



TOTEM TIMES



Canadian Forces Base Comox B.C.

Vol 29 No 3 February 12, 1987

Deadline is Monday, February 23, 1987

Cost: Priceless



**DON'T
FORGET
YOUR
VALENTINE**

FEBRUARY 14th

Stee-rike



Col Gibbon shows some fine form as he delivers the first ball in the recent Pac Region Bowling Championship. CFB Comox came away victorious in the "roll-off." See page 11 for further details. (Base Photo)

Comox Air Force Museum — open soon

The Comox Air Force Museum will be opening on September 12, 1987. The museum will depict regional military aviation, but initially, it will focus on the history of CFB Comox and the squadrons which have operated there. Like all museums, it will preserve artefacts, display historical exhibits, and educate viewers.

Lieutenant-Colonel Syd Burrows, who is now retired and living in Comox, initiated the project in 1980, but federal

support was lacking at that time. However, on November 17, 1986, Lieutenant-General Ashley, Commander of Air Command, approved the formation of the museum. Colonel Gibbon, Base Commander of CFB Comox, has approved the old base theatre as the site of the museum and has committed funds to renovate the 278 square metre (3,000 sq ft) building.

The Museum will be non-profit, and the organization will be controlled locally. A

museum committee has been formed with Major Don Thain as Chairman and Captain Dave Blamire as Vice-Chairman. Supporters of the museum will also be represented on the committee. The museum has received accreditation from the Organization of Military Museums of Canada and has institutional membership status in the BC Museums Association. Artefacts are now being collected; a Neptune aircraft being stored in Arizona is destined for permanent display

alongside the Argus, Voodoo, and Canuck aircraft which are located by the Comox Air Terminal. Private donations of money or artefacts are eligible for a tax-deductible receipt. Old uniforms, photographs, diaries, log books, and medals are just a few examples of memorabilia that are being sought. Anyone who has articles relating to military aviation or who is interested in helping in any way is requested to phone 339-8447 for further details.

DND provides the building, utilities, and furniture. Money must be raised locally to pay for a curator and other operating costs. A corporate sponsorship program will be launched prior to the opening, and a gift shop shall continue to generate revenue once the museum is open. A commemorative print by Geoff Bennett will be available in July. Additionally, special lec-

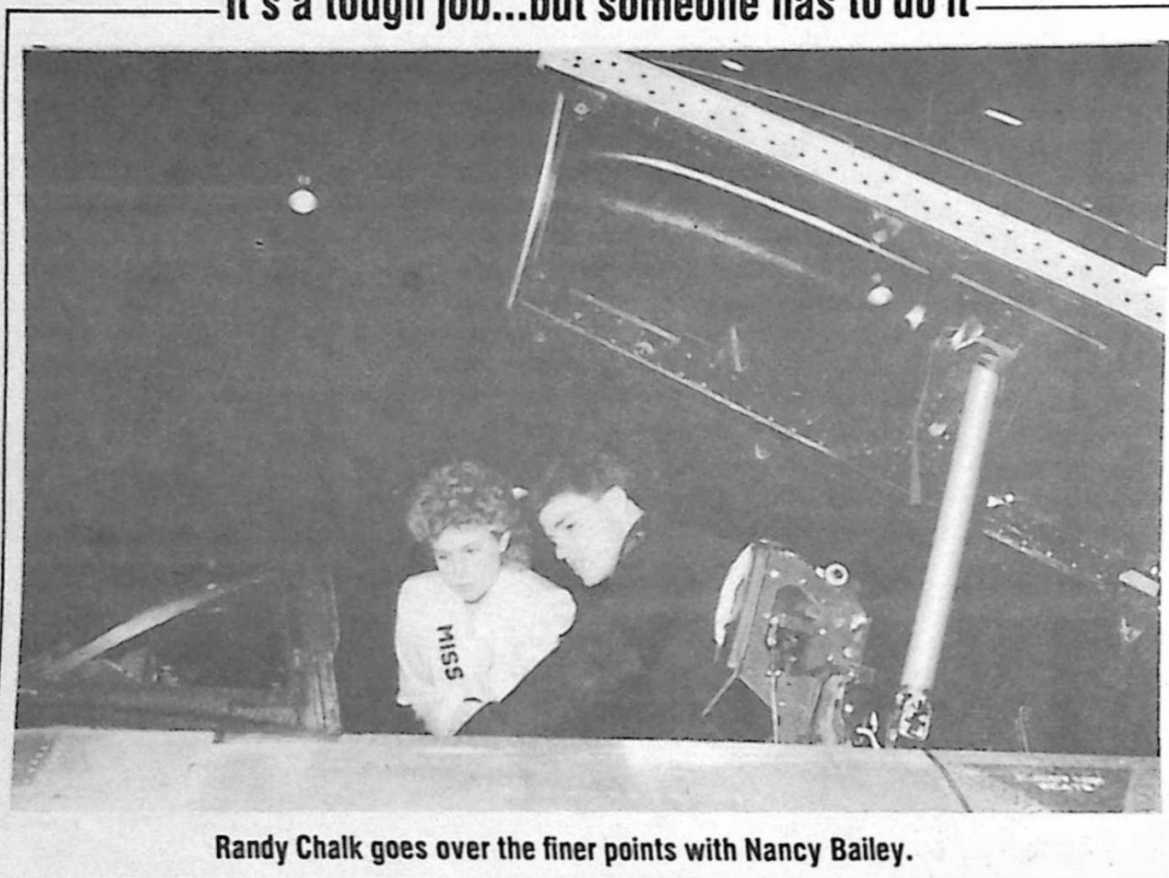
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SECTION NEWS

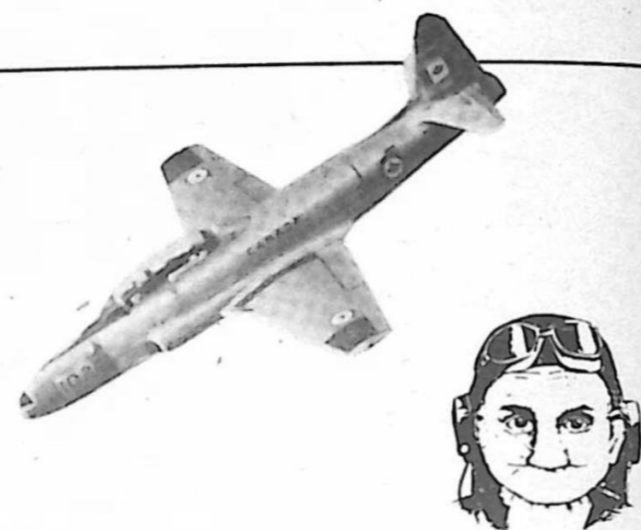


Anker Klankin'

It's a tough job...but someone has to do it



Randy Chalk goes over the finer points with Nancy Bailey.



Comox Shoe Repair
 1836 Comox Avenue
 (Across from Legion)
 Tuesday to Saturday -- 9:00-5:30
TOP QUALITY
 SHOE AND LEATHER REPAIRS

THANKS TO ALL FOR MY RETIREMENT CELEBRATIONS

Hilda Ross

WOs & Sgts Mess

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

Tech Side

Many VU 33 Tech Siders are looking forward to a transfer this coming posting season. Hopefully all are happy with their future locals. Bob Wrightson, our super servicing desk controller, was so excited about his move to Ontario that (it's rumored) he frantically rushed an order for a four year (with option on further years) supply of commuter tokens for the Big Ts subway system before regaining his self control. Talk about your initiatives!

Len Mallette who is keen on new, but not distant, places is thinking of applying for a House Hunting trip up Black Crick way as a pre-indicator of desired travel time. Don't worry Len the Boing Boings go almost everywhere.

MCpl Ralph Hogarth is off to Trenton for a Battle Damage

course. We've been trying to determine what this has to do with maintenance procedures but no luck so far.

Head Pin Harry (Weeds) and Such Strike Lyle (McManus) the two VU 33 members on the CFB Comox bowling team entered in the Pac Region roll off.

Both members helped the team win the coveted Pac Region Championship by not giving under pressure. Each managed an average 230 over the enduring 24 game final. Congratulations to Harry and Lyle and also the other members of this fantastic team.

Fred Kay and Dennis Vickland are off to help out on the Army Navy ski course. Seemed they needed course members (student type) and anyway Fred wanted to see if the Navy really did know which ends were pointy.

MCpl Niel Black was working on his anchor Tech talk while in charge of a Tracker tow crew last week.

After calling "brakes off" he looked over at a startled mule handler Cpl Al Nantel and bellered "full astern." Now there's some anker klankin fer ya.

Good to see Pte's Lorna Oliver and Paul Nolan returned from a course at Shearwater.

Sgt Ray Morrison has now completed retirement leave. We hope to see you and wife Ruth from time to time Ray. Best of Luck.

The Base Commander showed excellent timing during the VU 33 Sqn ski day. Around 1400 hrs he called for 15 members to join him for an adventure training exercise at the Westerly Run. Everyone showed up on time.

Keep on Givin'...

COURTENAY....

TUE. 24th FEBRUARY
The Westerly Hotel -- 2nd Fl.
4:00 - 9PM



AROUND THE BASE



From The Top Rung

Col Ted Gibbon

Eighteen percent or 236 of our Base personnel are French speaking Canadians yet I have not seen an article in this newspaper in their language. This disturbs me but doesn't seem to bother the members of the French community because nobody has ever mentioned it to me. Either these people are using this posting behind the tweed curtain to master the English language or they have assumed a lack of interest and resolved their communication requirements amongst themselves. The assumption is wrong but I require assistance in making this newspaper a part of their service life. The Totem Times requires French Speaking members or their dependents to assist the editor in providing a French input into our Community newspaper so that it can better represent the people it serves. I would be grateful for anybody who may be interested in newspaper work or who shares my interest in increasing the French content of Totem Times to call the editor, Capt Gord Kruger at 339-8111 to discuss the requirements.

AVIS DE RECHERCHE — JOURNALISTE FRANCAIS

236 militaires soient 18% du personnel de la base sont des canadiens francais, or, je n'ai pas encore lu un seul article francais dans ce journal. Cela m'inquiete mais les membres de la communaut francophone ne semblent pas en etre affecte puisque personne ne s'enplaint. Serait-ce que les francophones profitent de cette affectation dans ce coin de pays dorloteur pour maitriser la langue anglaise? Ou bien ils ne sont point interesses et ont resolu de ne communiquer qu'entre eux. Ces hypotheses sont surement fausses. J'ai besoin d'aide pour que ce journal fasse partie de leur vie militaire. Le "Totem Times" a besoin que les militaires francais ou leur personnes a charge aident l'editeur en s'impliquant dans notre journal communautaire pour qu'ils puissent vraiment représenter la population que nous desservont. Je serais reconnaissant si les personnes interessees au travail journalistique ou qui partagent mon interet a augmenter le contenu francophone du "Totem Times" contactait l'editeur, capitaine Kruger au 339-8111.

34 Years in the Public Service



LCol Bowes presents

Robert Corhlan accepts

MUSEUM

continued from page 1

tures and presentations will be undertaken to raise funds.

The premiere lecture will be given by Captiaon '(N) Marc Garneau, Canada's first astronaut. He will present an account of his space flight aboard CHALLENGER. The presentation with film is call A FANTASTIC ODESSEY and will be shown in the Sid Williams Civic Theatre for one night only, March 23 at 7:00 and 9:00 PM. Tickets will be available beginning March 2 at the NEWS RACK in the Comox Mall and the COURTENAY SEWING CENTRE on 5th Street in Courtenay. All proceeds will go to the museum. Tickets will cost \$7

for adults and \$5 for students, which is a saving of 30% over the prices charged in Victoria for the same presentation. A proposal to market student tickets at \$4 through the school system was rejected by the Board of School Trustees.

Marc Garneau will also be visiting a local school. Eight schools of School District 71 have already entered a poster contest which is being sponsored by the COMOX MALL merchants. Winners in each grade will receive free tickets to A FANTASTIC ODYSSEY, and the grand winner will also receive an autographed picture taken with Marc Garneau when he visits the winning artist's

classroom. Posters will be on display in the COMOX MALL from March 17 to 23. Schools must be registered for the contest by February 20.

The Comox Air Force Museum will bring benefits to the Comox Valley besides the obvious cultural enhancement. A curator will be hired from the local community. Merchandise will be bought from local merchants. The museum will attract tourists. Future museum conventions may also be held in the area. The museum will be a resource benefitting the entire community.

Contact Major Don Thain at 339-8332 for further details.

good health starts with your spine.



check it regularly



Lettuce and celery stay fresher longer kept in paper bags with outer leaves intact than they do in cellophane.

HEART TO HEART



FEBRUARY IS HEART MONTH

EDITORIALS

COMMENT

Gord Kruger



RESOLUTIONS EH!

Well Newt, it's time to think about all those resolutions that were made a month or so back. You know the ones, or do you remember? Well what the heck we'll talk about 'em anyway.

Remember how you said you would hold in check any unkind words about persons who were not present to defend themselves. You said you would say only things that you would be comfortable saying in their presence. How is that one coming?

How about the one where you said you would be more accepting and more tolerant of those whose habits and customs were not in agreement with your own. Pretty damn tough that one - isn't it?

I really did like the idea of your being more tactful with your fellow workers. The offering of more praise and less criticism was a great sacrifice. You know, that's the sort of thing that makes the world a better place to live in and I'm sure that's what we all really want. You also said you would listen more and talk less. Any luck?

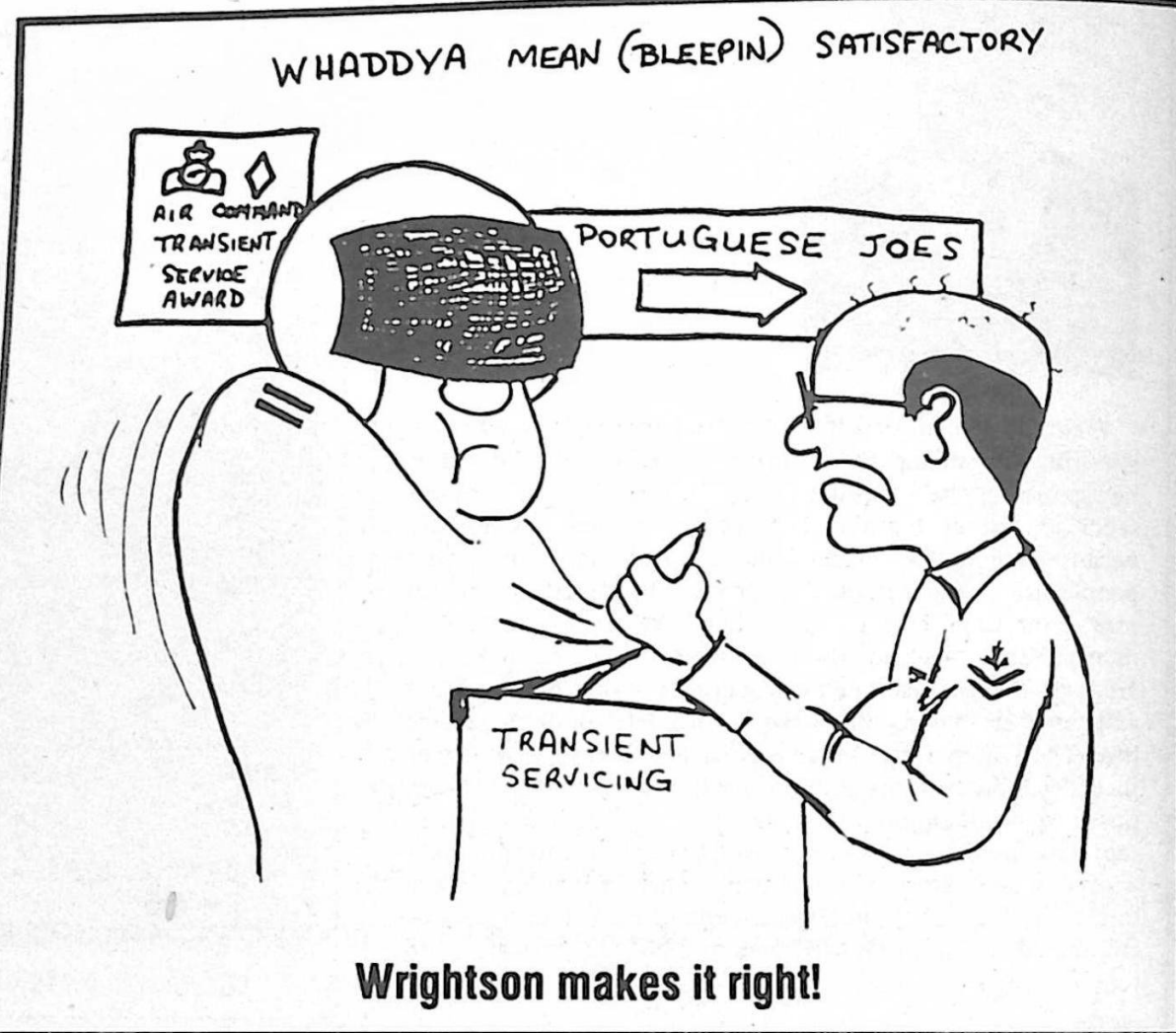
The one that really won you the nomination for citizen of the year however was your humanitarian understanding resolution. It really softened us all up when you resolved to be less regimented by routine and to offer your time and friendship to anyone who needed it. The statement you made at the bar about helping those less fortunate without telling really won our hearts. Truly an outstanding sacrifice. By the way, how's it coming?

And then on top of all those you also said you would give more and take less. I don't think you'll have to worry about that one though, Mike Wilson is doing a good job to help you!

But I guess the capper was your resolution to withhold advice unless someone asked for it. Pretty hard when you got a bunch of turkeys around you eh?

Well gotta go now Newt but good luck. If you can handle all those you will be an example to us all.

G.M.K.



Wrightson makes it right!

Francophones to gather

Cher amis,
Nous aimerions vous inviter a notre prochain Salon du Livre qui aura lieu au centre de ressources de la Femme (Women's Resource Centre), 1380 Cliffe Ave., Courtenay.

Le Salon du Livre sera ouvert samedi le 21 fevrier de 9:00 AM a 21:00 PM et dimanche le 22 fevrier de 10:00 AM a 15:00 PM. En plus d'un grand choix de livres francophones, vous pourrez aussi y trouver des disques, cassettes et jeux pour tous les ages et gouts.

Une invitation speciale est transmise aux parents des etudiants inscrits au Program-

me Cadre et a L'immersion francaise. Tous sont les bienvenus. Merci!

Jocelyne Lecompte
Association Francophone de la Vallee de Comox.

Dear Friends,
The Comox Valley Francophone Association would like to invite everyone to our upcoming "Book Show" of French books, records, tapes and games. The Book Show will be held on the second floor of the Comox Valley Women's Resource Centre, 1380 Cliffe Ave., Courtenay, on Saturday February 21 from 9:00 AM to

21:00 PM and Sunday February 22 from 10:00 AM to 15:00 PM.

Everyone is invited, specially parents of children attending Programme Cadre and French Immersion, and/or anyone who would like some good French literature.
See you there!

Jocelyne Lecompte
Association Francophone de la Vallee de Comox
492 Fitzgerald Ave
Courtenay, BC V9N 6Z8
334-4419

DON'T FORGET OUR DEADLINE FEBRUARY 23

442 WHERE ARE YOU?



TOTEM TIMES



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

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EDITORIALS

Travel Tales

B.C.'s Recreational Rivers: The Powell

The Powell River area is probably best known to tourists for its superb salmon fishing, scuba diving and other marine activities.

Getting there from the lower mainland involves a coastal drive - Highway 101- up the scenic Sunshine Coast, complete with two ferry rides across inlets that intersect the route.

But once there, the area has more to offer than just the salt chuck.

Turn inland from town for Powell River's other side to explore.

Amidst the shady quiet of a coastal rain forest backed by snowy mountains is a virtual wilderness of beautiful, trout-filled lakes and streams.

CANOEOING INTO THE BACKCOUNTRY

This is the site of the exciting, new Powell Forest Canoe Route, a 65 km circuit of eight lakes linked by portages.

The entire circuit takes four to six days to complete, depending on how much sunbathing and fishing you do along the way.

It can be lengthened by side-trips to other lakes.

The area was logged early in the century and some of the portages follow old skid roads through moss-and-fern-carpeted second-growth forests.

The portages can be strenuous - especially one, nicknamed Cardiac Hill, over two km long - but are well-marked with canoe rests along the way.

Four lakeshore campsites are spaced about a day's journey apart, and more are planned.

The circuit can be paddled in either direction, but it is recommended that you start at Lois Lake and end at Powell Lake. That way, Cardiac Hill will be downhill.

To reach Lois Lake, turn off Highway 101, between Powell River and Saltery Bay, onto the 'MacMillan Bloedel Stillwater

Division logging road, then take the first road to the right, Branch 41, approximately one km from the highway.

Shorter sections of the route may be paddled by using logging roads, outside of operating hours, to reach points along the way.

Take the Weldwood -of-Canada road off Highway 101 near Lang Bay (south of Powell River) for access to Nanton, Dodd, Windsor or Goat Lakes.

You might drive to Windsor Lake and canoe back to Lois Lake for a weekend trip.

Canoes can be rented in Powell River and Lang Bay, and arrangements can be made for drop offs or pickups.

You should, of course, be well prepared and in good physical condition to attempt this trip.

A detailed brochure containing a map of the Powell Forest Canoe Route is available from the forests ministry's district office, 7077 Duncan Avenue, Powell River, V8A 1W1, 485-9831.

ANGLING FOR TROUT
Cutthroat trout, kokanee and some small Dolly Varden can be fished in the lakes along the circuits, as well as in Sliammon, Haslam, Duck and other lakes near town.

Fifty-kilometre-long Powell Lake has a boat launching ramp at its south end, right in Powell River.

The lake harbors cutthroat up to seven kg as well as rainbow to two kg, kokanee and small Dolly Varden. Watch out for winds.

Haslam Lake, easily reached by three km of good road northeast from Powell River, has a municipal campground, a boat launch and boat rental.

There are additional boat launching ramps at Sliammon and Dodd Lakes, and forest service campsites at Dodd, Nanton, Goat and Sliammon lakes.

Maps available in Powell River from MacMillan Bloedel show how these and other lakes

can be reached by private logging road - public access is restricted during operating hours.

Marinas in town rent boats and are a source of further information.

For specific sports fishing regulations, contact the fish and wildlife branch's Powell River district office, at 485-2554, or the regional office in Surrey, at 584-8822.

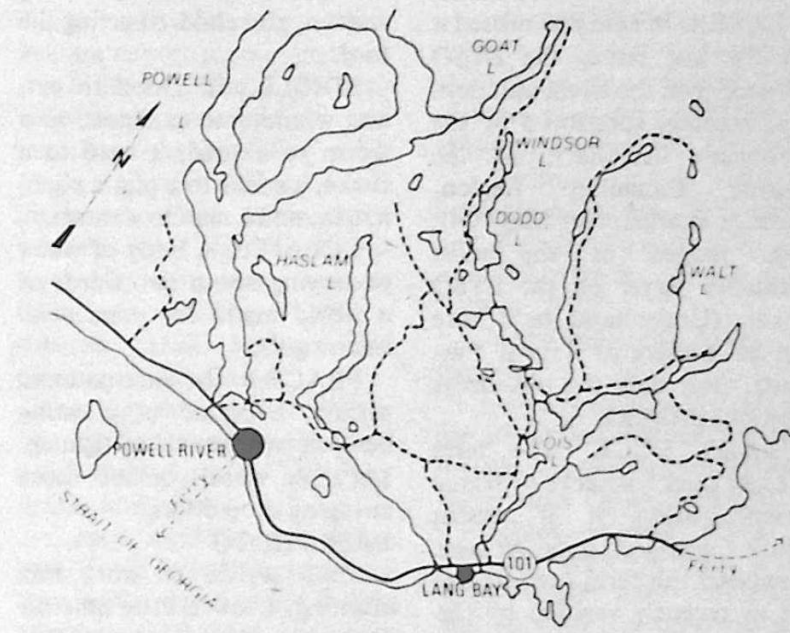
Ever wondered where Powell River got its name?

Dr. Israel Wood Powell was an early advocate of responsible government and free education.

He came to B.C. from eastern Canada in 1862.

Until his death in 1915 he held a number of prestigious positions including first president of the Medical Council of B.C., first superintendent of Indian Affairs in B.C., and superintendent of education for B.C.

POWELL RIVER AREA

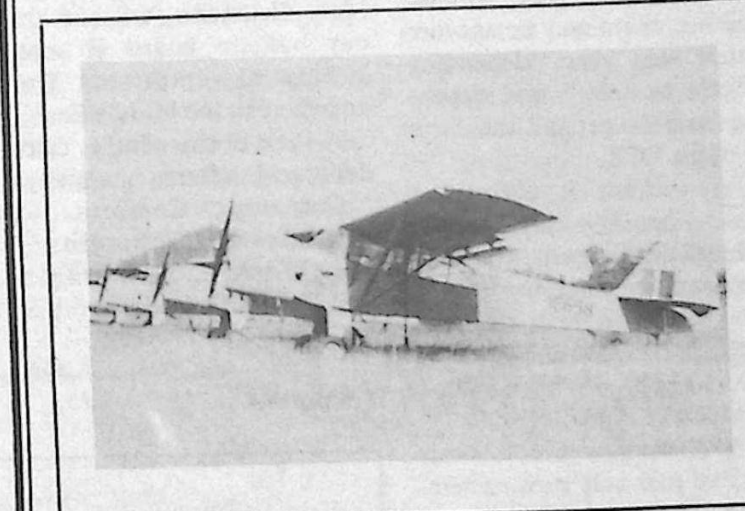


Air Force Trivia



what where why when

Answer from Last Issue



Auster AOP/6 aircraft of 444 Sqn at Winnipeg between May '48 - Mar '49. The Sqn was based at CJATC Rivers at the time.

DFS Visit

The Director of Flight Safety, Col H. A. Rose and his Technical Investigator, Maj W. W. Herrgott will be in Comox on the 23 and 24 Feb for their annual visit. The team will present a slide show and briefing to the Base on the accidents and incidents involving Canadian Forces aircraft and personnel. Briefing times are 0830 and 1330 on Monday, 23 Feb and 0830 on Tuesday, 24 Feb. See your Section Head for the times allocated to your section and get out to the Rec Centre for this informative presentation.

SECTION NEWS



BAMSO

MOST VALUABLE PLAYER. In case you missed it in the last issue, the BTSO Branch won the trivia quiz contest recently sponsored by the Women's Auxiliary of the Royal Canadian Legion, Comox Branch. Our Maj "M" was judged as the most valuable player on the BTSO team. (Understand he'll take on all comers at Trivial Pursuit.) (But only the old-timers edition) BAMSO.

LADY LUCK. The term "Lady Luck" smacks of sexual discrimination it means "luck for ladies" only. At least it appears this term favours one sex as recently verified by the fact that Sgt Parent's wife won a \$25 gift certificate from the Old House Restaurant, and MCpl Helgard's wife won the Canex Expressmart draw and received a compact disc player. Congratulations ladies!...how about spreading the luck to some of us male 6/49 ticket buyers.

IN WITH THE NEW AND OUT WITH THE OLD. Not that Anndalyn is old age-wise, but for "Andy" it is time for her to change work environment as part of her learning experience and to progress in the Adm Clk trade. So Anndalyn has moved from the BAMSO penthouse location and moved down one floor to 407 Sqn's Orderly Room. Good luck "Andy" with the "Demon" crowd...you might even find some people that write more legibly than some BAMSO people you've "translated" and typed for. Similarly for work experience we have gained Pte Mike Anderson in the BAMOR, arriving from 407's Orderly Room...the second part of an "Andy" sway (Anderson for Anndalyn). Mike is following in his father's footsteps as "Dad" was an Adm Clk at Comox around 1980. It's therefore understandable that Mike calls Courtenay his him! Welcome to BAMSO...Mike or "Andy."

THE DEVIL MADE ME DO IT! The author Ambrose Bierce wrote "The Devil's Dictionary" which contains many cynical as well as comical definitions. Some are: CANNON, n. An instrument employed in the rectification of national boundaries. CIRCUS, n. A place where horses, ponies, and elephants

are permitted to see men, women, and children acting the fool.

EDIBLE, adj. Good to eat, and wholesome to digest, as a worm to a toad, a toad to a snake, a snake to a pig, a pig to a man, and a man to a worm.

OCEAN, n. A body of water occupying about two thirds of a world made for man...who has no gills.

PEACE, n. In international affairs, a period of cheating between two periods of fighting. Let's see what's behind those swinging shop doors.

BASE PHOTO Upon arrival to work this morning, I saw a little note on my locker about the 3rd of Feb to have my article in. I've been away from the shop for 11 (count 'em) days, so I had to run around and ask the vast multitudes (all four of us) what's news.

Well, it turns out that Doug "he's no slug" Slauenwhite is busy practicing for the PAC Region Bowling and Meet and Greet, but he and the CFB Comox Men's Bowling team are hosting this year's tourney. Good luck you guys.

As usual, we've been shorthanded as of late. Tammy has been getting some OJT on the Aurora, so that she can go on course, which she is now attending. Comox is hosting the First Line Course, and welcome to MCpl John Quarmbly, who flew all the way from Greenwood to teach it. Good luck Tammy. I guess this means we're losing you one way or another.

Attilio reports that the Photo Contest was a great success and thanks everyone for their participation. All you shutter bugs out there, keep on shooting, there may be another contest next year "depending on how he feels" and depending on if he gets all the Lego out of his VCR.

Our column is always so short - but it's not because nothing ever happens. We're so busy working, and work stuff is too boring to write on. And so, this is the end. See you next time.

NAVCOM LABS It's 1000hrs on deadline day and I've just only now remembered that something...anything has to be written for the article. So lacking any great amount of inspiration I am forced to fall

back upon a too often used journalistic cliché: the "On the street reporter" story. Let's see what's happening in the lab today.

Being Tues the 3rd of Feb it is a day that finds many an air trade apprentice wash in a sea of ATAT study notes.

Tomorrow is the first Wed of the month which is the day of the dreaded event itself; the trade board. Two of our techs, Steve and Perry, have put in leave passes and haven't been seen since last week and Ron has locked himself in the screen room. Steve and Perry are looking forward to the end of the "ATAT Trail" as they are writing their QL5s (a QL is the same animal as a TQ), while Ron is eagerly awaiting another year of fun and games after he writes his QL4s. Remember, Ron, that the learning of tolerance is a valuable gift.

Speaking of gifts, this is the first article from the lab since the Christmas season and I should mention the section's holiday dinner. It was a great success with an almost perfect attendance as relatively few shop members were away on course. The dinner served a dual function as Barry's promotion was roundly toasted along with the season. The members of the lab who were regrettably absent were Anne (ARC 552 in Shearwater), Sheila (APS 504 in Shearwater), Clive (Leave somewhere in Ont) and Marc (Peacekeeping in the Sinai).

The other party that the Shop was involved with was the BAMSO open house which had a very large attendance from both inside and outside the section.

By the way, if anyone manages to get in contact with Marc Neumann, tell him that our bulletin board is sorely lacking any postcards from anywhere in the Middle East.

A look at the courses calendar reveals a flurry of activity: Currently on Course: Gilles APX77 Borden Clive APS504 Shearwater Bob FLIR Greenwood Coming up: Ron ARC505, ARN82 Trenton

Suggestion Award Winners



Mr. Dennis Newman, a welder in the construction engineering section mechanical shop, received \$300.00 for his suggestion to secure heating unit diffusers to the main units in 7 Hangar to prevent them from falling onto aircraft. LCol Bowes, our Base Technical Services Officer, made the presentation.



Mr. Willard Van Ness, the Construction Engineering Drafting Supervisor, received \$200.00 for his suggestion to use readily available and nonreusable sonobuoy shipping containers to store their drawings and blue prints. Lieutenant Colonel Bowes, our Base Technical Services Officer, made the presentation.

Steve AIC503 Greenwood Sheila ARC513 Shearwater (again!!) Sylvie ARN82 Trenton Warren HRS Borden That's all for this installment and be sure to read next month's for coverage of the post ATAT celebrations and an upcoming promotion party.

Did You Know



There are 100 billion stars in our galaxy. From the earth only about 6,000 of these are visible to the naked eye.

SECTION NEWS

Energy Conservation in the home

Because of the increasing use and cost of energy, and since fossil fuel sources will eventually be depleted, the conservation of energy will continue to be of great importance. This is especially true if we wish to maintain a reasonable standard of living.

Following are some practical energy saving measures the householder can adopt. Often the awareness of energy use and mis-use will bring about the desired improvement. However, sometimes a change in habits or routine is necessary before any substantial saving is realized.

WEATHERIZE YOUR HOME

"WEATHERIZE" means protecting your home from winter cold and dampness. Keeping the heat in means insulating to the recommended levels, sealing doors and windows (weatherstripping and caulking) and using multiple glazing.

Heating accounts for about 2/3 of the energy used in the home. This then is the major area where energy savings can be realized-reflecting in a saving of energy costs.

REDUCING INDOOR TEMPERATURES

Substantial savings in heating costs can be accomplished by permanently lowering the thermostat setting by 1°C. Set the temperatures required for comfort but avoid overheating.

REDUCE NIGHT TEMPERATURES

Reducing night temperatures can maintain comfort, but at the same time conserve energy. With the recommended reduction of 5°C there can be significant savings in energy.

RECOMMENDED THERMOSTAT SETTINGS

21°C (70°F)-when inactive, sitting around reading, watching TV, etc.

18°C (64°F)-when working around the house.

16°C (61°F)-when sleeping (night time).

13°C (55°F)-when house is unoccupied, as during winter vacation. This will give an appreciable saving while ensuring the plumbing system won't freeze.

OTHER GOOD PRACTICES

Avoid unnecessary glass areas. Window areas now are often about 20% of wall areas. Reducing these to 10% and double glazing can reduce heating energy requirements in the order of 20%. Even conventional double glazing has ten times the heat loss of a frame wall with RSI 2.1 (R12) insulation. Heat losses from window areas can be reduced further by using wood window frames or metal sash with a thermal break between the outer and inner frames.

...make certain that drapes do not trap the hot air from baseboard heaters between drapes and window.

...keep windows closed except to air out the house, and turn down thermostats during the airing out period.

...keep rugs and furniture clear of registers and grilles for efficient air circulation.

...use exhaust fans to prevent increased moisture permeation through walls and ceilings-damp insulation increases heat losses, resulting in greater use of energy for heating.

...keep furnace filters, return air grilles and ducts clean. Filters should be installed correctly and cleaned or changed monthly during the heating season for efficient operation.

WATER HEATING

Next to space heating, the largest energy consumer in the home is water heating. Savings in this important area are quickly realized.

...a dishwasher requires water heated to 60°C (140°F) at the appliance, therefore the water heater temperature setting for a home with a dishwasher should be 60°-65°C (140°-150°F). This high temperature setting is not required where there is no dishwasher used and in these homes a temperature of 55°-60°C (130°-140°F) is usually sufficient for general hot water requirements.

...hot water pipes should be insulated with a minimum of 1/2" wrap-around or other insulation especially if located in a cold basement or crawl-space.

...savings of up to a50% are possible when a reduced flow showerhead or a water flow restrictor is used. You may obtain a water flow restrictor free from your local B.C. Hydro office.

...check dripping taps. A hot water tap, dripping once every second, wastes a tankful of water each week, or 7233 litres (159 gal.) per month.

...become familiar with the controls of automatic washer and dishwashers by reading the instruction book.

...when washing dishes by hand-

-always stopper the sink or use a separate dishpan. Do this instead of washing individual items under the running tap.

-place washed items in dishrack for draining. Pour rinse water over completed dishes, wipe dry or cover with clean cloth towel and allow to air dry.

APPLIANCES

Consider energy-saving features when buying appliances. Follow the manufacturers instructions for installation, operation and maintenance. Your BC Hydro office can supply you with booklets on the selection, use and care of various appliances.

The Energuide Program was developed by Consumer and Corporate Affairs Canada in conjunction with CSA's Steering Committee on the Performance of Electrical Products.

The Energuide Program is legislated through the Consumer Packaging and Labelling Act, which requires an energy consumption label to be prominently displayed on all major appliances, as testing methods are implemented.

The Energuide label indicates typical relative amounts of energy used by the appliance in a one month period as required by a specific test program. (i.e. the label shown above indicates that the refrigerator model BL-12 uses 123 kwh per month under these test conditions).

A lower kwh number will indicate possible energy savings. Be sure to select one of the more efficient models.

Next Issue: Energy Conservation and efficient home management.



Supply Signals

NEWS FLASH...."Cpl Ray Bailey fails Investigative Reporting." Story at 11.

So by now I'm sure everyone has heard of all the planned moves for this season. If not I'll fill you in, it's really quite simple. All the people whose last names start with the same letter change places. No wait that's not it! Everyone pick a number between 1 and 10, anyone who picks the same number changes places. No that's not it either. I can't remember, so just round up the nearest Private and you'll get the real story....

Moving right along, we pass congratulations to Ken Verge on his promotion. Now he can't say "I don't know, go ask the Cpl." We also send Good Luck to David "Magic" Mitchell in Borden on his TQ5 course. There's a lot of sad-faced girls in Comox, so do well and hurry back.

Speaking of sad-faced girls, Pat Bolton celebrated her 40th birthday this past week, only she was anything but sad faced. Her Section went all out for it. They snuck back and decorated the office after she left, planned a surprise party at the Griffin, and even hired a clown with balloons and a singing message. Good job guys and congratulations Pat.

Next we've got the Log Speil coming up on the 12, 13 and 14th of Feb. It starts with a Meet and Greet at the Golf Course Thursday nite and no you don't have to be a curler to come out and meet old and maybe make some new friends. We've got teams coming from Esquimalt, Chilliwack, Vancouver and even Holberg is slashing their way through the bush and coming down. There's live music at six then a

DJ at nine so get your buns in gear and come down and have some fun.

Well with OP-EVAL just around the corner, and work-ups starting, at least one person will be ready. "Blood and Guts" Potter has been feverishly studying his newest issue of "Killer Monthly" in preparation. If he shows up with his face painted I'm killing myself.

E.F. Hutton says we should buy shares in the Diet Centre. Right girls?! Speaking of diet centre and this has absolutely nothing to do with it...Don't flip out if you see a large green fly wandering around the Base. It won't be ALF, just our own Matt Snetsinger, who's left for an NBCW course in Borden. Good Luck Matt, and though we know you're not really that kind of guy, if you do happen to get 'dragged' into the Hug and Slug, remember...Well, never mind, you're a big boy!!

By the time you read this Martine Veldhuizen will - A. Know when she leaves for the Sinai, or B. Not!!

Last but not least, Wally Berger is settling nicely into 5 Sup Grp. If you can't find him, just look through the pile of paperwork on his desk, he's under there somewhere.

Well that's about it for now...No wait - I almost forgot. This guy was driving down the road and ran over a cat. He went to the nearest house and said to the lady, "I think I just ran over your cat." The lady said "What did it look like?" The guy, oops....It looks like we're out of space. You'll have to ask Mary Jo for the rest. That is if you didn't hear it one of the 12 times she told it at the post SAV celebration!!! Well T.T.F.N.



Did You Know



An African chieftain, when choosing an English name, dubbed himself "Oxford University Press."

SECTION NEWS



Demon Doins

407 AIRCREW

Annual crew checks are upon us. No official results will be released until the vigilant, discerning eye of "Training and Standards" has thoroughly scanned and looked deep into the hearts of each line crew, however, much speculation abounds. Indeed, "Gummer" Forbes, deeply rooted in his favorite seat in Crew Four's room was quoted as saying "Now that Standards has seen us fly there is no reason to check the other crews, surely they must know we are the ones to send to O'Brien." Checking with Maj Mazey he recommended prudence and patience, dropping a hint that Crew Six had supplied them with very tasty blueberry pie during their crew check. Standby for the exclusive blow by blow coverage as the results of the other crews are leaked.

Meanwhile back at the ranch what are the cowboys up to? Cowboys? Yes, the Crew 2 Cowboys. We would like to clear up an accusation filed against Jeff Byam. The charge was that he got through high school with such flying colours by always sitting next to the smartest, prettiest girl in the class come exam time. Well during first aid training, come exam time, it is true he gravitated towards the female medical staff member in attendance and it is true they got identical scores. I assure you, however, their perfect scores were attained mutually independent of one another.

There is little to say about Crews 3, 5 and 7 until they return to home pastures. Chris Smith did get stuck on the other side of Comox Lake in his new, not so new, truck.

The question on everyone's mind right now is what the new portable seat for the aircraft is going to look like, and who will get to carry it out to the airplane. If it is to be the NAV-COM it will have to have shoulder straps for carrying it out. If the seat doesn't arrive in time who gets to stand at their station? Surely not the ASOs, who need to be as close to the horizontal as possible. The AESOP Union won't allow it and the pilots are pleading flight safety counts them out.

For those needing rides up

the ski hill and are finding no one is home, try 2 rings hang up, 1 ring hang up, ring again. It should work unless the code has been changed.

Nuff said.

3 CREW

Good day Servicing fans! Here we are once again off to a new start, in a new year, with little time to waste. Now that we have all recovered from the past New Year's slump and the festivities of the holiday season it's time to get back to the grindstone.

Several changes will be taking place on 3 Crew. New sights on the crew include Sgt Bob Roche's new sleeker sporty look with his small resemblance of the once known Omar Sharif. The absence of his eye glasses, has kept 3 Crew wondering "Just how old is Bob?" Other sights zoom in on Cpl Marcel Blais, as he has been seen incognito wearing coveralls.

On a more serious note there will be other changes which will affect some of us. As a result of the numerous promotions last fall, another manpower shift will occur, followed by several transfers. To begin with, from the bottom of the "Totem Pole," Cpl 06 Pond having served excessive 3 years on the crew, will be exiled to 2 Crew to equalize trade strength. Also leaving the crew and the DND Empire for good is Cpl Scott Carruthers who will soon seek his fame and fortune in Burlington, Ontario. As far as transfers are concerned some at S.T.C. as usual, however many do expect to leave by this summer. Some of the candidates include Bob and Maggie Saunders to Edmonton, Gord McAndrew to Greenwood (Ha! Ha!), Sgt Bob (Omar) Roche is hoping for Cold Lake (cool pool) and if all goes well Cpl Russ Anderson will end up in Baden.

"Out with the old, in with the new." Some new faces on the crew include young blood, Pte Gilbert (Sparky)? Couture and the very talented MCpl Mike (Sparky) Roy, Side by side they will each strive to hold up the expertise of the I and E staff led by our fearless leader WO John McDonald. John at this time has had the misfortune of having a back condition which hopefully will not last too long. We wish him the best,

Despite that, all is well on 3 Crew. There hasn't been too many ski casualties as we sit with fingers crossed and bated breath. Until next time - Cheers

P.S. Sir - we hope you have an extensive supply of Roloids for the up and coming OPEVAL!

407 ARMAMENT

One thing about armourers, we sure don't learn from experience. Take Dusty Burrows (please!!); having spent the last while enjoying the free and easy life, he has taken leave of his senses and is going back to Kingston to get married in March. Kevin Robertson also seems well on his way back off the deep end. Fresh from a torpedo course in sunny Greenwood, Kevin turned around and actually PAID MONEY to go back to Greenwood to visit - who knows.

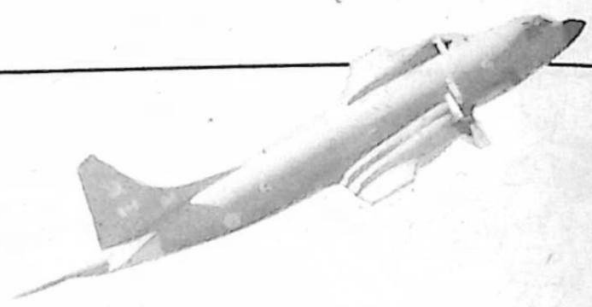
This month sees the lovely Lt Landry, the unlvely WO Johnson, and the aromatic Bob Earl become bachelors for two weeks, one week and six weeks respectively. No one had decided where the party is going to be as no one wants to have to clean up after it. Reports on the damage will be forthcoming if we can get anyone to own up to it.

The cute and cuddly MWO Henwood has recently returned from leave where he reportedly spent the time beating his house into submission. A quick count revealed that he has returned to us with a full compliment of fingers and toes but somewhat less pride and self esteem; we didn't even try to count the hammer marks on his thumb.

The somewhat greedy Steve Watts is now in charge of our canteen and is presumably trying to retire on the profits from the thing. We now stock more food than goods and charge prices that would make Ferdinand Marcos gag. In only two weeks of operation we made enough money to buy a microwave (and the pizza oven isn't even installed yet!).

SHORT TAKES:

In love: Dev Reynolds, Richard Lamother, Gary Mick, Chris Stoyles
In Debt: Dave Oakes, Tom Macinnis, Pam Mckee, Jason Froese
In Sane: Ralph MacCuaig, Ray Michell, Faye Luppe
In Trouble: Peggy Kerr, Bill Johnston



Promoted to MCpl



MCpl Burrows accepts

Maj Clarke presents

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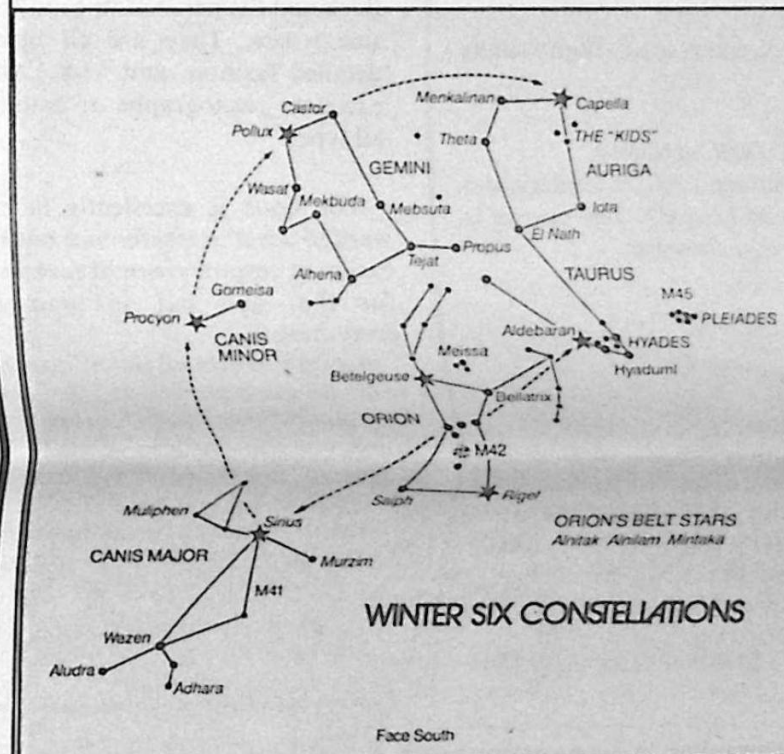
OWC POT-LUCK SUPPER

Due to the 442 Sqn Reunion Committee Fashion Show to be held Wed., Feb. 18, 1987 O.W.C. will hold their International Pot-Luck Supper TUES., FEB. 17, 1987 - 7:30 for 8:00 PM.

TRAVEL TRIVIA

It's said that travel broadens the mind. It seems that our jobs are sending us out on the mind-broadening road more frequently these days. According to Statistics Canada, Canadians took 14.6 million trips of at least one night from January to March 1986, a rise of 21 percent over the figure for the same period in 1984. The increase in business trips during that time accounts for most of this growth: travel on business for one night or more increased by 77 percent over the level for the corresponding period in 1984.

STARGAZING FEBRUARY



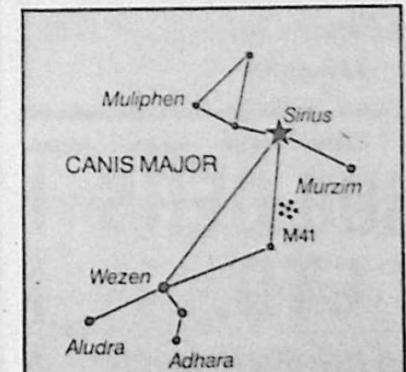
Highlights of the Winter Sky

Face south on a February evening to enjoy the spectacle of the Winter Six constellations. Here, in an array of six stellar formations, more than half the total of the brilliant stars of all seasons are found, each of the constellations having at least one star of first magnitude or brighter.

Orion, central to the Winter Six as well as the largest and most spectacular member, has two brilliant stars, blue-white Rigel and ruddy-hued Betelgeuse. Imagine the mythological Giant Hunter its stars represent, once described by Homer as "the tallest and most beautiful of men". Betelgeuse and Bellatrix mark the shoulders of the kneeling figure; Rigel and Saiph indicate his heel and knee. The constellation's most striking feature, however, is the three bright, almost equally spaced stars that form Orion's jewel-studded belt from which dangle the faint stars of his sword. Meissa is the brightest of three faint stars that mark his head. Binoculars will help locate his arms; one is holding an up-lifted club, the other a lion's skin, a trophy of the hunt.

Dogs, Twins, Kids, and "the Bull" Once Orion is located it is easy to find the other Winter Six constellations. The trick is to identify the brightest star in

each of the six formations before looking for their other stars. Binoculars will help with the faintest ones. Starting with Orion, follow the "belt" stars downward to brilliant Sirius, which locates Canis Major, the Big Dog. Then sweep upward to Procyon in Canis Minor, the Little Dog, a tiny constellation with only two naked eye stars.



Sirius "the Dog Star"

Sirius is called "the Dog Star". Its name means sparkling or scorching and aptly describes this most brilliant of stars. Although a dazzling white when fairly high in the sky, refraction causes Sirius to flash red, green, blue, and white when it is close to the horizon.

Next, extend the arc upward to the twin stars Pollux and Castor which locate Gemini. According to legend, Castor was a noted equestrian, while Pollux excelled in boxing. Fainter stars beneath "the Twins" complete the constellation. Look high overhead for Capella at this time of year. A beautiful, brilliant white star called "the Goat Star", it locates Auriga, the Charioteer. The constellation has a recognizable pentagon shape. Just under Capella is a triangle of faint stars called "the Kids". According to one Greek legend, the constellation represents Erichthonius, a king of Athens, whose inability to walk with ease inspired him to invent the four-horse chariot. Hence the constellation's name "the Charioteer".

El Nath, the star at the bottom left of Auriga's pentagon, is actually in Taurus. An easier way to locate "the Bull" is to follow Orion's "belt" stars upward to brilliant, rose-tinted Aldebaran which is near the point of the "V" of his horns and is said to mark the eye of Taurus. The constellation is famous for its two star clusters: the Hyades, a coarse cluster near Aldebaran, and the lovely Pleiades cluster, called the Seven Sisters, in the shoulder of the Bull.

For binoculars: Search for a hazy patch near the centre of Orion's sword. Called the Great Orion Nebula, it is an immense cloud of gas and dust from which stars are being born. Then turn to Taurus and note how many more stars can be seen in both the Hyades and Pleiades star clusters. Binoculars are a must when searching for fainter star clusters such as M41 in Canis Major (see diagram for its location), and those in Auriga, two of which are inside the pentagon, the other outside its east arm.

Planets During the first half of the month Mercury joins Jupiter and Mars in the evening sky. Mercury is bright but is quite low in the west at sunset, so look for it when the sky begins to darken. Jupiter, brightest of the three, is the easiest to identify. Mars, the faintest, is higher in the sky than Jupiter and sets more than an hour later. Look for Venus and Saturn low in the southeast in the predawn sky. Saturn is beginning to rise earlier than Venus, but Venus is by far the brighter.

Calendar

d	h (Universal Time)
14	Jupiter 0.7° N. of Moon
31	Mars 0.3° S. of Moon
5	16 First Quarter
13	21 Full Moon
18	12 Spica 1.1° S. of Moon
21	09 Last Quarter
22	16 Antares 0.2° S. of Moon
22	16 Saturn 6° N. of Moon
24	01 Venus 7° N. of Moon
28	19 New Moon

Mary Gley
Curator, Astronomy

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SPORTS & RECREATION

Sports Shorts

PAC REGION BADMINTON CHAMPIONSHIP 9-12 MAR 87

CFB Esquimalt will host the PAC Region Badminton Championship 9 - 12 Mar 87. Any military personnel interested in attending are to contact the Base Rec Centre Loc 8315.

BASE FLOOR HOCKEY TEAM

Any military personnel interested in playing for the Base Floor Hockey Team are asked to contact Pte Korn at local 8244 or Sgt Moore, Base Rec Centre, Loc 8315. At present practices will be tentatively scheduled for Friday evenings, Saturdays and Sundays.

GYMNASIUM CLOSURE

The Base Gymnasium (Gym Floor Only) will be closed on the following dates:

- Tue - 17 Feb 87 1800-2200 hrs - Air Cadet sports night
- Mon 23 Feb 87 0800-2200 hrs (director of flight safety briefing)
- Tue 24 Feb 87 0800-1130 hrs (director of flight safety briefing)

PADI UNDERWATER INSTRUCTOR COURSE

CFB ST Jean Scuba Club will conduct a PADI Underwater Instructor Course from 15 May to 24 May 87. The course is open to all suitable candidates. Prerequisites are:

- A. Minimum age 18
- B. PADI Dive Master
- C. Diving rescue techniques
- D. CPR (current)
- E. First Aid (current)
- F. Medical exam within past 12 months.

Candidates are required to provide their own equipment to meet PADI standards. Course cost is six hundred dollars for the IDC and three hundred for the IEC. Deadline for registration is 15 April 87. Any interested personnel are asked to contact the base Rec Centre Local 8315.

QUOTABLE QUOTES

Though the human tongue weighs practically nothing, it is surprising how few persons are able to hold it.



Outdoor Writers of Canada

Pipe Smoke

By Gerry Gerow



This week I offer you a book that's a bit different. *The Shotgun, History and Development*, Geoffrey Boothroyd, A & C Black, London, England and Collier Macmillan Canada, inc. \$37.50.

Geoffrey Boothroyd is a British author who has written several books and numerous articles on the subject of guns. In this book he covers the history and development of the shotgun from its original inception through to the modern hammerless double barrelled weapon.

Through the pages of the book you will read about the evolution and development of the flintlock and the percussion gun. Breechloaders and side levers. They are all here covered in a detailed fashion, and with a large number of excellent photographs of antique shot guns of all types.

The book is excellently indexed, so if you want to use it as a reference book, you can do so easily. It certainly would make an excellent gift for that gun nut in your life, who has everything.

Anyone interested in antique shot guns should read Boothroyd's book. It was published in 1985 and if you can't find it in your local book store, you can order from Collier Macmillan Canada.

XXXXXX

Shooting sports certainly seem to be on the decline in Canada. Perhaps it's the cost, which can be considerable if an individual wants to acquire much competence.

There are three basic types of shooting sports: Shotgun, rifle and pistol. Shotgun shooting takes the form of skeet and trap, and is by far the most expensive.

Canada has always fared well in international shooting competition, but the powerful lobby that feels that only the physically demanding sports should receive support seems to see that what public money there is, and it is little enough, is channeled into track and field, swimming, skiing, etc.

Those who embrace those sports demanding mental rather than physical coordination always seem to come in a distant second. If a competitor isn't independently wealthy, they simply can't afford to develop the required competence.

My personal opinion is that the gun lobby in this country would do a lot more good if they stopped worrying about gun registration and started working for publicly assisted shooting facilities where our young people could afford to learn the proper use of firearms, and develop competence with them.

No one is ever going to succeed in curbing the desire to use firearms away from a certain segment of our young population, so why not direct our efforts into training them properly, and developing them into shooting competitors.

I know a number of Canada's top shotgun shooters, and without exception, they are either wealthy or at least in a well above average tax bracket. This shouldn't be. *How about a round of skeet, Frank.*

SPORTS & RECREATION



THE WINNERS

Back Row (L to R)
Doug Slauenwhite
Lyle McManus
Neil Peters
A.B. MacDonald

Front Row (L to R)
Bill Hill
Harry Weeds

CFB Comox Wins Pac Region Bowling

CFB Comox won the Pac Region Large Base Bowling Championship held here from 2 - 6 Feb 87. Team members and their averages were:

- Sgt A.B. MacDonald - 242.1
- MCpl Harry Weeds - 235.7
- Sgt Doug Slauenwhite - 231.2
- WO Lyle McManus - 228.1
- WO Bill Hill - 225.1
- WO Neil Peters - 215.6

Final Pinfall results after 24 games were:

- CFB Comox.....28673
- CFB Chilliwack.....28137
- CFB Esquimalt.....23137
- CFB Comox Pacers.....26456

High Avg:

- 1. MCP Lefort (CHWK) - 250.8
- 2. Sgt MacDonald (Comox) - 242.1
- 3. MCpl Mathieu (CHWK) - 236.3

High Single:

- 1. MCpl Lefort (CHWK) - 369
- 2. MCpl Weeds (Comox) - 351
- 3. WO Hill (Comox) - 342

High Four Game:

- 1. MCpl Lefort (CHWK) - 1176
- 2. Sgt MacDonald (Comox) - 1105
- 3. MCpl Mathieu (CHWK) - 1093

Well done gentlemen. A special thanks to Sgt Larry Carlson for his assistance in the organization of the Tournament and to Rita Carlson, Peggy Valiquette, Millie Hudson and Cathy Peruelle for their time as scorekeepers throughout the tournament.

NEXT DEADLINE

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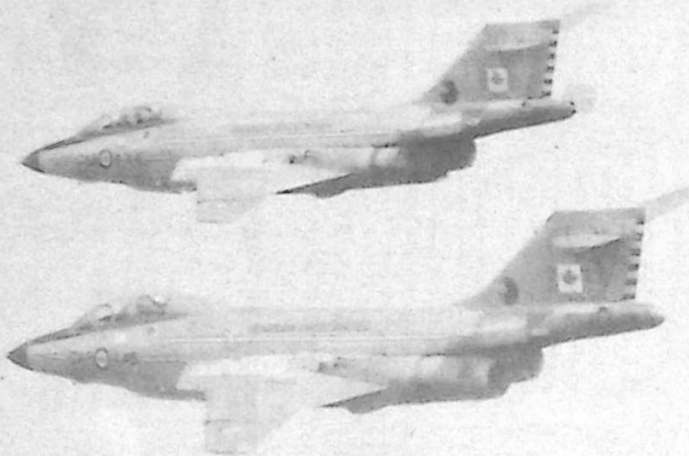
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CANADIAN FORCES UPDATE

CLOSE TO EXTINCTION

ON RETIREMENT OF EF101067



With the Christmas/New Year's holidays fading into memory it's time to look ahead to spring, more specifically, to the first weekend in April. What's the occasion, you ask? It's your opportunity to partake of the festivities planned by the Voodoo Closeout Committee to help us say farewell to the venerable CF101.

The festivities will commence with a mixed all ranks Meet and Greet at each of the three messes on Friday 3 April at 1630 hrs. The dress will be dress of the day or appropriate civilian attire (no jeans). You will have an opportunity to see old friends, swap tall tales, and raise a glass of cheer. There will be something for everyone with video entertainment at the Officers' Mess, a DJ at the Junior Ranks, and entertainment TBA at the Sgt and WO's Mess. A shuttle bus service will be available from 2000-0200 hrs.

Saturday afternoon there will be a dedication ceremony at the pedestal site, hopefully capped off by the last Voodoo flypast ever. Don't miss it! The dedication ceremony will commence at 1330 hrs and will be followed by an all ranks cocktail party at the Officers' Mess for registered guests and parade participants. The dinner/dance will start at 1800 hrs on Saturday in Hangar One. The dress for all events on Saturday will be S3s or jackets and tie for the gents and appropriate attire for the ladies.

Unfortunately, due to renovations, on-base accommodation is not available. A list of local hotels can be obtained through Capt Anderson AV 628-6208.

The weekend package includes complimentary drink tickets, free cocktails on Saturday afternoon, and a roast beef dinner with wine Saturday night. A shuttle bus service will be provided both nights.

Due to the overwhelming response to date, advance registration is required. The cost for the weekend is \$20.00/person or \$30.00/couple. Cheques or money orders should be made payable to the Voodoo Closeout Committee and mailed to:

c/o
Commanding Officer
414 Electronic Warfare Squadron
Canadian Forces Base North Bay
Hornell Heights, Ontario
POH LPO
Attention: Capt Kyne

To ensure your reservation, payment must be received no later than 6 March. After 6 March the cost is \$25.00/person or \$35.00/couple.

We look forward to seeing you at what promises to be an historic and festive occasion. TOTIS VERIBUS.

FAMILY TRENDS

There's a saying that families seem to get together only for marriages and funerals. We're seeing each other less and less frequently then, if Statistics Canada's data on marriage are any indication. There were only 184,096 marriages in 1985, a drop of 20 percent from 1972.



Women in Combat

CF Trials Office to open

The Honourable Perrin Beatty announced recently the creation of CF Trials Office to conduct trials with women in combat roles.

In his speech Mr. Beatty reviewed the advances for equality for servicewomen that have recently occurred in the CF and announced a new policy regarding the employment of women in those few occupations in which they do not already serve.

The fundamental principle involved here is that every Canadian citizen has equal rights and responsibilities when it comes to the defence of this country said Beatty.

Canada stands in the forefront of military forces in the world in regard to the employment of women, he said. Nevertheless, he explained that the government will vigorously pursue the policy of expanding the role of women in the armed forces and will ensure that women will be able to compete for all trades and occupations in a manner consistent with the requirement of the armed forces to be operationally effective in the interests of national security.

Mr. Beatty summarized the new policy regarding the employment of women in the Canadian Armed Forces which is built on five key components: Firstly, the government reiterates the fundamental principle that women must have equality of opportunity for employment in the Canadian Armed Forces. Secondly, acceptance for employment must be based on gender-free physical standards which accurately reflect the nature of the employment in the various military occupations. Thirdly, valid scientific trials will be conducted as soon as possible with the objective of determining how and when remaining restrictions can be removed. Fourthly, operational effectiveness will not be put at undue risk. And fifthly, the government must have the courage and wisdom to report honestly to Canadians if experience and evidence indicate that any given element of this policy does not work.

The Trials Office will examine data from trials in Canada and from those conducted by our allies. This office's first task is to examine those few areas that presently remain closed to women. It will establish a schedule for conducting the trials, which is to be

presented to the CDS May 31, 1987. Planning for gender-free trials in fighter aircraft squadrons and tactical helicopter squadrons has already begun.

Among the other points the Minister raised were: Combat in the modern context is difficult to define, for example, servicewomen providing logistical support to front-line troops. I would find it difficult to accept that they were not involved in a combat situation as several of the roles from which restrictions were recently removed have primary or secondary combat functions. The issue now is not whether

servicewomen should have combat roles but rather which combat roles, whether directly involving combat or not, should become mixed-gender and what are the best ways of maximizing the operational effectiveness of these mixed-gender units.

The important points, in all of this, are that we are committed fully to the principle of equality for women in the forces, that the Canadian Forces are already in the forefront world-wide in this area, and that further changes will be made on the basis of solid scientific evidence, concluded Beatty.

GOOD-BYE JEEP HELLO ILTIS

VANCOUVER -- This month British Columbia's militia is receiving the new "Iltis." It may retain the poetic designation "Truck, Utility, 1/4-ton, 4 x 4," but it will not be the old Jeep. In various models, the Jeep has transported Canadian soldiers since 1942. The original Jeep was an American innovation to replace the motorcycle-and-sidecar with a fast, light, all-terrain vehicle. The versatile Willys-Overland Jeep of 1941 is said to have taken its name from the letters G.P., meaning General Purpose. "Jeep" proved more durable than the other nicknames "Bug, peep, blitz-buggy" or "midget." With a

powerful engine, four-wheel drive and a capacity to carry men and stores as well as towing a trailer or weapon, the Jeep was enthusiastically welcomed by Allied servicemen. That love affair carried on in peacetime and Jeeps were produced for civilian and military users.

The Iltis (Polecat in German) was designed by Volkswagen-Audi of the Federal Republic of Germany. In 1982 Bombardier Inc. of Canada acquired the overseas production rights in order to produce 1900 vehicles for the Canadian Armed Forces. Like the Jeep, Iltis is a light, four cylinder, all-wheel drive military vehicle.



Check-up for an old friend: 744 Communications Regiment's Corporal Jackie Pratt of North Vancouver with Master Corporals Mike McWhirter of North Vancouver and Pat Coady of Vancouver with their regiment's 1950s model Jeep...Photo by P.N. Moogk

CANADIAN FORCES UPDATE

LANGUAGE TRAINING CENTRE - CFB COMOX

In the fall of 1985 discussions between Aircom and NDHQ were held concerning the feasibility of setting up a Language Training Centre (LTC) to conduct Basic English Training for Francophones Air Operations Basic Officer Training Centre (BOTC) graduates. CFB Comox was selected. The top North East portion of Building 22 was renovated to accommodate the LTC. Renovations were completed in Nov 86.



Officer Commanding
Maj R.R. (Bud) Faubert

A military staff of three, (one Major, WO and Cpl) plus a teaching staff of four civilian language teachers make up the staff of the LTC.

The curriculum of the LTC follows the policy set forth in the Military Second Language Training Plan (MSLTP) introduced into the Canadian Forces in Apr 1986. Under the MSLTP, Anglophone and Francophone graduates of BOTC who do not possess a second language will be required to take a second language training.

The curriculum of the MSLTP is based on the existing Individual Training System.

The student is guaranteed 530 hours of classroom second language training. The student is also required to take 380 hours of military training. This includes drill, PT, organized sports, military history, small arms training, dress/rooms inspections and General Service Knowledge. The course length is 24 weeks.

The LTC at CFB Comox is an excellent facility, very bright, roomy, consisting of three classrooms, Administration area, teacher offices and student lounge.



Military training - All part of the big game



Absorbing a new language - A classroom scene

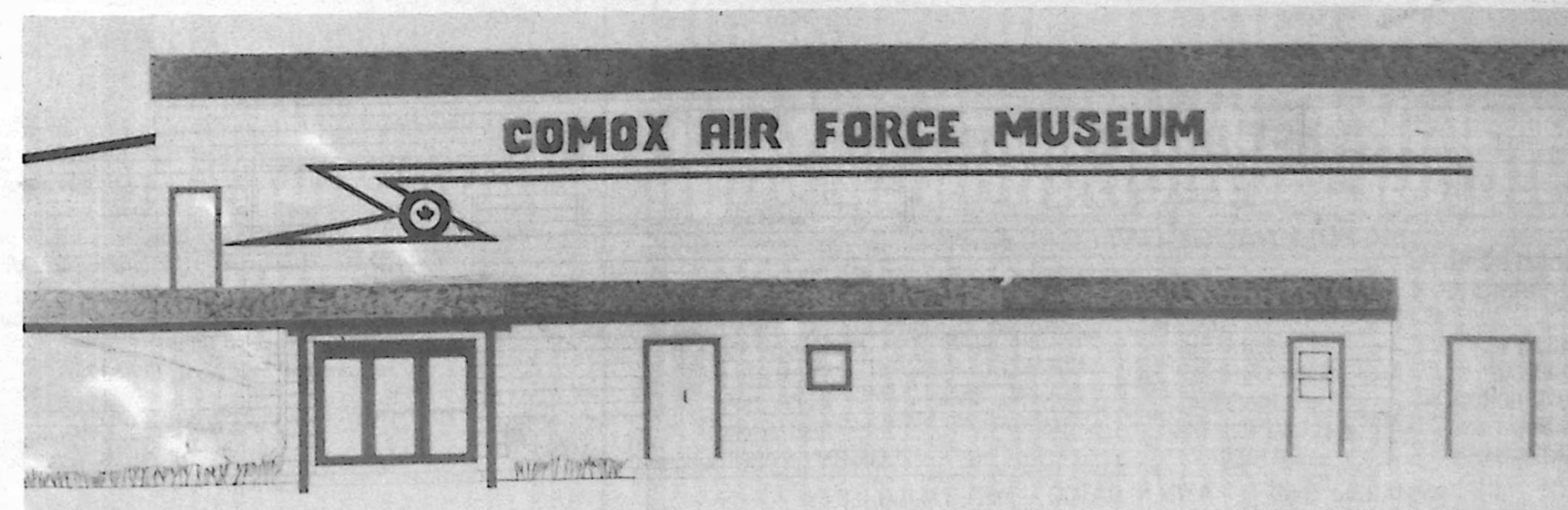
HI



I'm the new mascot and I'm still taking ideas for a name. Response has been excellent but I'm still looking for more ideas.

Thanks

What You Will See



The proposed "New Look" for the Comox Air Museum exterior

AROUND THE BASE



From The Fire Chief's Office

10 TIPS FOR FIRESAFETY

- 1. STOP, DROP AND ROLL**
If your clothing catches fire, stop wherever you are, drop to the floor or ground, and roll over and over to smother the flames. Cover your face with your hands to protect the face.
- 2. INSTALL AND MAINTAIN SMOKE DETECTORS**
Install at least one smoke detector on every level of your home. There should be one outside each sleeping area. In apartment buildings, there should be smoke detectors in each apartment.
Test smoke detectors once a month according to directions. Replace dead batteries immediately. Clean away any dust or cobwebs from the face of the detector.
- 3. PRACTICE E.D.I.T.H. - EXIT DRILLS IN THE HOME**
Design an escape plan for the family. Make special provision for infants, elderly, and handicapped persons. Have two ways out of every room in case flames or smoke block one way. Establish a place outside where everyone will gather. Don't go back into a building that's on fire. Practice the escape plan with an Exit Drill in The Home (E.D.I.T.H.). In an apartment building, use only the stairs as a fire exit, never an elevator.
- 4. CRAWL LOW IN SMOKE**
Crawl low in smoke, moving on hands and knees. Cleaner air is nearer the floor.
- 5. COOL A BURN**
If someone gets burned, put cool water on the burned skin immediately. Seek a doctor's help if a blister forms or if the burn is severe.
- 6. SMOKERS NEED WATCHERS**
Make sure smokers extinguish cigarettes in large, deep ashtrays. Empty ashtrays in the toilet. Check under the sofa and chair cushions for cigarette butts before going to bed. Never smoke in bed.
- 7. SPACE HEATERS NEED SPACE**
Keep portable heaters at least 36 inches away from things that burn - papers, bedding, clothing, curtains. Keep small children away from heaters. Turn heaters off when going to bed or when leaving the home.
- 8. BE CAREFUL WHEN COOKING**
Pay complete attention when cooking at the stove. Keep young children out of the way. If grease catches fire, place a lid over the pan to smother the fire: turn off the burner. Never throw water or anything else onto a grease fire. Make sure pot handles are turned inward so that they can't be accidentally tipped over.
- 9. PRACTICE SAFETY WITH ELECTRICITY**
If an appliance gives off smoke or a burning odor, unplug it immediately and have it checked for repair. Check cords on appliances; have cords replaced if they are frayed or broken. Do not place extension cords under rugs or in other places where they may be stepped on and broken. If you replace a blown fuse, make sure the new fuse is of the same amperage rating.
- 10. A MATCH IS A TOOL FOR ADULTS**
Matches and lighters are tools for adults. Keep them where children can't reach them. Teach children to give matches and lighters to adults.

Variety Club Telethon
bctv
February 14 & 15, 1987

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- brewing our own natural Leeward lager

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Officers Mess

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.

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.

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FINANCIAL UPDATE

THE RRSP BLUES

NICK DAY



If you are like many other Canadians, you are probably feeling the effects of the "February RRSP Blues"; the symptoms vary from person to person but the causes seem to be well defined. Who wouldn't feel somewhat under the weather after being subjected to hundreds of ads, countless junk-mail solicitations and endless articles about RRSPs?

The intent of this article is to administer a little medicine to those among us who are suffering from the effects of the RRSP season. In fact, one can think of RRSPs as being somewhat like medicine: You know they're good for you but it's often hard to swallow!

If all of this seems too simplified, that's o.k. After all, the investment and financial institutions which put these boxes and their contents together for their clients have apparently spent plenty of time and effort in confusing the issue!

Back to the box. Let's talk about the kinds of things which are "qualified" to go into the box. The most common deposit made into RRSP boxes are in the form of money: Usually Term Deposits or GICs. However, one could also place government or corporate bonds, shares of public Canadian companies, certain mutual fund shares and a number of other investments into the RRSP box.

Let's just recap what we have said up to this point.

- 1) An RRSP is a tax deferral "box" into which one can place certain eligible investments.
- 2) The value of these investments grows tax free inside the box until part or all of the contents are removed.
- 3) The value coming out of the box is taxed at the box-owner's marginal rate upon withdrawal.

There are a number of qualifying investments which can be put into the RRSP "box."

The next point would be discussing how much can go into the box in a year. Again, and in keeping it simple, the rule is that up until and including 2 March 1987, you can put in any of the eligible investments up to a maximum value of \$7,500 for the 1986 tax year. Your particular contribution cannot exceed 20% of your earned income. Therefore, to be able to put in \$7,500 you

would have to have earned income for 1986 in excess of \$37,449.00.

Of course there are many other things about RRSPs which we have not talked about here; like transferring between RRSPs, contributions for future years, options for rolling out of RRSPs and into RRIFs. The point was to keep things simple, to get back to some basics in an attempt to relieve some of the "RRSP Blues."

Nick Day is a Financial Consultant with Midland Doherty in Courtenay.

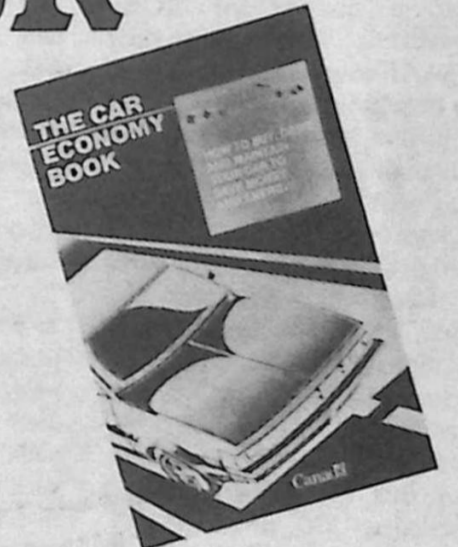
NEXT DEADLINE FEBRUARY 23

CUT OUR COUPON AND CUT YOUR FUEL COSTS.

Canadians use more petroleum for their cars than for any other purpose. That's why it makes good sense to know how you can save energy and money when you're driving.

The Car Economy Book is filled with helpful hints on purchasing, operating and maintaining your vehicle. By following the book's expert advice, you'll save money, reduce pollution, and ease the demand on our natural resources.

Take The First Step Today
Send for your free copy of The Car Economy Book by completing and mailing the coupon below.



The Honourable Minister of Energy, Marcel Masse Mines and Resources Canada

FREE. The Car Economy Book.

The Car Economy Book
Communications Branch
Energy, Mines and Resources Canada
580, Booth Street
Ottawa, Ontario K1A 0E4

Please rush my copy of The Car Economy Book.

Name _____
Address _____
City _____
Postal Code _____

The medicine which should be prescribed in this case will be easy to take and is intended to clear up some of the basic problems we all have in understanding RRSPs and choosing the right one for us.

First, let's talk about what an RRSP is, using a straightforward example. Imagine a box in front of you; four sides, a lid and so forth. On the side of the box are the letters "RRSP." There's a couple of lines on another side of the box which indicate that this box is your property but the box and its contents are known and followed by Revenue Canada.

There: one spoonful of medicine down and a couple to go! Now the point in owning this box (although you can own as many as you like but why confuse this issue) is because any eligible investment put into this box is sheltered from tax until you remove it. That's the special thing about the lid; it's easy to put things through it going in but when you put your hand in to get something out, the hole shrinks and you have to let go of some of the money at your marginal tax rate before you get the balance.



AROUND THE BASE

Origins of the Species

John Bradley

14 (F) SQUADRON, 442 (F) SQUADRON

A large number of squadrons started life at RCAF Station Rockcliffe and 14 (Fighter) Squadron was no exception. S/L B.D. Russel became the unit's first Commanding Officer upon their forming on 2 January 1942. They were equipped with the North American Harvard and Curtis Kittyhawk Mk IAs and were allocated the BF aircraft code. During their early days the squadron was part of No. 5 Training Command, B.C.A.T.P. After the squadron was up to strength, they transferred to Western Air Command at Sea Island, B.C. on 27 March 1942. While at Sea Island 14 Squadron flew their first operational mission on 18 June when four Kittyhawks flew out on an uneventful search for two missing aircraft South-East of Victoria. During May of 1942, the unit code changed from BF to YR which would itself cease to exist by October 1942.



14 (F) Squadron Kittyhawk in the Aleutians with Pilot and Groundcrew. (Photo DND PL 13106)

ALEUTIAN OPERATIONS

The main reason for the original transfer to the West Coast was in direct response to the Japanese ambitions in the Pacific. After the squadron had been at Sea Island for almost a year, it was decided that a number of RCAF squadrons would join their USAAF counterparts in Alaska to help drive out the Japanese who had invaded some of the Aleutian Islands. 14 Squadron was sent to join No. 111 (F) Squadron to form RCAF "X" Wing at Umnak Island on 3 March 1943. 14 Squadron flew their first mission in the Aleutians on 18 April when they flew a bombing and strafing attack against the Japanese base on Kiska Island. For this attack each aircraft carried a 500 pound bomb. Eight days later 12 Kittyhawks from 14 Squadron flew the first all Canadian mission when they bombed a radar installation on Kiska. On 12 August, they had flown their last mission in the Aleutians and returned to Boundary Bay in B.C. on 24 September. Most missions out of Boundary Bay were routine training flights with the odd operational flight thrown in to relieve the boredom.

EUROPEAN SERVICE

The long build-up for the invasion of occupied Europe was reaching its peak and ad-

ditional RCAF Fighter squadrons were required to join the battle, 14 Squadron was withdrawn from the West Coast on 23 December 1943 after having flown their last mission on 21 November. The unit was transferred to England and was redesignated as No. 442 (Fighter) Squadron at Digby, Lincolnshire on 7 February 1944. While in England the squadron adopted the nickname "Caribou." They were equipped with the Supermarine Spitfire Mk VB for operational training prior to being issued with the more powerful Spitfire Mk IXB in March of that year. The aircraft would carry the fuselage code Y2. The unit was tasked with both offensive and defensive air operations as well as ground support to the Allied Armies after 6 June. The first offensive mission occurred on 28 March when 12 442 aircraft flew top cover for 441 Squadron Spitfires as they strafed the German Aerodrome at Dreux, France. While in England the squadron went through seven moves in four months but on 15 June, they travelled to Base 3 at Ste Croix-sur-Mer in France. They would find themselves stationed in France, Belgium, and the Netherlands following the advancing Allied Armies, moving

to twelve locations in nine months. Included in this total was a two week trip back to England at No. 17 Armament Practise Camp, in Dorset, England.

442's first victory occurred on 22 June 1944 when seven Spitfires returning to Ste Croix-sur-Mer attacked eight enemy aircraft, knocking down three enemy fighters. The first aircraft to fall was a Bf. 109 that was shot down by P/O W.R. Weeks in Y2-D. P/O F.B. Young in Y2-E also claimed a Bf. 109 and S/L B.D. Russel in Y2-A and F/L J.T. Marriott in Y2-U shared the destruction of a FW. 190.

In September the unit turned in the Mk IXB Spitfires for the Mk IXE version. They would only use this newer version for only six months as they were recalled to England in March 1945 for a new job and new aircraft to carry out that job. They were now to provide long range bomber escort. To be able to fly the long distances that the bombers regularly flew, 442 was re-equipped with the North American Mustang Mk III. They flew their last bomber escort on 25 April 1945 when they escorted a number of Lancasters against Hitler's Berchtesgaden retreat. Their

last actual mission was flown on 9 May when 13 Mustangs provided fighter cover over the Channel Islands as the Allies re-occupied the Islands. The squadron disbanded at Molesworth, England on 7 August 1945.

While the squadron was still in Europe, flying ground support, they dropped 328 tons of bombs, cut rail lines in 91 places, destroyed 125 locomotives, 194 trains, and destroyed or damaged over 900 motor vehicles. They also accounted for 56 destroyed, 5 probables, and 25 damaged enemy aircraft. Losses for the squadron, including the period in Canada as 14 (F) Squadron, included 1 killed, 9 missing in action, four POWs of which one later escaped and one wounded. Non-operational losses included nine pilots killed. Only one pilot, F/L D.C. Gordon became an ace with a score of 5 1/2 aircraft destroyed and one damaged. Battle Honours include Aleutians 1943, Fortress Europe 1944, France and Germany 1944-1945, Normandy 1944, Arnhem and the Rhine. Individual awards were 8 Air Medals (USA), 1 D.S.O., 10 D.F.Cs, 3 Bars to the D.F.C., 1 Croix De Guerre (France), and 2 mentioned in Despatches.

BORDEN REUNION

Base Borden Collegiate Institute is holding a 30-Year School Reunion for ANYONE who attended B.B.C.I. -- former students, teachers and staff.

Dates for the Reunion are Friday, July 31 and Saturday, August 1, 1987. There will be a Wine and Cheese Meet and Greet at 7:30 on the Friday night and a Sports afternoon on Saturday to be followed by a dinner and dance in the evening. We already have great door prizes. Are you going to be one of our winners?

The cost for the entire weekend event is only \$30.00 per couple or \$20.00 per single. To reserve your place in the sun (and sand) remit a money order or cheque payable to Base Borden Collegiate Institute Reunion. Do this now so that it doesn't get lost or forgotten. Please enclose a self-addressed stamped envelope for us to return your tickets in.

Come out and meet your former classmates, teachers and staff. We hope to have a huge turnout, as this is the first Reunion in 30 years for B.C.C.I. You can help us make this a tremendous success by sending to us the names and up-to-date addresses of anyone that you know of who attended B.B.C.I.

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JOHN HACKETT

Principal Group takes pleasure in announcing that John Hackett is now representing the company in the Comox Valley.

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- TERM DEPOSITS
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To discuss your financial position without obligation, call John at

339-5016

LIFESTYLE

Jr. Ranks Ladies Club

The January meeting of the Junior Ranks Ladies Club was held on Wednesday, the 28th and was very well attended. It was nice to see so many new faces and we hope you will continue to join us on the last Wednesday of every month.

The main item under discussion for the evening was our involvement in the Junior Ranks Bingos which have just recently started. Most members expressed an interest in participating although the Saturday night schedule does present some problems with people not

being available. However, should the Bingos become a permanent event, perhaps on another evening, the matter could be considered further.

Response to the recipe collection we good. Now comes the more difficult task of arranging for printing and sale. We should have a report by next meeting as to just what will be involved to complete the project.

Following the meeting we were presented with a sampling of the wares available from Loverware, a company based

locally in Campbell River, which I am sure most are familiar with. In addition to their more extraneous merchandise, they carry an original line of loungewear, lingerie and toiletries, and judging by the number of people leaving with purchases, they are very popular.

Our next meeting is February 25, same time, same place. If the stars and planets align in our favour, we will be visited by a local psychic, which should prove interesting. See you on the 25th.

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Tuesday - Thursday 9:00 - 9:00
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A REAL VALUE FOR YOUR DOLLAR
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All Buffets come complete with salad, buns, soup, meats & cheeses. Hot main dish, hot vegetable and ever changing potato and rice dishes, includes coffee, tea or soft drink.

\$6.95 ALL FOR ONLY KIDS ONLY \$3.95

SUNDAY NIGHTS AT VALENTINO'S 5 p.m. to 9 p.m.

Our Chef goes all out with Two Hot Main Dishes, a hot vegetable, ever changing potato/rice dishes, meat, cheese and pickle platter, buns and fixings, 5 salads, dessert plus coffee, tea or soft drink.

\$9.95 ONLY KIDS ONLY \$4.95

"FAMILY DINING AT IT'S BEST"

MARGARITA'S LOUNGE
Monday - Sunday 5 p.m. - Midnight

THE MEX ICANA PUB
Open 12 noon to 2 a.m. • Monday to Sunday
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GOOD TIMES - GOOD VALUE
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Check Out Our Specialty Nights
Dance to D.J. - Monday to Saturday
JAM SESSION - SATURDAYS 2 P.M. - 6 P.M.

Don't Forget
Come & join in with the musicians from all over "The Valley"

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	Double	Single	Double	Single
Double or Twin	50.00	56.00	150.00	168.00
Triple	45.00	51.00	135.00	153.00
Quad	42.00	45.00	126.00	135.00

SKI FORBIDDEN	PER PERSON (1 DAY)		PER PERSON (3 DAYS)	
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Double or Twin	44.00	50.00	132.00	150.00
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Quad	36.00	39.00	108.00	117.00

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SUNDAY 12:00 NOON to 4:00 PM

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Where? The Rec Centre

Mon, Wed, Fri 9:30 - 10:30 AM - \$10/mth.

Tues & Thurs 3:45 - 4:45 PM - \$7/mth

\$2 Drop In.

ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Phm.,



COLDS AND FLU

With the season for colds and the flu upon us, we find almost as many superstitions and old wives' tales about them as they have victims. Included is a German proverb reminding us that "Sauerkraut is good for a cold." It would follow that garlic would be even more effective because it keeps people at a distance.

Adding to these misconceptions is the ever-popular "people get colds from standing in drafts, or from getting their feet wet." Truth is, even those who are neighbours to the occasional polar bear don't catch colds except from someone else. However, it's worth noting over-tiredness and poor diets can open the door to cold and flu viruses.

Science has yet to find a cure for the common cold, which can be caused by one of more than 100 viruses. None of these appears to be dangerous in itself, but can make the sufferer more susceptible to more serious conditions such as pneumonia.

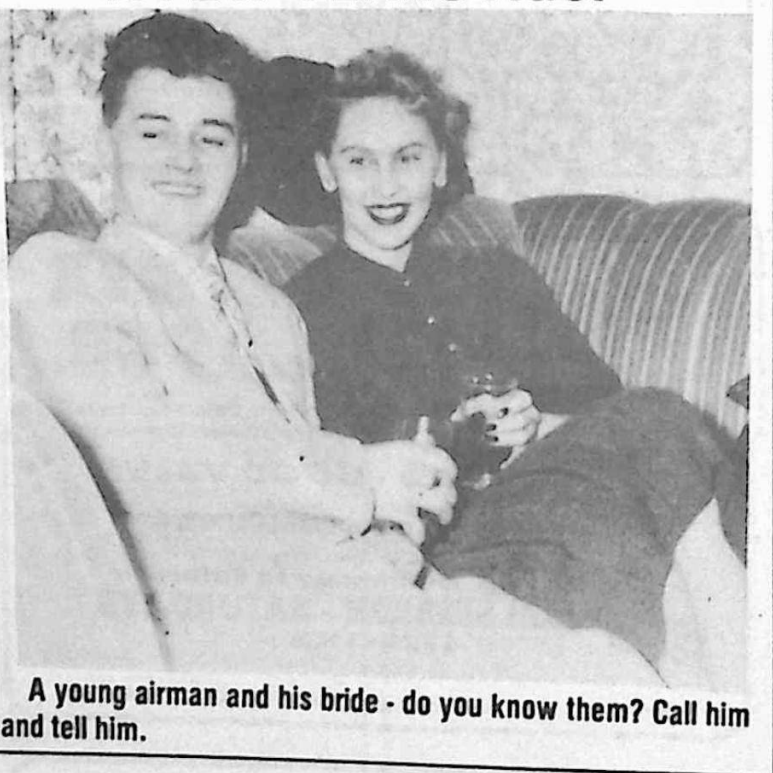
Our bodies do build up resistance to colds, but it only lasts a short time. Most adults

average two colds per year; children are even more susceptible. Rest and liquids, because of a fever's dehydrating effect, still constitute the best treatment for a typical cold. If you must buy non-prescription remedies, consult your pharmacist. He is well qualified to advise you about all cold products and their proper use.

Influenza, like colds, is very contagious, but more severe. The flu also takes longer to get rid of. However, unlike colds, the flu can be prevented by vaccination. We know international epidemics occur every 10 years. In 1918, before the development of modern vaccines, more than 21 million people died. Flu outbreaks these days are potentially as dangerous, but because of modern medicine, do much less harm. Nevertheless, extra caution should be used regarding the very young, the very old and pregnant women. If in doubt, always consult your physician.

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

A FEW YEARS AGO!



A young airman and his bride - do you know them? Call him

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.

COME BACK TO CUMBERLAND

On Mon., May 23, 1988, the Village of Cumberland will celebrate its 100th Anniversary of Empire Day. Included in the plans are special invitations to all former May Queens, their Maids of Honour, Page Boys and Flower Girls. Through the years, with the changing of surnames and addresses, it has become difficult to contact each of them. It is the wish of the Committee that all interested please write the Cumberland Village Office, Box 340, Cumberland, B.C., V0R 1S0. Attention Mrs. Judy Gibson, re: Past May Queens and parties.

So come back to Cumberland and help us with the big 100th. It's going to be a great time for all.

Jr. Ranks Club ENTERTAINMENT

- 06 FEB 87 - DJ SUMMIT MUSIC. 2100 - 0100 hrs.
 - 14 FEB 87 - VALENTINES DAY DANCE. A special evening for you and your sweetheart. Band is CLIFF HUNT & THE BLUE PRINTS. Door prize of a night for two at the Washington Inn will be given out to a lucky couple. Admission \$3 per person.
 - 20 FEB 87 - DJ AUDIO EXPRESS & LIGHT SHOW. Come out and enjoy the light show by Tom Maxted and dance to the music of AUDIO EXPRESS. Admission - \$1.00.
 - 21 FEB 87 - The Junior Ranks' Mess will hold its first BINGO NIGHT.
 - 25 FEB 87 - Regular monthly meeting of the Junior Ranks' Ladies Club - 7:30 p.m.
 - 27 FEB 87 - DJ SUMMIT MUSIC. 2100 - 0100 hrs. Admission is \$1.00.
- SNACK BAR: 339-4333

AROUND THE BASE

Officers Wives Club

Life doesn't seem to be moving slowly this time of year. There seems to be an endless number of activities and events to participate in and it seems O.W.C. does not want to be out done. January's "Ladies Night Out" went well with all 21 ladies enjoying fabulous food and good company at the Courtenay Hotel. Unfortunately this month's "Ladies Ski Day" met with less success, having been cancelled due to adverse weather conditions. There's no word yet as to whether or not an attempt will be made to hit the slopes later this season.

However, February's main event is still on, promising to be a real taste tantalizer. An "International Pot-Luck Supper" will be held Tues., Feb 17, 7:30 for 8:00 pm. The event is being held a day earlier than originally advertised to provide everyone to also support the 442 Sqn Reunion Committee Fashion Show on Wed., Feb 18, 8 pm at the Jr. Ranks Club. Tickets are \$4.00 each and are available in advance. As for the Pot-Luck Supper there is no charge at the door for either members or guests who bring an ethnic dish. Each dish should be accompanied by the recipe on an index card to facilitate swapping. Facilities are available to keep items both warm and cold so your creative

kitchen skills can be completely unleashed. A bottle of wine is being provided compliments of O.W.C. to each table of four. Soft drinks are also being provided. An added attraction that evening is the raffling off of a make-over to be done at the March meeting by Cream of the Crop. Included in the prize is a month's worth of

tanning sessions to be taken in preparation for the make-over. To tie up loose ends from 1986, O.W.C. would like to thank Cream of the Crop for their donation of tanning sessions given by Mrs. C. Maillet at the December decorating party. Shelley Lunsford is looking for help with the entertainment committee especially for

April's Fashion Show. Any and all support will be greatly appreciated.

A reminder to members of the upcoming Welcome Wagon Bridal Party. Details for this event can be obtained from most local merchants or by calling Sharon at 335-2463 or Shannon at 338-1212, two of the local hostesses.

Advertising helps good things happen.

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\$129. for 25 words (\$3. per each additional word) Call The at to place one.

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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.

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.

Rawleigh Products distributors needed. New Plan. Excellent earnings, training provided. For information write: McKilrick Distributors Ltd., 46544 Mayfair Avenue, Chilliwack, British Columbia. V2P 3J2. Phone 795-5591.

Profitable Business. Radio Shack, other lines. Sales 1/2 million plus. Very low overhead. New inventory, fixtures. Approximately \$125,000. Must sell. Will train. 1-604-787-8300 after 8 pm. Join the team. Hunterline Trucking Ltd., in cooperation with Zephyr Ford Truck Centre, have made available positions as lease operators to qualified persons wishing to purchase new well equipped tractors. Good terms and contracts. Phone Grant at (604)525-3481.

Wanted Alive: Distributors, dealers, customers, for Enzyme & Bacteria treatment for septic tanks, animal farms, etc. (a proven product - it really works). Ambler Distributors, Box 2338, Salmon Arm, B.C. 832-7127, 835-4781.

Require district representation for all areas of BC. Small initial investment required. Potential of \$150,000 a year plus income. Call Vic or Bob 271-7746, 597-2198.

A fun exciting way to make extra money in home or office. For samples and "How To" booklet send \$4.95 (B.C. residents add 7% Sales Tax) plus \$2. shipping. Occasider Enterprises Ltd., 203 1001 Cloverdale Avenue, Victoria, B.C. V8X 4C9. Call toll free US/Can 1-800-663-8008. Visa or Mastercard accepted. Allow 4-6 weeks delivery. Money back guarantee!

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EDUCATIONAL

Auction School -- 15th year, 1400 graduates. Courses April, August & December. Write: Western Canada School of Auctioneering, Box 687, 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, Airdroitment, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (1A) 1055 West Georgia Street #2002, Vancouver, 1-800-268-1121.

Become An Auctioneer. Canadian Champion Instructor. Classes start March 1987. Jordan & McLean School of Auctioneering, Box 94, Kitsooty, Alta. T0B 2P0. (403)846-2211, (403) 642-5529.

You can become a manufacturer. A unique entrepreneurial program in Canada is being offered at Northern Lights College at its Dawson Creek Campus. You will learn to design a product and build it using fibre glass, plastics, metals or woods and then you will set up your own manufacturing business. Your product line is limited only by your imagination and might include anything from boats to bathroom sinks to storage tanks. Emphasis will be on the kinds of products that can initially be produced or repaired on a small and relatively low cost scale. The final component of the program includes the business skills necessary to operate your business. Interviews are now being scheduled for spring intakes. Don't miss this opportunity. It is the only program of its kind in Canada! Dormitory accommodation is available. For further information call or write: Mr. Don Morrison, Assistant Campus Principal, Northern Lights College, 11401 - 8th Street, Dawson Creek, B.C. V1G 4G2. (604) 782-5101.

Cash In on Income Tax. Earn money: Learn money-saving tax tips by correspondence. U & R Tax Schools, 1345 Pembina Hwy., Winnipeg, Man. R3T 2B6, for free brochure.

Industrial sand blasting unit complete. 365 Gardner-Denver, Bota-screw compressor, 600/lb pot, sand dryer, conveyor, hoses, helmet, nozzles, air-cooler, moisture separator. All A-1-1. 1-836-2782 Sicamous, B.C.

EQUIPMENT & MACHINERY

Spring is Coming! Gardeners - Everything you need is here. Over 3,000 products! 1000W Halide \$179. Greenhouses \$149. Everything for the greenhouse and hydroponic gardener at incredibly low prices. Send \$2 for info-pack: Western Water Farms, 1244 Seymour St., Vancouver, B.C. V6B 3N9. (604)882-6636.

Call 922-6161 for free brochure if you would like to improve the appearance of wrinkles, blemishes, acne scars, brown spots. Or write Peelaway, 973 Clements Ave., North Vancouver, V7R 2L1.

Immediate opening for experienced Forestry Technician to work in Arrow Lakes region. Please send resume to: Bell Pole Company, Box 339, Lumby, B.C. V0E 2G0.

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.

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

FOR SALE MISC.

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.

Montreal Military Surplus: Workshop \$2.75, workpans \$3.50, workboots \$15. For catalog, send \$2 (reimbursed first order): Military Surplus, Box 243, St. Timothee, Quebec. J0S 1X0.

A free 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. 165, 1863 Burrows Avenue, Winnipeg, Manitoba, R2X 2V8. Offer expires February 28, 1987.

How to Play Popular Piano. New home study course. Fast, easy method. Guaranteed! For Free information, write: Popular Music Systems, Studio 46, 3284 Bouchie Road, Kelowna, B.C. V1Z 2H2.

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Call 922-6161 for free brochure if you would like to improve the appearance of wrinkles, blemishes, acne scars, brown spots. Or write Peelaway, 973 Clements Ave., North Vancouver, V7R 2L1.

HELP WANTED

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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.

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Pump Shop Supervisor will greet customers, expedite sales, perform or supervise shop repairs and installations. Purchasing, inventory control included. Highlands Irrigation, 1105 South Lakeside, Williams Lake.

Kamloops Automobile Dealership requires an experienced hand working service control tower operator. Resumes to McAuliffe Dodge Chrysler, 2525 East Trans Canada Hwy., Kamloops, B.C. V2C 4A9.

Wanted - Young, aggressive salesperson with or without agents or appraisers license to work in well established realty firm in growing Cariboo Region. Commission negotiable. Reply to Box RM, 100 Mile House, B.C. Box 459, 100 Mile House, B.C. V0K 2E0.

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Hunterline Trucking Ltd., has openings for lease-operators to pull Highboys in Canada; Highboys U.S. and Canada, or B-Trains Canada and the four Northwestern States. Fuel accounts are supplied, license and insurance are financed for you. Tractors must have been eligible to pass a B.C. Safety Inspections. If you are a qualified lease-operator call Wayne or Norm at 1-800-663-4010 Monday-Friday between 8 a.m. and 5 p.m.

NOTICES

Ratepayers Associations, Urgent Need for B.C. wide Ratepayers Association. Clout can oppose LMS telephone, Hydro rates, environmental damage. Write: Hope Ratepayers, Box 1698, Hope, B.C. V0X 1L0.

PERSONALS

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SERVICES

Major ICBC Personal Injury Claims? Carey Linde, Lawyer, 14 years, 1650 Duranleau, Vancouver. Phone collect 0-684-7798 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.

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TRAVEL

Bellingham Washington Lodging; winter rates, double occupancy \$50. Canadian Funds. Breakfast-spas-ESP. Coachman Inn-Park Motel - both on Samish Way, Exit 252, (206)733-8280. B.C. (604)224-6226.

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.

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AROUND THE BASE

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BASE CHAPLAIN (RC) - Maj J.T. Dabrowski
CHAPEL - Our Lady of the Sacred Heart (on Base).
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MASS SCHEDULE:
 Saturday 1900 hours
 Sunday 1000 hours
 Week Days 0900 hours

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

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

CATECHISM CLASSES - September - May in the PMQ School at 1830 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.

SKIING IS BELIEVING

Skiing is Believing - the learn to ski program, especially for the first time skier - has been a tremendous success for the Vancouver Island ski group. The program, in its premier year on Vancouver Island, has in its first month of registration, given over 2000 new Vancouver Island skiers the opportunity to experience alpine skiing through a well-priced, quality package. Not only has this program introduced many new skiers to the sport but creates a short term economic impact on the local economy. The hotels and motels in the Valley have experienced full houses in the past few weeks and the continuation of the program and the increase in new skiers, could be a boom for the skiing in the Valley in years to come.

In theory, given a proper introduction to the sport, most people will want to try it again. Surveys of the participants confirm this, over 80% said they intend to continue skiing. Of the participants 44% said the program was the main reason they tried skiing, 43% said it was one of the reasons, and only 12% said they would have skied anyway. Many found the sport much easier to learn, far less intimidating than they first believed, and loads of fun.

Unfortunately, all good things must come to an end. The final day of registration for this year, is February 15th with bookings being available until March 1, 1987. But there is still time to participate. The cost for this one day beginner ski package is \$19.95, available through local ski shops. Their staff will help prepare the new skier for their first day with special program materials, tips on what to wear, information on what to expect at the ski area, and how to get there. Much of the natural fear and embarrassment of these new skiers is reduced by preparation. At any one of the four participating ski areas on Vancouver Island, they are provided with rental equipment, a professional beginner's lesson, and lift tickets for the day. There has never been a better time to start Canada's best winter sport!!!



MICROWAVE TIPS

Ed Note:

Since losing Rosemary we have had many calls for a revival of the recipe and kitchen help column. Now I am no Rosemary but I will attempt to provide some interesting hints in future issues that will be of help to all you good readers. If you have some useful advice for "The Kitchen Cupboard" please send it along. WE'd appreciate your help.

G.M.K.

Saran Wrap brand plastic wrap and the microwave oven are natural partners. Following are quick, time-saving tips using these two kitchen allies.

- Steam a dozen mussels or clams right on a serving plate, covered with pleated Saran Wrap. Microwave at High 3 to 4 minutes until opened. Let stand, covered, 3 minutes.
- When cooking a crown roast of pork, cover stuffing with Saran Wrap to keep it moist.
- Soften tortilla shells and pita bread. Wrap in Saran Wrap and microwave at High 30 seconds, or until warm. Leave wrapped until ready to fill.
- For easy peeling, wrap a tomato completely in Saran Wrap and microwave at High for 1 minute. Let stand, wrapped, about 30 seconds.
- To separate frozen bacon slices, remove foil, wrap in Saran Wrap and microwave at High for about 20 seconds.
- To quickly soften dried apricots or apples, place in a small glass bowl, sprinkle with water, cover with Saran Wrap

and microwave at High 30 to 45 seconds.

• If your microwave casserole lid fits loosely, lay a sheet of Saran Wrap on top of the casserole before you place the lid on. This will form a snug seal, necessary for steaming to produce moist and tender results.

• To plump raisins, sprinkle 1 to 2 teaspoons (5 to 10 mL) of water over fruit. Cover tightly with Saran Wrap and microwave on High 1/2 to 1 minute.

• Moist or starchy vegetables such as cooked corn on the cob or baked potatoes reheat with a fresh taste when well wrapped with Saran Wrap.

- Cook complete meals in your microwave by taking advantage of "standing time." Casseroles and baked potatoes, for instance, will stay piping hot, covered with Saran Wrap, while other food items are cooked in the microwave.
- Wrapping foods in Saran Wrap extends their "holding time," the time food will remain hot after cooking and standing time. This is a big help in meal planning - while one or more foods are holding, another can be cooking in the microwave - everything will be hot and ready at the same time.
- To add moisture to food, sprinkle with water, sauce of fruit juice, cover with Saran Wrap and microwave on High 1 minute.

Suggestion Award



LCol Bowes presents

Cpl Farnsworth accepts

LIFESTYLE

TRANSIENT SERVICING AWARD PRESENTED



BGen Curleigh presents Transient Servicing Award to Major Larry Harker for excellence in ATC facilities.



Before you co-sign...

If you are approached by a friend or relative to co-sign a loan, be sure you are fully aware of what your responsibilities will be. As a co-signer, you are being asked to guarantee the debt. If the borrower doesn't pay, you will have to. You may also have to pay late fees or collection costs, which will increase the total amount. In some areas, the creditor can use the same collection methods against you that can be used against the borrower - suing you, garnishing your wages, etc. Remember, as a co-signer you are being asked to take a risk that a professional lender will not take. Be sure you can afford to pay the loan if need be!

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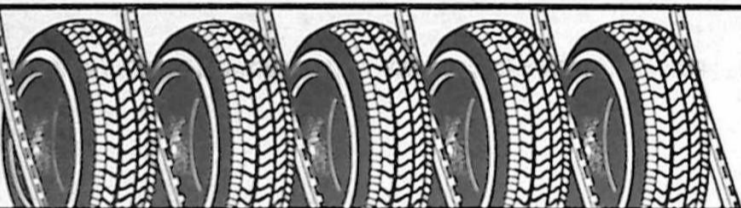
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AROUND THE BASE



Legion Log Entertainment

BRANCH 17 - COURTENAY

Fri Feb 13 TGIF Draw at 6:30 PM
 Fri & Sat Feb 13 & 14 - Valentine's Dance to the COUNTRY MEN
 Fri & Sat Feb 20 & 21 - Music by COUNTRY CLUB at 9PM
 Tues Feb 24 - General Meeting at 7:30 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
 SUNDAY HOURS - Lounge - 11 am to 2 pm
 +++ Entertainment +++
 Feb. 13 Music by ALLEYCATS (Valentine Dance)
 Feb 14 - Joint L.A. & Legion Installation of '87 Officers and Executives. Branch Upper Hall. 6:30 pm Cocktails. 7:00 pm Supper. 8:00 pm Meeting. 9:00 pm Dance to ALLEYCATS. Tickets \$7.50 per person.
 Feb. 20 & 21 Music by COUNTRYMEN.
 Feb. 27 & 28 Music by WESTWIND.
 Mar. 6 & 7 Music by MILLERTIME.
 Mar. 13 & 14 Music by WESTWIND.
 Mar. 27 & 28 Music by COUNTRY CLUB BAND
 +++ Regular Activities +++
MONDAYS - L. A. Drop in Bingo. Men's Darts - Downstairs
TUESDAYS - Mixed Darts in Upper Hall
WEDNESDAYS - Navy League Drop in Bingo 7PM
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 - Meat Draw 2 to 6 pm. Dance (normally Downstairs unless notified)
SATURDAYS - Meat Draw - 2:00 to 6:00 p.m. in Lounge. Dance (normally downstairs unless notified).
 +++ Sports Events +++
FRIDAY 13 Feb - DARTS, STEAK SHOOT - Registration 6:30 - 7 pm.
SUNDAY 15 Feb - Pool Tourney. Registration 11:30. Start 12:00 noon.
SUNDAY 15 Feb - CRIBBAGE TOURNEY - Registration 12:30, Start 1:00 pm.
MAR 7 - DART, STEAK SHOOT
MAR 8 - Pool & Cribbage Tourneys
 The Legion Supports "RICK HANSEN"

R.C.A.F. LANGAR REUNION

The 2nd Langar Dependents (circa 1956-62) Reunion will be held in Ottawa, Ontario in July 1988. Three action packed days in Canada's capital to reminisce with old friends and re-live your overseas youth.
 All PMQ Brats (parents also welcome) from Radcliffe on Trent, are cordially invited to attend and renew old acquaintances. Plan now and write for your free information kit to:
 Mr. Wyck Bradley
 1064 Normandy Cres.
 Ottawa, Ontario
 K2G 0L6
 (613) 567-8733
 (613) 745-0159 (home) (work)

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Hilda Ross accepts

PRESENTED TO ST. JOE'S



Sister Ann Purcell, Mrs. Sharon Sinclair and Mr. Larry Schmoock, from St. Joseph's Hospital, Comox, recently visited the Base Hospital. The purpose of the visit was to present Sister Ann and the St. Joe's Hospital administration with an aerial photograph of the hospital. The photo was taken earlier in the year by Cpl Sartori, Base Photo from a 442 Sqn Labrador.
 Shown is May MacDonald presenting the photo to Sister Ann, in appreciation for the constant support provided to us by St. Joseph's Hospital. We look forward to a continued warm relationship with St. Joe's for many years to come.

THINK ABOUT IT...

Do the thing you fear, and the death of fear is certain.

Ralph W. Emerson

AROUND THE BASE

CE Happenings



The Engineering cell has been very busy, along with the rest of the CE Section, with the abundance of construction and maintenance projects to estimate, work-up and implement by contract or shops. Each project represents a puzzle where many pieces input by individuals must mesh together cohesively. To do this, we have structural, electrical, mechanical and plumbing estimators that must all work together with our drafting and

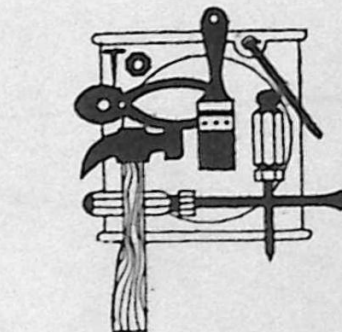
contract departments to produce a finished project. With re-introduction of fighter aircraft to Comox, an infinite number of preparations are necessary to make operations smooth. Among those preparations are projects for the upgrading of Building 80 to serve as quarters for support personnel, renovation and new construction in and around the alert hangars and many operation relocations to support the F-18. All projects

must be done with a minimum of fuss and time; this requires many meetings and great diplomacy. We are doing our best! The F-18 projects are not our only ones at the present time but tend to take up most of our time.

Asbestos has proved to be very costly and time consuming problem to CE. Our knowledge on asbestos handling increases daily. Recently a seminar was set up by Albert Donovan to enlighten all CE personnel to

the potential health problems, reporting procedures and handling of asbestos material. The seminar was very informative and a great way to reduce the confusion and fear that surrounds this issue. We have not heard the last of the asbestos problem, but we will be better prepared to handle it in the future.

Finally, I would like to close by saying that there have been many changes in Engineering in recent history. Both MWO



Paul McAloon and 2Lt Ken Cook are new to the cell. From what I have seen we have a group of fine people to work with and I appreciate their help and patience bringing us up to speed. All of us in Engineering look forward to serving and working with you.



Classified

RATES

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

February is Heart Month. Please welcome your Heart Volunteer.

B.C. Heart Foundation

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.

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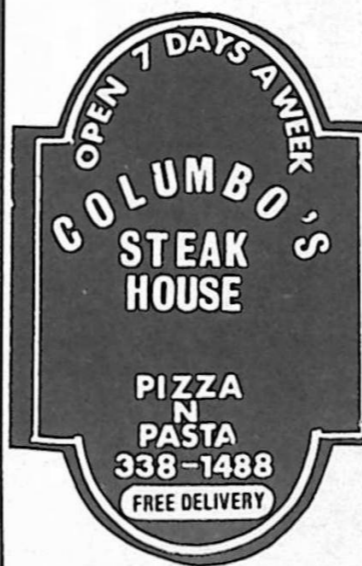
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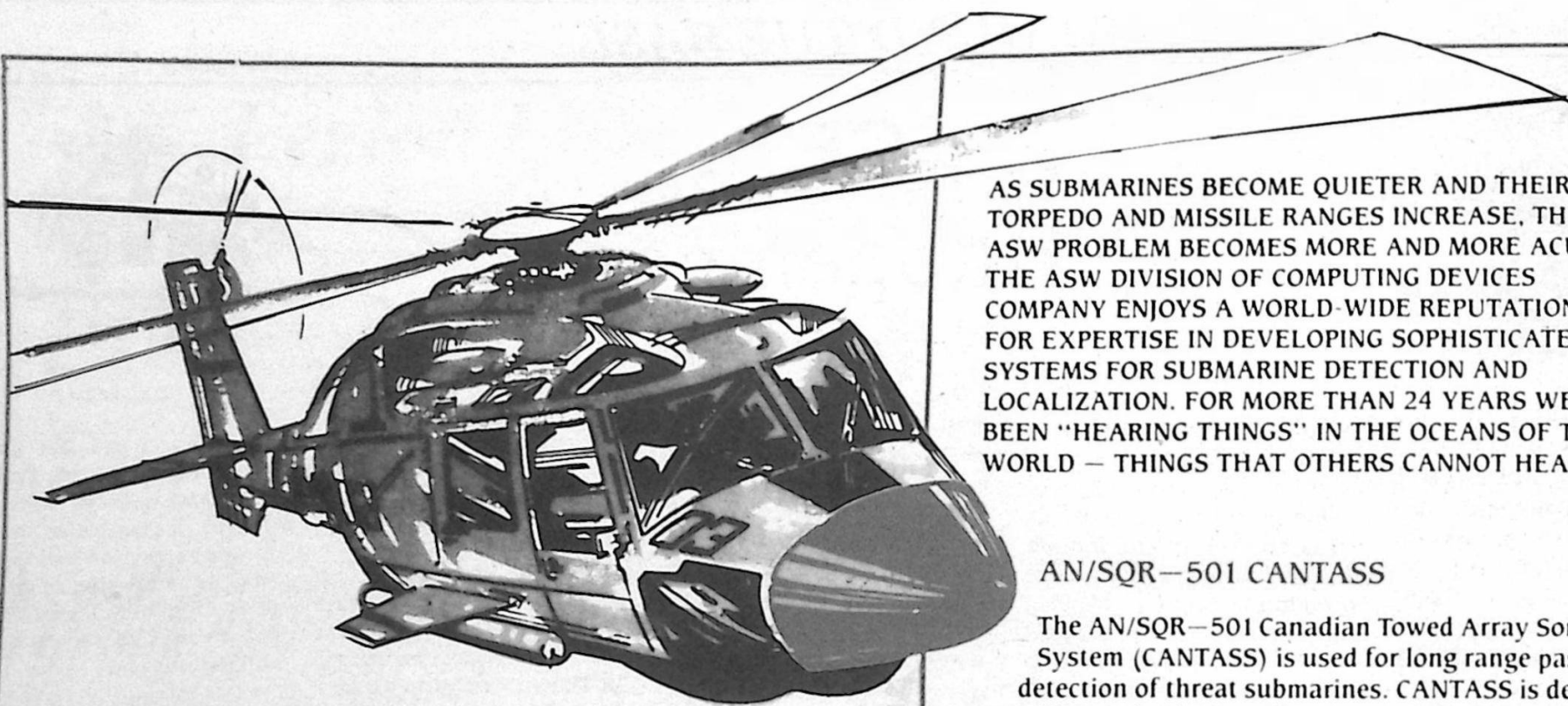
COMOX VALLEY APPLE USERS GROUP Club meetings held 1st and 3rd Tuesdays of each month. Recognized by way of discount by: Sandpiper Computers Limited, Valley Computers Limited and Gardian Computers Limited. Congenial meetings, problem solving, public domain software library for Ie, II, Iic, IBM, MacIntosh. Phone 338-6195 ask for Gerry.

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AN/SQR-501 CANTASS

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

AN/SQS-510 ACTIVE SONAR

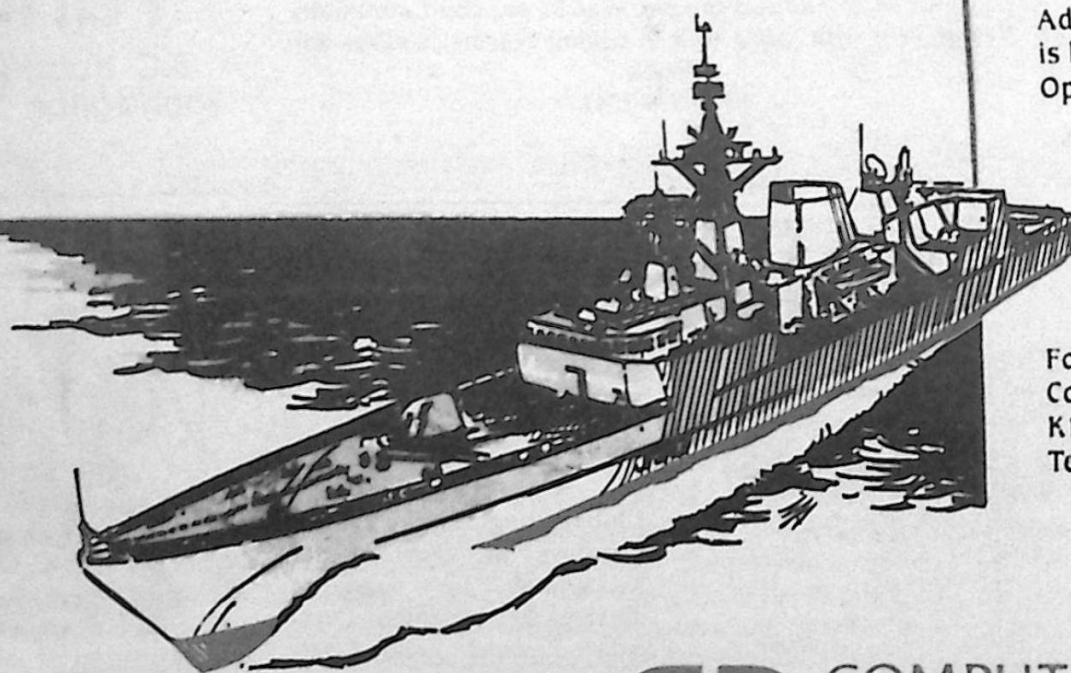
The Canadian Navy has selected Computing Devices Company to design and develop the AN/SQS-510 Active Sonar for its ASW fleet of the 1990s. The SQS 510 comprises the transmitter and wet end subsystems and the display, control and processing subsystems. An advanced development model of the SQS-510 Sonar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

AN/UYS-503 SONOBUOY PROCESSOR

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

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HEARING THINGS



For information please contact: Computing Devices Company, ASW Division, P.O. Box 8508, Ottawa, Canada, K1G 3M9 Telephone (613) 596 7051, TWX 610 563 1632, Telex 053 4139.



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