



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 1 JANUARY 14, 1988

DEADLINE IS MONDAY, JANUARY 25, 1988

COST: PRICELESS

## C.F. Shorts

### NORAD DEFENCE EXERCISE

OTTAWA -- An air defence exercise called AMALGAM CHIEF was held from December 8th to the 10th over the North American continent. The purpose of the exercise was to practice the air defence of North America through a simulated bomber attack. Both Canadian and United States air forces, in conjunction with the North American Aerospace Defence Command (NORAD) participated in the exercise.

AMALGAM CHIEF is an exercise that is conducted periodically to exercise personnel throughout the North American radar network and fighter interceptor squadrons, region operations control centres and missile tracking sensors under the operational control of NORAD.

### BEATTY ATTENDS DEFENCE PLANNING COMMITTEE

OTTAWA -- Perrin Beatty, Minister of National Defence, attended the Defence Planning Committee (DPC) meeting which was held in Brussels December 1 and 2 1987.

The Defence Planning Committee is the forum within NATO's North Atlantic Council where military policy is discussed. Established in 1963, DPC meets twice yearly when member countries are represented by their Defence Ministers. Under the chairmanship of the Secretary General, NATO Defence Ministers can discuss issues of mutual interest to the alliance.

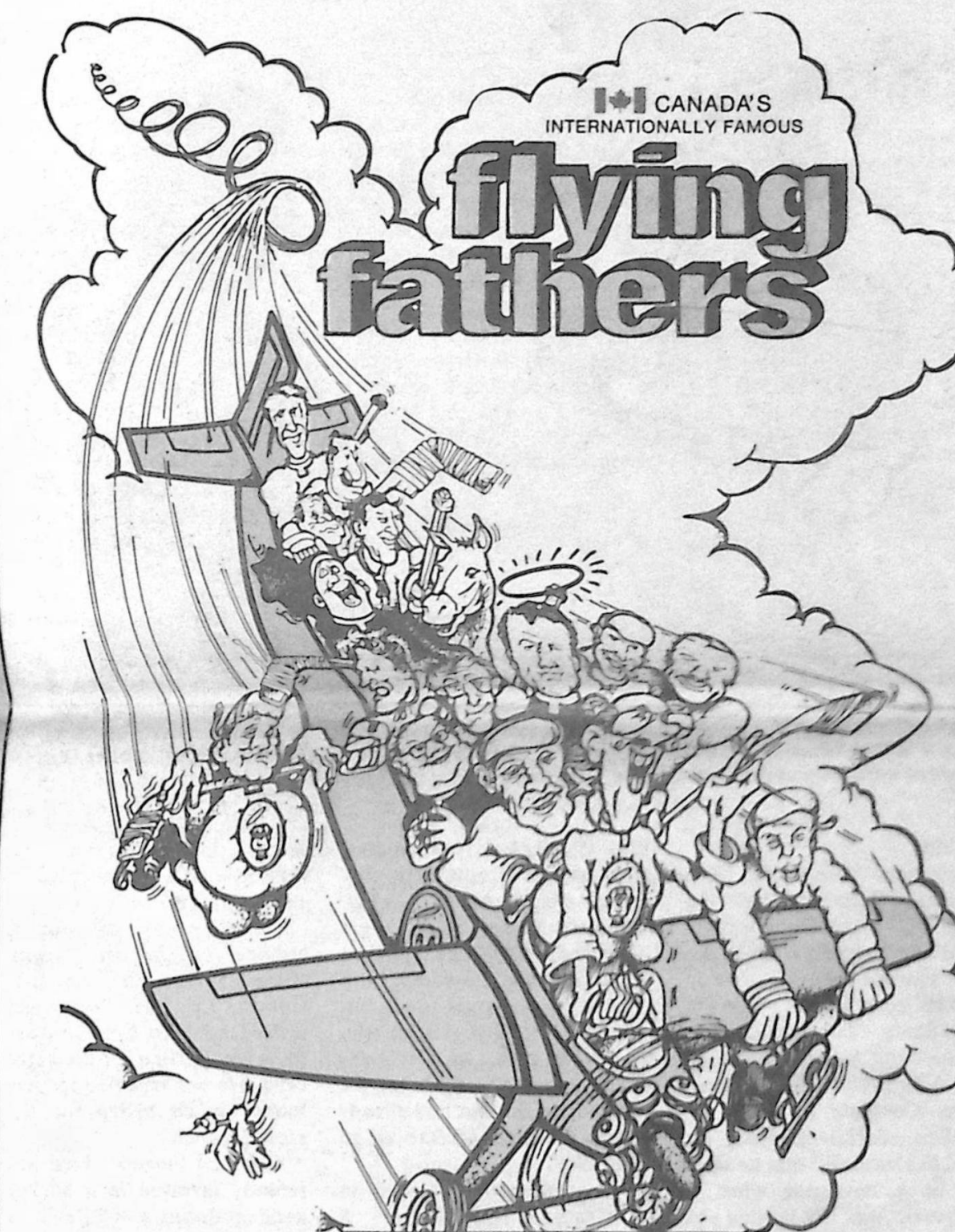
### SECOND BATCH OF PATROL FRIGATES

OTTAWA - The Minister of National Defence, the Honourable Perrin Beatty, and the Minister of Supply and Services, the Honourable Michel Cote, recently announced that Cabinet has approved the procurement of six more Canadian Patrol Frigates for Maritime Command. These frigates, identified in the recent White Paper on defence, are the second batch of six surface ships needed to provide Canada with a balanced fleet, capable of meeting its national and international maritime responsibilities.

### COLONEL OF THE REGIMENT APPOINTED

OTTAWA - General R. Stuart Graham, (retired), has been appointed Colonel of the Regiment of the famed Princess Patricia's Canadian Light Infantry.

The position of Colonel of the Regiment is an honorary appointment made by the Minister of National Defence on the recommendation of the Chief of the Defence Staff. The honour is bestowed upon a retired senior military officer who, as colonel of the regiment, advises National Defence Headquarters on matters of significance to his or her regiment. The appointment is for three years.



*The Flying Fathers are Coming to Comox*

see page 11 for details

## Don't Look Now, But....

### New Rules for Traffic Violators

On 11 Jan 88 the Military Police Section, CFB Comox will start implementing a Federal Traffic Ticket System which will enforce the Government Property Traffic Regulations (GPTRs) for

moving violations committed on DND property. The traffic ticket will apply to all drivers of private/commercial motor vehicles, and will be processed through the legal court system in Courtenay, B.C.

The traffic ticket utilized at CFB Comox will be in the form of an Appearance Notice. An appearance notice is a summons that requires the driver/operator to attend Provincial Court, 420 Cum-

berland, Courtenay. When a Police person issues an Appearance Notice, the driver must attend the Provincial Court, 420 Cumberland, Courtenay, B.C. as well as the time and date the driver must attend the Provincial Court. This initial court appearance is to submit a plea. If a guilty plea is entered the driver must attend the Provincial Court, 420 Cumberland, Courtenay, B.C. to be sentenced.

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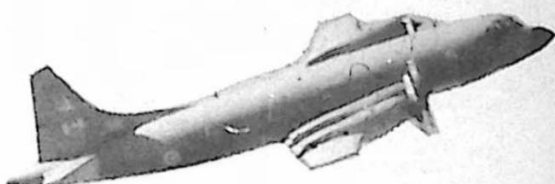
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## AROUND THE BASE



## Demon Doins



## Awarded



Private Tehonchuk, an AERO Engine Tech on 407 Sqn, saw that safety could be improved on the hangar floor and the chances of FOD could be reduced if the AERO Maintenance stands could be equipped with locally manufactured tool trays. He suggested that this be done and NDHQ authorized their use throughout the CF by issuing a special information leaflet. NDHQ granted him a \$400 award and his commanding officer, LCol Sutherland made the presentation to Corporal Tehonchuk.

## AIRCREW

Christmas has come and gone at 407 and Santa left a few surprises for some Demons. And he knew who was naughty and who was nice.

The stork couldn't make it, so Santa delivered a new Demon to Capt Steve Nicol and his wife, Colleen, on Christmas Eve. Congrats to Steve and Colleen. Jeffrey is doing fine and has indicated that he wants to be a navigator when he grows up, just like his dad was, before he became deranged.

Again on Christmas Eve, Santa and a couple of the reindeer left surprises on the front yards of Cpts Jeff Grevstad and Neil Kinley. They awoke Christmas morning to find snowmen with large noses. How suitable. Santa was seen fleeing the Kinley's in a red Toyota 4 x 4, while the reindeer piled into a gold Valiant. Immediately before fleeing the reindeer pelted Capt Rich Szegidewicz's car with snowballs, but much to their surprise it was neither Shag driving nor Shag's car.

Santa also left a list of who'd been naughty this year with the C.O. However, these naughty boys were promoted anyway.

With slightly heavier shoulders these days are Cpts Larry Arnold, John Allcott, Mike Baumert, Paige Cutland, Jeff Grevstad, Jamie Keenan, Pete Lipohar and last and least Gary Larocque. Congrats to all, but especially to Biff Allcott who was told prior to Christmas that his name was not on the promotion list, but had already spent the pay increase up to mid 1989.

On a more serious note, on Christmas Eve, Crew 6 declared an emergency on their flight, due to a fire of unknown origin. The standby crew was called in, but not launched, as the Terminators returned to Comox safe and sound. Capt Dave "Jinx" Bolton was blamed for the problem. Rumour has Dave soon going to Standards so that all future check rides can be carried out on the ground, thus saving the CF lots of money.

Rumour also has it that the Cowboys are no longer. Crew 2 is unofficially renamed the Mountain Brews, subject to the CO's approval. But you really have to see the official Crew salute.

One of this articles "normal" writers, Lt Jeff Hill, is hiding away on a suspected

weight loss program in Venezuela. It's real simple, he just has to drink the water.

Crew 5 took off for a training exercise in warmer climes, twice. For the first launch, Lt Ken Westerveld arrived back in Comox from leave just in time for the flight brief. He was reported to have looked much better for the second launch.

Chief "4 Fingers" Bale was recently involved in a hockey accident during a 407 Devils vs Oldtimers match. Some young Devil skated across the Chief's hand, sending the Oldtimer to the hospital. The Chief's only comment was "I got his number - filled in on my extra duty roster."

Finally, the crew checks are upon us for another year.

The crews are all fired up, not necessarily to travel to Greenwood, but for the potential of travel to Australia for Fincastle. Standards has indicated that all bribes will be accepted. Cheques can be made payable to Maj Bill Todd or Capt Ted Paul. Nuff said.

## 407 SQUADRON AMCRO/RESEARCH

Xmas has come and gone and like most other sections, Amcro/Research had a small

## Demon Techs of the Month



Having demonstrated all of the essential qualities of an outstanding aircraft technician MCpl Rivett was selected "Tech of the Month" for November '87.

He is congratulated by 407 SAMO Maj Clarke.



For his exceptional commitment and dedication to his work Cpl Robert Granger was selected "Tech of the Month" for December 87. He is congratulated by 407 SAMO Maj Clarke.

get together. A few interesting things came to light during this party, such as a certain person was discovered to need training wheels for his chair. Some of the gifts given were rather appropriate with JJ getting a ball and chain and Mike getting an exact duplicate of himself to scale no less.

During the party Neal was trying to live up to his elephant ego, and Shirley told us that when we were on smoke breaks she would be out walking her new pet. We are all regretting the fact that we gave Capt Edit 132 Red pens for Xmas as he is having a field day using them on our work!

CONTINUED ON PAGE 13

## AROUND THE BASE

## From the Top Rung



## "COL" BERTRAND ON DUTY

That breath of fresh air just before Christmas was "Col" Bertrand's day as Base Commander on Dec 16. Like any new broom he started out with great intentions to sweep the place clean however he soon found out that spending your day on the telephone, touring the base, getting a little flying time and attending a lengthy luncheon does not the paper work accomplish. Unfortunately the next day he exercised the powers of executive privilege and took the day off so his view on how to handle the paper problems have not yet been actioned however, since he is a firefighter I may soon succumb to his proposals and await his reaction.

My day as a Private was equally interesting but for different reasons. It is worthwhile, perhaps even necessary to see things from a different perspective once in a while. Your vision seems to clear, your mind sharpens and muscles regain their spring. That's not to say experience doesn't temper these new horizons because it is natural to reflect on the past when contemplating the future, nonetheless, given the events of 87 in our department and the plans for the future, one becomes considerably envious of the 30 or so years of service the Privates have before them. Now it's up to we supervisors to see that these young people are properly prepared to handle the legacy of service we will ultimately turn over to them and ensure they are capable of accomplishing those difficult jobs we make seem so easy. The adage that "Old age and treachery will overcome youth and skills" may no longer be true but the knowledge that our future walks among us should be a challenging thought.

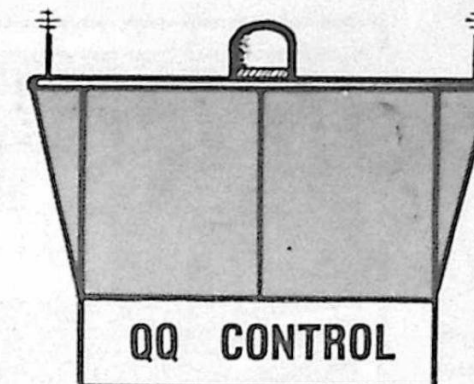
## Don't Look Now, But.....

CONTINUED FROM PAGE 1

case will be heard. (There is no voluntary fine penalties. The offender cannot pay a fine prior to the first court appearance and must attend the court to register his plea.) If a not guilty plea is entered on the initial appearance the judge will then set a new trial date acceptable to both parties in which the infraction will be contested.

There is a designated area for the offender to sign at the bottom of the Appearance Notice, however if the offender refuses to sign the Military Police will write "Refused to Sign" and give the green copy to the offender. Even if the individual does not sign, he/she must attend court on the date stipulated. Later, if the offen-

der for military or personal reasons, cannot attend the initial appearance, he/she can attend to the Court Registry (420 Cumberland Rd., Courtenay) prior to the initial court date and request to have the court date changed. The Court Registry will then notify the Military Police of the date change. Furthermore, the offender may also be represented by Counsel or an acquaintance to explain to the court his/her absence or to enter a plea of guilty or not guilty. Should the offender not attend the first appearance and fail to notify the Court Registry a Bench Warrant (order of arrest) may be issued and would be effective throughout the province of B.C.



## As The Beacon Turns

Welcome to 1988. It's amazing what a psychological effect a couple of days make. One day you are at the bottom of the calendar looking back over your shoulder and a couple of days later you are at the top looking ahead, anticipating the onset of spring. I hope everybody has a great year and don't break any of those new year resolutions.

Welcome back to Maj Stariha who spent some time in the hospital. I hope he has recovered from his hospital stay. It is good to have you back at the helm and in top form. Speaking of top form, it's going to take a while to wind back up after being on leave for a couple of weeks. Things were quiet over the holiday with the exception of a few F18 sorties from the QRA and the odd 407 Aurora pilot proficiency flight. Do those guys really have to practise those one wheel landings.

While we are talking arrivals and departures, I have recently had an arrival of my own. Yes, after what seemed like an eternal pregnancy my wife Brenda gave birth to 7 pound 8 ounce Amanda Nicole. As usual in most cases she started her arrival sequence around 3 am and landed at a little after 6 am, talk about a lengthy approach.

Congratulations goes out to 2Lts Phil Robinson and Martin Gagnon who recently completed ATCO PHASE 1 and 2. Rumour has it there were some hockey trades involved in their postings (before the disastrous injury Phil sustained during NHL tryouts). Congratulations also goes out to Cpls Sylvain Houde and Sylvie Richard who completed their radar course. Also to Ptes Kim Pruden and Barrie Norris who completed their TQ3 course. By the way Barrie where did you place? All should be commencing checkout soon. Cpls Steve Tinker and Alain "Alien" Rheume have gone to Trenton for their DCS (Data Systems Coordinator) course and should be returning in early February.

PER time has come once again and all the results are in. Word has it, it was a tight race to the finish. Well I won't tell you my score (mainly because I don't know it) but there were a few hyphenated words that I couldn't find in the dictionary. So all my peers can rest easy.

I recently took over the tower canteen and I have run into a little snag. Nobody in the section likes Eatmore bars. So as a result I have dropped the price dramatically to improve sales.

So buy your buddy an Eatmore and you'll be glad you did.

Our beloved BOPS hockey team has gone 1 for 2 in the new year getting thrashed by BAMSO 9-3 on 4 Jan 88. We had 0 penalty minutes and almost as many goals with Steve Tinker, Barrie Norris, and Paul Fleury each scoring once. We beat BTNO 10-2 on 6 Jan with Barrie Norris scoring five times and Greg Templeton netting three and of course Marcel Pepin scoring a beautiful, spectacular, unassisted goal to clinch the victory. The team will be ordering hockey jackets soon so let me know if you want one. I have the style readily available to show. I would also like to mention the ATC Comox-Vancouver hockey tournament coming up in late Feb so get those leave passes in early. Details can be obtained through the section sports officer Capt Mike Maillet. The curling team still won't give me the details of their win-loss record but I'm sure they're batting 500 (maybe that's their problem they're using bats instead of brooms).

Well, that's the news and the views of this writer so till next time see ya....Paul Fleury Cpl

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## COUNTERATTACK



**NEXT DEADLINE  
JANUARY 25TH**



## EDITORIALS



## COMMENT

GORD KRUGER

## FAIR PLAY

Back in September of '87 the federal government through the Minister of State for Fitness and Amateur Sport, Mr Otto Jellinek unveiled a campaign for the "Fair Play Program." It's main aim was to reduce the level of violence in sport, particularly hockey and promote the concept of fair play.

Why you ask do we need a campaign funded and sponsored at the federal level. Well, we as Canadians, all of us hopefully have said that we are deeply concerned about the erosion of ethics in sport. The "big bucks" TV pro circuits have conjured up an ignorance amongst us that the only way to play is to win at all costs. Our love for the game has allowed us to accept the attitude of "If you can get away with it then do it." One need only look at the recent Cicarelli incident in the Toronto-Minnesota hockey game to get a "pro sampling" of what we are getting ourselves into.

As one who has had many years of involvement at various levels of the game, I would have to say that the largest percentage of parents in minor hockey today are pretty fair and decent individuals. However it might be also fair to say that many of these folks become disgusted and frustrated with the small percentage of parents who serve little purpose by acting as the ultimate critic towards the happenings of today's game. The boisterous, mouthy parent who constantly assumes the "negative role" is no asset to the game.

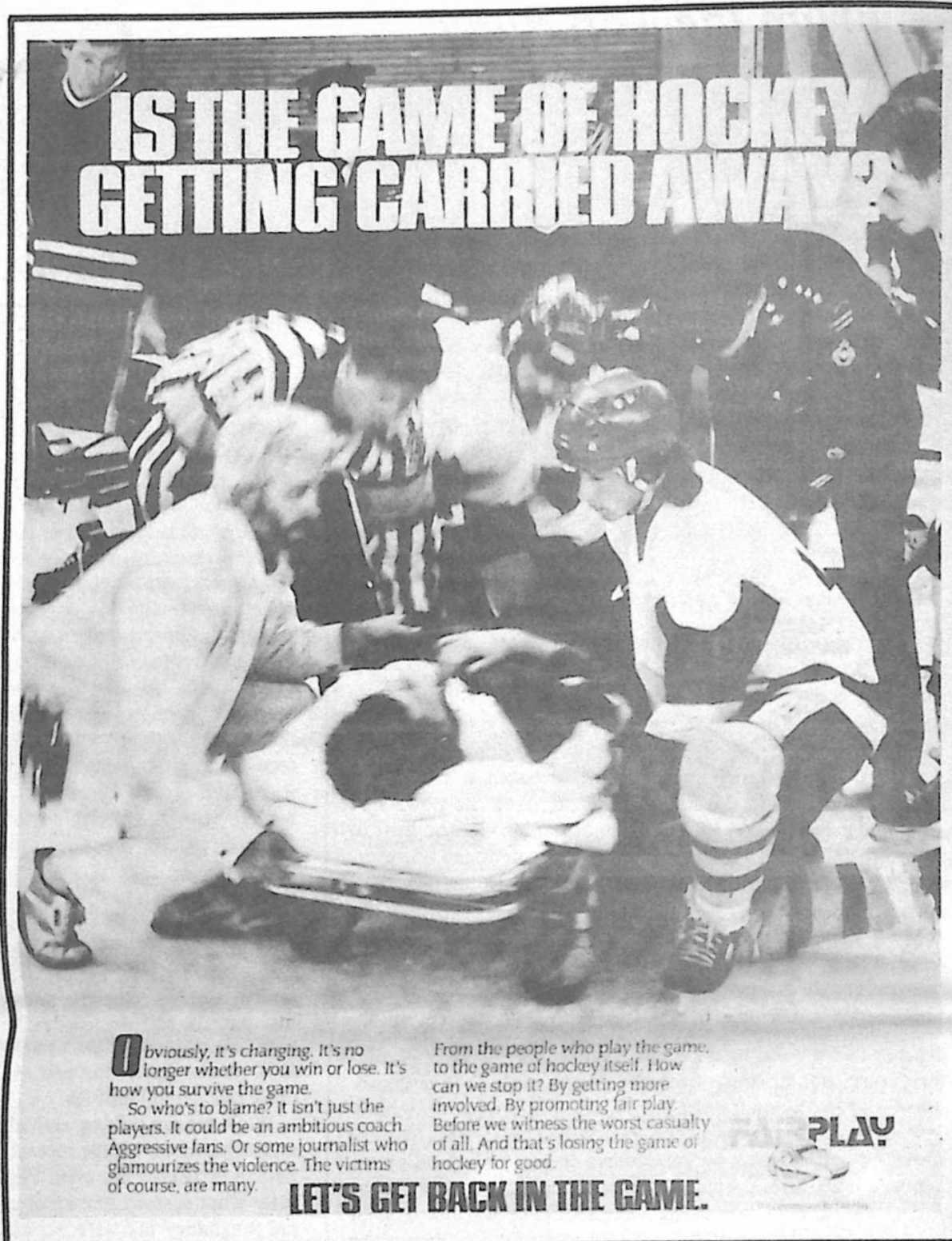
Competitors in any game must show a complete unfailing respect for the set rules, yet recognize that beyond these rules there exists a spirit within which competitiveness should be practiced. Fair play implies modesty in victory, serenity in defeat and a generosity aimed at creating warm and lasting human relations.

Fair play is not however the prerogative of the competitor. Coaches, officials, spectators and all who are involved in competitive sport have necessary and special contributions to make. They contribute directly through the influence which they can bring to bear on the competitor.

Fair play must be thought of as a deliberate and permanent refusal to win at all costs. Fair play must become not only the absolute respect of the written rule but also respect for the unwritten one.

We are really at a crossroads in the direction sport will take. Sportsmanship and the ideas the term represents cannot be much further compromised. The issue of order, the spirit of the game and the integrity of each of us is presently at stake. The challenge is there! The choice is ours.

Every youth and adult should be made aware that without fair play, the sole moral law of sport, sport itself will be sooner or later condemned....G.M.K.



Obviously, it's changing. It's no longer whether you win or lose. It's how you survive the game. So who's to blame? It isn't just the players. It could be an ambitious coach. Aggressive fans. Or some journalist who glamorizes the violence. The victims of course, are many.

From the people who play the game, to the game of hockey itself. How can we stop it? By getting more involved. By promoting fair play. Before we witness the worst casualty of all. And that's losing the game of hockey for good.

PLAY

NEXT DEADLINE  
JANUARY 25TH

**TOTEM TIMES**

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

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## EDITORIALS

## WOMEN AND SMOKING

While health officials are gradually winning the war against smoking, they are losing the battle when it comes to young women who, as a group, are now smoking more than ever before.

Although most young women say they are aware of the health hazards connected with cigarettes, high school girls continue to light up in increasing numbers, a situation that has prompted Canadian health organizations to focus on women as the theme of National Non-Smoking Week, January 14 to 20.

The discouraging story is told by Statistics Canada figures for 1985 (the most recent available) which show that 39 percent of Canadian females in the 20 to 29 year old age group are smokers. By comparison, the smoking rate for Canadians in general has dropped in recent years to 30 percent.

It's as if women have only just begun to realize their emancipation and are using cigarettes as a symbol of their freedom, says Peggy Edwards, writing in Healthsharing Magazine. In an article titled "Cigarettes: A Feminist Issue," Edwards quotes one woman ex-smoker who said, "Cigarettes are more than just a break. They are such an integral part of your life that they become symbols of the way you live. For example, when a harassed young mother lights up, it is a symbol of her separation from the children's world."

This symbolism attached to smoking may have something to do with motivating teenage girls to start smoking in the first place, says Shirley Thompson, smoking and health consultant for the B.C. Lung Association. "Smoking is still seen as a way of asserting independence," Thompson says. "And it's seen as a way of coping with stress - a way to handle stress without overeating, which is a common concern for young women."

And Thompson, says the "Superwoman Syndrome" has contributed to high levels of stress among women who both work outside the home and raise the family. The demands these women sometimes place on themselves are often unrealistic, she says, and many women who resume smoking after trying to quit blame stress as the reason. Studies show that the combination of high levels of stress with care giver occupations, such as nursing, accounts for more women

smokers in these professions.

"Women have got to come to grips with dealing with stress in other ways that aren't destructive," Thompson says. The best kick-it programs try to address why women feel a need to smoke and work on developing alternate coping mechanisms, she says.

Medical experts have good reason to sound the alarm on women's increased smoking. The results of recent studies on the effects of smoking on women paint a dismal picture. To begin with, lung cancer is on the increase and now threatens to surpass breast cancer as the leading cause of cancer deaths among Canadian women. And lung cancer has been proven to be caused by smoking.

As well, smoking has been linked to numerous risks to women's reproductive health, including 10 times the risk of heart attacks and strokes for women who smoke and take birth control pills, reduced fertility, and an accelerated onset of menopause.

Women who smoke while pregnant flirt with other health dangers such as spontaneous abortion, premature delivery of their babies and bearing babies with low birth weights.

While tobacco advertisers continue to encourage women's smoking, the Canadian Cancer Society is lobbying in support of Bill C-51 banning the advertising of tobacco products in Canada. "Freedom for the tobacco industry to persuade people to use nicotine, an addictive drug, in a product that causes over 35,000 premature deaths in Canada annually is license, not liberty," says Doug Barr, chief executive officer for the Society. "Is it freedom to call a carcinogenic substance mild and to use terms like quality and fresh to describe it?"

"They are doing their best to make smoking look glamorous and they've even come out with brands of cigarettes especially targeted at women," Thompson says. "Our focus during Non-Smoking Week is to show young women that they can quit smoking, that they can take control of their lives by breaking free of the habit."

Motivation is the key to successfully quitting smoking, advises Myrna Tetz, director of the Adventist Health Network, an organization that sponsors quit-smoking clinics. Promise to do something nice for yourself when you quit smoking or plan to buy yourself something special with the money saved

LETTERS  
WE GET

The Editor Totem Times

The new no smoking ban is a direct violation of the religious rights of The Church of Holy Smoke. A basic tenet of the Church is that the world around us is populated by spirits, some beneficial and some evil. The regular smoking of tobacco keeps the evil spirits at bay and prevents demonic possession.

As they are free of demons, smokers tend to be very tolerant of other people's beliefs and actions. Not so the non-smokers or the smokers who have lapsed. Only they have received the work, only they know the truth and try to enforce their beliefs on everyone else. It becomes an obsession with them. It is a toss-up as to which is the most intolerant, the reformed drunk

who has got religion or the reformed smoker.

Non-smokers say a lapsed smoker may undergo a personality change. The Church of The Holy Smoke considers these so-called personality changes to be the direct result of the invasion of the lapsed smoker by an evil spirit, following the withdrawal from the protection of the Holy Smoke. One has merely to look around at the marriages which break down when one or both spouses no longer enjoy the protection of the Holy Smoke, and the vicious fights that marriage break-down entails.

Admittedly, it has been the very tolerance resulting from the prevention of possession by evil spirits that has been the undoing of the Church. Nevertheless, there are limits to

tolerance, the riding rough shod over the religious rights of members of the Church of the Holy Smoke can be tolerated no longer. After all, which group is targeted for intolerance next after The Church of Holy Smoke? Where will such intolerance end? They'll be re-opening the concentration camps next.

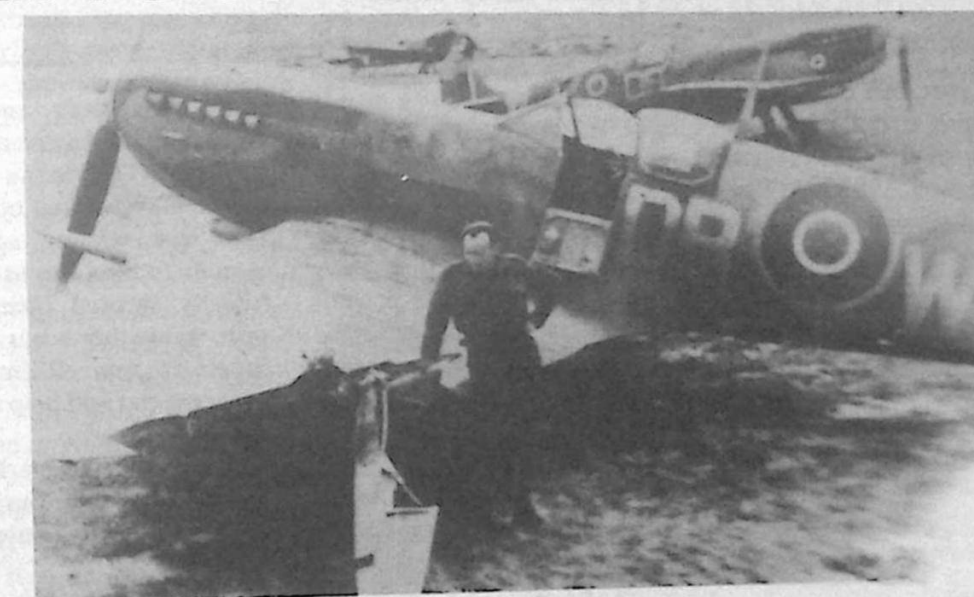
W.H. Welsh  
of and for

The Church of The Holy Smoke

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## Air Force Trivia

WHAT WHERE WHEN WHY



## Answer from Last Issue



## TO OUR READERS:

We are quickly running out of interesting photos for this section. If you can help, please forward the photo descriptions to the Times office.

## TRIVIA:

Answer - This 1940s photo - Ross - was involved in a major crash with another plane on the same airfield. The result, from the wreckage of the aircraft.

Now - Can you identify this individual? He flew in the Valley and was President of the Wing N.A.F.A. name the man and we'll send you a \$100.00. Maybe we'll have 888 members answer.



## SECTION NEWS



## BAMSO

## 30 Years of Service



LCol Mack, our BISO, presented MCpl Carl Charko, a communication and radar systems tech in the BAMSO NavCom Labs, with his retirement certificate after 30 years of service.

Another year has come and gone and with it the successes and failures of the best efforts of all concerned. 1988 is full of promise and glory and I hope it is a safe, prosperous and a healthy year for all (especially healthy for me). Our BComd played Santa on 21 Dec 87 and announced the promotion of Sgt Jones to Warrant Officer, effective 1 Dec 87. Congratulations to WO Jones and I hope that you enjoy your

SLC in Borden.

I would also like to congratulate our Sports Teams in both hockey and curling for their continued outstanding successes in intersection play. Both curling teams are presently in 3rd spot in their divisions and the BAMSO hockey team is "NO.1." And, as a closing comment to 442 Sqn, "It was so a SLAP SHOT"!!! Attendance at our Wednesday and Friday sports

period has been very poor recently, and to liven up the periods, WO Brazeau and Sgt Moore have worked out a deal. They are sending some 442 cannon fodder for us to have friendly spirited competitions with, as we hone our physical fitness to new all-time highs. So, come out and help step on a few snakes!

I'm also in the market for a BAMSO Snow-to-Surf Team. If there is enough interest, we

can try to enter more than one team. So if you are an athletic supporter or wish to become one, let me know.

As a closing comment to this article, I would like to thank Al Gray for his almost perfect imitation of a golden retriever on the night of the Senior NCO's and Officers' Mess "At Home." Please try to remember though, Al, that you're not supposed to take everything I say literally! So, the next time I say I'm looking for a pretty female Lieutenant, let me find her myself! I'm now afraid that every medication I receive from the pharmacy will be in suppository form.

## NAVCOM LABS

Christmas has come and gone again along with the annual Avionics Shops' Open House. Incredibly, the lab is still in one piece and we're managing to get back to the day to day grind. This Christmas saw a few traditions upheld and a few that were sadly missed.

Our co-workers across the hall were kind enough to carry on one of the most time honoured traditions of the Christmas season: "Ye Olde Dance of the Christmas Derelicts." Several hand-picked members of the IE/IS crew were delegated the task of remaining at the party well past the time when those who had some respect for their bodies had left. The entire staff of NavCom wish to congratulate IE/IS on their stunning performance and we feel it necessary to single out

Cpl Can Lefebvre whose inspiring battle cry, "To the Ping Pong Table!" still echoes through our coffee room.

However, the carrying on of traditions can, at times, exact a heavy toll on those entrusted with the task. In respect to the great sacrifice (measured in brain cells and Visine) made by our comrades we offer 2.3 seconds of silence...

One tradition that was left out this year was the "Annual NavCom Lab's Boycott of the BAMSO Christmas Dinner Because We Had Our's Scheduled First." Of course, the only reason that this tradition was cancelled was due to the excessive length of its title.

Another tradition that fell by the wayside this year was one that was particularly dear to this writer. It involved a few of us getting together, singing a few carols and committing Grand Theft Xmas Tree. This year we settled for a perfectly legal, artificial tree.

Finally, this year we saw what we hope is a tradition in the making. When the Base Commander dropped by during the open house he brought with him a little gift in the form of a promotion. Congratulations to WO Winston Jones from the entire shop.

So NavCom had its normal, laid back, TRADITIONAL Christmas this year and hopes to have its normal, laid back year in 1988. Bye!

## Arms Control Opinions Requested

b. the prospects and opportunities for arms control, in the post INF context;

c. the identification of priorities and responsible next steps for NATO in the pursuit of verifiable arms control measures between East and West;

d. contributions that Canada can make within NATO towards the achievement of greater security between East and West at lower levels of armaments; and

These studies we are sponsoring will help us build upon the security and sovereignty policy contained in the White Paper," Mr. Beatty said.

The Canadian Institute of Strategic Studies, (CISS), Toronto, and Centre Quebecois de Relations Internationales, (CORI), Montreal, will have until Mar 31, 88 to report on:

a. the impact of the INF agreement on East-West balance of forces;

spring and we must begin now to develop our position," he added.

In June of last year, the Government's Defence White Paper stated: "Arms control, like defence, is one of the pillars of Canadian security policy. They are complementary, and the policies pursued in each area are consistent with the common goal of enhancing security and stability at the lowest level of forces."

## Beatty Solicits Views

OTTAWA -- The Honourable Perrin Beatty, The Minister of National Defence, has asked two independent groups for their views concerning defence and arms control in the post-intermediate range nuclear forces (INF) environment.

"It's vital that we maintain the arms control momentum following last week's INF agreement, while maintaining the security of the western democracies," said Mr. Beatty. "Canada will be discussing this subject at NATO meetings next

## SECTION NEWS

RIPPLES FROM  
THE  
BEAVER POND

Back again after the festive season and returning to work for a much needed rest (personally speaking of course).

I must first off mention the First and hopefully 1/2 Annual BC MILE Hockey Tournament to be held here in CFB Comox at the Glacier Gardens arena from 27 - 29 Jan 88. There will be 6 teams (including Comox) involved throughout the 3 day event. All games are to be played during the hours of 0800-1730. All base personnel are welcome to come and catch some of the finest hockey played by Engineers anywhere in the Province.

1 1/2cu has returned to complete what they started in Nov of last year, the renovations in B64. Completion date is expected to be end Apr 88. Welcome back guys, hope you enjoy your stay here in Monsoon Land.

Cpl Cyr has just returned from TD and leave in the North Bay area. We welcome her back and at the same time congratulate her on her recent promotion to Cpl. It's your round Janine.

Cpl Perry Johnson has just come back from his tour of the Golan. I guess he'll have to get climatized to Comox again and his tan is already fading. Don't worry Perry, in about 3 months you'll be able to suntan here. We also have to welcome back Cpl Jim Scott and Cpl Luc Gravelle who were away on course in Chilliwack. Both gentlemen returned just prior to Xmas but we didn't get around to welcoming them back.

Question for Jim Wilson - what do you get when you cross a Vancouver Canuck (cannot) and a groundhog? Answer - 6 more weeks of bad hockey. In all fairness to Jim, the Canucks recently went on a winning streak, winning one in a row. The above statements are the opinion of one person for sure (Poo Two), and possibly others and should in no way be taken as the opinion of this writer or this newspaper in any way. Besides Ross, the Toronto Maple Buds are not really that much better.

BC MILE  
BCMHT  
Hockey Tournament  
27-29 JAN. 1988...

OFFICERS  
WIVES  
CLUB

Here we are already mid way into January 1988! Hope everyone had a great Christmas and has started the New Year with a bang. Our "White Christmas" was only 2 weeks late this year. Has everyone had their fill of the white powdery (or wet) stuff yet?

Onto old business... Our November 87 strolling fashion show was a total success with approximately 180 people in attendance. We were dazzled with a wide selection of fashions from the Comox Valley ranging from casual to formal wear. The OWC would like to thank everyone who participated. (both in front and behind the scenes) in making the show the great success it was. Also, many thanks to our waiters for adding that special touch to our evening. We hope everyone attended a function at the Mess at least once during the Christmas season in order to have admired the decorations. Once again, thanks Barb for all of your time and creative input! It was a very busy evening with over 80 people creating an atmosphere of Christmas cheer! Many thanks for all of the donations for the food bank, it was much needed and appreciated.

Our upcoming function is a Calorie Counter Buffet to be held Wednesday, January 20/88 at the Officers' Mess. The time is 6:30 for 7:00 p.m. with a makeover and colour image demo to follow dinner. Cost - \$2 for members, \$3 for guests. Hope to see you there.

February's event is a Lingerie Bingo! More details next month.

Bridge: The Bridge Club is looking for people to be extras. If interested, please contact Mary Goski at 339-5401 or Pat Black at 339-3272.

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## SPORTS &amp; RECREATION

## Sports Shorts

## CFB COMOX MENS AND WOMENS BASE VOLLEYBALL TEAMS

Mens Base Volleyball team has practices each Monday and Thursday from 1615 - 1800 hrs. Games are played every 2nd Wednesday against Campbell River and Courtenay.

Ladies Volleyball team practices each Tuesday and Thursday from 1800-2000 hrs. Anyone interested in trying out, please contact Rec Centre at 8315.

## PAC REGION BROOMBALL CHAMPIONSHIP 24-28 JAN 88

CFB Comox will host the 1988 Pac Region Mens Broomball Championship from 24-28 Jan 88. Teams from CFB Esquimalt, CFB Chilliwack, CFB Holberg and our own Totems will be challenging for the right to represent the Pac Region at the CF National Broomball Championships being hosted by CFB Ottawa from 25 Feb - 2 Mar 88.

Game times will be published at a later date. Come out and support your base team in their quest for the coveted gold.

## PAC REGION CURLING PLAY-OFFS

CFS Holberg will host the Pac Region Curling Championship 1-5 Jan 88. A play-off will be conducted during the week of 18-22 Jan 88 to select one male and one female team to represent CFB Comox. Any military person wishing to enter a team are to contact the Base Rec Centre local 8315 NLT 15 Jan 88.

## CFB COMOX 2ND ANNUAL BASKETBALL TOURNAMENT 15-17 JAN 88

CFB Comox will host the 2nd Annual Basketball Tournament 15-17 Jan 88. Eight teams including CFB Edmonton, CFB Chilliwack, CFB Esquimalt and our own CFB Comox Totems will participate.

Game times are as follows:

## FRIDAY 15 JAN 88

Game One - 1830 hrs  
Game Two - 2000 hrs

## SUN 17 JAN 88

Game 9 - 1000 hrs  
Game 10 - 1130 hrs  
Game 11 - 1330 hrs  
Game 12 - 1500 hrs

## SAT 16 JAN 88

Game 3 - 1000 hrs  
Game 4 - 1130 hrs  
Game 5 - 1300 hrs  
Game 6 - 1430 hrs  
Game 7 - 1600 hrs  
Game 8 - 1730 hrs

## CF EXPRES PRE-EVALUATION INSTRUCTIONS

In order to ensure accurate evaluation results, members are to be informed that prior to their appointment they should not:

- Exercise the same day
- Consume alcohol for at least six hours
- Eat, smoke, or drink tea or coffee for at least two hours.

Additionally, members should be dressed in light running shoes, loose fitting shorts and a T-shirt or a shirt. Women may wish to wear the top part of a two piece swim suit as a substitute for the T-shirt or shirt.

## TOTEMS HOCKEY TEAM

The Totems, CFB Comox's cinderella hockey team came back off Xmas holidays with red in their eyes; no they were not bloodshot. There was fire in their eyes, that had a lot to do with their 17-9 victory over the Hawks on the 7th of Jan and their 5-2 win over the Blues on the 10th of Jan. Congratulations Totems - way to go!

If any of you eager hockey fans wish to come and cheer on the Totems, their next game is on Thursday night, 14 Jan at 10 p.m. It has the promise to be a very exciting game, as the top two teams are battling it out, head to head for first place.

So come on out and support the base team. See you at the game.

## PLAY IT SAFE

Just can't wait to swirl down the hill with your brand new pair of boots & skis...

...Be careful, your new equipment might not react the same as the old ones did. So, get used to them and get the skills back prior to attempting acrobatic moves that you could do last year.



## Pipe Smoke

Gerry Gerow



My first doggy book of the new year is a real gem. *The New Fox Terriers*, by Harold Nedell, Howell Book House, New York. US \$17.95.

A breed book to be sure, but a well written and well researched work that is a credit to the author and the publishers. There are two distinctive varieties of fox terriers, smooth and wire haired, and Nedell does a complete historical study and presentation of both varieties as they exist today. This 384 page, hard cover edition, includes over two hundred photos and drawings. The book is divided into ten chapters.

The primary purpose of any good breed book is to educate new affectionados to the breed as to the history and the various idiosyncrasies of the breed. Nedell does an excellent job of just that. He discusses such things as the British impact on the breed, showing these dogs, obedience and Pedigrees. He has included a chapter on fox terrier legends, which is particularly interesting, as it discusses all the famous men in the breed development.

The final chapter on pedigrees permits any fox terrier to trace their dog's ancestry back to the original breed foundation dogs. I have not come across this approach in any other breed book and feel it is a very worth while part of the book.

This book was just published, but it should be in pet stores and book stores soon. Or you can order it from the publisher. It is an absolutely essential part of the library of any fox terrier owner or prospective owner.



## COMMUNITY COUNCIL NEWS

## FROM THE MAYOR

Well, another year has gone by and it was sure a busy one for your community council. I wish to personally thank everyone who has worked so hard and supported the community and myself.

We are in dire need of more people to help out with community activities if we are to continue putting on the activities and functions that should be present in a community of our size.

If you wish to help out, whether it be actually serving as a community council member or helping with specific activities, please give me a call, Wayne Bowerman 339-7625 or call our PMQ Assoc office at 339-8571. Remember,

everyone can help out, whether it be husbands, wives or teenagers.

Our next Community Council meeting will be held on Thursday, 21 Jan at 7 p.m. on the top floor of the Rec Centre. Everyone is welcome.

## XMAS DECORATED PMQ CONTEST

1st Prize - PMQ 116A-MCpl G.A.Lewis  
2nd Prize - PMQ 42 - Sgt W.J. Moore, PMQ 65 - Sgt M.G.Perry, PMQ 65A - WO J.S.C.Roy  
3rd Prize - PMQ 72 - Sgt R.T.Lambert

## XXXXX

There are many breeds of terriers in the world today. The Canadian Kennel Club and the American Kennel Club each recognizes 24 different breeds. There are others, for which no one has done the required spade work to gain recognition for them. One such notable is the Jack Russel terrier, named for Parson Jack Russel a celebrated clergyman and terrier fancier of Great Britain.

Terriers range in size from the relatively large Airedale, who stands 23 inches at the withers to a number of breeds which stand around 10 inches. Most of the smaller breeds of terriers are very loveable little fellows. They love to dig. If you don't want your yard dug up, don't get a terrier.

The terrier breeds were originally bred to hunt for vermin such as rats. The smaller breeds can 'go to ground' which means they will enter the burrows of rabbits or badgers and flush them out. They are all lively and very fast. In England, where most terrier breeds originated, they are still hunted for sport. Records are kept of how many rats or other animals they are able to take in a day. The unrecognized Jack Russel terrier is probably the breed most used in active hunting today.

Many terriers are today, lap dogs which are kept for companionship. Some of them have beautiful coats and colouring. Many of the smaller breeds are suitable for apartment living, and for this reason, coupled with their loving natures are the ideal companion for the elderly. They can be very obedient and one sees terriers constantly in the obedience trial rings. *Our hunt was a nice way to end a great year, Frank.*

## SPORTS &amp; RECREATION

## Flying Fathers coming to CFB Comox

It's Their 25th Anniversary

This hockey season marks the 25th year of operation for the Flying Fathers Hockey Club. During the past 25 years the Flying Fathers have become famous with their unique blend of hockey and humour. The team has played hockey games in every province of Canada, the Yukon, the Northwest Territories and Labrador. In the United States, the Flying Fathers have honoured invitations from Maine to California, from Alaska to Alabama and from Minnesota to Arizona. They have also played in Europe on several occasions. All in all, the Club has played over 600 games, bragging that they have only lost 9 games. Over one million fans have seen them play. The Flying Fathers are responsible for raising over 3 million dollars for various charities. Indeed, it has been a remarkable 25 years.

Father Les Costello is the original Flying Father. Fathers Brian McKee, Bill Scunlon and Les Costello organized a hockey team of priests to play the very first game in North Bay, Ontario. Father Costello had played professional hockey with the Toronto Maple Leafs. He was with the Maple Leafs when they won the Stanley Cup. He was ordained a priest for the diocese of Timmins. It was because of his fast skating and hockey ability that he was tagged with the name Flying Father. It was only natural then, that this team of Roman Catholic priests would be called the Flying Fathers. In his 25 years with the team Father Les Costello has had the pleasure of playing with almost 100 priests who have donned a Flying Father hockey sweater.

The first hockey season for the Flying Fathers was short and sweet - only one hockey game. The next winter, some of the other priests who had travelled to North Bay to participate in that very first game, thought it would be a good idea to raise money for charity in their respective towns or cities with a Flying Fathers hockey game. Six games were scheduled for the second season. Then, by word of mouth, other communities heard about this mysterious hockey team. Father McKee started booking games. In a couple of years the Flying Fathers were playing 40 games a year; next, it was 40 games a

year. When the schedule incorporated 40 games a year, it became impossible for the priests to play all the games that were requested. Always, the Flying Fathers have been priests. For them, the hockey games are classified as a secondary apostolate. The team members decided to limit their annual schedule to 25 games. For several years the Flying Fathers have received over 200 invitations for games each year. It is very difficult to choose the places where they will play because there are so many worthwhile charities. The priests narrow these 200 requests down to 25. This year the Flying Fathers sifted through almost 300 letters to decide on their schedule for this 25th Anniversary Year.

When the Flying Fathers started playing hockey 25 years ago, the priests never imagined that they would become so popular. So far, even after 25 years, their popularity has yet to peak. It seems that the demand for games gets greater each season. The Flying Fathers have always tried to their utmost to guarantee that a Flying Fathers Hockey Game, no matter where it was played, no matter the size of the crowd, was a spectacle providing fast hockey action and hilarious antics that the whole family could enjoy at a reasonable price.

Good family entertainment! A night with hundreds of laughs! A time when one can forget the troubles and worries of life. A reminder of the fun and enjoyment that each person finds in his or her own life. Enjoy life! Enjoy yourself! Really, that is the philosophy of the Flying Fathers Hockey Club. Life is meant to be enjoyed, so let's enjoy it.

After 25 years of playing hockey all over North America and Europe, the Flying Fathers have become rather famous. In sport circles, the Flying Fathers is a fabulous hockey team. As well, the Flying Fathers are recognized as being great entertainers, not only on the ice, but also, at schools and hospitals and at banquets. Of course, the fact that they are all Roman Catholic priests makes their team all the more unique. It is probably this unusual combination of sport, comedy, and religion that gives the Flying Fathers such an enduring

reputation. Certainly, it has kindled a great deal of interest in the media with team articles in People Magazine, Sports Illustrated, Reader's Digest and many other publications; with television features on Real People, Hockey Night In Canada, Front Page Challenge and other shows. Moreover, the Flying Fathers even qualified for Ripley's Believe It Or Not Report. And, believe it or not, a few years ago, Hollywood wanted to make a movie about the Flying Fathers.

The Flying Fathers are dedicated and responsible priests with many pastoral commitments. As a result, the hockey aspect of their lives takes second place to their priestly duties. In order to play 25 hockey games during the

season, the Flying Fathers use their holidays to raise money for charity. All the priests agree that it has been a very rewarding experience to play the game they love, all over the world, meet numerous, wonderful people and help raise all kinds of money for a real variety of charities. Usually, the Flying Fathers have two hockey tours each year. One before Christmas and one in the new year just before Lent begins. About 15 games are scheduled during these two excursions. The other 10 games for the Flying Fathers are "one-nighters" played in Ontario where most of the players are stationed. For this type of game, the Flying Father celebrates Mass in his own parish in the morning, then drives all day to wherever the

game is to be played, plays the game and makes the return trip back home.

Father Grant Neville is the manager of the Flying Fathers. His responsibilities include scheduling the games, arranging the travel connections and recruiting the players. The toughest part of his office is making sure all the priests get to the ice rink for the game. After all, the priests are spread out from Moncton, New Brunswick to Timmins, Ontario. The Flying Fathers never practice. It is a big accomplishment just to show up for the games.

The Flying Fathers crest is very significant. It is a rather humorous drawing of a "padre, angelic-faced with halo" which compliments the team motto, "Playing and praying for a better world."



## AROUND THE BASE

Belanger Appointed  
Base Chief

CWO Danielle Belanger appointed as BCWO for CFB Comox (for a day). (Base Photo).

On Wednesday 16 Dec 87 CWO Danielle Belanger was appointed to the Office of Base Chief Warrant Officer for CFB Comox.

She succeeded CWO George DelFabro who was declared Persona-non-Grata for the day in keeping with custom at Base Comox.

CWO Belanger quickly took over control of the Base and informed me she foresaw no problems with handling the duties and responsibilities as she had been promised the full support of the Base Commander, Col J. Bertrand.

Following the handover ceremony performed in the Base Commander's office CWO Belanger made a tour of the Base visiting many of the branches, squadrons and sections and speaking to as many of the NCMs as were available.

She concluded her tour with a familiarization flight of the area in one of VU 33s high speed, flush-riveted, multi-place, multi-role Tracker aircraft piloted by the Base Flight Safety Officer, Maj Acorn, who was ably assisted by Col Bertrand.

After her famil flight it was off to the annual Christmas Dinner for Jr Ranks which is served by a selected number of Officers, Warrant Officers and Sergeants.

It was at the dinner that she faced and conquered her first potential problem when she came face to face with the "Ancient Mariner" CPO Hunter who was all decked out in his navy blue uniform complete with red suspenders and a white wedgie.

Rumour has it he is contemplating dyeing the wedgie and applying for a full time transfer to the Air Force.

After a short conversation (one sided) during which CPO Hunter was heard to reply "YES, MA'AM!" the red suspenders had disappeared. It will probably take a bit longer to recover his normal genteel manner.

After dinner it was off to the WO & Sgt's Mess where CWO Belanger "Rang the Bell" and treated a few of the regulars to one on her.

The "Day of Glory" ended with CWO Belanger relinquishing her "OFFICE" back to CWO DelFabro when she was informed that the position was noted for causing loss of hair.

Thanks for a job well done Danielle.

HIGHLAND SECONDARY SCHOOL  
1987/88 HONOUR ROLL — TERM 1

## HOUSE 1

Ian Battle  
Shelley Clarke  
Tracy Ellis  
Justin Kelly  
Liz Lyle  
Kim Yaciuk  
Tony Bale  
Sara Burgess  
Ann Burr  
Jeff Holm  
Tracy Kobus  
Kathy Young  
Kevin Harrison  
Scott Inglis  
Larissa MacBeth  
Chantale Pelletier  
William Phillipson  
Matt Rees  
Tracy Steele  
Caley Denton  
Anne Guillo  
Teri Lamb  
Joanne Peterson  
Mary Rickson  
Jonathan Boisseau  
Krystal Ferris  
Kim Lawrence  
Don Morison  
Amy Spentzos  
Jamie Fournier  
Drew Anslow  
Doug Henderson  
Brian Rogers  
Ann Jackson  
Joachim Koch

David Doll  
Jeff Jorgensen  
Nicole Knapton  
Trish Sauve  
Simon Carvalho  
Rob Emmerson  
Annie Hart  
Anna Hutson  
Jamie Karila  
Laura McLaren

## HOUSE II

Treena Smith  
Ben Guthrie  
Mike Lawless  
Sharmen Rollins  
Ed Symons  
Grant Winterburn  
Jean-Marc Jaquier  
Paulette Joel  
Justin Olsen  
Darryl Taylor  
Greg Walton  
Lynne Anderson  
Sylvie Cote  
Troy White  
Adam Zambolowicz  
Suzanne Dwillies  
Guy Lemasurier  
Shannon McCormick  
Penny Praine  
Les Black  
Deavlan Bradley  
Kari Fraser 1/2  
Marnie Grant  
Maddy Halls

Stephanie Taylor  
Justine Thomas  
Ute Hennig  
Billy Pegg  
Steve Shaw  
Barb Filgate  
Jeff Hillard  
Derek Lewis  
Shannon Poole  
Tanya Thorne  
Grant Brydon  
Shannon Emmerson  
Mat Helmer  
Cam Isenor  
Delina MacDonald  
Jamie Steeg  
Andi Clarke  
Melissa Gammon  
Robin Siddons  
Alana Zambolowicz  
Kerstin Arvidsson  
Daniel Ayers  
Judy Boisseau  
Kevin Cochrane  
Troy Cunningham  
Jason Gordon  
Rick Houlgrave  
Brent Stoeckel  
Mike Wilford  
Lesley Rochester  
Christine Tarras

## HOUSE III

Jim Bentley  
Wendy Lunde  
Angela McCulloch

Jennifer Muldowney  
Sandy Grant  
Chris Kippel  
Rae-Ann Godhe  
Sylvia McAvany  
Kevin Muir  
Joanne Spalton  
Paul Battle  
Melissa Bruigom  
Chris Graham  
Leah Messenger  
Christina Sullivan  
Elana Wright  
Sarah Wright  
Bridget Boley  
Shannon Bool  
Ben Hopp  
Jason Berry  
David Dawson  
Karen Burr  
Louise Carvalho  
Monica Forrest  
James McPhail  
Sean Moran  
Shawn Taylor  
Mike Boivin  
Cindy Miller  
Andrea Olsen  
Dale Raskob  
Lisa Anderson  
Tammy Jonsson  
Anna Vonschilling  
Shawn Nicholson  
Ben Sampson  
Jason Kostluk  
Pam Sears

## New Sgt on Base



Glenn Mergaert receives his new hooks from BTNO Capt Rolie Tasse. (Base Photo).

Help us stop drinking drivers.

## AROUND THE BASE

## ...more Demon Doins

CONTINUED FROM PAGE 2

put in your vehicle don't call Micki as he's a Jinx around them. He's the only one we know who can hook up a headlight wrong, and when a stereo is installed, you have nice music but not more lights.

Well that's all for now, I can't find my dictionary so you will have to wait for next week for a big word.

## 2 CREW SERVICING

The talkative voice of 2 Crew is back once again to report the news from '87 and '88.

First off, 2 Crew would like to wish everyone a Happy New Year and all the best in '88.

On the sports side of things, our very own 407 curling team is undefeated and they plan to keep it that way. 2 Crew is back on the slopes once again and skiing stronger than ever. Most of us bought some new equipment this year and on our first day out we all instantly became pros!

1988 is bringing a few changes on our crew. Cpl James Wilson is posted back home to instruct at CFB Kingston. We wish him all the best and the same to his new students! Everyone will miss him, including the Toyota dealer, the stereo stores, tire shops...

Cpl Dan (O.G.) Pond is a new man! He recently tied the knot and we all are very happy for him. I think the guys of the crew are just happy they're recovered from his stag (it took them 2 days, but they did it!) O.G. is also on his way to Cold Lake for his F-18 course, awaiting his posting over the 'Pond' (no pun intended!).

Pte Gaetan Parr is leaving our crew to go back up to Safety Systems and Cpl Percy Glandville will be returning to 2 Crew and perking up our ski days.

Cpl Kym Devries and hubby Rudy are proud parents once again! They have a new baby boy, his name is Shea. Everyone is doing just great and the crew is looking forward to Kym's return. Some days we look around and wonder where everyone went to! Well, it seems a lot of us are on course or have just returned.

MCpl Marc Dufour completed his 6 A course just in time to take off again for his JLC in Penhold.

Cpl Guy Belanger is off to Greenwood for his run-up course, that gives 2 Crew one more driver.

Two of our Sergeants are away, Sgt MacKinnon is on his

JY course in Greenwood and Sgt Brauner is in Borden on his 6A, then down to Greenwood for his first line IE Course.

While I'm speaking of Greenwood, Cpl Jim Taillon is there on his JX course. Pte Charles Ethier just returned from his first line Comm course and Pte Sue Oostrom also returned from her first line AERO Engine Course, WOW! We're loaded with qualified technicians now!

Once again our 2 Crew Christmas Party went off without a hitch. The girls put on another entertaining skit which gave the guys something to think about. Look out, there's an all female air crew out there disguised as technicians, so be careful!! We all had a good time and for the first time ever Santa and his helper were dressed as Sylvester and Tweety, they were a lot of fun and so was the party!!

Quite a few people from 2 Crew attended the 407 Christmas party as well and we all had a great time. Thanks to everyone who put on the party, it was well done and a lot of fun.

Well, I think that's about it for now, so all the best in the new year and we'll talk to you next time.

## WHAT'S NEW AT 407 PHOTO?

The Christmas and New Years season is now past, leaving us with memories, some which are intangible, others physical evidence, like the bulge in the belly. At all crew, section and squadron parties, there was always an ample quantity of good food to bring the bulge into being.

During No. 3 Crew party Santa Claus came and distributed gifts to all the good techs except MCpl Veldhuizen, (not even a lump of coal) why?, only Santa Claus knows.

At the photo party Terry Wood received the "screw your buddy" award. Let it be noted that it was well deserved, and he's pretty good at it too. When the meal ended the DJ did his thing which encouraged some chorus girls (Norm Landry, Jean Cote, Terry Wood and Neil Lauder) to do theirs. I don't think that "The Platters" could have done any better. The ladies who we see in drab green workdress, or in white coveralls all year long, were pleasantly transformed into precious jewels for that evening. Noted especially was Lynn Fralick floating over the floor in her bright sparkling

emerald green gown. Thanks must go to MCpl Wood and Cpl Granger for some excellent organizational work to bring this party to reality.

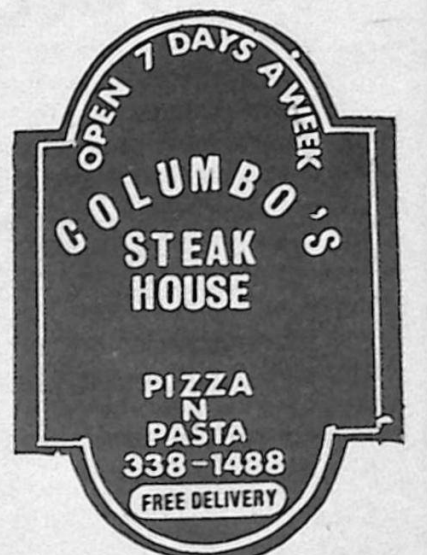
On Christmas Eve all members of the section, including wives and children, were warmly invited to the Buttnor's home. To get everyone into the Christmas spirit, Brian and Alice went all out to make sure that the guests were treated to a feast.

Laurie Roy appreciated the tourtiere (meat pie) and perogies. I believe that Laurie enjoys anything that is food. Brian had another reason to celebrate; his name was the second picked for the USS Nimitz trip, placing him as a standby. Let's cross our fingers.

In the recent, "Great Photo Contest," coordinated by base photo, our section had two winners, Neil Lauder, who took first prize in the "favourite snapshot" division and Laurie Roy, who received a second place in the open category. Congratulations to both!

Speaking of guys, he's back! Guy Tardif is back from his photo second line maintenance course in Greenwood. Bernie Lambillon can rest easy as Guy is now a trained expert and can do all the work. Guy is also happy to be back. He still continues to say that "all courses are too long."

This covers most of "what's new at 407 photo?" For the next month the aim is to recover from the festivities, till then....

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## DISTINGUISHED SERVICE TO FAMILIES AWARD

The B.C. Council for the Family is a registered non-profit society with a commitment to families and a belief that families are the source of our society's strength. In order to highlight this commitment and belief and to focus on the strengths and achievements of individuals or organizations who are working towards the enhancement of family living, the B.C. Council has initiated the DISTINGUISHED SERVICE TO FAMILIES AWARD.

This award recognizes exceptional volunteer and professional efforts and outstanding leadership in the cause of better family living in British Columbia.

Nomination forms are available from: THE AWARDS COMMITTEE  
B.C. Council for the Family  
Parliament Buildings  
Victoria, B.C.  
V8V 1X4  
Phone: 387-5766  
or  
B.C. Council for the Family  
200 - 1687 West Broadway  
Vancouver, B.C.  
V6J 1X2  
Phone: 732-4838

### NOMINATION FORM

1.	NAME OF NOMINEE (individual or organization/group)
	ADDRESS
	POSTAL CODE PHONE
2.	TYPE OF ORGANIZATION/GROUP (if a group)
3.	The nominator must describe in detail the reasons for nominating this individual or organization/group. How has the nominee given outstanding service to the betterment of family living in B.C.? In what specific ways has the nominee taken action which has resulted in the support and strengthening of families in the community and/or in the province? Has the nominee initiated an innovative program or service? How do you know? If you wish to include a resume, biographical sketch, or letters of support for your nomination, you are encouraged to do so.
4.	NAME OF NOMINATOR
	ADDRESS
	POSTAL CODE
	SIGNATURE OF NOMINATOR
	DATE PHONE
5.	NOMINEE: I agree to let my name be considered for nomination for receipt of the Distinguished Service to Families Award. (To be eligible, the nominee must sign below). SIGNED: DATE:
	DEADLINE: Completed nomination forms with all supporting documentation must be received by March 1, 1988.
	PLEASE RETURN TO: The Awards Committee B.C. Council for the Family Parliament Buildings Victoria, B.C. V8V 1X4 or B.C. Council for the Family 200 - 1687 West Broadway Vancouver, B.C. V6J 1X2

### Reading skills spell the difference



USC  
Canada

### Airman of the Year

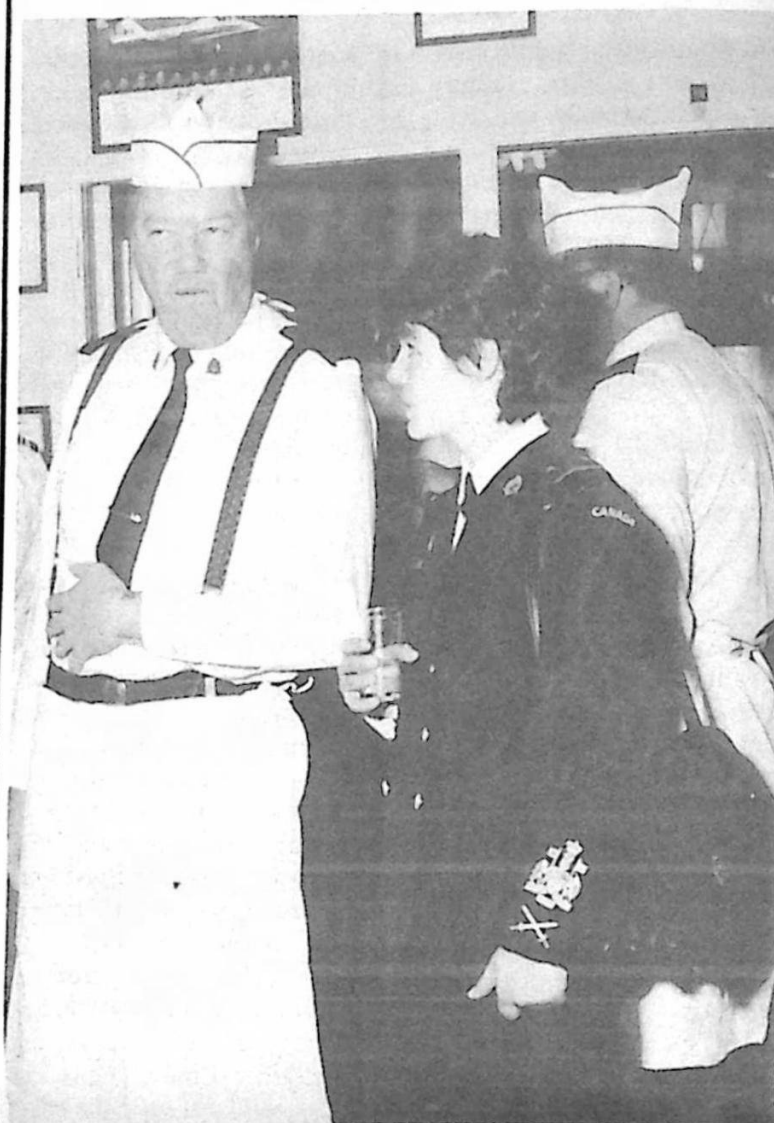
CWO Ronald William Coleman of Halifax has been named Air Command's Airman of the Year. In selecting CWO Coleman as the deserving airman, Air Command cited his 36 years of dedicated service to the Canadian Forces.

The chief warrant officer has worked on at least 12 aircraft types, including maritime patrol, jet fighter and helicopter. He has served in all three elements at seven RCAF stations and Canadian Forces bases.

CWO Coleman has worked on the Lancaster bomber of Second World War fame, the P2V-Neptune, CF-100 Canuck, CF-104 Starfighter, CF-5 Freedom Fighter, CH-147 Chinook, CP-107 Argus, CT-133 Silver Star, CT-114 Tutor, CH-135 Twin Huey, CH-126 Kiowa and the CH-124A Sea King.

## Base Clips

### Macho Male Environment Threatened



One of the few remaining bastions of the "macho Male," the Navy Chief, appears to be threatened. The most macho of them all looks somewhat perplexed as he tries to convince "Chief for the Day" Belanger that the appropriate place for a woman is in the kitchen, barefoot and ..... Nice try Chief! (Base Photo).

### "Old Smiley"



There are many amongst us who have never seen the Base Comptroller smile. Well here is unquestionable proof that he does. Santa seems to have tickled Major Rose's fancy at the recent Santa Claus visit to Canex. Now we know that you're just an old softy Maj!

SUPPORT OUR ADVERTISERS

# Cold Turkey Day Stop Smoking January 20!

# TAKE CONTROL



### THE FACTS

1. Lung cancer deaths for women in Canada now overtake deaths from breast cancer. In 1987, it was estimated that 20% of all cancer deaths in women would be from lung cancer.
2. 65% of heart attacks in women under 50 are caused by smoking.
3. Women who smoke and take the pill increase risks of stroke or heart disease by as much as forty times.
4. Women smokers may experience earlier menopause, which is a factor related to the onset of osteoporosis.
5. Smoking during pregnancy has been linked to lower birth weight, infant respiratory disease, fetal growth retardation, peri-natal death, and Sudden Infant Death Syndrome.
6. The highest percentage of female smokers is at age 20-29 with 45.3% smoking.
7. Women who smoke are slower to conceive than nonsmoking women and also tend to experience more menstrual problems.
8. In Canada, over 32,000 deaths occur yearly due to the effects of smoking.
9. Smoking is the No. 1 cause of coronary heart disease.
10. Cigarette smoking is the most common cause of chronic bronchitis and emphysema.
11. In 1987, an estimated 12,700 Canadians died from lung cancer, primarily caused by smoking.
12. Cigarette smoking is the single most important cause of preventable illness and premature death in Canada.
13. 30% of all cancer deaths, 30% of heart disease deaths and 90% of chronic obstructive lung disease deaths are caused by tobacco use.
14. In 1985, 330 of the lung cancer deaths occurring in nonsmokers were attributable to exposure to sidestream smoke.
15. 1/4 of Canadian teenagers smoke daily; the age of regular use is now 12.

### STAYING QUIT TIPS

1. Make staying stopped a priority.
2. Practise relaxation techniques.
3. Do deep breathing exercises regularly and especially when a cigarette urge occurs.
4. Hold coffee cup or glass with both hands.
5. Brush your teeth after each meal.
6. Chew sugarless gum or mints.
7. Plan strategies to deal with urges; be specific.
8. Keep busy doing pleasant activities.
9. Start on an exercise program or increase your level of exercise if already involved.
10. For the first few months, mark off on a calendar each day of quitting.
11. At breaks, drink lots of water and unsweetened juices instead of triggers like coffee or tea.
12. If fidgety, play with a paper clip or a pen or a swizzle stick to keep your hands busy.
13. Avoid some of the common situations associated with smoking - watching T.V., sitting in your favourite chair, getting together with smoking friends at the pub.
14. Try to think of staying quit just one day at a time.
15. Review your reasons for quitting and keep a list handy.
16. Ask friends to help you through the urges.
17. Plan some rewards with the money you save.
18. Think of quitting as gaining control over your life rather than depriving yourself of something.

Join The Quitting Team



## AROUND THE BASE



## Origins of the Species

John Bradley

## NO. 168 HEAVY TRANSPORT SQUADRON

While the RCAF acquired both single and twin engined aircraft to carry out a wide variety of tasks, the large four engined transport aircraft were initially purchased for a single purpose, to carry mail to the overseas troops.

To this end No. 168 Heavy Transport Squadron was formed at RCAF Station Rockcliffe on 18 October 1943 under W/C R.B. Middleton, AFC. The first aircraft on strength was the Lockheed Lodestar twin engined transport. Within two short months the unit would acquire their first four engined transports in the form of six Boeing B-17 Flying Fortresses. The six aircraft were evenly divided between three B-17Es and three B-17Fs.

The Fortresses purchased from the USAAF were, in the case of the B-17Fs, in fair condition. The E versions were in worse than poor shape and were in fact "Hangar Queens" while in American service. It should be noted that the final selection of these purchased aircraft had been left up to the Americans themselves. The technicians were let loose on the aircraft and within a short while had the aircraft in flying condition and over a period of time completed numerous modifications that included such features as placing the entire five man crew on the flight deck which gave more room throughout the entire aircraft for more cargo. Eventually the aircraft would even receive a swing down dolid nose that allowed more cargo in this area as well as providing a cargo door.

The first Fortress had been delivered on 4 December with two more delivered by December 8. Repairs and modifications began right away and on 15 December the first Overseas Air Mail Service flight, known as MAILCAN, took place. The CO, W/C Middleton and crew, including two passengers from AFHQ, took 189 mail bags weighing a total of 5,502 pounds in Fortress 9204 on the long trip to Europe. The trip took several days as they remained overnight at Dorval, Quebec and were then stuck in Gander for a

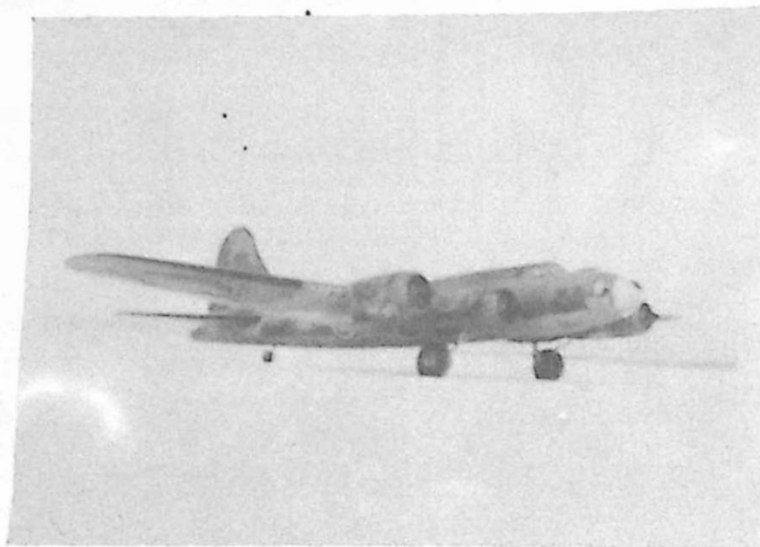
number of days with fuel leaks in the long range "Tokyo Tanks." A second Fortress, 9203, had left Rockcliffe the next day, 16 December, and encountered the same type of problems as 9204. While it left the day after 9204, it actually arrived in Prestwick, Scotland before 9204 and was waiting for its arrival so that it could transfer the mail load and carry on to Morocco, Algeria, Tunisia, Sicily, Libya, and finally Cairo, Egypt on 3 January 1944. On 6 June the aircraft began the return journey making stops in Malta, Sicily, Italy, and North Africa before arriving back in England on January 11.

Within a short period of time, 168 Squadron, set up detachments, in addition to Prestwick, at Blakehill Farm in Wiltshire, Biggin Hill in Kent, Gibraltar, and later Rabat-Sale, Morocco.

The squadron acquired a new aircraft in late 1944 in the form of four Douglas Dakotas that were at first used to transport engine spare parts and indeed complete engines from the United States to Rockcliffe and keep the by now temperamental B-17s in the air. On 21 and 22 February, two Dakotas were flown to England and then to Gibraltar to relieve the Fortresses of the mail carrying duties in the Mediterranean so that they could be redeployed onto the Atlantic run. Within a few weeks of arrival a new detachment was set up on Naples.

## CONSOLIDATED LIBERATORS

It had been the intention to begin relieving some of the pressure on the B-17s by the summer of 1944 with the purchase of another type of four engined transport, the Consolidated Liberator or as it was commonly known, the B-24. Delays held up their arrival until the beginning of August. Even then they were not immediately useable as the aircraft, three B-24Js, were still configured as bombers and had to be modified for their new transport role. It was not until 19 October that the first Trans-Atlantic Liberator trip was made. Within short order the new B-24s were up and running and by February 1945, total aircraft strength of the unit was one Lockheed Hudson, ten



Fortress 9204, an F model, departing Rockcliffe on the first MAILCAN flight, 15 December 1943. Note mailbags stuffed into the nose. (PAC via Al Scott).

Dakotas, three Fortresses, and nine Liberators.

With the cessation of hostilities, No. 168 did not disband as did so many other RCAF units as there were still a large number of Canadian military personnel overseas that required regular mail delivery. In fact, they carried on until the squadron was finally disbanded at Rockcliffe on 21 April 1946. The last

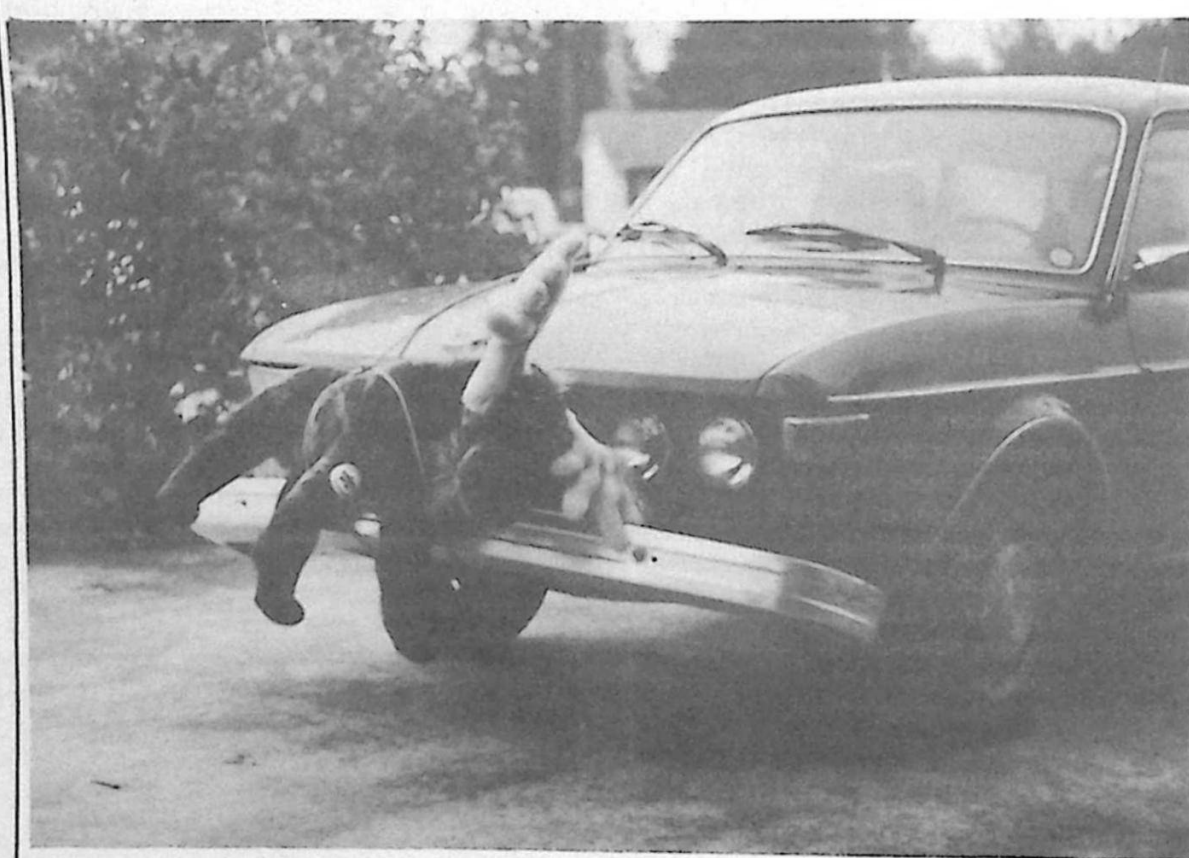
Trans-Atlantic flight had actually taken place on 3 March by Liberator 575.

The receiving of mail by overseas personnel was a large morale booster and without a doubt, No. 168 Squadron, contributed greatly to this. The statistics amassed by this squadron are impressive and include 636 Trans-Atlantic Mail crossings that included 64 by Dakotas, 240 by the For-

tresses, and 332 by Liberators. Flying hours totalled 26,417 and total mileage flown was over three million. To these impressive figures add 9,125,000 letters for 2,245,269 pounds of mail between Canada and Great Britain. Between Great Britain and the Continent they ferried 8,977,600 pounds of mail, 2,762,771 pounds of freight and 42,057 passengers. Tempering these numbers were the loss of five aircraft and 18 personnel killed or missing with an additional 7 injured.

Awards to the squadron included 1 DFC, 8 AFCs, 1 AFM, 1 BEM, and 1 Croix de Guerre (France). No. 168 (HT) Squadron received no Battle Honours and did not have an official Badge. However, some aircraft did carry an emblem in the form of a large bird, most likely an Eagle, carrying mail bags in each talon. Around this crest was the legend RCAF MAIL SQDN. This was usually seen on the nose on some Liberators while other aircraft were seen to carry a circled Maple Leaf.

## Mooseman in Trouble



This could mean the end of the crew checks for the Crew 7 Moosemen.

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## AROUND THE BASE



## Legion Log

BRANCH 17 COURTENAY

Fri Jan 15  
Sat Jan 16

Music by WESTWIND  
Branch 17 & L.A. Installation of Officers  
Cocktails 6:30 - Dinner 7:00  
Installation 8:00 - Dance 9:00  
\$5 each - Music WESTWIND

Fri Jan 22  
Sat Jan 23  
Sun Jan 24

Music by ALLEY CATS  
Music by PRIME TIME  
Fun Crib Tournament  
Registration 12 - 1

Fri & Sat Jan 29-30  
Sun Jan 31

Music by COUNTRYMEN  
Fun Euchre Tournament  
Registration 12 - 1

## \*\*\*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 &amp; Money Draw at 6:30

Fun Bridge at 12:30

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(NO JEANS OR T-SHIRTS)

## BRANCH 160 - COMOX

## \*\*\*ENTERTAINMENT\*\*\*

Jan 15-16  
Jan 22-23  
Jan 29-30

Music by ALLEYCATS  
Music by COUNTRYMEN  
Music by CLIPPER

## \*\*\*REGULAR ACTIVITIES\*\*\*

SUNDAYS  
MONDAYS

LOUNGE HOURS: 2:00 to 6:00 p.m.

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

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

TUESDAYS

Mixed Dart League - Upper Hall - 7:00 pm

WEDNESDAYS

Navy League Drop-In Bingo - 7:00 p.m.

THURSDAYS

1st Branch Executive Meeting - 8:00 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

T.G.I.F. IN Lounge

Meat Draws 2 - 6 p.m. - Lounge

SATURDAYS

Dance (Normally downstairs unless advised).

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

## SPECIAL EVENTS

SAT. JAN. 23 - ANNUAL ROBBIE BURNS DINNER. Will be held in Branch Upper Hall, commencing at 6:30 p.m. Roast Beef & Haggis, at 7 p.m. Ceremonies at 8 p.m., following by dancing to BRIER at 9 p.m. Admission \$12.50 single, \$25 couple. Tickets available at office or Lounge.

## KOREA WAR VETERANS

I am compiling a written and pictorial history of Canada's participation in the Korean War, 1950-1953. Send address and phone number to Robert Hepinstall, 8310 - 80 Ave., Edmonton, Alberta, T6C 0T1



## Taking Stock

"Stock Taking! Closed All Day!"

Isn't that a familiar sight these days? We are reminded that another year has passed and come to an end. Retail stores and other places of business find it necessary to take stock of their inventory and review their particular standing over the past months. It is a time for them to discover profitable resources, past accomplishments, and financial gains or losses, from a variety of tested methods.

Stock taking has proved to be a simple yet valuable procedure. As well as becoming aware of valuable resources, there is the given opportunity to set new goals and objectives.

It is sometimes necessary to discard materials and ideas that have proven to be successful. On the other hand, perhaps it may be the time to concentrate on "things" which have shown their worth. So, there is the hope that even greater things can be achieved in the year that is to follow.

Would it not be just as valuable if we, as individuals, were to take time and literally "take stock" of our own lives? Just for a few moments, reflect back over 1987. There are many questions that we could ask.

Am I really satisfied with myself, and feel a sense of contentment that I've really accomplished something, or have I merely existed for these past twelve months?

Have I tried new things or new ideas, new suggestions, or have I been content to stay in a "rut"?

Did I faithfully work toward making plans and projects a

reality or did I lose interest half-way through? Have I proved again that it's easy to begin a project but more difficult to see it completed?

Have I really provided for my family? Did I give them food, shelter, as well as love and understanding? Did I do everything in my power to ensure their every happiness or have I been careless, neglectful and self-centred?

Have I been a good neighbour?

What has been my greatest concern in the past year?

Has God been a part of my life at all?

Have I said or done things which I now regret?

How many mistakes have I really made?

An old verse puts it very well:

"And as the old year slips away, he kindly with him takes, The pages we have blurred and marred, with failures and mistakes.

The blighted hopes and needless fears, are gone beyond recall.

And ours once more, the fair clean page, The New Year brings to all."

Yes, we take stock of ourselves, we are reminded of our mistakes and our shortcomings, but better still, we realize that we can set new goals. We can aim for better things, for higher heights. We can endeavour to do better than we did before. A new year can be a new beginning for us. It is a golden opportunity to leave behind our mistakes and failures, for we have been given a brand new start.

God's people were reminded of this truth in the Book of

Joshua (chapter 3 and verse 4) and the encouraging words apply equally to us as we begin a New Year. The Bible says "...for we have not passed this way heretofore."

It is up to you and me as to what we will do in this coming year. Will we waste it or spend it wisely?

We can readily appreciate the truth of this little poem, written by a teacher, about a favourite pupil, and then now beautifully we can picture ourselves, making the same request from God;

"He came to my desk with trembling lip, the lesson was done,

'Have you a new leaf for me, dear teacher? I have spoiled this one.'

I took his leaf all soiled and blotted, and gave him a new one all unspotted. And into his tired heart I smiled, Do better now, my child.

I came to the throne with trembling lip, the year was done.

Have you a new one for me, Dear Master, I have spoiled this one.

He took my year all soiled and blotted, and gave me a new one all unspotted.

And into my tired heart, HE smiled, Do better now my child."

Yes, is a unique way, each new day is a new clean page. If each page is lived right, then the whole year will be right. Let us pause at the beginning of this New Year and as God to make our lives clean and beautiful for Him, so that others around us may be truly blessed.

Mrs. Captain Cora Dodge  
The Salvation Army  
Red Shield Services

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## SECTION NEWS

## Suggestion Award Winners

Presentations by LCol Mack



Master Warrant Officer Bruce Duncan, the Planning Officer in our CE Section, realized that considerable money could be saved if his section was to use oxygen/propane instead of oxygen/acetylene for most of their welding tasks. His suggestion was adopted and he was given a \$285 award. The presentation was made by LCol Mack, his commanding officer, shortly after he was promoted to Chief Warrant Officer.



When Mr. Richard Wheeler was a temporary carpenter in the CE Section Carpenter Shop he realized that the slippery floor around the power saw was a safety hazard and suggested that it be coated with a non-skid paint. He was granted a \$250 award for this safety suggestion and returned to the Base to receive it and the cheque from LCol Mack, our BTSO.



Master Corporal Neilson, a Safety Systems Tech in BAMS0, received another award, this time for \$200, for a suggestion to modify the 32N survival kit bag by adding an additional zipper, which permits injured personnel to easily remove items.



Private Davies, a Comm and Radar Systems Tech in BAMS0 NavCom Labs, received a minor award for his suggested MOD that was not adopted but did alert NDHQ to a potential problem area and caused them to initiate alternate corrective action.

## Golf News

The Boxing Day Tournament was a resounding success. Eighty-five participants enjoyed sunny, moderate weather to take in this annual event. Hosted this year by the JR Ranks Mess and they captured the trophy for a 2nd year. Congratulations. Next years organizer will be the O Mess - don't say you didn't get enough warning. Mr Tee Jones filled in for the BComd and the presentations were followed with a Chili lunch and liquid refreshments.

The Club's New Year's function was another success with just under 100 in attendance. From all reports it was the best function on base that evening. It concluded with an unofficial tournament the next morning.

Sunday winter golf is off and running - regist. by 9:30 for a 10:00 am tee-off.

A special year-end thank you to two dedicated members - Martha and Warren Campbell. Martha is handling our entertainment for the second year and our pot lucks, wind-up and NY's successes were almost solely as a result of her determination and efforts. Warren has been puttering around the grounds the last year doing whatever has to be done. He was one of the first involved with the new Pro Shop, has repaired, built and painted our course benches, built our pump house and recently constructed the new steps to the Pro Shop. From all the members a very hearty Thank You to the Campbells. Not going south? We'll see if we can find something for your idle hours.

## HOME &amp; 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 WOMENS' 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: Margaret Campbell 338-1084 on, Telephone: Margaret Campbell 338-1084

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Family Support Centre  
to Open

## Volunteer List Being Formulated

Most of you are aware by now that we are in the process of establishing a Family Support Centre at CFB Comox. The results of the questionnaire you answered, indicated both a need and desire for such a Centre and, to achieve that end, a steering committee has been formed to ensure its inception.

This facility will be available to all military and DND civilian personnel and their dependants. It will offer three levels of assistance. The first will provide basic information

about the communities of Courtenay and Comox, i.e., lists of doctors, dentists taking new patients, etc. The second will be to assist with practical family problem solving for dependants or members, and the third level will provide a system whereby more distressed cases can be referred to a professional in the community or to the Crisis Centre in Courtenay.

It is now time to establish a

list of suitable volunteers for our Centre. This duty will require as little or as much time as you are willing to dedicate and will involve a short training program prior to the Centre's opening. This program will be brief but valuable and will be enhanced with further training throughout the year. If you are interested and feel qualified to assist as a volunteer please call Jill Sutherland at 339-8203 or 339-3668. The Centre will open soon and we need your help to make it a success.

## The Greatest Exploit of All Time

The greatest athletic achievement of all time belongs, without doubt, to a retired Canadian soldier named Phil Latulippe.

The runner, you ask? Exactly: Phil Latulippe who ran across Canada!

Why is that so great? Well, consider the implications of what he did.

In 1981, aged 61, Phil Latulippe ran 8760 kilometers, or, if you prefer, 5440 miles.

Not impressed. Then consider this: he averaged 62.6 kilometers a day. For those of you who aren't runners, that may seem a bit abstract, so let's make it more precise.

Every "Youngster" who runs a marathon and boasts about it for weeks has run a paltry 42.2 kilometers - once!

Phil Latulippe ran a marathon and a half for 140 consecutive days!

Good weather, bad weather. Across the Prairies, over the Rockies!

Even more astonishing is the fact that before the age of 49, Phil Latulippe was a soldier - practically never ran. His biggest exercise was passing the annual Canadian Forces physical! His legs had been injured at Dieppe, then again in a car accident. He used to smoke up to three packs a day. Then, at the age of 52, he became the world endurance record holder running 353 kilometers in a little over 63 hours.

Don't get the idea we are encouraging you to become a "little Phil Latulippe" - to quit your job or retire to run from Valcartier to Disneyland or Lahr to Gibraltar!

Not at all. That kind of exploit is beyond most mortals. Superhuman, in a way.

All PARTICIPAction asks is that you show a little respect for the EXPRES Program - and yourself. Get yourself into better shape to do your daily

work better and to enjoy life more fully.

Better a little athletic achievement like that than none at all!

If you don't know where you left your copy of the program - leap out of your armchair and run look for it!

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Canada No.1 86c/kg

Campbell's Soup 284 ml Tin  
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Cream of Mushroom 2/99c

Miracle Whip Salad Dressing  
500 ml Jar \$1.79

Kraft Processed Cheese Slices  
250g Pkg \$1.69

Catelli Pasta  
Spaghetti/Macaroni  
500g Pkg 89c

Royale Paper Towels  
2 Roll Pkg \$1.19

Better Buy Margarine  
454 g Brick 49c

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BUTT-OUT  
PROGRAM

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Maj Tamminen BDentO at  
8347





## SECTION NEWS

Supply  
Signals

## Promoted

The festive season is over once again and hope this article finds everyone in good spirits and good health.

I guess everyone was holding their work back during the holidays because it seems that everything was coming in the first week of the New Year. Busy! Busy! Busy!

The New Year also sees a number of Sup Techs away for additional holidays. Pat Bolton is off to Borden on an FIS course, but she'll not be alone there because Kevin Luther and Carl Scribner are also on their way to their TQ5 courses. Also gone is Lorraine Charles who is off to her JLC in Penhold and Diane Earl who lucked into a trip to San Diego with 442 Sqn. We can't forget Sue MacKenzie who is really "down under" on

a long holiday to Australia. On a sadder note, we would like to pass on our wishes for a speedy recovery to Rosalie Bridal who is still away on sick leave.

After mentioning everybody who's away, it doesn't leave many people left to talk about. There haven't been any good rumours or gossip floating around yet regarding happenings during the festive season but maybe there will be some juicy tid-bits for the next article.

So long for now, and let's remember to start the New Year right by keeping our customers happy.

Oh yeah, don't forget to put your name in for the upcoming BTSO Branch Mess Dinner. It should be fun.



Cpl Lorena Charles, Base Supply, receives her promotion to MCpl. Front Centre: Cpl Charles (seated). Left to Right: WO Maude, Maj Blakely (BSup), MCpl Veldhuizen, Pte Bailey, MWO Bowerman.

WO's & Sgt's  
Wives Club

In December we had our Christmas meeting and the attendance was excellent. The tables were set with Christmas colours of red and white table cloths and green boughs with ribbon were placed in the centre of each one. The effect was quite festive.

The food provided by some of the members was really good and there was plenty to go around a second time. We also

had an excellent punch served throughout the evening.

Santa came to visit us and he distributed gifts from our gift exchange to the members. The entire evening was fun and everyone seemed to really enjoy themselves.

Our next meeting is January 18, the first meeting of 1988. It's at 8 p.m. in the Mess Lounge and we hope all of you can attend.

## MEET &amp; GREET

Start the weekend early. The Flying Fathers will visit Glacier Greens Golf Club after their game on Thur 28 Jan. Come out and meet all the players. Everyone welcome.

Had a section party yet in 1988? Times awasting. Bar & Grill open every day. How about a winter golf tournament? Special rates available.

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## LIFESTYLE



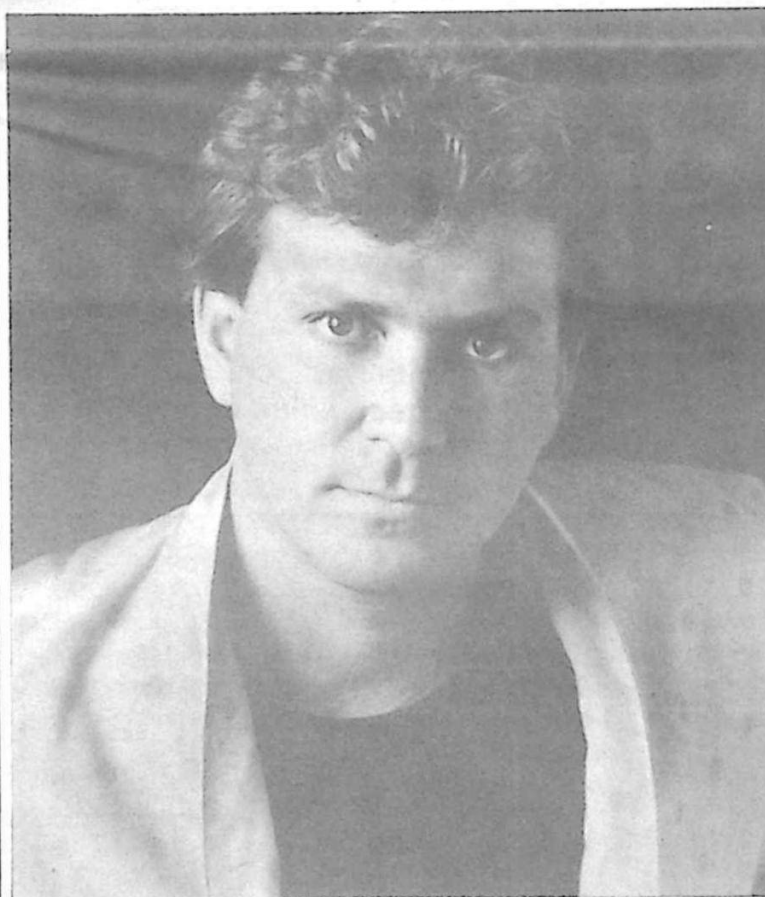
music reviews and syndicated columnist

## BROWN A TRUE BRILLIANT CONVERSATIONALIST

T. Graham Brown took many of the usual steps for building blocks to his current charted status. But, unlike many of his contemporaries, he sang jingles for some of the biggest corporations in the business, landed a songwriting contract released a debut album and singles (Drowning In Memories, I Tell It Like It Used To Be, I Wish I Could Hurt That Way Again) that finally culminated in a chart topper (Hell and High Water).

With his follow up album "Brilliant Conversationalist" (CapitolST-12552) the native of Georgia has come up with a solid outing that fuses country and pop. His title track single release has already had a top ten run and strong potential singles lie in the memory jogging "Save That Dress," the bluesy "Anything To Lose" and the bitter-sweet "She Couldn't Love Me Anymore."

T. also received a very large career boost when he played Alabama's June Jam and followed with a June to December tour with county/pop kingpin Kenny Rogers. His 1987 schedule has 150 dates with Rogers. When asked to describe his music T. Graham said "When people really press me for what to call my music, I've gotten to where I say it's Otis Redding meets George Jones." With that, he closes his 'brilliant' album with the Redding classic "Sittin' On The Dock of the Bay."



T. GRAHAM BROWN

## Chinook Face Decimation

"Chinook salmon populations in the Georgia Strait are in serious trouble," announced Mike Staley, Pres of the newly formed Chinook Foundation. "The sport catch alone has dropped by over 200,000 since 1980." And says Staley, "The stock is down to a quarter of what it was ten years ago." The outlook is bleak. The numbers of Chinook salmon caught in Georgia Strait and the number of Chinook returning to spawn dropped again in 1987.

The Chinook Foundation is a group of concerned sports fishermen, guides, biologists and conservationists who can no longer stand by quietly while the Chinook salmon stocks continue their serious decline in the Georgia Strait. The government is bowing to pressure from lobbyists against effective fishing regulations.

The chinook stocks are now severely depressed due to over-fishing. Biologists from the Department of Fisheries and Oceans (DFO) first began to warn of problems with Georgia Strait chinooks in 1977. "Rapid declines in spawning runs coincided with large increases in sport and troll fishing effort. In 1981 the combined sport and troll catch was 484,000 chinook. By 1985 the combined catch had dropped to 290,000. The 1987 total stands at 167,000, a decrease of over 50% in 6 years. This is not just a temporary setback that will correct itself naturally," says Staley of the Chinook Foundation.

In 1980 the first of several conservation measures were introduced by DFO to protect the chinook. "In each case another group quickly absorbed any fish saved," says Staley as he lists the unsuccessful measures implemented to control the downspin of chinook stocks. In 1980 the gill net fishery for chinooks was completely closed in the Fraser River. In 1984 the troll season was closed in the early season. What a great year 1984 as for sports fishing - 369,000 fish as compared to 198,000 the year before!

In 1981 DFO accepted a "seven point" program recommended by the Sport Fishing Advisory Board. The eighteen inch size limit and other regulations, as DFO biologists warned, resulted merely in a shift in the time the fish were caught. Harvest rate estimates from tagging data confirmed the DFO warning.

In 1985, Canada accepted a 275,000 total chinook catch limit for the Georgia Strait in a US/Canada treaty agreement. The treaty was designed to help rebuild chinook stocks along the whole Pacific Coast.

Further regulations were imposed such as spot closures. This was designed to protect the tourist industry in the peak tourist season. As DFO predicted, the fish were only protected for a short while in the closed area, then were subjected to heavy fishing pressure when fishermen flocked to each area as it reopened.

The hatchery contribution

stabilized before the decline at eight to twelve percent of the total. It has remained at that level through the decline, in spite of substantial increased hatchery releases of young chinook. Hatchery production did not save the day as predicted by some optimists.

The evidence is compelling, according to Mr. Staley. The date may contain some inaccuracies but the overall trend is obviously indicative of a disastrous situation for our chinook salmon. It is time for all groups of fishermen to reduce the catch for the next few critical years. The question is how to reduce the catch with minimum economic damage now; not whether to reduce the catch in specific areas.

Concerned citizens, who may want to join or show support for the Chinook Foundation should write Box 35699, Station E, Vancouver, B.C. V6M 4G9.

## Officers Mess

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2000-2130 hrs - two shows by ventriloquist, Don Bryan  
2200-2400 Hrs - Dance to DJ

Dress will be casual

Cost per couple: Member \$10 Limited Assoc & Guests \$20  
Reservations by 18 January

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.

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## HEALTH AND WELL BEING

info  
health

Dr. Bob Young



## WHAT LIES AHEAD IN '88

Let's try again. At the start of each year this column plays prophet, admittedly not very successfully. But what does lie ahead for medicine, medicare, and patients in 1988?

Scientific medicine will continue to make progress, advancing on many fronts. Items: Cholesterol control through the use of drugs appears to be near. Their use is particularly important in cases where diet and lifestyle changes fail to control the problem of high lipid or blood fat levels.

Transplant surgery, now common, will become more so. More complex organ implants will be done, and people kept alive and well through the miracle of bearing another's liver, heart or kidney will become, if not commonplace, at least no longer curiosities.

More exotic transplant surgery will become better accepted and will, perhaps, raise fewer ethical concerns as it becomes routinely successful.

I predict some major changes in medicare in 1988. Some of these are already apparent. Governments have become increasingly strapped for medicare funds, and in several

areas of the country some previously insured services are no longer paid for. Even when procedures and tests are still insured there are frequently very long waits before some tests and surgical operations can be done.

In BC there is often a four month wait for open heart surgery, and in some locations 24 months will pass before a hip implant can be installed. The first wait may be fatal, the second, at best, may be painful and immobilizing.

Public outcry over the lack of availability of necessary (and "insured") medical services will increase in 1988. Governments, if they want to survive, will have to act. There may be increased pressure to change the Canada Health Act to allow patient participation in their own health care, either through user fees, a second level of care for the wealthy (who now go to the US), deductible clauses in medical plans, or other means.

Have a happy, and above all, healthy 1988.

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

## Shop Smartly

"Just take a look at the shelves in your local supermarket," says Helen Hatton, nutritionist and spokesperson for the popular PBS television show, *Eat Well, Be Well*. "The labels say it all."

Ms. Hatton's comment is her answer to the widespread consumer concern about food additives. Many consumers wonder just what is inside the food they are buying - and eating. Is it safe? Are the additives necessary?

According to Ms. Hatton, the best way to address such concerns is to start reading labels. Food manufacturers are required to list the ingredients in their products - and the smart shopper will check that list carefully.

Listed, too, are the additives included in the product. This is usually a source of confusion for most people. They don't know why they have been added or how they work. All additives, however, are strictly controlled by food and drug regulations that spell out which additives can be used and in what foods and in what amounts.

Additives serve a wide range of functions. A number of food additives, for example, protect the vitamins in certain foods. Others preserve products - such as bread and crackers - to allow them to be transported and stored without refrigeration.

Certain additives are used to enhance the flavour and appearance of foods.

Ingredients are listed in order of quantity. If sugar is the first ingredient on the label, for instance, then you can be sure that the product contains a high amount of empty calories.

Concern about additives isn't the only reason that consumers should read the labels on the food they buy, emphasizes Ms. Hatton.

**FOOD ALLERGIES**  
"If there are serious food allergies in the family," she says, "it's especially important to study the ingredients on every label. Sometimes only a small amount of the forbidden item is enough to cause a severe allergic reaction, and in rare cases can even be life-threatening."

"If you're watching your weight," adds Ms. Hatton, "you'll want to know the levels of sugar or fat in the food you buy."

That kind of health consciousness will probably extend your life and make it a much more enjoyable one.

ASK YOUR  
PHARMACIST

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

## HELP YOUR CHILD SAY "NO" TO DRUGS

Most children will eventually face a drug-taking decision, and their parents won't be anywhere in sight. Illegal drugs are available almost anywhere they go and peer pressure can be overpowering.

It's up to the parents to take responsibility for keeping their children drug-free. Parents should begin discussing the dangers of drugs with their children starting when they are as young as nine or ten. Before they enter high school, children will have to make the decision whether or not to use drugs. Parental influence is an important factor in helping them say "no" to drugs.

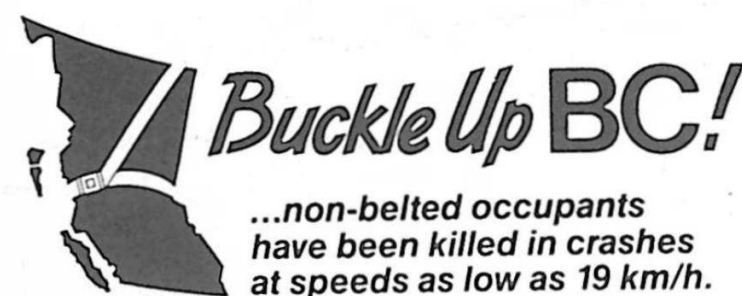
Talk with your children often about the drug problem. Give them the facts about the scientifically proven dangers of drug abuse. But, be sure to listen to what they have to say about drugs, too. Honest, open, two-way discussions like these can be a tremendous help to your children.

For some children, learning about the dangers of drugs will be enough to stop them from using them. Others may choose to use drugs no matter what they are told. For these children, it's up to parents to take a firm stand against drug abuse.

Grounding a child may be a good disciplinary action if drug use continues. It gives the parents a chance to talk more with the child and it may also work to separate him or her from peer pressure to use drugs.

If necessary, parents should not be afraid to get professional help. There are federal agencies, community mental health centres and parent groups to which to turn. Your pharmacist can help by pointing out your provincial or local drug and alcohol abuse authority.

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## LIFESTYLE

Hair Today  
Gone Tomorrow

Ed Note: This is the first in a series of 5 articles on hair care. Interesting reading for those of us who must take note.

## BEWARE OF MIRACLE HAIR REMEDIES (Part 1 of 5 parts)

Remedies for treating baldness are as old as history itself. For example, archaeologists have unearthed an Egyptian hair tonic recipe that goes back to 4000 BC. The concoction included local ingredients: a dog's paw, an ass's hoof and dates. These were ground, cooked in oil, and then rubbed vigorously on the head.

Today, men don't need to bother with home-made concoctions. Numerous hair studios catering to the vulnerability of many balding individuals are available across the country. "The studios are run by therapists who lack medical training and make frequent use of scalp shampooing," says Dr. Walter Unger, Chief of the Hair Loss Clinic at the University of Toronto.

"These hair experts, also known as trichologists, promote various shampoos and lotions which frequently contain a lot of tar or sulfur," adds Dr. Giles Raymond, Professor of Dermatology at the University of Montreal. Dr. Raymond, who is also a director of the Canadian Dermatology Assoc. Says, "They also promote ultrasound and ultraviolet treatments to stimulate hair growth, as well as the cleaning of water taps to prevent toxic substances from going onto your hair and preventing growth."

"A while back, we had a number of individuals in Montreal who established hair studios that virtually disap-

peared overnight," remarks Dr. Raymond. "Some of these promoted artificial hair transplants using hair plugs similar to carpet fibres. When stitched to the scalp, the skin can react negatively and reject the synthetic hair. A common result was gram negative bacterial infection and a visit to the emergency department. Hospitalization was required and in some cases, we almost 'scalped' patients in order to remove the plugs which were often knotted under the skin."

Dr. Stuart Maddin, Clinical Professor of Dermatology at the University of British Columbia, agrees that most hair studios are not reliable. He says, "When a patient with male pattern baldness comes into my office, I tell him to practice good scalp hygiene and not to waste money on special shampoos, massages and other fancy treatments. Some men spend thousands of dollars on useless treatments and it's a waste. I explain there are several options to the problem."

"The first option is to live with your hair loss - it's a very natural thing. There's nothing abnormal or wrong with losing your hair and it is possible to adjust and learn to live with the problem. Just look back at pictures of your family members and see how many had hair loss."

"If you can't live with your hair loss, then the next alternative is a hair transplant. This procedure was introduced in the early fifties and was perfected during the sixties. Since then, hundreds of thousands of men have had successful transplants," Dr. Maddin says.

Next Week:  
Some hair treatments are myths.

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Report

## MARKETS

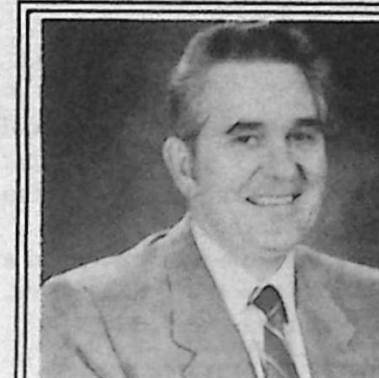
This year, the facts and figures have been condensed. The total number of sales for the past three years in the Comox Valley are: 1985 - 1,054 1986 - 1,160 1987 - 1,298

An increase of 138 sales in 1987 or 12.6%. The dollars spent on real estate was: 1985 - \$59,433,435 1986 - \$61,605,243 1987 - \$67,115,275

An increase of 5.5 million dollars was spent in 1987 or 8.7% over 1986. These two factors are very positive, both showing a steady increase from the low point in the market of 1984. The latest available MLS figures show the average price for a three bedroom house being \$60,482 in Sept 1987; up from \$57,988 in Sept 1986, an increase of 4%.

We are now at the beginning of a sellers market. And with the recent major adjustment in the stock market, houses and land look like a much more attractive venture for the future. My forecast for the future would be a steady increase of price and number of sales through 1988 and 1989. An increase of interest rates after the introduction of the new sales tax and increasing inflation in 1989 and 1990; put all these items together and it can be summarized in two words: Increased Price.

The writer Mr. Tom Procter has been in the real estate business for the past 12 years. He is with Remax Ocean Pacific Realty, Comox.



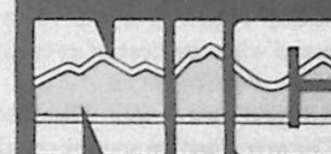
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## LIFESTYLE



## Stamps by Larry McInnis

### MISSING ACCENT DIDN'T INCREASE STAMP'S VALUE

Philatelic writing entails much research. It's fascinating; it's amazing what turns up.

I thought I'd share some of it with you, just to brighten your day.

*Weekly Philatelic Gossip* was a popular American philatelic magazine published in Kansas for many years. It devoted a good amount of space to Canada and Canadian philately.

One article that caught my eye was entitled "Canada - It's wonderful," by John A. Ullman, who was not a regular philatelic writer.

"Canada is a country surrounded on three sides by water and on the fourth by a thirst," his article began.

I don't know what that means. But you might get a chuckle out of this: "Canada is extremely reactionary, philatelically speaking, taking the outmoded position that the object of a postage stamp is to carry the mail. Canada seems to have no objection to artistic postage stamps, however. It issues quite a few."

Ullman's observations included "The stamps of Canada are bilingual." Editorial comment was added: "The French people never seem to have been tempted to learn English."

"Those who have heard both languages have some sympathy for this point of view," he continued.

This next venture into the preposterous will give you a tip-off that Mr. Ullman's article was not published recently:

"The most recent Canadian errors stem from this persistent French strain. One was the special delivery stamp which spelled the French word 'express' with an invisible accent circumflex instead of an invisible accent grave."

If it's invisible, who is to see? The stamps referred to were issued in 1946 and 1947.

On Sept. 16, 1946, a 17-cent air mail special delivery stamp was issued, showing a four-engine aircraft, probably a Douglas DC-4, in flight over Quebec City. In fact, it is shown flying over the Plains of Abraham, the very battlefield that concluded the English-French war in 1759.

At the bottom of the stamp is *Special Delivery* and under that the French equivalent, *Expres*.

The stamp as issued had a circumflex accent over the

second *E* of *Expres*. It should have been a grave accent, that little mark running from left to right over the *E*.

A new die was made, and a correct new stamp was printed. It came out Dec. 3, 1946.

Some 300,000 of the incorrect stamps were issued and 900,000 of the correct stamps. Yet both have identical catalogue values.

Glenn G. Hansen, in his 1971 book *Guidebook and Catalogue of Canadian Stamps*, says that "A good glass is actually required by all those blessed with the best of eyesight to spot the difference."

Ullman was less discreet. "The error can be seen through either a French or English magnifying glass."

He then referred to the King George VI definitive issue of Jan. 19, 1950, which did not carry the words *Postage/Postes*, but only the country's name and the face

value of the stamps. It had been scheduled for issue in 1949, but was held up because of that omission. The same stamps, with a bilingual inscription, were issued Nov. 15, 1949.

"Canada has everything - imperforates, shades, printing and paper varieties, tri-sects, bi-colours, huge stamps, tiny stamps, long sets, short sets, high-priced rarities and cheap oddities, coils, booklets, airmails, postage and revenues, war tax stamps, precancels, topicals, bargains, and surprises," Ullman wrote.

Tri-sects? Canadian? There is much yet to be discovered, I guess.

Then came the compliments: "Because the postal issues of Canada have been controlled by a high sense of ethics and integrity, their popularity, like that of the Canadians themselves, will never diminish."

Ullman concluded his article

with "...are you ready? Salut! It was all in the Oct. 7, 1950 issue of *Weekly Philatelic Gossip*, Vol. 51, No. 5.

As some famous person once said, "You could look it up." And you can, at our national

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Salut!

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## LIFESTYLE



## From The Fire Chief's Office

### AUDIS, FORDS RECALLED

In the last issue, we told you of 4 fires originating under the hood of 1986 Audi 5000 Quattro automobiles. Volkswagen Canada Ltd. has since announced a recall of their Audi 5000 Turbo 1984 to 1988 and Audi Quattro 1986 - 1988 inclusive. Approximately 5600 units are involved in Canada.

Investigations by Transport Canada and Audi engineers revealed that repeated topping-off of the fuel tank after the automatic shut-off valve of the

gas station pump has stopped, reduces the expansion space within the fuel tank. This could alter conditions within the evaporative emission control system and fuel vapours could escape from the charcoal filter. In the event the car is driven under heavy engine load over a prolonged period of time, the escaping vapours could be ignited by heat emitted by components of the Turbo exhaust system located adjacent to the charcoal filter and

cause an engine compartment fire. The vehicles involved will be fitted with a new type charcoal filter and a new valve in the vent line between the fuel tank and the charcoal filter. In addition, Quattro models will receive a redesigned fuel filter neck.

Mike McNabb, an engineer with the Vehicle Accident Research section at the University of British Columbia's Civil Engineering Faculty was involved in the investigations. He

said there was yet another similar incident on the same stretch of the Coquihalla Highway, and he has heard of three more similar incidents from Halifax, Montreal and California. He indicated that the topography, including the sustained grade, had a lot to do with creating the right combination of factors that caused the fires.

### FORD

The Ford Motor Company has initiated a recall of the

following 1986-1987 models because of a potential fire hazard: Taurus, Sable, Mustang, Thunderbird, Cougar, Crown Victoria, Grand Marquis, Continental, Town Car, Mark VII, Escort/Lynx CF1, Escort EF1, Econoline, Ranger, Bronco II, F-Series, Bronco and Aerostar. The recall was necessitated by a faulty spring in the fuel system which could cause a fuel spill in the engine compartment providing the potential for a vehicle fire.

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## LIFESTYLE

## A Chief is Made



Base Commander, Col Ted Gibbon presents MWO George Murley with his promotion to CWO. It appears that all good things must come to an end as George will now be picking up his well-entrenched roots and moving to Ottawa where he will become Superintendent Clerk at NDHQ/AU.

## COMMUNICATIONS AND ELECTRONICS BONSPIEL

Canadian Forces Base Comox has been given the honour of hosting the subject event during the period 18-20 March 1988. This bonspiel is an annual event to which the Communications and Electronics Branch personnel from some 40 bases, stations and units are invited to attend. Last year this bonspiel was hosted by Canadian Forces Base Trenton, Ontario, and 32 teams participated representing units from coast to coast. Since Comox is very scenic, mild and ever so green compared to the rest of Canada, at that time of year, we can easily expect to surpass last year's 32-rink event.

Capt J.R. Boucher, BTEL O, is the Chairman of the Organizing Committee.

Sgt R. Urban can be contacted by any retired members of the CE Branch wishing to participate in this event.  
Phone 339-8499.

## CFB Comox Basketball

## MENS

So now it's time to slip on the "Air Jordans" and head for the hardwood for a little news from the Base Men's Basketball team. This weekend is the big Annual CFB Comox Basketball tournament, with teams coming from CFBs Edmonton, Esquimalt and Chilliwack, as well as four local teams. We would like to extend an invitation to everyone to come on out to cheer on the CFB Comox Men's team and to watch some excellent B Ball.

The Men's team isn't doing too badly this year although we lost a couple of games in overtime and that really hurt our record. The team has for the most part been led by 6'7" centre Davis Mitchell, forward Rob Adams and point-guard Ken Rodzinski. Rumour has the team will be heading for the

Pacific Regionals sometime in March so we'll keep you posted.

## WOMENS

Basketball, like the morning family rush for the bathroom, is constant movement and therein lies its beauty...

There's the high-jumping and fierce combat for rebounds of missed shot attempts; the quick passes to "open" mates underneath the goals; and the split-second precision of a perfectly executed fast-break attack which climaxes with a two-point goal.

The game is one of movement between 10 evenly-divided players on a court at one time. Meant as a non-contact sport, the inevitable happens in the heat of combat and it's up to the two, striped-

shirt, whistle-toting arbiters called officials to call an infraction.

These are the guys who can't win no matter what they decide with such subjective judgement. But, don't take his sometimes irrational actions and vocal offerings too seriously. Remember, it's just a "game" and a pastime for the interested spectators and players alike.

With this in mind, the base Ladies Team would like to extend an open invitation to all personnel to our Annual Tournament being held January 23rd and 24th in the Base Rec Centre.

We would also like to remind you that every Monday night also in the Rec Centre our regular season games are played,

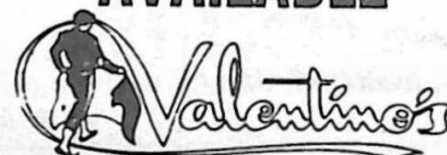
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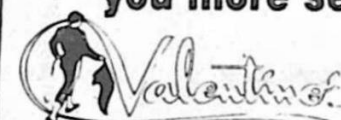
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## CANADIAN FORCES UPDATE

## Making Waves

SPIRIT OF THE WEST TO PERFORM IN VALLEY



Kelly, Knutson & Mann

Spirit of the West

SPRIT OF THE WEST, a folk-rock trio is making waves in the west. Shoreline Arts Society is sponsoring the foot stomping, danceable, and entertaining trio, Jan 16 at 8 p.m. in the Lower Native Sons Hall.

The trio have been together for four years, have made highly successful appearances at Folk Festivals, starred at Expo '86, have done many T.V. and radio shows, and are seen regularly in the Vancouver Clubs.

Most of their backgrounds are in rock, the Beatles, and the Stones their influence. Folk is a new dimension for them. "We're from BC, so we've started writing more songs and emphasizing the West Coast aspect of our music," said Knutson.

Kelly plays the whistle, flute, and bodran that gives the band a decidedly old-time appeal, while Knutson and Mann mainly guitarists, do their part by playing bazouki and bones.

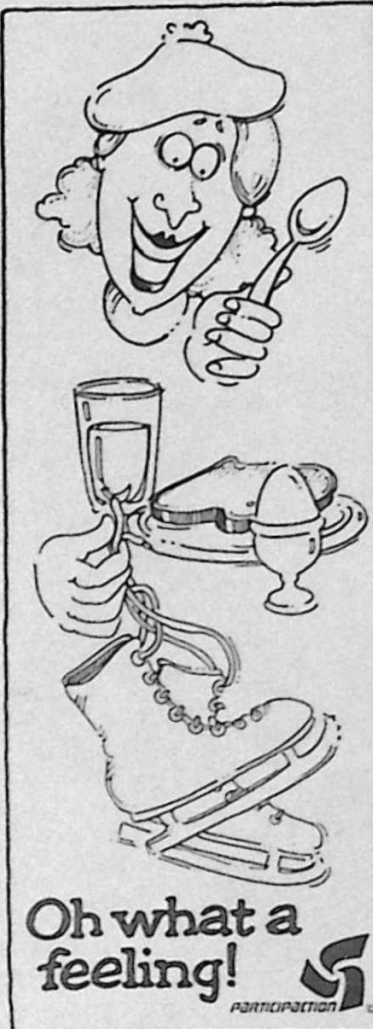
"The West Coast is an amalgamation of all sorts of things, cultures, various backgrounds, different influences and stories from the last two or three generations," said Knutson. "That's what we are doing musically."

So whatever your preference, rock, roll, folk, celtic, come and be entertained and dance to this dynamic trio, Saturday Jan 16 at the Lower Native Sons Hall.

Tickets for the dance are \$7 and \$6 for members of Shoreline Arts Society. They may be purchased at the following locations:

Laughing Oyster  
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Blue Heron Books

Ultra Wood and Glass  
Merville Store  
Sound Heritage (records also)



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The Museum is looking for all types of uniforms from work dress to dress uniform including greatcoats, raincoats, etc., for the permanent collection.

Please contact the curator, Nancy Greene at 339-5638 or drop by the Museum.

Winter Hours are 10-4 Friday, Saturday and Sunday.



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