



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 29 NO 21 NOVEMBER 19, 1987

DEADLINE IS MONDAY, NOVEMBER 30, 1987

COST: PRICELESS

On Guard at CFB Comox



Basking in the fall sunlight...

Our arsenal stands on guard

Media Day at CFB Comox provided an opportunity to gather the tools of our trade. (Base Photo).

BUTT OUT

Non-smoking becomes the rule

Are you looking for an excuse to quit smoking? Need a motivating factor? Come 1 December 1987 there'll be no need to look too far. On that date all ashtrays will disappear from DND workplaces and smoking will only be permitted in designated areas.

It's only the first step in DND's new non-smoking policy, the "phasing-in" stage. Effective 1 January 1989, reflecting new Treasury Board policy for the Public Service, no smoking at all will be the rule in DND workplaces.

However, the new policy is not being implemented by DND without a good deal of



consultation and thought. That's one of the reasons the transition phase is not scheduled to begin until 1 December. Smoking public servants in other departments found themselves restricted to specially designated areas as

early as 1 October!

Cmdre H.A. Cooper, Director General Personnel Services at NDHQ and current chairman of the DND smoking policy working group, pointed out there was a need to address the many complexities and unique circumstances that arise from the implementation of the new smoking guidelines in the Canadian Forces.

"We have married quarters, single quarters, ships -- which members regard as their home - messes and service clubs. All are DND property, all are 'work places' under the Treasury Board directive: "any enclosed space or part thereof

which is under the control of the department."

But the Canadian Forces does not think it reasonable or practical to impose the policy where families, or other people not subject to the Treasury

Board, are concerned, so DND will be excluding all married quarters from the provision of the policy.

CONTINUED FROM PAGE 1

On behalf of all personnel at Canadian Forces Base Comox we would like to extend our most sincere condolences to the Boucher family on the tragic loss of their son and brother Gerald.

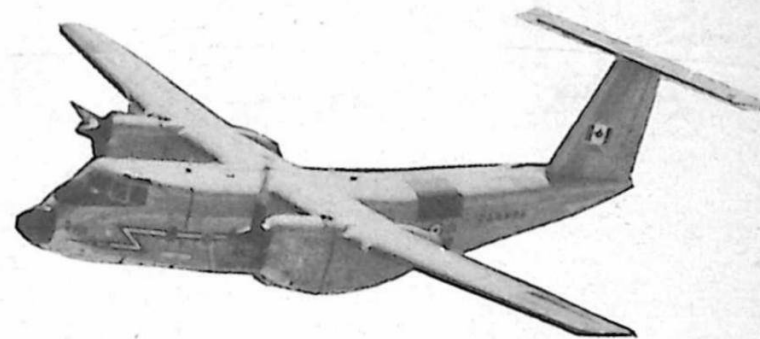
In times like these turn your thoughts toward God and remember his promise in 1 Peter 5:7 "Casting all your care upon HIM for he careth for you.,,"

Editor and Staff
Totem Times



AROUND THE BASE

442 Squadron



On 14 November we received the extremely sad news of the untimely death of young Gerald Boucher, Jr., son of Sgt Gerry and Sharon Boucher. This tragic accident took place during a diving expedition near Bella Coola. On behalf of all the Officers and Members of 442 Squadron, I extend our most sincere condolences to the entire Boucher family. Our thoughts and prayers are with you during this trying time.

LCol M.E. Jay
Commanding Officer
442 Squadron

Looking around the Buffalo flight these days gives one the impression that the numbers of those gallant fliers of the fixed-wing side of the squadron are dwindling. Not so says L...it is just a matter of "Battle Fatigue." Yes, that's right, and it's only fair that we allow a couple of the guys from our hard-working flight to take a little "R & R." So that is why Major John Allott and Capt Rick McClure have taken the wives and headed to sunny Hawaii. And then of course there's the old Chucky-Chucky 115 "swap meet" in Calgary that took Maj Drover and Capt Newbold away for a few days. And now with Christmas just around the corner, there will be more opportunities for the rest of us to get that much deserved vacation. Keep those cards and leave passes coming.

SNAKE CHARMERS

With two aircraft in the hangar for inspection, both maintenance and servicing crews have been busy from dawn to dusk, and some of that energy has even been spent fixing aeroplanes.

And between engine changes and hot-end inspections, young Robin May still managed to find time to collect some juicy items of interest for our readers' pleasure. Are you sitting comfortably? Then we'll begin.

What better way to start that with number one crew. It seems there's a new campaign to raise funds for a young rigger who has blown a third engine on his motorcycle. May we suggest he either remuster to fitter or purchase a new moped...it's probably cheaper.

Rumour has it that Jim

Gaylor, Robin Trepanier and Pat Burke are heading to Gander next spring. Try to keep Pat under control, gentlemen, he's getting closer to Munden.

AS THE ROTOR TURNS

Things have been rather quiet on the helicopter side, too. The most noteworthy event occurred during a medevac from a fish farm near Nelson Island. The patient had suffered a possible spinal injury during a fall and required evacuation to Vancouver. That was the operational side of the event...on the humorous side, MCpl Reeves had things well in hand until Sgt "Doc" Murray and MCpl "Ringers Lactate" Casey decided to monitor the patient's vitals. Mark was dumbfounded to find Ian taking the patient's pulse with his flying gloves on. Ian replied "New technique Reeves, better get in the books." Rumour has it that Sgt Murray and MCpl Casey are frustrated Medical School dropouts who are operating a budding Chiropractic on the side. But, instead of billing their patients, they try to sell them boxes of T-shirts.

Capt Cue has been attending Staff School, down on Sesame Road, and should be returning soon. I was talking to him

recently and he mumbled something about "BF that minute sheet" and "I can't find the rough draft of my essay."

And then there's Capt Mike Dorey who returned from his second holiday to Tustin, California in five months. Purely business of course, right Mike?

A new pilot has blessed our ranks in the form of Lt Tom "Top Gun" Hughes. Tom joins us as a pipeliner and was fortunate to get his posting preference. His wife, Gwen, is a flatlander from Regina who appears to be fitting in well to the local area. She has been observed buying numerous bumper-stickers and stocking up on earthquake insurance. Welcome aboard Tom and Gwen.

McGrath is said to have been giving his new privates a rough time...after all Al, Shayne "Jock" Fedosenko needs that thumb for hockey. WO Smith would like to warn others that they'll have to bone up on their Madonna and Michael Jackson impressions if they plan on competing with three crew for top honours in the lip sync contest.

A big welcome back is extended to Rick Sylvan after six month outing to the Sinai, and

a big congratulations to Jeff McConnell, Yvan Cote, Ray Charlebois, Nathalie Corneau and Robin May on their recent promotions to Corporal.

So what about 304 you ask...who needs to ask these days, after all, one only needs to wait about five minutes until the next P.A. "304 is ready for a ground run...304 is ready for a test flight...304 is on the ground..." So Pat, can we assume that you're practising for your new career as a radio broadcaster or do you just want to speed up your posting to 103 RU.

The recent interior trainer proved to be an eventful outing, especially for our SAMEO, Maj Johns. It seems he's managed to improve his golf swing and decrease his handicap for future bouts between the Chief and Maj Drover. Speaking of the Chief, he'd like to remind the Squadron that his Old-timers Hockey team "waxed" the Sqn intersection team on their first meeting. I guess the geritol really works!

And finally, AVSO would like to salute Ab MacDonald on a 400 bowling game and securing a trip to the B.C. championships on 21 November 87. Good luck, Ab.

AROUND THE BASE

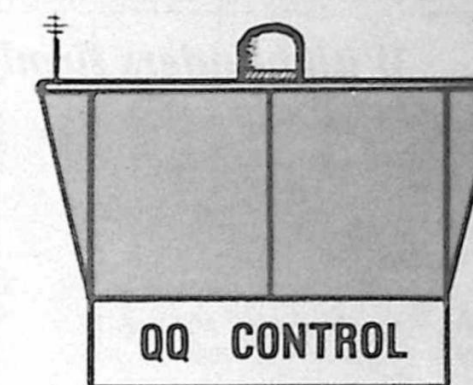


FROM THE TOP RUNG

Col Ted Gibbon

I am trying to determine if a requirement exists to pursue a proposal to establish a family support centre at CFB Comox to serve our personnel and their dependents. A small team consisting of Mrs. Jill Sutherland and Capt Crandall Overton have or have been volunteered to assist in making this determination and you can help them by completing and forwarding the questionnaire that has been circulated. If you haven't received one please contact your unit orderly room or the BPSO at 8469. Should the requirement be confirmed and similar facilities have been found of immense value in locations such as Halifax, Greenwood and Cold Lake, a much larger team will have to be assembled to bring this idea to fruition as soon as possible. Your input is essential if we are to be responsive to the social issues and pressures that affect our society today.

Speaking of Issues Capt Bob Williams brought one to our attention in his letter to the editor in the last edition. His concern was for the safety of cyclists entering the base during the morning traffic period. This concern was also raised at the Base Safety Council meeting and I have been attempting to come up with a solution that will address the safety issue as well as facilitate the movement of vehicular traffic. Several proposals have been studied all of which would impose some or considerable inconvenience on the cyclists or the motor vehicle operators and in the end I discovered I was attempting to legislate common sense and normal survival instincts. A fool's game at best. The intersection at the main gate is hazardous, particularly in the morning, and all should exercise extreme caution as well as defensive driving skills when negotiating their entry. While I don't subscribe to the "might is right" school of B.C. driving etiquette, cyclists must be aware of their vulnerability and unless they have a perverse desire to become a hood ornament should avoid placing themselves in jeopardy when demonstrating their mobility and superior maneuvering ability on the right of big iron operators. Nuff said.



As The Beacon Turns

Another couple of weeks have passed, and ATC is still trying to iron out the wrinkles of a new squadron here in Comox. Finally repeated memos and calls between the powers have resulted in what will surely be a smoother trouble free squadron/ATC operation. Speaking of power, Sgt Dave Tack was filling some pretty big shoes working as the SRC last week since WO Al Collins was in Reno checking out his percentages. WO Collins figured he needed the time away now that he has adopted a much thinner appearance after shedding 45 pounds. Good work Warrant - all those salad dinners must have done the trick. True to your word, you have become "leaner and meaner."

The pizza crew has been working together recently as the commissionaire at the gate has reported increased pizza deliveries to RATCON, and discarded pizza boxes were found the next morning with the smell of pepperoni hanging in the air. Don't worry we know who you are. Speaking of food the CC Tower has restricted access to the tower by Pte Kevin Young as he has been known to come up and clean out the fridge for us. Last week he ate everything but the salad dressing. I offered to send it

down but he assured me he was full. With Pte Young and Capt Foley around you have to make sure your food is heavily guarded. It doesn't move they eat it and it does move they stop it and eat it.

It's good to see the standard of dress has picked up with most workers opting for the full blues look. It really looks nice guys and gals, so keep up the good look. Must be that nagging approach MWO Dale Campbell has adopted. Speaking of dress, does anybody know which terminal controller has been seen in fluff-pink slippers in RATCON lately, a definite blow to his macho image? I do, but due to the promise of a lengthy jail term I cannot divulge that information.

The freezing level dropped a bit last week and with that comes the prospect of ski season opening up shortly for all you ski enthusiasts. Hopefully we can put together a few ATC ski days and perhaps invite a few of our friends from the avian community to participate. For those of you who are interested we are also planning a trip to Vancouver around Dec 2 for a hockey challenge match against the Vancouver Area Control Centre, so plan your days off accordingly. While we are on

the subject of hockey the BOPs team seems to be in a world of hurt as far as players are concerned because we are averaging about eight players a game. Despite this we have split the last two games. A 6-5 win over the 407 Demons with Pte Guy Pepin getting two goals and Capt Tom McQuade, Cpl Don McLean, Cpl Frank Roy and Capt Pete Foley each scoring once. We dropped a 7-4 game to FH/CE in which several of our generally calm personalities received penalties. Cpl Steve Tinker had an excellent game but on speaking to the team captain he assures me they are in the rebuilding stage and will be on top shortly.

Sgt Greg Templeton is now checked out in Data and Par and as is typical in ATC was monitoring trainees the same day of course, I believe Greg has been here before. With my recent RATCON departure (yes, I heard about the party) Cpl John Moss (our recent JLC graduate) will be putting in a few shifts in Data. Have fun John and I hope you don't get bored, and remember to take a few breaks. Congrats is also in order for Pte Sandra Vermuelen who received her Pte hooks recently in a photo session with Maj John Stariha presenting.

CONTINUED ON PAGE 3

Ghosts & Goblins Join Aerobics Classes



Recent aerobics classes were joined by a number of ghosts and goblins. Everyone joined in and did their version of the "Monster Mash." Then it was off to the graveyard for a little bit of Halloween howling.

...more no smoking

Single quarters will also be excluded, at least during the interim period, 1 December 1987 to 1 January 1989, except for employees, such as barrack wardens or cleaners, whose place of duty is in the quarters.

"The implementation of the new policy has to be tempered with reason and consideration for the rights of others," said Cmdre Cooper. "We have to ensure that provision is made for smokers to pursue their habit, at least temporarily until 1 January 1989."

FIELD CONDITIONS

Provision will also be made in the non-smoking guidelines for particular environmental situations. The Commander Mobile Command will be the designated authority on the implementation of the smoking

policy in field force vehicles and under field conditions.

The Command Maritime Command will act in the same capacity in the implementation of the policy in ships and the Commander Air Command will be defining the policy with regard to military aircraft.

"One cannot legislate lifestyle conditions from the point of view of sitting in an ivory tower in Ottawa. One has to respect the conditions at the coal face," said Cmdre Cooper.

"These changes have to start at the individual level, it's an attitudinal change. Therefore, as far as possible, the recommendations of health and welfare committees on Canadian Forces bases and stations will be taken into con-

sideration when recommending designated smoking areas and catering to the needs of smokers."

Since no-smoking is fast becoming the "status quo" in North America and, besides the Public Service, more and more major corporations are banning smoking in the workplace, Cmdre Cooper is convinced that many heavy smokers are looking for a good excuse to quit.

DND's previous policy on smoking, which came into effect in 1985, emphasized the establishment of specific non-smoking areas. Under the new policy, all areas are deemed non-smoking except where provision has been made to establish a place for smoking.

"The proliferation of non-

smoking signs will decline in favour of a few smoking permitted signs," said Cmdre Cooper. A manifestation of this will probably be signs on government buildings saying: "Smoking is permitted in designated areas only, otherwise this is a non-smoking building."

IMMEDIATE EFFECT

What will be the immediate effect of the new smoking policy on members as from 1 December?

"They will not be allowed to smoke at their place of work, even if they are in a private office, but will have to go to designated areas for a smoke break."

Cmdre Cooper does not envisage there will be disciplinary action needed to enforce the

new guidelines. "The normal process of consideration for others and peer pressure will probably result in individuals changing their habits voluntarily," he said.

"There will still be smoking areas in restaurants and coffee shops. But, in time, with the increase in demand for cleaner air, even these designated areas will probably be phased-out."

Cmdre Cooper is the first to admit "it's not going to be easy for people who are heavy smokers." For them he recommends the Canadian Forces smoking cessation program, "Butt Out."



NEXT DEADLINE — NOV. 30

EDITORIALS



COMMENT

GORD KRUGER

With blinders firmly in place



....I'm ready for politics.

ON THE HIGHWAYS

It's unexplainable but nevertheless true. They're shooting at each other on the freeways of the United States.

What started as a singular effort in the Los Angeles area is now starting to spread to other parts of the U.S. Who knows - maybe it will eventually find its way to the good old Trans Canada or the traffic choked arteries in and out of our major cities.

Now I don't know what your driving habits are like when you get abused by those inconsiderate "other drivers." Mine - well, I sometimes react with considerable annoyance when I am cut off, out hustled to a parking spot or am stuck behind one of those pesky camper units. The range of actions varies from a wimpy "darn" to purple face, vein popping curses and shaking fists. Is the trigger the next phase?

What can one do to cure this madman approach to driving the nation's highways? In transit communication is somewhat limited when we are hurtling along at the speed of sound trying to get to Grannies before the kids drive us nuts. Do we wave when we want in? Do we use hand signals and a smile? Just about anything we might attempt would probably be misconstrued as an obscene gesture and lead to further complication.

Well I recently read about a kind of unique innovation created by a gentleman from the south. He suggests a perky little item that he calls the Wacky Window Waver.

Now here's the low down. A little sign pops up in the rear window of your car as you attempt to squeeze in on the guy to your right. It says simply: *Can I get into this lane?* Astonished of course the guy behind you eases up on the accelerator and you slide in in front of him. The sign disappears and another pops up and says: *Thank you.*

What we have here is a little electronic device that fits into the rear window of any car and is activated by a driver selection process.

It apparently comes with a wide variety of signs, everything from *Hi to Dim your lights* to some which are too foul to mention here in the good old fishwrapper. You can even create your own but be careful, don't create anything that resembles a target or you may become one.

Seems strange though that we have to fear the normal old Sunday drive but I guess that's this new "Hi Tek" world we live in. My old pal Newt is considering chucking it all and taking the last train to Churchill - no highways to worry about there.

G.M.K.

Fitness:
What it does
for your body
it does
for your mind.



TOTEM TIMES

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



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EDITORIALS

Yearning for Learning

What have you learned today? Nothing, you say. Not true.

If you went to work, you learned something on the job - you acquired some information you didn't have before. If you have children you very likely learned something about your child's activities and attitudes that you didn't know before. Did you read a paper? Part or all of a book? Then you learned something. Did you watch television or see a movie? Then you acquired an insight, or saw something in a new light, or became aware of a previously unconsidered aspect of human behaviour.

ALL OF WHICH IS TO POINT OUT THAT YOU ACQUIRE NEW INFORMATION ALL THE TIME. Learning is a lifelong process which we simply can't turn off.

Granted, you might not remember much of what was so effortlessly acquired because you didn't specifically apply yourself to retaining it. But much of it is in your memory right now and can be retained and brought out when required.

Oddly enough, however, many adults have persuaded themselves that they are past learning and so don't consider going "back to school" as adults; college courses, they are convinced, are beyond them.

This is not the experience of the Canadian Forces Community College program. Over 1700 CF members and their dependents are registered in eight different study programs and most are finding that they possess learning skills they never knew they had. In many instances, their newfound "success" in learning is because they finally have a motivation - they are studying because they want to, and are learning material which is important to their adult objectives.

True, study skills may have to be re-sharpened or re-learned, but assistance is available: Study Skills packages available at base learning centres or from the CFCCP office provide a useful assistance, and base tutors are there to help you over the hurdles.

Many CFCCP students, once they get back into the swing, or who discover a learning capacity they never knew they possessed are "hooked;" they have discovered a new pleasure

and a new satisfaction AND are preparing themselves for new challenges in their present jobs or as civilians when the day comes they are no longer in uniform.

Think about it, If you are an adult, you are an adult learner. Why not put that capacity into harness and start your college program now?

ACCREDITATION OF MILITARY TRAINING IN THE CFCCP

The Canadian Forces Community College Program (CFCCP) evaluates military training so that it can be counted as college credit when CF members pursue certificate or diploma programs through Seneca College. There are essentially two kinds of credit: credit for training specific to each military occupation, and credit for rank and service.

Evaluation of the training peculiar to each MOC results in recognition of that training in the form of credit where such training is appropriate to the program of study. It recognizes the attainment of skills/knowledge and shortens the time needed to complete a give program of study.

To date, computer courses, MP training, management training and some specialty courses have been evaluated and this evaluation has resulted in the "accreditation" of training. This summer, members of Seneca and Ahuntsic college faculty will be visiting CF schools to evaluate training of Administrative Clerks, Finance Clerks and PERIs. It is also hoped that Avionics Technician training can be scheduled for evaluation later in the year.

The result of this activity will be a list of credits which can be applied to college programs. Because these programs of study are very specific, military training is examined in light of the subject requirements for these programs. Thus, the Finance Clerk training is examined primarily in relation to Business Programs. The Administrative Clerk training is likely to relate mostly to Office Administration, and the PERI training to Recreation Administration.

Rank and Service also counts for credit since it is recognized that a Sergeant, for example, in an MOC, by virtue of leader-

ship and other training, not to mention the experience of managing and administering, has acquired a range of skills which should be recognized. Credits granted under this heading are called General Service Credits.

For instance, a Master Corporal is entitled to one credit for rank and service. If s/he is an Administrative Clerk, additional credits for the MOC may be awarded. A Chief Warrant Officer could pick up as many as four General Service credits plus those granted for training specific to his/her military occupation.

As mentioned, credits thus granted are normally applied to reduce the number of subjects

needed to complete a college program, but they may also be accepted by those organizations which have "certification programs" - that is, they certify their members as having met certain professional standards. The Certified General Accountants and the Ontario Association of Certified Engineering Technicians and Technologists are two examples of such organizations.

Dependents, if they were members of the CF, will also receive the credits to which they are entitled by virtue of their service, and all personnel will receive credit for post-secondary education they may have completed where it is

relevant to their study program.

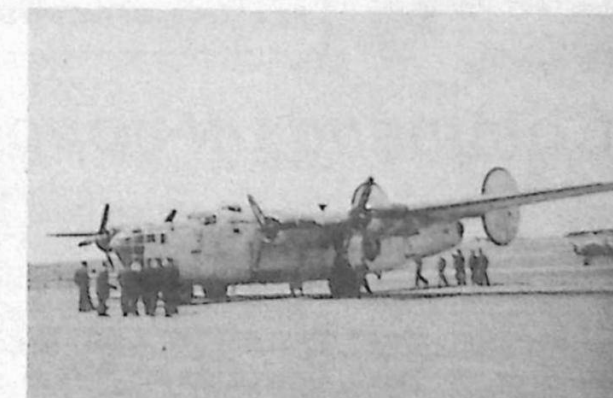
Accreditation is an ongoing task and it is expected that eventually all MOCs whose training has any relation to college programs will be evaluated. The completed evaluations are listed in a "Credit Equivalency Catalogue" on distribution to BPSOs. At present, most of the entries relate education at Canadian Community Colleges and Universities to Seneca subjects, but as evaluation of more military training is completed, the heft - and utility -- of that part of the catalogue will grow.

Next Deadline
November 30

Air Force Trivia



Answer from Last Issue



THIS WEEKS TRIVIA:

We would like the aircraft type, date of the incident, school number, and for the really Trivia oriented person, who was the CO of the school?

TRIVIA ANSWER:

This Consolidated Liberator of 10 (BR) Sqn is seen at an undisclosed location in the Maritimes, August 1944.

SECTION NEWS



BAMSO

For the first time in a long time, Lt Boucher won't have to wait for this weeks submission from me as I won't be here on the due date. I did however wish to make comment on a few items of interest. By doing it this way, I'll be safe from the fallout.

It has been an interesting week in BAMSO with our hockey team, under the expert guidance of Russ Parker, rolling along with a record of 6 and 1. The Old Timers were the latest victims and I'm sure Wayne Hay and Doug Ford would be the first to admit they were beaten by a superior team! Next time we play, I'll be there to handicap the BAMSO team and help the Old Timers keep the score respectable.

The Avionics side of the house has had an interesting time lately. Al Gray suffered his 40th birthday and as one of his presents said; "Most Scorpio people are Murdered." I'm quite sure Al will never again forget that it is possible for one person to lift three men with the proper "equipment." As well MCpl Davey was complaining about attending an Army NBCW course in Borden. I thought she'd enjoy camping in the woods with 30 other people at 20° below for 4 days. I mean, people pay thousands of dollars to attend Outward Bounds courses and she didn't like an all expense paid holiday in one of the hot spots of Ontario.

Our annual Christmas Party is coming up on 11 Dec 87 and the entertainment committee is selling tickets to all comers from BAMSO. I hope everyone will attend what promises to be an outstanding party. There are rumours that Santa will attend but I personally don't believe in St. Nicholas. Who would believe that anyone would dress up in a red coat, black boots, a funny hat and be seen in public?

NAVCOM LABS

The shop has just managed to get through a pretty bad stretch as over half of our personnel were either on course or leave during the month of October. There are more than a few harried looking expressions on the unfortunate shop members who had to stick around to keep HMCS Navcom afloat.

However dark the worst of it was, it's all over now and the shop lifestyle and individual workloads are slowly returning to normal.

Here's a rundown of just exactly where everyone was. Steve Walters and Clive Webb (recent winners of the East Coast Division of the "Party til you Puke" Winter Games) have finally turned up after the Doppler Radar Course; despite a few side trips along the way (including a weekend long debacle in Beautiful Downtown Boston). They say the course was okay, too.

Bruce Aitken has been away for one of those three day courses that ends up being a week and a half long including travel time. The course was the DF301 course in Greenwood and rumour has it that Bruce stayed in the barracks every night for the entire course in order to avoid a certain member of Greenwood's late night social scene.

Greenwood had more than its share of Comoxians (or is it Comoxoids) during Oct as Sheila Tanner, Norm Ruby and Nancy Wild were all visiting our eastern cousins. Norm was on the DATS Operators course and both Sheila and Nancy were on the APX502 IFF Interrogator Course.

Carl Charko just got back from his house hunting trip to Saskatchewan. It just goes to show you that you can take a Ukrainian out of the Prairie but you can't take the Prairie out of the Ukrainian (or maybe the Ukrainian was trying to find Toronto!).

Bob Gauvin, on the other hand, did find Toronto, on the way to Borden that is. Bob is now a fully qualified high reliability solderer or an apprentice welder; we're not sure yet. Steve Walters will have the same opportunity to get the XF qualification in December.

Finally, there is absolutely no truth to the rumour that the recent devastating wind storms in England had something to do with the fact that our favourite Master Corporal, Anne Davey was there on leave.

Now we'll sign off, with a few words of advice for the AVSWO. Despite what you may think, IE/IS labs is not interested in watching us clean the breezeway. Perhaps if you found a more conventional fetish....

Top Marks



Cpl Rob Turgeon recently achieved an overall average of 92% for his qualification level No. 4 of the Air Trades Advancement Training. He is presented with his honours certificate by the BAMSO, Maj Kightley.

Suggestion Award



MCpl Deborah Bull, a Safety Systems Tech in BAMSO, suggested an amendment to the sea survival kit air droppable (SKAD) assembly instructions. Her proposal was adopted and Air Command Headquarters granted her a \$200 award that was subsequently presented by LCol Mack, her commanding officer.

Security Colonel Commandant appointed

OTTAWA-The Minister of National Defence has announced the appointment of Major-General (ret'd) Allan Pickering, former Chief Intelligence and Security, as the Colonel Commandant of the Canadian Forces Security

Branch. The appointment, which commenced October 1, 1987, is for three years.

The position of Colonel Commandant of a branch is an appointment made by the Minister of National Defence on the recommendation of the

Chief of Defence Staff to a retired senior officer or prominent civilian. As Colonel Commandant, Major-General Pickering will advise National Defence Headquarters on matters of significance to the Security Branch and act as a

liaison between security units of the Regular and Reserve Force.

Born in Wimbledon, England, Major-General Pickering enrolled in the Regular Force in 1952 after graduating from the Royal

Military College, Kingston, Ontario.



SECTION NEWS



CE HAPPENINGS

The past 2 to 3 months have been very hectic around here, what with the renovations in our building. Most of the construction and painting has been completed, giving the front office area a much needed facelift. Despite all the mess, shuffling furniture around and getting phones on line, we have all settled into our new, bright offices. We had a few close calls with the electricians and telecom people working above the ceiling. We won't mention any names okay Jim, but one of the electricians put his foot through a ceiling tile and almost came through. During the chaos a lot of supplies and equipment were moved around and even now the hardest question of the day is "Where is the photo copier"? We apologize for any inconvenience this may have caused and thank you for your patience while we were under renovation and look forward to serving you as in the past without any undue interruptions or complications.

While on the subject of chaos and inconvenience, the

Plumbing Shop would like to thank the occupants of BBs 25 and 26 for their patience while installing new water mixing valves and suggest that it will be worth it in the end.

Also the crew from 1 CEU Winnipeg (which we would like to welcome to the land of the "Monsoons") is here to renovate B 24. The estimated completion date at this writing is mid to end Apr 88. CEU regrets any inconvenience that the renovations may cause and requests that any curious onlookers, do so from a safe distance away from the construction site.

Capt Martinello has just returned from his extended TD trip to beautiful, sunny downtown Chilliwack, welcome back Sir. Cpl Arnot is on his JLC in Penhold - good luck Rick. MCpl Jason Evans is now in Alert for a short 6 month stay, have fun Jason. Lt Cook has returned from a course in Chilliwack with a couple of extra legs, seems he'll change his official sport from rugby to a less vicious sport like

pencil pushing or desk sitting for the next 6 to 8 weeks.

MWO Jim Howe, Cam Hayward and Sgt Chester Lewis are on a short hunting/fishing/?????trip. They think they can get deer and trout to come to the trailer door. Sorry Jim, you have to be a bit more mobile. You're not in the front row now Big Guy.

Just a reminder to all CE personnel and their guests that the CE Xmas Party will be held on 12 Dec at the Courtenay Fish & Game Club commencing at 1830 hrs for cocktails with supper and dance to follow. Tickets are \$25 per couple and are available at the CE Work Receptionist's Office. Knowing some of the fine tuned ladies and gentlemen who will be in attendance, it should turn out to be quite a gala event. More to follow in the coming issues.

In signing off I would like to say if I have offended anybody mentioned in this article, then I must be doing my job. Remember, you have to do it to them before they do it to you.



Supply Signals

It looks like there is going to be a big turnover in our supply staff this posting season. Watch out all you army guys out there, here come the girls!

Rumour has it we have a new Wayne Gretzky in supply; too bad you don't know how to tie your skates up Bill! While we are on the subject of hockey...Does anyone know where we can acquire a body guard to protect Daniel Boulet from those flying sticks and brutal body checks?

Clothing Stores is pleased to announce the addition of two new members to its staff.

Welcome to Cpl Allison Randall and Cpl Karen Parrot. Looks like Jim is the lone male in attendance once again.

CE Supply is sporting a new member as well, welcome to Cpl Couture. As a matter of fact after the October shake-up of Supply personnel, finding your favourite tech could get very complicated indeed.

It seems there is a phantom sign maker in General Stores these days. For some reason he/she is only picking on one person. What does that tell you Paul?

Supply is all a buzz these days with thoughts of

Xmas leave, PERS, engagements, babies, and upcoming postings and promotions, proving once again that the only thing that every remains the same is change.

A few points to ponder until our next issue: Will Moe ever be able to find anything in Pubs again after Lil cleaned up?

Will Keith Geldart ever get another hair cut? Will anyone ever know the truth about Daniel Boulet always being so tired?

Will Pte Ratcliff live to regret her move into Customer Services?

WOs & Sgts Mess

Wednesday Mornings at 1000 hrs. "FREE" Coffee & sticky buns in the Mess Lounge

NOVEMBER 27

MIXED GAMES NIGHT

D.J. Prizes - No skill required - games are easy and fun

Games start at 1900 hrs

Dress - Casual - no jeans please

DECEMBER

DECEMBER 6th

CHRISTMAS DECORATING PARTY
1400 Hrs - Join in - get the Christmas spirit

DECEMBER 12th

PMC'S DRAW & CHRISTMAS BINGO

Early Bird Bingo starts 1830

Food: Chicken Fingers & Chips

Music and dance after the Bingo

Dress - Casual (no jeans)

DECEMBER 17th

At home with the Officers

DECEMBER 20th

CHILDREN'S PARTY AT THE MESS

Names to be submitted by 11 Dec

Sign up at the Mess

Ages 6-12 years

DECEMBER 31st

NEW YEARS EVE BALL

Prebook for regular and associate members

Dates: TBA

Watch for details by flyer

JANUARY 1, 1988

NEW YEARS LEVEE

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A new draw for teams every week.

Prizes for the winners

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Come out and enjoy a friendly game

For info contact WO Al Gray 8455

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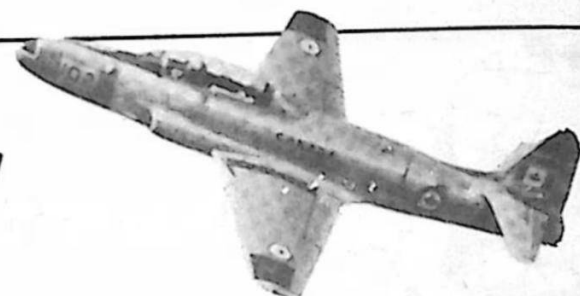
CLOSED TUESDAYS

Phone 338-7921 for Takeout

SECTION NEWS



Anker Klankin'



Letter of Commendation



For his cool and decisive response to a critical situation Cpl Dave Maloney received a Letter of Commendation from Base Commander Col Gibbon and congratulations from CO Maj Arsenault.

These past two weeks have been reasonably eventful ones for VU 33 Sqn. However, Nov began somewhat slowly for us and a visitor to the Sqn spaces would have picked up quite a mistaken impression of the usually dynamic Fighting 33rd. To begin with fully one-third of the pilots were away attending a cockpit resource management seminar. The inclement weather forced the cancellation of most of our Tracker's leaving many of the other aircrew to their own devices—always a situation fraught with danger. Having just returned from leave DCO Capt Mike Cummings was arguably the most industrious of all as he dealt with a vast accumulation of paperwork.

The predominant noises around the Sqn, then, were the irregular snapping of synapses from the DCO's office (a sound not unlike those 50 watt electric mosquito traps in action); and the rhythmic pacing of Capt Martin Baggaley as he waited to go flying. Relief came at the end of the week when Capts Baggaley and Orlando Bokor and MCpl Gary Micklethwaite launched off for Summerside in a Tracker. Never one to squander chances to practice his Dale Carnegie - approved techniques "Bok" was busy renewing old acquaintances and making new ones in Winnipeg, Ottawa, and Halifax.

Since our return to Comox Bok has been overheard pleading with the CO for the use of an aircraft so he can

make good on his promise to visit three different ladies in three cities over the same week of Christmas leave.

We at the Sqn have received an occasional communique from our much beloved Capt Richie Clements who is presently attending a CELE Air Advancement Course. His course joining instructions advised him to bring \$75 to cover incidental expenses (for a six week course)!!!! Richie showed those CELE types how to have a good time and spent his \$75 in the first week.

In Richie's absence Sgt Wayne Larson, our senior AESOP and DSOPsO has been busy running Sqn Ops singlehanded. Wayne is "feeling himself" again following recent minor surgery. After a period of convalescence he now reports he's enjoying 100% serviceability. For our part we thank him for his hard work and note that at the sqn, anyway, his performance hasn't suffered.

VU 33 TECH SIDE

Remembrance Day of course was the most significant happening since the last issue. VU 33 members participated in the parade and ceremonies at Comox, Cumberland and Courtenay. Others were slated for "must" operations on the flight line but the weather proved to be uncooperative and the crew stood down.

With the MCpls busily writing PERs the Cpls and Ptes are on their best behaviour. It's surprising how well everything

runs along so smoothly and work is done so cheerfully with added incentive.

Rumours have it that the SAMEO is considering replacement of the canteen chairs following further testing of their ability to stand up under considerable strain.

The ever optimistic Sgt Merv L'Arrivee was seen polishing and waxing a pair of skis the other day. Hopefully this ritual will cause the mountain tops to turn white.

Oscar Grubwieser has mentioned that the VU 33 bowling team is into its fifth week and looking toward the elusive top spot in the standings. Team mate Glen Caslake has been laying back to throw the opposition off stride. Soon now he will begin to apply high pinning pressure.

On Friday the 13th the Sqn shrugged off superstitious thoughts as the CO, Maj Arsenault led two Trackers and two T-Bird crews on a tasking south of the border. MCpl Fred Kay and MCpl Barry Fremont were two of the fortunate ground crew members selected to go along.

Soon now it will be time to consider happenings during the coming festive season. MCpl Gene Meyer has the tickets for the VU 33 Christmas Party. Have fun.

Tech of the Quarter



In recognition of his excellent work with the T-33 maintenance crew Cpl Alan Ashcroft captured the coveted Tech of the Quarter Award.



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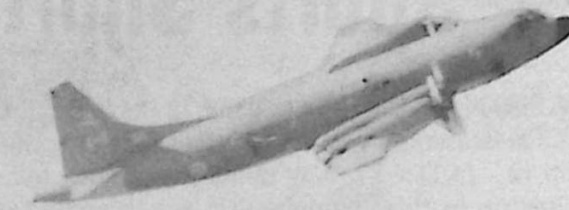
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SECTION NEWS



Demon Doins



407 RESEARCH/AMCRO

Ignoratio Elenchi are two little words that describe the Duffer to a "T." And from that you can probably tell that it is National pick on Duffy week here in Research/Amcro.

Things are relatively quiet again what with Stan down checking out the snow in Winnipeg and Wayne off pretending that he is a house painter. We do have Pete back from his "six day posting" to Halifax where according to him he had a wonderful time.

This is the last week of work for our female token Newfie as she is drawing close to that time, so I guess we'll have to start picking on the male token Newfie in the Amcro section...Anybody got any extra pens they don't need? Alas we will also be losing Dawn at the same time so good luck on your new job Dawn. By the time you are reading this Mike will be back from Outer Canada after attending his first line AF course in Greenwood, so maybe some of the stacks of paper on his desk will start to go down finally.

Surprise! Surprise! J.J. can finally catch a glimpse of the

bottom of his desk, which was magically overloaded while he was on two weeks sick leave for a sore back...glad to see you are healthy once again. The giggles continue to come from Marily and Rick, and most of the time they seem to come right out of the blue. I wonder if maybe the job is starting to get to them?

Well don't forget to have your dictionaries ready for the next issue and maybe by that time I'll have found a new word that I won't forget!

2 CREW

Once again we delve into the depths of the sensuous, unsavoury, seductive servicing 2 crew. I've been away on leave for a while so most of this article might be fiction but it's better that way.

First some facts. Welcome Pte Mark Laroche to the crew from BAMSO and also Sgt Brauner; the world's greatest IET; from Moose Jaw.

Now a little fiction. We wait with baited breath for our morning P.T. to make true men and women of our slack and idle blobs.

Now stranger than fiction,

rumour control tells me that due to some unfortunate, unbelievable circumstance ATAT marks have been misplaced by our unparalleled mail service. Consequently all ATAT types will be re-evaluated as per the bell curve and the amount of precipitation that fell in Upper Volta in 1927.

Time for human interest, Moiro underwent successful reconstructive surgery to undo the minor damage to her hand. Still in the medical vein, super photo tech, John Plant and wife gave birth to a brand new baby girl, congrats, although she probably had more to do with it than John.

Barry and Corey won the best costume for a couple in the fictional character under 25 years of age with no more than 4 syllables in their names, the award being a dinner for two at the Gaff Rig from the Junior Ranks.

We continue to hold together and manage to function as a crew without Sue Oooostun. She is in Greenwood for

awhile. We do miss her and her "Orange Thing."

"Oh yes," more Halloween stuff, Marc Duffour displayed his surgical technique by defeating all comers in the pumpkin carving contest, exciting but true.

In case you were wondering, my leave was incredible and I thought about 2 Crew every day and missed them greatly. P.S. congratulations to Mark and his young bride-to-be. May your life together be as good as it is long, or something like that.

PHOTO

We're growing. This Halloween, Cpl John Plante and his wife Dee received a special treat, (or was it a trick). Samantha Jacqueline Plante, their new healthy baby girl weighed in at 8 lbs 6 ozs.

Cpl Guy Tardif and MCpl Chris Tremblay are planning to pool their collective photo knowledge through marriage sometime in the coming year. Guy will have even more to contribute when he returns

from his second line maintenance course in Greenwood. We have no doubt he will do well.

Sgt Stan Lawless and MCpl Rod Mattson helped bring in the "D" division championship for the Old Timer's Hockey Team in Chemainus a few weekends ago. Rod swears Stan's "Between period strategy" was instrumental in this win.

Photo processing seems to be turning into a real Dungeons & Dragons recruiting post as more and more "Henchmen" are lured to the Sunday night ritual.

Having now reported that social news, our last bit of news is aimed at our more cultured readers. Pte Rob Granger has finally proven to the world that intense study of after work cartoons can be beneficial. His thesis is based on the first place prize awarded to him for his transformer costume at the JRC's Halloween Dance.

CONTINUED ON PAGE 27

Demon Techs of the Month



During the recent periodic inspection on CP140101, it quickly became apparent that the projected workload far exceeded the capacity of the maintenance crew. Intense flying activities, and a heavy snag rate precluded assistance from the servicing crews, so augmentation came in the form of Ptes Quinn and Lafitte, both AF Techs from Mob Spares. These men accepted the challenge and performed in an exemplary manner. The maintenance crew chief described them as very willing and cooperative workers who carried out all tasks with above average skill and ability.

Although these members are in the early stages of their careers, their positive attitude, dedication and hard work demonstrated those qualities which are so fundamental to the success of this squadron.

Pictured with the SAMO Maj Clark centre is Pte Quinn on the left and Pte Lafitte right. Congratulations guys.

THE DEMON SQN

ALL RANKS

CHRISTMAS PARTY

Where	Rec Center
When	11 Dec 87
At	19:00 Hrs

For your enjoyment dinner
will be served, catered by the
Old House Restaurant
and followed by dancing to a DJ
Tickets available 16 Nov from section reps.
\$25.00 per Couple

COME OUT AND HAVE A DEVILISH GOOD TIME!

SPORTS & RECREATION

Sports Shorts

PAC REGION SQUASH CHAMPIONSHIP 12 - 14 DEC 87

CFB Esquimalt will host the Pac Region Squash Championship 12 - 14 Dec 87. Any military personnel interested in participating in this championship are to contact the Base Rec Centre local 8315 NLT 27 Nov 87.

HOCKEY OFFICIAL'S CLINIC

CFB Comox will host a Level II and III Hockey Official's Clinic on Sun 22 Nov 87 at the AFIS Theatre from 0900 - 1700 hrs. Any personnel wishing to attend this clinic are to contact the Base Rec Centre local 8315.

HYDRA FITNESS SEMINARS

Hydra Fitness Seminars will be conducted each Thursday morning commencing at 1030 hrs. These seminars will take approx 45 minutes to complete. Any military personnel wishing to attend a seminar are to contact the Base Rec Centre local 8315 NLT Wednesday of each week.

It's your Sports Centre

COMOX VALLEY SPORTS CENTRE TO GO TO REFERENDUM ON NOVEMBER 21

The Comox Valley Sports Centre Commission has received permission to hold a referendum in conjunction with the municipal elections on November 21st to increase the tax requisition for the Sports Centre.

WHY

- The requisition has been reduced from \$542,000 in 1982 to \$393,000 in 1987.
- Taxpayers are contributing less money now than they did in 1982 because of the lower property values. If they paid an amount equal to that which could have been levied in 1982, a referendum would not be necessary.
- Operating costs continue to rise and are beyond the control of the Commission, i.e. insurance costs increased from \$8684 in 1985 to \$36,112 in 1987.
- The Sports Centre is now 12 years old. Attention must be given to building repairs and replacing capital equipment.
- An estimated 250,000 persons use the Sports Centre annually.
- Each year thousands of dollars are brought into our community by groups involved in activities at the Sports Centre, i.e. hockey games, skating competitions, tournaments, swim meets, special events, etc.
- The net monthly savings (expenses less revenue) by closing the facility are not great and therefore the facility must be closed for a long period of time to balance the budget.

CONTACT

The Commission wishes to inform the public that the Sports Centre budget is available for public review at any time. Please contact our manager, Mr. Mike Creedon at 334-2458 and he will be pleased to provide you with the information you require.

COST TO HOMEOWNER

The following table should be used in determining the maximum cost to the homeowner:

Value of the Home	Additional cost (per year)
\$40,000	\$5.24
\$60,000	\$7.86
\$80,000	\$10.49
\$100,000	\$13.11

PLEASE VOTE "YES" FOR THE SPORTS CENTRE ON NOVEMBER 21ST



Pipe Smoke

Gerry Gerow

From Howell Book House, New York, comes a new book for the bird lovers. *The Complete Book of Finches*, by Dr. Matthew M. Vriends. U.S.\$17.95.

This is the only book that the prestigious publishing house is bringing out this year. Dr. Vriends, of course, is well known to bird lovers, having written a number of other books on Budgies, Cockatiels, and Parrots among others. The author is a world renowned Dutch ornithologist who spends his time travelling throughout the world working with birds and learning more about them.

Virtually everything you ever wanted to know about finches can be found in this book. Finches in nature and in captivity. Their housing, illnesses and treatments. Feeding and watering is covered extensively as is the breeding and raising the young of these fascinating birds.

The Complete Book of Finches is a well illustrated 207 page, hard cover edition. If you are a finch owner or thinking of becoming one, this book is for you. It's just published and should be in book stores soon.

XXXXX

The fall of the year is many different things to many different people. To the outdoor sportsman it is the time when he puts away his fishing rods and turns to hunting. Although, on the west coast, it is sometimes a little difficult to decide whether to go after the Coho and Cut-throats in the estuaries or take to the field.

Why do men hunt? I suppose there are many different reasons. Some need the meat. Some, while not needing it, want it to enjoy as a change from our normal diets. There are a few, and fortunately they are a distinct minority, who simply revel in the process of killing something. But to me it is primarily the thrill one enjoys at certain moments in the hunt. No one, who has ever watched a fast rising ring-necked Cock flushing in front of a good pointing dog can ever forget the feeling of the moment.

How about the instant when the Northern Green-Head splashes onto the water and the Black Lab quivers in anticipation of the retrieve. Or, when you pop the lid off the goose pit surprising a big honker with his undercarriage fully extended, preparing to land on top of you. Or, looking through the glass at a large bull moose, elk, white-tail or mule.

Actual taking of the game is secondary to most hunters. It is sort of a bonus at the end of a wonderful period spent enjoying nature. Some of my most memorable moments in the out of doors, occurred when I was hunting in Germany, where the practice of still hunting from high seats, constructed up in the trees provided a fantastic opportunity to observe wildlife, while it was oblivious to your presence close by. I really don't understand why nature lovers don't go in for building such platforms in this country. Yes, Fran, there really is a Frank.

Big hole leads to hard decisions.



Hmm!!...gentlemen I think we have a problem...seems to be the reaction of this "hardy" group of supervisors. ...Now if they could only find a couple of labourers to fill in that big hole.



DRINKING DRIVING COUNTERATTACK

SPORTS & RECREATION

New Floatation Device Tested



"Ron Fortin demonstrates a new Safety Systems floatation device." CFB Comox Safety Systems is again a leader in hi-tek.



CFB COMOX 2ND ANNUAL CHARITY HOCKEY TOURNAMENT

GLACIER GARDENS — DECEMBER 4,5,6

PROCEEDS TO CHARITY. 14 TEAMS PARTICIPATING. PRIZES TO BE RAFFLED. ADMISSION: FREE

COME ON OUT

All About Kids & Hockey

Ed Note: The following is a speech given by Mr. Ed Chynoweth at the recent British Columbia Amateur Hockey Association Annual general meeting. Mr. Chynoweth is president of the Tier One Junior Western Hockey League.

It bears reading:

Since the slogan for the 1987-88 season is "Learning the Skills and Having Fun," I thought it only fitting (actually Bruce told me if I didn't mention this I would have to walk home) that I give you some of my personal thoughts about putting the fun back into minor hockey.

Minor hockey registrations in the 10-14 age group have been decreasing in the last few years and I think we should be more than a little concerned about what is really happening.

For more years that I care to remember, I have been out of step with the sport minded parents. I have hollered, yelled and yelled about the over organizing, the regimentation, the long schedules, and the winning is everything credo, but we continue to march on in the same manner and especially in hockey.

I believe we have created a monster and instead of volunteers involved having to act as baby-sitters, let's put some fun back into the game; let the youngsters play without some would-be president or super

coach fouling them up. There is time enough for that when the young boy or girl reaches their teens.

I stated earlier that minor hockey has serious problems, but do you know what the biggest problem is? If you guess "parents," you are right. Parents are out of control. Over eager adults are ruining our game. For what it's worth, I am really concerned about this problem. Your child isn't old enough to be treated like a pro. He really only wants to go out, play and have fun. Maybe parents interfere because they want their child to get the athletic recognition they didn't get. Maybe their egos are fed by good performance, more than their child's. Maybe you just got caught up in a syndrome and don't realize your mistake. Whatever the reason, I beg of you to stop and have a look at what's happening in youth sports today and particularly hockey; "a dramatic dropout at age 14 to 16." Hockey starts out as a kid's game, and a game for kids should be for fun. I repeat, it should be for fun. If you keep that one thought in perspective you won't go wrong. For example, when you attend a game, adding your cheers and verbal interference, do you think that this is aiding your child's freedom of play and expression? I don't think so. I think we are putting our kids in

a big fishbowl every time they play and when they grow up, they won't want it anymore. And I can't say I blame them. It's bad enough that we have over zealous coaches using kids to win themselves a championship trophy. Most of the time kids under 14 couldn't care less. I have seen kids cry after play-offs, upset because the electric atmosphere put so much pressure on them. Do you think for one minute that this atmosphere could have possible occurred without the coach or the parent involvement? I can remember as a kid we used to play games at recess in school, all kinds of games, but I certainly can't remember ever seeing a boy or girl cry because their team lost.

I really don't think there is anything wrong with organized sports for youngsters, but what I do think is wrong is the over organization. Do you really think there is anything wrong with your son or daughter just playing the game in an unorganized program or league? Kids for the most part don't know how to play anymore. Play is too programmed.

So what are the answers? I certainly don't profess to have them all, but I do have some suggestions I would like to leave with you so we may be

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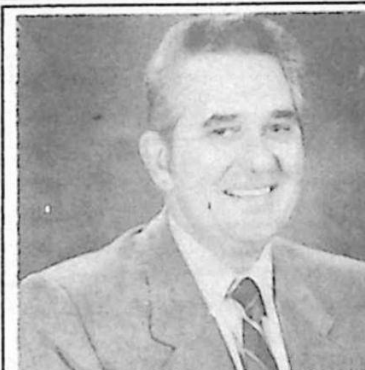
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AROUND THE BASE

TOTEM LOUNGE



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NOVEMBER 21
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NOVEMBER 28
BINGO/DJ
1900 hrs - \$4 at Door
NOVEMBER 29
GREY CUP
1000 hrs - Food available

DECEMBER 87
DECEMBER 4
GERRY WATSON POOL TOURNAMENT
1900 HRS
DECEMBER 13
KID'S XMAS PARTY
1400 HRS
DECEMBER 16
SINGLES MESS DINNER
DECEMBER 31
NEW YEARS EVE
2000 Hrs - Band: 3RD DEGREE
Tickets on Sale at Mess Manager's Office (Nov 1 - MEMBERS AND Dec 1 - Guests).
Admission: Members - \$30/couple and \$15 single. Guests: \$40/couple and \$20 single

JUNIOR RANKS MESS Children's Xmas Party

Registration forms have been distributed. Please ensure you meet the final deadline of Nov 27. If you did not receive a form they are available at the JRM office or bar.

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MERRY CHRISTMAS TO ALL

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HOURS: 9 to 9 Tuesday Thru Sunday

Allergies are accidental alarms

Like a smoke detector that accidentally goes off, an allergic reaction is basically a protective mechanism of the body which has gone too far.

Fortunately, allergies only affect about 20 percent of the population and few sufferers need treatment. In many cases, allergies are inherited from parents and grandparents. However, allergic tendencies increase when many allergy-causing substances, called allergens, are present.

Allergies can be seasonal, as in the case of pollen-caused reactions; or year-round if triggered by animals, food or household dust.

Any part of the body may be affected. A reaction to pollen, for example, may cause respiratory problems. Food allergies can cause other discomforts.

Some allergic reactions are caused by contact with various substances including cosmetics, soaps and detergents, dyes, metals, poison ivy and other plants. In cases where the allergy extends to penicillin and the venom of bees, wasps and hornets, the sensitivity can lead to shock and a medical emergency.

If you suspect an allergy - loss of hearing, hyperactivity,

or loss of appetite may be symptoms - see your doctor and have him or her identify the cause.

Many medications are available for treatment and should only be taken as prescribed. This is particularly true of inhalants. Use nasal sprays, for example, with caution even if they seem to give immediate relief. Used too often, they can cause damage to tissues and increase swelling.

Your pharmacist will be glad to answer any questions you may have about medication your doctor prescribes for an allergy.

CANADA'S AIR FORCE TODAY

By Larry Milberry



Here is the most splendid aviation book yet published in Canada. *Canada's Air Force Today* is the natural follow-on to *Sixty Years, CANAV's* internationally acclaimed 60th anniversary illustrated history of the RCAF and Air Command. The new book is a detailed look at today's Air Force in all its various tasks, aircraft, personnel and bases.

To complete this project, Milberry visited AIR-COM bases and met with hundreds of serving personnel. He flew in most aircraft types and took thousands of photos. The end result is a book to delight anyone in today's Air Force and all who follow the Canadian aviation scene.

Canada's Air Force Today begins with a Foreword by the Commander, Air Command, then launches into a comprehensive text describing military aviation in Canada, group by group. Then follows the book's *raison d'être*—the most spectacular gallery of colour photos ever seen in a Canadian aviation publication. There are over 300 photos in

full colour, taken by a wide variety of expert photographers, both CF and civilian. Every aircraft type is represented, from Musketeer, Hercules and Chinook to Aurora and CF-18. Of the latter, there are 50 photos alone! As well there is a focus on Air Force personnel at work on exercises and on bases from Comox to Baden.

• Appendices, map, index. 152 pages, 9 1/4 x 12 inches, hardcover.

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AROUND THE BASE

Changing Lifestyles

DRINKING PATTERNS SHIFT IN CANADA

A recent study from Statistics Canada indicates that there have been some important shifts in the patterns of alcohol consumption in Canada.

Statistics Canada's General Social Survey, taken in the fall of 1985, indicates that two out of every three adult Canadians* are "current drinkers" - that is, they drink an alcoholic beverage at least once per month.

Almost half of the adult population drinks at least once per week while one in five consumes a minimum of seven drinks per week. A further 18 percent describe themselves as "occasional drinkers***" while 19 percent never drink or are former drinkers.

Between the late 1970s and 1985, the percentage of current drinkers remained about the same in Canada. However, there was a widespread shift towards more moderate

drinking - a trend reflected for both sexes and among all age groups. The trend was most significant among heavier drinkers, those consuming 14 or more drinks per week. For example, the percentage of males aged 20-24 who were heavy drinkers in 1985 stood at half the level of this age group in the late 1970s.

Today, Canadian males are much more likely to drink regularly than females, and tend to be heavier drinkers as well. About 75 percent of adult males are current drinkers compared to just over half of adult women. While 28 percent of men consumed at least seven drinks per week and 13 percent averaged two drinks per day or more, the comparable figures for women were only nine percent and three percent respectively.

The highest incidence of regular drinking appears in the 20-24 age group for both men

and women. In this group, 86 percent of men and 64 percent of women are regular drinkers. However, the percentage of current drinkers declines with age: only 56 percent of elderly men and 31 percent of elderly women are current drinkers.

The Statistics Canada study also reveals some new insights on under-age drinking. Although individuals in the 15-19 age group cannot legally purchase alcohol or consume it outside of the home in most parts of the country, drinking is quite widespread among this group. In fact, 57 percent of males in this age group and 44 percent of females are current drinkers. Among the males, an estimated seven percent consumes at least two drinks per day on average!

The consumption of alcohol tends to rise with education in Canada. Three out of four Canadians with at least some post-secondary education are

current drinkers compared to just half of those with some secondary education or less. These relationships tend to hold up for both men and women, and across all age groups.

A variety of reasons have been put forward to explain the moderation of drinking habits in Canada. These include social pressures, economic restraint,

and lifestyle and health concerns. All of these factors probably play some part in the overall trend, and Statistics Canada will continue to monitor and report on the changing use of alcohol in Canada.

* Those aged 15 and over.

** Less than one drink per month.

Officers Mess

WEDNESDAYS NOVEMBER 4, 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 NOVEMBER 6, 13, 20, 27

REGULAR TGIFs Hot food will be served 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS NOVEMBER 11, 25

OW BRIDGE CLUB

SATURDAY NOVEMBER 21

MEDIAVAL NIGHT

1930 - The Court Assembles

2000 - Grand Entrance of Head Table for Dinner

MENU

Meat Loaf

Cornish Hens

Roast Suckling Pig

Fruit & Bread

COSTUMES - MANDATORY

Bring your own goblet and trusty eating knife. Reservations are limited to 120 people so reserve now. Deadline 16 Nov 87.

Cost per couple: Members \$20

Limited Associates & Guests \$30

NOTE: This is not a Mess dinner and all efforts will be made to make the evening as authentic as possible.

SUNDAY NOVEMBER 29

GREY CUP SUNDAY Featuring:

*Pre-game Mud Bowl (Time TBA)

*Two screens set up for game

*Food & Refreshments

TUESDAY DECEMBER 1

MIXED MESS CHRISTMAS DECORATING PARTY & DANCE

Meet at the Mess at 1800 hrs for decorating armed with staplers, etc. Chicken and chips will be served at 1930 hrs followed by a dance to DJ.

WEDNESDAYS DECEMBER 2, 9, 16

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

WEDNESDAY DECEMBER 2

STAFF LIVING IN PARTY

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide.

NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function.

DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.

USED CAR CENTER

2200 CLIFFE AVE ACROSS FROM THUNDERBIRD

PREMIUM USED VEHICLES REASONABLE PRICES. MOST VEHICLES HAVE 101 SAFETY AND MECHANICAL INSPECTION. GMAC AND BANK FINANCING AVAILABLE O.A.C.

CARS

1986	HONDA PRELUDE	
1986	HYUNDAI STELLAR	GSL
1984	CAPRICE	2 DOOR
1984	FORD	4 DOOR
1984	CIERA	4 DOOR
1984	CHEVETTE	4 DOOR
1984	OMEGA	4 DOOR
1980	FAIRMONT	2 DR Z7
1980	DODGE ASPEN	4 DOOR
1979	CARAVELLE	4 DOOR
1979	ASPEN	4 DOOR
1974	CAPRICE	4 DOOR
1973	FIAT	CONVERTIBLE

TRUCKS

1987	FORD	7 PASS AEROSTAR VAN
1986	FORD	F250 4 X 4
1985	GMC	1/2 TON PICKUP
1985	CHEV	3/4 TON 4 X 4
1985	CHEV	1/2 TON
1984	DODGE	7 PASS CARAVAN
1984	CHEV	1/2 TON 4 X 4
1976	CHEV	SUBURBAN 4 X 4

BRIAN McLEAN

CHEVROLET - OLDSMOBILE LTD.

2200 CLIFFE AVE., COURTENAY
Dealer No. 8379A (FORMERLY SEALE & THOMSON)

334-3900

Canadian Forces Update

Maple Flag XX is History

CANADIAN FORCES BASE COLD LAKE, ALBERTA -- Exercise Maple Flag XX is now history. So too is the ten-year history of twice-a-year, four-week exercises on the Cold Lake Air Weapons Range. Beginning next year, there will only be one six-week session beginning at the end of April and lasting until mid-June. This will allow Cold Lake to better use its resources in training and housing two Canadian-based operational CF-18 squadrons, in addition to carrying out its many other training missions.

For this final Maple Flag under the old rules, the CFB Cold Lake staff was joined by 73 United States military augmentees who helped look after the more than 1,087 American participants. The augmentees served in such diverse base units as the military police, food services and intelligence sections -- among others.

Staff Sergeant Heidi Peters, a U.S. Air Force security policewoman from Nellis Air Force Base's 554 Security Police Squadron, led the nine-person USAF security police contingent to Maple Flag. One of her first tasks was to get orientated to the ground. Master Corporal Brian

Weatherbee, second-in-command of Cold Lake's military police security operations section, briefed her on the base's defences and general layout.

"We come up here primarily to guard our own aircraft and to look after our own people but we also come up to learn from our Canadian counterparts," SSgt Peters says.

One of the biggest differences that the Americans found was the multiplicity of incident reports in the Canadian system. "We only have one form for reporting all types of incidents," Peters says. "Having a separate form for each type of incident really simplifies reporting."

The other major difference between the Canadian and American systems is the fact that Canadian patrolmen follow through on many investigations rather than turning them over to specialized investigators.

While the American policemen and women were busy finding their way around the base other American augmentees were discovering some of the differences between Canadian and American cooking. Nineteen American cooks worked in Cold Lake's

various kitchens. "They were pretty good workers," says Warrant Officer Merrill Kealey, the Canadian cook in charge of Cold Lake's kitchens. "The big difference between cooking up here and in the States is that they had to learn to start a lot of meals from scratch up here whereas down there they often start a lot of things from a can."

Technical Sergeant Freddy Brown, of Myrtle Beach Air Force Base in South Carolina and the senior American cook or food service supervisor, agreed. "Many of our meals really do start from pre-cooked items in a can. We have had to go back to the beginning here, from peeling the potatoes to making our own gravies," he laughed. "It made for a lot of work but it was a tremendous learning opportunity for our younger cooks."

But important as these logistical and support troop lessons actually are -- for without logistical and administrative support flyers and aircraft would soon cease to fly -- Maple Flag is first and foremost an operational flying exercise. According to the exercise's Canadian director, Maj Rick Martin, an 18-year

veteran fighter pilot, there are lots of operational benefits in each Maple Flag. "It's not only excellent training but it's also an extremely important part of our force readiness," he says. "Maple Flag is the largest, most comprehensive air exercise in Canada. Canadian fighter pilots, Hercules pilots, air weapons controllers, intelligence staffs and others have an opportunity to work with other Allied forces, operate with state-of-the-art equipment, fly against realistic surface-to-air and air-to-air missile threats and opportunities to command, control and plan large-scale offensive and defensive forces. We stress self-discipline, leadership, tactics and initiative in our missions."

Maj Martin says that Maple Flag trains fighter pilots and other aircrew to survive those first ten combat missions which cost the United States ninety percent of all losses in the Vietnam War. Canadian flyers exchange and observe tactics, concepts, techniques and operating procedures from which ideas are gained which enhance Canada's defences.

Bears Intercepted

NORTH BAY, ONT. -- Four Soviet military aircraft were intercepted and identified by Canadian and U.S. jet fighters off the east coast of Canada recently.

According to NORAD, the aircraft were detected by radar when they entered the Canadian Air Defence Identification Zone without notification.

Two F-4 fighter interceptors of the U.S. Air Force Air National Guard from Loring, Maine and two Canadian Forces CF-18 fighter interceptors from 425 Sqn, Bagotville, Que., were scrambled. The pilots identified the Soviet planes as TU-95 Bear "D" and Bear "F" which are long range aircraft used for electronic reconnaissance and anti-submarine warfare respectively.

The Soviet aircraft remained over international waters and at no time did they penetrate Canadian airspace, according to NORAD. Their closest approach to land was approximately 190 kilometres



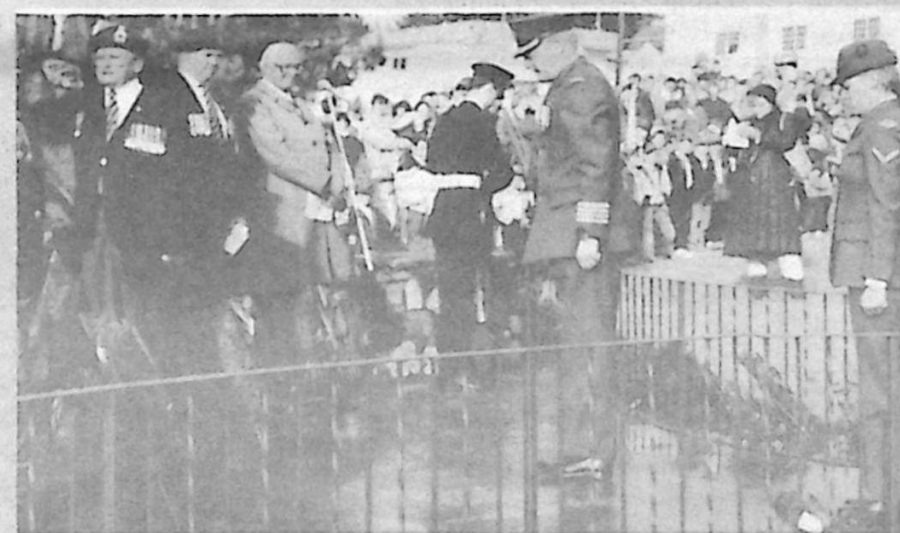
from any Canadian land mass. This incident marks the 11th time this year that military aircraft of the USSR have been intercepted, identified, and tracked off Canadian shores by fighter interceptors under operational control of NORAD.

Air defence fighter interceptor aircraft, which stand on 24-hour alert, are ready to be scrambled within minutes if an incoming aircraft is detected by radar and cannot be correlated with a flight plan. The fighter interceptor force carries out the NORAD task of controlling access to sovereign airspace of Canada and the U.S. in peacetime and would provide defence against an attack from bombers and cruise missiles in the event of hostilities.

WE REMEMBERED



LCol Jay lays wreath in Cumberland.



Col Gibbon lays wreath in Comox.



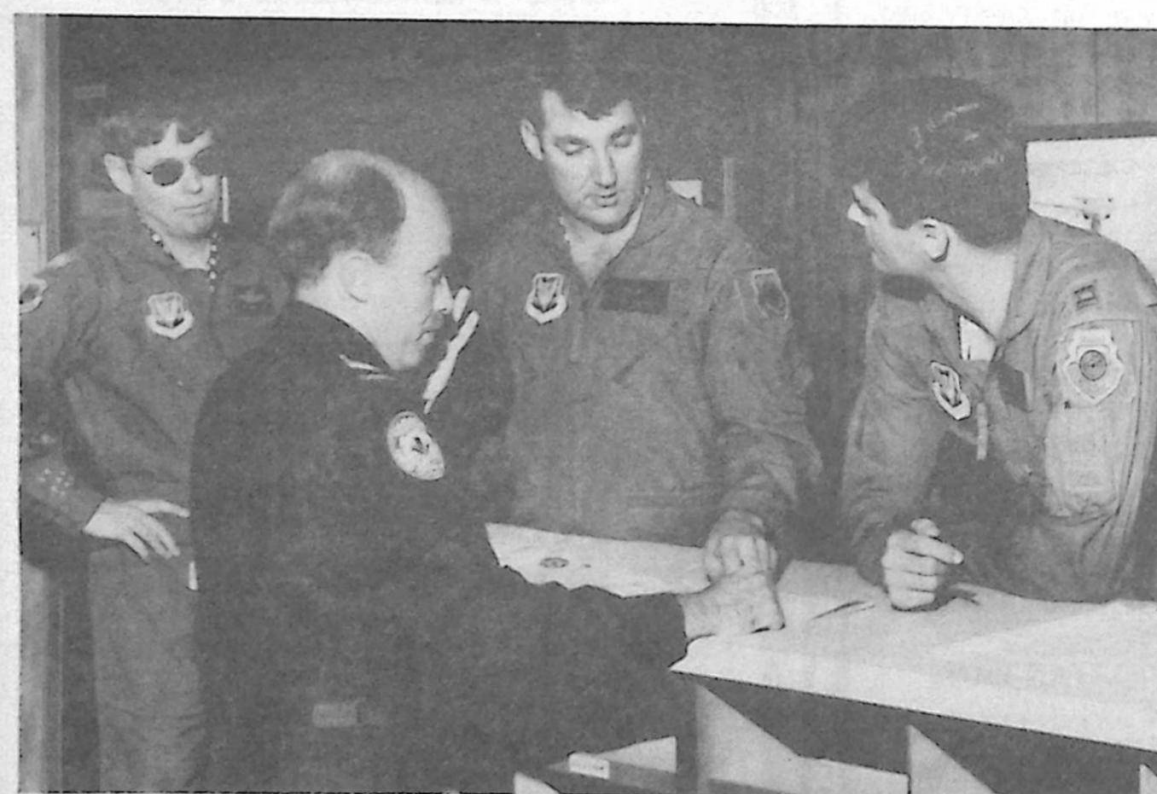
Piper stands lonely vigil in Courtenay.



The skirl of the pipes in Comox.



LCol Sutherland leads the troops in Courtenay.



Exercise Maple Flag is first and foremost an aerial combat exercise designed to give pilots the experience needed to survive their first ten combat missions, according to Maj Rick Martin, foreground. A Canadian Forces fighter pilot and CFB Cold Lake's range officer and Maple Flag director, it was up to Maj Martin and fellow "warlords" Capt Tom Hyde, right and Maj John Martin, second from right, to keep the scenario and exercise "play" as realistic and operational as possible. Planning for the operation...Canada's largest air exercise...is a year-round affair but really heats up when the guest aircrew and aircraft begin flying. Maj Martin (USAF) and Capt Hyde use the expertise gained as members of the Red Flag directing staff to keep Maple Flag as useful as possible. Red Flag is the American version of aerial combat training and occurs at Nellis Air Force Base Nevada. According to Capt Hyde one of the big pluses in coming to Cold Lake is the fact that "flying over the trees and water of the land up here more closely approximates the potential battlefield of central Europe than does the Nevada desert." (C.F. photo by Sgt Beau Loeffler).

AROUND THE BASE



Origins of the Species

John Bradley

No. 11 (Bomber Reconnaissance) Squadron was formed at RCAF Station Rockcliffe on 3 Oct 1939 under S/L A. Lewis who actually joined the unit on 4 Nov. The unit was formed primarily to provide anti-submarine patrols on Canada's East Coast. To carry out this task the unit was initially equipped with the Lockheed Hudsons Mk.I twin engined bomber.

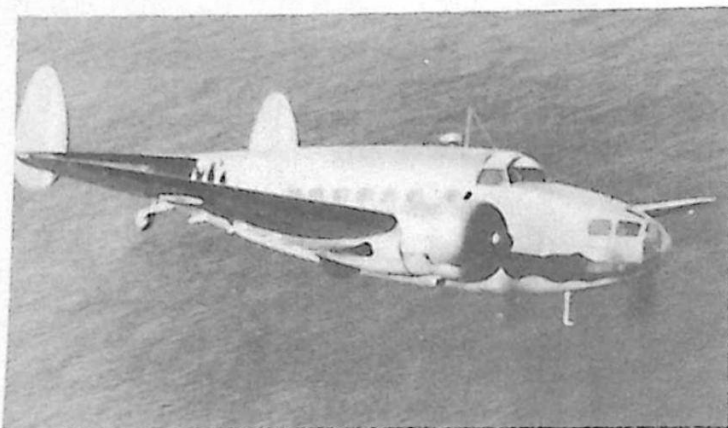
11 (BR) Squadron remained in the Ottawa area under the control of No. 3 Training Command while at Rockcliffe and after they moved to their new station at Uplands between 21 Oct and 2 Nov 1939. After their short training period they were hurriedly transferred to their first operational station at Dartmouth, Nova Scotia, where they came under control of Eastern Air Command as of 3 Nov.

The squadron was quickly put to work as they carried out their first operational mission on 10 Nov. On that date the

Commanding Officer, S/L Lewis and crew, departed Dartmouth in Hudson 761 on a Navy cooperation flight. They were used on height finding and sighting practice for the anti-aircraft guns onboard HMS Repulse and Furious, as well as the shore batteries around Halifax.

The squadron flew their anti-submarine and harbour patrols fulfilling a boring but extremely essential duty. By 26 Nov 1941, two aircraft being detached to Mont-Joli, Quebec between 12 May and 11 June 1942. At about this same time the unit started to turn in their ageing MK. I Hudsons for the newer and more powerful Mk. IIIs. From the date of their formation all unit aircraft carried the OY fuselage code but in 1942 all aircraft would carry the new KL code.

During July 1943, No. 11 (BR) Squadron became the second RCAF squadron to be equipped with the Consolidated Liberator four engined heavy bomber. This did however, cause its own



Lockheed Hudson Mk. I 785-OY-U of 11 (BR) Sqn on patrol just outside of Halifax Harbour, Spring 1940. (DND).

unique set of problems as each aircraft required a crew that was more than twice the size of the four man complement on the Hudsons. To help overcome this manpower deficiency all ground and aircrew personnel from No. 119 (BR) Squadron were sent to bolster ranks of 11 (BR) Squadron instead of being dispersed to a number of other units as was originally intended.

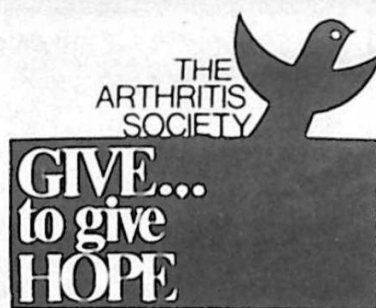
The entire unit moved to Torbay on 26 Oct 1943 where they remained until 17 June 1944. On this date they returned

to Dartmouth where they remained until 23 May 1945. With the end of the war in Europe, 11 (BR) Squadron was transferred to Western Air Command and flew out of Patricia Bay, B.C. from 31 May until they disbanded on 15 Sept 1945.

The last operational mission was flown by F/O D.I. Craig and crew who departed Patricia Bay on 11 Aug in Liberator 3715 "H" on an anti-submarine patrol. This was not their last mission as they flew at least 23 additional

meteorological sorties prior to their disbandment.

During its long wartime service the unit became known as "The Joe Squadron" and had flown a total of 38,765 hours of operational and non-operational flying hours. While the unit did not claim any enemy submarines sunk, they did carry out attacks on 8 different U-boats. The losses to the unit included 4 aircraft and 12 aircrew missing on operations and 13 aircraft, 25 aircrew and 7 passengers killed on training flights. Individual awards included 8 DFCs, 1 AFC, 1 DFM, and 6 Mentioned in Despatches. Unfortunately the unit was disbanded before they could be awarded the two Battle Honours that they had earned. These Honours were Atlantic 1939-1945 and Pacific Coast 1941 - 1945.



Golf Talk

GLACIER GREENS NOTEBOOK

...Sunday golf has been under way for the past two weekends with good turnouts. Please sign up before 0930 for tee off at 10:00 am precisely.

...Men's challenge match play will begin on 21 Nov 87 and end on Sat 26 Mar 88. A maximum of 20 teams must be signed up before 1200 hrs on 20 Nov 87. Details are available at the Pro Shop.

...If you thought Wally Berger has gotten taller lately you're wrong. It's just that his wallet is much lighter since getting a "hole in one" on No. 7 two weeks ago. Congratulations Wally, keep those bar sales climbing.



Ladies and Gentlemen,
Come and Take A Stroll Down Lovers Lane

The Gourmet By The Sea and Lovers Lane Boutique

Cordially invite you to...

Some Enchanted Evening

A Night of Elegant Lingerie and Fine Dining

2 Dinner - Tuesday - December 1 and
Shows - Wednesday - December 2

Luxurious Christmas Lingerie from Lovers Lane Boutique.

Exquisite Handcrafted Jewellery by Tyee Jewellers.

Tabulous Hair Design by New Image Coiffures.

Proceeds are being donated to "Our Place" for the mentally handicapped...
In the Spirit of Christmas

Cocktails at 6:00 p.m. - Dinner at 7:00 p.m.

Advance or Reserve Tickets Only By Nov. 24 at \$25.00 each

Tickets available at
Lovers Lane Boutique

The Gourmet By The Sea

New Image Coiffures

Anna's Coiffures in Courtenay



Legion Log

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Nov 20 & 21
Fri & Sat Nov 27 & 28
Sun Nov 29

Music by ALLEYCATS
Music by WESTWIND
GREY CUP PARTY
Hot dogs and clam chowder (FREE)

Fri & Sat Dec 4 & 5
Sun Dec 6
Thu Dec 31

Music by BRANDY
FUNDART TOURNAMENT
NEW YEARS EVE DANCE
Reserved Seating

\$15 per person - Buffet Supper - Free Corsages

REGULAR ACTIVITIES

BINGOS - Mon, Thur, Fri, Sun at 7 p.m.

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Fun Euchre

Pub Darts

League Darts

Fun Darts

TGIF & Money Draw at 6:30

Fun Bridge at 12:30

Something doing every Sun afternoon

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.

NEW SUNDAY HOURS...11 a.m. to 7 p.m.

(reduced prices 11 - 4)

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

BRANCH 160 - COMOX

ENTERTAINMENT

Nov 20 - 21
Nov 27 - 28
Dec 4-5
Dec 11
Dec 12
Dec 18-19
Dec 25
Dec 26
Dec 31

Music by COUNTRYMEN
Music by MILLERTIME
Music by WESTWIND
Music by ALLEYCATS
Music by EDWIN GRIEVES TRIO
Music by COUNTRYMEN
CLOSED. XMAS DAY
To be advised
NEW YEARS EVE BALL
(See special events)

REGULAR ACTIVITIES

MONDAYS

L.A. Drop-In Bingo - 7:30 pm

Men's Dart League - Navy Room - 7:30 pm

Mixed Dart League - Upper Hall - 8:00 pm

TUESDAYS

WEDNESDAYS

NAVY LEAGUE DROP-IN BINGO - Upper Hall - 7:00 pm.

CRIB LEAGUE - At home or away.

THURSDAYS

1st Branch Executive Meeting - 8:30 p.m.

L.A. Executive Meeting as required.

2nd L.A. General Meeting, Upper Hall, 8 p.m.

3rd Branch General Meeting, Upper Hall, 8 p.m.

FRIDAYS

Meat Draws: 2 - 6 p.m. Dance (Normally downstairs unless advised)

SATURDAYS

Meat Draws: 2 - 6 p.m. Dance, (Normally downstairs unless advised)

SUNDAYS

New Hours: 11 a.m. to 6 p.m.

THUR. DEC. 31

NEW YEARS EVE BALL. Dinner - Upper Hall 9 p.m. Admission: Couple \$35, Single \$17.50. Including: Dance to WESTWIND IN THE Lounge. Guests allowed. Novelties provided. (Tickets to Ball including dinner available at Bar or Office Nov 16).

FRI. JAN. 1/88

NEW YEARS LEVEE. Branch Members & Guests (Guests identified as husbands or wives and include Invitees). Dress - Legion Dress or Suit and Tie. 1:00 p.m.; Dance to Band. (No charge admission).

AROUND THE BASE



Don't Put Yourself Down

DON'T PUT YOURSELF DOWN

How many times today have you become irritated and upset by some little matter? An unkind word? A splinter in your finger? A bureau drawer left open? A dirty bathtub? Toast crumbs in the butter? Hair left in the comb? Being ignored?

Depending upon the mood we are in and our frame of mind, one "little" thing can make or break us for the whole day. So often we fail to realize the importance of small things in our daily lives. It is easy to dismiss the small matter and feel that it was not very important, especially if we have been the giver of such things. We should never judge merely by size.

Nature itself bears out this truth. We are told that a certain flea can leap 200 times its length. A man would have to jump 1200 feet to equal this distance, in comparison to the size.

The housefly takes 440 steps in order to travel a distance of just three inches, and it does it in one half of a second...corresponding to a man running 20 miles in a minute.

An ant lifts a load many, many times its own weight; a man would have to lift a diesel locomotive and carry it on his back to compare with that same achievement.

Turnip seeds, under good conditions, increase their weight 15 times in one minute, and in rich soil, turnip seeds may increase their weight 15,000 times a day.

No wonder we would say as the Psalmist did in the Bible (Psalm 104:1,24), ".....O Lord, my God, Thou art very great.....O Lord, how manifold are Thy works...."

Yet, how often, we put ourselves down; we feel unimportant. We fail to see that we are special to God. To Him, indeed, we are "great people." Our greatness is not measured by our outstanding achievements or "super-abundant" knowledge, which we may acquire. God measures our greatness in other ways.

An unknown author asked, "When is a man great?" And then he went on to answer his own question. He said: "A man is as great as the dreams he dreams, As great as the love he bears, As great as the values he redeems, And the happiness he shares."

A man is as great as the fountain
At which his spirit drinks and the insight he has gained.

A man is as great as the truth he speaks,
As great as the help he gives,
As great as the destiny he seeks,
As great as the life he lives."

Someone has said "No man is small who does a small job in a great way."

We can all do "small" things but at the same time, they can affect other people in a big way. What are some "small" things we all appreciate? A simple thank you to someone who has helped us? A kind word? A genuine "how are you" to some elderly person? A telephone call to a shut-in? A warm smile? A letter which says "I'm thinking about you today"? A plate of cookies? A special prayer on your behalf?

These are all small things but we appreciate them and others do as well. Let's be big enough and small enough to do some "small" things today but let's remember that they will have "Big" results.

Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services

YOGA

The Easy Stretch

Before heading out onto your most familiar running route, you pause briefly to dip into the classic hamstring stretch: bending forward at the hips, reaching for the ankles. It's almost a religion for you. And with a bit of refinement, it could be yoga - specifically, padangushthasana.

By incorporating yoga into your daily regimen - which will be as easy as converting your hamstring stretch into padangushthasana (we'll tell you how in a moment) - you'll substantially increase your flexibility. Proponents also claim to enjoy greater lung capacity and relief from stress.

"It's an excellent way to improve flexibility," says Rob Sleamaker, exercise physiologist.

Sleamaker recommends yoga for those runners who dislike stretching or need to pay more

attention to their recovery needs. "Yoga can elicit a relaxing response, which is helpful for runners who don't put enough effort into restoration," he says.

Unlike aerobic exercise, yoga is practiced slowly and meditatively, with deep, rhythmic abdominal breathing. Each asana, or posture, is performed in three distinct stages: coming into the posture; holding it; and coming out of it. Breathing, too, follows that pattern: inhale, hold, exhale.

Before you try this posture be aware that padangushthasana is yoga, which is not recommended for runners with back pain or chronic flexibility problems. PADANGUSHTHASANA (toe touch)

Stand with your legs about 1 foot apart. Bend forward from your hips until your back is

parallel to the floor. Keeping your knees locked, extend your spine by flattening your back and stretching out your arms as far from your hips as possible.

Bend down farther and grasp your big toes between your thumbs and first two fingers. If you can't reach your toes, don't push. Reach far enough to achieve a good stretch without causing pain. Over time, your range of motion will increase. Hold this position for 20 seconds, breathing normally.

Inhale deeply. Relax your grip on your toes and slowly stand up.

To learn more about yoga, find a book at the library or sign up for a class at your local YMCA. Either way, you'll discover that many asanas require only a subtle fine-tuning of stretches you're already doing.

SECTION NEWS



From The Fire Chief's Office

In the next few months the CFB Comox Fire Department will be holding visitations in many PMQs. The fire fighters will discuss fire safety in the home and what to do in the event of a fire. In order to prepare for your visitation, please review the checklist below for potential hazards.

PMQ FIRE HAZARD CHECK LIST

- | | | |
|--|-----|----|
| 1. Is electrical panel accessible and unobstructed? | Yes | No |
| 2. Are there any electrical hazards? | Yes | No |
| 3. Is 18" clearance maintained around furnace and oil tank? | Yes | No |
| 4. Are there any heating hazards? | Yes | No |
| 5. Are combustible materials stored safely?
(Not under stairs or blocking exits, etc.) | Yes | No |
| 6. Is there an accumulation of trash or rubbish? | Yes | No |
| 7. Is there a bedroom located in the basement? | Yes | No |
| 8. What is the construction of partitions in the basement?
a. Gypoc?.....b. Wallboard?.....c. Cardboard?.....d. Other?..... | | |
| 9. What is the quantity of flammable liquids stored in basement or storage shed
TypesLitres..... | | |
| 10. Are flammable liquids stored in approved safety cans? | Yes | No |
| 11. Are curtains or other combustible materials close enough to stove to cause a fire? | Yes | No |
| 12. Check smoke detector for location and test for operation. | | |
| 13. Do windows in bedrooms open easily? | Yes | No |
| 14. Does the occupant have fire insurance? | Yes | No |
| 15. Storage shed location (distance from MQ)Metres | | |
- CFB COMOX FIRE DEPARTMENT EMERGENCY PHONE NUMBERS:
FIRE EMERGENCY (ON BASE) LOCAL 8333
FIRE EMERGENCY (OFF BASE) 339-3333

JR LADIES CLUB

Success! Yes! The J.R.'s Ladies Club Fashion Show went off with a huge success! The 28th of October was a pleasure for both members, models, and guests!

The Fashion Show started at 7:30 but the models were there 1 hour prior to the show for touch-ups (by Makario's) and last minute tips.

The clothes were modelled with style and this year's fashions from Reitmans, Jasmynes, and Village Square Jewellery, were enjoyed by all.

Lingerie to winter coats were modelled.

The next J.R.'s Ladies Club meeting will be Nov. 19 at 7:30 pm at the J.R.'s Lounge. All J.R. ladies invited to attend the next meeting. Will include a "Hobby & Crafts Night" and later in the evening the crafts will be auctioned off. Discussion of the upcoming pot luck dinner party will also be discussed.

The club would like to take this time to thank all the people who helped. Especially the girls



from Reitmans, Jasmynes and Makarios. Also we would like to thank Dave Biskey for MCing the evening and for helping to give out the many door prizes.

Thanks to Gloria Koss, Danielle McGrath and Sue Englund for their persistence and energy and last but not least thanks to everyone who helped and came out to enjoy the evening.



A bevy of beauties model the Reitman line at the recent Jr. Ranks Ladies Club Fashion Show.

Family Support Centre

Some of you may already be aware that an effort is being made to establish a Family Support Centre at CFB Comox. There are a number of Bases within the CF where these centres exist and are operating with and without official funding. Although an attempt is being made to obtain Government grants for the development of this Centre we must rely heavily on our military personnel and their families to volunteer time and expertise towards its establishment. If you are interested in giving of your time or talents please call Jill Sutherland at 339-3668 or send a letter to the BPSC, CFB Comox, Lazo, B.C., VOR 2K0, Attn. Jill Sutherland.

Last week, a questionnaire was sent to all Base personnel, military and civilian, which will assist with the development of a Centre best suited to the needs of our Base. If you did not receive a questionnaire please take the time to complete the one in this paper. All questionnaires should be returned to the BPSC as soon as possible.

To develop a worthwhile program on the Base it is essential to substantiate the need with your responses. These will be given as statistical data in a presentation to NDHQ personnel at the end of November.

Jill Sutherland
Family Support Centre

QUESTIONNAIRE

All questions asked pertain to military personnel and their families or civilian personnel working on the Base and their families.

1. Have you or someone you know needed assistance with either financial or emotional problems in the past two years?
2. Have you ever used a community centre to seek information about the community near the Base on which you lived?
3. Have you or someone you know ever needed a babysitter (for reasons other than personal enjoyment) for work or emergencies and had no success obtaining one?
4. Would you use a day care centre if one was provided on Base at a cost equivalent to the local community day care facilities?
5. Have you or someone you know ever been physically abused within the past two years?
6. Would you use any of the following services provided by the Family Service Centre on Base:
 - a. general information service;
 - b. practical problem solving service (i.e. financial, transportation, medical when you spouse is away); or
 - c. the referral service (used for personal emotional problems to refer distressed individuals to the appropriate agencies or facilities)?
7. Have you or a member of your family had to travel for compassionate reasons within the past two years?
8. Have you or a family member had to seek legal advice for any reason in the past year?
9. Have you or someone you know in the military been separated, divorced or had alimony problems in the past year?
10. Do you know of anyone in the military who has been sexually abused?
11. Have you had reason or desire in your military life to require temporary lodging for emergency reasons; i.e. fire, flood, marital problems, etc.?
- 12.

a. Would you like to see a Family Service Centre on the Base to provide basic information about the Comox Valley, the military community and its activities?

b. Would you be willing to support such an environment by giving a little of your time, i.e. 4 hrs a week to day care, the facility office or phoning, etc?

13. Would you like to have seminars on drug abuse awareness, child abuse crises intervention, and sexual abuse?

14. Are you aware of all the family recreational, financial and support services available on the Base and in the surrounding community?

Thank you for taking the time to answer these questions, it will provide the necessary groundwork to establish this service.

HOME & FAMILY

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)
BASE CHAPLAIN (RC) - Maj J.G.A. Veilleux
CHAPEL - Our Lady of the Sacred Heart (on Base).
OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8274.

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. Mary-Anne Stagg, Telephone 338-6214.

CATECHISM CLASSES - September - May in the PMQ School at 1830 hrs, every Wednesday. Religious Education Coordinator: Mrs. Fred Chiasson, Telephone 339-6488.

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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

OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8273.

SUNDAY WORSHIP - Each Sunday - 1100 hours.
HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - 0945 - 1045 hrs, pre-school at 1100 hrs. For further information contact Superintendent Mrs. Pam Hart, Telephone 339-4133.

JUNIOR CHOIR - Practices 1530 hrs. - Thursdays at the Chapel. (Start in September)

SENIOR CHOIR - Practices 1830 hrs. - Tuesdays at 612 Pritchard Rd., Comox.

CHAPEL GUILD - First Thursday of every month at 2000 hrs in the Chapel Annex. President: J.N., Telephone: Margaret Campbell 338-1084

About The House with Lorry



Once again the holiday season is nearly upon us and with that it seems that the baking marathon begins at my house and many others. This column is dedicated to my good friend Doreen Blouin because this is finally the recipe for CHOCOLATE ROLL that she likes so much. (Doreen is going to have a baby any second now, I hope this article finds mother and baby doing well).

I also have to make an appeal this time. It seems that the Wallace Garden Community Association is having a Christmas Bazaar on the 28 Nov 87 at Airport School. They are in great need of sweets to serve with the tea at the Bazaar and small articles from about the house to place on the Children's table. If you can help out with anything it would be greatly appreciated. The ladies to call are Mrs. Kim Rochester 339-7214 or Mrs. Joanne Zotek 339-7725.

METHOD
Mix everything together and roll into log the same as for the Chocolate Roll. Chill, cut and serve.

CHOCOLATE CONFETTI
1/4 C butter
1/2 C peanut butter
1 C semisweet chocolate chips
8 oz bag minimarshmallows

METHOD
Melt butter in either microwave over on saucepan. Add chocolate chips to butter and stir. While still warm, not hot stir in marshies until they are well coated. Pack in a 9 x 9 pan and chill. Refrigerate until set then slice into the desired size of square.

WE HAVE STUPENDOUS REDUCTIONS ON ALL OUR NEW 1987 CARS AND TRUCKS LEFT IN STOCK.



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1080 Island Highway
Campbell River

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Watch Repairs - Jewellery Repairs
Custom Work - Alterations

10% Discount for servicemen

GLACIER GREEN GOLF CLUB NEW YEARS EVE PARTY

We must know by 30 Nov 87 how many will attend. Therefore -

1. Interested persons must sign up and submit \$5/person deposit. (not returnable).
2. If cancelled, we will return your deposit.
3. Decision date will be 4 Dec 87.

CATERING - Old House
MUSIC - Wayne Mobile
COST -

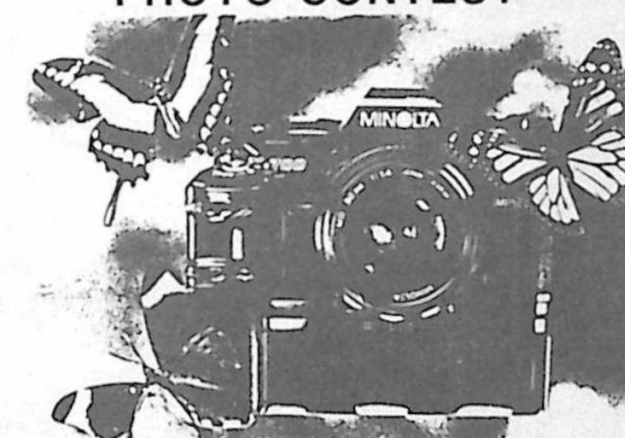
Members \$15 each

Non Members \$20 each

Party Favorites supplied

Contact: M. Campbell
339-2488

DUST OFF YOUR CAMERAS AND ENTER CFB COMOX 2ND ANNUAL "PHOTO CONTEST"



CONTEST IS OPEN TO ALL MILITARY, DND EMPLOYEES & DEPENDANTS
CATEGORIES

- 1) COLOR OR BLACK & WHITE PRINTS - (OPEN)
- 2) COLOR OR BLACK & WHITE PRINTS - (PEOPLE IN ACTION)
- 3) FAVOURITE SNAPSHOT

CONTEST RULES

- PRINTS MAY BE ANY SIZE
- PRINTS MAY BE MOUNTED (NOT FRAMED)
- ALL ENTRIES MUST BE IDENTIFIED WITH: 1) NAME 2) PHONE NUMBER 3) CATEGORY
- LIMIT 3 ENTRIES PER CATEGORY
- PRINTS WILL BE ON DISPLAY AT THE ALCAN LOUNGE FROM THE 7 TO 11 DEC 87

JUDGING TO TAKE PLACE ON THE 11 DEC 87

DROP OFF POINTS - BASE PHOTO - REC CENTRE

FOR MORE INFO CONTACT
MCPL ATTILIO SARTORI 8295
WO AL BRAZEAU 8542

ENTRY "FREE" - PRIZES AWARDED TO WINNERS
SPECIAL BONUS TO ALL MILITARY PARTICIPANTS ONLY - A DRAW FOR AN AERIAL PHOTOGRAPHY SESSION COURTESY OF 442 SQN (LAB A C)

CHOCOLATE ROLL

1C semisweet chocolate chips
2 T butter
1 egg, lightly beaten
1 C icing sugar
2 1/2 C small coloured marshmallows
1/2 C maraschino cherries, quartered
1/2 C walnuts or raisins (or 1/4 C each)
coconut to coat (1/2 to 3/4 C)

METHOD

Melt the chocolate chips and butter over the stove or in the microwave and stir in all the other ingredients. On a large piece of plastic wrap or tin foil sprinkle the coconut; roll the mixture above into a log shape and roll in the coconut. When chilled slice thinly and serve. This freezes very well.

CHOCOLATE T.V. ROLL

1 egg, lightly beaten
1 C icing sugar
1/2 C graham cracker crumbs
1/2 C cocoa
2 T butter, melted
2 1/2 C coloured marshmallows
1/2 C maraschino cherries
(or 1/2 C walnuts or 1/4 C each)

Coconut about the same as for Chocolate Roll

AROUND THE PROVINCE

Does self-serve cost more?

THE BCAA

Self-serve gasoline can cost more - if it leads to maintenance neglect.

While it's true that pumping your own gas can save money, too many self-serve motorists forget the under-the-hood routine checks that service station attendants perform. Those checks spot problems before they become problems and can prevent breakdown and costly engine repairs.

BCAA suggests that self-serve motorists adopt one of two strategies. Once a month, take the car to a full service pump and have the attendant check it thoroughly. Or, alternately, develop the habit of performing the checks yourself on a monthly basis.

Either way, once a month every vehicle, regardless of age or mileage, should be checked. BCAA recommends an inspection that covers the following 10-point check list.

1. Check the engine oil (with the car level if you're doing it yourself). If oil is at or below the low mark, add a litre.
2. Check battery level. If the level is not visibly up to the rings in each chamber, add distilled water. Make sure terminal connections are clean and tight.
3. Check hoses and belts for proper tension and wear.
4. Check transmission, brake and power steering fluid levels.
5. Check the wiper blades and the level of windshield washer reservoir.
6. Check the coolant level in the radiator, adding a 50-50 mixture of water and antifreeze if it's too low.
7. Check tires for proper pressure, cuts, bruises and uneven tread wear.
8. Check all lights and flashers are working.
9. Check for fluid leaks from radiator, engine pan, valve cover, oil filter, clutch housing, transmission, brakes, rear axle, gas tank, shock absorbers, fuel

pump and lines, steering box, and exhaust system.

10. Consult your owner's manual for recommendations on oil changes, spark plug

replacement and other needed but less frequent maintenance.

If the above seems too onerous for you to tackle alone, take your car through the full

service lane at your gas station or have an inspection and tune-up done by a good garage. It will be a wise investment, not only in vehicle maintenance,

but in your own safety on the road.

Courtesy the British Columbia Automobile Association and the Totem Times.

AN INVITATION TO APPLY FOR THE PURCHASE OF 9 B.C. FOREST SERVICE NURSERIES

A number of nurseries operated by the B.C. Forest Service are now available for purchase...as part of the move to restructure government and create regional economic development opportunities. Located in several different regions, the nurseries include the land, buildings and equipment needed for large-scale seedling production...and each is currently staffed by fully trained and experienced personnel. The government will favour proposals that emphasize job creation and job protection.

The opportunities

Following is a list of the Forest Service nurseries available for private purchase:

- | | |
|-----------------------------|---------------|
| 1. Green Timbers (Surrey) | 6. Harrop |
| 2. Thornhill (Terrace) | 7. Telkwa |
| 3. Campbell River | 8. Chilliwack |
| 4. Koksilah (Duncan) | 9. Vernon |
| 5. Red Rock (Prince George) | |

Expressions of interest are being solicited from the general public on the



opportunities available at this time.

All interested parties should be aware, however, that the Province reserves the right to negotiate an agreement directly with affected employees in the event a satisfactory proposal is received from those employees. If no acceptable employee proposals are identified, the normal public bidding process will apply.

How to apply

Your expression of interest may relate to the purchase of a single nursery or to any number of nurseries.

Interested parties should write to:

Project Director
Forest Nurseries
Opportunities BC
548 Michigan Street
Victoria, B.C.
V8V 1X4

All inquiries will receive prompt attention...so write today to register your interest or to obtain further information on this new regional opportunities initiative.

OPPORTUNITIES BC!

BRITISH COLUMBIANS SHAPING THE FUTURE



LIFESTYLE



In The Mags



music reviews and syndicated columnist

HEAVY DUTY ROCK FOR KEEL

"Naming the album, KEEL," says Ron Keel (vocals, guitar, keyboards) "is a statement in itself. In a sense it means we've put the band and the music right up front where it should be. We've really locked on to our style and our identity. We mean business and we're here to stay."

"Keel" (MCA-42005) follows the groups 1985 "Right To Rock" and last year's "Final Frontier." Like Ron says (he's the guy in the middle of the photo that accompanies this article) they mean business. While I was not over impressed with their previous works, "Keel" is a watermark album for the quintet, which comprises, along with Ron Keel, Kenny Chaisson (bass guitar, vocals); Marc Ferrari (lead guitar, vocals); Bryan Jay (lead guitar, vocals); and, Dwain Miller (drums, percussion and vocals).

Opening with a tribute to rock in the "United Nations" Keel shows some impressive guitar work coupled with a very layered sound on the kick-off track. Before we go any further, this album is definitely not for the Crosby/Como crowd. We are talking get-down boogie, kick-axe rock. This is the type of album where even the ballads are full-bodied electric outlets of rock discharge. "Somebody's Waiting" is an example of that previous statement.

Throughout much of the set, whoever isn't handling the lead vocals gets the opportunity to do harmony and background which is an interesting aspect that more groups could learn from. "Cherry Lane," if I understand the lyrics like I think I do, may not be lighting up your average charge on your favourite top-40 station but the concept of this track was intriguing enough to make me put the needle back to the beginning. "Calm Before the Storm" is a change of pace cut that falls into the category of power ballad. Assuming it is Keel himself who is doing the lead vocals, this track gives him an opportunity to stretch out vocally and it works well for the chanter.

If you happen to be cruising in your car with the windows open and the warm summer air blowing, when Keel's "I Said The Wrong Thing To The Right Girl" comes on the radio, turn the volume up a bit and enjoy. This is what the group is all about. High decibels but good grooves.



TAKING STOCK OF THE SITUATION

With all the turmoil that's plaguing the world's stock markets, it's not small wonder that this month's mags are filled with investing advice. The crash of the markets not only affects the big corporate investor, but the little guy as well.

This issue of *Your Money* offers mounds of information and articles on personal investing and is extremely timely. Of particular interest is the article "SUPERSTOCK," which explores the world of buying stocks and how to ensure they are a "safe" investment.

For the ordinary person who may have a few thousand dollars invested in the market, *Your Money* is one magazine you can't afford to miss. Also gracing the pages of *Your Money* is an excellent piece on finding good day care.

The dilemma of finding quality day care is one of the toughest challenges parents face in raising their children, and one that is not often enough talked about. "The Challenge of Child Care" is well written, thoughtful and should be required reading for new parents.

You'll see a new mag occupying space next time you visit your local magazine outlet. With the boom market of the past five years, it's logical that somebody would publish a magazine about millionaires, for millionaires, called *Millionaire*.

Making its debut with a rich splash of colour and money-talk *Millionaire* may be a bit ill-

timed in light of the current stock market situation, but it's great fodder for "the stuff dreams are made of."

Nearly one year ago, two elderly Quebec sisters were arrested in Rome after a brief stop-off from their vacation in India. Authorities charged them with smuggling heroin. Nearly thirteen months later, the Italian courts have finally acquitted them. To this day, it is still not exactly clear what happened.

Saturday Night Magazine tells the story of these two sisters this month, and the ordeal they faced at the hands of the Italian justice system.

"Who Put the Heroin in the Red Plastic Suitcase" is a chilling story and if you have plans to travel abroad in the next while you'll want to pick this up.

Olympic excitement is building on the homefront as Canada's young athletes prepare to take on the best in the world. *Verve* hooks into that excitement in its current issue, and profiles the lives of three Olympic coaches and how they work to inspire their athletes on to victory.

The thrill of seeing a ski-jumper fly through the air or a bobsledder hurtling down ice at 80 mph makes it all look so easy and glamorous. What we don't see is the hours-upon-hours of grinding training that takes place before the competition. "Winning Ways" shows us the work that goes into a world-class performance, and will give us all a better appreciation for the hard-won skills of our homegrown Olympic athletes.

An argument waged every day in the nation's media and magazines is the continuing saga of the suffering environment. We hear horror story after horror story about massive depletion of the ozone layer, destruction of our forests, and the ravages of acid rain.

Scientists are constantly ringing the alarm bells about one crisis or another. It is with some sense of relief the *Toronto Life Magazine* takes a snapshot view of how important one man views the environment, and his love of the land.

This month's issue offers a sensitive article titled "Death of a Forest" which is a personal essay by renowned journalist and writer David Lees. A loving and almost awe-inspiring look at his newly purchased land seems almost to juxtapose the reader to Lees' woodland. You can almost visualize the harmful elements that pelt down on our forests. An excellent story and great reading!

Toronto Life swings us from the nation's forests to the nation's boardrooms with this issue, as they explore the phenomenal success of Canada's Reichmann brothers.

As the story of the Reichmanns is unfolded in "The Mysterious Reichmanns: The Untold Story," you have to sit back in awe. From escaping the holocaust, to making a fortune in wartime Tangier, to founding one of the world's preeminent financial dynasties, their lives really do seem like something from a fantasy.

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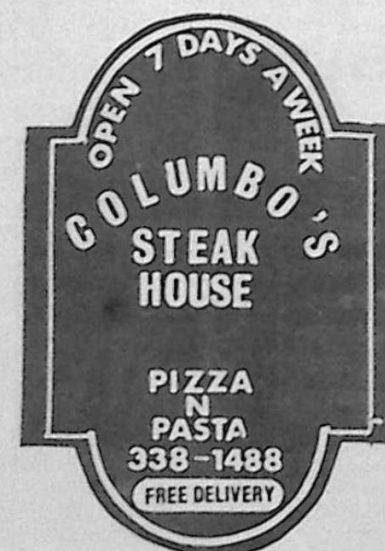
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LT. PLASSE loc. 8437

see you next year



HEALTH AND WELL BEING

info
health

Dr. Bob Young



IMMUNIZATION IN UNDERDEVELOPED COUNTRIES

Is it worthwhile saving the lives of 3,000,000 children under the age of five each year? That is the estimated number of deaths that still occur from vaccine-preventable diseases. A similar number of children survive measles, diphtheria, whooping cough, tetanus, TB, and polio each year, but are permanently disabled.

Enough vaccine for eight children costs \$1 - 12 cents each.

Mass immunization of children in underdeveloped countries world-wide is an attainable goal that is being diligently pursued by a number of voluntary organizations and governments. The Canadian government, for example, has provided \$35,000,000.

The highest profile is being shown by Rotary International. This service club, which totals over 1,000,000 members in clubs in virtually every country except Russia and China is dedicated to vaccinating every child in the world over the next few years.

Their PolioPlus Campaign consists of much more than just buying the vaccine. It involves training people to administer it, arranging transport

(some vaccines must remain frozen or chilled), correlating mass-immunization programs, educating native people, and so on.

Successful major pilot programs have been carried out in the Philippines, Mexico, Paraguay, and elsewhere to determine feasibility and identify possible "bugs." The logistics are in place.

Rotarians have set a goal of collecting \$120,000,000, and it has been made clear that the vast bulk of this amount is to consist of donations by club members themselves. Many clubs and districts have voluntarily increased their assigned assessment and have surpassed their goals.

Most of the clubs will also be "going public" with their PolioPlus program - collecting money in a variety of ways.

Canadians forget that these diseases, which used to kill many of us, are still rampant in much of the world. A dollar will buy eight cobs of corn. The same amount might keep eight kids alive.

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

No Glamour
to Cocaine

While surveys show a decline in the use of some drugs, cocaine use remains at a high level. Its popularity with rock music performers, sport and movie stars has mistakenly given some young people the impression cocaine is harmless.

Cocaine comes from the leaves of the coca plant, which grows in South America. It is processed, then sold on the streets as a white powder. "Blow" or "coke" is usually "snorted," or sniffed through the nose. It can also be injected or smoked through a process called "freebasing."

The drug usually takes effect quickly, especially if injected or freebased. The user soon feels more energetic and slightly euphoric. Appetite diminishes. The "high," however, only lasts for a very short time and is followed by a "down" feeling of equal intensity. Users will often take cocaine repeatedly to experience the high again and avoid this depression.

People who snort cocaine frequently develop nasal problems. A stuffy nose may be the first symptom. Later, heavy users may develop ulcers in their nose or perforations of the septum - holes in the cartilage separating the nostrils.

Physical symptoms of heavy use may include cold sweats, dizziness, chest pain, heart palpitations, vomiting, uncontrollable trembling, insomnia and weight loss. Increasing numbers of cocaine overdoses leading to death are being reported.

Paranoia is another common symptom of cocaine use, along with anxiety, depression and confusion. Visual and auditory hallucinations can occur. If the drug is used in high doses, psychotic symptoms can result.

If your child has a drug problem beyond your control, don't be afraid to ask for help. Your pharmacist can suggest organizations you can turn to for professional assistance.

ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Phm.,
Community Pharmacist, Vancouver
Shoppers Drug Mart

PAY ATTENTION TO EAR PROBLEMS

More than two million Canadians have some form of hearing impairment. As many as one in 40 cases is serious enough to affect daily life or communication. About 50,000 Canadians are profoundly deaf.

Many hearing problems develop virtually unnoticed. Fortunately, a great number can be prevented or corrected. Beware of damage to the ear from foreign objects, noise, drug addiction or the imperceptible process of aging.

Many conditions, if left unattended, can lead to permanent hearing loss. These include earaches, recurring dizziness, balance problems, frequent colds, infections or the ear-nose-throat areas or ringing or buzzing in the ears. Any abnormal condition should be checked with your doctor.

Sometimes, parents may notice their young child doesn't respond properly to a question or request. Since approximately four percent of children between four and five years of age have hearing problems which are often mistaken for learning disabilities, it is important to have your child's hearing checked.

For the rest of us, trouble makers for our fragile ears include industrial noises, traffic, overly-loud music and power equipment used around the home.

If you find any sign of hearing loss in yourself or any family member, see your doctor. Ask if your child's school has a testing program. Although modern, transistorized hearing aids are efficient and inconspicuous, protection of your family's hearing and prevention of hearing loss should be a daily concern. Should you have any questions or require more information, ask your pharmacist. He or she is your neighbourhood health professional.

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

TEEN DATING NEWS

Did you know that smoking has become an increasingly important factor in the choice of a date today? Most young men and women prefer to date people who don't smoke. Think about it.

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AROUND THE BASE

Stamps
by Larry McInnis

PRIME MINISTER ON STAMPS

There have been 18 different prime ministers of Canada since Confederation. John A. Macdonald, Arthur Meighen, W.L. Mackenzie King and Pierre Trudeau returned as PM after being out of office for varying periods.

Of the 18, four are still living - Pierre Trudeau, Joe Clark, John Turner and Brian Mulroney - and so are not eligible to be portrayed on a Canadian Stamp.

John A. Macdonald, the nation's first prime minister, and Wilfrid Laurier, have been shown on stamps more than any others.

On June 29, 1927, Canada issued a five-cent stamp to mark the 60th anniversary of Confederation. The 1-cent showed Macdonald (Scott 141) and the 5-cent showed a later PM, Wilfrid Laurier (Scott 144). A 12-cent stamp issued the same day shows them together (Scott 147).

The last stamp in the set was a 6-cent, which showed Lester

net and a 5-cent (Scott 358) showed Charles Tupper. On April 19, 1961, a 5-cent (Scott 393) showed Arthur Meighen.

All those were commemorative stamps, issued in certain numbers and used for a restricted period.

In 1973, on Oct. 17, came a six-cent stamp set of definitives (continuous printing) honouring prime ministers. They are known as the caricature set because the main design of each is a head-and-shoulders drawing by designer David Annesley.

The families were there: the 1-cent showing Macdonald (Scott 586); the 2-cent showing Laurier (Scott 587); the 3-cent showing Borden (Scott 589); the 5-cent showing Bennett (Scott 590).

The last stamp in the set was a 6-cent, which showed Lester

B. Pearson (Scott 591), the one and only time he has been on a Canadian stamp. A few months later, on April 8, 1974, a 7-cent was issued showing Louis St. Laurent (Scott 592), his one and only appearance.

The issue was a low-value definitive issue, all of them below the domestic first-class letter rate at the time, which was 8 cents.

On June 20, 1980, a 17-cent stamp (Scott 859) was issued to honour John G. Diefenbaker, who had died in 1979.

When the stamp for Meighen was issued in 1961, it was considerably larger than any in the 1951-55 PM series.

The 1980 Diefenbaker stamp dwarfed them all. It wasn't the largest single stamp ever issued by Canada, but it's right up there.

Even a quick study of Canada's prime ministers turns up interesting information. For example, R.B. Bennett was PM from 1930 to 1935 and is remembered, if at all, as the PM of the depression.

It was during Bennett's tenure, though, that Canada initiated negotiations with the United States for the construction of the St. Lawrence Seaway.

More than a quarter-century later it became a reality. On June 26, 1959, the Seaway was officially opened by Queen Elizabeth II and U.S. President Dwight Eisenhower. The event was marked by a 5-cent stamp (Scott 387).

Some 400 of the stamps got out with the centre inverted, Canada's first and only invert and one of our most famous stamps.

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The Comox Air Force Museum Gift Shop is ready for the Christmas Season. The Museum Gift Shop has specialty items that can be found nowhere else in the Comox Valley - Stocking Stuffers with a difference - Squadron badges for 407, 442, VU 33 are favourites of all ages for display on jackets and hats, or just as collector's items. The selection of aircraft pins covers all the squadrons on the Base and pins of any Canadian military aircraft can be special ordered upon request.

For the model enthusiast, there is a selection of models with Canadian markings and a variety of beautiful stained glass aircraft to grace the den or livingroom.

Squadron baseball caps and quality T-shirts in all sizes are in stock for aviation buffs, as well as a wide variety of squadron decals and plaques.

RCAF memorabilia include the RCAF Tartan and striped ties as well as the RCAF gold wire badge for jackets or blazers, along with reproductions of WW II flying badges.

Collectors may be interested to know that the Museum Gift Shop carries teaspoons and decorative plates as well as the popular collectible badges. For the gift with special interest, visit the Museum Gift Shop.

MOU Signed

OTTAWA -- A memorandum of understanding was signed 19 Oct by the U.S. Great Britain, Canada, Federal Republic of Germany, Spain and the Netherlands for the concept exploration phase of a NATO Anti-air Warfare (AAW) System Program. The purpose of this program is to improve the short range AAW capability of NATO surface ships to be effective against the

airborne threat, including anti-ship missiles in the late 1990s and 21st century.

The cooperative development will benefit from the pooling of technology of all participating nations. It will provide a fully integrated AAW system and have direct application to the NATO frigate replacement, other national new ship construction programs and backfitting

into existing ship classes.

The NATO AAW program will be managed by an international program office comprised of personnel from all participating nations and will be based in Washington, D.C.



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LIFESTYLE

Kids and Hockey

able to put some fun back into kid's hockey.

* No organized leagues before age 13. It just fries me to see kids in this age bracket competing against one another. We are putting pressure on kids at this age that you have to win to succeed and I think this is wrong.

* No keeping of scoring statistics.

* No travel.

* No 70 or 80 game schedules.

* No play-offs.

* Move the players from team to team at least twice a year.

* Set up rules best suited for this age group. Why do 6 - 11 years olds have to play the same rules as pros.

* Make everything smaller: The rinks, the nets, the pucks, the sticks, and have no painted

lines. It always amazes me seeing these little guys staking on a full sheet of ice. Little league baseball saw fit to scale down everything in their game, why not hockey?

* Make each kid play every position. Why should a 9 year old be stuck in goal forever?

So what do we do? I know as parents you love your child and want to do all that is right. Well I am going to list what I think you can do to help.

Start a revolution against all egotistic over zealous coaches. Don't allow them to continue. Parents become cheerleaders so they should stay home. Any parent who enjoys watching his children fighting on the ice is insane. They've totally lost their sense of values for their

children. Coaches who read a book and think they can coach are dangerous. Immediately they want to win so four players stay on the bench. Carrying big squads at the young age is for the birds. It doesn't happen at recess. There the children are all friends and everybody plays. And when your kid comes home crying because they lost, you know something is wrong and that something has to be done. They hate playing because their coach is a ?!?!*. Kids don't know how to play and have fun anymore. They should be able to express themselves freely without the fear of being booed or yelled at. When youngsters are intimidated they hide their feelings in their little tummies and eventually quit sports.

Naturally everyone is entitled to their own opinions, and these are only mine, but I can tell you that there are more kids than every getting turned off hockey by the time they are 16 and dropping out, and in my opinion it is because what we as

adults have created. Ladies and Gentlemen you be the judge!

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The Officer's Wives Club and the Officers' Mess Committee will be holding their annual Mixed Mess Christmas decorating party Tuesday, Dec 1, 1987. The decorating of the Mess will start at 5:30 p.m., please bring your ladder, staple gun and staples. Supper will be at 7:30 pm followed by an evening of dancing to the band "Miller Time."

Admission for the evening events is a can of non perishable food which will be donated to the food bank. Raffle prizes will be turkeys and liquid turkeys. The dress is casual, dress jeans are permissible. Everyone is encouraged to come out and get into the Christmas spirit.

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LIFESTYLE

Retired Fighter gets Polish

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No 386 Royal Canadian Air Cadet Squadron, sponsored by 888 Wing of the Royal Canadian Air Force Association, assembled to assist in the operation of the Air Force Museum by performing a clean-up on the venerable CF 100 - a fighter aircraft previously based at Comox (409 Sqn). In attendance is Group Captain "Irisih" Ireland, former CO of 409 Sqn and later Commanding Officer of RCAF Station Comox. The work party is under the supervision of Cadet F/Sgt Paulette Joel.

386 Sqn now has a strength of 75 with more joining daily. The Cadet band and other training procedures provide an excellent development for future Canadian citizens.

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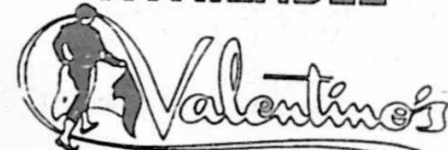
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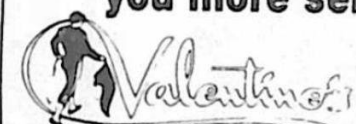
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AROUND THE BASE

...more Demon Doins

After two attempts the Crew 4 Sledgehammers finally got their Subex to North Island NAS in San Diego, which included a Wednesday night at the O'Club in Miramar. Unfortunately, the effect of Top Gun has worn off slightly and no longer does the bar pack itself to the gills with beautiful women dying to meet naval aviators. There are still quite a few, however, who make the attempt, according to Capt Jim Forbes who displayed sound judgement and self control, no doubt keeping his own health in mind.

The next day, though, this

self control was no longer evident, or possibly it was just a low blo-dex rating, as Capt china-shop routine at a gift store in a local mall. Fortunately the manager was sympathetic so Capt Forbes didn't have to buy a walking stick with a newly destroyed glass vial inside the head. The rest of the people in the store wish to thank Capt Forbes for providing many minutes of afternoon entertainment.

History was written last week as the Crew 5 Vikings made their first unanimous decision together. As a result Capt Glen Whittall has been traded to

Crew 3 with an undisclosed amount of cash in exchange for an Archie comic and a roll of tape.

Capt Whittall is now fully back to work after his second hernia operation. This will make the cough test during the annual medical a little easier to handle.

Crew 6 Terminators just came back from Adak, Alaska, the land of sun and excitement. Initial reports are that the trip was a Golf-Fox Trot. This was first thought to stand for Great Flight but apparently this is not correct. Nuff said.

Accelerated to Corporal



Maj Clarke, 407 SAMO presents to Kevin Robertson.

CONTINUED FROM PAGE 9

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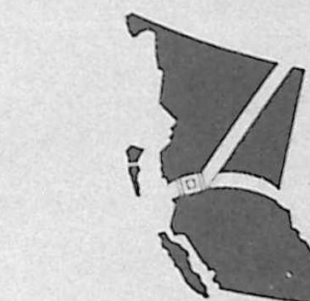
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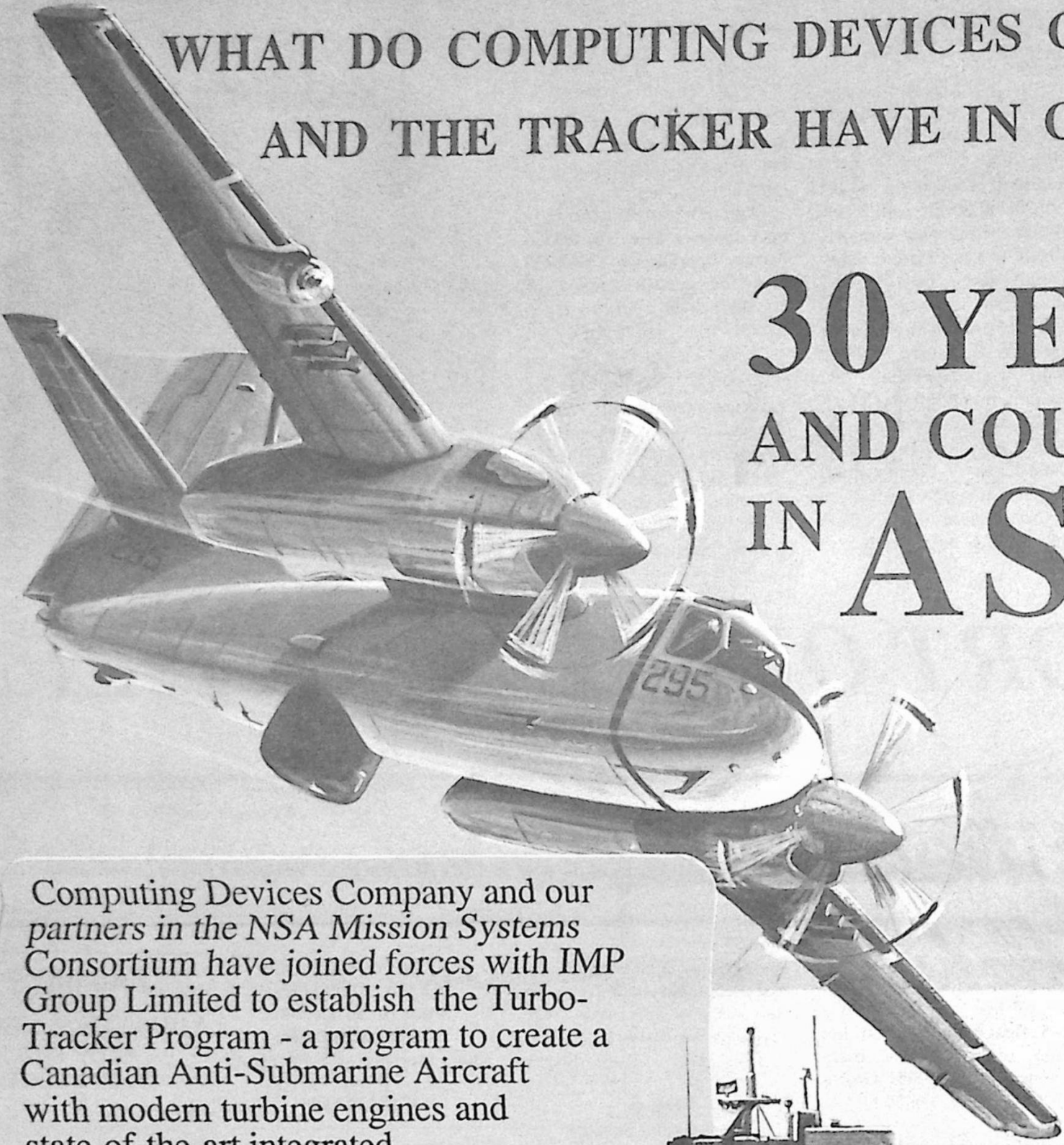
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