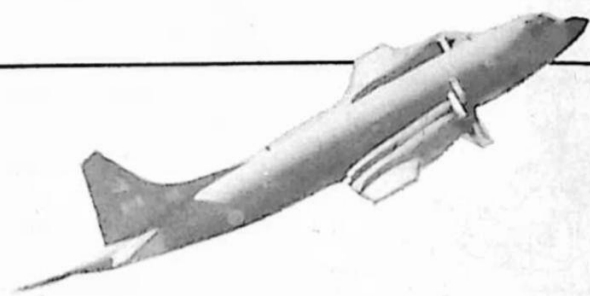
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SECTION NEWS

Demon Doins



This instalment begins with the continuing suspenseful salty saga of Squadron Sea Survival. Crews 5 (Vikings) and 7 (Moosemen) attended together and it was necessary to delegate members from each crew to make up a third raft complement. It was here that Maj Bouchard exhibited incredible foresight by choosing the only members of Crew 5 who would later get the breakfast "Deja Vu" syndrome to occupy this third raft. While this move was later greatly applauded by the rest of Crew 5 it was of dubious career value because the commander of the raft who received these hardy sailors was our own C.O.

Crew 4 Sledgehammers had the honour of a week in southern temperatures on COMPTUEX which reportedly went well but there were some whinings about too much work.

The 21st saw the first of hopefully what will become a habit, that being a squadron Officers luncheon. The fine meal was quickly dispatched in order to get down to some quality (cough!) Crud playing. A good time was had by all. Fun to watch was the enthusiastic debating going between two of the more senior officers on Squadron over the quality of the officiating.

On the 22nd Crew 6 Terminators transported R. Adm Yanow to North Island with Bob Knox exhibiting up to now suppressed talents as a stewardess. Hello Air Canada!

Was that Capt Steve Amo looking bashful when faced with repeated cries of "You're my boyfriend!" Will Lt Jeff Hill leave the forces to take his SCATANA comedy routine on the road? Will Lt Larry Arnold run out of aftershave before he can sleep in his room again? Can Lt Pete (Lips) Lipohar be persuaded to stay home and not run away again? Did Capt Adam Chalmers take the doors off his bathrooms at home? Does Capt Ron Grossman dress that silly when he rides his bike for a reason? Is it obvious I'm running out of things to write about? YES, nuff said.

2 CREW January. A gloomy month of rain here in the Comox Valley. But, 2 Crew ski days kept the spirits up. Soon we will get everyone on the slopes, right Mark! Our newest "ski bunny," Moira Gordon, recom-

mends heavily padded ski pants. She also wins the Golden Award for the fastest beginner to get back to the Chalet. Thanks to Kevin for organizing things, we hope there will be many more.

1987 is also bringing changes to our personnel. Punch is leaving us for maintenance, Peter is off to 3 Crew and Josee to Eng. Bay, good luck guys, don't forget your friends on 2 Crew. We would also like to wish good luck to Michelle when she writes her TQ4 ATAT exam on 4 Feb and to Mark and Marie who are writing their TQ5.

Congratulations to Dave Hrominchuk on his promotion to Cpl and to Mark Penney on his accelerated promotion by 5 months. Congrats also go out to George Stoneman on his recent engagement (only 5 months of the single life left, enjoy them). And finally congratulations to Bill and Julia Johnston on the recent birth of their son on Christmas Day.

Jan Wind is on his way to Chilliwack for the Pac Region Curling Champs. Good luck to you and the rest of the team. Until next time we will see you on the slopes.

(P.S. 2 Crew thanks WO Brazeau for the use of his house for our recent party. It was a smash! Ha Ha).

407 PHOTO The worst part about having to write these articles is coming up with an original opening sentence, so...from 407 Photo...Hi...

Speaking of sports; Terry Wood is still busy with his Tuesday night curling and Mike Valiquette is still playing darts and bowling, as a matter of fact, he's just returned from a tournament in Prince George where he, his wife, et al, did quite well and had lots of fun. Rick Bonin has been busy trying to get all the skiing in he can while the hill is still good and is organizing a 4 x 4 club for when the hill is not so good. He already has 15 trucks and if you are interested you can get in touch with him at 407 Photo Proc. I don't know if you consider suntanning a sport or not, but I do know Jo-Ann Parker managed to do quite a bit of it on her trip to Mexico. (Love the freckles, Jo).

As the last of our new home owners to move in, we would finally like to congratulate WO Evans even if he is still living

out of boxes. Photo Servicing is fast gaining a reputation as thieves, having stolen John Clevert from us and Tammy Kazakoff from Base Photo in preparation for their 541.04 course. Bets are still being accepted on whether Tammy will be going to Kaz in Cool Pool or Kaz will be coming to Tammy.

As for people on courses, all those that were, still are; Mike Giroux has gone on his JLC; Serge Peters has just returned from Moffett to make room for Bernie Lambillon to go and we will be having our own first line maintenance course (on base) in Feb. Good luck to our four students: Chris Tremblay, John Clevert, Tammy Kazakoff and Jo-Ann Parker.

Did I mention I also find the endings to these articles difficult to come up with so...from 407 Photo...Bye.

RESEARCH — UPSTAIRS UPDATE 26 JAN 87

Well the festive season has come to an end again and it appears that everyone in our area has survived! Gary Grass survived his trip to the JLC Academy in Alberta but missed the Annual Xmas Party which was a huge success, held again at the Knights of Pythias Hall in downtown Comox (Behind

Brownies' Chicken!). The food was catered by the Pythian Sisters and it was a mixed buffet with a special cabbage roll entree, super food and highly recommended.

Music was once again provided by "The Country Gent" - Don Turner. All in all a fine affair enjoyed by everyone attending.

It was noted that Marilyn Cock was also not able to attend this year's bash due to a rash of appointments which she had on the mainland just prior to the Yuletide season. Dental or Den something. At any rate it had to do with cavity fillings.

MCpl Robt. Szentalar has taken the "down" elevator to avionics supply after performing in an outstanding manner on the research staff for the past two years, no more welfare fund to look after, coffee and pop to buy, parties to arrange, etc. Not to mention keeping the IS Tech Projects, UCRs, AICPs, and all of the mod kits made up and ready to go.

Thanks for all the great work Bob, good luck downstairs!! Bob's replacement is MCpl Gord McAndrew from 3 Crew Servicing, and Gord comes to

the "Nerve Centre" highly recommended.

Harv Welsh is the latest victim of Sunday sports and is now the proud owner of a brand new cast. It seems he was chasing a "bird" and while turning his head twisted his ankle.

Now that the Chiefie and the Maj are back from the head shed with all the promotions and postings, it seems that almost everyone upstairs will be on the move this year, needless to say everyone who is moving is ecstatic, the remaining members are ho hum, more new faces to break in.

Rick and Jan are Hawaii bound for two weeks of "G and S" (golf and sun). That's similar to R & R only more expensive, as this is a "no host" trip.

Speaking about southern trips, big "N" has gone back to NAS Moffett for more Readix training, all the experience should come in handy when he takes up his new assignment at MAGHQs this fall, at least he will have some fond memories of sunny Cal during the long cold East Coast winters. They get snow down there! And there aren't too many palm trees!

AROUND THE BASE

"Tigger Too" - May be for you

There are excellent early childhood education facilities available in Comox for your children. The Comox Valley Children's Day Care Society, which is non-profit operates four centres in the Valley. In Comox we operate Tigger Too Day Care and Nursery School. Both the day care and nursery school cater to the needs of the 3 to 5 year old crowd and we offer a warm friendly stimulating environment for all children.

Numerous studies have been shown that learning patterns, social skills and personality traits are all acquired before the age of five. The pre-school age is the most impressionable and we feel very strongly that quality child care is the right of every child. We are not just a baby-sitting service. For people faced with what the media has labelled "the day care dilemma" we would like to give a brief outline of our community involvement. We have operated in the Valley for 17 years and over five thousand children and their families have used our centres. We have fully certified early childhood instructors in our centres and we comply strictly with all government regulations.

We have been innovative in mainstreaming children with special needs into our regular programs whenever possible.

We are licensed to provide service for 5 special needs children in each program.

Our rates for nursery school are \$50.00 for a two half-day program (Tuesday and Thursday morning or afternoon) or \$75.00 for a three half-day program (Monday, Wednesday, and Friday morning or afternoon).

The day care rates are \$16.80 per full day or \$336.00 per month for 5 days per week.

This is the equivalent of \$1.87 per hour for full time usage. The day care is open to receive children from 7:30 am to 6:00 pm. Government subsidies are available for low income families which meet government guidelines.

Our centres are always open for those wishing to tour them and we invite you to phone the Society's office at 339-3033 or visit us at 1800 Noel Avenue, Comox for more information.

BLANKET CLASSIFIED ADVERTISING

These Ads appear in the more than 60 Newspapers of the B.C. and Yukon Community Newspapers Association and reach 600,000 homes and a potential two million readers.

\$129. for 25 words (\$3. per each additional word) Call The Totem Times 339-2541 to place one.

AUTOMOTIVE

Buy/lease any truck or RV. Nothing down OAC, LTL 9000 with contract. We deliver. Call Bob Langstaff or Tom Morgan collect 464-0271 toll free 1-800-242-FORD D.L. 5231.

Buy/lease any gas/diesel truck direct from volume factory dealer. Nothing down OAC. Easy monthly payments. Call Wally or Al McKenzie toll free 1-800-242-FORD D.L. 5231.

Buy/lease any gas/diesel truck direct. Rangers from \$156 MO. Nothing down OAC. We deliver. Call Gary or Mark for immediate approval toll free 1-800-242-FORD D.L. 5231.

Gas prices going up??? You best! Install a Unicure Valve now! \$29.95 Dealer inquiries welcome. Toll free 1-800-663-1767 or Vancouver area 685-1081. Unisave Energy Ltd.

BUSINESS OPPORTUNITIES Love Needlecrafts? You'll love Panda Stitchcraft's Canadian Needlecraft Kits. For Sales Representative information or catalogue write: Station "B", Box 1654, Regina, Sask. S4P 3C4.

Ice cream vending distributorships available now! Employ students on three-wheeled bikes. Small investment. Dickie Dee Ice Cream, #2-1556 West 13th Ave., Vancouver. V6J 2G4. 1-604-734-3370.

U Brew store in Sidney. Profitable. 250+ membership in six months of operation and growing. Full training. 9756 - 3rd St., Sidney, B.C. V8L 3A5. 659-1045 after 7 p.m.

Manufacturer of sophisticated hobby greenhouses has attractive dealer program. Unrivaled promotional support and service commitment. Capitalize on growing trends! B&W Greenhouse Construction, Box 307, Aldergrove. V0X 1A0.

Entrepreneur Exclusive-major high-tech manufacturer of Shop Lifting Prevention Products and Systems seeks individual or company for regional distribution due to massive growth and demand. For information call Mr. Grant (604)255-5178.

Long established Ladies Fashion Store in sunny Lil-loet Shopping Mall. \$100,000 gross sales. Ideal mother daughter operation. Priced at stock plus fixtures. Contact Willy 256-7136.

34 Seat Restaurant connected to a pub that seats 120. Gross sales exceed \$150,000/year. Asking price \$60,000. Phone 567-2220 or 567-2774. Ask for Gary or Heather.

BUSINESS OPPORTUNITIES

Delightful 13 unit motel in B.C.'s sunny Fraser Canyon. Okanagan like weather. 2 1/2 hours from Vancouver. 1986 gross \$56,000. Sacrifice \$149,600. Phone Bernie 455-2296.

Pizza Shoppe. Showing steady increasing volume and profit for past three years. Easy take-out and delivery. Very low overhead. High profit. Owner selling to go. Call University Drive \$27,700. Firm Phone 378-2909 after 6:00 p.m.

Super Chip now available receives H.B.O., Showtime, Movie Channel, Ecstasy, chip-\$300.00, decoder-\$7.95. Inquiries (604)873-3295 F.M. Satellite Corp., 837 W. 7th Ave., Vancouver V5Z 1G2.

Well established flower shop for sale in Grande Cache, Alta. Profitable operator. Owner retiring. Contact H.N. Robson, Box 135, Grande Cache, Alta., T0E 0Y0. 403-827-3567.

Educational Earn Money! Save Money! Learn income tax preparation at home. For free brochure write: U & R Tax Schools, 1345 Pembina Hwy., Winnipeg, Man. R3T 2B6. No obligation.

Become a certified dog trainer by correspondence. B.C. Government registered private training institute. North American Obedience and Guard Dog Academy, 1481 Pipeline Road, Port Coquitlam, B.C. V3J 3V4.

Auction School - 15th year, 1400 graduates. Courses April, August & December. Write Western Canada School of Auctioneering, Box 667, Lacombe, Alta. T0C 1S0. (403)782-6215. Evenings, (403)346-7916.

Free: 1986 guide to study-at-home correspondence Diploma courses for prestigious careers: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton (1A) 1055 West Georgia Street #2002, Vancouver, 1-800-268-1121.

EQUIPMENT AND MACHINERY Pacific Forklift Sales. Western Canada's largest independent used forklift dealer. Dozens of good used electric, gas, propane, diesel, 4x4. Terry Simpson (604) 533-5331 Eves (604)535-1381.

Hydroelectric Turbines. Use water power for residential and industrial electricity. We manufacture economical and uncomplicated equipment. Koch Turbines, 8932 Oak St., Vancouver, B.C. V6P 4B7. 266-0877.

EQUIPMENT & MACHINERY

Case 1187 Feller Buncher with roto saw head. Bought January, 1985. Phone 458-7754.

Kohring sawhead, wrist, adaptor, 366 rails, rollers, like new. Pads, final drives, sprockets, front idlers, boom, stick, cylinders, quick change buckets, guard and Good. (604)-992-2256 Ouesnel.

FOR SALE MISC. Montreal Military Surplus: Workshirts \$2.75, workpants \$3.50, workboots \$15. For catalog, send \$2. reimbursement first order: Military Surplus, Box 243, St. Timothee, Quebec J0S 1X0.

A tree Hunting, Fishing, Camping Catalog (\$5. value). Send your expired hunting or fishing licence (photocopy acceptable) and S.I.R. will mail a free 372 page (over 6,500 items) 86/87 Sportsman catalog. S.I.R. Mail Order, Dept. 185, 1663 Curran Avenue, Winnipeg, Manitoba, R2X 2V6. Offer expires February 28, 1987.

Expo's "Iron Horse" 30x82 feet. Beautifully glassed in with plastic domes. Easy to move. Good show room, restaurant, etc. Priced for quick sale. Call 1-888-8629.

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19' Jet Riverboat Hamilton three stage; Ford 352; Factory built, mouted-welded aluminum. Tow bil jet unit protector. Full canvass sounder C.B. Trailer. 754-0032 or 754-9807.

How to Play Poplar Piano. New home study course. Fast, easy method. Guaranteed! For Free information, write: Popular Music Methods, Studio 44, 3284 Boucherie Road, Kelowna, B.C. V1Z 2H2.

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

GARDENING Gardeners: Greenhouse and Hydroponic new lower prices on all your needs. 1000W Halide \$179. 400W \$105. Complete 15-plant hydroponic garden including light \$630. Greenhouses from \$149. Thousands of products. New catalogue \$2. Western Water Farms Inc., 1244 Seymour Street, Vancouver, B.C. V6B 3N9. (604) 682-6636.

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Hydroponics grow indoors without soil - even in winter! Best selection and prices in Canada. Send \$2. for catalogue. Canadian Hydroponics Ltd., 8318 - 120th St., Surrey, B.C. V3W 3N4.

HELP WANTED Overseas Jobs - 200 names and addresses of construction and design companies in many Foreign Countries. Details, write "Jobs", P.O. Box 1445, Kamloops, B.C. V2C 6L7.

Journeyman Chrysler partsman, must be capable of assuming assistant parts manager duties in eight person department. Full benefits including dental, wages commensurate with ability. Mail resume to Rick Menz, Northland Chrysler, 1596 - 3rd Ave., Prince George, B.C. V2L 3G4.

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.

Fragrance & Hosiery Consultants Wanted: Market Seasons exclusive Replica Pure Perfumes & Fashion Hosiery. Earn hundreds, saving others thousands. Special: \$315. Retail Kit \$99. 1-800-387-7875.

NOTICES Looking for older masters of ocean, mountains, ranches, etc. Live with. Learn from. Work with. No pay necessary. Experienced. Young man, sixteen. Passport/permission. Reply, T.C. Box #452, Peace Arch News, 1335 Johnston Road, White Rock, B.C. V4B 3Z3.

PERSONALS Single? Subscribe now to Canada's newest singles publication (Connections International) listing & directory \$20. per yr. include Personal Information, Box 1653 Station "A", Vancouver, B.C. V6C 2P7. Information: 732-6127.

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REAL ESTATE Location a problem - double wide park. Adults, family, pets. Spaces open. Display and new homes for sale. Trades welcome. Sunnyside Mobile Home Park, 2303 Cranley Dr., White Rock, V4A 7V3. Charles collect (604)536-3338.

A Story

Here is a little story about four people; Everybody, Somebody, Anybody and Nobody. There was an important job to be done and everybody was asked to do it. Everybody was sure somebody would do it. Anybody could have done it but nobody did. Somebody got mad about that because it was everybody's job. Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when actually Nobody asked Anybody. Sound familiar?

Plenty of Help for George



During his recent stay in hospital CWO George Del Fabro elected to call his own Crack(ed) Medical Team. It's not known how much help they were but he went home a couple of days later.



In 1925 Lum Pao-Hwa of China played 764 games of tennis in one week.

THREE WORDS OF WISDOM FOR ALL THOSE PEOPLE WHO ARE TOO BUSY LOOKING AFTER TODAY TO THOUGHTFULLY CONSIDER THEIR FUTURE:

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Major ICBC Personal Injury Claims? Carey Linds, Lawyer, 14 years, 1959 Duran-lau, Vancouver. Phone collect 0-584-7796 for Free How to Information: ICBC Claims and Awards. "We work only for you - never for ICBC, and you pay us only after we collect. Affiliated Offices in Campbell River, Kamloops, Kelowna, Victoria, Nanaimo, Williams Lake, Nelson, Prince George.

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

TRAVEL Skiers: Lake Louise, Canada's Favorite Ski Area has 6 + 5 ski holidays from \$174.; 3 + 3 mini-holidays from \$99.; White Sale ski weeks from \$99. Reservations 1-800-661-1158.

Palm Springs - Fantasy Island "At the Lakes" Country Club. Gorgeous two bedroom and den, private yard, pool, spa, on 7th green of champion golf course. Walk to 18 tennis courts. Voted 5 star. \$1,500/week. (619)568-4612, (213)594-6306.

Bellingham Washington Lodging: winter rates, double occupancy \$50. Canadian Funds. Breakfast-spas-ESPN. Coachman Inn-Park Motel - both on Samiah Way, Exit 252, (206)733-8260. B.C. (604)224-6226.

Cheap airline tickets: Last minute to Las Vegas, Reno \$125. Hong Kong \$830. Hawaii \$379. California \$125. Taxes extra. Dial Free 1-800-663-7965.

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SPORTS & RECREATION

Sports Shorts

CFB ESQUIMALT WINS PAC REGION HOCKEY CHAMPIONSHIP

CFB Comox hosted the 1987 PAC Region Hockey Championships 19-23 Jan 87. Teams from CFB Esquimalt, CFB Chilliwack and our own Totems competed for the right to represent the PAC Region at the CF Nationals being held at CFB Edmonton 2-6 Mar 87.

The first game saw Comox up against Chilliwack. Chilliwack was no match for Comox and dropped a 13-1 decision to the Totems. The second game pitted Chilliwack against CFB Esquimalt. This proved to be no contest as Esquimalt skated to an easy 19-3 victory. The third game matched CFB Comox against CFB Esquimalt. This was to be the game of the tournament and proved to be so with Esquimalt leading 6-5 after two periods. But the checking and fast skating took its toll on Comox and Esquimalt came out on top 11-6.

The championship pitted Esquimalt against Comox. If Comox could pull off a win, a second game would have to be played. Comox was determined to prove themselves and with just over a minute to play in the third period they tied it up and sent the game into overtime. Esquimalt capitalized early and then put it away scoring on an empty net to win 9-7.

All players on the CFB Comox Totems are to be congratulated for their heart, desire and sportsmanship displayed throughout the tournament. A special mention to MCpl Yvon Duschene who mustered the team together at the last minute and coached them throughout. Well done guys.

PAC REGION BOWLING CHAMPIONSHIP

CFB Comox will host the 1987 PAC Region Bowling Championship 2-6 Feb 87. Participating teams will be, CFB Esquimalt, Fleet, CFB Chilliwack and CFB Comox. Play will commence at 0830 hrs Tues 3 Feb 87 and continue daily until 1630 hrs. Come out and support your team in their quest for the gold.

QUOTABLE QUOTES

One of the most wonderful architectural features of any baseball park is that no matter where you sit, you're within earshot of a comedian.



Outdoor Writers of Canada

Pipe Smoke

By Gerry Gerow



If there's one thing the 1980s will be remembered for it's the continuous confrontations between the authorities and the users of our wildlife resources. Commercial fishermen want a bigger share, Native Canadians want a bigger share, sports fishermen want a bigger share, and there just isn't enough. While I have my opinions on who should get what, I can really sympathize with the governmental people, who are in a no win situation. It doesn't have to be this way, but unfortunately, some people seem to feel that they have to demand it all in order to ensure they get their fair share. Of course, these same people are not beyond taking more than their fair share if they get the chance.

One area that doesn't seem to get any press coverage, either because no one cares or it isn't considered important enough, is the shellfish harvest.

For years on Canada's coasts it was help yourself. No policing, no limits, no controls. Now, for instance, we have a recreational limit of 15 oysters per person per day. Too late. The oysters in most areas are gone. We can get them back, but only with a picking ban that wouldn't sit well with most people, particularly our tourism operators. So, we must face the fact that if you want an oyster you will have to buy it from a producer. Had the 15 per person per day limit been imposed 20 years earlier, we would still have plenty of oysters.

When it comes to the little neck and Manila clams, so popular on the west coast, the problem is a little different. There is a limit of 75

per person per day, which I personally find a little low. However, this limit applies only to the recreational shellfish harvester. Anyone can purchase a licence for ten dollars a year, and can take all the little necks and Manila clams he can find, provided he sells them to a licenced processor. There are no limits. No closures, except for red tide or pollution, no seasons, no controls. Somebody, somewhere, had better wake up and smell the coffee, before it's too late. In my own shellfish harvesting grounds, I can dig my limit of 75 little necks or Manilas in about 30 minutes. There are many other areas where this would take several hours. How long will it be before my area will need several hours work also.

The time to put controls on commercial shellfish harvesting is now, while there is still time. Let's not wait until finding a clam on the beach is as rare as spotting a prairie chicken in southern Manitoba.

XXXXXXXXXX

It is interesting to notice how attitudes change, with the passing of time. Recently I was visiting in my home town on the B.C. lower mainland and my sister showed me a flashback column in the local paper from 40 years ago. A young man was being lauded for shooting a large bald eagle. The eagle was presented as a terrible plague that was decimating the fowl and small animals on local farms. Today, he would be drawn and quartered for what he was almost given a medal for 40 years ago. Let's go clamming, Frank.

SPORTS & RECREATION

Pacific Region Hockey Champions



C.F.B. Esquimalt Blues

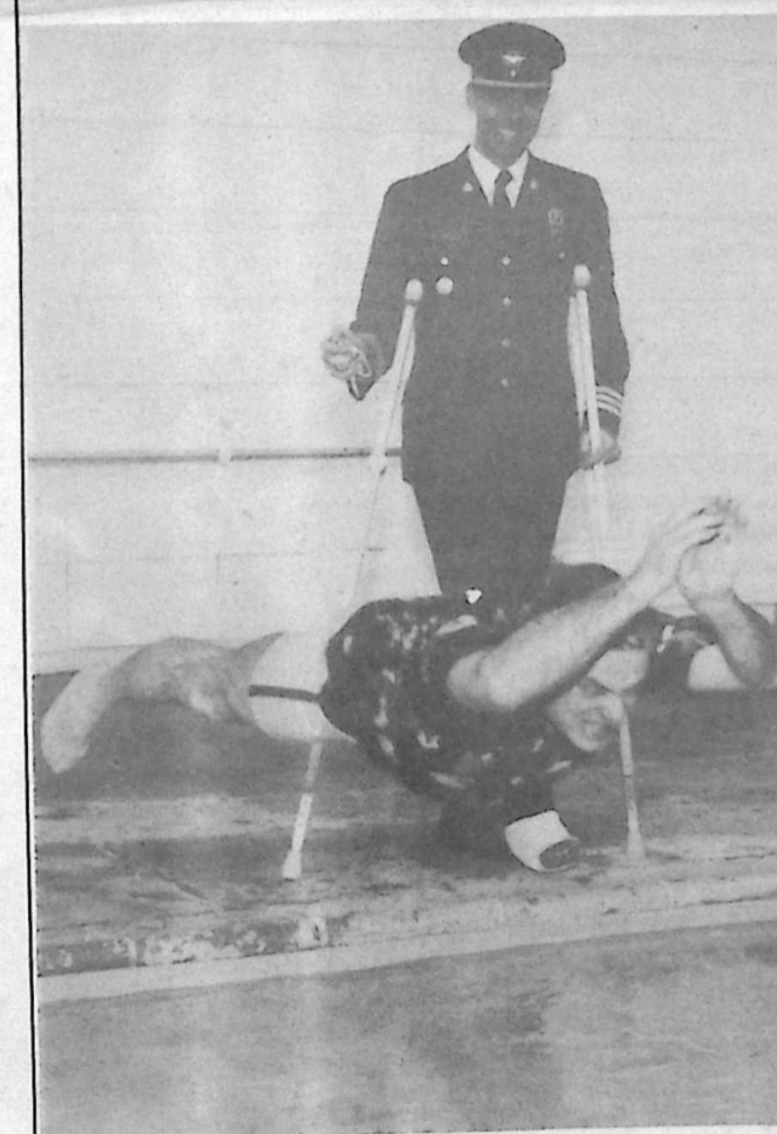


THINK ABOUT IT...

Whether you say you can, or
Whether you say you can't,
You're absolutely right!

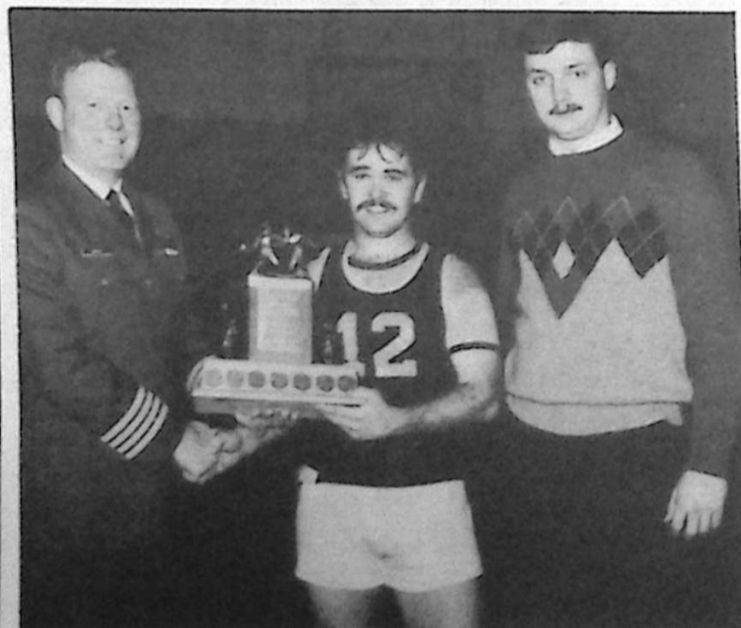
Henry Ford

Back in the Pool



WO Kyle Jones was the first one in! The Base Swimming Pool was very recently re-opened after a "short" closure for reworking. Kyle complete with a \$4.98 Hawaiian shirt from Saan Stores was waiting at the gate when word came down that the pool was a go. LCol Bowes is shown complete with walking sticks casting an envious glance in the direction of the pool. Contrary to popular belief the BTSO did not want to keep the pool closed. Thanks Sir!

BASKETBALL CHAMPS




Col Gibbon presents the Championship Trophy to Rick Tuttle of the Cumberland Hotel. The Cumberland gang took honours at the recent CFB Invitational Basketball Tournament. Cpl Roy Field just wanted to get his picture in the paper so we let him.

BASE PHOTO




The fastest bird in the world is called the swift!

THE HEAT IS ON!
AT




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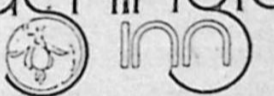
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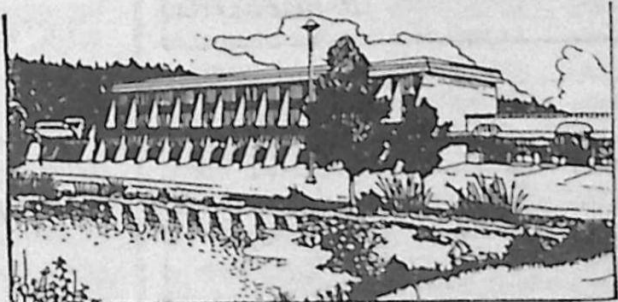


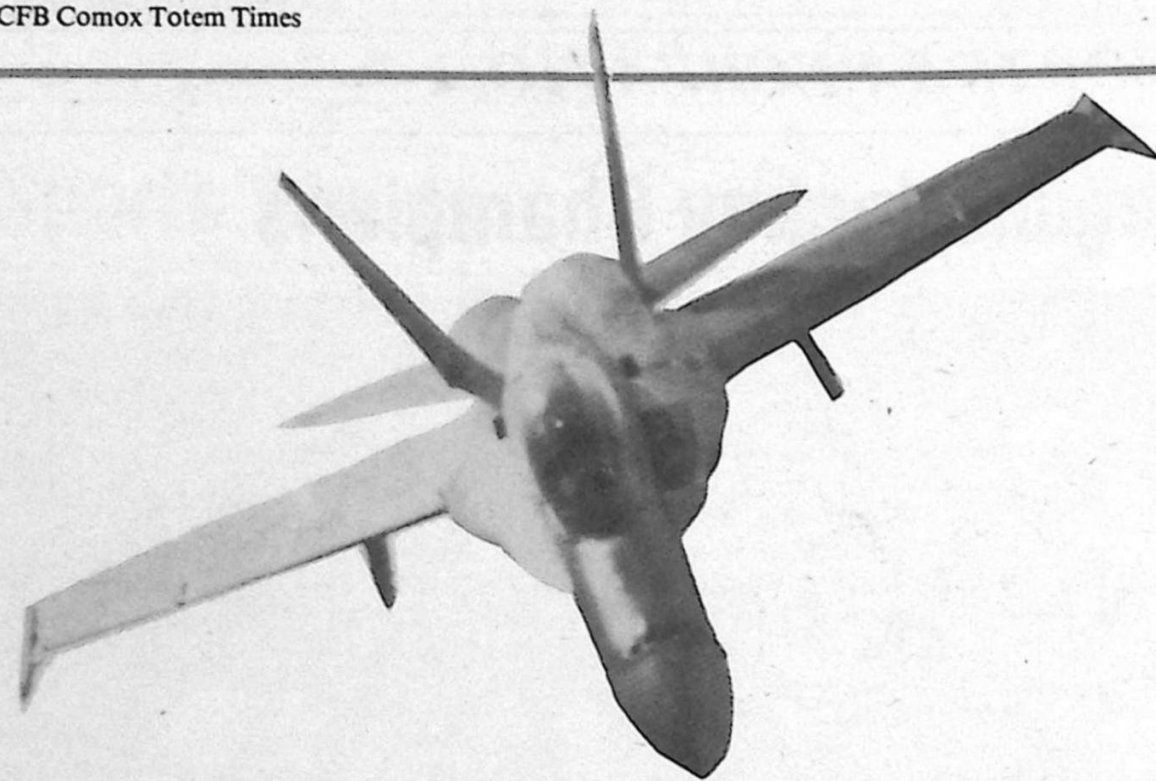


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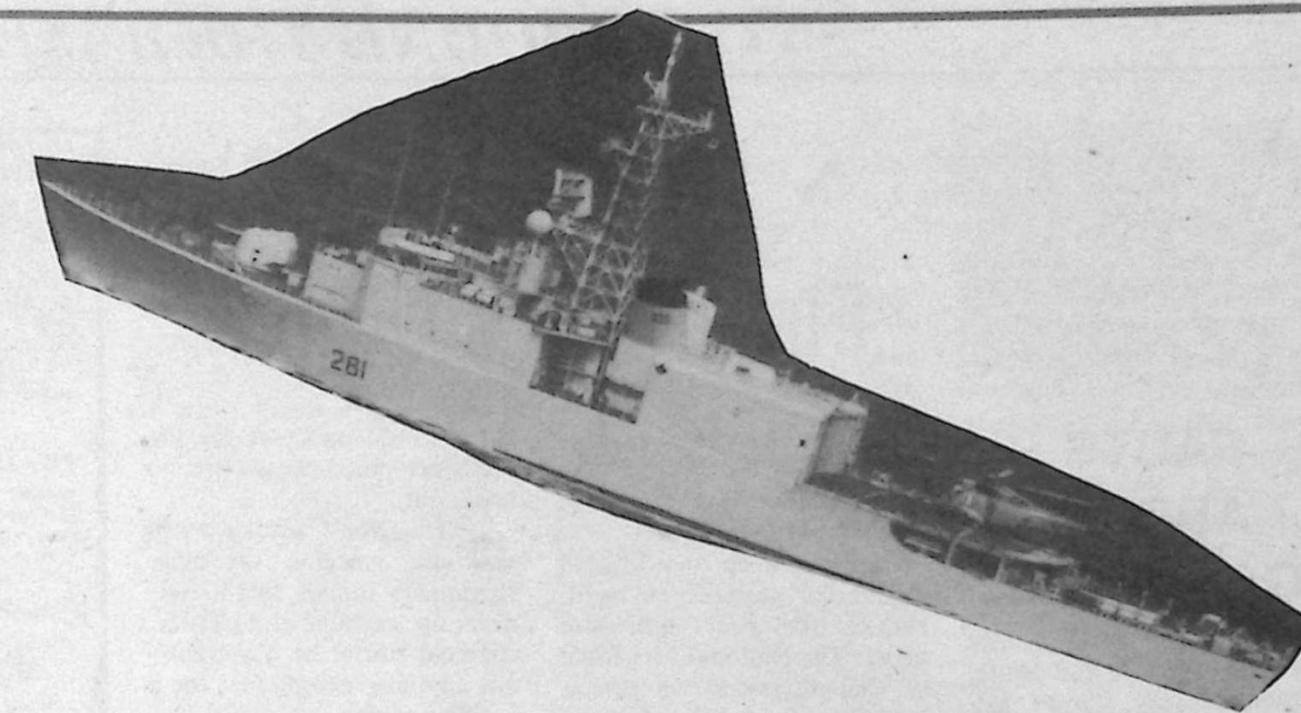
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'86 in Review

The Canadian Forces in 1986



1986 was a year of change for the Department of National Defence (DND). New initiatives, expanded employment opportunities and re-equipment projects are among the highlights.

One of the most visible changes was the initial issue of new uniforms to Canadian Forces (CF) members. Individual environmental uniforms will now identify the wearer with either the navy, army or air force.

Change was also reflected in the Department's senior appointments. The Honourable Perrin Beatty, former Solicitor General of Canada, became Minister of National Defence on June 30. Named to the post of Associate Minister of National Defence on the same date, was the Honourable Mr. Paul Dick. Mr. Beatty is principally concerned with major policy decisions, such as sovereignty, relations with our allies and key procurement decisions. While the day-to-day administration and management of the Department is Mr. Dick's responsibility.

In July, General Paul D. Manson was appointed Chief of the Defence Staff and Lieutenant-General James Fox became Commander of Mobile Command. The following month, Lieutenant-General Larry Ashley was named Commander of Air Command.

THE DIRECTION OF DEFENCE IN 1986

The direction of defence in 1986 has been to retain and strengthen Canada's military presence in Europe and to continue with the collective defence arrangements that Canada has with the North Atlantic Treaty Organization (NATO) and the North American Aerospace Defence Command (NORAD). These policy commitments were also confirmed

for North American with the renewal of the NORAD agreement early in 1986. Northern sovereignty also remained a significant defence priority in 1986.

In addition, the review of defence policy options continued with the expectation that the results will be published during 1987 in the form of a White Paper.

CANADIAN MILITARY PRESENCE IN THE NORTH

The Canadian Forces maintain a permanent presence in the North with Northern Region Headquarters in Yellowknife, N.W.T., and a detachment in Whitehorse, Yukon. In addition, CF units based in other parts of Canada conduct periodic operations and training in the Northern region.

NORPLOY '86

Maritime Command conducted naval deployments to the Eastern Arctic during 1986.

HMCS CORMORANT, a fleet diving support ship, and Canadian Forces Auxillary Vessel QUEST, a naval research vessel left Halifax in mid-August for a northern deployment of approximately 60 days. The ships visited the four northern communities of Clyde River, Nanisivik, Resolute Bay and Pond Inlet.

LAND ACTIVITIES IN THE NORTH

Army activity in the Arctic during 1986 consisted of six company-level exercises (approximately 100 soldiers each), as well as a number of smaller-scale exercises, held north of the 60th parallel.

In addition, the Commander of The Special Service Force, Brigadier-General Kent Foster, conducted a reconnaissance in the Arctic accompanied by his principal staff officers and unit

commanders. They visited several northern locations including Frobisher Bay, Pangnirtung, Hall Beach, Churchill and Rankin Inlet to ensure the army is prepared to move into the North in time of crisis.

The Militia, represented by "Les Fusiliers de Sherbrooke," underwent training at Pond Inlet, Baffin Island, in July. Land elements from Communication Command also deployed in the Arctic for annual long-range communication exercises.

MAPPING AND CHARTING OF CANADA'S NORTH

The CF Mapping and Charting Establishment regularly conducts field survey operations in Canada's North. 1986 was the third year of a four-year plan to survey Ellesmere Island, N.W.T. Two hundred and sixty-five permanent ground markings were established on the Island. The team also implemented a fuel-catching operation, updated topographic maps and took aerial photographs.

NORTHERN PATROLS

On October 14, two Canadian Forces CP-140 "Aurora" aircraft took off from opposite ends of Canada (Comox, B.C., and Greenwood, N.S.), to conduct northern patrols.

These aircraft also provided photographic coverage of eight Yukon communities, four oil rigs in the Beaufort Sea and the Mackenzie Delta, two DEW Line secondary sites and the oil pipeline near Norman Wells. Furthermore, all data gathered on wildlife was passed to the Northwest Territories Department of Renewable Resources.

These patrols are an example of northern surveillance flights which occurred throughout the year.

SEARCH AND RESCUE

On August 29, the Minister of National Defence, Perrin Beatty, announced the Treasury Board's approval for the purchase of a new Search and Rescue Satellite Aided Tracking System (SARSAT) equipment. Valued at \$18 million, the project will include a contract for three additional satellite repeaters, associated project management activity and related ground support equipment.

SARSAT began as a DND Research and Development project in the mid 1970s, and evolved into a joint project with France, the Soviet Union and the United States. The system is used to locate aircraft or ships in distress. Since the beginning of SARSAT operations in September 1982 until October 1986, SARSAT resources have been involved in 97 Canadian incidents and have contributed to saving 214 lives.

As well, civil aviation support to the national search and rescue system was officially implemented this year with the signature of a memorandum of understanding by the Minister of National Defence and the Minister of Transport.

The objective of the Civil Air Search and Rescue Association (CASARA) is to preserve life and property through aviation safety education and through civilian air search support services to augment Canadian Forces search and rescue units. When fully operational CASARA is expected to provide 6,000 additional safety-conscious search and rescue volunteers and 1,500 aircraft throughout the country.

Formation of this association is an important step towards co-ordinating all available search and rescue air resources to improve Canada's national search and rescue system.



MULTINATIONAL FORCE AND OBSERVERS GROUP

Canadians have been serving in the Multinational Force and Observers Group (MFO) since April, in response to requests from Egypt and Israel to replace the Australian helicopter unit. By participating in this Sinai peacekeeping force Canada demonstrates its commitment to assist in the search for peace and stability in the Middle East.

The first rotation of the Canadian contingent to the Multinational Force and Observers Group, in the Sinai Peninsula, took place in August. One hundred and twenty-nine Canadian Forces members, mainly from 427 Tactical Helicopter Squadron based at Petawawa, Ont., assumed Canada's portion of the peacekeeping role for a six-month tour. 427 Squadron replaced personnel, mainly from 408 Tactical Helicopter Squadron.

The roles of the helicopter unit include the transportation of observers on their verification tasks, the transportation of personnel and supplies to remote areas, medical evacuation and search and rescue as required in support of the MFO. In addition, some of the Canadian personnel are employed on the MFO commander's staff.

Canada remains one of the principal contributors to world peace through United Nations operations. Currently 897 personnel are serving in four areas. Canada's largest contingent is 515 Canadian soldiers serving in Cyprus. In the Middle East the CF continues to participate in the UN Truce Supervisory Organization and the UN Disengagement Observer Force. Twice yearly, Canada also provides a Hercules aircraft to assist the UN Military Observer Group in India and Pakistan.

NEW NAVAL RESERVE DIVISION

A new Naval Reserve Division called *Navire Canadien de Sa Majeste Champlain*, was commissioned in Chicoutimi, Que., on August 15, during ceremonies presided over by Associate Defence Minister Paul Dick.

This is the first of three new naval reserve units being established in Quebec over the next few years to increase Canada's naval presence in that province. The other two will be located in Trois Rivieres and Rimouski. When fully established, the Division will have a crew of some 35 officers and 165 non-commissioned members. There are two previously established naval reserve units in the province of Quebec located at Montreal and Quebec City.

Nation-wide, the Naval Reserve is made up of 3,300 members organized into 19 naval reserve units. The Divisions foster an understanding of the roles and missions of the Canadian navy throughout Canada.

EXERCISE NORTHERN WEDDING

A Canadian Forces Task Group of four Maritime Command ships left Halifax, on August 19, to participate in a major NATO exercise in the North Sea and the Norwegian Sea. The destroyers HMCS

ATHABASKAN, HURON and ASSINIBOINE, with the fleet replenishment ship HMCS PROTECTEUR, and assigned air support, took part in a three-week exercise dubbed NORTHERN WEDDING. HMCS SAGUENAY was also involved in the exercise carrying out her assigned task as Canada's contribution to NATO's Standing Naval Force Atlantic. In addition, Canadian Forces maritime patrol CP 140 "Aurora" aircraft and shipborne CH-124A

"Sea King" helicopters carried out anti-submarine warfare and surveillance roles throughout the exercise.

The Canadian units joined with more than 150 ships, hundreds of aircraft and 35,000 personnel from ten NATO nations. This exercise was designed to test the alliance's ability to respond to a naval challenge to vital sea lanes of communication.

EXERCISE BRAVE LION

Last summer, 5,200 Canadian Forces soldiers, aviators and support personnel deployed to Northern Norway to participate in "Brave Lion." This bi-lateral Canadian/Norwegian exercise tested the mobilization of the Cinquieme Groupe-Brigade du Canada and the Rapid Reinforcement Squadrons as part of Canada's commitment to help defend NATO's northern flank in times of crisis.

The brigade group is composed primarily of units stationed at Canadian Forces Bases Valcartier, Que., and Gagetown, N.B.

The Rapid Reinforcement Squadrons are 434 Squadron from CFB Chatham, N.B., and 433 Squadron from CFB Cold Lake, Alta. While both these squadrons currently use CF-5 aircraft, they will be equipped with CF-18 aircraft by 1989.

"Brave Lion" also tested plans to integrate military and civilian transport. Four civilian "roll-on/roll-off" cargo ships and a combination of Canadian Forces Boeing 707 and CC 130 "Hercules" aircraft were used in this exercise. As well, Air Canada Boeing 707 and Nation Air DH-8 aircraft transported personnel and 2,700 pieces of heavy equipment to Northern Norway. This was the largest movement of Canadian military personnel and equipment to Europe since the Second World War.

EXERCISE ANCHOR EXPRESS

More than 1,000 Canadian soldiers and airmen joined with the armed forces of the Federal Republic of Germany, Italy, Luxembourg, the Netherlands, Norway, the United Kingdom and the United States in Northern Norway to participate in "Anchor Express." This exercise was held from mid-February to mid-March.

The Canadian contingent was made up of the First Battalion, The Royal Canadian Regiment of London, Ont., the Cinquieme Regiment d'Artilierie Legere du Canada, of Valcartier, Que., elements of the Second Service Battalion and 427 Tactical Helicopter Squadron of CFB Petawawa, Ont.

In addition, CF-5 tactical fighter aircraft from 434 Squadron in Chatham, N.B., deployed with CF Boeing 707 air-to-air refueller aircraft from 437 Squadron based at CFB Trenton, Ont.

This contingent underscored Canada's commitment to the Allied Command Europe Mobile Force, a multi-national air and land conventional force established in 1960 for rapid deployment to NATO's northern flank. This force also demonstrated NATO's solidarity and deterrent presence.

CONTRIBUTION TO NORAD

Among the roles of the Canadian Forces is the fulfilment of North Atlantic Treaty Organization (NATO) commitments. As a member of this alliance, Canada makes significant contributions. A prime example is the stationing of land and air forces in Europe. In addition, the Canadian Forces participate in international training exercises.

continued on page 15

AROUND THE BASE



From The Fire Chief's Office

FACTS ABOUT GASOLINE!

Most people don't realize how easily gasoline can ignite, or even explode. Don't risk your life, or the life of your family or neighbours by using or storing gasoline improperly.

Gasoline is worse than dynamite. High heat doesn't always cause dynamite to detonate, but at high temperatures, gasoline can self-ignite. And even at normal temperatures gasoline produces dangerous vapors which can spread invisibly. Yes, gasoline, a very hazardous product, is trick stuff. It vaporizes very easily and the invisible vapors are heavier than air. They can spread along the floor to a water heater, an electric motor, a car's engine. These vapors can be ignited easily, upon impact, or by a spark or flame from a considerable distance.

Learn NOW what you can do to prevent gasoline fires. IF YOU USE GASOLINE AROUND THE HOUSE, THE FOLLOWING STEPS SHOULD BE TAKEN:

- first, keep it in approved type safety containers. These are expensive cans but cheap fire insurance. These containers are of all metal construction with welded seams, are vapor-proof, with flame arresters and pressure release valves or spring closing lids with spout covers. These containers should bear the labels of nationally recognized certification agencies such as Canadian Standards Association (CSA), Underwriters' Laboratories (UL), Factory Mutual (FM) or Underwriters' Laboratories of Canada (ULC) on the front in

plain view. Never store gasoline in GLASS or PLASTIC CONTAINERS, or in a metal can with any plastic parts.

- second, keep only a small amount of gasoline on hand, enough for your immediate needs. The National Fire Code of Canada states: no person shall store more than 4.6L of flammable liquid in a dwelling unit. Keeping a large quantity of gasoline on hand around your home or work place contravenes provincial/state and municipal by-laws or ordinances, subjecting yourself to a severe penalty of a fine or imprisonment or both. Such a situation may also render your insurance void in case of an accident or injury.



Would you keep a time bomb in your basement?

- third, store the container in a place that is well ventilated and away from any ignition source. The best storage area would be somewhere separate from your living area, like detached garage or shed.

- fourth, never carry gasoline in the trunk of your automobile. When heat builds up in the trunk, gas vapors can expand. Any type of spark - for example from a tailpipe - could easily cause a fire. Also, a rear-end collision or any kind of ac-

cident could puncture the gas container and cause fire to break out.

- fifth, don't smoke when you use gasoline or other flammable liquids and never, never use gasoline as a cleaner, charcoal starter or a solvent - not anything except fuel for a gasoline engine.

- sixth, if you are fuelling a power mower or a saw, fuel outdoors; move at least ten feet away from the fuelling spot (away from vapors) and then start the motor; cool the engine before refuelling.

- seventh, while proper portable containers are designed to prevent spillage, care should be taken to avoid spillage; gasoline spills should be wiped up promptly.

- eighth, if you are fuelling your boat, shut down engines, motors, fans and heating devices before fuelling; leave room in the tank for fuel expansion; never refill portable tanks in the boat, take them ashore for filling and wipe off any spillage before placing them aboard; check bilges for leakage, fuel odors; ventilate until fuel odor is gone; now start your engine.

- ninth, at self-service gasoline filling stations read the instructions carefully for the safe and proper use of the pumps; the NO SMOKING regulations must be strictly obeyed.

- tenth, anyone who uses gasoline at home or at work should have within immediate accessibility an extinguisher marked for "type B" fires - gasoline and other flammable liquids. If you ever have to use an extinguisher, the manufacturer's operating instructions should be strictly followed. So familiarize yourself and others around you with how to operate your extinguisher.

CFB COMOX
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\$6⁹⁵ — \$8⁹⁵

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11:00 a.m. to 1:30 a.m.

THE LEeward NEIGHBOURHOOD PUB & BREWERY

good food!
KITCHEN HOURS
11AM - 10PM

good times!

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

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649 ANDERTON RD., COMOX 339-5400

Officers Mess

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.

CANADIAN FORCES UPDATE

REVIEW '86

continued from page 13

CF-18 OPERATIONS IN THE NORTH

In June, four CF-18 fighter aircraft conducted flying operations at Frobisher Bay, N.W.T., as part of a North American Aerospace Defence Command NORAD exercise. This exercise allowed the Canadian Armed Forces to practice northern deployment, sustained flying operations at a northern airfield, air-to-air refuelling, air-to-surface tactics and communications between NORAD and the CF-18 detachment at Frobisher Bay. In addition, the deployment of the CF-18s from 425 Squadron at Canadian Forces Base (CFB) Bagotville, Que., tested the feasibility of operating CF-18s in the North as part of the North American Air Defence Modernization Project.

Exercises like this one, are conducted periodically to train personnel working in the radar network, fighter interceptor squadrons and regional operation control centers, all of which are a part of NORAD.

NORAD INTERCEPTS

The first airborne interception this year of unidentified aircraft occurred in June when two CF-18 fighters from 425 Tactical Fighter Squadron were scrambled from CFB Bagotville, Que. The Canadian Forces pilots identified two Tupolev-95 Bear Fs, long-range Soviet aircraft used for anti-submarine warfare activities. The aircraft were detected by radar as they entered the Canadian Air Defence Identification Zone without notification. They were subsequently escorted over international waters.

Two additional interceptions were made, in October and November, by aircraft from 425 Squadron. In each case, two Bear D's, which are used for electronic reconnaissance missions, were identified and escorted over international waters.

Tupolev-95 Bear Soviet aircraft are also capable of carrying and launching air-to-surface long-range cruise missiles. One such Bear-H was intercepted by Canadian fighters during 1985.

Air defence fighter interceptor aircraft are ready to be scrambled within five minutes if an incoming aircraft is detected by radar and cannot be correlated with a flight plan. The fighter interceptor force, which is on a continual 24-hour alert, carries out the NORAD task of controlling access to

North American airspace in peacetime. In the event of hostilities, it would provide defence against attack from bombers and cruise missiles.

CANADIAN FORCES EUROPE (CFE)

Throughout 1986 Canadian Forces Europe (CFE) continued to provide combat-ready land and air forces in accordance with Canada's commitment to conventional deterrence. The two formations stationed permanently in Central Europe, 4 Canadian Mechanized Brigade Group (4 CMBG) and 1 Canadian Air Group (1 CAG), completed challenging and realistic training programs to maintain their operational readiness at the highest possible state. Support for the two formations was provided by Canadian Forces Base (CFB) Lahr and Baden-Soellingen.

During 1986 CFE reached the increased manning establishment authorized in January 1985 of 1,220 personnel, bringing the total number of service members assigned to CFE to 7,160.

Canada's commitment to NATO's Allied Air Forces in Central Europe was fulfilled for the majority of 1986 by two squadrons of CF-18 aircraft and, until February, one squadron of CF-104 Starfighters. Based at Baden-Soellingen 409, 439 and 441 Tactical Fighter Squadrons trained in conventional air-to-ground and air-to-air operations. On March 1st, 441 Squadron stood down and 12 CF-104 aircraft made their last official flight as one of Canada's front-line fighters. In July, 421 Squadron, after finishing its CF-18 conversion, was reactivated and began combat-readiness training in Europe.

MULTINATIONAL AGREEMENT FOR GOOSE BAY

1986 marks the 45th anniversary of allied military aviation at Canadian Forces Station Goose Bay, Labrador. The nations currently using the flying training facilities are the Federal Republic of Germany, the United Kingdom and the United States.

In February, Canada signed a Multinational Memorandum of Understanding (MMOU) in which Canada is to standardize existing administrative arrangements for flying activities. The user-nations will pay all costs directly associated

with their operations and share the costs of common infrastructure and services. In December, the Netherlands announced its intention to conduct flying operations in Goose Bay in 1987.

The contribution of flying training facilities at Goose Bay, Labrador, exemplifies Canada's contributions to the NATO alliance which promotes collective defence.

ADDITIONAL EMPLOYMENT OPPORTUNITIES FOR WOMEN

Canada is, with a handful of other nations, at the forefront of the employment of women in military service.

The number of women serving in the Canadian Forces has risen from a controlled ceiling of 1,500 in 1971, to approximately 7,500 today, which represents 9.0 per cent of the Regular Force. Within NATO, only the United States with 9.5 per cent, has a higher percentage of women in the military.

In March, the Chief of the Defence Staff established a Charter Task Force following the Government's response to the recommendations of the parliamentary sub-committee on Equality rights. Since then, 7,500 additional positions in the Canadian Forces have been designated as mixed-gender positions.

In July, the Charter Task Force recommendations resulted in 12 military occupations being designated mixed-gender occupations. These occupations are: pilot; air navigator; flight engineer (officer and non-commissioned occupation); search and rescue technician; steward; weapons technician land; materials technician; map reproduction technician; meteorological technician; topographical surveyor; and intelligence operator.

Furthermore, it was announced in October that qualified servicewomen will be eligible for employment in operational replenishment ships, service battalions, military police platoons, field ambulances, maritime patrol squadrons, maritime reconnaissance squadrons and electronic warfare (air) squadrons. As well, two previously all-male occupations, preventative medicine technician and air-borne electronic sensor operator, were designated as mixed-gender.

With these changes, the proportion of CF occupations in which women participate is

approximately 75 per cent. Expansion of the service opportunities for women is evident in the fact that women now represent over 12 per cent of current trainees.

The Canadian Forces is fully committed to government policy concerning the Charter of Rights and Freedoms and will continue its efforts to expand service opportunities for women. Progress must take into account the primary responsibility of the Canadian Forces to provide operationally effective forces to protect the security of Canada.

EQUIPMENT ACQUISITION

MARITIME PRODUCTS

The Tribal Class Update Modernization Project, or TRUMP, announced May 9, will modernize the Canadian Forces' four Tribal Class destroyers at an estimated cost of \$1.2 billion. This project will improve Canada's naval and air defence capabilities. Under TRUMP, Litton Systems (Canada) Ltd. will upgrade HMC Ships ALGONQUIN, ATHABASKAN, HURON and IROQUOIS. TRUMP will create 13,000 person-years direct and indirect employment in Canada's shipbuilding and related industries.

One of the most significant improvements will be the installation of a supportive air defence missile system capable of protecting ships against attacking aircraft and anti-ship missiles. New sensors will allow the ships to detect, at longer ranges, the threat generated by sophisticated weapons used in modern naval operations.

New command, control and communications systems, state-of-the-art propulsion and auxiliary systems will also be installed. These changes will improve the speed, power and operability of the four helicopter-destroyers. In addition, they will be easier to maintain and will be more energy efficient.

A three-year project definition phase was approved this year for the purchase of a New Shipborne Aircraft (NSA) to replace the CH-124A "Sea King" helicopter. Using the latest technology available, the new aircraft will provide increased anti-submarine warfare and anti-ship surveillance and targeting capabilities for Canadian and NATO ships. The selection of the New Shipborne Aircraft takes into account many factors which are unique to the role it will fulfill

SMALL ARMS RE-EQUIPMENT PROGRAM

Manufacturing of the C7 rifle and C8 carbine by Diemaco Inc., Kingston, Ont., as part of the Canadian Forces small arms re-equipment project (SARP) began this year. Approximately 80,000 C7 rifles and nearly 1,600 C8 carbines will replace the 30-year-old FN C1 rifle with its heavier 7.62 mm ammunition. The weapons are part of a new family of small arms designed to use the 5.56 mm NATO standard ammunition, which is being produced by I.V.I. Inc., of Valcartier, Que.

LOW-LEVEL AIR DEFENCE SYSTEMS

The low-level air defence system for the Canadian Forces, valued at approximately \$1 billion, received final program approval in June. The contract proposal submitted by the consortium of Oerlikon-Buhle Machine Tool Works of Switzerland and Litton Systems of Canada was found to be the best among the competing companies. Selection was based on criteria such as effectiveness, cost and socio-economic benefits.

TRAINING ACTIVITIES

In addition to the NATO exercises, the Canadian Forces were involved in various training activities.

RIMPAC '86

Australia, Canada, Japan, United Kingdom and the United States provided over 50 ships, approximately 250 aircraft and more than 50,000 sailors, airmen and marines for this exercise. The training operations were held in the vicinity of Southern California and the Hawaiian Islands during the months of May and June.

NEZ ROUGE

In early February, the units of the Cinquieme Groupe Bragade du Canada (5 GBC) deployed to the Mitis and Matapedia regions of Quebec to participate in a winter exercise named "Nez Rouge."

WILLIAM TELL 1986

For one pressure-packed week in October a team of Canadian Forces pilots and ground crew from 425 Tactical Fighter Squadron, CFB Bagotville, Que., competed against the best that the United States Air Force could offer and won second place overall.



AROUND THE BASE

Origins of the Species

John Bradley

British Commonwealth Air Training Plan

During WW I the RFC (Canada) which was specifically set up to train pilots and mechanics for overseas duty in France. To assist in this training scheme Canada allocated and helped construct three new aerodromes in Central Canada. These were RFC Station Camp Borden, RFC Station Deseronto, and RFC Station North Toronto. By the end of the Great War over 16,660 personnel had been recruited and trained. This effort during the first war led the British to ask Canada to establish a similar training plan during the first few days of WW II.

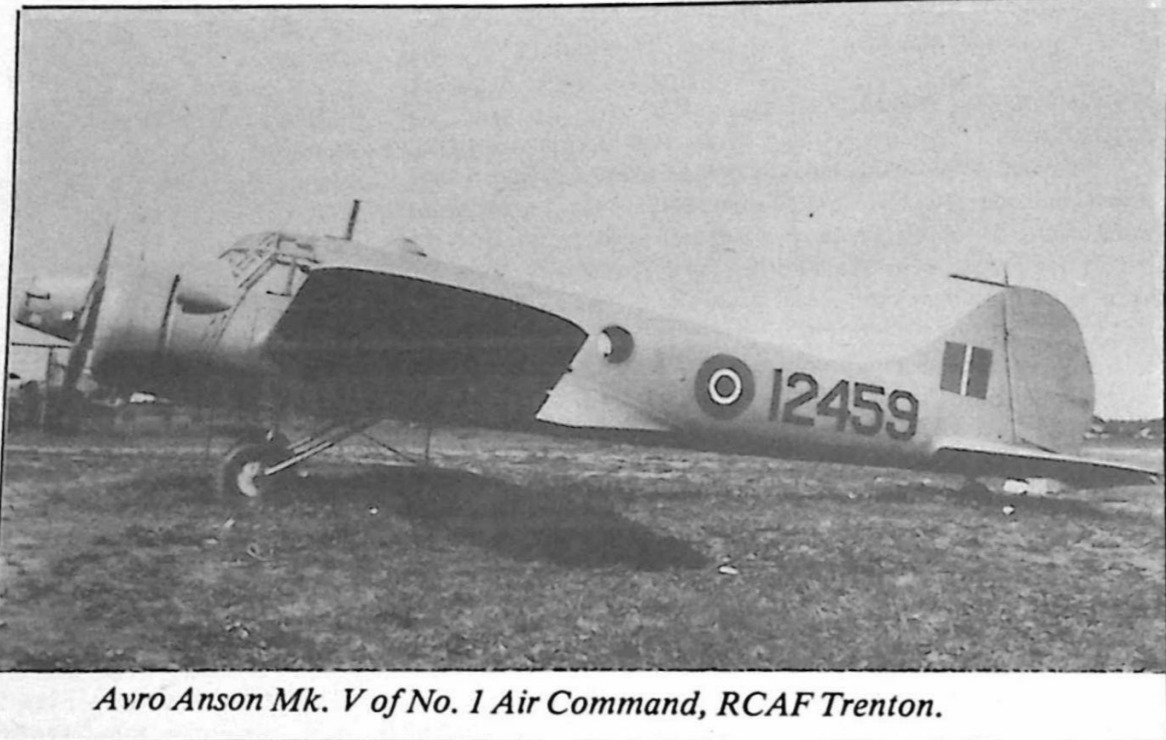
With the outbreak of WW II, the British realized that they would require a large number of trained aircrew. They also realized that to be able to undergo and complete the necessary training, the aircrew candidates would have to be kept away from the fighting until such time as they would be combat ready. With this in mind, Prime Minister Neville Chamberlain of Great Britain sent a despatch to Prime Minister MacKenzie King on 26 September 1939 requesting that a training plan be set up to train Commonwealth, and in particular Canadian, British, Australian, and New Zealand aircrews. Within two days the Cabinet approved the scheme and by December a plan had been drawn up that was scheduled to see 20,000 persons trained each year.

EARLY BEGINNINGS

Few aircraft and fewer training facilities existed when the plan was formulated so a

massive construction project was undertaken. At the beginning of the plan, which was to be known as the British Commonwealth Air Training Plan, Canada had only two adequately equipped aerodromes. Both were located in Ontario and were Camp Borden and RCAF Station Trenton. Survey and construction crews spread throughout the country and started building on an unbelievable scale. Various aerodromes and stations sprang up in all nine Provinces with the majority being located in the Prairies and in the more remote areas of Ontario, Quebec, and the Maritimes. Soon, the previously uninhabited and desolate locations had been built up and were ready for their first airmen.

The initial aircraft scheduled to arrive from Britain could not be delivered as the ship that they were on was forced to turn back as the Germans had just begun their Blitzkrieg through the Low Lands and France and



Avro Anson Mk. V of No. 1 Air Command, RCAF Trenton.

all available aircraft were desperately required. Canada was now faced with having to provide all the aircraft required for the various levels of training. The immediate result of this particular set-back was that Canada had to acquire from the US over 600 Harvard trainers while waiting for the home-built aircraft industry to bring production up to full capacity. Soon after, aircraft and more importantly, spare engines began to flow from the factories averting the chronic equipment shortage. At first there were not enough trained Air Force personnel to run the various training centres so bush pilots and local flying clubs were recruited to form an initial corps of instructors. The first course graduated on 30 September 1940 from Camp Borden and all 39 pilots were retained in Canada to act as instructors.

THE SCHOOLS AND THE AIRCRAFT Under the plan a total of 97 schools and 184 ancillary units were spread

across 231 different sites. These units were split amongst four Training Commands. These Commands were No. 1 Training Command, formed at Toronto on 1 January 1940, later moving to Trenton on 14 January 1944. No. 2 Training Command was formed at Winnipeg on 15 April 1940. No. 3 Training Command originally formed as No. 2 Training Group at Montreal on 18 March 1940 and was redesignated at No. 3 Training Command on 29 April 1940. The last Training Command, No. 4, was formed on 29 April 1940 at Regina then moved to Calgary on 1 April 1941. The Training Commands would later merge to form Air Commands. No. 1 and No. 3 would merge to become No. 1 Air Command on 1 January 1945 at Trenton, Ontario and No. 2 and No. 4 would become No. 2 Air Command as of 30 November 1944 at Winnipeg, Manitoba.

The schools and units ranged through the entire spectrum of flight training and included the infamous Manning Depots, Initial Flying Schools, Elementary Flying Training Schools, Service Flying Training Schools, Air Observer Schools, Bombing and Gunnery Schools, Air Navigation Schools, Wireless Schools, and Flying Instructor Schools.

The aircraft that were used in the plan included such aircraft as the Avro Anson, Boeing Stearman, Bristol Bolingbroke, Cessna Crane, Fairey Swordfish, Fairey Battle, Fairchild Cornell, North American Harvard, Noorduyn Norseman, and Westland Lysanders. While some of these aircraft were finally acquired in Britain and the United States, the majority were either licence built or were 'home grown' Canadian aircraft. At the high point of the plan a staff of over 100,000 persons were turning out over 3,000 trained aircrew each month. By the end of the plan over 131,550 aircrew had been trained in eight different specialties which included pilots, navigators, navigators bomber, navigators wireless operators, air bombers, wireless operators/air gunners, air gunners, and flight engineers. The plan itself started to wind down in February 1944 and by October of that year a number of the schools themselves were closed. On 31 March 1945 the BCATP officially came to an end. The final cost in monetary terms was 2.25 billion dollars of which Canada directly paid over 1.5 billion. It was this vast undertaking in terms of manpower, material, and training centres that led U.S. President Franklin D. Roosevelt to call Canada "the Aerodrome of Democracy."

the beginning of a new year is a great time to make resolutions and set a fresh course it was an ideal time to have George Murley as guest speaker.

George gave us some information and answered questions regarding education and wills, etc. For those of us who have been procrastinating in preparing ourselves and our families for the future let's hope we give some thought to this information and act on it.

WOS AND SGTS WIVES CLUB

Our club is fortunate to have a very energetic and imaginative entertainment committee as they've certainly produced a variety of interesting evenings for us in the past few months.

Using Christmas as the theme of our December meeting the committee put forth that extra effort to put us in the Christmas mood.

We began the evening by watching Gabe Van Holderbeke and Carey Carlson of the

Comox Flower Pot create two beautiful floral centerpieces and a Xmas wreath. Thanks to both for sharing their expertise and also for donating their creations as door prizes.

Erma McKinnon, Stevie Gould, and Vicky LeFort were the three lucky winners of these special prizes. Several ladies also won the candle and log centerpieces which were made by the committee for each table. Everybody received a

Xmas ornament in our gift exchange.

It did appear that Stevie Gould must have been "extra good" in 1986 as besides the aforementioned gifts and prizes she also received a special gift from Santa and won some cash as well.

We closed the evening with a Carol Singalong. Thanks to Corinne Montgomery for accompanying us on the piano.

For January our meeting took a more serious tone. Since

LIFESTYLE

The "Basket" Ladies

Lately you may have noticed certain individuals wandering around the base whistling to the tune of Sweet Georgia Brown.....these people could be happy go lucky, but more than likely they're members of the mens and womens basketball teams.

The teams are not doing too bad. The men have played quite a few very close games. They have won a few and lost a few despite some hard fought efforts. The girls have won 5 out of 6 outings, losing once to EWB. Hopefully we'll improve on our "how to break a press strategy" and confuse them the next time we meet.

Many of the fans would really like to know a little more about the phenominal females playing on the base squad, so here's a little inside scoop.... Jocelyn "the sky" Pemberton

Josh tends to use her impressive jumping ability to intimidate players from other teams. Word has it Spud Webb has a picture of her on his wall. Louise "man to man" Neil-

Lou has been known to say "although zones are fine, man to man is my game." Nuff said.

Jan "legs" Moyer - Jan is a member of the 5' 3" and under club. They being the elite few, who because of a lack of "average height" more than make up for it with STYLE. Mary "Kareem" Bryant -

With her dead-aim hook shot and incredible jumping rebounds, it's hard to believe Mary hasn't played a lot of organized basketball before. She's a natural. Sue "I just wanna lose weight" McKay -

Even though Sue's motivation may not be the same as some die hard B-ball players, the spirit and dedication she brings to the team is immeasurable. Pam "never out of breath" McKee -

Pam is probably one of the most in-shape people on the base - definitely on the team. If Pam ever needs to come off the floor for a breather, it will mean game over, the rest of the team has just died.

Joanne "let me at 'em" Paul - Jo is one of the most physically versatile players on the team. When force doesn't work, you can always drop your glasses on the floor. That stops them.

Jacque "which way are we going" Field -

Jack's been playing for 4 years now, she still gets a little confused in the second half. But what a dribbler. Robyn "don't mess with me" May -

Not too many opponents try any funny stuff with Robyn. Couldn't be because we told them she broke her own thumb trying to prove a point, could it?

Terry "I don't believe that call" Strocel -

Our coach is very recognizable at a game. He's the one pacing back and forth behind the bench. The team figures he'll probably have a stroke if we ever figure out the pick and roll.

There is an incredible amount of spirit on the team not to be outdone by the spirit of our fans. We really appreciate it. The girls would also like to thank the peri staff, especially WO Brazeau, for all the help.



An accordionist, it has been said, is the only one who can successfully play both ends against the middle.

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Tear here.

Introducing Scirocco 16V
The quickest Volkswagen yet.

The twin cam, 16-valve cylinder head allows the engine to "breathe" better, "burn" more efficiently and "boost" engine output from idle, right up to its 7200rpm red line. The close ratio sport transmission, sport suspension package and aero-dynamic body make it a joy to drive.

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Variety Club Telethon February 14 & 15, 1987



Peggy Schalfield is retiring after 17 years in the Beauty Salon at the Base Exchange. The new manageress will be Anna La Fountain of Courtenay. Anna graduated from Vanier Sr. Sec. School, Courtenay and took her hair styling training at Hillside Hairdressing School in Victoria, where she was employed as a stylist for the past three years.

Opening Special Feb 4th to Sat 7th
Haircuts: include shampoo & blow dry.
Ladies: \$13
Mens: \$10
Kids (8 and under): \$8
Perms: \$45.00 to \$55.00.
From Feb 4th to the 7th all hair cuts \$2.00 off. Perms \$5.00 off.

Peggy would like to inform all her clients that she will be working in the salon Thursdays and Fridays.
339-3510

Business Hours:
Open Monday to Saturday 9 - 5 p.m.
Thursday Nite till 8 p.m.
Same low prices
Open to the public
Watch for specials through this paper.

STYLE-RITE BEAUTY SALON

HEALTH AND WELL BEING

info health

Dr. Bob Young



BALD IS NOT BEAUTIFUL

I'd rather have fingers than toes,
I'd rather have eyes than a nose;
And as for my hair
I'm glad it's still there,
I'll be awfully sad when it goes.

Gentlemen, there may be hope! After years, perhaps centuries, of searching, an effective treatment for baldness may have been found.

Until now the only proven method of replacing scalp hair was the use of hair transplants - all the lotions, creams, electrical treatments and massage manipulations are known to be useless.

The new discovery is interesting. Men using a blood pressure pill introduced a few years ago noticed that they were growing scalp hair. Some opened the capsules and rubbed the powder into their heads, and this also appeared to be marginally effective.

Now a pharmaceutical company had developed a solution of the drug, shown that it will grow hair and received permission to market it on prescription. Side effects are rare, with only occasional redness or itching of the scalp being reported. General effects appear to be almost nil, but this is still being assessed.

The new treatment does have some shortcomings. Dense or moderate regrowth occurs in only 40 per cent of patients,

another 40 per cent show minimal regrowth or growth of very fine, colorless hair, while per cent grow no new hair. Results are poorer in patients who have been balding for more than 10 years or whose bald area is more than 10 centimeters about 4 inches) in diameter.

Twice daily application for four months or longer may be required before hair growth is observed, and if the treatment is successful the applications must be continued. If stopped the regrown hair is lost and the balding process continues.

There is some indication that progressive baldness is slowed by use of the product, perhaps even if new growth does not occur.

A further deterrent, perhaps, is the cost. I have been told that one month's supply is \$60, which means \$240 for the minimal commitment of four months. The money saved from unneeded haircuts in the past will be used up quickly!

The material is called Rogaine, and your doctor can tell you more about it. My feeling is that it may be the first of a new breed - I am sure that researchers are busy moving molecules in an attempt to find an improved second generation hair restorer.

Info/Health is brought to you by the British Columbia Medical Association and the Totem Times.

Fitness for fun



If your New Years resolution is to get into better shape, come and join the rest of us who made the same resolutions.

Classes have started again at the Rec Centre. They are open to all personnel, dependants, and guests. You may register by the month or drop in. We work at a medium level of intensity, which can be easily modified or increased to suit the individual.

If you have ever suffered from shin splints, you'll be happy to know our classes are the Low Impact style of Aerobics, which is fast replacing the older original style of Aerobics. Benefits are a decreased shock to bones, joints, ligaments and tendons, especially in the lower back, hips, knees and lower leg. It allows certain individuals to exercise aerobically without jumping - i.e.: those who are overweight, beginners, pregnant women, etc. It is also easier to work at your own level.

Schedule of classes is:
Mon - *Wed* - Fri 9:30 - 10:30 am \$10/mth
Tues - Thurs 3:45 - 4:45 pm \$7/mth

Drop In \$2 Unlimited Classes \$14
Wednesday - Power Shaping Class. We incorporate light hand weights and rubber resistance bands. Guaranteed, you will see a difference in your muscle tone. Weights and bands provided.

-Register at any class. Be sure to wear supporting running shoes, and bring a floor mat.

-Babysitting for am classes at the RC Parish Hall on Base. Instructors: Thursday - Carol - YWCA Certified, Mon, Tues, Wed, Fri - Marianne - YWCA certified - Province B.C. -Registered Level II Master Fitness Leader



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm.,

ASTHMA DOESN'T HAVE TO SLOW YOU DOWN

Nothing seems to refresh and invigorate better than a deep breath of fresh air. However, for thousands of Canadians suffering from asthma, this simple action most of us take for granted is often difficult and painful.

The word "asthma" describes a condition of breathing difficulty caused by obstruction of the bronchioles, small passages which carry air from the windpipe into the lungs. Muscle spasms or swelling of the mucous membranes are only a few of the causes of this obstruction.

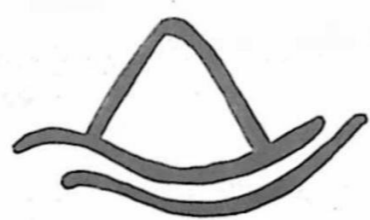
Asthma can be triggered by a reaction to external irritants such as pollen, chemicals, climatic conditions; or to something internal such as a respiratory infection, allergy, or emotional condition. It's possible to inherit asthmatic tendencies, or to develop the condition at one point during your life even if you've never had it or never will again.

Asthma is rarely fatal, but whether you have a mild, continuous form, or suffer sudden severe attacks, it's a distressing and frightening problem.

Sometimes, it takes a lot of detective work, by both patient and physician, to figure out what triggers asthma attacks and when and how to prevent them. Sufferers should keep careful records of attacks, and of important details preceding them, such as foods, locations, personal contacts and climatic conditions.

Asthmatics should make every effort to understand the causes of their attacks because they can vary greatly from person to person. Many excellent products are available to control symptoms and, in some cases, prevent attacks altogether. The treatment prescribed by your doctor should be carefully followed. If a prescription is involved, your pharmacist is ready to help by discussing the medication and helping you to understand the dosage and how it affects your system.

Ask Your Pharmacist is brought to you by Shoppers Drug Mart and the Totem Times.



BE A GOLDFIN

The new CFB Comox Scuba Club wants to provide everyone with the opportunity to revel in our aquatic world. Whether you're a member or dependant, certified or interested in learning give us a call now! With a good show of interest we should be diving this spring and running courses this summer.

For more information call: Capt Chris Smith 338-0649 or Capt Adam Chalmers 334-4519 ASAP.

WELCOME NEWCOMERS.

THE COMOX VALLEY PIPE BAND SOCIETY

Invites any interested persons (that side drum, base drum and pipers) to join us on Monday evenings at the Indian Band Hall on Dyke Rd. at 7 p.m. For further information call: PIPE MAJOR BILL QUIGG 339-6444. Come join in the fun!

AROUND THE BASE

"BTSO BUNCH" Wins Trivia Contest

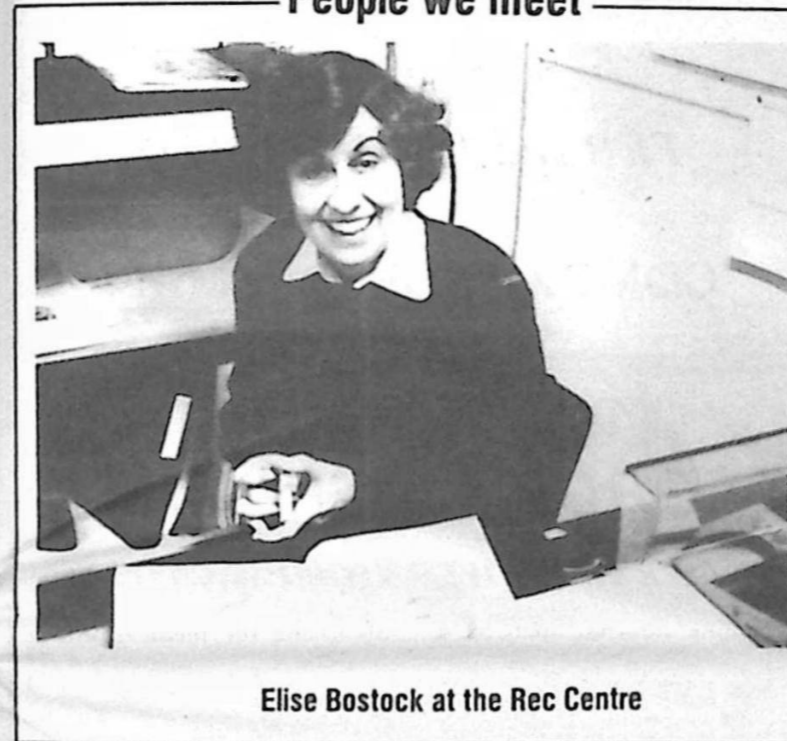
On Friday, 16 Jan 87, the Women's Auxiliary of the Royal Canadian Legion, Comox Branch, sponsored a trivia quiz in support of Rick Hansen's Man in Motion Round the World Tour for Spinal Cord Research. Money was raised through entry fees, a system of fines (all in good fun) sale of hamburgers and hot dogs, and raffle tickets on a painting, donated by a local artist. Prizes were donated by

local merchants. In all, a total of \$1,057.00 was collected for this worthy cause. Not only was a lot of money raised, but participants had a good time too! A total of twenty-three teams were entered in the contest which was won by a group of Base participants called the BTSO Bunch. Members of the winning team were Maj's Roy Monahan, and Sandy Tilley, Capt's Push Godbole, Neville Russell, and

Lts John Sobieralski, Chris Halliday, Dave Jones and Ken Cook - all from the BTSO Branch. Maj Monahan was voted MVP by the rest of the team members - his knowledge of obscure trivia was truly awesome!

KEEP ON ROLLING, RICK. WE WERE HAPPY TO BE ABLE TO CONTRIBUTE IN A SMALL WAY.

People we meet



Elise Bostock at the Rec Centre

Variety Club Telethon

GOOD NEWS

YOUR CANADA PENSION PLAN HAS CHANGED FOR THE BETTER.

On January 1st, 1987 your Canada Pension Plan changed and its good news.

The Plan provides important protection for you and your family. These changes put your Plan on a solid, long-term financial foundation and improve the benefits.

For booklets about your Canada Pension Plan, fill out the coupon below and mail it to:

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Postal Station "D"
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- Pension Credit Splitting
- Flexible Retirement
- Financing your CPP

Health and Welfare Canada / Santé et Bien-être Social Canada

Canada

The best decision

Your choice of action, BRAKE GENTLY TO SLOW, PULL OFF TO THE SIDE OF THE ROAD AND REPAIR OR SEEK HELP, is the best choice.

You were lucky to have this happen when you had a car behind you. The lights from his car will show you where you are, but still you will not have the same visibility and the more gently and slowly you do things, the better off you'll be. Bearing in mind, of course, the fact that you can't slow down too fast because of the car behind you. If this should happen to you when you do not have the lights of the car behind you, you'll need time to adjust to whatever light you have. Even if there's a full moon, your eyes will have to make an adjustment. A new moon will give little or no light. You might have to keep your engine running and wait for a car to come up behind you and show you where to go.

This is another situation where, if you've made yourself aware of the total environment you're in, you'll know what is on your right and what you'll have to pull into.

Move as gently and slowly as possible. This is the critical factor.

What would you do?

- A. Brake gently to slow, pull off to the side of the road and repair or seek help
- B. Brake hard, hard right and stop immediately well off roadway to repair or seek help

M.S.E. Driver Safety

PEOPLE & PLACES

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC) BASE CHAPLAIN (RC) - Maj J.T. Dabrowski
CHAPEL - Our Lady of the Sacred Heart (on Base).
OFFICE - Headquarters, Bldg 45, Rm 48, Telephone: 339-2211, Local 2274.

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 hrs, every Wednesday. Religious Education Coordinator: 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, Rm 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 - Thursdays.

SENIOR CHOIR - Practices 1900 hours - Thursdays.

CHAPEL GUILD - First Thursday of every month at 2000 hrs in the Chapel Annex. President: Mrs. Diane Harrison, Telephone 339-6663.

STANAV FORLANT to change

HALIFAX - Captain (N) Lynn G. Mason, has been promoted to the rank of Commodore and been named Commander-designate of the Standing Naval Force Atlantic (STANAVFORLANT). He is scheduled to take command of the multi-national NATO fleet on March 27, 1987. He will be the sixth Canadian to command NATO's multi-national frigate and destroyer squadron. Command of the Force is rotated on an annual basis amongst the five nations which provide ships throughout the year.

BALDY TO CELEBRATE

CFS Baldy Huges will be holding a weekend of events 14-15-16 Aug 87 to commemorate the closure of the station.

Cost and times have not yet been established but will be forwarded under separate cover.

Persons planning to attend should contact the CADO at Loc 301.

Accommodation is limited and may be arranged on a first come first serve basis by contacting the ACCNO at Loc 354.

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A Never Ending Plug



It started as a plugged john early on a Monday morning at our office. One and a half weeks later after digging up 4 acres of ground, destroying 3 sidewalks, 2 roads and employing the services of 2 trucks, a backhoe and a dozen men the problem was solved. Something to do with a contractor I hear. Anyway, thanks a million guys - we at the formerly "johnless" Totem Times can now function normally.

Did You Know

Quarrels would not last long if the fault was only on one side.



Dogwood Insurance Services Ltd.

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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.

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LIFESTYLE

VISION AND AGING

As we grow older, we rely on our eyes more and more to help us to keep active, independent and productive.

Early detection through regular professional examination is crucial in keeping age-related vision problems from becoming major visual handicaps.

These problems include cataracts, or a clouding of the clear lens of the eye. Symptoms include blurred vision, spots before the eyes, double vision or a temporary improvement in near vision.

If the lens becomes completely clouded over, it can be removed surgically. Both before and after any operation, your eye care professional can help you keep good vision with glasses or contact lenses.

Floater are translucent specks of various sizes floating within the eye. Although annoying, they are not usually cause for concern because nearly everyone gets floaters. However, special attention should be paid to any sudden increase in the number or size of floaters.

The eyeball has its own fluid pressure, just as the body has its blood pressure. Glaucoma occurs when the pressure of the eye builds and vision deteriorates. This disease can be controlled through medication and by surgery.

Symptoms of glaucoma include intermittent blurred

vision, halos around lights, pain and eye redness. Sometimes, glaucoma can only be detected by having your eye care professional measure your eye pressure, testing your side vision and examining your optic nerve.

Changes in vision don't have to affect an older adult's independence and enjoyment of life. Preventative care, in the form of annual eye examinations and a few lifestyle changes can make a difference.

Your pharmacist can also help you should you have any questions about vision and aging.

The word rifle—which means a gun with grooves cut in the barrel—came from the French word *rifler*, meaning to file or scrape.

Savings? - You Bet

Eat your heart out Eastern Canada. We here in Lotus Land are enjoying one of life's simple pleasures at the moment. It's called the "Vancouver Island Gas War" and prices have never been better. Hey there - how much for a litre in Greenwood?

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AROUND THE BASE



Legion Log Entertainment

BRANCH 17 - COURTENAY

Fri Jan 30 - TGIF Draw at 6:30 PM
Fri & Sat Jan 30 & 31 - Dancing to MILLER TIME
Fri & Sat Feb 6 & 7 - Music by WESTWIND at 9 PM.

Regular Activities

MONDAY - Fun Euchre
TUESDAY - Pub Darts
WEDNESDAY - League Crib
THURSDAY - Fun Darts
FRIDAY - TGIF & MONEY DRAW at 6:30 p.m.
SATURDAY - FUN BRIDGE at 12:30

BINGOS...Mon., Thurs., Fri., Sun. at 7:00 PM

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information.
NOW OPEN SUNDAYS...1 - 7 PM

**Dress Code in effect 8 PM Fri. & Sat.
(NO JEANS OR T-SHIRTS)

BRANCH 160 - COMOX

New Hours
Branch now open Sundays 11 am to 5 pm.

Entertainment

Jan 30 & 31 - Music by PRIMETIME
Feb 6 & 7 - Music by GOOD COOKIN
Feb 13 - Music by ALLEYCATS
Feb 14 - Joint L.A. & Legion Installation of '87 Officers and Executive. Branch Upper Hall 6:30 p.m. Cocktails. 7:00 p.m. supper, 8:00 p.m. meeting, 9:00 p.m. dance to ALLEYCATS. Tickets \$7.50 per person.

Feb 20 & 21 - Music by COUNTRYMEN
Feb 27 & 28 - Music by WESTWIND

Regular Activities

MONDAYS - L.A. Drop in Bingo (commencing Feb 16 Mens Darts - Downstairs - Navy Room. (Monday Feb 9 - Labatt's Challenge Trophy)
TUESDAYS - Mixed Dart - Upper Hall
WEDNESDAYS - Bingo - Navy League - Drop In - 7:00 p.m.
THURSDAYS -
1st - Branch Executive Meeting 8:30 p.m. L.A. Executive Meeting as required.
2nd - L.A. General Meeting - Upper Hall - 8:00 p.m.
3rd - Branch General Meeting - Upper Hall - 8:00 p.m.
FRIDAYS - Dance (normally downstairs unless notified). Meat Draw - 2:00 to 6:00 p.m. - in Lounge.
SATURDAYS - Meat Draw - 2:00 to 6:00 p.m. in Lounge. Dance (normally downstairs unless notified).

The Legion Supports "RICK HANSEN"

CANEX CHRISTMAS DRAW WINNERS

Christmas draws were held in all four Canex Outlets, with the Base Commander Col Gibbon, drawing the names. The first prize in the Expressmart draw on 20 Dec 86, a compact disk player was won by Mrs. Sharon Helpard whose husband works in the BAMS0 shop. The second prize, a 5 inch black and white portable T.V. was won by WO Ron Overhold of 407 Squadron. On the 24th of December, the first draw was held at the Service Station. The "Ghetto Blaster" was won by MCpl Jeff Foley of 407 Sqn. The next draw was held at 7 Hangar Snack Bar with WO Stu Cameron, also of 407 Sqn, winning the Fifty Dollar Gift Certificate. The final Canex draw was at the Retail Store. The prize consisting of a Toshiba Microwave Oven and Stand was won by Mr. Gord Pritchard, a civilian employee of the Base C.E. Section. Everyone that shops at Canex is a winner - but some people win more than others.

Birthday Benefits

Birthdays. Whether you count them or not - everyone has them. Some people consider them to be a milestone on the road to maturity and wisdom, others consider them another notch on the gun of life, some consider...

Whatever your favorite cliché, birthdays are unavoidable. Like the man said - they're inevitable, like death and taxes. That's a particularly appropriate analogy that points out the inescapable need for financial planning for when you are not around.

Everyone is going to die, sooner or later. It sounds cold-blooded to say it right out loud like that, but it's true. Sure as you're born, you're gonna die. Someday. Sooner or later. Preparing for death is not counting on a possibility - it's allowing for an eventuality. Some people stay 29 forever. Some don't make it to 30. There's a difference.

There's lots of things you can do to get ready for the inevitable. Most of them would be in the category of "over-reaction." You simply cannot live every moment like it is your last - locked in your basement for fear of being struck by lightning. Life just isn't like that.

There is one very simple step that you can do that won't take very long, certainly won't cost much, but will be more practical and valuable than all those outrageous things put together. It's just this - provide for your family. Obvious, right?

Think about it. Probably eighty, ninety percent of what you're doing right now is for your family. That's a good investment too - your return on investment in terms of enjoyment is probably in multiples of one thousand. Setting aside money for your kids' schooling, saving for a house or paying off the mortgage,

even your career ambitions have a lot to do with what it'll mean to your spouse and children.

Now try this. Close your eyes and think of a familiar family snapshot. Maybe one taken at your last birthday. Everyone's in it - you, your spouse, the children, Aunt Rita. Now - imagine you're missing from the shot.

What's different about the picture? OK, there's the obvious - like it wouldn't be a birthday celebration anymore. But what about the not-so obvious and definitely very important things?

Picture the mortgage papers - whose salary is going to pay that off? Think of your kids' tuition expenses - can you guess how much that'll be in ten or fifteen years? Not to mention all the clothes, dental work and yes, birthday presents that children need.

In other words, all those expenses - and more - need to be taken care of, but your salary isn't coming in any more.

You are right in thinking that government plans will make up for part of that - a small part. The Canada Pension Plan (CPP) or Quebec Pension Plan (QPP) would pay a minimal monthly benefit to the spouse of a deceased contributor who had been contributing for 3 years or more. Currently the maximum amount payable from the CPP would be about \$270.00 a month to age 65 and slightly more after that. Under QPP, your spouse could expect between \$415 and \$480 a month until age 65, and \$290 a month after that. Clearly, we're not talking about a lot of money.

SDB (Supplementary Death Benefit) automatically provides some assistance - but not a lot. The Canadian Forces Superannuation Act (CFSA) may or may not provide an adequate death benefit for your spouse -

depending on your years of service. And the Pension Act only provides death benefits in cases of duty-related deaths.

Something more is needed, and that something is provided by SISIP - the Service Income Security Insurance Plan. SISIP is just what it says - an insurance plan designed specifically for members of the Canadian Forces in order to provide you and your family with financial protection in the case of your death or disability.

And SISIP is more than that. It's an insurance plan not only provided for the benefit of CF personnel, but also owned and controlled by CF personnel. The result is coverage specifically designed for your needs as a member of the Canadian Forces.

SISIP Survivor Income Benefit (SIB) coverage, for example, is truly well-designed protection available to CF members at low rates. SISIP-SIB provides your spouse (or orphaned child) with a monthly income that, together with other government benefits will equal at least 50% of your last pay rate, in addition to CPP/QPP benefits.

Plus, the SISIP-SIB benefit includes a cost of living adjustment - an increase based on the Consumer Price Index.

Plus, SISIP may grant additional benefit increases (when economically feasible) in times of high inflation.

Plus, if your spouse is not covered under any other Major Medical insurance policy, he/she is entitled to Major Medical benefits under SISIP-SIB.

Plus, SISIP-SIB comes with Dependant Life coverage at not additional cost. Your spouse would be covered for \$10,000 and each dependent child for \$4,000.

If this seems like a lost of protection, it is. And you'll be surprised how little it costs. That's because SISIP really is owned by the plan members. Any "profits" earned by the plan are used to boost benefits or reduce rates. SISIP-SIB arrangements take only a few minutes. Give your SISIP Adviser a visit or phone call. He or she will open your eyes to SISIP.

Imagine the family snapshot again. Put yourself back in the picture with SISIP-SIB. Happy Birthday!

Promoted to MCpl



LCol Rogers presents

John Koidhis accepts

AROUND THE BASE

A "Brave Lion" Award



Capt Ken Jenkins accepts

Col Gibbon presents

CHANGES TO CABLE TV PROGRAMMING

As most of you are aware, Cable TV in PMQs and Quarters is provided by our own Base Cable TV System. Basically, Base Fund buys the cable signal from Comox Valley Cablenet at the Base fence and distributes it throughout the Base. This allows us several advantages: we can charge less than the comparable service downtown; we provide better service, and Base Fund can make a small profit to help us with our amenities programmes.

CV Cablenet has recently introduced a special package to their downtown customers for \$1.95. At present, Base customers have been enjoying the benefits of this increased programming without charge. This has caused a bit of confusion on Base as we, of course, also carry Cablenet ads on our system; however, Base customers do not deal with Cablenet directly unless they wish the Sports and Movie channels.

Base will soon be negotiating with Cablenet regarding its annual rates and this new service so we'll be able to tell you of any increase in fees and the reasons in a future issue. Rest assured we will still bring you the best possible service for the lowest price.

Classified

RATES

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

Seniors - Clean, affordable bachelor - \$130 & one BR - \$175. Park setting, close to shopping. Stove & fridge. 33433 Switzer Ave., Abbotsford, BC V2S 1Y9 Ph.853-0333

REMEMBER to BUCKLE UP

Apartments For Rent - Furnished bachelor suite - \$250. Unfurnished one bedroom - \$275. Rent includes: Heat, hot water, cable. Close to Base. Greenwood Apts 1751 Greenwood Cres. 339-4445.

HALIFAX/SHEARWATER - If you are posted to either and are planning to buy a house, call collect for my free package of area and housing information. I specialize in finding homes for military personnel. VAL HEUMAN 902-462-2167.

EXPERT FIBREGLASSING, SPRAY PAINTING & REFINISHING autobodys; aluminum & fibreglass boats; sundecks; furniture; farm equipment, etc. Excellent prices, Free estimates. Phone 338-9417 or 338-9112 Page no. 204.

1973 3/4 Ton P/U with side racks. Good running condition. \$700 or reasonable offer. Pho 338-1979
Sofa bed for sale. Excellent condition. Paid \$870 - asking \$470 or best offer. Phone 339-6882

February is Heart Month. Please welcome your Heart Volunteer.

B.C. Heart Foundation

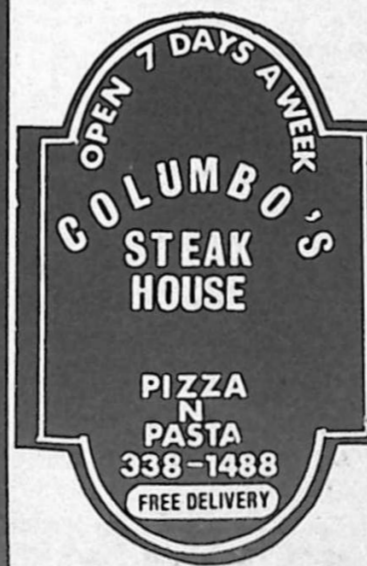


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Drink and drive?



Sounds fine to me.

Learning begins at home

CANADIAN FORCES UPDATE

Sea Kings for West Coast



HMCS Huron, a Tribal Class DDH-280 Destroyer appears here with a CH-124 Sea King helicopter onboard. The Huron, with two detachments of two Sea King helicopters, is scheduled to be reallocated this summer to Maritime Forces Pacific...C.F. PHOTO

Dutch to Join in Low Level Training

The RNLAFF will join the German Air Force, the United States Air Force and the Royal Air Force in conducting flying operations at CFS Goose Bay each year. With the signing by the Dutch, Goose Bay is gaining extensive recognition in NATO as a first class center for low-level flying training. Current allied flying operations bring approximately \$60 million a year into the Canadian economy.

"Canada is fully committed to expansion of military flying at Goose Bay within sound operational, financial, ecological and social guidelines. This kind of activity is a vital part of Canada's contribution to the Alliance and will reaffirm our commitment

to collective defence and deterrence," said Perrin Beatty.

The Netherlands will be the latest party to the Multinational Memorandum of Understanding (MMOU) which establishes the guidelines for flying training at CFS Goose Bay. Canada is currently studying the environmental impact of low-level flying in Labrador. In anticipation of this signing with The Netherlands, The Federal Environment Assessment Review Office was asked to include this expanded flying activity as part of their study.

Formal signing of the exchange of notes is expected to take place at The Hague in the near future.

NEXT DEADLINE FEBRUARY 9

CF MESS KIT

NAVAL AND MIDNIGHT BLUE

Personnel interested in purchasing a tailor made Mess Kit contact PO2 Kennedy loc 2529. Price Approx \$250.00.

Goose Bid Still Alive

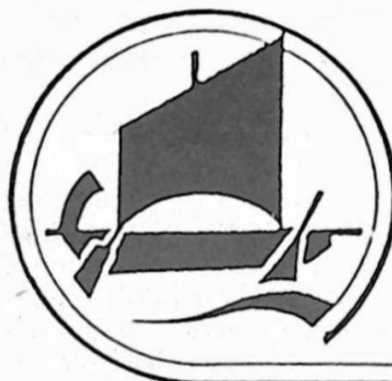
NATO, BRUSSELS -- Perrin Beatty, Minister of National Defence said today at NATO HQ in Brussels that Canada has been successful in keeping alive its bid to provide the NATO Tactical Fighter Weapons Training Centre in Goose Bay, Labrador. All indications are that the decision in regard to its location will be deferred until more detailed comparisons can be made between Canada's bid and that of Turkey.

Beatty outlined the current status. Last September, a working group of NATO officials recommended that Konya, in Turkey, was the more suitable site for the training centre. Their report

reached the military committee in mid-November, and nations have been asked for their comments. These comments should be available in the next few days.

"We have good reasons to believe the military committee will not select a site at this time, but rather, will direct that further detailed analysis be carried out during the next phase on both Konya and Goose Bay, thus postponing the final selection until the conclusion of that phase," said Beatty.

"Goose Bay offers an attractive alternative for this type of flying training and it already has the infrastructure to support this activity," added Beatty.



RETIREMENT PLANNING AS A PROCESS.

If you are interested in the Retirement Planning Process, you might ask yourself the following questions.

	YES	NO
1. Have your wills been updated to take advantage of the new tax laws?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel competent to handle your financial affairs?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have financial goals for retirement?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you understand all of the tax savings available to you under today's complex tax laws?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you now have a professional financial planning service to assist you in attaining comfortable financial security?	<input type="checkbox"/>	<input type="checkbox"/>

Retirement planning is the process that eliminates guess work from financial decision making. The planning, like navigation, shows you where you are, where to go and how to get there. The process is one of professional analysis of tax and investment options selected to meet your goals.

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