



# TOTEM TIMES



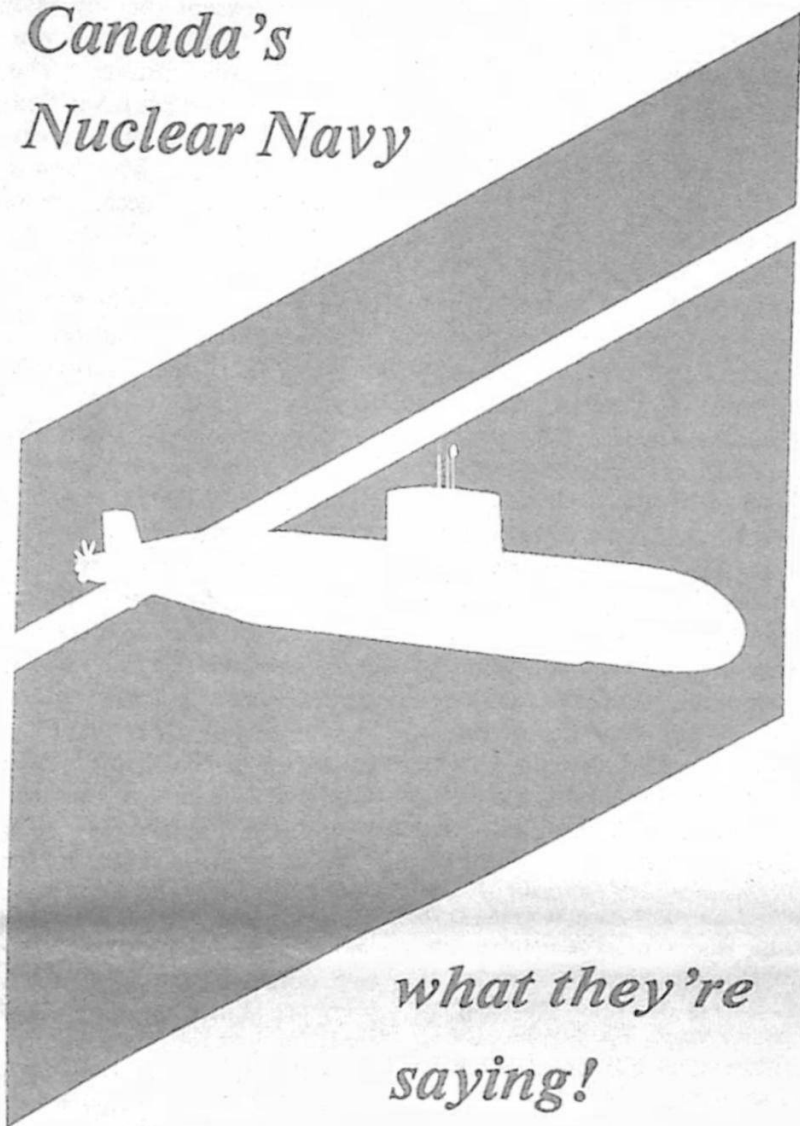
Canadian Forces Base Comox B.C.

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DEADLINE IS MONDAY, FEBRUARY 8, 1988

COST: PRICELESS

## Canada's Nuclear Navy



*what they're saying!*

OTTAWA -- Recent media commentary has questioned the estimated costs of the nuclear-powered submarine program contained in the Defence White Paper. Suggestions have been made that the estimates have increased since the June 5th announcement.

To help clarify this issue, the following is a short compendium of statements on-the-record in the House of Commons or reported in the media: -Standing Committee on National Defence (SCOND) -SCOND No. 13, 18 June 1987.

"The sail-away cost is \$5 billion. Incremental costs in terms of shore facilities, other support facilities, are in the range of \$2 billion to \$3 billion, spread over 20 years." (P. Beatty, MND)

-SCOND No. 13, 18 June 1987

"In terms of breakdown, we have used the figure \$450 million to \$500 million in 1987 dollars for the sail-away cost. Included in that is an incremental for Canadianization of the submarine in terms of bringing the construction of the submarine into Canada." (E.J.Healey, ADM(mat), DND).

"On the support costs, we have sought that information from, again, the British govern-

ment and from the French government. We have determined that it is somewhat different for the two types of submarines. Consequently, we have used an average of the two and added to it a Canadian increment, and that number, as the Minister has said, would add to the project costs between \$2 billion and \$3 billion." (E.J.Healey, ADM(Mat), DND)

-House of Commons, 5 June 1987

"I say to the House today that the Minister has made a mistake in his decision to acquire nuclear-powered submarines. In this case he is dead wrong and to the tune of \$7.5 billion." (D.Frith, MP, Liberal)

-House of Commons, 19 August 1987

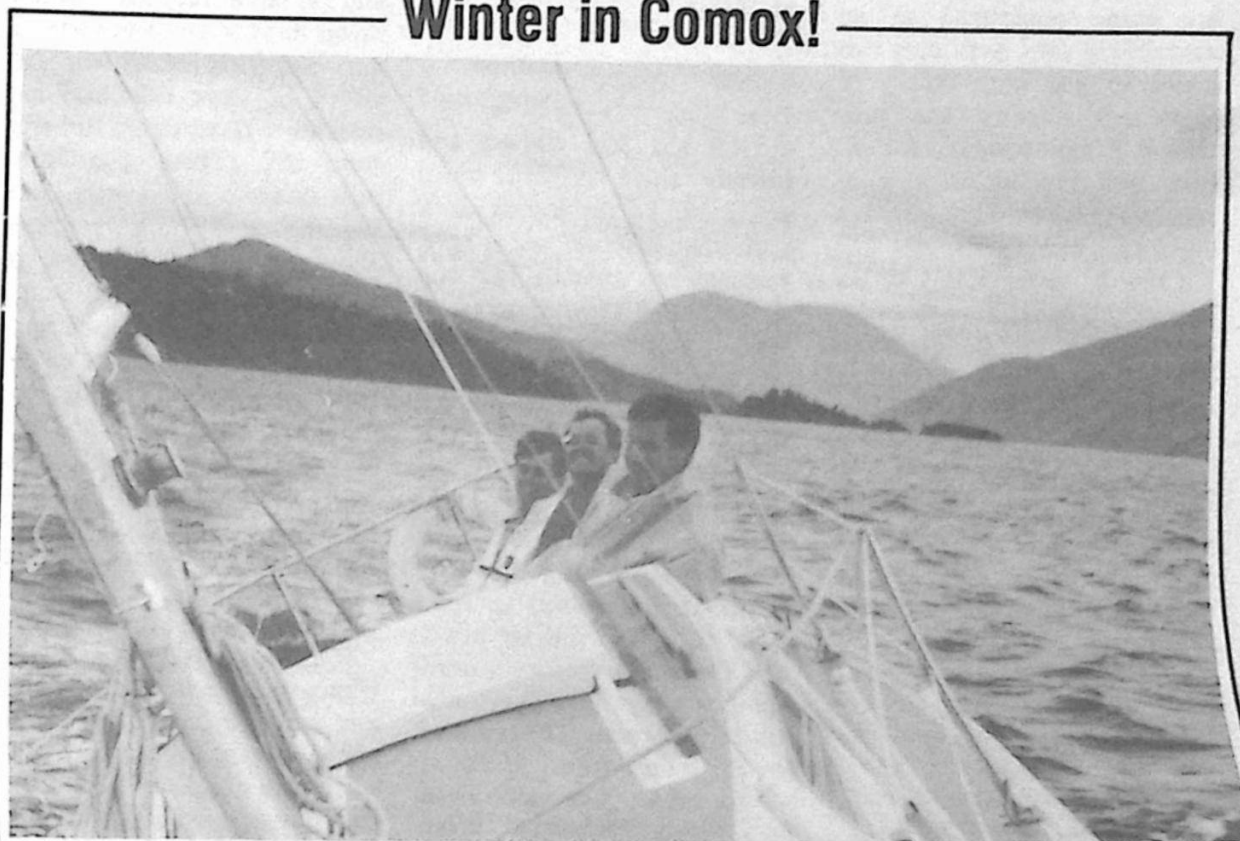
"The CP story says Jane's accepts the Canadian cost estimate of \$7.5 billion Canadian if the Government buys and builds under licence the British Trafalgar class submarine." (P. Beatty, MND)

-Halifax Chronicle-Herald, 6 June 1987

"Beatty told reporters after the White Paper was tabled in the Commons that the decision

CONTINUED ON PAGE 3

## Winter in Comox!



Just another average day in the Comox Valley...these stalwarts of the local sailing fraternity enjoy one of the winter pastimes here in Lotus Land. Eat your heart out Ottawa, Greenwood, Winnipeg, et al.

# Exercise Underway

## Exercise Lightning Strike Has Begun

OTTAWA -- More than 3000 soldiers and airmen will take part in an exercise to test immediacy of response in several regions throughout Canada beginning January 18 through February 13.

Exercise LIGHTNING STRIKE first started in 1984 and has now become an annual exercise which highlights participation of the Special Service Force (SSF) from Petawawa, Ont.

LIGHTNING STRIKE 88 will test and train the SSF in operations designed to provide the defence of Canada in any environment. The exercise will be conducted in four phases, the first two taking place in Ontario and the last two in Northwestern Canada.

From a Joint Task Force Headquarters established in Trenton, Ont., the SSF and some support units, will practice combat operations in the areas of Borden, Meaford, and Kapuskasing, Ont., before deploying to Northwestern Canada. A forward base will be set up at Yellowknife in anticipation of an enemy infiltration in the areas of Inuvik, Coppermine, Norman Wells and Prince George.

In addition to the SSF units that mainly comprise the Canadian Airborne Regiment and the 1st Battalion Royal Canadian Regiment, LIGHTNING STRIKE will include the participation of Air Transport Group from Trenton, Ont., Fighter Group from North Bay, Ont., and 10 Tactical Air Group from St Hubert, Que.

Aircraft involved in the exercise will include the Boeing 707, CC-130 "Hercules," CC-115 "Buffalo," CF-5, CF-18, and several types of helicopters.

These aircraft will fly about 250 missions between the various operational areas in support of the exercise.

Based in Petawawa and London, Ont., the Special Service Force is commanded by Brigadier-General Ian Coutis Douglas. He has more than 3000 soldiers under his command, a large number of whom can be placed into an operational area by parachute. The primary role of the Special Service Force is the defence of Canada.

CANADA'S INTERNATIONALLY FAMOUS

# flying fathers



TONIGHT 1930 HOURS GLACIER GARDENS

## AROUND THE BASE



## Demon Doins



## DEMON DOINS

The squadron crew checks are being completed at an astonishing rate, with only two crews to go. Maj Mazey of Standards already has purchased a new sounder for his boat and should be able to refurbish his basement after the checks are completed.

Crew 4, in an effort to increase their operational capability prior to the crew checks, sent Capts Wightman and Larocque to Halifax for the ADAC course knowing that they wouldn't return until after the marking was complete. Unfortunately their plant backfired in a big way when Capt Keenan was sent to their crew to fill in as navcom.

On a recent trip to the sunny south, Crew 5, Lt Ken Westerveld took it upon himself to please the management of a local Denny's Restaurant. After a day of carousing Ken nicely redecorated the men's restroom floor, much to the amusement of Capt Paige Cutland and Lt Bert "chicken legs" Fenton. As if this wasn't enough, Ken went back to repeat the process 10 minutes later and found the bathroom completely clean. Only after a second redecorating job did he realize that he had been standing in the ladies' restroom.

Shortly after Crew 5's return, Sgt Ross Dowe hosted a crew hot tub party and was so pleased that he said he would be happy to host all future crew get-togethers.

As a result of Capt Dave Bolton's exceptional navcom abilities on the Crew 2 check ride, the Cowboys, or Mountain Brews, have been known around Standards as the circling Richardheads, although this wasn't the short form version. It seems that Dave had some difficulty talking to a foreign tanker, and resorted to some non-standard procedures. Thanks, Dave, for sticking to the book.

On the home front, Capt Larry Arnold has been having recent social problems resulting from driving Miss Piggy, his beater Valiant. In an effort to display a new GQ image he's bought a sporty new Chevy Sprint, the full three-cylinder version. No need to spend money on expensive cologne now, the car will do it all.

It should be noted here that Capt Pete Holst has finally proposed marriage to long-time friend and drinking partner Jane Read, who accepted only when Pete agreed to give her a healthy dowry. Donations for

the upcoming honeymoon in Fiji will be readily accepted. Nuff said.

## 3 CREW

Dear Diary

1988 has just started and already there is too much going on. To the joy of some and the dismay of others, postings are arriving fast and furiously. Unfortunately, at least until families are notified, we are not in a position to divulge any information in this area.

We would, however, like to welcome a new AET, Pte Bisson, to our illustrious crew. And Pte D'aragon, from BAMSO, has joined us for a short stay. We will try not to disillusion him before sending him back. Sgt Ken MacDonald has been back on the crew for a few shifts (but we all try not to notice). And Cpl McMahon has finally returned from Scotland and unfortunately everyone can't help but notice.

Cpl Boulaine has finally received his TD initiation....another victim of Tijuana. Sgt Clarke is in a dilemma over the new hair growth tonic that Santa gave him... it backfired. We now hear that he is looking for a good deal on wrinkle and pimple remover. Cpl Couture is on a new 404 course...he is learning how to drive a tool board. And ask Cpl Cooper about his Demon Tech of the Month predictions.

We can't help but wonder how our mini detachment to Greenwood is making out (no pun intended): Sgt Longval, Cpl Hautzinger, Pte Commandeur and Pte Maceachern.

And in closing, we would like to officially put forth a challenge to anyone interested in a friendly game of volleyball. But be warned, we may be forced to use our secret weapon "Stretch Magoo."

Until next time, 3 Crew...

407 SQUADRON  
AMCRO/RESEARCH

January is almost gone and for once all the bosses are working. Oh, what a pleasant change that has made in the section as they are so busy doing PERs that they don't have time to bother with us minions. The section is having a farewell luncheon this Friday to finally say goodbye to Bud and Ken and maybe hello to Anne if she decides we are worth seeing.

We've had it quiet the last

couple of weeks, what with no red ink being seen in the section and all, but as they say all good things must come to an end and ours is coming Friday with the return of Capt Edit and his sidekick Dead-Eye Roberts from ZX. These two have been down in never-never land learning all there is to know about the Aurora and how to manage maintenance.

Mike, Larry and Pete all flew down to Ottawa last week supposedly to weigh an aircraft, but from what we hear they also spend a couple of extra hours chasing a will 'o' wisp in the Flap Assymetry. That will teach you to volunteer for milk runs Michel!

Since the SAMO and Joe "T" returned from Ottawa rumours have been flying hot and heavy around the hangar about who is going where and when, we up here hope that everyone gets what and where they want but also know that it never works that way. Things have been quiet over in Log Control, in fact sometimes we wonder if there is anyone there.

Stan is debating whether or not to become Pete's assistant casuist, as he's not quite sure what that would be. Well, I

guess that's all I have to say for now, so it's back to patiently waiting for the Leafs to win a hockey game, where I usually dream most of this up. See ya around sometime.

## ARMAMENT

And now time for the further adventures of our own travelling Tony. He has finally made it off the ground and down to Subex country. Though it was not all smooth sailing, as his transportation seemed bound to see him make it 8 for 8. After a little juggling he made it, though the extra flying probably cut into his touring time, eh Tony!

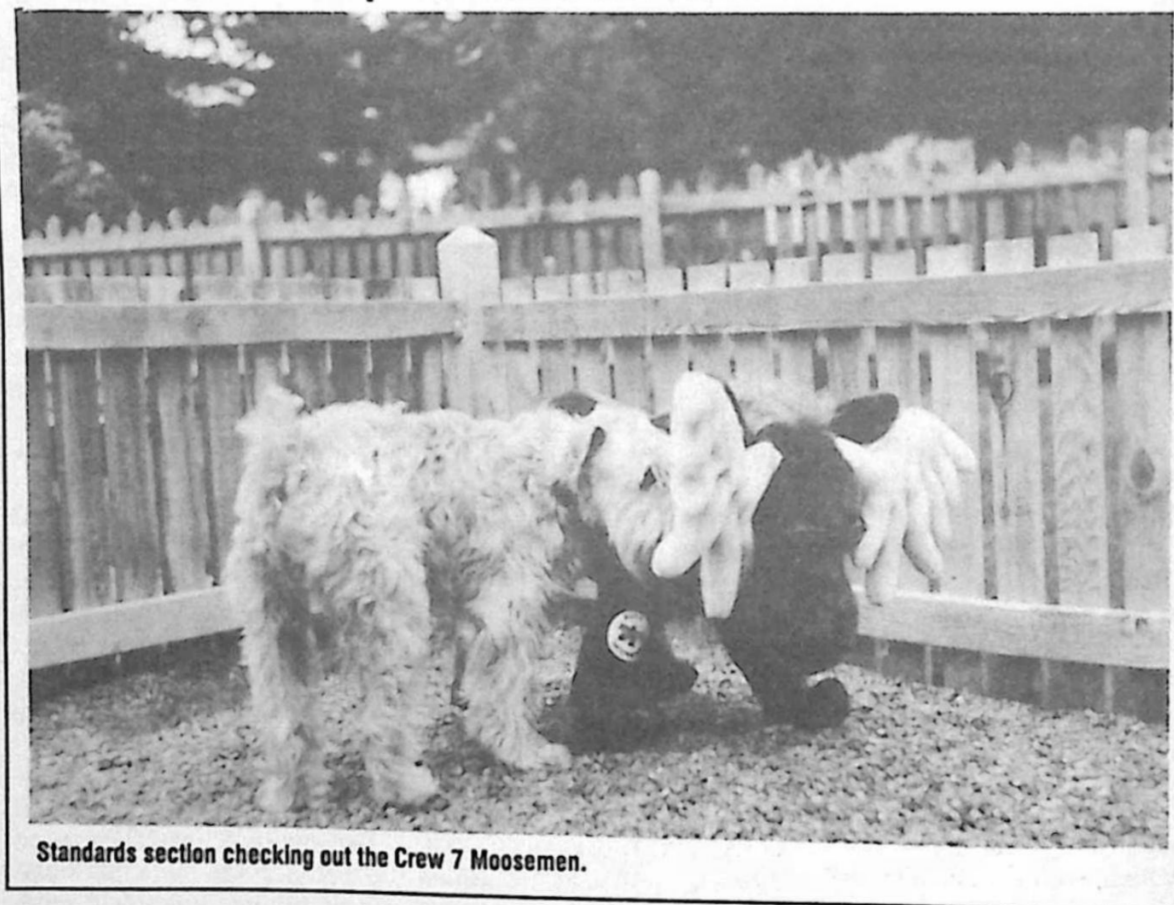
Another big happening has one armorer jumping for joy. MCpl Bud Englund is finally being paroled from his "windowless wasteland" and being re-instated downstairs. One man's dream is another's nightmare, or should I say "Woman's." Ann Warren is to take Bud's place upstairs, enjoy!! Our Fearless Leader is presently in Que learning to parlez vous. He will be able to understand all those things he has been called for years in

both languages now. Pte Kain is back from Borden no worse for wear, except that he says that one of his extremities was lost due to exposure. The Arm's shop staff has taken that age-old game musical chairs and added a new twist. Seems Wednesday is musical room day. WO Logue has taken to locking his office every time he goes out, figures if he tempts fate and/or the moving crew he may end up in the compressor room.

For all you sporting fans, the Arm's curling team finally won another game. The team wasn't all that thrilled with their victory though, seems winning cuts drastically into "Miller Time." For all you folks out there who really do know about gardening, WO Logue needs some tips. His office plant has earned him the name "acid thumb." Two of our members have been banished to that "other" Aurora base in the cold. Both Dan and Rock have phoned home to find out what real weather is. Seems the only two colours they have down there are White and Grey. Better than them the rest of us.

Well, that's all from the "World of Taz"!

## Open Season on Moosemen



Standards section checking out the Crew 7 Moosemen.

## WANTED

The Courtenay Fish & Game Association requires a resident caretaker. Apartment with heat included. Small remuneration for clean up duties. Janitorial and general maintenance duties required. Call Fish & Game at 338-9122 and leave message.

## AROUND THE BASE

From the  
Top Rung

COL TED GIBBON

The Olympic flame came through the Comox Valley a few days ago and it was an emotional experience to participate in the ceremonies that launched the torch on its tortuous (pun intended) trip down the Island Highway from Courtenay. It was a proud moment when I was introduced as representing CFB Comox, somewhat scary too when you think of what that implies, and an equally proud occasion when I had the opportunity to hoist the torch in salute to the Olympic athletes and in tribute to the Games themselves. You may be blasé about this event but I guarantee you will become imbued with the spirit if you come anywhere close to the flame on its trek across our country.

A young lady, Marika Albert, gave an address on behalf of the youth of the Valley on what the Olympics meant to them. Her remarks were simple but thought provoking, and one comment was particularly pertinent to the endeavours of those of us who serve in the military. She thinks the Olympic games are a good idea because it brings nations together in competition without fighting. Isn't that what we are all about? To keep the peace through a strong and capable defence so that our country can compete on the world scene without engaging in conflict. This is as noble an endeavour as the Olympics and we should be proud of our contribution to the Canadian record that reflects our world class performance. There may not be any gold medals and at times precious little gold, but you are Olympians in the true sense of the word and deserve the respect of your countrymen. Keep the flame burning.

## ...more nuclear navy

CONTINUED FROM PAGE 1

to buy at least 10 nuclear-powered submarines at a cost of about \$8 billion and already the subject of hot debate...

-Winnipeg Free Press, 6 June 1987

"The estimated cost of the program is \$7 to \$8 billion, according to the White Paper on defence released yesterday."

-Winnipeg Free Press, 12 June 1987

"Defence Minister Perrin Beatty told the Commons Canada will not be violating any treaty by going ahead with its \$8 billion plan to buy or build a fleet of 10 nuclear-powered attack submarines."

-Globe and Mail, 13 June 1987

"Officials estimate that the nuclear-powered submarine program will cost about \$7 billion."

-Winnipeg Free Press, 18 June 1987

"Defence Minister Perrin Beatty has said the government is planning to spend \$7 billion to cover the cost of 10 to 12 nuclear-powered submarines including associated infrastructure and support costs."

-Winnipeg Free Press, 23 October 1987

"Beatty announced in June that Canada's new defence policy included a plan to buy 10 to 12 nuclear-propelled submarines within a decade, at a cost of \$5.5 billion with an additional \$2.5 billion for support facilities."

-Halifax Chronicle-Herald, 24 October 1987

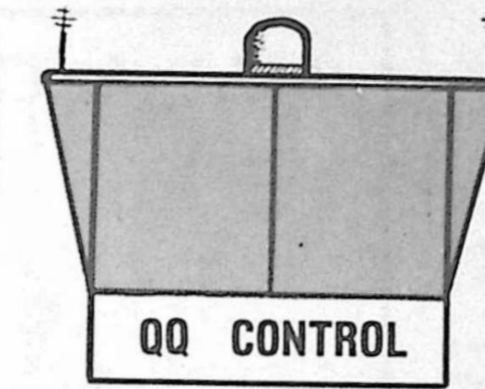
"Defence Minister Perrin Beatty said Thursday that the broad budget for the (SSN) program is \$7.5 billion - \$5 billion for construction and \$2.5 billion for infrastructure - but the exact costs will be determined as the program proceeds."

-Toronto Star, 21 November 1987

"Beatty has said the submarines could be bought for \$5 billion, with another \$2 - \$3 billion needed for training and infrastructure costs."

Since the tabling of the White Paper on June 5, the Minister and DND officials have consistently used the estimate of \$7 to \$8 billion, for submarine acquisition and support costs.

In addition, the estimated costs are to be spread over the 27-year period of the submarine acquisition project.

As The  
Beacon  
Turns

I write the article this time as the beacon rotates above me and I settle down to another gruelling night shift. The lights are dimmed so as not to wake the controller, after all, most do need their beauty rest.

The way people have been coming and going around here you would think it was prime posting season. In addition to the lengthy list I gave you in the last issue we say hello to our latest "Class C" tower controller Capt Murray Turnbull. Capt Turnbull is one of the finest gentleman/controllers that I have ever had the pleasure of knowing in my many years in the service (4) Besides, he paid me to say that. Seriously though it's great to have you back Murray. Welcome also goes out to Ocdt Pierre Laurin who joins us from Chilliwack, the Ocdt vacationland of the Pacific, and to Pte Harverie Guenette from St Jean, Quebec. Both are here on precourse OJT and we hope you enjoy your stay in Comox. We have also had a few internal section moves in the past few weeks. Capt Butch March has been promoted to the tower, but we heard that during his interview, the board suggested he get a haircut so his hat would fit properly in the parking lot. Capt Mike Maillet has been sent to the "dark room" to commence his checkout in terminal. Word has it he had been complaining about the rotten view. 2Lt Phil Robinson and Pte Barry Norris have also started checkout in the tower controller and B Stand positions respectively.

We asked 2Lt Robinson if his cast covered foot created any problems but he assured us all was fine as long as he didn't have to use his toes for counting, no more than 15 aircraft at a time, please!

Cpl Sylvie Richard has started checkout in the data position and word has it she was being monitored by Sgt Dave "Attack" Tack, which had her a little timid. Don't worry Sylvie he is harmless. Speaking of Sgt Tack I heard he had a birthday coming up soon. He wouldn't tell me how old he was but I heard he has some close relatives from the neanderthal era. Cpl Sylvain Houde started his Par checkout last week but they forgot to tell him the Par was U/S. Oh well, what those pilots don't know won't hurt them.

I was asked to mention Capt Ted Norrie, our admired CCAC, that he has been setting a bad precedent at home. It's been reported he has been taking care of the housework while Bonnie is out working. Now all the wives will expect that from the rest of us, so Ted enough of that foolishness.

Pte Tom Banks (arm breaker extraordinaire) is now on the disabled list as a result of a skiing accident. He tried to go to the bathroom but forgot to open the door. Hope you are feeling better soon Tom!

MCpl Heather Swan has received word of an impending posting to Portage La Prairie where she will join her husband, to a certain degree as he is in Shilo, Man. We wish Heather and Mel all the best.

A historical event happened this past week with Cpl Kevin (KY) Young seen at work after 5 PM, a remarkable feat. The log book entry was made accordingly. He also got a haircut, must be after something.

The ATC Curling team won a game recently but the team got so excited nobody could remember the score. Their excitement was carried over to the next game because they lost big. I heard the score was 7-0 after the first end. Correct me if I'm wrong but isn't that some sort of record. Don't you only get eight rocks per end. They did do well in the base playdowns placing a very close second with navoids finishing third. The team that won the base playdowns could

not be identified because they are never at work (probably signing autographs). The Tracs bowling team is on the winning side with Sgt Dave Tack bowling 3 games over 200 which isn't too bad for the old guy.

The BOPs hockey team is doing fairly well, beating VU33/Tel on 18 Jan 9-7. We were losing 5-3 after two periods but made a great comeback for the win. Cpl Brian Peever, the VU33/Tel goalie played a great game but was no match for the sniper ability of 2Lt Martin Gagnon and MCpl Rick Corbin who combined for 15 points. Our most satisfying victory came on 13 Jan 88 when we beat the Base Old Timers in a battle Royal. Cpl K.Y. Young was heard to say, "The game was nothing but a turkey sh oot and I won't tell you which ATC MWO was the turkey." Spectators said the goaltender was "flapping around on porpoise" but we refuse to comment. On the 20th Jan we lost to 442 6-2, a closer game than the score indicates. I would again like to remind people that the QQ - VR ATC hockey tournament is coming up on the 23-24th of Feb in VR so good luck to those who will be going. The ATC golf tournament will be coming up in spring so brush the dust off those clubs, more info to come as I find out! Well I've bored you long enough for this week so till next time.

## E.A.P. Award



BAO LCol Anderson presents Bob Clarke, CE electrical supervisor with an EAP plaque for his years of volunteer service. (ED NOTE: Good show Bob! We at the T.T. owe you thanks as well for helping along the way.)

EDITORIALS



COMMENT

GORD KRUGER

A DRUG PROBLEM OR....

I sometimes wonder if we really have a drug or alcohol problem amongst the youth of this country. Or do we have a people problem?

When you think about it for a moment, left to their own devices, drugs sit harmlessly in packages and the booze stays in the bottle. It's the individuals of this country who "down a mickey" or experiment with "coke."

According to a recent provincial health ministry study in this province:

-One out of every five B.C. high school students drinks alcohol at least once a week. The same percentage smokes marijuana at least once a month.

-Almost 25% had been drunk in the four weeks prior to the survey.

-One in five had gone on weekend drinking binges more than three times in their lives.

-18.5% had demonstrated aggressive or destructive behaviour because of alcohol abuse.

-15.1% had used barbiturates or tranquilizers within the last 12 months.

We carry on spending large globs of taxpayer's money to keep people from eating, sniffing, smoking or drinking what's in the packages or bottles. It just hasn't worked.

Now we step up our enforcement programs and create the never ending drug education programs. We run anti drug shows on the telly and put diplomatic pressure on third world countries that grow the stuff. After all is said and done our kids tell us that drugs and booze are readily available.

Let's get with it! Let's create a war on ignorance, apathy and peer pressure: the things most responsible for continuing the problem of substance abuse by our children. The war on drugs themselves has been less than effective.

Drugs destroy the mind's effectiveness and capabilities. Substance abuse is a disease and prevention is the best cure. We must ensure that our children stay away. Most drug education programs fail to get the real message across...the long term mental after effect. Repeated and heavy use of drugs leaves a person in an unfeeling and insensitive state.

The issue of drugs is really an issue of people. The real answer lies in helping your children become successful and happy individuals. Kids have too much to lose by turning to drugs. There is a weapon that can be used in the "war on drugs." Address the people, not the drugs.

CANADA AND THE ARMS RACE

Retired Major G.W.(George) Small will be running an interesting program on Canada and the arms race. The course will examine Canada's situation with respect to arms and disarmament including a review of the military balance in the world, the nuclear arms race and efforts towards disarmament. The course will be held at North Island College in Courtenay from 1930 to 2130 commencing Feb 3. (6 sessions - 6 weeks). Sounds interesting. Call 337-8658 for details.

"AL" the Carnival bear says



Don't forget the CFB Comox Carnival Sports Tabloid 11-12 Feb 88.

NEXT DEADLINE  
FEBRUARY 8

TOTEM TIMES

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

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EDITORIALS

Financial Tips

HIGH RETURNS MEAN HIGHER RISKS

The crash of the world stock markets has emphasized once again a basic dictum that should guide all investors:

High income returns mean high risks.

Nobody is going to pay you significantly above going interest rates for the use of your money unless they are 1) desperate for cash, or 2) engaged in an enterprise that really does generate profits well in excess of the interest rate you are being paid.

If it's the latter case, it still poses a risk for your money because high-income ventures can run out of steam when others enter the field in search of those high returns. Then not only interest but also capital may end up being unpaid.

Many people lost money in the crash and survived because they were not playing with borrowed money. Those who were hurt were those who had borrowed money to get rich quick, and then were unable to meet their obligations when their brokers called in the loans.

We are all familiar with the fable about the tortoise and the hare. Slow and steady in the investment business more often than not does win the race.

When can you take risks? I would say it is when:

\*You have the money in the bank to do so.

\*You have dependable future income big enough to cushion any losses.

It certainly is not the time to take risks when you are nearing retirement with no savings, or even a small nest egg, and limited future income. That is not the time to try to get rich quick.

What is a "safe" investment? It is either Canada Savings Bonds or insured deposits, such as guaranteed investment certificates.

If you do have money to invest, it should be when you have time to watch your investments. An investment is not something that you make and forget all about. It has to be watched carefully, and worked at, like a garden needs to be tilled to achieve the desired results.

Don't be misled into risky investments by stories of how some people tripled their money in the stock market. Some people have and those are the ones you are most likely to hear about. People don't like to talk about their bad decisions which lost money. It's like betting on horses and buying lottery tickets. You hear about the people who won the money, not about those who lost.

Those are the stories that should be told before you plunge into that "sure thing."



LETTERS WE GET

DEFINITION OF A FAMILY: OXFORD DICTIONARY "member of a household"

I have always considered the military to be a big family, where one could trust and rely on his or her service companions. But this belief was shattered 21 Jan at approximately 1230 hrs, when my friend and I returned to the men's locker room at the Base Gym, and discovered our wallets missing. We searched the area and found our wallets

minus the money, in the bottom of a waste basket in the men's washroom upstairs next to the Salvation Army's canteen. After my anger subsided, I thought about it and have decided not to have one bad incident spoil my belief in the Military Family. To the person who stole our money, you will have to live with the knowledge that you are a thief, and some day you will be caught. DEFINITION OF A THIEF: "ONE WHO STEALS SECRETLY."

a disappointed Cpl  
Cpl Rick Carr  
F&E L-8278/y

Ed Note:

I can only add to this gentleman's disappointment. As the world unravels around us it is always nice to think that we in "our family" can continue to live in harmony and brotherhood. Take a look in the mirror thief - are you feeling good today?

**WHAT'S IN A WETLAND?**

We are. Since 1938 we at Ducks Unlimited Canada have put all of our resources into this country's wetlands. We know them as incredibly beautiful, bountiful, complex and fragile places.

We are proud to say we're the Canadian partner in the world's most effective privately-funded waterfowl and wetlands conservation organization. Behind us are hundreds of thousands of North Americans who find pleasure and purpose in providing the support we need to carry on our work. We are Ducks Unlimited Canada.

**WE ARE.**

FOR MORE INFORMATION, CALL 1-800-665-DUCK.

**FANCY THAT!**

Though many know paper money was the invention of the Chinese, few know the year. It was 910 A.D. By 970, paper money became the most popular form of paying bills. Today, over 1,000 years later, cash and personal checks are still the most popular form of payment, regardless of the amount or type of purchase.

**Paper money was popular for paying bills in 970 A.D.**

For purchases over \$50, a national survey by Payment Systems Education Association (PSEA) reports Americans choose checks more than any other form of payment. Less than one percent of those surveyed reported using debit cards or electronic funds transfer for any purchase.

"We in the check industry are not surprised that the survey shows people prefer cash and checks," Peter Braunfisch, president of the Financial Stationers Association, said. "We've seen for years, through our increased sales and profits, that checks remain popular."

**Today, checks are the most popular form of payment for purchases of over \$50.**

"Americans appear to be sending a message to financial institutions that are promoting debit cards and electronic banking," said David Meyers, PSEA President. "They still prefer cash and checks to the newer forms of payment."

For more information about payment systems write: PSEA, 1050 Seventeenth St., Suite 2000, Denver, Colorado 80265 or call (303) 892-0455.

**Air Force Trivia** WHAT WHERE WHEN WHY

**Answer from Last Issue**

**TRIVIA:** Okay, here's one for you history and trivia buffs. What was the exact designation of this "one-off" aircraft and after its acquisition by a foreign country, what large bomber was based on this design?

**TRIVIA ANSWER:** If you guessed this one you really are good! A false impression was given in regards to the gentleman leaning on the Spitfire's wing. The individual is LAC Tickner, a rigger on F/L "Irish" Ireland's aircraft. He is inspecting the damage on this 411 Squadron aircraft.

## SECTION NEWS



## BAMSO

It has been a quiet two weeks with little monumental activity transpiring to brighten and liven my days - plain words, Al hasn't gotten me into trouble yet! I would like to welcome Ephie Hazon to the BAMSO fold. Ephie is a Litton Systems Engineer and is joining us from Greenwood for the next year or so, to help smooth out the details of the patriation of the CP140 Avionics. So if you see someone in civy clothes, wandering through the Avionics Labs looking like he knows what's going on, that's Ephie.

Our soiree in Ottawa and the 500 series Career Managers, was a roaring success with everyone getting the best that could be expected. To those who got what they wanted, the TWO drinks rye and coke and to those who didn't, my apologies. We did the best we could!

For those of you in the post-holiday blues or finding nothing to do because it is winter in Comox (I have to keep reminding myself as I pedal my bicycle in to work), there are so many events upcoming you will hardly have time to go to work. The BAMSO Ski Day is the 28 Jan 88, the BTSO Mess Dinner is the 25 Feb 88, the Base Winter Carnival is the 11 & 12 Mar 88, and the BTSO Curling Bon-

spiel is the 18 & 19 Mar 88. So come out and participate!

And contrary to popular rumours started by jealous hockey players on the BAMSO team (they couldn't stand my goal-a-game pace for the last two games), I will continue to lace up the skates - but for the rest of this season they'll be laced up in my hockey bag. So you'll finally get your coach and the hospital staff will get evenings free to spend with their families!

## DIAC

Here's the latest from DIAC maintenance and training. Rumours have it that there may be a couple of postings in the mill. One gray haired WO is anxiously awaiting the outcome of the career manager's dart throw. Talking about anxious, Sgt Jim Symons and MCpl Della Choquette have decided to try the butt out program. Good show, anyone else out there feel brave?

At the present time we have a course nearing completion. Our students from Greenwood and Halifax have recently been seen in the gym exercising their back muscles. I suspect it's in preparation for the snow back home. Anyway, we look forward to seeing them again in ten weeks for phase two of the Fast Time Analysis System

(FTAS) course. MCpl Della Choquette, MCpl Dave Ward and Cpl Don Vinette have also been enjoying the same course and are chomping at the bit to try out their new found FTAS knowledge.

After trying out a couple of sections and having a go at flight simulator theory, it looks like we get to keep Cpl Herve Thibodeau. Welcome to our world Herve, our gain is flight simulator's loss.

## IE/IS LABS

With another holiday season come and gone, the IE/IS Labs personnel have shaken the post Xmas blues and have forged on ahead into the mid-winter blahs. Seriously, however, with everyone back from holidays safe and sound we look forward to another interesting year.

This section was one of the few fortunate/unfortunate shops to have our canteen classified as a "designated smoking area" much to the relief of Ken Sullivan and his band of power-puffers. After some initial negative reaction to the new smoking policy everyone seems to have decided to live with it as best as they can.

In other matters, one long time fixture on the IS side, Mary Penney, will be leaving us

in Feb having been posted to 407 Sqn. We certainly hope she will try not to be as shy and reserved as everyone here found her to be.

We also say goodbye to Pte Greg Fleet who returns to 407 having completed another ATAT rotation phase. We also bid farewell to Herve Thibodeau who, while only here for a few weeks left his mark, namely \$1.50 owed to the canteen. We're looking for you Herve!

We'll close this edition with a plea for anyone who can give table tennis lessons to our Sgt White to come forward, as he so desperately requires professional assistance in this matter. Until next time, bye for now.

## REFINISHING

Everything is pretty quiet at the Ref Sect since Xmas and New Years day are finally over. Sgt "99" Keefe went to Moose Jaw to spend some time with his daughter over Xmas and now he is trying to get his boat ready for a good fishing season. MCpl Plante went to Vancouver to see some friends over the holidays. His wife is expecting a baby soon.

Cpl "Chef" Roger stayed around here and enjoyed life with his three kids over Xmas and I guess he had a little bit of money left so he bought a VW van for camping. Cpl "Beaker" Harvey went to Holberg to visit friends at New Years, and now is getting ready for his JLC course.

Cpl "Fonzie" Behmer spent his holidays with his family in

Abbotsford, and now I think he's already started the weekly countdown for his release.

Pte "Scotter" Gervais spent two weeks with his family in Que and as far as we know he didn't get into trouble: He bought a VW beetle because I guess he couldn't afford to fill his Big car up every week.

So that's it for us until next time.)

NEWS FLASH: Congratulations to MCpl Guy Plante and his pretty wife, a 8.5 lb baby boy has joined the Plante household at 0930 25 Jan 88.

## AMSE

There isn't much going on here. Sgt Al Kruger is in Borden for a couple of weeks. At least we won't have to listen to the same old jokes and stories - he'll have a whole NEW set when he gets back.

Pte Patrick Enns is here on OJT from Brake & Wheel and Pte Kim Lee is going back to 407 next week.

Since it was so nice last Saturday, we figured MCpl Nort Kennedy would've cut his hedges. Wrong! He said it was too wet. I wonder what his next excuse will be? (It was so nice I had to go fishing!?)

I asked Pte Ray Levigne what I should write about Cpl Les Quines. We were throwing some ideas around about Les and his Teddy Ruxpin, but we couldn't think up anything good. Until Ray said, "I've got to get him to bring that thing in so I can take a look at it." Kids will be kids.

## NEXT DEADLINE FEBRUARY 8

### HEART RESEARCH WORKS



Jordan and Cameron Frazer are living proof.

B.C. Heart Foundation

## SECTION NEWS

## From The Fire Chief's Office



There are many ways young children can be burned in the normal course of activities around the home. Matches and lighters, of course, rank high as the cause of many painful, disfiguring burns...not to mention the property damage that can result when children are left alone with them.

There are, unfortunately, other burn-causing hazards as well, not the least of which are caused by scalds from hot liquids. Even hot tap water can pose a serious threat to youngsters and anyone else who is not careful. Never run the hot water first for a bath or shower. Never leave a young child or toddler alone to operate taps in a tub or shower.

Water heaters are pre-set at the factory at a temp of 150° (65°C). Some are installed at temperatures reaching 160°F (71°C) and others at lower temperatures. A temperature setting of 130°F (54°C) is usually sufficient for household needs, however, some situations require higher settings such as dishwashers, where 145°F to 160°F will provide better sterilization.

If children are taught to turn the cold water on first and then mix to the desired temperature, there should not be any problems. But if you suspect that your water heater is set too high for your needs, contact your local Hydro/Utility to have it checked and possibly lowered.

Accidents are a major cause of death and injury to Canadian children. It is shocking to note that exposure to fire constitutes the third leading cause of accidental death to Canadian children, after motor vehicle accidents and drownings. 1981 statistics indicate that 188 Canadians under 19 years of age died from burn injuries. In 1978 there were 4,463 hospital admissions of children and adolescents who suffered burn injuries requiring hospital treatments.

In spite of cosmetic surgery, badly burnt children carry the scars through adulthood...scars that constantly remind parents and guardians that the accident could have been prevented.

Here are a few rules to prevent burns:

- Basic rule: no children in or through the kitchen while cooking.
- All pot handles turned toward the inside of the range.
- Tea or coffee pot and cups

away from the edge of the table. If you use a table cloth on your table, watch out for toddlers who might pull hot liquids over themselves.

\*Never hold a child while drinking hot liquids.

\*Protect children from open fires and barbecues (use screens or barriers).

\*For tiny children, use restraint, constant supervision, playsense.

\*Fire resistant clothing, such as sleepwear, is available but it is important to remember any fabric will burn if conditions are right. Many accidents occur when children are in their sleepwear. Many synthetic materials will melt into a molten mass, so adults too should be extra cautious when wearing these materials.

\*Discourage children from dressing up in adult clothing, unless you are prepared to stay with them. Long, dragging clothes can catch fire and will be almost impossible to remove.

\*Firestarters are especially dangerous. Use them carefully. Make children stand far away from a barbecue when you use them.

Be alert to the hazards involved in using hairsprays. Sparks from a nearby smoker, or a cigarette, can ignite the hair. The can, accidentally placed near heat, can explode.

Train children to stay away from electrical outlets or cords. Inexpensive electrical outlet safety plugs are available.

\*Keep a close eye on toddlers who might bite on cords or put appliance cords in their mouths.

\*Buy appliances certified and tested by a reputable national certification and testing agency. In Canada, look for the Canadian Standards Association (CSA) seal of approval.

Statistics indicate that toddlers and preschool children are most frequently the victims of scald burns with a large number of these burns resulting from a lack of supervision.

A pot or pan on the stove is a temptation to a child. They may reach up and pull the pot of boiling liquid or the pan of cooking food on themselves. Always make sure that all pot and pan handles are turned inwards on the stove, away from the reach of children.

the result of coffee or tea being spilled from the hands of parents.

A tablecloth hanging over the side of a table can result in burns or scalds. A child's temptation may lead him to grab it pulling along with it a pot of steaming tea or some other hot liquid or food. When young children are present, tablecloths that hang over the sides of tables or any other piece of furniture should never be used.

Many hot tap water scalds, on both children and adults, occur as a result of exposure to hot water. Various authorities recommend that the water temperature at the bathtub faucet or showerhead should be a maximum of 120°F. However, most children feel comfortable when the water temperature is 100°F.

Anytime a young child is being given a bath, there must be an adult or competent older child in constant attendance. Prior to placing the child in the bath, the water should be tested to insure that it is an acceptable comfortable temperature.

Parents, babysitters or anyone responsible for the care of a child, should remove the child from the bathtub whenever they must leave the room to answer the phone, see who is at the door or attend to any other business. This simple action of moving the child from the hazard will prevent extremely serious burns and may prevent the death of the child.

Exposure to fire/burn related causes constitutes the third leading cause of accidental death to Canadian children after motor vehicle accidents and drownings. For each child who dies from a burn, many more require hospitalization or some other form of medical attention.

The death or injury of a child due to burns causes much suffering and sadness on the part of the injured and his/her family. The chronic after-effects of the more serious home burn accidents can include loss of limbs, and facial muscles, cosmetic disfigurement and psychological sequelae.

Everyone should make it his/her priority to deal with the reduction, control, and elimination of the factors that contribute to high risk situations and associated fires and burns.

Learn NOW what you can do to prevent burns!



## RIPPLES FROM THE BEAVER POND

Greetings from the centre of the pond. By the time this article surfaces, the Beaver Cup Hockey Tournament should be in full swing. With any luck the Comox team is leading the way and hopefully on the way to winning their own tournament. It is not very nice to invite teams here to play and then turn around and beat them. Welcome to all participants and we hope you enjoy yourselves both on and off the ice.

Anyone interested in watching some fine hockey is more than welcome to come down to the Glacier Gardens and cheer on your favourite team (Comox).

In the midst of this article you will notice that we have both good and bad news depending on how you look at it. The good news is for our readers, the bad news, well you'll find out. Starting this month CE will introduce a "Turkey Of The Month" award. Awarded by myself to the person who most exemplifies the similarities between himself/herself and a "Grade

A Turkey." This month, the winner of the first monthly award goes to a certain MWO (professional journalism humanitarian ethics and possibly a little fear of losing my much sought after position on the Totem Times writing staff prohibits me from mentioning his name) who works in Engineering. It seems he was trusted to ensure the catch of the day (clam chowder) arrived safely in the CE Canteen. To make a long story short, anyone wanting soup that day had to scrape it off the parking lot right next to his van. The aforementioned is the sequence of events leading up to the selection of our now famous MWO, as our first "Turkey Of The Month." Congratulations Sir, a job well done.

A note to all CE personnel - if you see an event unfold right before your eyes, don't take the pen in your own hands, let me do it for you.

On that note I think I'll sign off for now and see you in the next issue.

## WOs & Sgts Mess

WEDNESDAY MORNINGS at 1000 hrs. "FREE" Coffee & Sticky buns in the Mess Lounge.

FRIDAY JANUARY 29

MIXED GAMES NIGHT

Food - 1800 hrs

Music - D.J.

Prizes - No skill required. Games are fun and easy to play.

Games start 1900 hrs.

Dress - Casual (no jeans)

SATURDAY FEBRUARY 13

VALENTINES DANCE

Music - IMAGES - Direct from Vancouver

Food - Baron of Beef

Entrance Fee: \$4/Member & \$5/Guest

Time - 2000 hrs. - Dancing 9 to 1

FRIDAY 26 FEBRUARY

MIXED GAMES NIGHT

Food - 1800

Music - D.J.

Games - Easy & Fun - 1900 hrs

Dress - Casual

TGIF GAMES - Come out and join in the fun and prizes. Watch for 2nd annual MOTHERS DAY CANDLELIGHT DINNER. Popular CROSSWINDS Band to be booked for 7 MAY.

SECTION NEWS



# Anker Klankin

**TECH SIDE**

Luckily the weather has been kind to the VU 33 Servicing personnel so far this month. I don't think we have resorted to parkas at all yet.

We best keep in mind though that most likely we will see many rainy days between now and April, so keep the rain gear handy.

Cpl Ron Fortin is the honoured 1987 recipient of the VU 33 KEVIN SAUNDERS Trophy. This highly coveted trophy is presented to the groundcrew individual who has contributed the most to the Sqn through outstanding efforts during working hours and also at Sqn social functions. There was absolutely no doubt that Ron was going to win out this

year. Remember the guy who organized the preparing, cooking and serving of the field mess dinner at Rock Bay and who served up the hamburgers and oysters at Tree Island. Remember the guy who seems to have his hands busy with chocks, ladders, mule steering wheels and power unit controls most of the time - that's Ron. Ron of course is usually at the centre of VU 33 action. Normally when he is asked to do something he smiles and says that he has already completed the task. Congratulations from all Sqn members Ron.

The Hockey Team was determined to whip BAMSO and did come up with a 4-3 win on Wed the 20th of Jan 88. The game was so hard hitting that

Forward Oscar Grubwieser came away with some cracked ribs, defenceman Dave Maloney suffered a bruised toe, and Maj Kightly was looking for the light switch. One hell of a game guys.

**NEW RECORDS AT VU 33 SQN**

-10 Men on a Tracker wipe down.

-Fred Kay makes it down the Mt Washington slope without falling while "Weiner" Levigne skis beside him telling one liners.

The rejuvenated VU 33 inter-section Bowling team run by team captain Glen Coslake has come all the way from second to last to the dizzy heights of first place during the first game of this season's second half.



## Are You Hooked on Cigarettes?

If you think smoking is an easy "habit" to kick, just talk to some of your friends who are long-time smokers. A 1986 Gallup survey found that over 60 percent of smokers believe giving up cigarettes to be at least as difficult as giving up coffee, alcohol or going on

a diet. One in three felt that giving up cigarettes was as difficult or more difficult than giving up heroin. Even the World Health Organization has called cigarette smoking a form of drug addiction, labelling nicotine the source of that dependence.

To determine your level of nicotine dependence, complete this test developed by a Swedish psychologist. You can use this information to help plan your stop smoking program. If you want to quit, talk to your doctor about which approach may work best for you.

THE FAGERSTRÖM NICOTINE TOLERANCE SCALE

The following test is designed to help you determine the strength of your nicotine addiction. Assign the appropriate score indicated in each column according to your answer to the question (note that not all questions have an answer in column C). Then total the number of points to arrive at your score. The highest possible score is 11.

	A=0 POINTS	B=1 POINT	C=2 POINTS	SCORE
1. How soon after you wake up do you smoke your first cigarette?	After 30 min.	Within 30 min.		
2. Do you find it difficult to refrain from smoking in places where it is forbidden, such as the library, theatre, doctor's office?	No	Yes		
3. Which of all the cigarettes you smoke in a day is the most satisfying one?	Any other than the first one in the morning	The first one in the morning		
4. How many cigarettes a day do you smoke?	1-15	16-25	More than 26	
5. Do you smoke more during the morning than during the rest of the day?	No	Yes		
6. Do you smoke when you are so ill that you are in bed most of the day?	No	Yes		
7. Does the brand you smoke have a low, medium, or high nicotine content?	Low	Medium	High	
8. How often do you inhale the smoke from your cigarette?	Never	Sometimes	Always	

**SCORE**

You are highly dependent on nicotine and may benefit from a smoking cessation program based on treatment for nicotine addiction. You have a low to moderate dependence on nicotine, however this does not rule out a smoking cessation program based on treatment for nicotine addiction. YOUR DOCTOR CAN HELP YOU TAKE THAT FIRST IMPORTANT STEP TOWARDS A SMOKE-FREE LIFESTYLE.

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11:00 a.m. to 1:30 a.m.  
Sunday  
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## CAREER OPPORTUNITIES

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### N.I.C. PROGRAMMES

- UNIVERSITY TRANSFER**  
- A wide variety of first and second year Arts and Science courses is available. Many courses have scheduled class times.
- COMPUTER TECHNOLOGY**  
- A two year programme for students seeking a career in computer technology beyond the programmer level.
- BUSINESS ADMINISTRATION**  
- It is designed for students who wish to pursue a career path in business or public service.
- SMALL BUSINESS MANAGEMENT**  
- This innovative programme is for those who wish to start a small business or to learn how to better manage an existing small business.
- OFFICE ADMINISTRATION**  
- Individualized, tutored courses can prepare students for a variety of office careers.
- VISUAL ARTS**  
- These courses can be taken for transfer credit or be audited for the sake of interest alone.
- EARLY CHILDHOOD EDUCATION**  
- This career programme leads to the ECE Supervisor's Certificate.
- WELDING**  
- Based upon provincial curriculum standards, Level C, B & A Welding training is offered.
- PROFESSIONAL DRIVING SKILLS**  
- These courses are designed to upgrade licenses to a higher classification, including Class I with Air Brakes.
- ADULT BASIC LEARNING**  
- The ABL programme covers adult learning from basic literacy to Grade 12 Equivalency.

REGISTER NOW AT THE COMOX VALLEY CENTRE  
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# CANADIAN FORCES UPDATE

## Looking After the Old "BIRDS"

Canada's internationally known aeronautical collection, the RCAF, until 1928, formerly housed in three First World War hangars at Rockcliffe Airport, Ottawa, has moved to a new home.

Scheduled to open to the public on 18 June, 1988, the new building for the National Aviation Museum is located just across the airfield from its old site at Rockcliffe, only a few kilometres from Parliament Hill and bordering the Ottawa River.

The new museum is being built in three phases. The first phase has been under construction since 1984. It is a delta-shaped building that's been designed to highlight the fundamental shape of the triangular system of runways common to the British Commonwealth Training Plan airfields. Because airplanes have a more varied configuration and size than any other vehicle, they can easily be displayed in a building of such an unusual design.

The huge, wide-open area of the new Exhibit Hall gives one the impression of being in an actual "hangar." Aircraft are exhibited chronologically featuring *The Walkway of Time*, islands of aircraft illustrating successive aviation eras from the turn of the century through the two world wars to the present.

The first island in *The Walkway of Time* takes the visitor back to the past and to the first attempts at flying. It looks at the science of flying and the development of aviation in Canada. The early aircraft on display include the *McDowell Monoplane*, the *Maurice Farman S II* and a reproduction of the famous *AEA Silver Dart*.

The *Silver Dart* was the fourth and most successful powered aircraft designed and built by Aerial Experiment Association. On 23 Feb, 1909, with J.A.D. McCurdy as pilot, it made the first powered flight in Canada. Aug 2 saw joy and sorrow as the *Silver Dart* made the first passenger flight in Canada, and then later that day was destroyed in a crash.

The second island, "World War I," illustrates the military development of the aircraft of this period with the *Curtiss JN4*, the *Avro 504*, the *Sopwith Snipe*, the *Spad S7*, the *Sopwith Triplane* and the *AEG IV*.

At first, military aircraft were used only as a vehicle for reconnaissance, but eventually they became war machines, the *Avro 504* series, for example, first flew in Sept 1913. Then in 1920 when the Canadian Air Force was formed, the *Avro 504K* was adopted as the standard trainer. It remained in

used with the CAF's successor, the RCAF, until 1928.

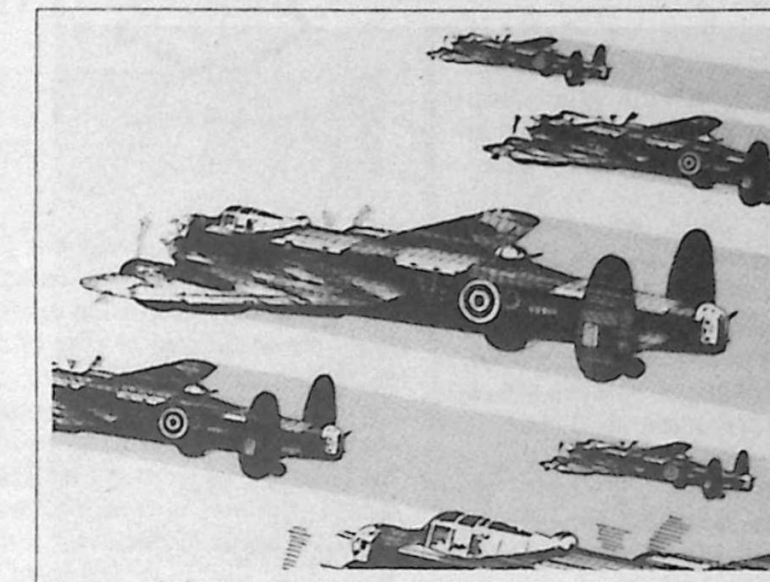
Next comes "Bush Flying" which originated in Canada and played a very important role in the development of Canada's northern hinterland. Displayed in two islands are 10 bush flying aircraft -- the *Curtiss HS2L*, the *Fairchild FC2W2*, the *Noorduyn Norseman*, the *Junkers W 34*, the *Bellanca Pacemaker*, the *Curtiss Seagull*, the *DH Beaver*, the *Stinson Reliant*, the *Taylor E2 Cub* and the *DH Puss Moth*.

The *Curtiss HS2L* is probably the most interesting aircraft in this section. It was Canada's first bush aircraft, named *La Vigilance* in 1919, and it was recovered from the bottom of Lake Foss in 1969 by a salvage team which included NAM personnel. The restoration of the *Curtiss* is the largest and longest project of its kind undertaken at the museum.

From there we move on to the early days of the commercial aircraft and the development of the airlines. -- the *Boeing 247D*, the *Douglas DC3*, the *Stearman 4EM* and the *Lockheed 10A*. The museum's *Lockheed 10A* was the first of three 10As to be ordered by Trans-Canada Air Lines directly from Lockheed around 1937. It served the RCAF from 1939 to 1949. In 1967 it was flown around the world to commemorate Amelia Earhart's ill-fated flight. Then in 1968, the *Lockheed 10A* was bought by Air Canada, re-registered, refurbished, and presented to NAM.

The fifth island looks at the British Commonwealth Air Training Plan, a massive training program created and operated in Canada during the Second World War. To fully appreciate this plan, the visitor must enter a small theatre reminiscent of an old-style movie-house. The *Fleet 16-B Finch* aircraft is displayed on a platform above the theatre. Other aircraft in this island include the North American *Harvard*, the *Avro Anson* and the *DH Tiger Moth*. It is in this area that the anti-gravity suit, a Canadian invention, is displayed.

The "World War II" island represents not only Canada's contribution to the air war, but Germany's as well. Graphics of aircraft silhouettes, short film vignettes and a computer dome make up this area. Visitors can look into the nose section of the *Avro Lancaster*, the most successful night bomber of the war, and view the *Westland Lysander*, the *Hispano HA 1112*, the *Supermarine Spitfire IX*, the North American *Mustang IV*, the *Hawker Hurricane* and the



The Avro Lancaster, the most successful night bomber of the Second World War.

**Messerschmitt bf 163B.**

Following "World War II" is the story of "Naval Flying." This island displays naval aircraft from different periods: The *Hawker Sea Fury*, the *Fairey Swordfish* and the *McDonnell Banshee*. The *Banshee*, a carrier-borne fighter used by the Royal Canadian Navy, was acquired from them and had been in Toronto for restoration since 1976. On 27 June, 1987, it was airlifted and brought to Ottawa to take its place at the museum.

The many uses of helicopters in Canada are highlighted in the eighth island. The helicopters displayed here are the *Piasecki HUP 3*, the *Bell HTL*

6 (47G) and the *Sikorsky HO4S*. Helicopters played an important role during the war. Fitted with sonar that could be lowered into the sea, they were used for submarine detection; armed with a homing torpedo, they were used to attack naval targets. Thanks to helicopters, many lives were saved by rescue missions sent out both from carriers and shore bases.

The final island of aircraft in *The Walkway of Time* is dedicated to the "Jet Age" with the *Canadair Sabre 6*, the *Lockheed CF-104 Starfighter* and the *Avro Jettliner*. It is on this island that we find the actual nose section of the *Avro Arrow*, the only existing

remains of the controversial aircraft, and a complete scale model of both the *Avro Arrow* and *Avro Jettliner*.

A tour of the museum would not be complete without a visit to the impressive "Place of Tribute." This RCAF memorial offers a quiet place of remembrance, either before or after viewing the main aircraft gallery. The visitor can reflect on the period history of this force that has given so much in both peace and war.

### JR RANKS

### LADIES CLUB

The first Jr. Ranks Ladies Club meeting of 1988 was well attended. Lois from Decorama did a chocolate making display and was enjoyed by all. A short meeting followed. Fleetbeat dancers did a dance routine for us as well. The Xmax Potluck & Penny Auction was enjoyed by all!

The money raised from the penny auction was donated for food hampers.

The next Jr. Ranks Ladies Club meeting is Feb 18 at 7:30. All Jr. Ranks females are invited to attend!

For more information call Gloria Ross: 339-0592

WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

<b>ALBERTA</b> Calgary Cold Lake Edmonton Penhold Suffield	<b>BRITISH COLUMBIA</b> Chilliwack Comox Coquitlam Equilumit North Vancouver Surrey	<b>MANITOBA</b> Portage LaPrairie Shilo Winnipeg	<b>NEW BRUNSWICK</b> Chatham Georgetown Moncton St. John Fredericton	<b>NEWFOUNDLAND</b> Gander St. John's	<b>NOVA SCOTIA</b> Cornwallis Dartmouth Greenwood Halifax Sydney	<b>ONTARIO</b> Barrie Borden Downsview London North Bay Ottawa Pembroke Petawawa Toronto Trenton	<b>PRINCE EDWARD ISLAND</b> Charlottetown Summerside	<b>QUEBEC</b> Aylmer Dummondville Longueuil Montreal Rimouski St. Hubert St. Jean Westmount
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**PAC REGION BADMINTON CHAMPIONSHIP**

CFB Chilliwack will host the Pac Region Badminton Championship 4 - 6 Mar 88. Any military personnel interested in attending this championship are to contact the Base Rec Centre local 8315 NLT 14 Feb 88.

**PAC REGION BOWLING CHAMPIONSHIP**

CFB Chilliwack will host the Pac Region Bowling Championship 4 - 8 Apr 88. A Base Bowling Roll-Off to select a team to represent CFB Comox will be held from 7 - 11 Mar 88. Any military personnel interested in participating in this roll-off are to contact the Base Rec Centre local 8315, 1 Mar 88.

**CFB COMOX SERVICEWOMENS BASKETBALL TEAM**

The CFB Comox Servicewomens Basketball Team will host an invitational Tournament on 5 - 6 - 7 Feb 88 at CFB Comox Base Rec Centre.  
Come on out and encourage your team.



**Pipe Smoke**

Gerry Gerow



Why is it that whenever the newspapers and television people learn of something happening that concerns conservation or the environment, it is only considered worthy of mention if it is something spectacular.

An example was seen recently with the flap over a few accidentally poisoned eagles near Nanaimo on Vancouver Island. Bald Eagles are a very common bird on the east coast of the Island. Except during the salmon spawning time, when they move inland to have a feast, a person will see several every day, without looking for them.

But, they are big, spectacular, beautiful, and non-existent in other parts of Canada. The T.V. guys had a ball. Common sense says that a number of other carrion eaters such as crows and seagulls must have been similarly affected. Probably a considerably larger number. But there was not one mention of this on the small screen. The whole event, which didn't amount to a hill of beans was hyped all over Canada and probably a lot of the United States. However, last year, when residents of this same area were fighting to stop the spraying of round-up in their watershed, the media, didn't even notice, except locally. It is no wonder our environment is in a mess. Where is the media when some judge gives a professional poacher a slap on the wrist and lets him carry on in the guiding business? Does this make the Toronto Star or the Ottawa Citizen? Not likely.

Perhaps the next time someone is charged with a violation of fish and game laws we can put some eagles in the court room. This should attract a few reporters. Similarly when the authorities are going to spray poison in our watersheds, we can move in a few eagles, and they wouldn't dare.

XXXXXX

I couldn't believe what I was hearing and seeing the other day, when the federal government capitulated to the environmentalists and outlawed seal hunting. The application of proper trade sanctions against our sanctimonious friends in the E.E.C. would have seen them withdraw their sanctions against seal pelts real fast. Now we can sit around and watch the seals destroy our fisheries on both coasts.

XXXXXX

I must confess that I didn't think Paul Watson had the guts. It will be interesting to see what happens in Iceland.

XXXXXX

Howell Book House, 230 Park Avenue, New York, N.Y. 10169, has sent me a copy of their latest catalogue. Howell publishes most of the dog, horse and bird care books in North America. This catalogue is free to readers of the "Totem Times" by writing Howell at the above address. You're going to need some books on training gun dogs, Frank.



**WO's & Sgt's**

**Wives Club**

Last Monday was another meeting and we had two guests from the Toastmasters. They explained the proceedings at their meetings and engaged the ladies in an exercise called table talk. Some people realized how difficult it really is to speak in front of a group but also how it can be fun.

Our next meeting is a Valentine theme meeting on Feb 8 so bring your fella for a good time. We will be having a corage contest, but start it now so your "date" can wear the corage to the meeting. It can be made of anything and in any way to suit your guy. Let's be imaginative girls, and see you at the meeting at 8:00 sharp.

**GOODS GROCETERIA LAZO, B.C.**

339-2376

**SPECIALS**



WASHINGTON GRANNY SMITH APPLES

CANADA FANCY GRADE

39¢ lb 86¢ kg

MEXICAN GREEN PEPPERS

49¢ lb \$1.08 kg

CALIFORNIA BROCCOLI

69¢ lb \$1.52 kg

GREEN SEEDLESS GRAPES

from Chile

\$1.83 lb \$4.04 kg

MEXICAN CUCUMBERS

59¢ each

NECTARINES FROM CHILE

98¢ lb \$2.15 kg

MCGAVINS BAKERY

COUNTRY WHITE & 100% whole wheat

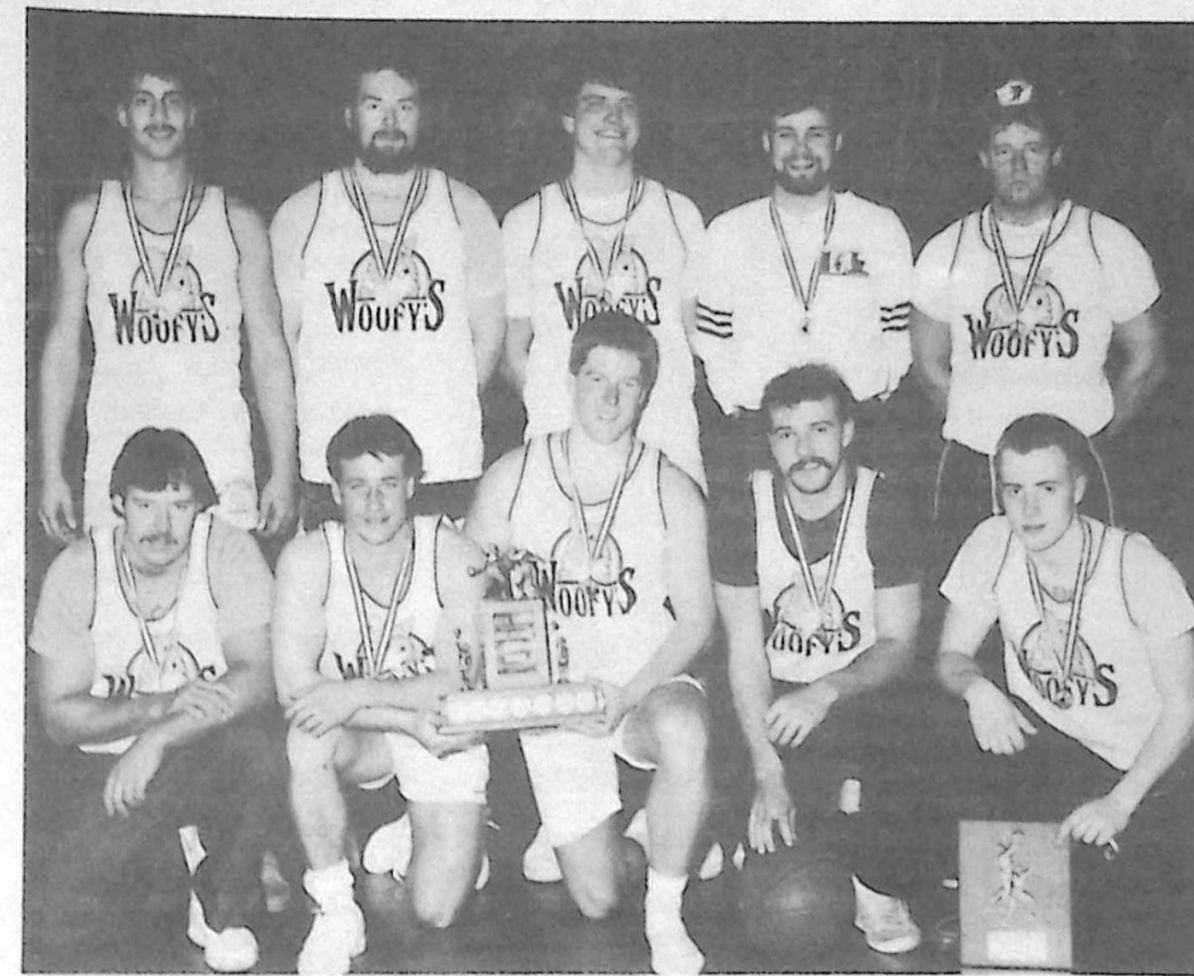
567g loaf 79¢ each

PRICES EFFECTIVE 29 - 31 JAN 88

**All the Best in 1988!**

**SPORTS & RECREATION**

**Woofy's are Winners!**



Woofy's Mens Basketball Team were victorious in the recent CFB Comox sponsored tournament. (ED NOTE: The players names were not available at press time but I'm assured they know who they are!)

CFB Comox Totems mens basketball team held their Second Annual Basketball Tournament, 15-17 Jan 88, at the base gym. Eight teams participated in total, CFB's Comox, Edmonton, Chilliwack, Esquimalt, a team from Nanaimo and three teams from the Valley, Woofy's, Cumberland Hotel and Waverley Hotel.

The Woofy's were declared champions after they won each of their three games scoring at least one hundred points in each game. In the final, Nanaimo put up a good fight but without their big guy inside, who suffered a broken wrist in a game earlier against our own Totems, things looked

doubtful from the start. The late night before probably had something to do with it as well. Our own Totems showed much promise as they defeated Waverley Hotel in the first game by fifteen and then suffered a heart breaker in the second game losing by a single point. Rob Adams attempted a final shot at the buzzer but the shot was blocked (if you want to know what really happened ask the author of this article). The third game was a survival contest because of the night before. Totems came up short against a strong Cumberland Hotel team. All three games produced some unique individual talent. Davis Mitchell (the African) played well as

always and as the organizer of the tournament deserves a KUDO for his work and effort. What can be said about smiling Stu Cox and thank heavens AIR STONEMAN was on our side. The fans would like to thank Ken Rodzinyak's Mother for keeping stats in the seats. I understand she used sugar cubes to count the fouls against Kenny - he's so cute. We have quite a list of characters on this team.

The team would like to thank all the fans for their strong support over the weekend and remember we play every Monday night at 2000 at the base gym - and ah - wait till next year.

**Fitness**

with Patty

CHANGE FOR THE BETTER - GET FIT

Fitness is one of the best preventive medicines known to man. Once you begin moving and exercising, you establish a process of change that affects virtually every aspect of your life. Your body begins to feel better and you feel better as well.

The benefits of fitness begin on the first day of activity, in time you start to feel the results: 1) more energy and a greater ability to use it, 2) reduces stress-regular exercise enables your body to dissipate stress before it can accumulate, 3) physically, your overall condition starts to show signs of improvement, your muscles firm up, your body straightens up, your complexion brightens and you wear a permanent smile on your face, 4) reduces the risk of heart problems. Regular exercise strengthens your heart by enlargement resulting in a stronger and more efficient pump for the cardio-respiratory system, (your lungs and heart) which in turn improves the blood supply to the body tissues.

If you have problems getting started or maintaining the routine of exercise, it could be because you lack motivation. If low levels of motivation exist within oneself toward exercise, the chance of actual exercise is minimal. To be motivated, it is necessary to have realistic, achievable goals, whether it is to lose 10 lbs, run a 38 minute 10Km or to exercise on a regular basis.

Within all of us is the motive to attain some internally defined standard of excellence, also known as the achievement motive. To achieve the desired goal one must be motivated to keep on the right track. Lack of motivation often results in loss of target therefore not achieving your goals. In addition to lack of motivation, "set backs" in everyday living often arise. These setbacks should not pose a threat to your fitness efforts, a setback only interrupts the progress you are making on your fitness routine.

For those of you who have not begun an exercise routine, the F.I.T.T. Principle can help you devise the ideal routine of regular exercise. F.I.T.T. is abbreviated for the frequency, intensity, time and type of exercise. Frequency implies the number of times the exercise should be repeated; 3 to 5 times per week. Intensity represents the percentage of your VO2 max. (the maximal volume of oxygen consumed by your body during exercise), the required intensity is 60 to 80% of your VO2 max. The amount of time the exercise should be performed for is 15 to 60 minutes, and the type of exercise is any exercise which enables you to reach 60 to 80% of your VO2 max.

If you can't find time for 3 workouts per week, do as much as you can. In time you will be able to fit them in your schedule, as you begin to enjoy getting into better shape. "GO FOR IT" or "GOOD LUCK."

**Three Times a Winner**



Three times a winner! The Air Cadet League of Canada Trophy, awarded annually to the most proficient Air Cadet Squadron in Canada, has been won for 1987 by 562 Cabot Squadron, North Sydney, Nova Scotia. It's the third time the squadron has won the award. Pictured with the trophy are (left to right): Mr. T.R. Young of Armstrong Memorial Branch 19, Royal Canadian Legion, the squadron's sponsor; WO2 Vera Vardy, squadron warrant officer; WO2 Kenny Goodyear; Mr. P.R. Murray, provincial chairman, who made the announcement, and Maj W.W. Poole, 562 Squadron commanding officer.



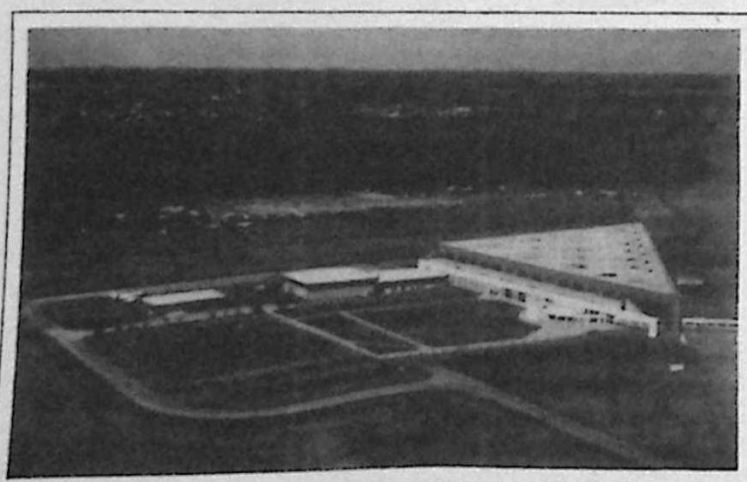
**WE CONSERVE WETLANDS...**

We've been doing it since 1938. Today we employ more than 400 professionals and support staff in 44 offices across Canada. We keep an eye on wetlands - and we're good at it. During 1988, we're celebrating our golden anniversary. How? By building wetland conservation projects. And when we finish those, we'll work on more, because helping out Canada's waterfowl and wildlife is the best way we know to celebrate the beginning of our next fifty years.

We don't think of ourselves as saviours of the natural world. We're hard-working, down-to-earth, nuts-and-bolts conservationists who do what we know best...conserve wetlands.

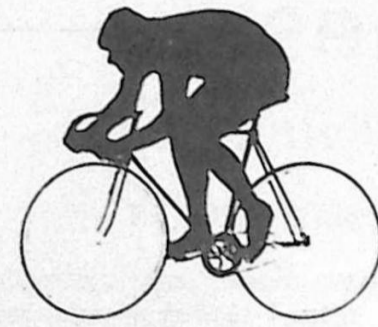
**THE DUCKS AND GESE DO THE REST.**

Call 1-800-665-DUCK for more information.



The new delta-shaped National Aviation Museum at Rockcliffe.

## AROUND THE BASE



## CYCLING CAN BE FUN

LUC GUIBORD

This first article of "cycling can be fun" is directed to you, the parents, the everyday cyclist and just the casual cyclist.

I have been involved with bicycle safety rodeos at this base for the past four years. It is my belief that most cyclists think that a bicycle is a toy, when in fact, it is a vehicle powered by you, a person.

As a cyclist, you have the same responsibilities as the driver of a motor vehicle. Bad driving habits will be carried on when riding your bicycle.

I have observed many cyclists on their way to work, who lack concern in road safety. For some of you, motorists, when you see a cyclist on the side of the road show some courtesy towards him. Remember they have little in the way of protecting themselves, should a vehicle strike them.

The following are some of the hazardous practices which could result in injuries:

a. Failure to obey traffic signs (i.e. stop sign, one way sign, yield sign, etc...);

b. Riding on sidewalks, a sidewalk is for the use of pedestrians, not bicycles;

### ROYAL COMMISSION ON ELECTORAL BOUNDARIES

Judge T.K. Fisher,  
Commissioner

Please take notice that a public hearing will be held in Parksville on Thursday, February 4, 10:00 a.m., Court Room, Bayside Inn, 240 Dogwood Street, Parksville, B.C.

Please phone Mr. Terry Julian at 660-4169 if you wish to speak at the hearing.



Province of British Columbia

c. Riding on the wrong side of the road;

d. Riding at night without a light, rear reflector, reflecting vest and/or light colour clothing; and

e. Failing to use hand signals.

Each of these offences are listed in the British Columbia Motor Vehicle Act and the fines average \$75. These unsafe practices can be avoided. Some of you may look at road safety as something for the other guy, but remember a bicycle is not a toy.

In the next issue, I will cover the bicycle safety education program which will be offered to all cyclists.

Help our younger generation become better cyclists and one day better drivers, because you are their examples.

I hope these articles will prepare you for a summer of fun, and generate interest amongst the young cyclists to participate in the 1988 Military Police Bicycle Safety Rodeo.

Luc J. Guibord Cpl  
Military Policeman  
CFB Comox

## Meet the Coach

The Base Hockey Team is lucky to have Sgt Gerry Dusick as their new coach for the 1987/88 season. At this point, the Base Hockey Team respectively has won 10 games, lost 5 and tied 5.



GERRY DUSICK

Sgt Dusick has been happily married for 23 years, with one daughter residing in Edmonton. He has been in the military for 25 years, and is presently

working with the 442 Squadron. Throughout his military career he has been posted all over Canada. While posted in Whitehorse in the early 70s, he began coaching minor hockey. He continued to coach at CFB Ottawa where he coached the base team for two seasons. Sgt Dusick is an experienced hockey player, playing for many years in his younger years.

Although he has only been here since June 1987, Sgt Dusick can be spotted at any hockey game busily coaching the boys and often seen disagreeing with the referees.

When Sgt Dusick isn't at work or on the ice coaching, he will be seen fishing or relaxing, enjoying one of his special big TALL MARTINIS he loves to make.

"KEEP UP THE GOOD WORK COACH, AND GOOD LUCK TO THE BASE TEAM IN THEIR FUTURE HOCKEY GAMES."

## Autoplan Signals New Options in Protection

Effective January 1, 1988

### Short-term Insurance & Licence provide payment convenience

Until this year, short-term insurance was available only for "seasonal use" vehicles. But in 1988, owners of most vehicles may purchase policies covering periods from six to eleven months. Many drivers may find it convenient to pay for their insurance and licence for periods of less than a full year.

### Limited Depreciation Policy protects new car investment

The new Limited Depreciation Policy protects owners of new vehicles who also have Own Damage coverage, from the high rate of depreciation during the first two years of the vehicle's life. For new vehicles in certain rate categories, this policy ensures that depreciation will not affect most damage claims and total loss settlements.

### Other 1988 Autoplan Changes

#### Premium Costs

All drivers will pay higher premiums in 1988. Average increase: \$90. The reason for this is the steadily increasing number and costs of vehicle insurance claims. The cost of injury-related claims increased by 24 per cent for the first 10 months of 1987 over 1986. Everyone contributes to the insurance pool to pay for the misfortunes of a few.

#### Ask Your Autoplan Agent

Autoplan agents have free copies of the 1988 Motorist Kit outlining Autoplan coverage. They also have the knowledge and experience to help you select the coverage you need. Take a few extra minutes to make sure you're fully protected.

#### Driver Point Premiums

Beginning in 1988, drivers with penalty points against their licences will pay Driver Point Premiums based on points accumulated in one year only. This new, simplified system will affect those drivers with five or more points. A table showing the premiums for different points levels is provided on page 2 of the 1988 Autoplan Motorist Kit.

#### A Reminder for Seniors...

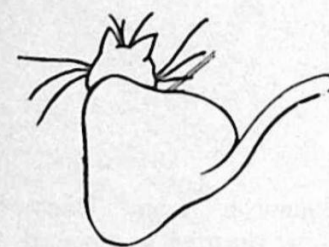
Drivers aged 65 or older who use their vehicles only for pleasure driving may qualify for premium discounts. Ask your Autoplan agent for details.

INSURANCE  
CORPORATION  
OF BRITISH COLUMBIA

## AROUND THE BASE

## Tails from Duke's Diary

By Duke Warren



### SPITFIRE NIGHTFIGHTERS

Everyone is aware of the chief roles of the Spitfire fighter aircraft in WW2, day fighter, reconnaissance, and fighter-bomber. However, very few realize that for a brief period some Spitfire squadrons served as night-fighters.

On the 23rd of February 1942 Air Marshal Sir Arthur Harris became Commander-in-Chief of Bomber Command. The first "1000" bomber raid of the war took place the night of May 30th when bombers of Harris's command as well as a large number of aircraft from Training Command struck at Cologne doing heavy damage to the city centre and suburbs.

The actual number of aircraft involved was 1046 and to get that many it was a case of "scraping the bottom of the barrel." It was shortly after this raid the Air Marshal became known as "Butcher Harris" to the RAF in general.

However, as the winter of 1942/43 approached, Air Ministry and their intelligence staff thought there was a possibility that the Luftwaffe, if it scraped the bottom of its barrel, could come up with a similar "1000" bomber raid on London. To augment the regular night fighter force it was decided that three Spitfire Squadrons would be designated as night fighters. The squadrons who received this dubious "honour" were all based in the south near London. In November 1942 one Polish, one Canadian, and one RAF Squadron commenced training as "night fighters."

We, (my twin and I) were serving with the RAF Sqdn, 165 (Ceylon) equipped with the Spitfire VB. The plan was that in the event of a heavy raid on London, or other major city, we would be sent to the location of the raid, and by the light of the fires we would be able to (hopefully) spot the enemy. We were told that we would be allowed to shoot at any aircraft with more than one engine. It does make aircraft recognition simple! The Beaufighters and Mosquitos were not to enter the lighted area. We all had serious reservations as to whether such a crude rule of engagement would work out in practise.

Our station was Tangmere, and to digress a moment, at Tangmere at that time was based a Turbinlite Squadron which was equipped with Boston aircraft, carrying a large searchlight in the nose

with airborne radar to intercept German bombers. Accompanying the Boston in close formation was a Hurricane, the plan being the Boston would find the e/a, illuminate it, and the Hurricane would dart forward and shoot it down. Rumour had it that it was one of Churchill's brain chills, but the man who proposed it was W/C W. Helmore and it was found "the inherent imperfections of searchlights in thick weather prevented any great success" I don't recall hearing of even one success.

The squadron commenced night flying training in early November, and 25 hours of Link was a requirement as part of the indoctrination into night flying. We had all done a bit before, in our case about fifteen hours at SFTS Medicine Hat before proceeding overseas. But the Spitfire was a most unsuitable machine for night flying. We would sit around dispersal with red goggles on - go out to a/c and start up when 20% of night vision went as there were no flame dampers on the exhaust stacks which pointed straight back into your face, and we lost the other 80% of our vision on take-off when the mass of flames just shot back. Coupled with a narrow u/c, long nose, and poor brakes, flying a Spitfire at night was an unholy exercise.

Although the squadron was still called upon to do sweeps and other operations night flying training went on. Cooperation with searchlights, patrols over likely target areas, Minor taxi-ing accidents were common because of the blackout. Take-off and landing was with flare pots, and there was a Chance light available for landing if one called for it. The light was powered by an engine generator arrangement mounted on a low truck bed and did light up the landing end of the runway well. It was a good marker if you didn't see the candle-like flares in time as you made your approach.

Around the first of December Fighter Command HQ sent an experienced night fighter to brief us about night fighting. This officer, a RAF S/L, had been a Battle of Britain pilot in Hurricanes, was shot down and wounded, when he recovered went on Beaufighters and was a successful ace. I remember him well for two reasons - firstly, he had a magnificent RAF mustache, and secondly after doing a short night trip in the

Spitfire he came down, sat down in the CO's office, and wrote a five page report telling how the Spitfire was "completely unsuitable" as a night-fighter. This did not surprise us in the least, but as young pilots unfamiliar with the world of paper and administration we were all very impressed with the fact he could write a five page report!

Such training has hazards, and we had accidents and losses. To be illuminated at night by a "cone" of searchlights, even if they are friendly, I found unpleasant. To tell the truth, when that happened, I would turn up the cockpit lights as bright as they would go and try to imagine I was back in the Link doing an exercise. The Luftwaffe never did launch a major raid that winter, for which I was thankful, and in the spring we were relieved from that commitment.

In wartime there is sometimes humour to be found even in tragedy. One of our aircraft went missing one night, a New Zealand pilot who had not been with us too long. Early in the morning a report of an aircraft crash was called in but no word of the pilots. One of our Sgt-pilots "Scotty" was walking through the fog to dispersal when the station Padre fell into step beside him. Padre: "Too bad about your friend last night."

Scotty: "They haven't found him, perhaps he bailed out and is OK."

Padre: "Tell me, as your Padre, are you afraid to die?" Scotty: "No."

They walked on in silence for a bit, and the Padre was impressed as he thought of the strong conviction and faith that Scotty had.

"Tell me, if you were to die, do you think you would go to Heaven or Hell?"

"Heaven."

This really impressed the Padre with Scotty's religious convictions, and he asked, "Why do you think that?"

"Because I have always been a lucky bloke!"

D. Warren

## E.A.P. Award



BAdO LtCol Anderson presents Bob Clarke, electrical supervisor at C.E. with an Employee Assistance Program certificate.

## Officers Mess

WEDNESDAYS FEBRUARY 3, 10, 17, 24

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

FRIDAY FEBRUARY 5

MIXED TGIF—MEET & GREET. Come out to meet Rear Admiral Robert E. George, CD new Commander of Maritime Command Pacific and his staff. An Italian Buffet served at 1900 hrs. will be followed by a dance to DJ. Dress casual. Cost per couple: Members \$15, Limited Associates & Guests \$20.

WEDNESDAYS FEBRUARY 10, 24

OWC BRIDGE CLUB

FRIDAYS JANUARY 29, FEBRUARY 12, 19, 26

REGULAR TGIFs. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

SUNDAY FEBRUARY 14

CANDLELIGHT DINNER. Bring your sweetheart to a dimly-lit evening where she can leave her cares at home and let someone else do the cooking and clean-up. The evening will feature a delightful menu of:

CRAB COCKTAIL  
VEAL CORDON BLEU  
LOG CABIN POTATOES  
GLAZED BABY CARROTS  
FRENCH GREEN BEANS  
CHERRY CHEESECAKE

Dinner served at 1800 hrs.

Cost per couple: Members \$20

Limited Associates/Guests \$25

Reservations by 10 Feb 88.

Dinner followed by dance to DJ.

WEDNESDAY FEBRUARY 17

OWC ROMANCE NIGHT. Come out for a demonstration of romantic lingerie followed by an evening of entertainment.

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.

West Opposite Lewis Park

## Peuter Room Restaurant

Everything for your dining pleasure

EUROPEAN CUISINE

FRIENDLY SERVICE

498 ISLAND HWY., 334-4401

Excellent Dining • Steak & Cordon Bleu Specials

\$6<sup>95</sup> — \$8<sup>95</sup>

# Canadian Forces 1987

## YEAR END REVIEW

### WHITE PAPER THE HIGHLIGHT

The past 12 months for the Canadian Forces and the Department of National Defence witnessed many changes that rendered 1987 a milestone year for Canada's military. The highlight of the year was the government's tabling of the White Paper, "Challenge and Commitment" on June 5.

In sum the White Paper calls for improving the credibility of our NATO contribution by consolidating our forces in Europe; creating a fully capable, modern three-ocean navy, including the acquisition of nuclear-propelled submarines and a second batch of patrol frigates, and revitalizing our reserve force.

The intention of Canada's new defence policy as reflected in the White Paper is to introduce a "Total Force" concept which will reduce the distinction between regular and reserve forces. Over the next 15 years, the strength of the Reserves will be increased to 90,000 as will the Regular Force. The naval reserve will be given special responsibility for minesweeping and coastal defence. Air reserves will fly and maintain a wide range of Canadian Forces aircraft and the army will be tasked to reinforce Canadian Forces in central Europe and various other duties in Canada.

### NAVAL FORCE RESTRUCTURING

The past year also witnessed a re-structuring of our naval forces in response to a Soviet build-up in the Pacific Ocean and the growing economic importance to Canada of that region. To address this situation, HMCS Huron, complete with two Sea King helicopter detachments, was moved from Halifax to Esquimalt, B.C. in January and HMCS Gatineau was moved from Esquimalt to Halifax. This restructuring brought the added resources of naval helicopters to our west coast fleet for the first time.

### ARCTIC EXERCISE

An Arctic sovereignty and preparedness training exercise took place in February on southern Baffin Island. Exercise LIGHTNING STRIKE 87 was designed to practice combat operations under Arctic winter conditions. This exercise marked the first time that a contingent of the Special Service Force from CFB Petawawa had been deployed to the Arctic for this type of training.

### WOMEN TESTED

Also in February, the Canadian Forces Trials Office was created to test the operational effectiveness of

military units with women in combat roles. It is the department's policy that acceptance of women for employment must be based on gender-free physical standards that reflect the nature of the job while at the same time maintain the operation effectiveness of combat units. With restrictions on the employment of women being removed, the department is spending an additional \$500,000 on the recruiting of women.

### NORTHERN AIRFIELDS

In March, it was announced that airfields at Inuvik, Yellowknife and Iqaluit in the Northwest Territories and Kuujuaq, Quebec were selected as Forward Operating Locations (FOLs). These FOLs, which will be used for periodic deployment of Canadian CF-18 aircraft as well as other NORAD assigned interceptor aircraft, will satisfy our need for airfields from which to respond to unidentified aircraft penetrating the North Warning System. Aircraft will operate from the airfields during exercises and in times of increased readiness.

### NEW FRIGATES

Ceremonies at Saint John Shipbuilding Ltd. in March marked the start of construction of the hull of the first of the new Canadian Patrol Frigates. The HALIFAX is the first Canadian warship to be built since 1974. It is one of a series of six City Class frigates. In December, a second batch of six frigates was announced, representing the first major capital acquisition project flowing from the White Paper.

The first of six Dash 8 aircraft was accepted by the Canadian Forces at ceremonies in Toronto on March 26. Two of the aircraft will be used as replacements for the two Dash 7s in Canadian Forces Europe. The remaining four will be used as Navigation Trainers at the Canadian Forces Aerospace and Navigation School in Winnipeg, Manitoba.

### INTERNATIONAL EXERCISES

Personnel training and international exercises remained in the forefront of Canadian Forces activities both at home and abroad during 1987. Overall, approximately 50,000 NATO troops and 10,000 vehicles were involved in fall exercises in the Federal Republic of Germany. During September, Canadian CF-18 aircraft from 1 Canadian Air Group participated in a joint NATO central region air exercise called EXERCISE COLD FIRE 87.

Canadian soldiers joined 7,000 troops from seven other countries in a NATO field

exercise in Denmark in September. Members of the 1st Battalion, The Royal Canadian Regiment of London, Ontario and elements of the 2nd Regiment, Royal Canadian Horse Artillery and 2 Service Battalion of Petawawa participated in Exercise ACCORD EXPRESS. The exercise followed the Allied Command Europe Mobile Forces (AMF) series of exercises. Nations represented in the AMF are Belgium, Canada, Italy, The Netherlands, Luxembourg, the United Kingdom and the United States.

### 30 YEARS FOR NORAD

While exercises were taking place in Europe, NORAD celebrated its 30th anniversary at North Bay, Ontario at the Canadian Region Headquarters. With NORAD's new North Warning System, Canadians will be able to deny any potential aggressor the free and undetected use of Canadian airspace. This system is part of the jointly undertaken Canada-U.S. North American Aerospace Defence Modernization program. Canadians will be the managers of the North Warning System in Canada.

### NAVAL RESERVE UNITS

Two new naval reserve divisions were commissioned in the Province of Quebec in 1987. The new divisions were established in Trois-Rivieres and Rimouski with the intent to increase Canada's naval presence in that province. Once fully established, the divisions will consist each of a crew of some 35 officers and 165 non-commissioned members.

### PEACEKEEPING

Canada continued its peacekeeping commitments by maintaining close to 1000 soldiers, sailors and airmen on duty in the Middle East. In February, members of the Valcartier based 430 Tactical Helicopter Squadron took up peacekeeping duties in the Middle East. They joined the Multinational Force and Observers (MFO) for a six-month tour as part of the Canadian Contingent to the MFO in the Sinai Peninsula to replace members of 427 Tactical Helicopter Squadron from Petawawa. In the fall, members of 403 Helicopter Training

Squadron from Gagetown, New Brunswick replaced the squadron from Valcartier.

Also in February, The 2nd Battalion, Royal 22e Regiment, based at CFB Valcartier, Quebec took up Canada's portion of the United Nations Peacekeeping role in Cyprus for a six-month tour, replacing members of the Canadian Airborne Regiment from Petawawa, Ontario. In October, the Cinquieme Regiment d'artillerie legere du Canada of Valcartier, Quebec replaced the Van Doos in their peacekeeping role.

### A BUSY YEAR

Overall, 1987 has been an extremely important year for the Canadian Forces and the Department of National Defence. With plans for new equipment and continued collective security within NATO, including our defence partnership with the United States, the Canadian Forces will be better able to respond to challenges into the next century.

## Entertaining the Troops!



Escorting the live variety show tours to isolated CF locations sounds like fun but it's also a lot of hard work. The Toronto Argonaut Sunshine Girls (above) pay a social call during an overseas tour.

## Training the Trainors

It has been said, "the only time a sergeant major stops shouting or grumbling is when he leaves this earthly world and moves on to that big parade in the sky!"

However, there's one sergeant major in Prince Edward Island who not only shouts and grumbles, he constantly scratches his head in confusion. The reason? It's all because of the Trainor family.

Over the past six years four


members of the Joseph Trainor family of St. Peter's West, Prince Edward Island, have joined 'A' Squadron, Prince Edward Island Regiment.

MWO R.J.Fall, squadron sergeant major, trains the Trainors and then watches the Trainors training Trainors...Never have initials or the "last three SIN" been so important in the running of the orderly room.

Currently with 'A' Squadron are, Sgt J.A.Trainor, MCpl

K.J.Trainor, Cpl M.D.Trainor and Pte (W) K.L.Trainor. The Trainor family will possibly produce one more "black hat," a younger brother who will be eligible to join the unit in 1988.


That's when 'A' Squadron will outrival 'B' Squadron, Prince Edward Island Regiment. The latter has four Campbells, all members of the same family...but that's another story.




# CFB COMOX CARNIVAL SPORTS TABLOID

11 - 12 FEB 1988

DATE	EVENT	PLACE
THU 11 FEB	1230 HRS	BASE ARENA BASE ARENA WO & SGTS MESS/JRM JRM
	1300-1530 HRS	
	1830 - 1930 HRS	
	1945-2100 HRS	
FRI 12 FEB	0900 - 1130 HRS	BASE GYM/BOWLING ALLEY BASE GYM/POOL/ FIELD ACROSS FROM GYM JRC
	1300 - 1500 HRS	
	1530 HRS	



## PARTICIPATION MEANS FUN



AROUND THE BASE



Origins of the Species

John Bradley

113 (BR) SQUADRON

Like so many of its sister units, 113 Bomber Reconnaissance Squadron began life as an Auxillary Squadron. In this case they started as No. 13 (Army Cooperation) Squadron on 1 Jan 1937. Their first home was at Calgary, Alberta. Ten months later in keeping with the policies of RCAF HQ and the overall expansion of the Permanent Force squadrons, all Non Permanent Active Air Force units were now renumbered into the "100 block" which resulted in 13 Squadron becoming 113 Squadron. At the same time they also changed roles thus becoming 113 (Fighter) Squadron.

At the outbreak of the war there were only five squadrons left in Western Air Command's War Establishment. While there were a few other squadrons still in the West, they were committed to the East Coast as at that time the only threat was from Europe. 113 (F) Squadron was unable to come up to full strength after being called out for full time duty so on 1 Oct 1939 they were disbanded.

Between June 1940 and December 1941, the U-boats enjoyed what was known as "The Happy Times" as they placed more and more boats into the Atlantic. In spite of a few losses the U-boats succeeded in sinking an average of 350,000 tons of shipping each month during 1940. In 1941 a total of 2,100,000 tons of Allied shipping slipped beneath the waves as a result of the submarine menace.

As a direct result of this intense threat, 113 Squadron was reformed as a Bomber Reconnaissance unit on 15 Feb 1942 and was tasked with anti-submarine patrols in Canada's coastal areas and out into the Western Atlantic. 113 (BR) Squadron stood up at Yarmouth, Nova Scotia, and was initially equipped with the venerable Lockheed Hudson Mk III twin engined patrol bomber. The unit was first marked with the BT fuselage codes which were applied to all aircraft until mid May. At that time all aircraft were remarked with the LM codes which remained until October of that year. After October all aircraft lost the unit codes with only the individual aircraft letter remaining.

Within six weeks the unit was declared operational and conducted their first offensive patrol on 25 March. Unlike

many other units, 113 Squadron did not have to wait long before they were able to claim a U-boat. Shortly before their first victory however, four aircraft were sent on detachment to Mont-Joli, Quebec on 6 July. 113 and a number of other squadrons sent aircraft to Mont-Joli due to the number of vessels, both merchantmen and warships, that were being sunk in the St. Lawrence River.

While a major portion of the unit was in Quebec, the remainder of 113 carried on with their assigned duties at Yarmouth. On 31 July, S/L N.E. Small, Commanding Officer of 113 Squadron, was on a special patrol with his crew in Hudson BW625. They were patrolling off of Sable Island searching for a U-boat that intelligence reported as being in the area. A submarine was seen running on the surface and the attack began. They attacked U-754 with their full load of depth charges and after remaining in the area for almost an hour were rewarded with a large underwater explosion and debris floating on the surface. This sinking was soon confirmed and was Eastern Air Command's first victory over an enemy submarine.

This had not been U-754's first brush with the RCAF's BR squadrons. On 23 March U-754 had been spotted by the merchantman Bayou Chjico and was quickly reported to the authorities. A Bristol Bolingbroke from 119 Squadron was sent out from Sydney, spotted U-754 on the surface and ran in for the attack. They claimed the submarine sunk as they saw the bows blown clear out of the water. As was seen by the submarine log though, all that was suffered was a few well placed explosions but no serious damage. After a return to Brest for resupply, U-754 returned to Canadian waters and its eventual meeting with S/L Small.

By 1 Aug 113's detachment at Mont-Joli had been reduced to four aircraft after a previous high of seven aircraft. The three returning aircraft were replaced by four Hudsons from 119 (BR) Squadron.

113 Squadron had the distinction of being the first Eastern Air Command squadron to paint their aircraft in the new all white camouflage scheme and to fly their patrols at an altitude of 5,000 feet instead of an average of 1,500 feet as had been the norm up until then. It was also at this time that they moved to Chatham, New Brunswick, remaining there



This 113 (BR) Squadron Ventura, 2142 C, does not appear to have suffered too much damage after bellying in sometime in late 1943, probably at Sydney. (Vis R. Claveau).

from between mid September to mid December.

While flying from Chatham 113 was able to amass a total of seven sightings and three attacks on U-517 over 24 hour period on 23/24 September. The attacks themselves were termed well executed and the lack of a sinking was a result of the combined skills of the U-boat commander and the fact that the Amatol filled Mk VIII depth charges constantly failed to detonate. Three days later U-517 was again attacked by a 113 Hudson off of Gaspé. This time the U-boat's bow was seen to lift from the water from the force of the explosion and a sinking was claimed. It was later determined that the explosions caused only slight

damage and the submarine made good its escape.

NEW AIRCRAFT At the beginning of 1943 113 Squadron was stood down from operations to begin re-equipping with the Lockheed Vega Ventura G.R. Mk V twin engined patrol bomber. The Ventura was in simplistic terms a larger and much improved Lockheed Hudson. Like the Hudsons in the later stages of their career with the squadron, the Venturas were also painted in the white camouflage scheme.

Operations began again during April and in May 113 moved to Sydney. Further patrols were carried out over the Atlantic but by this stage of the U-boat campaign, the sub-

marines were being forced out into the middle of the Atlantic where Allied air cover was not yet a problem for them. Only one attack was made after they transitioned to the Venturas. The unit continued with anti-submarine patrols and convoy escorts through the remainder of 1943 and up to June of 1944 when they were transferred to Torbay, Newfoundland. By this time though, the handwriting was on the wall as word came down that two Ventura squadrons were soon to be disbanded to provide experienced multi-engined rated pilots for two new transport squadrons yet to be formed. 113's final operational mission was flown on 16 August and seven days later, 23 August 1944, the unit ceased to exist.

113 (BR) Squadron had sunk only one U-boat but had sighted a total of 22 submarines and had made 13 attacks. The unit lost 3 aircraft and 12 aircraft on operations while an additional 11 personnel were killed in training accidents. Squadron members received 6 DFCs, 1 AFC, and 16 Mentioned in Despatches. Like so many other squadrons that were disbanded before wars end, 113 Squadron did not receive its Battle Honour. Had the unit remained on strength it would have been presented with Atlantic 1939-1945.

Suggestion Award



Prior to leaving 442 Squadron, Corporal Robert Brooks, an Air Frame Technician, suggested a modification to the Labrador and Voyageur helicopter rescue hoist. His exact suggestion was not adopted but instead NDHQ came up with another MOD and they granted him a minor award for bringing the problem to light. He received his cheque and certificate from his new boss in Summerside.

AROUND THE BASE



Legion Log

BRANCH 17 COURTENAY

Fri & Sat Jan 29-30 Music by ALLEYCATS  
Sun Jan 31 FUN EUCHRE TOURNAMENT  
Registration 12 - 1  
Fri & Sat Feb 5-6 Music by BRANDY  
Sun Feb 7 FUN DARTS WINTER CARNIVAL  
Registration 11AM to 12 Noon  
Fri & Sat Feb 12-13 Music by WESTWIND  
Sun Feb 14 TBA

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

BINGOS — Mon, Thur, Fri, Sun at 7 p.m.  
MONDAY Fun Euchre  
TUESDAY Pub Darts  
WEDNESDAY League Crib  
THURSDAY Fun Darts  
FRIDAY TGIF & Money Draw at 6:30  
SATURDAY Fun Bridge at 12:30  
SUNDAY Something doing every Sun afternoon

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

BRANCH 160 - COMOX

\*\*\*ENTERTAINMENT\*\*\*

Jan 29-30 Music by CLIPPER  
Feb 5-6 Music by WESTWIND  
Feb 12 Music by COUNTRYMEN  
VALENTINE DANCE  
Feb 13 JOINT INSTALLATION OF OFFICERS  
In the Branch UPPER HALL commencing at 6:30 PM. Tickets \$7.50 per person on sale at the Office and Lounge.  
Feb 19-20 Music by ALLEYCATS  
Feb 26-27 Music by WESTWIND

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

11 am to 6 pm  
SUNDAYS L.A. Drop-In Bingo - 7:30 pm  
MONDAYS Men's Dart League - Navy Room - 7:30 pm  
TUESDAYS Mixed Dart League - Upper Hall - 8:00 pm  
Crib League - Lounge - 7:00 p.m.  
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)

HAPPY NEW YEAR  
1988  
From UNDE Local 1007

President Gwen Hall  
Vice President Norm Larden  
2nd Vice Jackie Finnie  
Secretary Sue MacKenzie  
Treasurer Carol Briggs  
Chief Steward Keith MacKenzie  
Health & Safety Officer Bill Cocker

Stewards  
Chris Ross Heather Machin Jackie Lever  
Blair Cameron Derek Craig Fred Kennedy



Let's Talk

Did you ever wake up in the morning and wish you did not have to get up? Or have you felt that once you did get up, you would like to go right back to bed and get up on the other side?

Have you ever heard it said "Mother said there would be days like this but she didn't say how many"?

No matter what we do, there are times when it seems that nothing goes right. The bread mix didn't rise; the cake went flat in the centre; the boat you were building didn't come out right. When you put the last article of clothing on the clothesline, the line broke and everything ended up needing a second wash. You try to start the car, only to discover that the tire is flat or the battery is dead. You throw up your arms and say "Why me, Lord?"

No doubt your mind went to Job, the man in the Bible who got up one morning and wished that he had never been born. He lost his cattle, his home, even his family. To make matters worse, he broke out with boils from the top of his head to his toes. He was a total mess. His friends came to see him and they came up with all sorts of suggestions as to what he should do. His wife even suggested and encouraged him to curse God and die!

Job himself asked the question, "Why me?" Yet, when the crunch came, he stood tall and declared, "Though, he slay me, yet will I trust Him..." (Job 13:15).

There are many today who are just like Job. They have been beaten financially, materially and even physically wounded by circumstances. Their world seems to be bottom up. Yet, when you stop to talk with them, you discover that they stand tall.

It isn't easy to smile in times of defeat and failure, or even death. There are times when all the joy seems to have drained away. From the depth of our very soul, we cry out "I don't have to take this. I don't have to listen to that garbage. Believe you me, they won't hear the last of this."

Another day comes. Instead of saying "Good morning, Lord," we say "Good Lord, morning!"

Is there a solution or a remedy for these upheavals and discouragements in our lives?

Can someone come up with a prescription to help cure the aches and pains that we

sometimes experience? Worried parents cry out "What about all this anxiety my son or daughter is giving me?"

On the other hand, a teenager asks, "What about the frustration I have because of my parents?"

Look at the grey hairs. Look at the bottles of Milk of Magnesia I drink to keep my ulcer at peace. Does it sound familiar? Certainly, there must be an end to all of this somewhere.

Let us just pause for a moment. Let us ponder a few things before we go further. When was the last time you really stopped and asked yourself, "What am I doing to myself?"

We are so busy that we never take time for ourselves, to spend time with our families, our children, or even time for God.

It is a "dog eat dog" world out there.

Every time something goes wrong, we panic, or we fall to pieces. We may even cry out, "I just can't take any more of this. I've just got to get away."

I have come to realize during my years of experience, that it is not the amount of trouble and upheaval we might have which gives us grey hair and ulcers, but it is the attitude or the frame of the mind which are the determining factors.

We sometimes allow circumstances to overtake us and get the better of us, when we

should overtake the circumstances and conquer them.

Paul wrote in Romans 8:37-39, "For I am persuaded (or convinced) that nothing can ever separate us from the love of God." Death can't. Life can't. The angels won't and all the powers of Hell itself can't.

Why then can we not cope with reality? Maybe because we look at the situation and see that mountain. You don't want to climb it because you feel you can't, and before you start, you are defeated. So, you sit at the base of the mountain and say, "I can't do it." So, you go back to bed.

Norman Vincent Peale in his book, "The power of positive thinking," says, "If you are thinking thoughts of defeat, I urge you to rid yourself of such thoughts, for as you think defeat, you tend to get it."

Adopt the "I don't believe in defeat" attitude.

Paul wrote in Philippians 4:8 "Brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

This week, let your mind think on something good and nice. If it is necessary, change your whole attitude. Be a winner! Share something good with someone. You will feel better for it.

Capt Winston Dodge  
The Salvation Army  
Red Shield Services

After an Icy Dip



Not Fools, but Foolhardy are these guys and gals who participated in the recent Boxing Day Polar Bear Swim. Left to Right: Gaetane Blouin, Grace MacCuaig, Jean-Marie Bosse, Suzanne Racine, Kathy Bailey.

SECTION NEWS

CANEX 10 year Pins Presented



BComd Col Gibbon presents to Service Station Manager Dave Allen. (Base Photo).



BComd Col Gibbon presents to cleaner Frank Sibierski. (Base Photo).

SUPER SERIES CONTINUES

Two internationally acclaimed underwater experts will recount their adventures in the Royal British Columbia Museum's Super Series Program. Award-winning cinematographer, Al Giddings, in a rare personal appearance, will present his film masterpiece Ocean Symphony on Feb 26 in Victoria. Giddings has spent 25 years and more than 20,000 hours under the sea capturing new scientific knowledge. He also is celebrated in the film industry for producing exciting underwater episodes in The Deep, Never Cry Wolf, James Bond

thrillers and television specials. One of the world's leading marine geologists, Dr. Robert Ballard, will share the excitement of exploration through his presentation Discovery of the Titanic in Victoria on March 24. With the help of photographs never seen before by the public, rare archival pictures, charts and paintings, he will recount the Titanic's last fateful night and describe the drama of finding and exploring the ship's final resting place. Tickets went on sale January 1 at the McPherson Box Office, 386-6121, Hillside Ticket Centre and the University Centre

box office 721-8480. Out-of-town reservations using VISA cards will be accepted by telephone. Events start at 8 p.m. at the University Centre Auditorium, University of Victoria.

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SPLATTER SAILING



**EDITION 1**  
**HAPPY NEW YEAR!** May all of your broken resolutions place a smile upon your face! And from all of us hangers-on from last year's CFB Comox Sailing Club, we hope you make this your year to learn how to sail and pursue Vancouver Island's only year-round outdoor activity. New Year's Day was the start of the sailing season for those of us considered "diehards" by the old school. A balmy sunny day coupled with a light westerly wind gave LaLage (the club keelboat - a 27 foot Catalina) her first outing of the year. All involved - present and prospective members alike - thoroughly enjoyed New Year's Day in the spirit in which it is supposed to be enjoyed on the west coast.

At the annual General Meeting held in November of 1987, dates for the Third Annual Stag Cruise were decided upon. This spring the weekend of 28-29 May has been earmarked for this popular event. Get your bids in early as space in the various privately owned boats generally gets spoken

for quite early. Other activities that are forthcoming include our popular Learn-To-Sail courses (for those of you who need an introduction to this fine avocation), our keelboat qualifying courses (a prerequisite for chartering LaLage) and a wide assortment of racing activities such as the singlehanded race, the Commodore's Rum Race and weekly dinghy racing. Call Capt Dave Nurse at local 8573 or leave a message at 339-6794 to discuss any or all of the various programs that the club runs throughout the season. Formal activities are expected to begin on 1 April.

Yachting has been described as the art of going nowhere quickly at great expense. The seasoned "addicts" prefer to describe sailing as the fine art of breathing life into a body of imparting motion derived from absolutely nothing. Instead of believing either of these definitions, discover for yourself how invigorating and exciting this sport can be by getting involved. The Executive are very much looking forward to hearing from you in 1988.

TOTEM LOUNGE



SPORTS CARNIVAL 11 FEB

INDOOR GAMES 1830-1930 HRS TEAM SKITS 1945-2100 HRS  
 COME OUT AND ENJOY

BOSS'S NIGHT 12 FEB  
 DJ AT 1800 HRS

SPORTS CARNIVAL AWARDS PRESENTATION 1530 HRS

HOME & FAMILY

About The House with Lorry



I must apologize for not having a column for so long but I have been off sick for a while. Here's hoping I don't miss anymore this year.

1 C peanuts  
 3 C rice krispies

UTENSILS

One 9 x 9 pan, saucepan, bowls and wooden spoon.

METHOD

Melt honey and peanut but-

ter in a saucepan over low heat to boiling and then remove from the heat. Stir in the chocolate chips until melted and the mixture is smooth. Stir in peanuts and cereal immediately and mix well. Turn the mixture into a greased pan and chill well. This makes about 20 good sized squares.

CHOCOLATE CRISPS

1/2 C honey  
 1 C peanut butter  
 1 C semi sweet chocolate chips

Raft Safety Measures Announced

New safety measures affecting the commercial river rafting industry in British Columbia will be implemented over the coming months, Environment and Parks Minister Bruce Strachan announced today.

The measure, which will be considerably more stringent than the system previously in place, include:

- \* appointment of a Registrar of River Rafting, who will be responsible for issuing, cancelling and suspending outfitters' permits and guide licences, as well as overseeing guide training and enforcement of all regulations;
- \* a comprehensive set of provincial safety standards and regulations governing equipment and operating practices;
- \* a guide licencing system, with qualification requirements which will be more rigorous than in any other jurisdiction;
- \* an industry-operated training/examination program for guides;
- \* severe penalties for careless or unqualified operators.

Ralf Aldrich, the province's Chief Conservation Officer, has been appointed Registrar of River Rafting to administer the permit system.

"This safety program will provide the best possible protection for the public, and has the enthusiastic support of the rafting industry," Strachan said in announcing the new system.

"It incorporates the recommendations of the

River Rafting Advisory Committee, which conducted a very thorough review of commercial rafting in the province since being appointed last October," the Minister said.

"The government shares the committee's concern that the regulations should be geared as specifically as possible to the actual conditions on our British Columbia rivers," Strachan continued.

"A key element in the regulations will be the establishment of a two-tiered system for classifying guides to ensure that only the most skilled guides operate on the more dangerous rivers."

The new safety measures will either be established under existing federal regulations of the Canada Shipping Act, or the Province will draft legislation that is compatible with federal jurisdiction but allows British Columbia to implement and enforce its own regulations. Discussions with Ottawa on this subject are already underway.

"We are committed to moving as quickly as possible so that this safety program, including the permit and training components, will be in place by the time the rafting season starts this spring," Strachan said.

Discussions have already begun between the Ministry, the B.C. Outdoor Recreation Foundation, and the industry to develop and carry out the training and examination of guides.

Chapel Chimes

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

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

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Mary-Ann 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: Mrs Margaret Campbell 338-1084

SIMPLY SOUPERB

Asparagus Crab Bisque followed by Sole Fillets in Lemon Sauce will make Valentine's Day dinner, or any dinner, a memorable occasion for sweethearts.

- ASPARAGUS CRAB BISQUE
- 1 T butter or margarine 15ml
  - 1/2 C thinly sliced almonds 75ml
  - 1 can (10 oz) cream of asparagus soup 1
  - 1 soup can milk 1
  - 2T Vermouth or dry white wine 25ml
  - 1/2 C cooked crab, flaked red pepper strips 125ml

Cook almonds in butter until lightly browned (reserve a few almond pieces for garnish); stir in soup; gradually stir in milk, Vermouth and crab meat. Reduce heat to low; simmer 5 min or until hot. Ladle soup into bowls; garnish with reserved almonds and pepper strips. Serves 3.

- SOLE FILLETS IN LEMON SAUCE
- 1 lb sole or other fish fillets 500g
  - 1/2 C chopped green onion 125ml
  - 2T chopped parsley 25ml
  - Dash pepper dash
  - 1 can (10 oz) condensed chicken broth 1
  - 2T lemon juice 25ml
  - 1T cornstarch 15ml

Arrange fish in a 12-inch fry pan; sprinkle with green onion, parsley and pepper. Reserve 1/4 C broth. Pour remaining broth and lemon juice over fish. Heat fish to boiling; reduce heat; cover and simmer 10 min or until fish flakes easily when tested with a fork. Remove fish to serving platter; keep warm.

Blend reserved broth with cornstarch; gradually stir into hot broth in fry pan and cook, stirring constantly until thickened. Serve with fish. Serves 4.



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ON AND OFF THE BASE



Supply Signals

It's nice to see everybody back to work after the Christmas holidays. The staff of Customer Services would like to say welcome to Sgt Hillard who will be in full command of the Section.

The Olympics will never be the same since Comox has tasked Cpl Martin and MCpl Snetsinger to lend a helping hand!

A big congratulations to Pte Shane Houser on the new addition to the family. Cpl Belanger has departed the LPO Section for lovely Borden on

her QLS, best of luck. Has anybody heard where Lt Jones is hiding these days? I am told that he's hanging around with the Card Sharks again. Since JoAnn Martin has heard rumours about her going to Holberg, she's been digging out her lumberjack boots - just kidding, JoAnn.

Before closing we extend our deepest sympathy to the Bridal family. We in Supply will miss Rosalie's happy face and cheerful personality.

Until the next issue, have a good day!

Eryx

A POWERFUL NEW GUIDED MISSILE

Every soldier knows that the greatest threat he may have to deal with in a potential conflict with Warsaw Pact forces will be enemy tanks and armoured vehicles. According to estimates by the International Institute for Strategic Studies, massive concentrations of enemy armour would advance on a narrow front, achieving local superiority of up to 6 to 1. The Canadian soldier in Europe, alongside his German and American allies will have to defeat this threat with a broad range of anti-armour weapons. The mobile element of this defence consists of armoured forces with tanks. The infantry provide the stationary anti-armour framework necessary to blunt enemy attacks and hold ground. They do this with a combination of long, medium and short-range anti-armour weapons.

A REPLACEMENT FOR THE CARL GUSTAV

The short-range weapon is

perhaps the most critical to the success of the infantry's stationary armour defence. Since 1965 the weapon in use has been the venerable Carl Gustav. Although good in its day, changes in the potential battlefield of the 1980s and 90s has rendered it ineffective. It cannot be fired in an enclosed area due to its "back-blast," thus limiting the protection that the infantryman can obtain from buildings or slit trenches. Improvements in modern armour have also greatly reduced its penetration power against enemy tanks.

In order to give the infantry the effective short-range anti-armour weapon that it needs, it was announced this past August that Canada would enter into an agreement with France leading to the co-production of ERYX anti-armour missile.

AN EFFECTIVE NEW WEAPON

ERYX is a powerful weapon. It is a guided missile, highly ac-

curate between 50 to 600 metres and able to defeat all modern main battle tanks from all angles. Fully loaded and ready to fire, ERYX weighs less than 15 kilos and it can be operated by one man. The most obvious improvement to soldiers familiar with the Carl Gustav, is the fact the ERYX has no backblast. This means that it can be fired from an enclosed space, greatly increasing the operator's protection.

Armed with ERYX, infantry soldiers will be capable of defeating enemy armour at close range. Defensive strong points, based on built up areas or reverse slopes will create the ideal situation for the infantry stationary armour defence, providing the solid framework for the mobile tank forces. With ERYX the infantryman will finally be able to derive the best protection from such natural defences and inflict maximum damage on the enemy.



An infantry soldier launches his ERYX missile in a built up area.

Shows for the Troops

LIVELY ENTERTAINMENT

Four times a year, beautiful and talented people from the world of stage, screen and radio board a Canadian Forces aircraft and take off for the Arctic, Europe, Cyprus or the Middle East.

It's the beginning of another live variety show tour organized especially for CF members stationed at isolated locations and it's an event that's eagerly anticipated by both the entertainers and the audience.

Just finished is a tour of the Arctic with a show called *The Rhythm Is Going To Get You* produced by Gemini Productions of Edmonton. Now touring Europe, the Middle East and Cyprus is *Heartbeat Canada*, produced by Garbo Productions of Vancouver,

which will give its final performance in Nicosia the week before Christmas.

Coordinator of the program is Maj Lee Roberge, of the Directorate of Physical Education, Recreation and Amenities. He has toured six times with various productions as escort officer and Christmas is usually spent "on the road." This Christmas he will be at home with his family for the first time in four years.

"Being on tour with a show looks like fun, and quite often is, but it's also hard work," said Maj Roberge. Along with an assistant, the escort officer is in charge of a "family" of approximately 30 "personalities" each one equipped with an artistic temperament. Some have never been outside Canada before, others have

never flown before or develop a sudden fear of flying.

From morning until night the escort officer is dealing with such problems as flight delays, flight cancellations, lost luggage, hotel cancellations, hotel bookings, lost people and hungry people. All the while he has to create an aura of control and smoothness. It wouldn't do for the escort officer to lose his head.

POLITICAL RIOT

But a political riot in Cyprus and an emergency landing at Baden-Soellingen in West Germany did tax Maj Roberge's calm. In June 1986 the President of Turkey visited Cyprus and the escort officer and the entertainers were physically caught up in a

CONTINUED ON PAGE 25

LIFESTYLE



A CELEBRATION WITH JANIE FRICKE

Only the biggest super-stars in country music ever get to release a two record set of greatest hits. Willie Nelson has done it and Merle Haggard has accomplished that same feat. Now, Janie Fricke joins that elite group with the release of "Celebration" (Columbia C2-40684) which chronicles her works from 1977-1987.

Pulled from a variety of albums over the past decade and featuring the production credits of Billy Sherrill, Jim Ed Norman, Bob Montgomery and Norro Wilson this double album should quickly become a collector's dream. Chock full of hits that range from "What're You Doing Tonight" and her remake of Hank Locklin's "Please Help Me, I'm Falling" through to her more recent chart toppers of "She's Single Again," "Always Have, Always Will" and "Easy To Please." The 20-song package shows why Ms. Fricke was able to jump from the relative obscurity of singing jingles and working as a session singer to become one of the most celebrated country singers in modern country music.

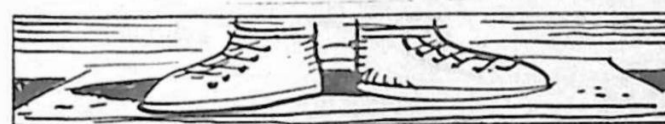
Janie actually started her career by working as a jingle singer and her voice was subsequently heard on numerous commercials for products. From there she worked as a background singer where she sang behind the talents of such luminaries as Elvis Presley, Eddie Rabbitt, Crystal Gayle and numerous others. It was when she was given the chance to use her on-target vocals in a duet with Johnny Duncan's "Stranger" that her unlisted credit as a singer caused a stir in Nashville. She later joined Duncan on "Thinkin' Of A Rendezvous" and "It Couldn't Have Been Any Better" and, along with receiving credit as a singer, was also offered a recording contract.

It took a while for her to decide to give up her career in the background to step into the solo spotlight but when that decision was finally reached it didn't take long to hit the big time. She quickly topped duet honours (with Duncan) for the CMA's Vocal Duo of the Year for 1978, 79 and 80 and won Female Vocalist honours in the solo department in 1978 and repeated in 82 and 83. Along the way she has toured, received honours and awards and was the Canadian Country Music Association's co-host at the NATIONALLY TELECAST AWARDS WHEN Vancouver hosted the annual event this past September.



JANIE FRICKE

Did You Know



Babies tend to toe out to some degree when they begin to walk and then gradually bring the front part of the feet in as they progress.



In The Mags

January's mags seem to say it all. 1987 was a year of great change and transition. The world's two superpowers signed a treaty to reduce an entire class of nuclear weapons, the world's stock markets went through a dizzying period of turmoil, and Michael Jackson is back on top of the pop music charts.

Almost every issue on the newsstands this month features some type of story on 1987, or predictions on what 1988 has in store for us. Some mags see 1987 as a year of doom and gloom, and some see it as a banner year. Some call for 1988 to be the year the world caves in on us, and one mag called for the Toronto Maple Leafs to take the Stanley Cup in 88. How's that for a contradiction?

By far the most encompassing review in terms of music and entertainment is *Rolling Stone's* "1987 Yearbook." The stories of the marriage breakdown between Madonna and Shaun Penn, Bruce Willis of "Moonlighting" fame cutting a record, and Michael J. Fox and Joan Jett starring in an ill-fated flic titled "Light of Day," can all be found between the pages of this fact-filled issue.

*Discover's* '87 review is a little more broad, featuring the top 35 stories in science, right down to the reasons why pit bull terriers have been on the attack, to the story of the world's vanishing Panda Bears.

Although 1987 offered dismal reason for hope in a lot of areas, science had one of its best years to date. This can be easily seen as *Discover's* writers take you through the Soviet's "Monkey-Business" trip to Mars, biologists' efforts to save rare species of wildlife, to the many and varied advances made in biotechnology and medicine in 1987.

In tune with the major business and financial story of the decade, *Canadian Business'* main story this month revolves around the crash, called by some, "Black Monday," of the world's stock markets on Monday, October 19, 1987.

Always a good read, *Canadian Business* offers an in-depth look at why the crash occurred, and the effect it is having in the nation's boardrooms.

Turning the pages of this month's mags over to 1988, the year to be, what better way to start than sharing with the outrageous *Don Cherry*, his view of the NHL today.

*MVP Magazine* offers just that as it guides readers through "Grapes" expectations of the '88 season. "Don Cherry Gives the NHL The Dickens" is how *MVP* billed this story, and *Cherry* is true to form in this scathing attack on the lesser-denizens of this Canadian institution.

Equally fun reading is the story in *MVP* on the great "Toronto-Detroit War" called "The Best of Enemies." For nearly five decades these two cities have been icing hockey teams who have literally "gone to war" in an all out effort to destroy each other.

With the month of February just around the corner, the 1988 sporting story of the year has to focus on the *Calgary Olympics*.

*Canadian Geographic* seems to offer the best profile this month of the stories behind the story, and the progress to date of the Olympic organizing committee. What really sets this piece ahead of the others is that it offers everything from personal profiles to finance and community spirit. Something for everyone!

You know for sure another year has come and gone when the hype for the Academy Awards begins to swallow us up. The 60th Annual Academy Awards will fall in April, and this month's *Video Scene* looks at this age-old Hollywood ritual in some depth. Not only can readers learn everything they need to know about the upcoming ceremony, but seasoned Oscar-watchers can participate in a *Video Scene* contest to pick the '88 winners.

All in all, there is enough good reading this month even to keep the hardest of insomniacs satisfied, so enjoy!

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# HEALTH AND WELL BEING

## info health

Dr. Bob Young



### ALL ABOUT FRACTURES

"Sticks and stones my break bones, but falls and bumps cause most fractures. Any bones can be broken, but some are much more frequently cracked than others.

Fractures may be simple, compound, or comminuted. The first is a clean single break; compound means that the skin and muscle over the fracture has been broken, either by the bone sticking through or by the original injury. Infection is a real danger.

A comminuted fracture (which may also be compound) exists when the bone is shattered into several pieces. They are generally more difficult to put right.

Fixing consists of reduction and immobilization. Reducing a fracture means realigning the displaced fragments (some fractures are not displaced and reduction is not required). Closed reduction means that the skilled hands of the doctor straighten the break by manipulating the bones with the patient anaesthetized.

Open reduction, as the term implies, means that a surgical incision of some type is required before the bone fragments can be brought together. The incision will con-

vert a simple fracture to a compound one, as it exposes the bone to the outside air.

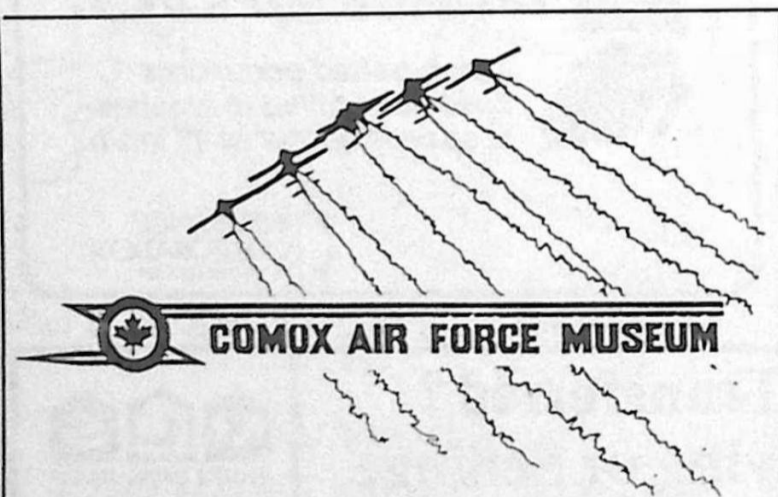
A wobbly break won't heal. The reduced fracture must be held together for a few weeks while it is mending. There are many ways of doing this. Plaster (or Fibreglass) casts are familiar to all and are a form of external fixation. Another, skeletal traction, is putting metal rods through the bone and pulling it into line with ropes, weights, and pulleys - the cartoonists' delight.

Internal fixation uses nails, wire, screws, metal plates, and other hardware, either permanently or temporarily, to keep the broken pieces aligned and touching. Sometimes long rods are driven into the marrow space to accomplish this. At times the broken piece of bone is discarded and replaced with a metal substitute. The hip is the best example of this.

The bone-setter's art has come a long way. Most fractures heal well - but some leave their mark for the rest of the patient's life.

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

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## Pertussis Vaccine

A recent television program has generated considerable controversy concerning the use of pertussis (whooping cough) vaccine. Taken out of context, the information in the program has produced an inaccurate picture of the currently used pertussis vaccine and the "Japanese" vaccine described on the program.

Pertussis or whooping cough is still present in our communities particularly where there is a low rate of immunization. It can also be a very serious disease particularly in infants. With the disease 10/1000 children will develop pneumonia, 6/1000 will have convulsions, 1/2000 to 1/8000 will have brain damage and 1/1000 may die as a result of the disease.

The current vaccine (whole cell) is not without risk but when compared to the disease the benefits far outweigh the risks.

The pertussis vaccine currently used in Canada has the following risks 1/1750 will have convulsions, 1/310,000 will have brain damage and 1/1,000,000 may die as a result of vaccination.

Countries such as Japan and Sweden who had stopped vaccinating for pertussis, have experienced significant outbreaks of the disease with significant numbers of complications and death as a result.

In Japan an "acellular" vaccine has been developed which appears to have less of the "mild reactions" such as fever and local reactions. It has not been demonstrated that this vaccine has less "severe reactions" such as brain damage and death. This vaccine has been used only in children 2 years and older so it is not clear whether or not it will have a lower rate of reactions if used in infants. Studies are currently underway to demonstrate the safety and effectiveness in younger children. It is of note that in Japan the rate of the disease, pertussis, is much higher now, 22/100,000 population than when infants were immunized, 3.8/100,000 population.

In British Columbia the numbers of adverse reactions to pertussis vaccine have been small, with the rates considerably lower than those quoted above.

Ultimately we must weigh the risks against the benefits of the vaccine and Canadian Medical experts feel that the benefits far outweigh the risks of the vaccine currently available in Canada. As the newer "acellular" vaccine is studied and if it proves safe and effective it will replace the present vaccine.

Presented courtesy Catherine Donovan, M.D.

## ASK YOUR PHARMACIST

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



### DRUG USE DANGER SIGNS

It's not easy to tell if your child is using drugs. But, there are some signs to watch out for. Marijuana use, for example, can cause red, bloodshot eyes and lead to coughs and bronchitis.

There are also certain changes in behaviour that can mean a drug problem. However, parents shouldn't be too quick to jump to conclusions. Adolescence can bring on many of the same changes in behaviour as drug use.

Finding drugs in the child's possession, in the house, or car, is one of the most obvious signs of a drug problem. Drug paraphernalia, such as cigarette papers or pipes, is also an indication of use. When cash or valuable possessions start to disappear, it can mean that money is needed to buy drugs.

Be aware of peculiar changes in behaviour. If your child acts more secretive, irritable,

hostile, depressed or apathetic it could be a result of drug use.

Spending a lot of time with new friends your child is reluctant to talk about can also be a tip-off. Declining performance or attendance at school is another warning sign to watch out for.

If you suspect drug use, tell your child you cannot allow it to continue because of the physical and mental dangers of drugs. Try to find ways to help your child resist pressure to use drugs. If the problem is too much for you to control, however, don't be afraid to seek professional help.

Your pharmacist can help you identify the physical and behavioural signs of drug abuse. He or she can also tell you where to turn to for help. Make the most of this valuable neighbourhood resource.

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# LIFESTYLE

## Aids Awareness

JAMES GREIG



## Hair Today Gone Tomorrow

### ED NOTE:

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

### SOME HAIR TREATMENTS ARE MYTHS.

When it comes to hair care, there are so many do's and don'ts, it is difficult to decide which ones are really useful.

For example, some stylists advise against daily hair washing because this is too drying. However, according to Dr. Carl Wyse a staff dermatologist at the North York General Hospital, a daily wash with a mild shampoo is perfectly acceptable, especially if you have oily skin. He says, "It depends on the individual. People with dry skin shouldn't wash their hair every day. The environment also plays a role. If you work in a car garage or there's pollution in the air from industry, you'll need to wash your hair more often."

Will your scalp produce less oil if you wash less frequently? "That's a myth," says Dr.

Wyse. "Your oil glands will not adjust to a change in your washing schedule. Some people produce oil at a greater rate than others and require more frequent washings."

Diet does not affect hair on the scalp. Comments Dr. Wyse, "As soon as hair is formed, it is no longer alive and is not influenced by nutritional changes. Only the growing part that's inside the scalp is affected by diet."

According to Dr. Wyse, most people following well-balanced diets have normal hair. There are several important elements necessary for healthy hair: protein, zinc and vitamin A. He says, "Since hair is a protein, your diet must include this nutrient. Also, zinc is necessary for normal enzyme function. Vitamin A helps form keratin, the protein that hair is made of." Dr. Wyse recommends following Canada's Food Guide to obtain all the nutrients required for good health.

Next Week: Hair loss can be stressful.

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### EDITOR'S NOTE:

....The importance concerning the public's education about AIDS cannot be overstated. The AIDS epidemic which is rapidly spreading throughout the world should be of concern to all of us. It will take years to develop effective medical treatments and vaccines, and mount a global program that will effectively contain the disease. In the meantime, the need for comprehensive information on AIDS is great if our country is to avert what has the potential to become a major epidemic and national crisis. AIDS AWARENESS will be a regular feature in this newspaper and becomes one more vehicle to provide that information to our readers. HAVE A QUESTION ABOUT AIDS? Write to AIDS AWARENESS, c/o 10 Tempo Ave., North York, Ontario, M2H 2N8.

### HOW DID AIDS ORIGINATE?

Mrs. T.S., North York, Ont.

Dear Mrs. T.S.  
Because there is still so much to be learned about AIDS, the origin of the virus is debatable. Some scientists believe that AIDS is a constantly mutating virus that has existed for generations and its properties have only recently been altered, causing it to become fatal. In the United States, AIDS was first diagnosed and recorded in 1981, although there is evidence of the disease as far back as 1979. In Canada, the first case of AIDS was diagnosed in 1982. The most popular theory is that AIDS originated in Africa, where it is speculated that the disease may have been transmitted to man from the monkeys. Blood tests conducted on two hundred African

green monkeys at Harvard University found that seventy percent of them were infected with a virus not dissimilar to the AIDS virus, but distinctly different in disease potential from the virus that causes AIDS in humans. The first documented cases of AIDS started to appear in the mid-1970s in central Africa. In 1960, Zaire (formerly the Belgian Congo) declared its independence and began a massive rebuilding and restructuring program supported by the United Nations. The UN offered three and six year employment contracts to French speaking professionals, including teachers and technicians from nations such as France, Belgium and Haiti. Although many did not return to their homelands following their employment contract in Zaire, it is believed that some who did may have brought the AIDS virus with them to Europe, the Caribbean and North America...

MY SISTER WAS GIVEN A DOG PREVIOUSLY OWNED BY A YOUNG MAN WHO RECENTLY DIED OF AIDS. IS THERE ANY POSSIBILITY OF CONTRACTING AIDS FROM AN ANIMAL?

J.N., Hull, Quebec  
Dear J.N.

There is no evidence to support an even remote possibility of the AIDS virus being contracted from animals. Publicity that appeared in 1987 concerning an AIDS-like virus found in U.S. cats was based on the findings of scientists at the University of California at Davis. The virus called T-lymphotropic lentivirus (FTLV) is genetically distinct from the virus that produces AIDS in humans, but it causes similar

symptoms; swollen lymph nodes, weight loss, diarrhea, respiratory infections, anemia and parasitic infections. While the disease may pose a serious threat to feline health, it does pose any threat to humans....

WHAT ARE THE CHANCES OF MY CONTRACTING AIDS FROM MY DENTIST? MRS. G.L., Sudbury, Ont.  
Dear Mrs. G.L.  
I suspect you mean what are your chances of contracting AIDS from having dental work done. To date, there are no reports of Canadians being infected with the AIDS virus while undergoing dental care. Infected blood and semen are the two major routes of transmission. In dental procedures this is not a danger since the only blood which patients would be exposed to is their own. If you are concerned about the instruments your dentist uses, don't be. Dentists are aware of the need to effectively sterilize and disinfect, between patients. All instruments used in the mouth including the dental drill are sterilized after each patient. In addition, the dental staff use a variety of techniques to ensure that blood does not remain on working surfaces, x-ray machines, light-handles, etc. The standard sterilization techniques used by your dentist to prevent the transmission of other highly infectious diseases such as hepatitis are ten-fold more effective than that which would be required to kill the AIDS virus...

JAMES GREIG is a member of the Canadian Public Health Association and the author of the book AIDS: WHAT EVERY RESPONSIBLE CANADIAN SHOULD KNOW.

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LIFESTYLE



Stamps  
by Larry McInnis

PHILATELIC ITEMS MUST BE VALID FOR POSTAGE

A reader in Montreal recently sent a photocopy of an envelope mailed by a Montreal beverage manufacturer to another Montreal business firm. Where there would normally be a stamp or stamps, in the upper-right corner, there was a sticker placed by a local courier service.

"Do you think that these 'stamps' could eventually acquire philatelic value?" the reader asked.

The answer, put in the simplest form, is no.

Philately relates to postage stamps and the movement of mail. Courier services handle envelopes, or parcels, but not mail.

There are collectors of meter labels, but they're few and it's a specialty. They seek machine numbers, use of logos and other such esoteric nuances. It's philatelic, because the material goes through the mail, and the mail is handled by a post office. A classic example of Canadian labels are the two "stamps" issued in 1975 by the striking Canadian Union of Postal Workers. The two labels, with a face value of \$1 and \$1.25, were for a "worker-controlled messenger service."

They are not listed in the more familiar stamp catalogues, such as Scott, but they are illustrated and numbered in the Darnell Stamps of Canada Catalogue, described as "non-official stamps."

Included in the listing are "private surcharges" of 1977-80, which is really a misnomer. A surcharge is an overprinted additional charge boosting the cost of the original face value of a stamp. In this particular listing the overprint honours philatelic exhibitions.

All three overprints, spanning three years, are on the 1-cent 1977 definitive stamp showing the Bottle Gentian flower.

The first was overprinted April 22, 1977 for Hinton-Pex. The next was on May 14, 1978, for EXUP XI in Montreal; the third was for PHILABEC 890, May 31 - June 1, 1980.

The overprints were authorized by Canada Post, but for souvenir purposes only; the "stamps" were not valid for postage.

Labels serve a number of non-postal purposes, such as protest. The Monarchist League of Canada issued a sheet of 30 stickers in 1980 as a statement that the definitive Queen's cameo definitives were not good enough.

The sheet was obviously composed of stickers and there was no intention of them being passed off as postage stamps.

Actually, the label is attractive. It shows Queen Elizabeth II in a photograph by John Evans of Ottawa, wearing the Order of Canada and the Canadian Order of Military Merit.

The photograph was taken shortly after the Queen opened the Canadian parliamentary session in 1977, which was also the 25th year - silver jubilee - of her reign.

On Feb. 4, 1977, Canada issued a genuine postage stamp for the same event, a 25-cent (Scott 704) showing Queen Elizabeth II from a photograph by British photographer Peter Gruen.

As they say in show business, it's all in the timing. Evans' portrait is superb, but too late.

The Monarchist League printed 7,000 sheets, which they sold at a modest \$1.15 per sheet, or an even more modest 3.8 cents per stamp, which wasn't valid for postage either.

In 1975, the Principality of Sealand issued a so-called miniature sheet of six "stamps" (labels) honouring International Women's Year, the feature being a \$1 value picturing "Joan I."

Sealand, as I recall, was or is an abandoned British radar platform anchored in the sea off the English coast.

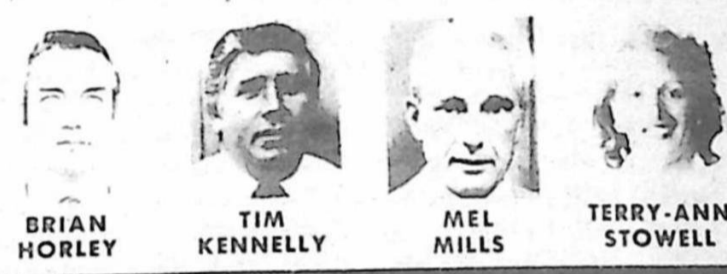
Well, if you really want something more exact, it's at latitude 51 degrees 53 min. north, longitude 01 degree 28 min. east.

There have been thousands of labels issued by individuals and firms intent on exploiting stamp collectors. If it's not valid for postage, it's not philatelic. That seems a good rule-of-thumb.

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LIFESTYLE

...more shows

CONTINUED FROM PAGE 20

protest riot by Greek Cypriots outside UN headquarters.

Then during a Christmas tour in 1986 the CF Boeing 707 carrying the entertainment group to CFB Lahr, West Germany, had to make an emergency landing at CFB Baden-Soellingen after losing its hydraulics.

"The sight of ambulances and fire engines lining the runway as we landed caused quite a lot of excitement on board the aircraft," said Maj Roberge.

The tour itself is only part of the coordinator's role. The work really begins at the start of the year when invitations are sent out to about 50 Canadian producers to submit proposals for the four annual shows. Submissions come from across Canada. Some producers submit proposals for

all four shows while other concentrate on just one. Proposals that meet the required specifications then go before the DPERA committee for final selection.

When the four most appropriate shows are chosen and final authorization has been given, the successful producers are notified. Maj Roberge can then begin work on all the small details that are involved in the ultimate success of each tour.

"The performers don't know what to expect at the beginning," said Maj Roberge. "Then they encounter the receptions, the tremendous enthusiasm and standing ovations. It's a learning experience for them. Most of them don't know anything about our involvement in the north or overseas. It really

makes them appreciate the Canadian Forces."

Some even leave their hearts at the remote military locations. Laurie Brisco the originator of 20 Minute Workout met her future husband, Capt Dabski, at the Golan Heights in Dec 1985. They were married last July. Another star, a female magician, married a military communications technician whom she had met while on tour.

Maj Roberge has just returned from the northern Christmas tour with Gemini Productions and producer Maurice Fritze. Although the production was from Edmonton it featured a juggler from Vancouver, a ventriloquist from Toronto, a country singer from Toronto, a signer from Montreal and a musician from Montreal.

Shows were staged at CFS Goose Bay, CFS Alert, Northern Region Headquarters, Yellowknife, and CFS Masset in the Queen Charlotte Islands. It was a two week tour covering 12,000 km in temperatures that plunged to -40°C.

Beside the escort officer and his assistant, two military electrical technicians and a military traffic technician travel with the troupe. Chilliwack, Doug and The Slugs, Dinah Christie and Shirley Eickhart are some of the well-known names with whom they have toured.

Plans are already underway for a northern tour in the spring and the overseas show in June. In January the process starts all over again as Maj Roberge sends out more invitations for exciting proposals for the next four tours....

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LIFESTYLE

EXXPRES



**WICKED WINTER**  
It's winter! Once again, some of us need to remind ourselves of the potential hazards of maintaining our normal fitness levels when the thermometer plummets. The most common pitfall usually occurs about the same time as the first snowfall. I'm talking about the individual who looks outside and says "What, winter already!", and suspends all physical activity till next Spring. While the temptation is to hibernate, in fact winter is one of the very best seasons for fun and easy fitness activities. There's skiing, skating, snowshoeing and a walk on a crisp, clear winter day can't be beat.

The first thing that is necessary is to dispel the old myth that cold air is hazardous to your health. In reality, physical activity is less dangerous in cold temperatures than in hot temperatures. You can skate, cross-country ski, snowshoe or even jog without incurring respiratory problems even when the temperature is -40° (that's Celsius or Fahrenheit, because it is at about this temperature that the two scales are parallel). It is normal, on occasion that you may experience a mild irritation in your throat, this usually disappears after two or three sessions of outdoor activity.

The wind chill factor is often the cause of the greatest discomfort experienced during your outdoor winter activities. For example, when the temperature is -15° C. with a wind of 55 km an hour, it is as cold as if the thermometer was reading -40°.

How do you protect yourself from wind chill? First, before embarking on your outing cover up your skin as much as possible (especially extremities) and wear wind-resistant clothing. It is important to remember for all your winter activities that you'll stay warmer by wearing layers of clothing as opposed to a single warm piece of clothing. Most importantly - wear a warm hat! Over 40% of your body's heat is lost through the head. The best type of hat is a warm wool tuque with a brim that you can pull down to cover your face. You can also protect yourself from wind chill by seeking out sheltered areas such as woods or buildings. Remember, it is easier to start out facing the wind and keep the wind at your

back for your return journey when you tend to be more tired.

If you start to feel extremely chilled or experience patches of white on your skin, you are experiencing the symptoms of over-exposure. Gently warm the affected areas by holding them with your hands - avoid rubbing!

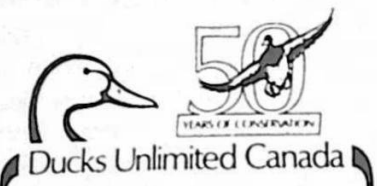
Hypothermia is a less frequent though more serious risk, and is the result of prolonged exposure to severe cold or being submerged in icy water. The first symptoms of hypothermia are extreme shivering, distortion of coordination and difficulty in speaking. In treating initial hypothermia, give the victim warm fluids, make sure they have dry and warm clothing and are protected from the cold. Seek medical help for the victim as soon as possible!

The best protection against hypothermia is avoiding dangerous situations. Beware of ice surfaces that are covered with snow or are over running water. Ice that is opaque with white patches or a granular surface is unsafe.

By following a few precautions, winter is a safe, wonderful time to enjoy a variety of physical activities!

And, next Spring, you'll feel a lot better than those people who have hibernated all winter. You'll feel and look fit! Ready to move into your favourite warm weather activity - just be careful of heatstroke!

This column is provided by the Directorate of Physical Education, Recreation and Amenities, in cooperation with PARTICIPATION.



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CANADIAN FORCES UPDATE

Mini Tags Help the Vets

VANCOUVER -- If Audrey Brooker could--she'd say a heartfelt thanks to supporters of the TB Vets.

But Audrey has been deaf and mute since birth.

The vivacious 57-year-old Port Moody resident is one of 30 handicapped persons employed by the Tuberculous and Chest Disabled Veterans Association in its 42nd annual campaign for funds through province-wide distribution of secret-number mini-tags for key-chains.

Some 1 million tags are now being mailed and the remaining 1 million will go out in June. Their purpose is the tracing by the TB Vets of owners of lost keys.

Funds derived from donations provide not only salaries for the handicapped (ranging from \$8.23 to \$11 hourly) but also for scholarships and research into respiratory diseases.

For Audrey, it's meant a job for the past 11 years--and a pay-cheque essential to help



AUDREY BROOKER

with her daughter's education. Audrey, her husband Sidney, a book-binder, and daughter Avonne 21, are all deaf and mute.

Avonne attends Gallaudet University for the Deaf in Washington, D.C., majoring in sociology, and is planning a career in social work.

Audrey is currently the subject of a unique 30-second television spot being aired on a public-service basis throughout

B.C.--with her message given in sign language. Well known columnist Denny Boyd interprets for her.

The result: instant recognition by fellow shoppers in her neighbourhood market.

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The Comox Air Force Museum will gratefully accept donations of the Canadian Forces Greens Uniform from personnel being issued the Blue uniform.

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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## ON AND OFF THE BASE

### Winter Storms

"Blizzards, heavy snow, freezing rain..." as winter approaches we become familiar with these weather forecasts. But are we becoming blasé about warnings issued by local weather offices? Are we, for instance, preparing ourselves properly for the hazards of winter driving?

Emergency Preparedness Canada would like to see us become more serious about winter travel. They recommend membership in the Canadian Automobile Association and, for those driving in isolated regions, having a citizen's band radio.

A self-help pamphlet has been issued by Emergency Preparedness Canada called, *Winter Storms - You And Your*

*Car*, which urges drivers to heed the weather warnings and understand the hazards.

The pamphlet offers a pre-winter checklist of the vehicle's working parts and recommends carrying a winter storm kit in the trunk of the car. There's sensible advice such as: "If the going gets tough, don't press on. Turn back and seek refuge." And there's straightforward advice offered in the paragraph: "If you get trapped, don't panic!"

Now is the time to prepare for winter driving. The information is free and can be obtained by contacting Emergency Preparedness Canada, Ottawa, Ontario, K1A 0W6. Telephone: (613) 992-9988.



## Science + Technology in Canada

### AT EASE WITH TECHNOLOGY

For many Canadians, the world of science and technology is as foreign as the distant geographical frontiers of centuries past. At a time when new technologies are responsible for most new jobs and economic activity, that is a profoundly disquieting fact.

It is of little surprise, then, that so many policy makers and educators are talking about the urgent need for widespread "technological literacy." By this they mean the need for a public that is well informed about the techniques, accomplishments and promise of scientific research and technological development.

#### TELLING THE STORY

Many institutions are currently responding to this need. For instance, schools, colleges and universities have begun to upgrade facilities and teaching programs in the sciences, and an increasing number of television programs and news reports are devoted to technological trends and breakthroughs.

Particularly interesting is the approach now being taken by Canadian museums devoted to science and technology.

At the *National Museum of*

*Science and Technology* in Ottawa - Canada's leading institution in the field - the trend is to devote as much attention to current developments and future prospects as to cataloguing past accomplishments.

Making excellent use of resources that include touchable exhibits, an active demonstration program and a world-class collection of artifacts, the museum is devoted to educating Canadians of all ages in matters related to science and technology. The objectives: to help citizens become more at ease with the technological age; to foster a sense of pride in Canadian achievements; and to encourage young people to undertake careers as scientists or technologists.

#### PRODUCTIVE PARTNERSHIPS

Dr. J. William McGowan, Director of the *National Museum of Science and Technology*, sees particular promise in developing a dynamic partnership between museums, universities and firms in the private sector.

By pooling their resources, they are able to draw on each other's strengths. Such par-

tnerships enable museums to gain access to recent technological developments, while industry benefits by using the interpretive skills and national showcases provided by the museums.

Museum - University - Private Sector partnership may soon take an even more dramatic form. Joint plans are underway to develop a major exhibit which, after some time in Ottawa, will tour Canada.

For more information please write to us c/o The Director, National Museum of Science and Technology, 1867 St. Laurent Blvd. Ottawa, Ontario K1A 0M8

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