



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 3 FEBRUARY 11, 1988

DEADLINE IS MONDAY, FEBRUARY 22, 1988

COST: PRICELESS

A Safe Bet

Nuclear-Powered Submarines

Nuclear-propelled submarines are safe. To some people, however, they conjure up images of mushroom clouds and Chernobyl-like disasters. With the announcement by the Canadian government of its intention to build a fleet of 10 to 12 nuclear-propelled submarines (SSN), some of these fears have risen to the surface (so to speak!). Such worries are, however, unfounded and result from a faulty understanding of the subject.

NUCLEAR PROPULSION WITH A CONVENTIONAL ROLE

First of all, a SSN is a submarine that is propelled by nuclear energy rather than a submarine that carries nuclear weapons. Canadian SSNs will carry conventional torpedoes and anti-ship missiles and will be employed in a role similar to our existing diesel-electric submarines. To all intents and purposes an SSN is a conventional submarine with a conventional role, the only thing nuclear about it is its propulsion system. This allows it to remain under water indefinitely and to move faster and less vulnerably than its diesel-electric counterpart. It is also the only system that allows a vessel to operate year-round

UNJUSTIFIED FEARS

There are still some concerns voiced about possible danger from the reactor used to propel the submarine. These fears are equally groundless. In the 34-year history of nuclear propulsion in the US, British and French navies, there has not been a single accident resulting in a radioactive release.

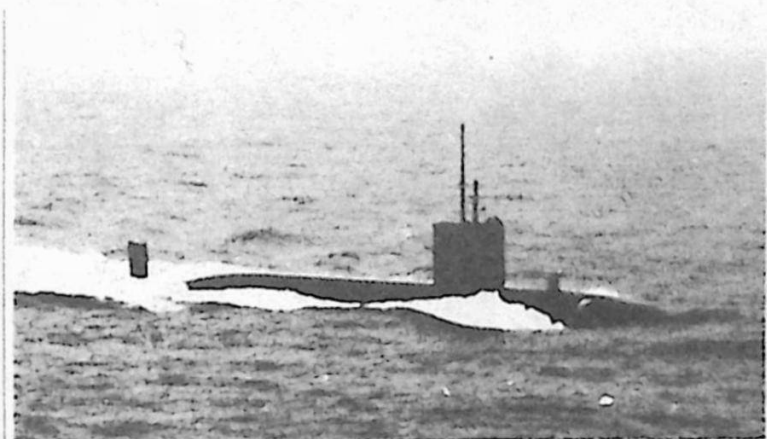
Naval reactors are much smaller and lower in power rating than commercial plants. They also operate at lower power levels. Thus the average radioactivity potentially available for release is less than one-hundredth of that of a typical commercial reactor. The boat is also sitting in an unlimited amount of sea water which, if necessary, can be used to prevent the reactor from overheating and being damaged.

The safety of our sailors is a matter of paramount concern. Naval reactors are built to stringent requirements to withstand battle shock and ensure crew safety. The fuel is of such high integrity it can withstand over ten times more dynamic shock than commercial fuel and remain undamaged. It is also designed to sustain rapid changes of temperature and pressure experienced as the boat manoeuvres.

PROVEN RECORD

The low power of naval reactors and the requirement to design a system that can survive wartime attack makes for a very safe system, as attested by the 3,200 reactor-years without accident in the combined UK, French and US nuclear-propulsion programs.

The decision, by Canada, to purchase SSNs marks no departure from previous policy. The decision is based on a modern SSN being the most cost-effective vessel for countering enemy submarines in conjunction with our other naval assets. It is a safe, proven system that will take our navy into the next millenium.



HMS Torbay, a British Trafalgar class submarine, sails off the east coast during a recent visit to Canada. This is one of the contenders for the Canadian submarine replacement. (IHC87-025-1 by Cpl Denise Menard).

SMILES ALL AROUND



A big lift for the newly formed CFB Comox Family Support Centre....Proceeds from the recently played Flying Fathers, CFB Old Totems hockey game are turned over to co-ordinator Mrs. Jill Sutherland by a smiling Maj Dick Mohns and CWO Doug Ford. Funds raised were in excess of \$1,500. A big thank you goes out to all who pitched in to make the event a success and to all who came out and supported it. KUDOs to All! - Even the officials who got "pied." (Base Photo)

Flying Fathers a Hit

NO ANGELS OF MERCY WHEN IT COMES TO HOCKEY.

The heavenly fathers wisped into town on their angels wings, but they were by no means merciful. Their high flying, comical style of play was very entertaining for the sold out crowd.

The overall attitude of the game was a friendly and humorous one. The goalie from the Flying Fathers was a crowd pleaser with his mascot teddy bear Edward St. Bear, who sat at the top of his goalie's crease, and stopped most shots made on goal.

There was a cameo appearance made by the Flying Nun, whose presence surprised the Oldtimers so much that they took a penalty just to see how good this Flying Nun was. As it turned out, all the Flying Nun wanted to do was to steal the show. She accomplished this by the means of minor skirmish with the Oldtimer's goalie. In between periods it was the clown's turn to get in some laughs with his comical antics, such as ice skiing behind the Zamboni, jumping over chairs, and lossoing the Base Commander.

At the end of the game, the referee's were a bit more in-

volved in the form of receiving applause from the audience. For their expertise they received several frosty cream pie offerings from the Fathers. That received a big cheer from the crowd.

All in all it was a very entertaining hockey game, with

\$1,530 being raised for the Crisis Centre presented to the Base Commander's wife Mrs. Gibbon.

Everyone of all ages enjoyed themselves immensely, all leaving with a smile on their face.



**DON'T FORGET YOUR
SWEETHEART ON
VALENTINE'S DAY**

AROUND THE BASE



Demon Doins

1 CREW

A big HELLO from 1 Crew. Just a short note to keep everyone informed of the goings on in our crew.

Congratulations to Laurie Roy and his wife Tracy on the birth of their healthy 8 lb baby boy Eric. Laurie is a photo tech on our crew.

During the past few weeks we have found ourselves short of about a third of our staff due to trips, courses and ATAT rotation, but we have persevered. We welcome back Rob Kuziw who is back from his ATAT rotation. Jim Randall and Sgt Ellis are in Greenwood on their basic first line RS course. Sgt Pegg is in Borden on his AMSE course. He should have new procedures to teach us all. We have four of our techs on a Moffett trip from the 2-10 Feb. The lucky trip winners were Sgt Sloan, Cpl Budny, MCpl Chequis, and Cpl Krueger.

Rumours of postings have been going around and everyone is hanging on to their hopes. Married couples are praying for postings together but it is out of their hands now. We can all only pray that things work out for everyone.

Posting rumours for our crew includes our own WO, whose new home will be either Edmonton or Winnipeg, Cpl David Wheeler will be going to Edmonton, Cpl Gina Wetmore will have her new home in Greenwood, NS and Sgt Bill Pegg will be going back to Summerside, PEI.

But these are only rumours and nothing is definite except that they will all be missed by the crew.

That's all for now. Bye.

AIRCREW

The crew checks are finally complete, and the competition crew has been selected. Due to operational commitments Crew 2 had to decline, which left the Crew 3 Subusters as the victors. They will be off to the O'Brien Cup at Greenwood in April,

and then off to Australia for Fincastle in the fall. Congratulations to all the Subusters.

Speaking of the crew checks it has been reported that Crew 5 delayed their takeoff because there was no butter on board. You can make your own conclusions, as to why the Vikings made butter a Go/No Go item on their crew check. All crew members denied that the crew was changing its name from the Vikings to the less aggressive sounding Flaming Butterflies.

It was erroneously reported in the last column that Sgt Ross Dowe hosted a hot tub party for Crew 5. Ross has stated emphatically that he is not a Viking nor does he ever wish to be one. Sgt Dallas Martin hosted the party in question.

Crew 7 recently left on a two stop away trip, one frigid and one tropical. However, the sun-tan lotion, shorts, and shades didn't get much use as the Mousemen enjoyed the frozen north so much, they decided to stay there. They remained there, three or four extra days, and then, when saved by Crew 6, came straight home. When asked how the beach was Capt Pete Holst was heard to mutter "Lovely, just ?– lovely!" To raise morale, immediately upon returning to Comox the crew departed for a week in Greenwood.

Just returning from staff school, where he learned to read and write, was Capt Jeff Byam. The Flight Commander offered him to all crews, but there were no takers, so he was shipped to standards. It has been reported that standards are now searching for more courses to send Jeff away on.

Speaking of courses, Capt Jay Campbell, MCpl J.J. Mercer, and Sgt Peppard departed for Summerside, for the EWOC course. Jay was willing to trade anyone two weeks in Hawaii for four weeks in Winterville. Jay found out who his friends are, and dutifully left for the East Coast.

Crew 2 recently had a Chili/Hot Tub party at Capt Larry Arnold's. Rumour has it that Larry's chili resulted in a lot more bubbles in the hot tub than are normal. In fact, the MPCC, Capt Stu Cox, was not sure which was the hottest and hardest to swallow, Larry's chili, or Sgt Bill McCulloch's "liquid death."

Maj Sponder has been seen around squadron sporting a trendy new addition to his uniform. For those fashion conscious types white plaster worn below the elbow is "in" this winter. The "one-armed" SPOsO is the latest Demon injured in the line of duty, on the ice at Glacier Gardens. Nuff said.

PHOTO

Once again it's time to tell you more about the photo section than you ever wanted to know. Congratulations to Laurie and Tracy Roy on the birth of a new son, who arrived on 21 Jan. Farewell and good luck to Holly Ford and Ginette Duguay who have left the Cdn Forces. We wish them both well in their future endeavours. Besides the two releases (and partly because of them) we have had several internal moves. Guy Tardiff is leaving Maintenance for 3 Crew where he will be joined by Jean Plante when he returns from Moffett. MCpl Rod Mattson is returning to Maintenance from Processing. WO Cote is acting D/ARMPO until March when MWO Henwood (our local imitation Francophone) returns. John Cleve just returned from NORPAT and took two weeks leave to remodel his home.

The Old Totems Hockey Team, featuring two real old timers from 407 Photo, Sgt (Pie in the face) Lawless and MCpl Rod (The Statue) Mattson were thoroughly beaten by the visiting Flying Fathers.

Well, that's enough, as you must be fully saturated with photo news by now.

Exercise First Step

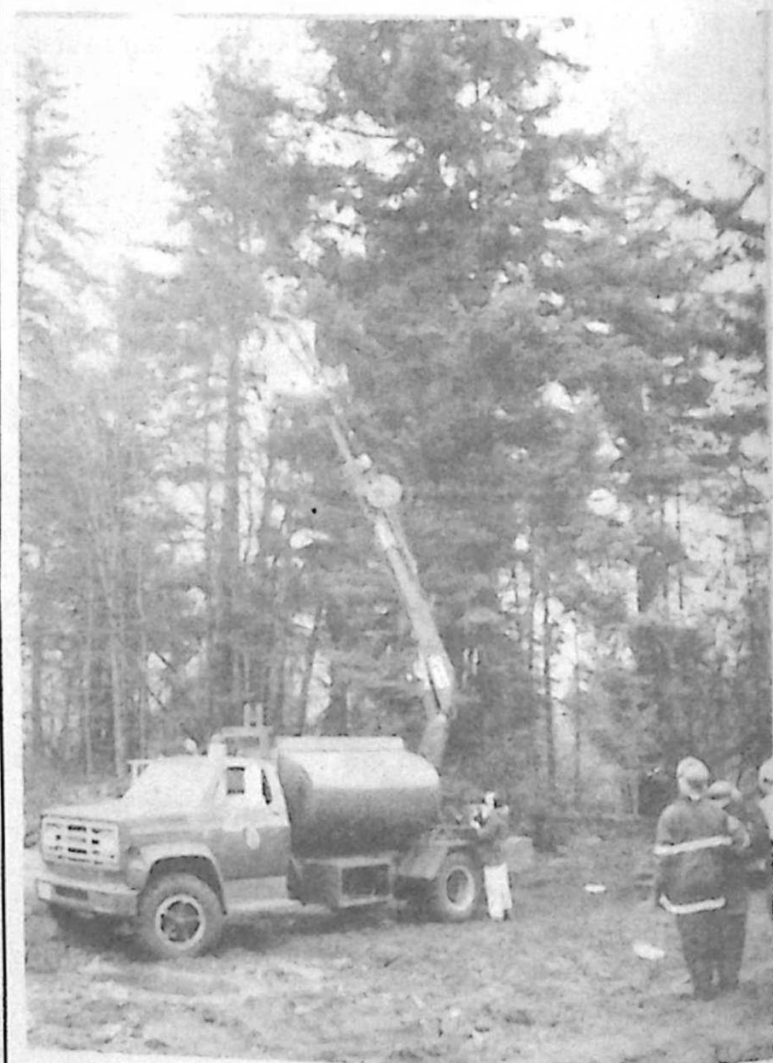
THE ACTION WAS "HOT AND HEAVY"



Hey you guys - it's only a dummy!



Don't load him until he starts breathing.



Who put that cat up here anyway?

AROUND THE BASE



From the
Top Rung

COL TED GIBBON

The Flying Fathers flew into town last week to perform at the Glacier Gardens. Their hockey skills and special brand of humour entertained all those who attended the game. They spread a little custard but failed to douse the spirit of my enthusiasm with a bucket of less than holy water, although I blessed it shortly after it arrived. The game drew a packed house and through the generosity of the Flying Father's and the CFB Comox Old Timers over 1500 dollars was contributed to the Base Family Support Centre. This was just the push we needed to get us moving towards providing a much required resource to respond to those experiencing difficulty in adjusting to service life or becoming established in this locality.

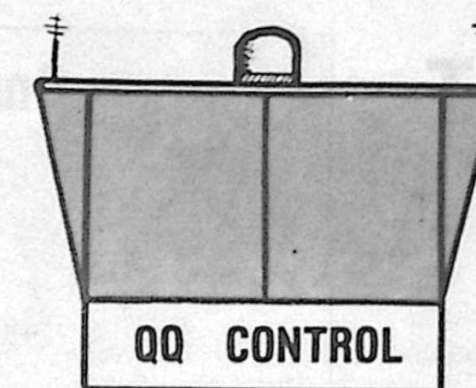
It seems we are becoming more involved in the social aspects of our military service and this is a positive change in attitude that will result in subtle but important benefits to all of us. There is no doubt that happy service personnel, confident that there is a mechanism in place to help them over the rough spots we all encounter will be more effective and responsive members. As the demands increase so will the pressures and we must be prepared to assist in a responsible manner. The Family Support Centre is one avenue to accomplish this but it will never relieve individuals of their responsibility to demonstrate good neighbourliness in their daily lives. There are many things more important than admiring the number of toys you have accumulated and they are all more rewarding. Think about it when the call for volunteers is sounded.

DFS to Visit



MAJ HERRGOTT & COL ROSE

The Director of Flight Safety, Col H.A. Rose and his Technical Investigator, Maj W.W. Herrgott will be in Comox on the 22 and 23 Feb for their annual visit. The team will present a slide show and briefing to the Base on the accidents and incidents involving Canadian Forces aircraft and personnel. Briefing times are 0830 and 1330 on Monday, 22 Feb and 0830 on Tuesday, 23 Feb. See your Section Head for the times allocated to your section and get out to the Rec Centre for this informative presentation.



As The
Beacon
Turns

Welcome back to the continuing saga of AS THE BEACON TURNS. When we last left the article various people were commencing their checkouts and continue the lengthier process.

Sgt McLean the NCO i/c tower took a week leave last week and his crew decided they would all go on the disabled list. Pte Tom Banks with his shoulder, Pte Sandra Vermeulen being sick and me with my knee injury and other crippling injury which better judgement precludes me from mentioning here. I will say however that those of you out there who are planning the now famous run to Victoria should need some words of advice.

You will be doing a graceful imitation of the late great John Wayne upon return. Take a large fluffy pillow and get a driver who will avoid bumps at all cost and last but not least avoid those railroad tracks. Sgt Greg Templeton broke his thumb in the same game I injured my knee so that's an indication of our intensity. Greg

is recovering nicely now that his thumb has gone down a few dozen sizes.

Capt Pete Foley will be going to Goose Bay a little earlier than anticipated for a couple of months to check out before his official posting this summer. He will be visiting the former QQ clan, most of which have been posted to Goose Bay over the last couple of years.

Well exercise first Step 88 is now in the history books. I am not sure how it went because I had to sit this one out. It's really too bad I enjoy these exercises. It enables the ATC personnel to show the rest of the Base what we are made of. A fast moving well paced, well oiled defending machine of unusual talents. Word has it this time when we were attacked the UDF ran inside RATCON and called BDF. I hope this was a jealous rumour being spread by a lesser force. After all we do have our own edition of RAMBO, we call him Sylvain BO. Another one of our members is Arnold Goddenegger who wanted at

these infiltrators but we took it easy on them.

Welcome back to Cpls Steve Tinker and Alain Rheume from their DSC course in Trenton. We hope the course was not too difficult and you at least had the time to enjoy the Superbowl.

The hockey team is in the process of ordering team jackets with champs on them as our confidence runs high. Jackets must be ordered by 12 Feb so go down and get sized. They will be a collectors item in another couple of years. The team is in a large slump losing our last three games. Do not forget the bowling party on 19 Feb and the goodbye party afterwards at Post 13 for MCpl Heather Swan. Sponsored by your entertainment committee.

Well that's just about all for now and I guess this was my last article because, as most of you know the job has been given to Cpl Kevin Young. He should be writing the next one so I will say thanks to all for the support.

Cpl Paul Fleury

Base Commander's Commendation



Pictured left to right are Cpl J.P. Beaulieu, BComd Col Gibbon and Cpl Janet Moyer. Cpls Beaulieu and Moyer are proud recipients of the Base Commander's Commendation.

Comox Air Force Museum
VOLUNTEER NEEDED

to Catalogue items donated to the Museum
If you are interested in Museum work or Air Force memorabilia, this job is very interesting.

Please Contact:
Nancy Greene - Curator
at the Comox Air Force Museum 339-8635



**Pewter Room
Restaurant**

498 ISLAND HWY., 334-4401
Excellent Dining • Steak & Cordon Bleu Specials
\$6⁹⁵ — \$8⁹⁵

Everything for your dining pleasure

EUROPEAN CUISINE
FRIENDLY SERVICE



Oh what a feeling!

PARTICIPATION

EDITORIALS



COMMENT

GORD KRUGER

OUR HERITAGE

Way down in Ottawa in the midst of new construction and restoration all around it, there sits a somewhat shabby and neglected Canadian War Museum.

It's a small three floored structure that has suffered from continuous inattention by post war governments. Unfortunately this neglect reflects public attitudes towards the military during times of peace. It becomes a sad matter of out of sight, out of mind. It becomes a sad monument for all of those who went and never returned in order that the rest of us might get on with our lives. It is also sad comment on what priority past governments put on the military and its history.

Created in the late 1800s it has been an up and down battle for the museum. Before the turn of the century the drill hall that was being used as a home was needed for other purposes and the museum was closed in 1896. It became an official entity once again in 1942 in a shed adjacent to the then Public Archives Building, a simply wonderful spot.

This war museum eventually found its present day home on Sussex Drive but its financial situation is ridiculously woeful. With a staff of 29 and an annual budget of about \$500,000 the situation pales in comparison to what other countries do for their military history.

Artifacts and memorabilia lie unattended and uncatalogued. In fact it is estimated that only ten percent of collectables are officially listed or on display. Meanwhile

new donated acquisition continue to pour in and in turn remain in battered cardboard boxes in museum store rooms.

It's time for our leaders to stand up and be counted. The perpetual neglect of the Canadian War Museum is sad comment on our military history. We need a moral and financial commitment from our government on an ongoing basis.

A group calling itself the Friends of the Canadian War Museum was established in 1986. It was set up to help persuade the government to do something positive about the museum. For those interested in becoming involved, the group sells memberships for \$15 and operates out of the museum. I'm sure your support would be appreciated.

The museum requires capital to establish new surroundings and funds to operate with. This would allow proper cataloging and exhibiting of its collection. It also requires a change in attitude on the part of government. Instead of treating the museum as an embarrassment it must be treated as a part of the recorded history of this nation.

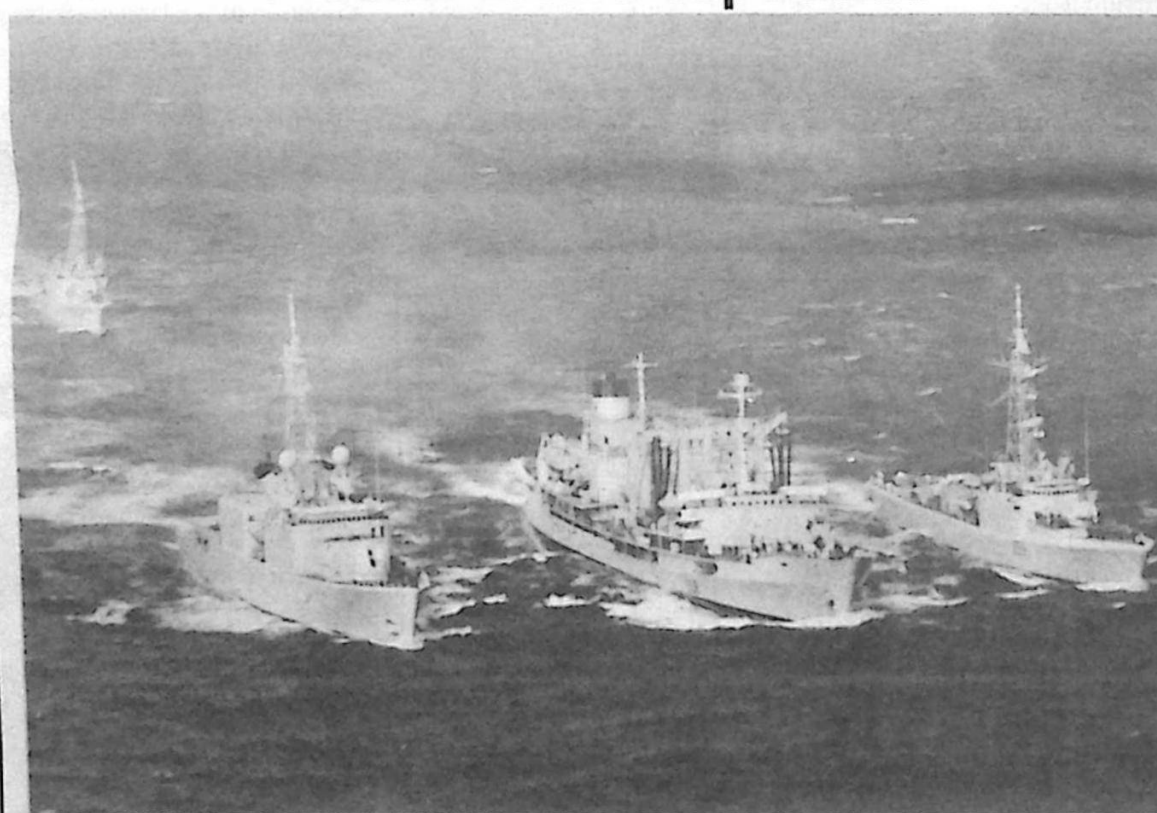
As military guys and gals maybe we should play our part and take an interest in our heritage. We all have elected members we can talk to and a couple of spare bucks in our pocket we can give. It would be nice to have a shiny new home to honour the ones who played such an important part in our lives.

Once Upon a Frosty Friday



VICTORIA -- Sgt Colin Bokvay (left) and Master Cpl Rainer Roedger (right), infantrymen with the Canadian Airborne Regiment conduct a drop zone patrol near Prince George, B.C. during Exercise Lightning Strike 88. As part of this latest defence of Canada exercise, elements of the Special Service Force based in London and Petawawa Ontario, conducted a drop zone operation and a commando assault against Canadian Forces Station Baldy Hughes Jan 29-30, 88. (photo by Sgt J.F. Smith).

Canadian Task Group Pacific



VICTORIA -- The newly formed Canadian Task Group Pacific conducts replenishment operations at sea Jan 21, 1987. The flagship HMCS Huron (left), HMCS Provider (centre), HMCS Terra Nova (right) and HMCS Restigouche (astern) departed Esquimalt Jan 18, 1988 for a month long deployment in order to increase combat readiness. (Photo by Sgt J. Smith).

NEXT DEADLINE FEBRUARY 22

TOTEM TIMES

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

Published every second Thursday, with the kind permission of Colonel Gibbon, Base Commander, CFB Comox.
Second Class mail registration is 4098. Office Phone: 339-2541
EDITOR: Gord Kruger 339-8322
EDITORIAL STAFF: Norm Blondel Chris Halliday
BUSINESS MANAGER: Christa Robertson 339-8291
CIRCULATION MANAGERS: Shawn and Susan Johnson 339-0580
SECRETARY: Judi Hooge 339-6210
CAMERA OPERATOR: Katie Wylie
PHOTOGRAPHY: Base Photo
CARTOONISTS:

The Totem Times is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription rate: \$6.50 per year.



EDITORIALS



Legal Tips

DIAL-A-LAW

VANCOUVER, B.C. -- The Canadian Bar Association's British Columbia branch received 28,867 telephone calls to its Dial-A-Law program during 1987 from callers seeking basic legal information. Total calls were down slightly from the 29,203 received in 1986.

Dial-A-Law, operated from a station at the B.C. branch's office in Vancouver, is closely modelled on a program developed in Alberta by Calgary Legal Guidance.

The service of pre-recorded taped messages on dozens of legal topics has been available to the public province-wide by toll-free telephone for the last five years.

During 1987, the service averaged 117 calls a day. Of the total number of calls, 17,036 came from the Greater Vancouver area and 11,831 from other areas of the province.

The branch also mailed out 420 scripts of the taped messages, up from 374 in 1986. A nominal price of \$2 per script or \$40 for a complete set is charged.

Robert Smethurst, Q.C., executive director of the branch, says an increase in the amount charged for the scripts is being considered because

current charges fall short of covering costs involved in production and mailing.

He says the total number of topics available this year will be expanded to 133 as tapes are added on "victims of crime," "equality rights" and "personal bank accounts." A few other tapes will be reviewed and at least three will be updated.

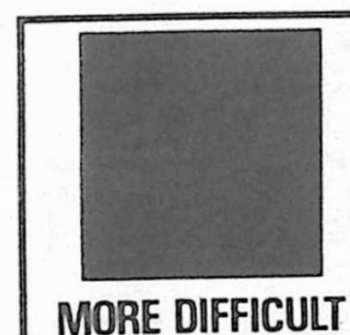
Women have traditionally outnumbered men in the number of calls to Dial-A-Law. In 1987, the difference was 17,125 calls from females as opposed to 11,742 from males.

Family law matters continued to dominate the list of requested tapes, led by "separation and separation agreements" at 1,392 and "requirements for divorce" at 1,006. "Dividing up family assets" and "common-law relationships" followed close behind.

The Law Foundation of B.C. has funded Dial-A-Law since its inception in Dec 1982. The program's budget for the fiscal year beginning July 1, 1988 is projected at \$122,000.

Dial-A-Law can be reached by calling 687-4680 in the Vancouver area and toll-free 1-800-972-0956 outside the Vancouver calling area.

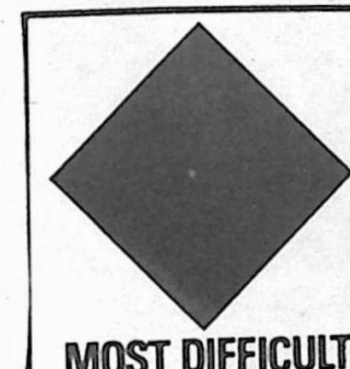
Ski Trail Markings



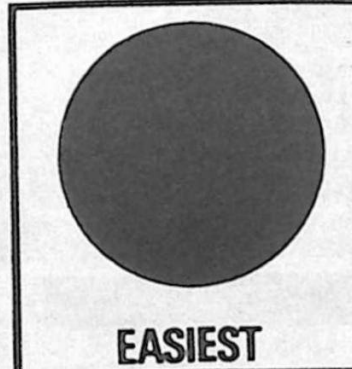
MORE DIFFICULT



CAUTION



MOST DIFFICULT



EASIEST

Expect the Unexpected

Trail and slope conditions vary constantly with weather changes and skier use. Be aware of changing conditions — natural or manmade. Obey all advisory signs. Ski with care through a snowmaking area, stay out of the way of snow vehicles, and be prepared to avoid other made or natural obstacles.



LETTERS WE GET

Dear Editor:

"Don't talk to strangers" is a common warning given to children by parents concerned for the personal safety of their children. Although well intended, the warning ignores everything known about those who commit sexual crimes against children and, if anything leaves the child more vulnerable to exploitation.

The term "stranger" is confusing to a child and misleads the child into believing that he or she should only be cautious of people who have an unusual or slovenly appearance. The truth, of course, is that it is impossible to know a child molester by appearance. They come from all walks of life, many of them even in positions of trust with children.

Research has also shown that over 80% of all crimes against children are committed by someone known to the child, not by someone the child's not by someone the child would consider to be a stranger. Creating undue fear in the child's mind of "strangers" then leaves the child open to assault by someone the child knows and trusts.

When speaking to children about personal safety it is more appropriate to teach them how to respond to certain situations rather than giving them a particular profile or image or a "stranger." Research has also shown that those who prey upon innocent children use only a limited number of lures

to attract their prey. Children can easily be taught these "lures" and how to respond should they be approached.

Crimes against innocent children will not be prevented by the use of games, gadgets, gimmicks, fingerprint kits or fear generating literature that is becoming too common on the market today. They can be prevented through common sense educational programs in school and in homes. For free information on the prevention of crimes against children or on how to establish a preventive program in your community please write to Victims of Violence Canadian Centre for Missing Children, Provincial Court House, Edmonton, Alberta, T5J 0R2.

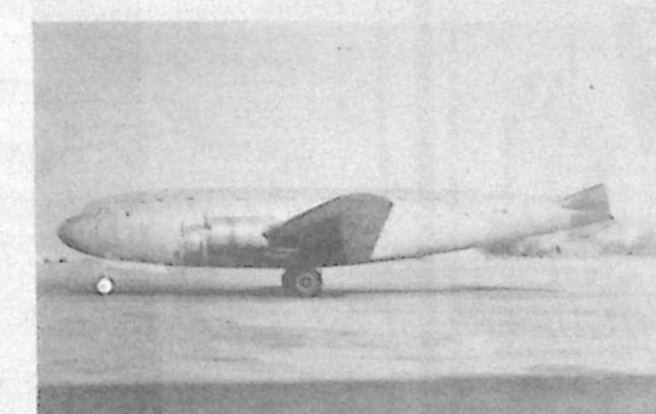
NEXT DEADLINE
FEB. 22

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



TRIVIA ANSWER

This "one-off" aircraft was the prototype DC-4E. It was sold to DAI NIPPON KOKU (Greater Japan Air Lines) in 1939. The DC-4E became the basis for the NAKAJIMA GSNI SHINZAN (Mountain Recess).

What is the designation of and who built this early helicopter. Also what significant event occurred in Canada with this type of helicopter.

SECTION NEWS



BAMSO

By the time this hits the street, the Ski Club will be finishing its third day on the slopes of Whistler and I hope to be dog-tired and grinning from ear to ear. I must admit though, the rumours of a pool betting to see how long I would last on the hills before I was injured did bother me.....especially when the big money was riding on the ferry ride to Vancouver. After all, a smart man would have bet on a slippery CANEX parking lot!

I enjoy sitting in my office at lunch admiring the view and listening to the conversations which take place in my outer office area. I have found out that some of my staff feel that I'm a gigo....no, Lori I don't rent myself out! Additionally, some others feel that they've seen all of me and in all fairness, some have. But I was unaware that you were a hockey player, Linda!

PERs are again in full swing with the MCpls being the guinea pigs this time. The lessons learned from the Cpls PERs have obviously been well entrenched and I was most impressed by WO Gray's submission for MCpl (W) LaGreat. I must admit I felt there wasn't the substantiation required to support a 10 in

Communications. It should be noted that she didn't actually write the 10 Commandments but only delivered them. And, after all, she did drop the first set.

My thanks to the DIAC Maintenance Staff for the invitation to the FTAS 1 course end party. The food was great, the conversation enjoyable, the jokes bad and the Drunken Monks.....

NDT

Greetings from the magical world of NDT. We've been passing our times since Christmas with our noses to the grindstone. VU 33 has really been hustling the T-bird inspection through, and the constant flow of parts in the shop has kept up our activity. 442 Sqn has warned us time and time again about the upcoming Buffalo periodic, so we're all set, made our list and checked it twice. We've seen a couple of SeaKings in the new year. They've popped in for conditional checks then flew off into the sunset.

We've been a generally happy group in 88. Blake is away right now preparing for his Senior Ultrasonic exam. Sandy

has been touring the Valley in her new compact car. Bill hasn't been seen lately, he's somewhere in his office under the pile of paperwork. George is preparing to leave soon and join the multitude outside of the gate at last.

Our shop renovations are nearing completion with only a few wrinkles to iron out. We're all looking forward to the day we can unpack and spread out our equipment and operate at 100% efficiency.

Maybe the next write up it will all come to pass. Until then, let us check those cracks.

BASE ARMAMENT

Being the start of a new year, found our stalwart and awesome crew of back seaters in San Diego. Jocular Joker

and SNIF took the winter cruise but SNIF returned early. Where did the money go SNIF? John's survival gear is a large bottle of Tylenol.

The rest of the Ponderosa has been quiet...ha!..ha! That's all from the land of TAZ.

SAFETY SYSTEMS

Hi again, from Safety Systems! If you've been up to the shop in the last couple of weeks you may have noticed that our renovations are now complete and we're back in running order. Is it ever nice having elbow room for a change. Mind you will all that wonderful floor space it takes us about a day and a half, to do clean up. But don't get us

wrong, we're not complaining.

Ed Ransberry has left us for the civy life back in Ontario. Apparently the job prospects are good back there, so we wish him the best of luck in all his endeavours. (Get out the cards, guys!)

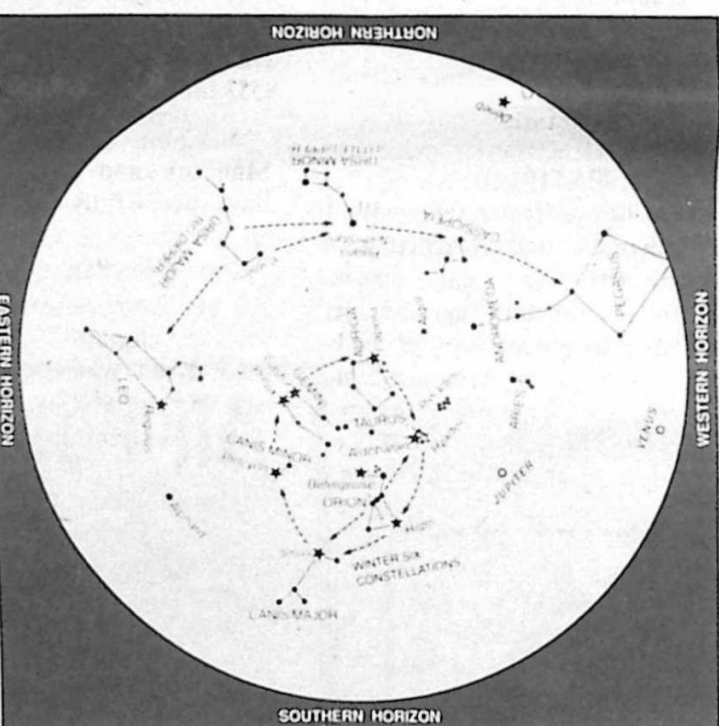
Bill Hill, who left our shop a few months ago to be the D/MSO, has now left for a sport's career in the Comox Valley, enjoy it Bill, you deserve it.

Cpl Ratte is sporting another new vehicle, must be nice.

Safety Systems had a reunion at HQ Conference Room recently, and received some retirement certificates and a few more suggestion awards.

That's it for now.

NATIONAL MUSEUM
science+
technology

STARGAZING
FEBRUARY

sky, are, in descending order of magnitude: *Sirius* in the constellation *Canis Major*, *Capella* in *Auriga*, *Rigel* in *Orion*, *Procyon* in *Canis Minor*, *Betelgeuse* in *Orion*, *Aldebaran* in *Taurus*, *Pollux* in *Gemini*, *Deneb* in *Cygnus*, and *Regulus* in *Leo*. This year the planets *Venus* and *Jupiter* in the west and southwest respectively, outshine, by far, all the stars so spectacularly displayed in the south.

With the exception of *Deneb* in *Cygnus*, which is setting in the west and *Regulus*, which announces the rising of *Leo* in the east, all the brightest stars and constellations grace the southern part of the sky this month. Collectively these constellations are called the Winter Six. Their brilliant stars set when they are on the map, trace a huge arc and locate the five constellations surrounding magnificent *Orion*, the largest and most spectacular of them all.

Enjoy the Colour of Stars

The contrasting colours of orange *Betelgeuse* and blue-white *Rigel*, diagonally opposite in *Orion*, are obvious. Compare them to the rosy-hued *Aldebaran* and pale yellow *Capella*. *Sirius* is a white star but, due to atmospheric refraction, it flashes red, blue, white, and green when it is close to the horizon.

Planets

Venus in the west and *Jupiter* in the southwest are prominent after sunset with *Venus* the brighter object. *Mars* and *Saturn* are in the pre-dawn sky, well up in the south at sunrise. In conjunction on the 23rd, they are close together in the sky from about the middle of the month till the end, with *Saturn* some what brighter and *Mars* redder. Search with binoculars for the tiny pale disk of *Uranus* close to *Mars* late in the month; they are closest on the 22nd.

Calendar

d h (Universal Time)
2 21 FULL MOON
8 19 Spring 0.7° N. of Moon
10 23 EAST QUARTER MOON
12 08 Antares 0.5° N. of Moon
13 09 Mars 5° N. of Moon
14 19 Saturn 6° N. of Moon
17 16 NEW MOON
20 17 Venus 1.9° N. of Moon
21 18 Jupiter 4° S. of Moon
22 21 Mars 0.0° N. of Uranus
23 13 Mars 1.3° N. of Saturn
24 12 FIRST QUARTER MOON

Beauty in the
Winter Sky

February is ideal for naked eye observing. Brilliant stars abound and most constellations - particularly those in the southern part of the sky - have well defined outlines. If the observing site is far from artificial lights and the night is moonless and very clear, the Milky

Way adds a misty beauty to the scene. Its soft luminous glow stretches high overhead from the northern horizon to the southern. Fortunately there is much that is easy to see, for extreme temperatures can hamper the ease with which binoculars or a telescope can be used. However, for the determined stargazer binoculars are an asset.

An easy way to locate a constellation is to identify its lucida before searching for the fainter stars that complete its outline (the map will help with this). The brightest stars in the current

Showpiece of the Winter Sky

Imagine the Giant Hunter defined by the brilliant stars of *Orion*. Ruddy-hued *Betelgeuse* and pale yellow *Capella* locate his shoulders; brilliant bluish-white *Rigel* and fainter *Sagittarius* indicate his legs. *Mars* is the brightest of three rather faint stars that mark his head. The most outstanding feature, however, is his jewel-studded "belt" - three almost equally spaced bright stars from which to angle the fainter stars of his sword. At the center of the sword, the spectacular, faint, family-planner Orion Nebula, a rather hazy star to the unaided eye, none the less complicates for any



Curator Astronomy

1867 St. Laurent Blvd.
Ottawa, Ontario
K1A 0M8

Canada

SECTION NEWS

From The
Fire Chief's
Office

KITCHEN FIRES

Fires in the kitchen may be avoided by following these basic rules.

Don't let grease accumulate on the stove. Remove pans of cooking fats and oils from the stove when not in use; it is easy to turn on the wrong burner.

Do not use water to extinguish a grease fire. Turn off the heat. If a fire extinguisher is not available, use a lid or cover to smother the flames. Watch your clothing. Salt can be thrown on pan fires. Don't carry a burning pan.

Unplug kettles, frying pans and other appliances when not in use. Always inspect the stove before leaving the house. Do not hand wearing apparel above the stove to dry - they may fall on a burner.

Arrange your kitchen so that curtains, towel racks, paper towels dispensers, and waster towel dispensers, and waster paper containers are a safe distance from the stove.

Guard against spontaneous ignition fires by keeping oily rags, or cloths saturated with furniture polish, paints or wax in closed metal containers preferably not in a hot, closed closet or cupboard. Keep waxers and floor mops in cool open spots.

Be sure electric circuits can carry toasters and other appliances safely. Electrical outlets and worn or frayed extension cords can lead to serious burns and electrical shocks. Unused outlets should be protected with safety plugs.

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

RECALL ANNOUNCED

Proctor-Silex Canada Inc. has announced a recall on certain drip coffeemakers made prior to April 1986; they present a potential fire or shock hazard. The coffeemakers involved are Model A566W series G3758 and Model A567W series D4258 and series D1069. The model and series numbers are stamped on the bottom of the appliance. The coffeemakers subject to the voluntary recall are no longer being manufactured, nor are they available in retail stores.

In the interest of safety, the manufacturer requests that owners of Proctor-Silex coffeemakers carrying the above model and series numbers discontinue their use and return them by mail, as soon as possible. The unit should be packed carefully. Include a label with your name and mailing address in block print. Send to:

Proctor-Silex Canada Inc.
Dept. No. 514
P.O. Box 1630
Picton, Ontario
K0K 2T0
(613) 476-2191

The coffeemakers will be reworked and returned at no expense to the owner. Reworked units can be identified by the addition of the letter "R" and three additional characters adjacent to the series code. The glass carafes and accessories should not be returned.

For further information:

Mr. Allan F. Bailey
Manager, Public Relations
Canadian Standards Association
178 Rexdale, Ontario
M9W 1R3
(416) 747-4395

THE RUMOUR MILL

With this the start of a new year, we would like to welcome some new firefighters to CFB Comox. Cpl Collette comes to us from CFB Halifax and Private Zelter and Graham arrived fresh from the QL3 Firefighter Course in CFB Borden.

As we bring in the new year we must sweep out the old, and it is with fond farewells we say goodbye to MCpl Reid and Cpl Longval. Both have been posted to ships. MCpl Reid to CFB Halifax and Cpl Longval to CFB Esquimalt. A hearty GOOD LUCK and BON VOYAGE to the Navy's two newest "Hairy Bags."

With the departure of MCpl Reid, Cpl Blackmore has joined the Fire Prevention Cell at the Fire Hall. He would like to remind everyone that portable fire extinguisher courses are held the third Thursday of every month. Anyone wishing to attend should contact the Fire Prevention Office at local 8552 for more info.

Welcome back to Private Manczuk and Labonte, who have successfully completed the QL5A course in CFB Borden. "Also, Cpl Bennett and Cpl Warner have returned to the warmer climates from Hay River NWT where they attended Exercise SNOW BIRD 87. MWO Johnsen has also returned from a course on the "transportation of Dangerous Goods." This means he is now qualified to drive the CE Hockey Team Bus.

We would like to wish "Good Luck" to MCpl Gougeon who begins his QL6A course 4 Jan 88 and Cpl Holland who begins his QL5A course 3 Jan 88.

RIPPLES FROM
THE
BEAVER POND

Back again after a hectic week, during which I watched some pretty fine hockey and consumed some great spirits. I think there was a lot of that going around.

The first annual Pacific Region Beaver Cup took place at CFB Comox from 27-29 Jan 88. The CFB Comox CE team hosted five teams from around the province; three from CFB Chilliwack, one from CFB Esquimalt and a combined team of Esquimalt/Holberg/Comox. The tournament displayed some fine hockey and friendly rivalry between all teams.

As the tournament progressed the showdown between CFB Comox and Esquimalt Firehall proved to be the championship game. Comox jumped to a five goal lead with three goals from team captain Dan Dupuis. The Esquimalt Firehall team bounced back with four unanswered goals early in the third period to bring the game to within one goal and then pulled their goaltender with one minute remaining in the game. The play was now furious and Esquimalt was pressuring Comox with six attackers. Comox hung on and put the game out of reach with an empty net goal with a few seconds left in the game.

CFB Comox proved to be the only unbeaten team in this single round robin tournament. All teams look forward to returning next year to once again challenge CFB Comox CE Section for possession of the coveted Pacific Region Beaver Cup.

A big thanks has to be given to a lot of people and without

further ado, here goes. BComd and BTSO for officially opening the tournament and the BComd again for being on hand at the banquet to give out the trophies and individual awards. The Glacier Golf Club Staff for the use of their premises on two occasions. The BAccn O and staff for providing accommodations at Quadra. Capt Kruger himself for providing competent referees on reasonably short notice. The BPerO and staff for providing the icetime at Glacier Gardens. The Old Totems hockey team for providing an important and sometimes critical consumable ingredient. If you saw some of the players that I saw, you would know what I mean. The Westerley Hotel for catering the banquet (a superb meal). Last but not least, Lt Ken Cook and his committee have done a great job in putting this tournament on. On behalf of the BCEO, who incidentally brought the whole concept of a Pacific Region Beaver Cup with him from his previous posting, I would like to extend the CE Section's congratulations and thanks to Lt Cook and committee for bringing together engineers from around the province to meet old friends, make new ones and play some friendly hockey.

If there is anyone whom I have not mentioned or thanked, please forgive me for some people say I know not what I do. Besides I'll bet even Liz Taylor has at one time or another had trouble remembering all her husbands.

CHIMO!!!

DRINKING DRIVING
COUNTERATTACKSWIFT DATOO DOHERTY
LAWYERS

A FULL RANGE OF LEGAL SERVICES

COMMERCIAL
& CORPORATE

BUSINESS,
CONTRACT
CREDITORS' REMEDIES,
INCORPORATIONS
& PARTNERSHIPS

GENERAL & ESTATE

REAL ESTATE,
CONVEYANCING,
MORTGAGES,
WILLS & PROBATING
ESTATES

LITIGATION

PERSONAL INJURY,
INSURANCE CLAIMS,
CRIMINAL, CIVIL,
LITIGATION

FAMILY

DIVORCE & FAMILY
PROPERTY
SEPARATION
AGREEMENTS,
CUSTODY & ADOPTIONS

RICHARD J. SWIFT - AZIM N. DATOO - PETER M. DOHERTY

201 - 467 CUMBERLAND

334-4461

COURTENAY, B.C. V9N 1K3

Keep your kitchen
clean - eat out

Smitty's



\$1 Smitty's Dollar Days \$1

This coupon entitles the Bearer to a \$1.00 Savings With the purchase of \$5.00 or more on your visit.

Limit one coupon per customer per purchase coupon valid at Smitty's (Comox) "only" January and February/88

IN COMOX "ONLY"

Open 7 a.m. - 8 p.m.
seven days

1747 Comox Ave
339-3911

North Island College
Comox Valley Centre

REGISTER NOW

AT NORTH ISLAND COLLEGE

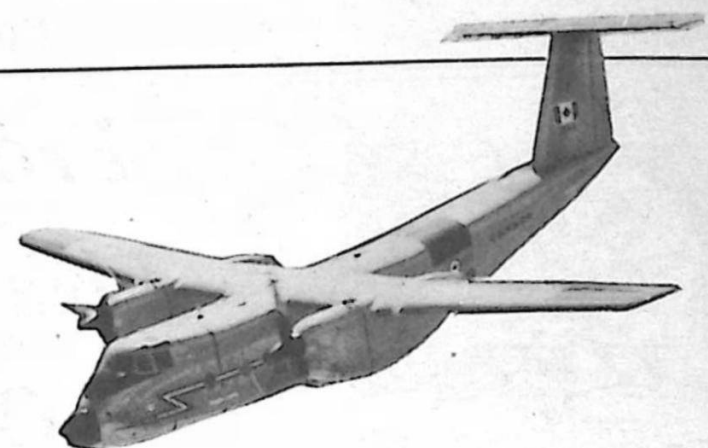
SPRING 1988 CATALOGUE
NOW AVAILABLE

407 - 5TH ST., COURTENAY 338-7291

SECTION NEWS



442 Squadron



Commander MAG Commendation



Capt Kleeman accepts the MAG Commander's Commendation from the BCMD Col Gibbon. He also received a notification letter for the Meritorious Service Cross.

30 Years of Service



MCpl Clint Mooney is presented with his Certificate of Service by CO 442 LCol Jay on termination of over 30 years of military service.

442 SQUADRON LAB FLIGHT

As we go to press Shelley and Charlie Cue have witnessed the arrival of their latest tax exemption. The little "darling" weighed in at just over nine pounds. Word has it, Charlie will negotiate future contract rights with the Chicago Bears. Speaking of babies, haven't you got some news for us Mr. Hughes?

"Kip" Kippel and "Tom" Tom are completing simulator training down south with "Deadly" Dan Daniels in Company. Paul Vdb and Charlie Cue have been sent on a clandestine trainer to San Diego to ensure the crew on simulator training returns home.

The "Raisinettes" made a surprise appearance at the Prince George Holiday Inn. They were observed doing their ever popular rendition of "Silhouettes on the Wall." Unfortunately, they were short a few raisins, but nonetheless, the crowd loved them.

Sgt's Murray and Kane are currently working on patent rights for a Draft beer diet. They say "losing weight has never been so much fun."

Hans "Down" Kleeman has recently signed up for diving lessons in an effort to locate leaks in his basement. Good luck Hans!

A Comox merchant has approached Paul Vdb for production rights of a lookalike charm guaranteed to ward off vampires. Apparently they are more popular than the traditional garlic clove necklaces. The merchant said "If Paul isn't interested in the royalties, I'm going to negotiate a similar deal with Kip."

BUFFALO CHIPS

Lt Roberts has returned from his vacation in Venezuela with a nice tan and a new hair

style...maybe not the "latest" style but it's new!!

Mrs. McClure gave Rick the OK on a house he wanted in Moose Jaw pending negotiations on a fur coat.

Capt Hilborn joined us from Ottawa for a couple of weeks to snivel some flying time from the First Officers. Now that he's becoming proficient again he can return to his desk and let the real pilots handle the West Coast flying.

NAVIGATORS

All is relatively quiet in the Nav section. Capt Currie has been making return visits to the Sqn and it's nice to hear his baritone voice again.

We also wish Capt Devries all the best with his posting to the AFIS school.

SPORTS

442's hockey team has been continuing their strong performance by defeating The Old Timers 7 to 4 and Base Ops 7 to 1. I guess Chuck Clement's power skating classes are doing the job.

SAR SUMMARY

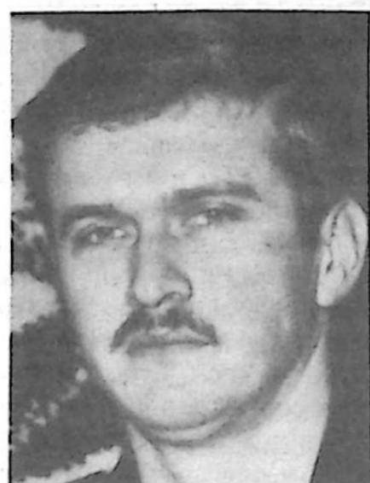
It's been busy on the SAR scene lately. January began with an extensive search for a man overboard from a ferry in the Swartz Bay area. He was located by helicopter early on the 8th of Jan. On 16 Jan a Buff responded to an overdue aircraft near Prince Rupert. They were located at Lake Toquart and all occupants were okay. The same day a Lab was launched to search Elk Lake for a missing rower from a cap-sized boat. Weather conditions were extremely poor and nothing was found. On a lighter note, a Buff was launched on 20 Jan to investigate a loud explosion. The explosion was traced to a meteor which fragmented over Strathcona Park. So if you are looking for meteors you know who to call.

As the month drew to an end SAR Richardson cranked up to a full scale search. OCdt Richardson rented a Cessna 172, along with three fellow Royal Roads classmates, to embark on a sightseeing trip. The aircraft departed Victoria on 24 Jan but it never returned as proposed. Maj Allott set up Search Headquarters at Victoria along with Captains Newbold and Mulder and Lt Ouellette as his able bodied assistants. There were five squadron aircraft dedicated to the task until 28 Jan at which time it was confirmed that a fuel slick near Thetis Island

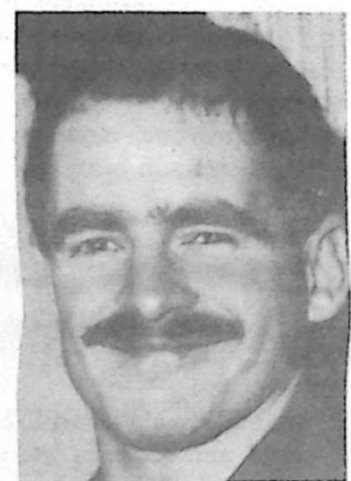
Awards at 442



MWO LORNE PARKIN
FLIGHT SAFETY AWARD



MCPL PAUL D'AMOURS
BOEING RESCUE CITATION



CPL ROBERT
BOEING RESCUE CITATION



MCPL LARRY SCOTT
BOEING RESCUE CITATION



CAPT BEDARD
UNITED WAY AWARD



CPL TOM TAYLOR
BOEING RESCUE CITATION

was from the missing aircraft. With the aid of underwater cameras, navy divers pinpointed the Cessna under 160 feet of water. The aircraft was later

recovered and transferred to a barge. A good show to all concerned for the dedication and professionalism shown throughout.

Buckle Up BC!

...non-belted occupants have been killed in crashes at speeds as low as 19 km/h.

INSURANCE CORPORATION OF BRITISH COLUMBIA

SECTION NEWS



Anker Klankin



Greetings from the fighting 33rd. Once again VU 33 Sqn sent a detachment to NAS North Island (San Diego) to provide fleet support to CAN-DESRON II. Nine VU 33 Sqn Personnel manned the two T-33s and one Tracker aircraft that took part. The detachment was fortunate, encountering fine weather for the entire stay. The flying operations went smoothly, enhanced by VRC-30's usual friendly support. If any readers should happen to notice a change to the style of writing in this article, it is due to the squadron scribe, Capt Baggaley, being away on leave in Europe. HAPPY HOLIDAY MARTINI!

Now that the new year is well underway, Capt Mike Cummings is readying his fishing

tackle for this year's Salmon Season. Says Mountain Mike "It's only three months away, and I've got to be ready, Vern."

Congratulations to Cpl Jackie and Cpl Chris Shelly on the arrival of their new baby boy, James Richard, 7 lbs 7 ozs 1 Feb 88.

VU 33 TECH SIDE

One day last week Cpl Al Nantel was called upon to rescue a CP 121 Tracker that had landed at Tofino, on the west coast of the Island, with two engine vibes. With electrician Cpl Josh Fontaine in tow, Al, a veteran VU 33 Temporary Duty (TD) troubleshooter, was not surprised that he had to work outside in the rain due to a lack of a hangar. But after dark while

heading for the OPS/Serv shack they were definitely surprised when challenged by the attendants guard - a lunging German Shephard. Although heart almost in mouth, Al managed to out-bark Ole Shep with his booming voice and the startled hound backed away for some second thought.

DRESSING UP FOR VU 33 - During the past year Sgt Oscar Grubwieser has given much thought and attention to the pictorial displaying of the many types of aircraft flown by VU 33 Sqn over the years. After some research and scrounging Oscar has managed to find a picture of each aircraft and also suitable frames and notes of historical significance to go with them. In their way to the servicing

desk squadron members and visitors now pass through a hallway lined with reminders of past and present VU 33 endeavours. Oscar's extra effort and dedication will undoubtedly add to Sqn morale and increase our sense of pride and bearing.

The squadron hockey team was up and down this past week with a 8-6 win over BOp-sO on Monday 01 Feb and a 10-0 trouncing by BAMSO on Wed, 3rd Feb. Must have been the flu bug, eh guys? Gary Micklethwaite scored a hat trick in the first game.

We hope to see all members out at the sports Carnival or the 11th and 12th of Feb to support our team members. Visiting supporters Fran Vanclief and Susan Lucas are

coming out for the fun, so how could you now show up when you're here already.



THINKING OF SELLING?

CALL TODAY FOR PROVEN PERFORMANCE. LET US WORK FOR YOU. GOOD SERVICE DOESN'T COST - IT PAYS.

RE/MAX OCEAN PACIFIC REALTY
232 ANDERTON ROAD
COMOX, B.C. V9N 7A1

TOM PROCTER

OFFICE 339-2021 RESIDENCE 339-2668

YOUR GUARANTEE OF HONESTY INTEGRITY SERVICE*

5 Years British Army
22 Years RCAF/CAF
13 Years Realtor
8 Years MLS Comox leader
1 Year Vancouver Island Leader

CALL ME OR ONE OF MY REMAX COLLEAGUES

RE/MAX REALTY

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

BRIAN HORLEY

TIM KENNELLY

MEL MILLS

TERRY-ANN STOWELL

COMOX VALLEY FORD SALES

(1964) Ltd
360 Island Highway Courtenay
334-3161

COMOX AIR FORCE MUSEUM

MUSEUM AND GIFT SHOP

WINTER HOURS

FRIDAY - SATURDAY - SUNDAY
10 AM TO 4 PM

The Museum will be closed during the Christmas Season from Dec 20 until Jan 7 inclusive.

RE/MAX Above the Crowd!

RELOCATION REFERRAL NETWORK

Organized thru Re/Max offices at or near Military Bases across Canada. We can provide you with an agent at your destination to locate and complete the transaction of that special home you are purchasing. If you've received your message or transfer notice, and need an evaluation on your present home or an agent to contact you near the base you're posted to.

CALL dave procter

Off 339-2021 Res 339-6814

RE/MAX

WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

<p>ALBERTA</p> <p>Calgary Cold Lake Edmonton Penhold Suffield</p> <p>BRITISH COLUMBIA</p> <p>Chilliwack Comox Coquitlam Esquimalt North Vancouver Surrey</p> <p>MANTOBA</p> <p>Portage LaPrairie Shilo Winnipeg</p> <p>NEW BRUNSWICK</p> <p>Chatham Gagetown Moncton St. John Fredericton</p> <p>NEWFOUNDLAND</p> <p>Gander St. John's</p>	<p>NOVA SCOTIA</p> <p>Cornwallis Dartmouth Greenwood Halifax Sydney</p> <p>ONTARIO</p> <p>Barrie Borden Downsview London North Bay Ottawa Pembroke Peterborough Toronto Trenton</p> <p>PRINCE EDWARD ISLAND</p> <p>Charlottetown Summerside</p> <p>QUEBEC</p> <p>Aylmer Drummondville Longueuil Montreal Rimouski St. Hubert St. Jean Westmount</p>
---	---

Re/Max Real Estate has one of the largest and most efficient relocation networks in North America

We'll fix you with all the information that you'll need about the city you are moving to:

*housing prices
*street maps
*neighbourhood information
*accommodation information

*housing trends
*city profiles
*school information
*economic trends

Call or write me today with your new location to receive your "Relocation Worryender Kit."

ocean pacific realty 282 anderton road
comox, b.c. v9n 7a1 (604) 339-2021

SPORTS AND RECREATION

Sports Shorts

PAC REGION BROOMBALL CHAMPIONSHIPS

CFB Comox hosted the 1988 Pac Region Broomball Championship from the 25th to 27th of Jan and it was a real success in spite of the lack of fans at certain times. Players from the four teams gave their best throughout the tournament, but it seemed that CFB Chilliwack's players had an edge over all their opponents. The team was undefeated during their previous three games and met CFB Esquimalt in the final, overscoring them with a score of 4 to 1. CFB Chilliwack will now head up over to Ottawa for the Nationals, 25 Feb to 03 Mar 88. BEST OF LUCK TO OUR REPRESENTATIVES!

TOTEMS HOCKEY

Since we last heard from yours truly, about the Totems, CFB Comox's Base Hockey Team, they have been playing very well with a 7-2 win over the Coors team on Jan 14 and a 8-8 tie against the Hawks on Jan 17. On the 21st of Jan however, they suffered their most recent setback with a 8-5 loss to the Blues. It was a well played game with a few missed scoring chances that the team would like to have had back. On the 24th of Jan however the Totems bounced back and waxed the Coors team 12-3. The team continued their winning ways with a 7-3 victory over the Hawks on Jan 27. In the Annual Commercial Hockey League Tournament the Totems were voted the most sportsmanship team of the tournament with an overall record of 1 win and 2 losses. The team finished third place in the "C" Division. In league play the Totems continued to win beating the Hawks once again on Feb 4 15-7. Congratulations Totems. Keep up the great work. Good Luck in your future games.

PAC REGION CURLING CHAMPIONSHIPS

CFB Comox was represented by Petty Officer Darrell Sears, Cpl Harold Peacock, Sgt Jim Bostock, and Sgt Dave LePatourel at the Pac Region Curling Championships held at CFS Holberg from the 31st Jan until 4 Feb 88.

All the teams gathered for a Meet and Greet on 31 Jan and began curling the same evening. Comox started the draw off with a victory and continued winning the rest of the week. The only defeat in the round robin play came against CFB Esquimalt leaving the Comox team with a 6-1 record after round robin play.

Comox having the best record of 6-1 ended up in 1st place and played the 4th place team CFB Esquimalt in the semi-finals as in the round robin play and Esquimalt came out on top eliminating Comox from the tournament.

Good curling and good comradeship was had by all.

Thanks to the Holberg staff for a well organized Regional Championship.

Shoreline Arts Society

REAL LIVE DANCE BAND

Real Live Dance Band is back with their original Urban Blues, Rock and Roll and Reggae.

Shoreline Arts Society is proud to be sponsoring this big reunion, Feb. 27 at 9:00 p.m. at the Lower Elks Hall.

The band's last gig, was our own '83 Renaissance Fair, and those who heard them are still raving about them!

Peter "Guitar Gilmore" is a man who lives and breathes the guitar and is known as a guitarist with more soul in one lick than most of the "Fast Freddie's" you can find anywhere.

Kelly "King Kong" Kruse, on drums and vocals, has embraced all known styles of drumming and now charts his own course.

Michael Kruse, bass and vocals, is a throwback to the days when bass was solid, smooth and clean. Mike adds the elemental pulse to his brother's drumming.

Ricardo "Hotlips" Garven, rhythm guitar, vocals, saxophone. He is an eloquent

testimonial to the excesses of rock and roll, years of classical training were reduced to ashes when Rick picked up the electric guitar.

From the band's inception in '81 they certainly have travelled a long way; both musically and mile wise. A good portion of B.C. and Alberta have been their stomping grounds.

Come Saturday night Feb 27 to the Lower Elks Hall for a fun filled evening of rock 'n roll 'n blues!!!

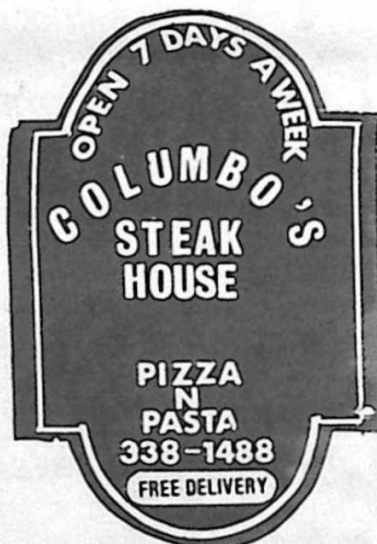
Tickets \$6, members \$5; at the usual outlets.

PRIME TIME

Rock & Roll, Monday Night at the Elks? Of course! with Prime Time Dance Band.

Shoreline Arts Society is sponsoring this entertaining and dynamic trio, Feb. 15, at 9:00 p.m. The trio of Don MacLeod, Mike Roy, and Dave Harty have been performing for the last 3 1/2 years playing as far north as Alert Bay and Port Alice; and as far south as the UVic Pub.

"We are definitely a variety band, one weekend we play



Pipe Smoke

Gerry Gerow



PIPE SMOKE

We'll soon be approaching the new fishing season. One of the biggest failings of many anglers is the method of handling the fish after catching it.

First off, let's look at fish the angler intends to release, either because it's too small or he has all he wants or there is a catch and release program in the area. Contact between the anglers hands and the fish, in these circumstances must be kept to a minimum. Disturbing the thin protective slime coating on the fish's body makes them vulnerable to disease. If you must touch the fish, always wet your hands first. Never pick up a fish you are going to release by getting your hand into his gills as I have seen done by certain professionals on the boob tube. This will almost certainly cause the fish to die. The best method when lure fishing is to reach down to the water with a pair of pliers, grasp the hook and shake the fish loose gently. When bait fishing the hook may be deeper imbedded and in these cases it is better to simply snip the line. Natural corrosion will cause the hook to disintegrate rapidly and the fish will not be harmed. If you see blood, forget it. The fish is finished and must be taken. However, if the law requires you to return the fish to the water, you must do so, even if it is dead. This seems like a waste, and it is, but there really is no other way to enforce the law. To allow an angler to keep the

fish under these circumstances would surely result in a lot of "accidentally" killed fish.

Fish which are kept should be cleaned as soon as possible. Whenever practical this should be done before you leave the fishing area, and the entrails should be returned to the water. Other fish will appreciate this. Never, never leave fish guts to smell up the shore of the lake or stream. Do not remove the head from the fish, but do ensure the gills are completely removed. They will spoil very rapidly. Pan size fish should always be cooked with the head on. To do otherwise wastes a lot of good flesh, not to mention the fact that the cheeks of a fish are probably the most delectable morsel of the critter. These cheeks can be removed quite handily with a table knife after cooking. Additionally, leaving the head on makes carrying the fish easier, and, who know, you may even wish to take a few pictures. All fish, should of course, be refrigerated as soon as possible.

On the same subject, there is an excellent book written by Jack Whelan of Deep Bay, B.C. titled *Smoking Salmon and Trout*. It is probably the most comprehensive book on the subject ever produced, and should be possessed by every person who fishes for recreation. It is available in most book stores, but if you can't find it write Jack at R.R.1, Bowser, B.C. V0R 1G0 enclosing \$15.95 for an autographed copy. Let's go trout fishing one of these days, Frank.

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.

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.

Dave, a recent arrival from Saskatchewan, plays bass guitar, giving the band a good solid bass.

Come support this entertaining and upcoming group; Monday night at the Elks, 15 Feb at 9:00 p.m. Tickets \$4 at the door. No minors.

SPORTS & RECREATION

It's Face-Off Time



Pictured above is the Base Commander Col Gibbon dropping the puck to officially open the recently held hockey game between the Flying Fathers and our base Old Totems. Taking the face-off is Father Les Costello and CWO Steve Bale.

PAC Region Ladies Curling Champs



Pictured above are the Pacific Region Womens Curling Champs. Left to right are Lt. Fiona Berchem (lead), Lt. Christa Robertson (skip), Lt. Kathie O'Brian (second), and Lt. Kathy Edwardsen (vice).

HERE'S STAN

His friends say he is rambunctious and hard to tie down, the perfect behaviour for his position, President of the Intersection Hockey League. Sgt Stan Lawless has been fulfilling the shoes of President since Sept 1987, he devotes many hard working hours to his secondary duty and has proved to be a successful organizer. His position consists of coordinating and scheduling hockey games, a member of the disciplinary committee, ongoing activities within the intersection hockey league and always notifies all team coordinators of new and upcoming events. In other words, he is the fellow who get's the puck

moving. On top of all this he plays on the Base Old Timers Hockey Team.

Sgt Lawless is happily married with two boys, the eldest, a member of Air Borne. Sgt Lawless has been in the military for 23 years, he is presently working with 407 Air Photo. In his spare time (that is if he ever has any) he enjoys playing a few rounds of golf, his favourite pastime. In the summer, he is an active water-skier on Comox Lake, as well as fishing.

Thank you Sgt Lawless for a terrific job well done, keep up the good work!!



SGT STAN LAWLESS

Fitness

with Patty

Blood pressure is the force exerted by the blood against the walls of the arteries, it is this force that keeps your blood circulating throughout your body. Your blood pressure is measured during two phases in the heart's cycle. The first measure is the "systolic" pressure; the peak pressure exerted on the arterial walls when the left ventricle of the heart contracts to pump out the blood. The "diastolic" pressure; the reduced pressure felt just before the next beat, when the heart is relaxed and the blood is flowing into it. The two readings, systolic and diastolic pressure are recorded as a fraction, the systolic over the diastolic.

In today's society, there has been a new awakening to high blood pressure and its relationship to strokes and heart attacks. Therefore, an average blood pressure reading is the desirable. The average blood pressure reading is 120/80 and rises progressively over the years.

At risk to high blood pressure are those people with family histories of the disorder, blacks and the elderly. But high blood pressure is so common that everyone should be frequently tested throughout their lives. High blood pressure has many dangers associated to it, as the heart works harder to pump out more blood, it grows larger. Arteries become scarred, narrower, less elastic and are prone to strokes, heart attacks and often kidney and eye damage. Those with severely high blood pressure doctors treat with drugs and lifestyle changes. But for mildly

elevated blood pressure, lifestyle changes are the best medicine.

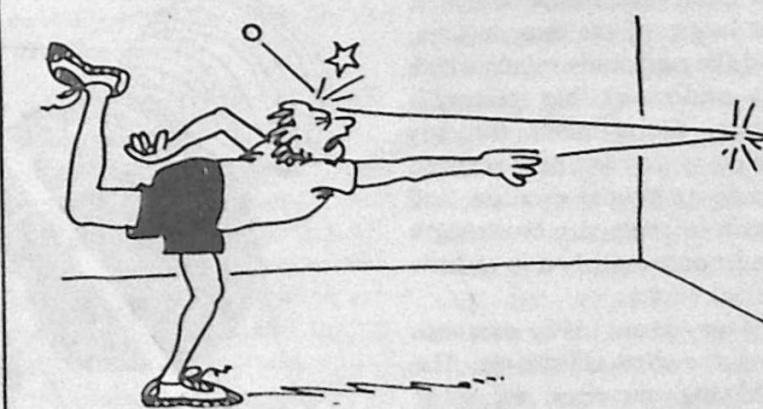
Seven steps to decreasing your mildly elevated blood pressure:

1. Take off weight, lose weight gradually and keep it off, is often enough to bring your pressure back down to normal.
2. Exercise, if no weight is lost, regular exercise can reduce blood pressure.
3. Reduced salt intake, try to be consciously aware of the amount of salt intake, this will help lower mild hypertension caused by elevated blood pressure.
4. Curb alcohol consumption, three or more drinks a day over several years may raise pressure. Reducing or quitting drinking may set your reading closer to the desirable value.
5. Stop smoking, though not a cause of elevated blood pressure, it is a risk factor for heart disease and should be stopped.
6. Be wary of drugs, be certain when you receive prescription drugs that they do not contribute to your high blood pressure.
7. Stress Reduction, has been suggested to be an effective therapy for mild hypertension. There are many relaxation - response techniques available.

If blood pressure falls too low (it is seldom cause for alarm). Few problems are associated with low blood pressure except, perhaps, transient episodes of dizziness or faintness.

Live a healthy and longer life, strive for a 120/80 blood pressure reading.

CFB RECREATIONAL FITNESS CLASSES



If you are having difficulty working out on your own... Come out to our classes.

Mornings:

'Mon, Wed, Fri 9:15 - 10:15 a.m. \$12/mth \$2 Drop-in

Afternoons:

Tues, Thurs 3:45 - 4:45 p.m. \$8/mth \$2 Drop-in

*All classes at the Rec Centre.

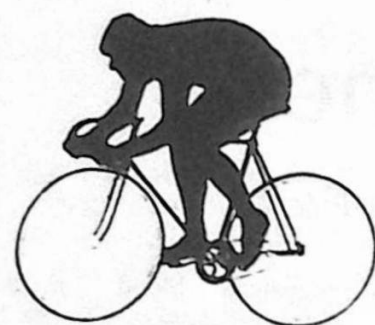
*Babysitting - morning classes at RC Parish Hall

*Please bring along a small mat or towel.

Our congratulations to two of our very favourite and very fit girls from the morning class, Colleen and Nicole. They have both recently had baby boys.

We look forward to seeing you again, as soon as you are able.

ON AND OFF THE BASE

CYCLING
CAN BE FUN

LUC GUIBORD

This article contains thirteen rules that Old and Young Bicyclists should know and follow everyone of them for a better and safe cycling.

Rule 1

Obey all traffic regulations, signs, signals and road markings. They are there for your own safety and protect your life and the lives of others. They must be obeyed.

Rule 2:

Ride on the right hand side of the road. This rule applies at all times. Remember, you must not ride in the middle of the road, or on the left hand side, or weave you bike from side to side. Always be careful when you pass parked cars. Thoughtless motorists sometimes open doors right in your path. Be alert for these careless drivers.

Rule 3:

Ride single file on the street. Always ride one behind the other. Do not follow too closely. Keep at least one bicycle length behind the cyclist ahead. This gives you space to brake and stop without causing rear-end collisions in an emergency.

Rule 4:

Stop before riding into the street from your driveway or a lane. Motorists may not have time to see you if you pop out onto the street suddenly.

Rule 5:

Walk your bicycle at a busy intersection. It is impossible to see in all directions at once. So the safest thing to do is to dismount, and walk across with the pedestrians.

Rule 6:

Always use your left hand to signal when you turn or stop. Your left arm straight out means a left turn; your left arm up, at right angle to your body, means a right turn and your left arm down, at right angle to your body means stop or slow down.

Rule 7:

The safest biking is the solitary biking. Don't carry any passengers, unless your bicycle is designed and equipped for, or packages that can interfere with your control or vision.

Rule 8:

Watch for soft shoulders, drains, grades, loose gravel, oil spills and other road surface hazards.

Rule 9:

Never hitch a ride on another vehicle. It's an invitation to an accident.

Rule 10:

No trick riding on the street or highway.

Rule 11:

Your bicycle must be equipped with safety devices. If you ride at night, you must have a read red reflector and headlight. You can also add reflecting vest, light colour clothing and reflecting tape on different locations of the bicycle. With these safety features, other motorists will see you.

Rule 12:

Have your bicycle inspected regularly. To be sure it is in safe mechanical condition. You're only as safe as your bicycle.

Rule 13:

Always drive defensively. Look out for the other guy. It's not much good to be in the right....if you're "dead" right. (Luc Guibord)

Weight Training the Pectorals

FOUR WAYS TO A TREASURED CHEST

The chest is the classic muscle group, a strong well developed chest is a symbol of prowess as well as an aesthetic asset that adds a supple fullness to the upper torso.

The lines of a perfect chest are created by the pectoralis muscles, large, strong muscles. Pecs are actually two muscles, the pectoralis major which is the larger of the two muscles, and the pectoralis minor which lies under the big pectoralis major. Good news for any athlete is that the pecs respond rapidly to proper exercise, and a gain in chest size or strength can be accomplished in as little as four weeks.

More than 110 exercises work the chest effectively. The following exercises are great for a fine foundation:
-Bench press - wide grip
-incline dumbbell press
-incline dumbbell fly
-close-grip straight-arm barbell pullover across bench
BUILDING UP

For all four exercises, begin with only one set of each for your first two workouts. Add a second set on your third workout.

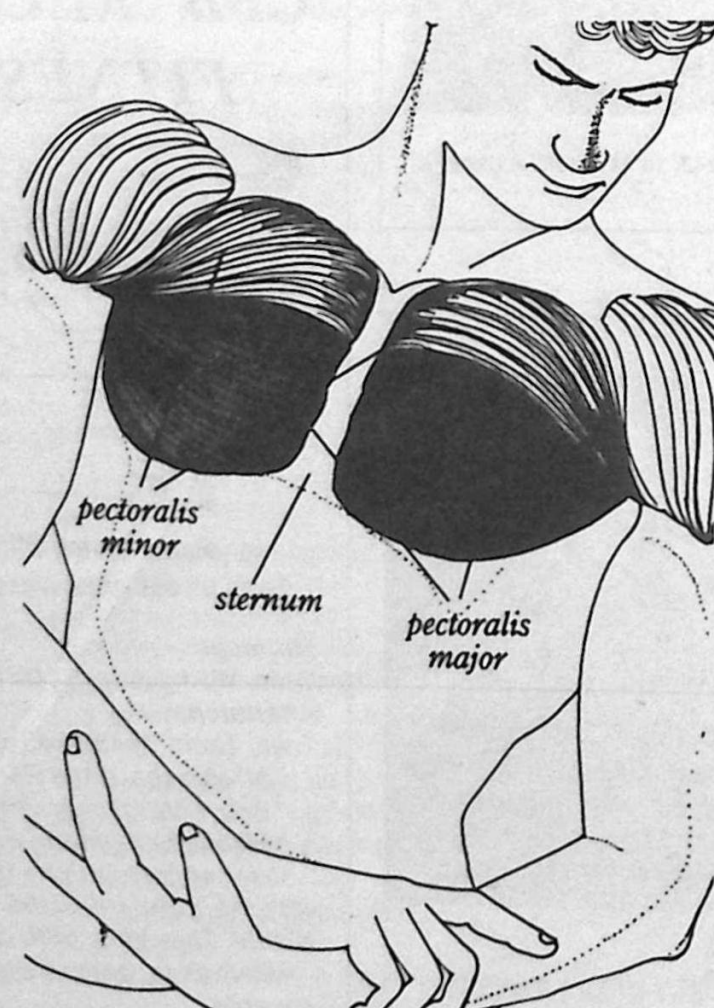
After two weeks, add a third set to each exercise and perform them as follows: in the Bench Press and Incline press

do 10 reps the first set; add weight on the second set and do 8 reps. On the third set, again increase the weight and do 6 reps. Bent arm-laterals would be kept to 10 reps, and

the straight-arm pullovers at between 15-20 reps.

REMEMBER- REST AT LEAST A DAY BETWEEN WORKOUTS.

Good Luck. (Al Shanks).



Billy Bishop Heritage

"Then, gazing over his shoulder just as I was firing at him, he crashed into some trees."

These lines inspired Canada's leading aviation artist, Robert Bradford, to paint *Dawn Attack* in honour of Air Marshal W.A. (Billy) Bishop and present the acrylic on canvas painting to the Billy Bishop Heritage in Owen Sound.

That was in July. Now, the Billy Bishop Heritage has decided to offer a limited number of lithographs of the painting to members of the heritage and, if stock permits, to the public.

The painting, which was unveiled at a gathering at the RCAF (Ottawa) Officers' Mess, depicts a phase of the early morning attack by Billy Bishop behind enemy lines on 2 June 1917. During the attack, three aircraft were lost to Bishop's action against the German airfield near Cambrai, France.

Dawn Attack captures the moment when the second aircraft, an *Albatross DIII*, flies into a tree near the field after being attacked during its take-off. Bishop is seen flying past the scene in his *Nieuport 17 Scout* number B1566.

This action won Bishop the Victoria Cross but the exploit was questioned in a 1983 National Film Board film, *The Kid Who Couldn't Miss*. In the film, Bishop was shown faking the raid by shooting at his own aircraft while it was on the ground.

Veterans' groups and the flying ace's family were incensed by the film. They said it defamed the flying ace and demeaned the reputation of

surviving veterans.

Senator Hartland de Montarville Molson, now Patron of the Billy Bishop Heritage, acted as focus of opposition to the film on behalf of veterans and the Canadian public. He was instrumental in causing the examination of the film by a sub-committee of the Senate. The subcommittee is currently meeting in sessions to further examine the film.

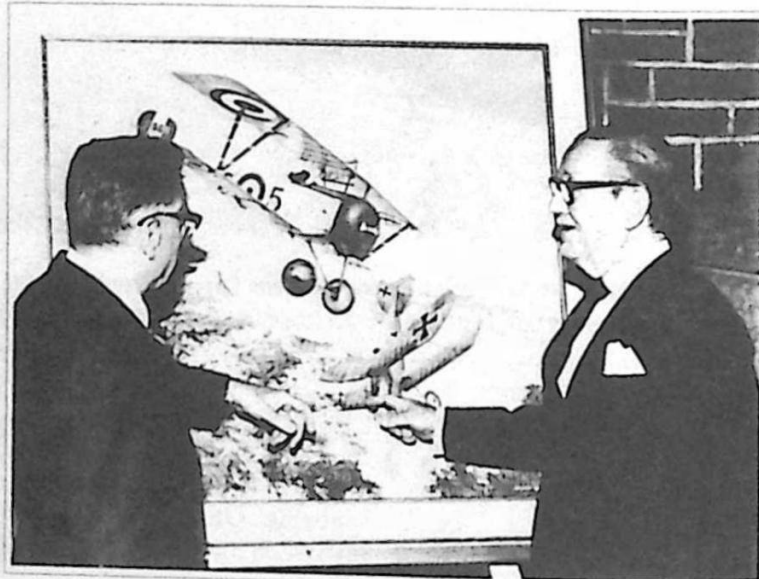
Group Capt (Ret.) A.J. Bauer, chairman of the heritage said: "Senator Molson's assistance and encouragement has meant a great deal to the Billy Bishop Heritage during its formative years. His pursuit of truth in history as reflected by his vigorous opposition to the recent NFB film has been an outstanding example of principle and dedication."

The unveiling, which was performed by Group Capt Alan Tolhurst, the senior Royal Air Force representative in Canada, was attended by Billy Bishop's daughter, Marise Willis-O'Connor. She said Bishop was "the greatest guy in the world" and presented the heritage with her father's high school pin.

Also attending were three First World War flyers, Norman Nunn, Ban Taylor and Ken Guthrie.

Artist Bradford was an RCAF pilot during the Second World War. He is now associate director of the National Aviation Museum at Rockcliffe.

Cost of signed lithographs of *Dawn Attack* is \$125 plus tax. For information write: Billy Bishop Heritage, PO Box 535, Owen Sound, Ontario, N4K 5R1



Senator Molson (right), Patron of the Billy Bishop Heritage, and Group Capt (Ret) A.J. Bauer, chairman of the heritage, discuss the new painting, *Dawn Attack*, by Robert Bradford. (TS87-731 by Sgt Tim Smith).



An English soccer player was once fined 10 shillings for smiling at a referee during a game.

ON AND OFF THE BASE

Big Band Sound



VICTORIA -- A Sea Cadet Band drawn from various Cadet Corps throughout B.C. performs at San Diego's Sea World. The Cadets were in San Diego Jan 22 - 25 to participate in Maple Leaf 88 which was the tenth anniversary of San Diego's salute to Canada. (Photo by Sgt J.F. Smith).

Sledders, Sliders and Shooters

On Feb. 19, 21 and 22 some of the best biathletes in the world will gather in Canmore for the World Cup Biathlon. On the same weekend Canada Olympic Park will play host to World Cup Luge and on the two succeeding weekends to World Cup Bobsleigh.

It's not the Olympics, but it's the next best thing---Preview 88. And for \$5 -- a fraction of the cost of an Olympic ticket, less even than the price of a movie admission -- you can be there. (And if you're 15 or under, it won't cost you a cent).

Admittedly, bobsleigh, luge and biathlon are not exactly household words in Canada so here is what to expect when you head off for your first competition in these sports.

Biathlon means "two tests," and it's been described as a sport that demands the athlete turn himself from a rabbit into a rock, then back to a rabbit again -- all in less than a minute. The biathlete skis a 10- or 20-kilometre course, stopping at regular intervals to shoot at stationary targets. Within seconds of arriving at the target range he has to slow his pounding heart and heaving lungs enough to aim and fire accurately. That control is essential because every target he misses adds penalty time to his total.

Besides the 10 km and 20 km events, the Olympic biathlon competition includes a 4 x 7.5 km relay. There is no women's biathlon in the Olympics.

Luge is a French word meaning sled and a competition luge doesn't look much different from a child's sled. But lugeing is definitely not child's play.

The Olympic luger hurtles down a twisting concrete, ice-coated track at speeds up to 130 km/h. Lying on his back, sighting down the length of his body, he literally steers by the seat of his pants. A luger has no steering wheel and no brakes and the luger flies down the course with control so finely balanced a hiccup at the wrong time could spell disaster. His only protection is elbow pads and helmet.

In the Olympics men compete in both singles and doubles luge; women in singles only.

Bobsleigh got its name from the habit early sledders had of bobbing forward to gain more

speed as they entered the straightaway. Modern competitors, driving sleds designed like racing cars on state-of-the-art tracks, don't need to bob. They can hit speeds up to 150 km/h and build up a force of 4.5 Gs on the corners. Bobsleds are very sensibly equipped with both brakes and a steering mechanism.

Bobsledders compete in two-man or four-man teams. They begin the race by pushing their sled at a dead sprint, trying to build up as much speed as possible before leaping on board and plummeting down the tortuous, 1500 m, ice-covered course.

It's hair-raising excitement that Europeans have enjoyed for years. Now Preview 88 gives Canadians a chance to see what we've been missing.

Road
to
Calgary

SPEED SKATING

by Shelley Rhead
Member of the National Speed Skating Team
Shelley Rhead, 22, resides in Ste. Foy, Quebec, she has been a member of the National Team for four years and been skating for ten.

I grew up next door to the neighbourhood rink in Moose Jaw, Sask., so it was natural for me to start skating early. Receiving my first pair of skates when I was three years old, I started playing hockey as soon as I was old enough. And, when my older sister joined the Moose Jaw Kiwanis speed skating club, a whole new sport opened up for me.

Specializing in the 500 metre and 1,000 metre sprints requires coordination and strong lower body and leg muscles. Training is intensive especially this year leading up to the 1988 Calgary Winter Games. The entire team will train for 50 weeks on and off ice. And, when we are not working on our skating technique, we train by running, sprinting, bicycling and weight lifting.

In addition to the personal commitment, there is a real financial commitment for travelling and equipment. Sponsorships such as Molson Breweries "Making The Dream Happen" program of 13 national teams and 23 World Cup events is a real boost to the development of the team.

I guess I'm a natural at speed skating. Since my first big competition in the 1983 Canada Games where I finished 1st in the 500 metre and 3rd in the 1000 metre, I have always finished in the top 25 in the world.

PROPER WARM-UP IS ESSENTIAL

When I take a break from training and competing I can still enjoy a REGULAR SKATE. Some tips you should keep in mind when skating are a proper warm-up and taking good care of your skates.

Warming up properly is essential before you start any skating session. Five common exercises that limber up the skating muscles are: touch your

toes, sidebends, hugging your knees up against your chest, lifting your leg by your ankle up behind your back, and finish by giving yourself a big tight hug. Hold each of these positions for 10 to 20 seconds. This warm up will help you perform more smoothly and have fewer sore muscles the next day.

Skating etiquette is also important. On a speed skating oval, slower skaters should take the outside track and allow faster skaters to use the inside lane of the rink.

A good skating pace stimulates the heart and lungs while still allowing you to carry on a conversation with your friends.



SKATE CARE

Taking care of your skates is easy. A visual inspection will reveal any rough edges which means you should have your skates sharpened. To keep them sharp wipe the blade dry after each skate and hand them up without the guards to allow thorough drying. Skate guards are for protecting your skates when you are walking to and from the ice surface and for protecting yourself and others from accidental cuts.

In speed skating we use "long blade" skates because they are less curved providing additional balance. Long blades are also more efficient allowing up to 60 percent more glide per stroke.

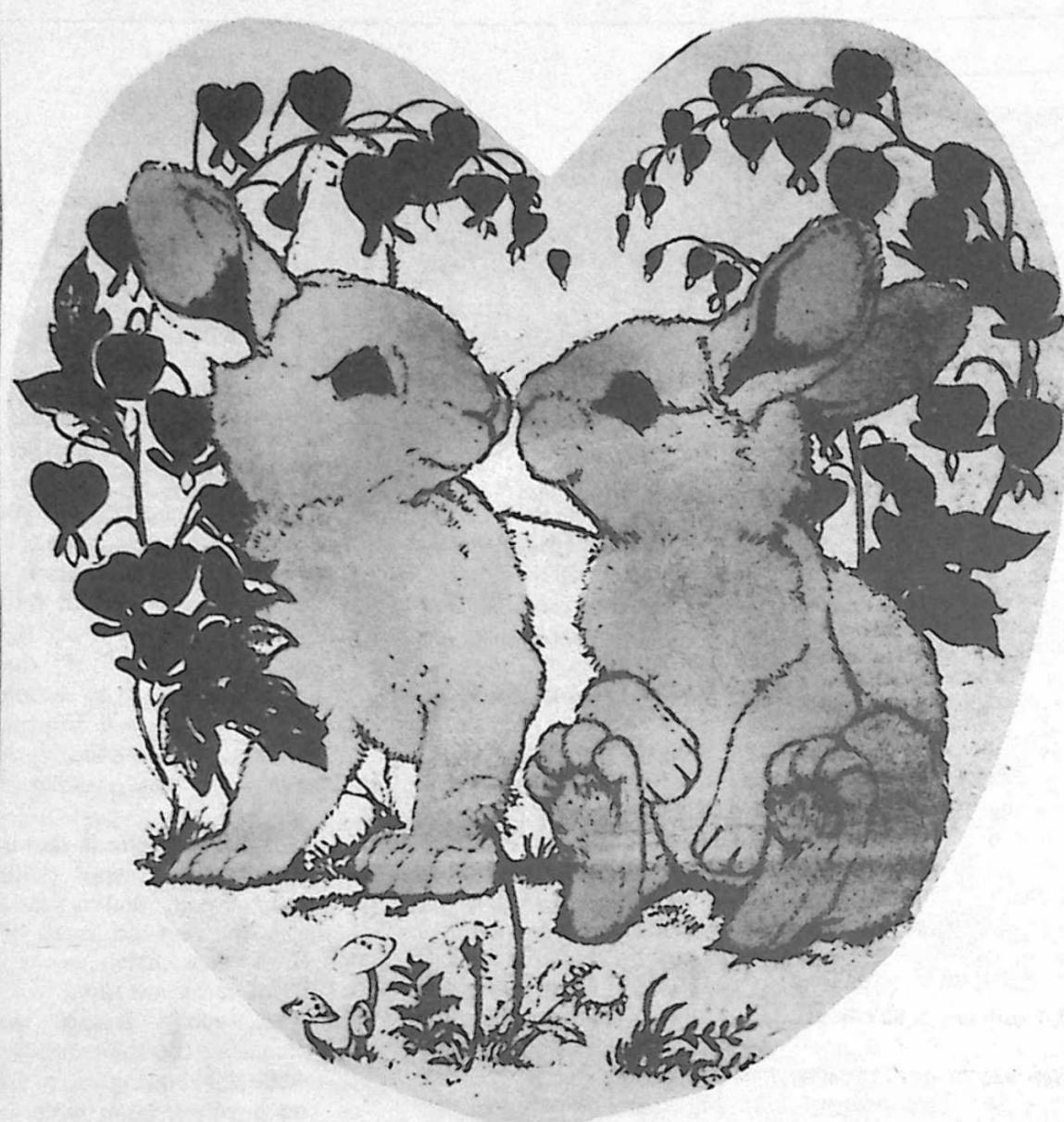
We are a nation of skaters and our Canadian winters provide us with a wide range of available ice surfaces. This winter when you see a wobbly toddler on the ice, offer a little encouragement, they may be a budding speed skater or hockey star.

ANNUAL
MEETING TIME

TO ALL MEMBERS OF COMOX DISTRICT CREDIT UNION:
Please be advised that the annual general meeting of Comox District Credit Union will be held Friday March 11 at 7:30 p.m., BR 160 Royal Canadian Legion, Comox. Please join us and get the latest information on your Credit Union.



Buckle Up BC!
...non-belted occupants have been killed in crashes at speeds as low as 19 km/h.



All About Valentine's Day

If you want to know about Valentine's Day, you have to check with the experts. Who would know more than a man whose last name is Love? A few years ago, Padre Fred Love produced the following explanation of the feast of lovers: I like Valentine's Day. It's one of the few Christian holidays left that hasn't been robbed of its religious significance. For many, "Thanksgiving" is simply the last long weekend before Winter, "Christmas" is an exhausting time of "overeating," "overspending" and "overindulging," and "New Year's" is the last (or first) big bash of the year. Their religious significance has almost disappeared. But not so Valentine's Day.

It was not always so. In fact, the Romans had a feast in honour of their Goddess Februa Juno on the 15th of February where the names of all the girls in town were placed in a large container and the boys drew out one name each - a rather early beginning of our modern lotteries I suppose. The boys then would wear the name of the girl on their sleeves or chest, often encircling the name with a heart. It was allowed then that the boys could "admire" and "attend upon" their girl (whatever that means!). Along came the early christian missionaries and said: "That silly heathen practice has got to stop. Since St. Valentine suffered martyrdom at this time (February 14th, 271 A.D.), let's change the celebration to one of remembering this christian bishop."

Well, it didn't happen quite that way. The early pagan converts to christianity simply combined the two and started identifying with St. Valentine the associations they once had with the Roman goddess Februa Juno. In fact, the

day flourished and was taken very seriously by the women-folk throughout the middle ages. Probably the men too but I came across the following account written some 400 years ago of how one woman, at least, viewed the whole thing. "Last Friday was Valentine's Day, and the night before I got five bay leaves and pinned four of them to the four corners of my pillow, and the fifth to the middle; and then, if I dreamt of my sweetheart, Betty said we should be married before the year was out. But to make it more sure I boiled an egg hard, and took out the yolk and filled it with salt; and when I went to bed ate it, shell and all, without speaking or drinking water after it. We also wrote our lover's names upon bits of paper, and rolled them up in clay, and put them into water: and the first that rose up was to be our Valentine. Would you think it, Mr. Blossom was my man. I lay in bed and shut my eyes all the morning till he came to our house; for I would not have seen another man before him for all the world."

The Bible speaks a great deal about love. Oh not so much the romantic type that many of us associate with "Valentine's Day" but the deep, abiding sense of faithfulness and commitment that characterizes God's love for us. But we can start with the "Laura Secord chocolates" and the "Be My Valentine" type cards and work our way up to this deeper level of love, and even at this level the chocolates and cards to one you love are still most appropriate. Yes, I'm all for St. Valentine even though he probably isn't too keen himself on the customs and practices that have developed around his name.

Courtesy of the CFB Ottawa Falcon and Padre Fred W. Love.



VALENTINE TREATS

ROMANCE YOUR VALENTINE IN THE KITCHEN

Love hearts, black lace, red roses, and sumptuous treats. These items conjure up images of romance, bliss and passion. Valentine's Day is universally celebrated as a declaration of one's love for another. But the roots of this sentimental occasion are as mysterious as love itself.

Historically speaking, the origin of Valentine's Day is uncertain. Three different traditions appear to have been practised but none prove to be the source of the modern day Valentine celebration.

The first dates back to ancient Roman times. February marked the fertility festival. It was celebrated to honour the wolf who raised Romulus and Remus, the twins who founded Rome. Apparently on February 14, the gentlemen would cast their names into a box. The young maidens would draw a name to select who would court them for the following year.

A second version refers to Saint Valentine, a Roman priest and physician. This Christian was persecuted under the reign of Emperor Claudius II. It is said that he was tortured and beheaded on February 14, 270. For his martyrdom, he was named the patron saint of lovers.

The most commonly accepted origin refers to Mother Nature herself. Middle Age legend suggests that the songbirds choose their mates in February. It would only be fitting for humans to follow suit and designate February as their month to declare their romantic intentions.

Thus February 14th is observed by the exchange of love messages and tokens. The Valentine was quite probably the very first form of greeting card to be sent and has been used as a common sign of affection since the 16th century. Poetry, flowers, candy and lingerie are all traditional expressions of love.

This Valentine's Day, as we contemplate how to show our beloved how very much we care, a seductive meal is the perfect solution. Champagne Chicken smothered in saucy mushrooms, followed by a provocative Bavarian Black Forest Torte will convince anybody of where your heart is. Try them. You'll fall in love again.

CHAMPAGNE CHICKEN

4 boneless chicken breasts-skinned
¼ tsp salt
¼ tsp pepper
4 tsp cornstarch
1 egg white
6 tsp butter
½ lb sliced mushrooms
½ C champagne
1 C whipping cream

Sprinkle chicken with salt, pepper and cornstarch. Let stand 20 minutes. Beat egg white lightly. Dip each chicken breast in egg white until coated. Let stand for 20 minutes. Sauté chicken in melted butter until golden on both sides. Remove from skillet and keep warm. Add mushrooms to drippings and sauté until tender. Add champagne and cream. Simmer until reduced to a thick sauce. Serve over chicken.

BLACK FOREST BAVARIAN TORTE Chocolate Cake

½ C shortening
1 ½ C sugar
1 tsp vanilla
2 eggs
1 ½ C flour
¾ C cocoa
1 ½ tsp baking soda
1 tsp salt
1 ½ C buttermilk
2-9" round cakepans lined with waxed paper

Bavarian Cream Filling

8 oz. cream cheese-softened
½ C brown sugar
1 tsp vanilla
1 ½ C whipping cream-whipped
1 can cherry pie filling

Cake: Cream shortening and sugar with an electric mixer. Add vanilla and eggs. Beat until light and fluffy. Sift in the dry ingredients. Pour in the buttermilk. Beat on low speed for 3 minutes. Pour batter into prepared pans. Bake at 350° for 35 minutes or until an inserted toothpick comes out clean. Cool. Remove cake from pans. Cut each layer in half.

Filling: Beat the cream cheese, brown sugar and vanilla. Fold in ½ of the whipped cream.

Assembly: Place the first layer of chocolate cake on the serving plate. Spread with ¼ of the Bavarian Cream. Cover with ¼ of the cherry pie filling. Repeat with second and third cake layers. Top with the fourth layer of cake. Spread with remaining Bavarian Cream. Spoon pie filling in centre. Decorate outer ring with remaining whipping cream.

Bonnie Warner is the founder of Special Occasion Recipe Club. The Club is a group of enthusiastic food loving people from across British Columbia. Members receive a recipe booklet bursting full of mouthwatering special occasion meal ideas before each holiday. Impress your loved ones with tantalizing food ideas. For spectacular recipes, as the ones above, join the Special Occasion Recipe Club! Just send \$9.98 to: Special Occasion Recipe Club, Box 312, Powell River, B.C. V8A 5C2.

HEART FACTS



Heart and blood vessel disease is Canada's number one killer. The British Columbia Heart Foundation in affiliation with the Canadian Heart Foundation is a non profit organization dedicated solely to the prevention and cure of cardiovascular disease. Here are some facts to make our readers more aware of the foundation and its work.

UNDERSTANDING THE HEART LEADS TO HEALING

A grant from the B.C. Heart Foundation is helping Vancouver cardiologist, Dr. Simon Rabkin conduct research aimed at improving knowledge of the heart cell to prevent it from being irreversibly damaged in a heart attack.

Heart attacks or myocardial infarctions remain a major cause of death in Canada as well as a major cause of poor health and reduced life expectancy in survivors. Dr. Rabkin is looking for ways to lessen the chances a heart attack will cause death or impair the health of survivors.

As he explains it, "we have found that several drugs are able to decrease the chances of myocardial cell death when the heart is damaged. At this point, we know they operate at a step during the process of cell death to prevent irreversible damage; what we are investigating now is the mechanism by which these drugs exert their effect."

Another aspect of Dr. Rabkin's research concerns the structure and metabolism of the heart cell; specifically how the heart beats and how cell walls are constructed. From this study he hopes to determine whether there are factors working naturally to stabilize the heart which can be used to protect it from damage due to heart attack or other functional disorders.

The B.C. Heart Foundation believes that research like Dr. Rabkin's is the key to preventing and curing heart disease.

For this reason, in 1987-88 the Foundation has allocated three million dollars to support 58 research projects taking place in B.C. hospitals and laboratories.

The Foundation will spend three million dollars this year to support projects in B.C. hospitals and laboratories aimed at eliminating heart disease and stroke.

HEART RESEARCH HELPS BABIES TOO

The B.C. Heart Foundation is funding research at Vancouver's Children's Hospital to help newborn babies at risk because of inadequate oxygen and nourishment supply.

Babies who have not received sufficient oxygen or nourishment through the placenta may develop circulatory or breathing problems after birth. This can adversely affect organs, including the heart, and babies can suffer heart failure or remain extremely blue after delivery. Some babies may not survive, others may be permanently damaged or require long-term heart and lung support.

Dr. George Sandor, a specialist in paediatric cardiology, is working with his research team to analyze the cardiac functions of these newborns. Their goal is to establish better treatment programs using specific medications.

Circulatory adjustments at birth are complex and Dr. Sandor says that the effects of medication on this adjustment are unpredictable and difficult to measure.

The cardiologist's ability to monitor the heart is improving, however, and Dr. Sandor credits this to the development of better imaging techniques such as ultrasound, which enables the cardiologist to see cardiac structures and the addition of doppler, which makes it possible to analyze and measure blood flow in the various chambers of the heart.

"Using these techniques our research project will analyze the cardiac function in neonates (newborn babies) who suffer from an inadequate oxygen and nourishment supply and document their response, if any, to different medications."

"It is hoped," he concludes, "that by establishing what clinical pattern responds to what medication we will be able to treat these babies more effectively and improve their chances for a healthy life."

RESEARCH—KEY TO QUALITY HEALTH CARE

In 1987-88, the B.C. Heart Foundation will support 58 research projects in B.C. employing 230 people at a cost of almost three million dollars.

According to Dr. Jiri Frohlich, who chairs the Foundation's Medical Advisory Committee (M.A.C.) which recommends projects for funding, the number of projects B.C. Heart supports has doubled in the last seven years. He says it reflects the high level of activity and interest in the area of cardiovascular (i.e., heart and blood vessel) research in this province.

Funding supplied by B.C. Heart is divided almost equally between clinical or applied research (taking place in hospitals like V.G.H. St. Pauls, Children's, Shaughnessy, Royal Jubilee and the Health Sciences Hospital at U.B.C.) and basic research (taking place in laboratories at S.F.U., U.B.C. and the University of Victoria).

Explaining what the two types of research involve, Dr. Frohlich reveals that most of the clinical research taking place in B.C. hospitals is concentrated on two broad areas.

One area is concerned with developing new and better methods for diagnosing heart and cardiovascular disease at an earlier stage than is now possible. The other involves developing or refining methods for treating cardiovascular problems after they have been diagnosed.

In the area of early diagnosis, concerted efforts are being made to find additional and better diagnostic tools to replace or augment those presently available. With this in mind, researchers are analyzing genetic material to discover if it can provide confirmation and warning that certain individuals have an inherent predisposition for, or susceptibility to, blood vessel disease. Other phenomena being studied as possible indicators of heart disease are heart beat irregularities and changes in the metabolism of muscle cells in the heart.

In related studies, work is proceeding on developing imaging techniques which will reveal more clearly physical abnormalities in the heart and blood vessels as well as changes in both their physical shape and uptake of nutrients.

Dr. Frohlich advises that in studies relating to the treatment of heart disease there is a strong emphasis on assessing the impact of drug regimens, particularly those affecting the strength of heart contractions, changes in blood pressure levels and the regularity or irregularity of the heart beat.

Evaluating and refining surgical techniques with special attention to improving methods of cooling the body to permit longer and more complicated operations is another area of major concern in clinical research. So too is improving methods of preserving the heart and other donor organs for transplantation.

With basic research, Dr. Frohlich reports that studies about the causes and mechanism of high blood pressure is a top priority; as is clarifying the relationship between cholesterol and the development of atherosclerosis (thickening or hardening of the arteries).

With blood pressure studies, particular attention is being paid to two hormones - one released by the heart, one by the brain - which affect levels of salt and water in cells and act to raise or lower blood pressure levels accordingly.

Researchers studying cholesterol are seeking answers to the puzzling questions of why and how blood fats interact with blood vessels to trigger accumulation of cholesterol in the walls of the arteries of some people but not others.

Other researchers are investigating the nature and extent of chemical changes which occur in heart and blood vessel cells as a result of oxygen deprivation (as happens in heart attack or strokes) or oxygen surfeit (as may happen during operations or certain medical treatments).

Still others are attempting to discover how and why white blood cells interact with blood vessels in the lung to cause water to accumulate in the lung during the latter stages of congestive heart disease and, in some cases, after open heart surgery or injury to the lung.



B.C. Heart Foundation

AROUND THE BASE



Origins of the Species

John Bradley

434 BOMBER SQUADRON

Starting life with a succession of thirteens would normally be considered beginning at a disadvantage for anyone of superstitious nature. 434 Bomber Squadron came into being on the 13th of June 1943 at Tholthorpe, Yorkshire. A second unlucky thirteen was the fact that this unit was the RCAF's 13th Bomber Squadron on Overseas service. To complete the trio of thirteens, the first bombing mission was carried out on the night of 12/13 August 1943.

The continuing Air Offensive made it essential that the RCAF expand their Bomber Squadrons during 1943. One of the results of this expansion, among a number of other reasons, was the fact that the RCAF was to have control of their Bomber Squadrons in the form of their Group, No. 6. No. 6 Group became operational on 1 Jan 1943.

As mentioned earlier 434 Squadron was formed at Tholthorpe under the command of W/C C.E. Harris. W/C Harris hailed from Annapolis Royal, Nova Scotia. Also in the squadron were a fair number of Maritimers so a natural inclination was to nickname that unit as "Bluenose" after the famous schooner of the same name. The Bluenosers were initially equipped with the Handley Page Halifax B. Mk. V four engined heavy bomber. These squadron aircraft, along with all subsequent types, were allocated the WL fuselage codes. To compliment their name, the Bluenosers painted the propeller spinners on all

their aircraft in bright blue. As was quoted in the 434 Squadron History, "the German radio propagandist stated that," the RCAF gathered together in a single squadron - the Bluenose - the worst pirates, thugs, murderers and Canada." Compliments enough to swell the heads of any red-blooded Canadian boy.

After the first operational mission, a sea search on 2 August, 434 departed Tholthorpe on its first bombing mission on 12/13 August. The total compliment of serviceable aircraft, ten, preceded over Occupied Europe to bomb Milan in Northern Italy. The unit was one of many preparing Italy for the impending invasion. One aircraft had to abort but the remaining nine carried on and hit the primary target. From that point on 434 was in the thick of the Bombing Offensive.

By the end of the year the unit made an additional twenty five raids over Germany including raids on such targets as Nuremburg, Muenchen-Gladbach, Munich, Berlin, Mannheim, and the experimental facilities at Peenemunde. It was the raid on Muenchen-Gladbach that a Bluenoser earned the squadron its first decoration. On that raid Sgt J. Geddes RAF, had been wounded in the stomach but carried on with his duties as Flight Engineer. No one on the crew was even aware that he had been wounded until the aircraft was safely back at Tholthorpe. Sgt Geddes was awarded the DFM.

During December, 434 departed Tholthorpe and proceeded to their new home at Croft which was also in Yorkshire. At Croft they fell under control of No. 64 (Operational) Base, which was itself part of No. 6 Group. While at Tholthorpe 434 had been under the immediate operational control of No. 62 "Beaver" (Operational) Base. Each of these Bases actually controlled two or more airfields. The Bluenosers were to remain at Croft until the European war ended.

Five months into the new year 434 turned in their Halifax B. Mk. V bombers for the newer B. Mk. III version. As was written in earlier articles in this series, the B. Mk. III model actually was produced after the B. Mk. V and was a much improved aircraft. One of the biggest changes was fitting the Bristol Hercules radial engines in place of the Rolls-Royce Merlins. Almost 800 sorties had been flown by 434 in the Mk. V aircraft.

Immediately after receiving the Mk. IIIs the squadron began bombing operations in direct support of the impending D-Day invasion. By the day of the actual landings they had over 75 missions against enemy positions. On that fateful day they were heavily engaged in bombing the huge coastal artillery batteries at Merville-Franceville. Over the next two weeks, in direct support of the landings, they attacked rail yards, U-boat pens, rail junctions and communication centres. Over this period the squadron lost four aircraft and their crews. Included in this loss was W/C C.S. Bartlett, the

unit Commanding Officer. He had assumed command in Feb 1944 and was killed in action on 12 June 1944.

The remainder of 1944 was spent heavily committed to bombing targets in support of the advancing Allied armies. Attacks were directed against oil storage compounds in the Ruhr, freight yards and coastal batteries in both France and Germany, and at least one raid against a Luftwaffe airfield in the Netherlands. During September 434 joined in the attacks against the German garrisons that had been holding out against stiff resistance in Le Havre, Calais and Boulogne. During the early days of June and July, they had also been part of Operation Crossbow which was the all out attacks against the V-1 launching sites in Northern France. During October and November only nineteen missions were flown to targets in Norway as well as Germany.

By November it was decided to outfit 434 with a new type of aircraft. December saw the arrival of the Avro Lancaster B. Mk. X four engined heavy bomber. The Mk. X Lancaster was actually the Canadian built Lancaster that was assembled at Malton, Ontario at Victory Aircraft Ltd. The crews thought this was a great gift as the squadron made their first bombing mission in the Lancaster on Dec 24th. This raid was against an enemy airfield at Dusseldorf. This attack was in direct support of the "Battle of the Bulge."

Complete conversion to type was completed by the first week of Jan 1945 and on the night of 5/6 January, the whole

squadron took part in a raid against Hanover. Poor weather kept operations to a minimum during January and it was not until February that they were able to conduct a more rigorous campaign. From Feb until the end of the war 434 was in the air almost nightly and on a number of occasions, daily. Operations came to an end on 25 April after a number of Lancasters returned from an attack against gun positions on the Island of Wangerooge.

434 was disbanded after Germany surrendered but instead was selected to take part in the Tiger Force which was training for Pacific duties. 434 flew their Lancasters to Dartmouth, Nova Scotia between 10-14 June. They began training for their new role but the end of the Pacific war caught them short and they were disbanded as of 5 September.

Near the beginning of its operational career, 434 had been adopted by the Rotary Club of Halifax. The Squadron badge was, naturally, the Bluenose under full sail and the Motto In Excelsis Vincimus translated to We Conquer In The Heights. The badge was authorized by King George VI in Oct 1945.

Individual awards to squadron members included 2 DSOs, 1 Bar to DFC, 119 DFCs, 1k CGM, 20 DFM and 1 Croix de Guerre. 434 Bomber Squadron's Battle Honours included English Channel and North Sea 1943, Fortress Europe 1943-1944, France and Germany 1944 - 1945, Biscay Ports 1944, Ruhr 1943 - 1945, Berlin 1943 - 1944, German Ports 1943 - 1945, and Biscay 1943.

ON AND OFF THE BASE



Legion Log

BRANCH 17 COURTENAY

Fri & Sat Feb 12-13
Sun Feb 14
Fri & Sat Feb 19-20
Fri & Sat Feb 26-27

Music by WESTWIND
Music by DAVID VAN CLEAV
"VALENTINE" Food-Lasagna & Chicken \$5
Music by WESTWIND
Music by COUNTRY MEN

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.
NEW SUNDAY HOURS... 12 noon - 7 PM

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

BRANCH 160 - COMOX

ENTERTAINMENT

Feb 12 Music by COUNTRYMEN
Feb 13 VALENTINE DANCE
Feb 19-20 See Special Events
Feb 26-27 Music by ALLEYCATS
Mar 4-5 Music by WESTWIND
Mar 18-19 Music by PRIME TIME
Music by BRANDY
Music by ALLEYCATS

REGULAR ACTIVITIES

SUNDAYS 11 am to 6 pm
MONDAYS LA Drop-In Bingo 7:00 pm
TUESDAYS Men's Dart League-Navy Room 7:30 pm
WEDNESDAYS Mixed Dart League *Upper Hall* 8:00 pm
THURSDAYS Crib League-Lounge* 7:00 pm
FRIDAYS Navy League Drop-In Bingo*
SATURDAYS *1st* Branch Executive Meeting 8:00 pm
2nd L.A. Executive Meeting as required
3rd L.A. General Meeting-Upper Hall 8:00 pm
T.G.I.F. in Lounge 2-6 pm
Meet Draws *Lounge* 2-6 pm
Dance - Lounge - Downstairs unless advised
Meat Draws *Lounge* 2-6 pm
Dance *Lounge* Downstairs unless advised

SPECIAL EVENTS

FEB 13 SAT JOINT INSTALLATION OF BR & LA OFFICERS
& EXECUTIVE. 6:30 PM Upper Hall. Music by COUNTRYMEN.
Tickets \$7.50/person at Bar or Office
Program: 6:30 Cocktails, 7:00 Dinner, 8 Ceremonies
9:00 Social Evening
FEB 20 SAT LEGION PUBITERS, GARAGE SALE
FEB 21 SUN Upper Hall - 11:00 AM. Free Coffee.
POOL TOURNAMENT - LOUNGE *SINGLES*
Members. Reg. \$5 - 12 noon to 1 PM
Start 1:00 PM Sharp
FEB 26 FRI DART "STEAKSHOOT" mixed doubles.
Upper Hall. Members: Guests. Reg. \$5 - 6-6:30 PM.
Start 6:30 PM
FEB 28 SUN CRIB TOURNAMENT. DOUBLES - MIXED(Drawn)
Reg. \$3 - 12 noon to 1:00 PM
Start 1:00 PM Sharp



Let's Talk

LOVING IS GIVING

A story is told of an old man who went about selling little boxes of cement which he claimed could mend all broken hearts. Some people only laughed at him, but those who bought one of the boxes for a penny or so, also found a small piece of paper inside. On it was written the word "LOVE." Indeed, is it not a cure for all our problems and broken hearts?

But really, what is love? Many people talk about it, and many write books about it. Song writers have made popular such phrases as "Love is a many splendored thing" and "Love makes the world go round."

The dictionary defines love as "fondness, affection, a very great liking for some person or thing." Love is certainly a feeling. It is an expression. Love is a strong emotion. More especially, love is a gift, which we can share or keep, as we choose.

What do we know about love? Love can be experienced. It is very difficult to explain love to a person who has not known it. Yet, a warm smile, a gentle touch, a friendly clasp of the hand or a meaningful hug can say so much more than mere words.

Love can be expressed in many different ways. Lifting lines of poetry have so often been used to speak to the heart of some new-found lover. On special occasions, people search and search for that "special" greeting card which they hope will convey the love that is in the heart.

A bouquet of well-chosen flowers, a brightly decorated box of candy, a glittering piece of jewellery are often chosen as

tangible gifts of love. Somehow, we always connect loving with giving. And that is rightly so. Someone has said "You can give without loving, but you can't love without giving."

Yes, when we love, we give; we give what we have. We give the things we can do for that loved one. We even give ourselves to one another in love.

There is nothing we need more in the world today than simple love and a sense of caring for one another. Yet, many people find it difficult to show their love. One writer has suggested that we sometimes "limit our love." Even if it is not expressed in words, there are many people who will not give their love unless there is a condition attached to it. For instance, there are those who will say "I will love you, if you will love me and do what I want."

Then, there are others who will love people only because there is a specific reason for doing so. A need is met, or some person is fulfilled. "I love you because you love me and make me happy." There is the possibility then that this love will wane and waver depending upon the person who receives this love.

But the special kind of love is that which says "I love you in spite of who you are or what you do. I love you just as you are." This kind of love speaks of caring and sharing and sacrifice.

This is exactly the kind of love which God has given to us. The familiar verse of Scripture says "For God so loved the world that He gave His only begotten Son that whosoever believeth in Him should not

perish but have everlasting life." (John 3:16). That is the essence of the whole truth that God so loved the world that He gave. This love is extended to the whosoever. There is no condition involved, and no restrictions.

Ruth Vaughan shares a beautiful poem entitled: "The Wonder of God's Love"; Christ said to the world around Him:

I love you when you scorn my message.
I love you when you turn away from my entreaties.
I love you when you laugh at my sorrow for your sins.
I love you when you mock my concern for your redemption.
I love you when you ridicule the sting of my tears.
I love you when you sneer at my breaking heart.

I love you when you are indifferent to my compassion.
I love you when you jeer and call me names.

I love you when you spit into my face and jerk my beard.
I love you when you crush cruel thorns into the tenderness of my brow.

I love you when you nail my throbbing body to a splintered cross.
I love you in the agonies of death.

I love you more than riches, more than honour, more than glory.
I love you more than my very life.

I love you!!
What is love? That is Christ's definition. Can we make it ours?

Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services



FOR SALE



EXECUTIVE HOME

8 years old. 4 Bdrm, 2600 Sq Ft. Post & Beam home on 1.82 acres within walking distance of CFB Comox. Separate 3 bay garage & workshop. Fenced & a barn for your horse. On city water.

\$123,000 PH:339-7587

KINGSWAY
AUTO CENTRE

Specials

OIL, LUBE & FILTER \$14.95

*install up to 5 litres of 10w30 multigrade oil
*install a new filter
*complete chassis lubrication including 7 point auto inspection.

FRONT DISC BRAKE SERVICE \$54.95

*install new disc pads *repack front bearings
*inspect hydraulic system and brake hardware
*metallic brakes \$10.00 more *resurface front rotors

48,000 prorated warranty

#241 PUNTLEDGE RD., COURTENAY

338-6505

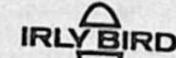
Everything
For The
Builder

LUMBER-PLYWOOD-DOORS

WINDOWS - GYPROC

INSULATION - ROOFING

PLUMBING - ELECTRICAL



CENTRAL BUILDERS' SUPPLY
610 ANDERTON AVE
COURTENAY, B.C. 334-4416
OPEN MON.-SAT. 8-5; SUNDAYS 9-3

CENTRAL BUILDERS' SUPPLY IRLYBIRD



Some produce doesn't freeze well: green onion, lettuce and other salad greens, radishes and tomatoes (except cooked as juice).

Reading skills
spell the
difference

Equal opportunity,
thanks to
USC Canada



Founded by
Dr. Leita Hirschmanova, C.C.,
in 1945

To: USC Canada
56 Sparks
Ottawa, K1P 5B1

My contribution \$ _____ is enclosed.

(Postdated cheques welcome)

Mrs. _____ (Please print and indicate apt. no. and postal code)

Address: _____

Registration number 006 4758 09 10

AROUND THE BASE



740 Communications Squadron

740 COMMUNICATIONS SQUADRON DETACHMENT

Already one New Years resolution is shot. I had promised myself that I would not miss a single deadline in 1988, not only did I miss a couple of deadlines but also had to scramble to get notes for this edition.

Everybody made it back to work safely after the festive season, some getting spoiled by Santa and others just not getting all they had requested. Denis seemed to fare the best as he had requested a weekend on Denman Street and his is still there...

Cheryl hesitantly departed for her JLC, in early January, in balmy Esquimalt. She dropped by last weekend to let us know that she was doing much better than anticipated. She experienced a case of jitters with her first drill period but must have made an exceptional recovery as she is now attempting to secure the position of platoon Sgt for the grad parade on 18 Feb. Good Luck with the rest of your course.

Jeff, Serge, Dave and Denis were off to Penhold on 9 Jan to participate in the annual 74 Comm Group bonspiel. We did quite well winning the B event. Word is that they won 5 games more than expected. Actually for a team comprised of a lead and three beginners this was a miracle. The skip only had to bail out the team once, having to draw to the button to keep the opposition from scoring four.

We returned to find that the career manager had been busy and had all the posting messages out. Don Reid was doing his dental screening for a posting to Debert. Don would have loved to stay another

year or two but is not unhappy with a posting down EAST.

Don MacLeod is posted to Greenwood. There must be something with the name Don and a posting to Nova Scotia. Cheryl Brewer got my posting and is off to 708 Comm Sqn Trenton. She had been begging for that ever since her TQ3 days....It only goes to prove that Career Managers always give you what you want.....eventually.

Yours truly, after an extended stay (2 years and 14 days), is off to Penhold. Not quite Trenton but it is east of Comox. Rumour has it that this posting may have something with winning the B event in Penhold. I will now attempt to find a replacement writer for this article. Should you notice an influx of personnel from the Det with broken arms, they are the ones who would not take over this position.

Dave Cook did go on another courier run, this time to Holberg and he used a vehicle from MSE. Apparently he felt more comfortable on the road (if you can call that trail to Holberg a road) than in a Tracker. A couple of things are certain, there was no problem with broken windows, no landing gear problems and the pilot heat (whatever that is) did not break on him.

The next couple of weeks will be quite busy for the Det, Capt Peturson and Sgt Shaw are heading to Nanaimo for the MCpl PER review board. Jeff, Don, Johanne, Serge and possibly Don will be heading in the same direction for the annual Comm Sqn Mess Dinner on 12 Feb. The Capt will be heading east the following week for a one-week course and Steve and Jeff will be

heading to Esquimalt to attend Cheryl's graduation parade on 18 Feb.

Almost forgot to mention that Bruce had an exciting midnight shift early this month. It appears that it was so quiet and he was getting lonely so at about three in the morning he called the fire department. Actually what really happened was one of our Model 40s decided to show its age and attempted to return to dust. Bruce did such a wonderful job of pulling the plugs on the equipment that the fire department did not have to get their equipment and our floor wet.

Al had to go for some surgery on his shoulder. We wish you a speedy recovery. We also hope that this procedure lasts longer than the last you had done.

We also have some internal well enough to return to work he will take over a shift in the Commcen and Don MacLeod will take up a straight day job in the back room.

Dave Cook participated in the recent regional broomball championship unfortunately his team did not win the trip to Ottawa.

Heidi Maloley was in the area for a visit recently, unfortunately I did not get to see her but did get a call from her. She seems to be adapting quite well to Goose Bay, she does what all people in Goose Bay do...leave every chance they get. She says that all is well and to say hello to all the people she knows. HI EVERYONE... After stacking her suitcase full of smoked salmon and other goodies not available in Goose she flew back to the wild north.

That about wraps it up for now until next edition B C N U.

Skier's Responsibility Code



1 Skier under control and in such a manner you can stop or avoid other skiers or objects.

2 When skiing down hill or overtaking another skier, you must avoid the skier below you.



3 You must not stop where you obstruct a trail or are not visible from above.



4 When entering a trail or starting downhill, yield to other skiers.



5 All skiers shall wear retention straps or ski brakes to help prevent runaway skis.



6 You shall keep on closed trails and posted areas and observe all posted signs.

THIS IS A PARTIAL LIST.
BE SAFETY CONSCIOUS.

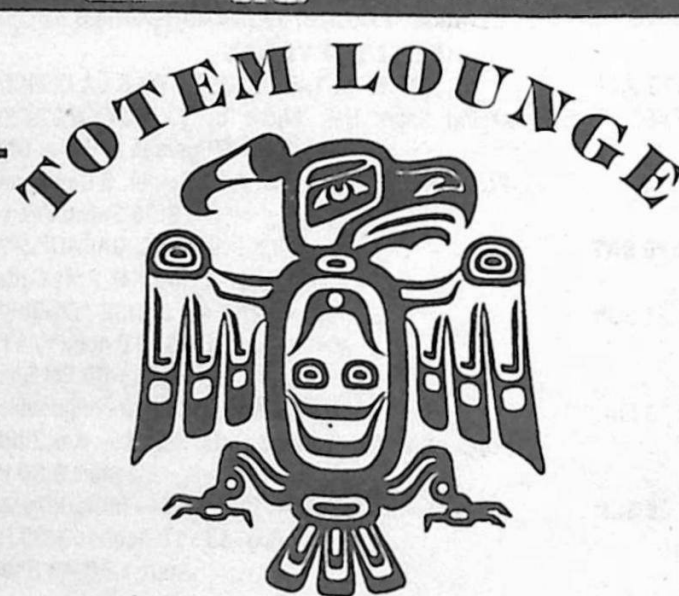
IT'S A CHANCE TO GROW



For both of you!

Unicef
Canada

1-800-268-6364



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

PACIFIC REGION HOCKEY CHAMPIONSHIP

22 - 25 FEB 88

CFB COMOX

CFB CHILLIWACK

CFB ESQUIMALT

FLEET ALL STARS

SUPPORT THE TOTEMS

HOME AND FAMILY

Chapel Chimes

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

MASS SCHEDULE:

Saturday 1900 hours
Sunday 1000 hours
Week Days 0900 hours

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

CATHOLIC WOMENS' LEAGUE - Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Mary-Anne Stagg, Telephone 338-6214.

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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

OFFICE - Headquarters, Bldg. 45, Room 48, Telephone 8273.
SUNDAY WORSHIP - Each Sunday - 1100 hours.

HOLY COMMUNION - First Sunday of the month.
SUNDAY SCHOOL - 0945 - 1045 hrs, pre-school at 1100 hrs.

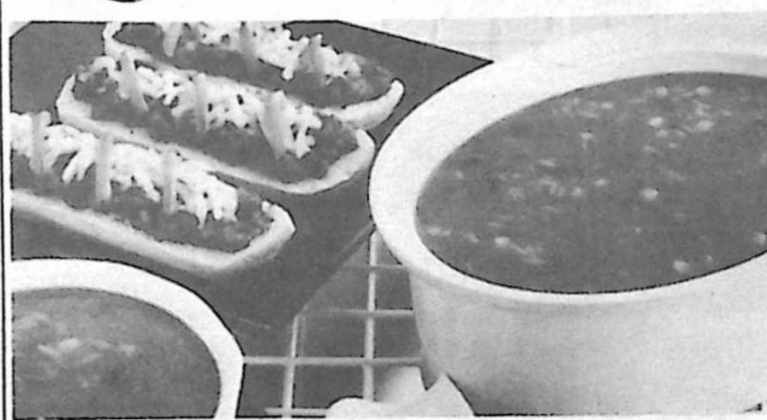
For further information contact Superintendent Mrs. Pam Hart, Telephone 339-4133.

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

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

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

SIMPLY SOUPERB



Chili and pizza will never go out of style as far as kids are concerned. And moms will love these quick and easy versions; or better still, the kids can make them themselves.

Tomato Chili Pot	
2 tsp	butter or margarine
1/4 cup	chopped onion
1 tsp	chili powder
1/2 tsp	dried oregano, crushed
2	cans (10 oz/284 mL) Campbell's Condensed Tomato Rice Soup
2	soup cans water
1 cup	frozen whole kernel corn
1/4 cup	chopped green chilies
2 tbsp	chopped parsley

Melt butter in a 2 qt (2 L) saucepan over medium heat; stir in onion, chili powder and oregano and cook 2 minutes until onion is tender. Stir in remaining ingredients; reduce heat to low; simmer 10 minutes or until hot.

Serves 4

NOTE: Recipe may be doubled.

Urban Pizzas	
1 lb	bulk pork sausage
1/2 tsp	dried Italian seasoning
	dash garlic powder
1	can (10 oz/284 mL) Campbell's Condensed Tomato Soup
1/4 cup	water
1 cup	grated Mozzarella cheese
1	small green pepper, cut into strips
3	hot dog rolls, split

Cook sausage over medium heat in a large fry pan; stir to separate; drain. Stir in Italian seasoning, garlic powder, soup and water; reduce heat to low; simmer 5 minutes. Preheat oven to 400°F (200°C). Spread about 1/3 cup (75 mL) sausage mixture on cut side of each roll; top with cheese and green pepper strips. Place on cookie sheet; bake 15 minutes or until cheese melts.

Serves 6



The Kitchen Cupboard

A DELICIOUS DINNER FOR THE MOST ROMANTIC DAY OF THE YEAR

As romance fills the air, treat your sweetheart to a special Valentine's Day dinner. Whether married or single, you will want to make this day a memorable occasion. Yet with the busy lifestyles many people lead today, time is at a premium. The question is how to prepare a fast and simple but truly elegant and impressive dinner. The answer is twofold: choose foods that can be prepared ahead of time, and always keep a few basic staples that offer convenience and versatility in your cupboards.

Heinz Chili Sauce is one ingredient that should always be kept on hand. This textured sauce is a delicious blend of tomatoes, sweet peppers, onions and mild, tangy spices. Its rich, red colour sets the stage for this romantic meal. Why not choose an Italian theme for your romantic dinner? Italian cuisine has been a favourite for years, and many Italian foods can be prepared in no time at all.

Begin your dinner with Antipasto, an assortment of tasty meats, marinated vegetables and cheese. Follow this with a crispy, tossed green salad and your main course. Linguine with Red Clam Sauce or Pasta Primavera with Chicken are sensational and easy to prepare entrees. The mild, tangy flavour of Heinz Chili Sauce is the star attraction in these delicious entrees. In fact, it adds zest and excitement to a number of recipes. For example, add 1/4 to 1/2 cup (50 to 125 mL) of the chili sauce to spaghetti sauce, or simply substitute tomato sauce with Heinz Chili Sauce. Complete your meal with a serving of Spumoni Ice Cream.

With your menu planned, set your table and be sure to include flowers and candlelight. To further the romantic mood, add soft lights and music, and the night is yours to enjoy! For more delicious and tempting recipes, you can obtain your free booklet by writing to: H.J. Heinz "Chili Sauce Recipe Booklet," P.O. Box 5720, Leamington, Ontario, N8H 3W9.

Antipasto
Tossed Green Salad
Linguine with Red Clam Sauce*
OR
Pasta Primavera with Chicken*
Spumoni Ice Cream



Treat your sweetheart to a romantic dinner of Linguine with Red Clam Sauce.

LINGUINE WITH RED CLAM SAUCE

12 oz (375g) linguine noodles
1 can (5oz/142g) baby clams
2 T (25mL) butter
1 clove garlic, minced

2 green onions, sliced
1/2 C (75 mL) Heinz Chili Sauce
1 T (15 mL) lemon juice
1 T (15 mL) flour
1/2 C (125 mL) milk
1 T (15 mL) chopped parsley

Cook linguine about 12 minutes. Drain. Meanwhile, drain clams, reserve liquid. In fry pan over medium heat, melt butter. Saute clams, garlic, green onions for 2 minutes. Add chili sauce, lemon juice, clam juice. Bring to boil. Simmer 5 minutes. Stir occasionally. Combine flour and milk. Stir into fry pan. Cook and stir mixture until it comes to a boil. Add parsley. Spoon over linguine. Serves 3.

PASTA PRIMAVERA WITH CHICKEN

12 oz (375 g) spaghetti
1/4 C (50 mL) grated parmesan
2 T (25 mL) butter
2 T (25 mL) vegetable oil
1 clove garlic, minced
2 chicken breasts (cut in 1/4-inch/0.5 cm strips)
1/2 C (125 mL) Heinz Chili Sauce
1/2 C (125 mL) chicken broth
1 tsp (5 mL) basil
1/2 tsp (2 mL) salt
1/8 tsp (1/8 mL) pepper
2 C (500 mL) broccoli pieces
1 C (250 mL) diagonally-sliced celery

2 carrots, sliced
1/2 C (125 mL) sliced red pepper
3 green onions (cut in 1/2-inch/1 cm pieces)
Cook spaghetti about 10 minutes. Drain. Stir in cheese and butter. Meanwhile, heat oil in fry pan. Saute garlic and chicken until brown. Stir in remaining ingredients. Cook over low heat for 8-10 minutes. Stir occasionally. Spoon over spaghetti. Serves 4.



Reading skills spell the difference

Equal opportunity,
thanks to
USC Canada



Founded by Dr. Lotta Hirschmanova, C.C., in 1945

Please send contributions to:

USC Canada
56 Sparks
Ottawa, K1P 5B1

My contribution \$ _____ is enclosed
(Postdated cheques welcome)

Mr. Mrs. Miss Ms. (Please print and indicate apt. no. and postal code)

Address _____

Registration number 006 4758 09 10

ON AND OFF THE BASE



Supply Signals

There has been lots of action in Base Supply lately. Are you ready? Here we go!

Sue MacKenzie is just back from Australia looking well rested and ready to go again. Welcome back, Sue.

Mario is posted to Ottawa; good luck and we wish you all the best. Lee Ann is going to Chilliwack instead of Petawawa. It is still Army Lee Ann!! JoAnne is going up to Holberg to tough it out for a year or two. Get out your fishing rod!!

Mary Jo is staying here for another year. Maybe this year you will remember not to help people take marks off their cars with your fingers. Especially after birds have been seen flying away from the parking lots.

The new Sgt in CSS is still daydreaming of sand, sun and women in veils; welcome back Damascus Dick. JP is off to Massett; remember now JP it's mukluks and nose rubbing from now on. Ken Verge is back from his course. How was the snow Ken?

In CRS we hear Kathy lost her licence for trying to drive on the sidewalk chasing the mothers of her little "Beaver Clan" that would not participate. Now Kathy, that's no way to gain cooperation.

Welcome back Sgt Bolton; after that holiday we want to see performance. Rumour has it that Sandy doesn't like shining boots; keep your chin up Sandy, not long to go!!



Oh what a feeling!

Christine is staying. Kathy is getting married shortly. Congratulations Kathy, but remember whoever holds the biggest rolling pin rules the roost!!

BDF exercises went off just fine, but how come only the Sup Techs had combat uniforms. We killed the Base Commander twice; sorry Sir, I'm sure it was a mistake!

That's all for now. So enjoy yourselves and work hard till next time.



WE CONSERVE WETLANDS...

Ducks Unlimited Canada

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.

WHY WILL ACCIDENT-FREE DRIVERS PAY MORE THAN LAST YEAR?



The cost of claims is up.

As with all other insurance, Autoplan is a pool of funds which pays claims. The money in that pool has to be sufficient to cover the money paid out. You may never have made a claim. But you might need to in the future. And the costs involved in claims have all gone up.

Accident-free drivers still pay less.

Under the Claim-Rated Scale, claim-free motorists earn discounts up to 40%. Motorists who make an 'at fault' claim are penalized and they will pay 80% or more. So even when everyone's premium goes up to pay for higher claims costs, the claim-free driver gets a break.

Drivers with claims do pay more.

In 1988, the increase in premiums is an average 22%. But those with claims pay a lot more. For example:

One claim: pay 83% more
Two claims: pay 144% more
Three claims: pay 225% more

There's no upper limit to the surcharge. So coverage is increasingly expensive for drivers who cause accidents, putting the responsibility where it belongs.

In addition, people who violate traffic regulations, or have certain convictions under the Criminal Code, pay a Driver Point Premium. The maximum premium for more than 25 points in the preceding year has been raised to \$2,500.

Fair's fair.

In 1987, both the number and cost of claims was much higher than anticipated. On the basis of this increasing trend, particularly in expensive bodily injury claims, 1988 is predicted to be the costliest year yet for Autoplan. The 22% premium increase relates directly to this anticipated increase in claims costs. And those having the accidents and making the claims will pay more — much more.

ACCIDENTS HURT EVERYBODY. ICBC

LIFESTYLE



music reviews and syndicated columnist

WALK THE MOON (WITHOUT MOONWALKING)

The music of Walk the Moon (Alain Johannes and Natasha Schneider) is a journey through the multi-layered vistas which embrace a broad spectrum of sounds and styles. Thickly textured, their music has a certain amount of Euro-pop sound while embracing techno-pop and mainstream.

"Daddy's Coming Home" is filled with exotic synthesized sounds set against a backdrop of vocals while "sugar" combines chord progressions and a layered feel that could be one of the commercial breakthroughs the group is looking for. Funkiness is the order of the day as the duo launch into "Shake Break" but it is with "She Flies" that the groups hits full musical stride. Here, the song and response of "She Flies" gets a catchy hook lyric line and solid instrumentation to make the track a total winner.

Walk The Moon began when What Is This (Johannes' previous band) came to an end. Born in Chile and raised in Switzerland and Mexico, Johannes is conversant in a variety of languages. Bringing with him both a classical and rock-oriented background, he became involved in L.A.'s music scene in the early 1980s. Upon signing up with MCA, the band released an EP and an album (the latter produced by Todd Rundgren). Several years ago, however, the unit reached a creative impasse, leaving Johannes frustrated.

"I had been fighting against our old sound," Johannes recalls. "It was just a small part of me by then. I wanted a band that was more song-oriented and had greater focus. About this time, he met and began working with Schneider. Natasha, born in Latvia, took to music early. She composed on the piano at age five. After studies at Russia's world-renowned Prokofiev School of music, she came to the U.S.A. in 1976. Together with several other musicians from the USSR, she formed Black Russian and released an EP on Motown in 1980. While continuing to write songs and coach vocals she branched into acting appearing in the film 2010 and on TV's Miami Vice and Hill Street Blues.

The duo formed Walk The Moon and the results are the intriguing debut album (MCA-5791). Along with those songs mentioned, further highlights include "Tears In Your Smile," "Victim of Love" and "Happy Train."



WALK THE MOON

ATTENTION FUTURE BABYSITTERS

THERE WILL BE A BABYSITTERS COURSE STARTING ON MARCH 19
MORE INFO NEXT ISSUE



Dog Talk

THE TRAGEDY OF TOO MANY PUPS

The average life span of the North American dog is about four years. At a time when veterinary medicine has made incredible advances, when pharmaceutical companies are striving to offer complete nourishment for dogs of all ages and sizes, why are their lives so brief?

The truth of the matter is, even though the dog has long been touted as "Man's best friend," man isn't always "Dog's best friend." Sure, the books will tell you this or that breed has a life expectancy of 12 years. But we're talking about the average age here.

They're the "unwants." They're the pups bought on impulse who turned out to be too much trouble, too time-consuming, too big, too hairy, too inconvenient. They're the pups brought into this world because some owner of a purebred dog felt they could make a fast buck by breeding their dog and selling the pups. They're the pups born because some parents thought it would be a good way for their children to see the "miracle of birth." And now that the pups have served their purpose and there aren't homes for all of

them, some of them will experience the "miracle of death." But the kids won't watch that. Neither will their parents. They're the pups born of a female in season who was carelessly left to roam free and the owner just couldn't be bothered with them. And because they're unwanted, they're going to leave this world after a very brief stay.

According to one humane society official, over 350,000 dogs are killed in Canadian shelters each year. The "lucky" ones die by lethal injection, the most painless passing. Some pounds use far less humane (but cheaper) methods. The emotional aspect is heartbreaking, yet there is also the financial side, the cost to the taxpayer for dealing with society's "unwants."

Spaying and neutering. Two simple words, two simple operations. "Oh, but she'll get fat and lazy if she's spayed." "Well, it's good for a female to have a litter, isn't it?" "Have him neutered? Why shouldn't he have a little fun?"

Fat and lazy? Too much food and too little exercise can make a dog fat and lazy, but not spaying or neutering.

Why shouldn't he have fun? He shouldn't because those unwanted litters he may sire aren't going to have any fun being killed. Unlike humans, dogs can't read "The Joy of Sex" and find out what they're missing. If spayed or neutered before reaching the age of sexual maturity, they won't be subject to any urges and they won't feel cheated.

Neutering a male can be especially beneficial if: -he tries to mount other dogs, the sofa or Aunt Millie's knee; he's an aggressive male; you have two males who don't get along; he's given to escaping in search of females.

Spaying a female means: -no more messy heat cycles; no romantically inclined males littering the front lawn twice a year; no worries of an unwanted litter; no ovarian cysts in later life and less likelihood of other reproductive system problems.

Without amour on his or her mind, your dog can devote full attention to you and become a better companion. And by preventing unwanted puppies, you're truly doing "Man's Best Friend" a big favour.

Bertrand Theriault

Glacier Greens

1988 FEES

	REGULAR	ORDINARY	ASSOCIATE
Single	245	245	270
Husband & Wife	395	395	430
Family	510	N/A	N/A
Student	110	110	110
Jr	60	60	60
Ltd	1	N/A	N/A

GREEN FEES

	LTD	DND/RET	DND/DET	NON DND
Daily	8	10	13	
Twilight		7	10	
Inter Sect		6	N/A	

Military TD 14 days \$30. Each additional 7 days \$10
Lockers \$15 Motor Cart \$50 Elect Cart \$75



FOR SALE BY OWNER



4 bedroom home close to schools, town & across from a park. Fireplace with insert, woodstove, built in fridge in comfy family room. 2 bathrooms. Built-in dishwasher in bright kitchen. Fresh paint in & out. Private back yard with trees & garden shed. All this and more for \$79,900.

DRIVE BY 1191 - 16th St.
COURTENAY
Phone 338-6134 evenings



bob koester



338-1943

Transferred?
Buying or Selling,
Call the
Experienced Ones at

RE/MAX

ocean pacific realty
282 anderton road
339-2021



tom procter



339-2668

HEALTH AND WELL BEING

info
health

Dr. Bob Young



UNDERSTANDING CORTISONE

Injecting cortisone into an inflamed joint has been done since the drug was discovered. Although after 40 years the procedure remains a bit controversial most doctors either provide these injections or agree that they are generally effective and safe.

The word 'joint' is used somewhat loosely here as most of what follows also applies when cortisone is injected into bursas, (location of bursitis) calcium deposits, and inflamed muscle nodules (fibrositis). Cortisone compounds, which are steroids, are the top of the line anti-inflammatory drugs. They are followed by NSAIDS, (non-steroidal anti-inflammatory drugs) and by aspirin or ASA.

Inflammation causes swelling, pain, redness, and heat in the joint. An active process is going on because of arthritis, injury, gout, infection, or other factors. As with any medical problem a diagnosis must be made before cortisone (or any other treatment) is given. Infection in a joint, for example, means cortisone must not be used.

It is generally quite easy to slip a needle into a joint. No skin anaesthetic is used unless the patient is a child or is tense.

Skin disinfection and sterile precautions are mandatory. Any fluid in the joint is removed, both for analysis and to relieve pressure.

A couple of drops to a couple of mls of cortisone, often mixed with local anaesthetic, is injected. The smaller amount is enough for a finger joint; the larger would be used in the hip or knee.

Short-acting cortisone acts quickly but fades fast. Relief from a long-acting form persists but drug crystals found in some long-acting compounds may cause a post-injection 'flare' of symptoms. Some doctors mix the two types.

Cortisone is often saved for last - after physiotherapy, other drugs, etc., have been tried. Complications are indeed rare, but doctors hesitate to inject the same joint more than three or four times a year for fear of damaging the joint. The cortisone will drift to the rest of the body, and too much may do harm there.

From the patient's viewpoint it often works wonders!

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

You Asked
About Arthritis

QUESTION:
Arthritis - what exactly is it?

ANSWER:
Arthritis is an inflammation of a joint. There are more than 100 different kinds of arthritis and the degree of inflammation varies considerably from one kind to another.

QUESTION:
What's the difference between arthritis and rheumatism?

ANSWER:
Rheumatism is a word used to describe pain in or around a joint that does not necessarily arise from the joint itself. Good examples of rheumatism are the aches and pains that accompany a dose of the flu, or the discomfort you feel after a weekend of painting, digging, or any other activity that overexerts the muscles that aren't used very often. The difference between arthritis and rheumatism is that while rheumatism often settles completely with a few days or weeks of rest, arthritis demands more specific treatment.

QUESTION:
What is the treatment for arthritis?

ANSWER:
Treatment varies according to the type of arthritis and the severity of the symptoms. Initially, most types of arthritis require medication to reduce inflammation inside the joint and special exercises to help restore its function.

QUESTION:
Two or three people in my family have had arthritis. Does this mean I will get it too? Is arthritis hereditary?

ANSWER:
Except for a few rare forms of arthritis, such as ankylosing spondylitis or gouty arthritis, there's no evidence that the disease is inherited. If your relatives were getting on in years when their problems began, odds are they suffered from osteoarthritis, a condition resulting from wear and tear in joints which affects a large percentage of people over the age of 60.

QUESTION:
My doctor just told me I have arthritis. Where can I go for more information about it?

ANSWER:
The Arthritis Society publishes various pamphlets which are very helpful. This information, which is free, can be obtained by writing to Danda Humphreys, Development and Communications Department, The Arthritis Society, B.C. and Yukon Division, 895 West 10th Avenue, Vancouver, B.C. V5Z 1L7.

ASK YOUR
PHARMACIST

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

A CALL TO ARMS

Most of us are familiar with measles, mumps and rubella infections because we probably had them all as children. However, even though those days may be far behind us it doesn't mean we should forget about these conditions, especially when it comes to our children.

Measles is the most serious of the common childhood infections. They are caused by a virus which first infects the respiratory tract and then the skin. Symptoms include a high fever, runny nose, sore eyes, sore mouth and a widespread skin rash. Complete recovery takes 10 days or more.

Complication from measles include ear infections, pneumonia, deafness or blindness. Children should be vaccinated when they are a year old. Some children will develop a fever and/or mild rash 5-12 days after immunization which lasts only a short time.

Children should also be vaccinated against mumps. Although it is usually a mild illness, serious complications are possible. Impaired hearing following one in every 300 to 400 cases of mumps, making it a leading cause of deafness in children. Mumps may also result in damage to the nervous system, accompanied by stiff neck, headache, dizziness,

delirium or convulsions.

Rubella, also known as 3-day or German measles, is generally a mild infection in children, causing fever and rash. Infection in adults is often complicated by the development of joint pain or arthritis which can last several days or even weeks.

The greatest danger occurs for women who are infected during early pregnancy. Miscarriage, stillbirth or damage to the baby can result. Some common defects in rubella-damaged infants include mental retardation, heart malformation and cataracts. Women not immune to rubella should receive vaccine before their first pregnancy or failing that, immediately following pregnancy.

Combined measles, mumps and rubella vaccines are available which provide immune responses as good as those produced by individual vaccines.

Don't take chances with measles, mumps or rubella, especially with your children. If you have any questions about these conditions or vaccination, ask your doctor or pharmacist.

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

Buckle Up BC!

Is your child's safety seat tether strap attached?
If it isn't, the seat is UNSAFE.

INSURANCE CORPORATION OF BRITISH COLUMBIA

SEE YOU AT THE
LEEWARD!

THE LEEWARD NEIGHBOURHOOD PUB & BREWERY

PUB HOURS:
Monday to Thursday
11:00 a.m. to 1:00 a.m.
Friday and Saturday
11:00 a.m. to 1:30 a.m.
Sunday
11 am - 12:30 am

good food!
KITCHEN HOURS
11AM - 10 PM

good times!

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

RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-3400

LIFESTYLE

Hair Today
Gone Tomorrow

HAIR LOSS CAN BE STRESSFUL

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

Hair loss can be a serious problem in today's image-conscious society. For many individuals, thinning hair is a sign of aging and deterioration which may lead to considerable emotional distress.

"Some men are very concerned about losing their hair," says Dr. Carl Wyse, staff dermatologist at the North York General Hospital. "A head full of hair is important to one's self image. We all want to look our best."

He says, "Hair loss causes some men to feel they are aging, even if they are in their early twenties. In addition, some older men never accept hair loss very well. The psychological stress can be

overwhelming to certain individuals who become so paranoid it becomes abnormal. In these situations, psychiatric help may be necessary."

According to Thomas F. Cash, professor of psychology at the Old Dominion University of Virginia, "Men tend not to discuss their appearance because of their upbringing. In their opinion, it's not a manly thing to do."

Deep down, however, they may be truly worried. "People with a visible disorder such as baldness or acne, may think that others are staring at them. They believe that things won't go well or people won't like them. Eventually, that attitude can become a self-fulfilling prophecy."

Next Week:
Many ways to deal with hair loss.

OFFICERS MESS
LADIES
CLUB

Our last general meeting was our January calorie counter dinner, (there have been reports of weight gain because of it!) Thanks to all who brought the low cal food. The business side of the evening brought a few changes to our constitution. First, a vote was put to the floor to change our membership and entrance fees. As of September 1988 the membership fees will be \$6. Entry fee for members will be \$1 and guests will be \$4. Also a vote to change our name to the Officers' Mess Ladies' Club was

accepted. The entertainment side of the evening proved to be very informative with a make-over and colour image demo which was enjoyed by all.

Our next function is a Ladies' Bingo to be held Wednesday, February 17, 1988. The time is 7:00 for 7:30 PM. Entrance fee is \$2 for members and \$3 for guests. Cards are 3 for \$1 for the evening. Coffee, tea and goodies served during intermission.

Our March function is a Travel demo, more information next month.



Many of the artificial flies used by fishermen resemble May flies which fish eat greedily.



MEL FERRABY
Bus 334-3124 Res 339-4692

REALTY WORLD - Coast Country Realty Ltd.
578 England Avenue, Courtenay, B.C. V9R 5M7
Bus: (604) 334-3124 Res: (604) 339-4692 Telex 044-62541
Each office is independently owned.

Moving season will be here soon. Plan ahead! For a no hassle move call Mel for a free evaluation.

MICRO
WAVEABLE

The Grocery Products Manufacturers of Canada (GPMC) is encouraging companies to use a symbol to identify microwaveable items, and the symbol is now beginning to appear.

Research has shown that consumers want a commonly-used symbol that will tell them at a glance that a product is suitable for microwave use.

Further research indicates that microwave ownership is now over 50% and consumers purchase a microwave because it fits into their fast-paced lifestyle. They appreciate the ease and speed with which they can choose microwaveable products when they carry the symbol.

The symbol will be applied to microwaveable products such as food, beverage items, wrapping materials, containers, utensils, thermometers, etc. Manufacturers of microwave ovens or accessories may recommend that consumers look for the symbol when purchasing items to use with their products.

This symbol is a registered certification mark of the GPMC. Companies will use the symbol on products which have been demonstrated to perform in a microwave oven.

WO's & Sgt
Wives Club

We have a very busy spring planned this year and hope that as many members as possible will come out to our meetings and support our club. The biggest event planned is the Spring Fashion Show on April 11. Tickets will cost \$5 per person and they will start going on sale at our March general Meeting - watch for advertising. The girls have planned a great show for this year with some wonderful outfits being modelled; this meeting is a must for everyone!

On the
Garden Line

by Jerry Baker

HOUSE PLANT HOSPITALITY

Q: How does the average gardener acquire a green thumb?

A: By peeling off greenbacks at the local garden shop. That old joke contains more than a kernel of truth. We home gardeners spend more than \$23 billion a year to insure that our little corner of the world is a green scene, par excellence. And my friends, two-thirds of those bucks are wasted.

This column will offer the fastest, easiest, safest, and most economical ways to solve your "growing" problems.

Have you ever stopped to think how really important plants are to our health and well-being? To be perfectly frank, your very life depends on plants. All the oxygen we breathe is manufactured by the plants that surround us, indoors and out. More than 92 percent of the medicines used to treat our bumps, bruises, rashes, coughs and pains are made from plants.

And this time of year, when most of our homes are closed up to conserve heat, the indoor plants that share our living spaces can be even more helpful. House plants and the humidity they provide can improve your complexion, cut down on respiratory infections, extend the useful life of your furniture, and even improve your mental attitude by reducing stress.

So if house plants are beneficial, how come so many of you take them for granted? You simply plop their little pots down on a window ledge, floor, or table, and water occasionally. Then, a couple of weeks or a month later, you are absolutely amazed to discover that the leaves are turning yellow, brown, gray, or white; stems are rotting; leaves are littering the carpet; and the insects are playing hide-and-seek under the flowers (if there are still any left).

Shame, shame. Is that any way to treat a valued friend? Of course not. Instead of neglecting your house plants, why not follow these simple steps toward a happier and healthier life for you and your plants.

*Always make plant care a regular part of your normal routine, like showering, cooking, sleeping, and doing the laundry. Never consider it an optional, extracurricular activity.

*Exercise, feed, and bathe your indoor house plants daily.

How? Exercising a plant is easy - simply turn it a half turn each morning. Feeding and bathing take a little more work. In to a medium size window sprayer bottle, place three drops of liquid dish soap, three drops of household ammonia, and one drop of Listerine mouth-wash. Now fill the bottle with tepid, weak tea and then proceed to spray the foliage of your shiny green plants on both the tops and bottoms of leaves. The soap washes off the dust, dirt, smoke, and cooking oils covering the leaves. The ammonia is a quick source of food taken in through the leaves. The tannic acid in the tea helps plants digest sugars and starches, and the mouthwash discourages disease formation.

*Always water plants before noon. Why noon? Because you must feed your plants every time you water them - that's right, I said every time. And since plants only eat (ingest and digest) during daylight hours when photosynthesis is taking place, you must water and feed early in the day.

Now, when you water, use only the "good" stuff - rain, sump pump or dehumidifier water. And when it comes to feeding, don't be bashful. Most folks are afraid they will over fertilize indoor plants. But if you add 10 percent of the recommended dose of your favourite plant food, along with five drops of liquid dish soap to the water when it's time to wet down your house plants, you will have nothing to fear and neither will they.

Lighting is critical, since it helps plants change sugars and starches into chlorophyll, which is the green colour of foliage. Try replacing your ordinary light bulbs with grow lights - they come in standard bulb shapes and cost only a few cents more. Because the grow lights provide full spectrum light, they help plants and also allow you to enjoy the true colours of the leaves and flowers.

*Air circulation is the most important factor in the life of indoor plants. Stale, stagnant air will suffocate plants quicker than anything I can think of. A small oscillating fan, set at least 6 feet to 7 feet high and aimed down at a 15 degree angle, will force the warm air down and keep it moving. Some fresh air should enter all rooms from the outside at all times - for your health as well as the plants.

*Humidity is the final factor that helps make indoor living conditions more healthful for people, plants, and pets. Humidity is added by a room or house humidifier, open containers of water on or near dry heat sources, and the daily misting of plants. The ideal indoor humidity ration is 50 percent to 60 percent.

LIFESTYLE



Stamps by Larry McInnis

NOT ALL STAMPS CARRY NAME OF ISSUING COUNTRY

Great Britain is the only stamp-issuing country in the world that does not have the country's name on its stamps, in honour of the fact the world's first postage stamp was issued there in 1840.

Well, that's what's generally accepted. But there have been lapses.

On Dec. 21, 1920, the United States issued three stamps (Scott 548-550) to mark the 300th anniversary of the landing of the Pilgrims at Plymouth Rock on Nov. 11, 1620. None of the stamps carry the words "U.S." or "United States," nor any other reference to the country that issued them.

A 5-cent American stamp issued Aug. 1, 1963 (Scott 1249) also qualifies. The inscription reads "Register - Vote" and carried the demonation, 5c (without the oblique stroke) and "postage." The stamp's main design, the American flag blowing in the wind, gives it away, though.

The same applies to another 5-cent American stamp issued in 1963; it showed the flag with the White House in the background - but no country name.

The first stamps to carry the name of a country were issued in the U.S., in 1842-45, not by the government, but for City Despatch Post of New York. They were valid only within the city. The first official United States stamp was issued in 1847.

In 1843, two Swiss cities, Zurich and Geneva, issued "cantonal" stamps without a country name. These were stamps issued by the "Swiss Cantons" of Zurich, Geneva and Basel, issued prior to the release of federal stamps for Switzerland as a whole, but they had limited validity.

Although the name Canada has been a part of our stamps from the first issue in 1851, there were other countries that briefly issued stamps without a country name, other than the Swiss Cantons.

One such example is the three-stamp issue of Brazil in 1843. The 30-, 60- and 90-cent stamps show the values as large numerals within an oval. They are popularly referred to as the "Bulls Eyes" and were the first stamps in the world other than British stamps that were valid for country-wide postal service.

In 1850, the colony of New South Wales, now part of Australia, issued three stamps in 1-, 2- and 3-pence denominations. They were crude imitations of the 1840 British "penny black" as far as all but the main design was concerned. That showed the colony's seal, a view of settlers arriving at Botany Bay.

In 1874, one of the first rules made by the Universal Postal Union (UPU) was that postage stamps must have some sort of country identification, except for Britain, which was given an exemption.

Only a few years ago, the UPU rules that countries should include a year of issue in the stamp design, but that has met with much resistance and a few countries are actually using a date.

Canadian stamps have carried a minuscule date indicating the issue year since 1935 with a few exceptions.

The date was incorrect on at least one notable occasion.

On June 18, 1959, Canada issued a 5-cent stamp (Scott 386) showing a regal portrait of Queen Elizabeth II. In the lower-left corner of the stamp

is "1957," not 1959. This was because the stamp was designed and a plate made in 1957, but held up for release for an auspicious occasion. The Queen's visit to open the St. Lawrence Seaway was the occasion.

The first stamps to carry the date of issue were the "tiger's head" stamps of Afghanistan. The Moslem year was shown, beginning in 1871 and continuing to 1891. During that time it was known as the Kingdom of Kabul. In 1892 it became the Kingdom of Afghanistan. The year date was dropped as a regular feature after 1898.

More countries may eventually follow Canada's date policy, thanks to philatelists.



Images School of Beauty

Enroll now for Feb 20 classes! 338-5424

Theatrics Classes } All ages
Modelling Classes }

Hairdressing School Registration

-Now for Sept classes

* 1 Day Workshop - Beauty head to toe

April 2, 9 a.m. - 3 p.m.

* Affordable Hair Care for men, women and children

available now - professionally supervised

Tue - Sat 9 a.m. - 4:30 p.m.

841 Cliff Ave 2nd Floor

Courtenay

BLANKET CLASSIFIED ADVERTISING

These Ads appear in the more than 70 Newspapers of the B.C. and Yukon Community Newspapers Association and reach more than 900,000 homes and a potential two million readers.

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

AUTOMOTIVE

Buy/Lease any gas, diesel car or truck, new or used. Direct from volume factory dealer. Call for pre-approved credit. Call collect 464-0271. D5231.

Engines Rebuilt for Cars and Trucks from \$825. Five year 100,000 km. Warranty. Bond Mechanical 872-1523; toll-free 1-800-663-2521; evenings 534-5113.

\$1 Down leases a new car or truck. Seven Year warranty. Payments from \$139/mo. O.A.C. Call lease manager at (604)465-8931. DL5584.

All makes truck/auto lease. The vehicle you want for the price you want delivered to your door. For information Bob Langstaff, Collect 327-0431. DL5662. Totem Mercury Sales Ltd.

BUSINESS OPPORTUNITIES

Logging Truck with Job hauling into Lac La Hache area. 1981 Kenworth, 1980 Trailer. Phone 791-6519.

Forever Lite. Cash in on the weight loss business. \$3900. Invest (stock) guaranteed. Earning potential \$50,000. + Phone (604)325-5373.

Potential to earn high profits from health and beauty products. Investment required. Forever Living Products. Call Langley 1-(604)325-5375.

\$1000's Possible. 10 Innovative Ways to make money at home that anyone can do. S.A.S.E. to Emerald Ltd., 7200 Bridge St., Richmond, B.C. V6Y 2S7.

Modern Day Wants Dealers! 27 years experience manufacturing premium quality built-in vacuum systems. We're now offering Dealer's Profit Plan. Join our team. Call Angus (604)278-4251.

Ground floor opportunity. Start your own independent home business today. International corporation provides easy directions. No experience required. M.L.M.'s please call immediately. Start up \$10.00 or \$99.50. Begin anywhere. B.C., Canada, U.S.A. Work anywhere. Send no money. Call 1-604-826-3323 9 a.m. - 10 p.m. Write Stan 7888 Fulman Street, Mission, B.C. V2V 5N6.

Dickie Dee, the Ice Cream Bicycle People, are now selecting distributors for the 1988 season. Employ students as ice cream vendors. Small investment. Dickie Dee Ice Cream, 2983 West 21st Ave., Vancouver, V6L 1K7. 1-604-734-3370.

BUSINESS OPPORTUNITIES

Cash In - Cash Out. Coke, Pepsi, Libby's Heinz - world famous drinks will refill in your new, unique cold pool juice vendors with separate price settings. Minimum investment \$11,980 secured, as we supply freight, equipment installed in locations, product fills, supplies, etc. Own your cash business, your choice, part or full time. Call/write (24 hours) for brochure. Solar Business Centres, 100 East Drive, Suite 200, Bramalea, Ont. L6T 1B3. Mr. Halbot 1-(416)763-1000.

Business Personalities. Fundraising, Quick and easy Lottery System for Schools - Sports Clubs - The Arts. "The Book of Gold". Ralph Smith, 1561 Arrow Road, Victoria, B.C. V8N 1C8. (604) 477-0332.

Is there an Important Anniversary coming up in your Family or Community? Would you like to Record this? Available by cassette. Occasion with Custom made Family or Community Calendars? For Free Sample and information write to: Plus Five Ventures Limited, P.O. Box 310, Aldergrove, B.C. V0X 1A0.

EDUCATIONAL Start A New Career! Learn Income Tax or Basic Bookkeeping. Certificate Course. 1 for free brochure, no obligation: U & R Tax Services, 205 - 1345 Pembina Hwy., Winnipeg, Man. R3T 2B6. (204)284-1806.

Aquaculture Short Courses: Salmon, Trout, Mollusk Culture; Processing and Marketing; Fish Health; Aquaculture Computer Applications; Feed Technology. Contact Registration, Mississauga College Now for details. (1)753-3245.

Okanagan School of Auctioneering Spring, Summer & Fall classes or individual instruction. For information phone 768-2791 or write Box 177, Westbank, B.C. V0H 2A0.

Diploma correspondence. Free calendar. High School upgrading, accounting, management, administration, secretarial, computers. Established 1964. National College, 444 Robson, Vancouver, 688-4913 toll free 1-800-387-1281, 24 hours.

FOR SALE MISC. New gold kit removes fine gold from sluiced or panned concentrate. No chemicals. Complete kit \$28.50. Z.T. Company, 1015 East 10th Ave., Vancouver, V5V 1N9. Phone 873-5782.

FOR SALE MISC.

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

A Free Hunting, Fishing, Camping Catalog (\$6.00 value). Send your expired hunting or fishing license (Photocopy acceptable) and S.I.R. with mail a free 410 page (over 6,500 items) Annual Sportsman Catalog. S.I.R. Mail Order, Dept. 1863 Burrows Avenue, Winnipeg, Manitoba, R2X 2V6. Offer expires February 28, 1988.

Official Olympic Souvenirs. Official pins, posters, calendars, etc. 88 Sports Calendar \$7.95. Write for Catalogue, enclose \$1.95 to Pin Pals Box 6090, G.M.P. Calgary, Alta. T2H 2L3. (403)234-0434.

How To Play Popular Piano. New home Study Course. Fast, easy method. Guaranteed! For Free Information, write: Popular Music Systems, Studio O, 3284 Bouchier Road, Kelowna, B.C. V1Z 2H2.

Buying all types of Guns and Indian Baskets, Bear Traps, Nazi Items, R.C.M.P. N.W.M.P. Items, B.C. Tokens, Doughnut Artifacts. Pete Gooliaff, R.R.#5, Cathy Ave., Kelowna, 765-0350.

New Office Furniture. Desk Credenza & three Matching Chairs. Reg. \$2,990. \$2,199.99 Del. Incl. \$82.94/mo. O.A.C. S.A.M. (403) 269-2144. Fax (403)266-1996. Agents Wanted - full or part time. New Fax machines - low, low prices. 1-800-661-1519.

GARDENING Greenhouse & Hydroponic equipment, supplies. Everything you need. Best quality, super low prices. Greenhouse \$175. Halides \$115. Over 3,000 products in stock! Send \$2 for info pack & Free magazine to Western Water Farms, 1244 Seymour Street, Vancouver, B.C. V6B 3N9. 1-604-682-6636.

Curved glass patio extensions starting at \$1,095. Hobby greenhouses starting at \$599. Full line of greenhouse accessories. Call B.C. Greenhouse Builders toll-free 1-800-242-0673 or write 7425 Hedley Avenue, Burnaby, B.C. V5E 2R1.

HELP WANTED

Community Newspaper has immediate opening for an experienced editor. Individual should be energetic, possess strong interpersonal skills and maintain a close relationship with his/her entire department. Good problem solving skills and ability to work well under pressure. If you are hard-working, love challenge, send hand-written covering letter and a complete resume to: The Publisher, c/o Box 309A, Burns Lake, B.C. V0J 1E0. Required immediately. Travel Consultant with 2 yrs. or more. Qualifications for Travel Agency in the Kootenays excellent benefits. Send resume to Box 4, Creston Valley Advance, Box 1279, Creston, B.C. V0B 1G0.

Job! Jobs! Jobs! When you complete the apartment/condo manager's course approved by "Ministry of Labour". You can expect between \$1,000 - \$2,000 per month. Free placement assistance from Monday. Personal. Available by correspondence or in class. For details call 681-5456 or write R.M.T.I., 901 - 700 W. Pender, Vancouver, B.C. V6C 1G8.

REAL ESTATE 30 acres cleared, fenced; Excellent for horses or cattle. Ranch home. Swimming pool. Above average buildings. Norma Brooks 836-4534 or Best Sellers Realty 836-2223 Scammon, B.C.

ICBC owe you money for personal injury? Vancouver lawyer Carey Linde (since 1972) has Free Information. Phone 1-684-7798. Second Opinions Gladly Given.

ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law. O-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

Newspapers - Publications - reduce your production costs. Using latest desktop publishing. Experienced newspaper consultant will make transition smooth and cost efficient. Call Victoria collect. 1-380-0808.

Personal Problems? Write or phone for free information on how to receive counseling by mail. Box 551, Stn. E, Victoria, B.C. V8W 2P2. 384-5294.

TRAVEL Free for the asking? Super Winter Special. Second person stays free at Blue Boy Hotel Vancouver \$39.95 + tax. 1-800-663-6715 or 321-6611. Airport Transportation not included.

NOTICES

Christ offers a new way to happiness, joy and health. He leads us on the path to God, The Eternal Consciousness. Further information available in many languages. Universelles Leben, Postfach 5843, D-8700, Würzburg, W. Germany.

PERSONALS

Would you like to correspond with unattached Christian people in Canada/USA with the object being companionship/marriage. Write to Ashgrove, Box 205, Chase, B.C. V0E 1M0.

Immigrating to the U.S.A. might not be as difficult as you think. Perhaps we can help? Access America Immigration, 1770 Oceanic Plaza, 1066 W. Hastings St., Vancouver, B.C. V6E 3X1. Special service for out of town inquiries. (604)682-6866.

Seminars at home! Self improvement. Chart your future. Strengthen communication. Improve confidence and be in control. Program listing. Willy Training Consultant Ltd., C306, 108, R.R.1, 100 Mile House, B.C. V0K 2E0. (604)791-6456.

REAL ESTATE 30 acres cleared, fenced; Excellent for horses or cattle. Ranch home. Swimming pool. Above average buildings. Norma Brooks 836-4534 or Best Sellers Realty 836-2223 Scammon, B.C.

ICBC owe you money for personal injury? Vancouver lawyer Carey Linde (since 1972) has Free Information. Phone 1-684-7798. Second Opinions Gladly Given.

ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law. O-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

Newspapers - Publications - reduce your production costs. Using latest desktop publishing. Experienced newspaper consultant will make transition smooth and cost efficient. Call Victoria collect. 1-380-0808.

Personal Problems? Write or phone for free information on how to receive counseling by mail. Box 551, Stn. E, Victoria, B.C. V8W 2P2. 384-5294.

TRAVEL Free for the asking? Super Winter Special. Second person stays free at Blue Boy Hotel Vancouver \$39.95 + tax. 1-800-663-6715 or 321-6611. Airport Transportation not included.

CANADIAN FORCES UPDATE

Cruise Test Successful

A successful test of the unmanned Air Launched Cruise Missile was completed on Tuesday, Jan 19, at the Primrose Lake Evaluation Range at CFB Cold Lake. The test was the 10th conducted by the United States Air Force in accordance with the 1983 Canada-United States Test and Evaluation Agreement.

"This was an excellent opportunity for our fighter pilots to practise and evaluate the intercept capabilities of the CF-18 against a cruise missile," said Colonel Dave Kinsman on completion of the test flight.

The missile was released by a B-52 bomber over the Beaufort Sea at 7:40 MST, followed a 2,200-km flight path, then landed on the frozen surface of Primrose Lake.

A similar test was scheduled for Jan 22, however weather conditions caused a delay. The test was re-scheduled for Jan 23.

Courtesy Cold Lake Courier.

Sub Competition Starts

OTTAWA-- The Department of National Defence announced recently that five Canadian companies/consortia have responded to a Solicitation Letter of Interest confirming their resolve to construct Canada's new fleet of 10-12 submarines. The companies are: Marine Industries Ltd., Saint John Shipbuilding Ltd., CSE Submarine Group Inc., PARAMAX and the consortium of Lavelin/Litton/Halifax Dartmouth Industries Ltd.

"It is exciting to see Canadian industry respond so

enthusiastically to this technologically challenging project" said Rear Admiral John Anderson, Chief of Submarine Acquisition. "What is most encouraging is how industry is posturing for participation in the next phase, demonstrating a most realistic and practical approach to the competition process."

The introduction of the new submarines, as identified in the White Paper on Defence, will see the fleet mix shift dramatically to a more balanced surface ship and submarine navy. The submarines will be

built in Canada at a cost of between \$7 and \$8 billion (1986-87) dollars spread over a 27 year period. The Canadian navy currently operates three OBERON class submarines, which were commissioned in the 1960s.

New RC Bishop

OTTAWA -- Monsignor Andre Vallee, P.M.E., was ordained Roman Catholic Bishop recently and appointed as the Military Ordinary of Canada. This marks the beginning of a new era for the Catholic military chaplaincy. In fact, it is the first time in the history of the Catholic church in Canada that the Military Ordinatee has had its own bishop without pastoral responsibilities for another diocese.

Have a change of heart

Snowers & Surfers Wanted

For several years now, the Annual Comox Valley/Molson Canadian Snow to Surf RACE has been the focus of athletes of every ability, from as far away as Washington, Oregon and Alberta. There were over 100 teams last year and this year it is expected to be even more exciting.

The base will sponsor a team consisting of 7 members; a down-hill skier, who must ski one mile, a nordic skier who is capable of racing over 7.5 km, two runners who will run a total of 15 km, a cyclist who will cover 30 km, and two canoeists who will cover a 5 km course. As this is a highly competitive event, preference for team positions will be given to athletes who are proven to be dedicated and competent in each particular sport.

This year's Snow to Surf will be held on Sunday, Apr 24 88. Those interested in competing should contact Capt Overton at Loc 8469.

SERVICE DIRECTORY

GOODS GROCETERIA
P.O. BOX 190, LAZO, B.C.
339 2376 V0R 2K0
LOTTO TICKET CENTRE
RED & WHITE FOOD STORES
OPEN 8AM - 10PM DAILY

LAWSON ELECTRONICS
478A 5TH ST. 338-6631
COURTENAY B.C.
service for all makes
TV, Stereo & Microwave Ovens
Warranty Depot For Most Major Brands
Sales & Service For Auto
Stereo, Marine V.H.F., C.B.'s, Depth
Sounders, Zenith, etc.

BAYVIEW **GIL** **SHERWIN**
International **WILLIAMS**
COLOR CENTRE
PAINTS WALLPAPER DECORATING SUPPLIES
BAPCO PAINTS
GIL PAINTS
SHERWIN WILLIAMS PAINTS
INTERNATIONAL
MARINE PAINTS. PHONE 339 3711
3080 COMOX ROAD COURTENAY, B.C.

PEDAL PUSHER
NOW OPEN AT OUR NEW LOCATION
137-5th St.
BELOW THE MAIN CYCLE PARKING LOT
334-4845
'Bicycles, Tricycles
and lots of accessories'
Full repair service

Westwind
"A Band for All Reasons"
Good Music at Reasonable Prices
For Bookings Please Call
Gord Kruger 339-4389

COMOX HARDWARE LTD.
A COMPLETE LINE OF
HARDWARE PAINT
APPLIANCES AND
FISHING TACKLE
IN THE SHOPPING CENTRE **Home Hardware** 339-2911

Buy This Space
12 Bucks an Issue
OLYMPIC STAINS
CABOTS STAINS
SIKKENS STAINS
GENERAL PAINTS
PHONE 339 3711
COURTENAY, B.C.

TSOLUM GLASS SERVICES
SINGLE GLASS OR THERMAL * CUSTOM CUTTING
NEW WINDOWS & PATIO DOORS
MIKE
REAR 5976 ISLAND HIGHWAY NORTH
COURTENAY, B.C. V9N 5M9
SHOP 338-1813
RES. 338-8781

MARKET TRAVEL
WORLDWIDE
PROFESSIONAL TRAVEL
ARRANGEMENTS
338-1474
(Area Code 604)
OR B.C. TOLL FREE 1-800-232-9294
549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2
ACROSS FROM THE BANK OF NOVA SCOTIA

COMOX MINI WAREHOUSE
"BEST LITTLE WAREHOUSE IN THE WEST"
Store It
Lock It
Keep The Key
U
CLOSE TO THE BASE & TOWN
* Safety * Security * Supervision
Knight Rd. & Pritchard Rd. Comox B.C. 339-3424

HARTMAN AUTO
SUPPLY 338-7261
367 - 5th St., Courtenay, B.C.
BRANCHES IN
CAMBELL RIVER
& PORT ALBERT

Courtenay
Chrysler * Mitsubishi
Sales * Service * Parts
7 days wk Mon - Sat 8 - 5
ICBC approved collision shop
Mon - Fri 8 - 5
Top of Mission Hill Courtenay 338-5451

LIFESTYLE



BUTT OUT

HOW TO QUIT

Quitting smoking isn't easy. If it were, people wouldn't practise doing it.

But there are some tried and true tips that have helped others butt out for good in the past. And they can work for you, too, if you are among the thousands of smokers who plan to quit smoking.

Because smoking tobacco products leads to a strong addiction, it is a difficult habit to break and takes some leading up to. It will help to list your reasons for quitting, or at least to talk them over with friends, before you actually try to quit. Gradually cutting down to a "core level" of cigarettes smoked each day is also a good first step. (For most smokers, that number ranges from eight to twelve cigarettes, smoked at key times in the day.)

If you can find a friend to quit with you, so much the better. Encouragement from someone who understands what you are going through is invaluable. It's also a good idea to enlist the support of others, such as family members and co-workers. Tell them you are planning to quit and that you would appreciate their help.

Build some motivation into quitting smoking. The Canadian Cancer Society says most smokers burn up \$500 a year with their habit. Plan to do something special with the money you'll save and don't wait to start rewarding yourself. Every day without cigarettes is worth celebrating and contributes to the body's recovery of the damage caused by smoking.

When quitting day arrives, be cold hearted with any cigarettes that might still be in the house. Get rid of them as well as paraphernalia like ashtrays and lighters. And, if

there is another smoker around, ask him or her not to smoke in your presence.

In a pamphlet called Seven Days to Freedom, the B.C. Lung Association takes new ex-smokers through their first week without cigarettes.

Day One: Drink plenty of juices and water, while cutting back on coffee and tea, which can trigger the desire to smoke. Eating lots of fresh fruit and vegetables is advised. Practise deep breathing and relaxation techniques and keep busy doing pleasant tasks.

Day Two: Exercise and get lots of fresh air. Eat balanced meals and resist the urge to snack. Break old habits associated with smoking like sitting in a favourite chair after dinner or having a coffee break with friends who still smoke.

Day Three: Maintain a healthy diet that includes drinking extra fluids, keep practicing deep breathing, and continue to exercise outdoors. You may have more nervous energy and need to "do" something. Try chewing sugarless gum.

Day Four: Go over your list of reasons for wanting to quit. Try to anticipate situations that may come up where you will be tempted to light up and avoid them. Keep up the breathing and exercise.

Day Five: This is worth celebrating! Take yourself out for a movie, buy a new dress or go out for dinner with a friend. Reward yourself for taking control.

Day Six: Go over any non-smoking material you may have to reinforce your reasons for quitting. You have now given your lungs five days to repair the ravages of smoking and while you may have developed a sore throat or a

cough since quitting, this is a normal sign of recovery - reach for a sugarless lozenge if you need to.

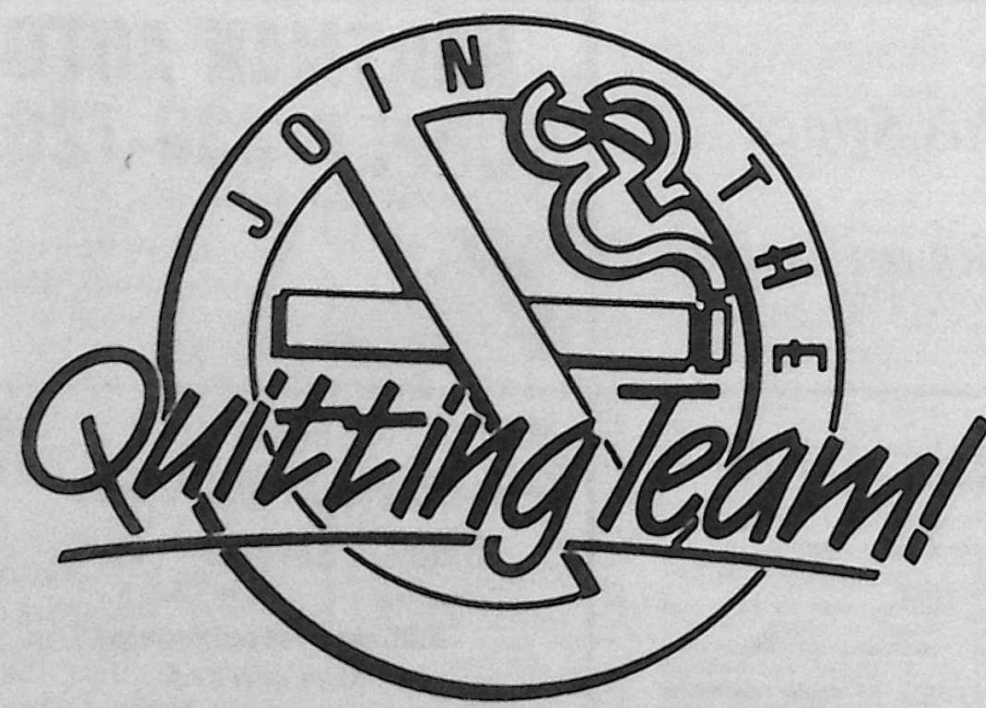
Day Seven: By now, you should be feeling better, but it is important to keep up your new lifestyle of more exercise, more fluids and healthful foods. There is no such thing as one cigarette - that's the mistake made by many quitters who then get hooked all over again.

For those who need a little extra help kicking their tobacco dependency, a nicotine gum is available, through prescription only. Used under a doctor's supervision, the gum, called Nicorette, can be used as an aid to quitting.

The gum should be used "as a pharmaceutical and psychological reinforcer of a "quit-smoking" program and not as a long-term nicotine substitute," cautions the B.C. Pharmacists' Society. Its use should be stopped one or two weeks after quitting smoking, although ex-smokers may want to carry one piece of the gum with them for months afterwards, just in case an uncontrollable urge to smoke strikes.

Joining other Canadian health professionals in supporting non-smoking are pharmacists who are launching a campaign to ban the sale of cigarettes and tobacco from pharmacies throughout the province. "In Canada, less than 12 percent of the pharmacies don't sell tobacco products," says Colleen Metge, Pharmaceutical Services Officer with the B.C. Pharmacists Society. "We're hoping to add another 10 percent to that."

NEXT WEEK: STAYING QUIT



DO YOU LIKE COUNTRY MUSIC?
THEN JOIN

Westwind

JAMMIN' AT THE "MEX"
WASHINGTON INN

EVERY SATURDAY AND SUNDAY AFTERNOON

DON'T FORGET THE CHAMPAGNE JAM
ON
VALENTINE'S DAY

Washington
338-5441
SKI PACKAGES AVAILABLE
Valentino's

Every night Valentino's gives
you more selection & value

Valentino's DINING LOUNGE
Schnitzel Champignon \$10.95
Served with rice or panfried potatoes. Your choice of salad (3)

SUNDAY LUNCH BUFFET \$6.95
OPEN ALL DAY

**MEXICANA PUB
LEADS THE WAY
DANCE ALL NIGHT
TO OUR D.J.
MONDAY TO SATURDAY**

JAM SESSION
Every Saturday and Sunday afternoon
Featuring Country & Western Music
GORD KRUGER & WESTWIND
All Jammers and Old Time Fiddlers Invited

**"EVERY SUNDAY
MUSIC ALL DAY!
MEX PUB
CHAMPAGNE JAM
ON
VALENTINE'S DAY**
**"THE FASTEST MOVING LINE-UP
IN TOWN"**



In 1900 Johann Huslinger walked from Vienna, Austria, to Paris, France - on his hands.

CANADIAN FORCES UPDATE

How to ride the ski lifts in your area

INSTRUCTIONS
FOR RIDING THE T-BAR

LOADING INSTRUCTIONS

1. Remove straps from wrists.
2. Hold poles in outside hand, with points facing forward.
3. Step quickly into position.
4. Look over inside shoulder, grasp bar as it approaches and place against back of thighs.
5. Do not sit down!



RIDING INSTRUCTIONS

1. Flex knees.
2. Keep skis in the track.
3. Do not sit down or lean back!
4. Get off only at designated area.



UNLOADING INSTRUCTIONS

1. First person skis away from the unloading area while the other holds the bar.
2. Second person releases the bar gently and then skis quickly away.

INSTRUCTIONS
FOR RIDING THE DOUBLE CHAIR
LOADING INSTRUCTIONS

1. Straps off wrists.
2. Hold poles in outside hand, with points facing forward.
3. Step quickly into position.
4. Look over inside shoulder, grasp post as chair approaches and sit down gently.
5. Do not bounce or swing.



LOADING INSTRUCTIONS

1. Straps off wrists.
2. Hold poles in inside hand, with points facing forward.
3. Step quickly into position.
4. Look over outside shoulder, grasp bar as chair approaches and sit down gently.
5. Do not bounce or swing.



UNLOADING INSTRUCTIONS

1. Stand up at designated point and ski down the incline.
2. Moving quickly away from moving chair and keep unloading area clear.

Classified

RATES

Effective October 1, 1987 ALL insertions will be \$3.50 per column inch.

MUSIC MUSIC MUSIC
35 Years of Gold Music
Music for all occasions
Reasonable Rates
Our specialty "Solid Gold Music"
Call 339-5806

CAKES FOR ALL OCCASIONS:
Birthdays, weddings, anniversaries, etc. Call: 339-2170.

**RAINBOW
TAILORS, CO.
LTD.**

Sewing and Alterations.
Court Mounting of regular and miniature medals
**7 DAYS A WEEK
ESQUIMALT
386-3233
383-0539**

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

Apartments For Rent - Furnished bachelor suite - \$250. Unfurnished one bedroom - \$275. Rent includes: Heat, hot water, cable. Close to Base. Greenwood Apts 1751 Greenwood Cres. 339-3090

Would like to babysit in my home. Full part-time. 7/43.

BUILDING MATERIALS
Lumber & Plywood
Panelling - Arborite
Doors & Windows
Builders Hardware - Tools, etc
Electrical & Plumbing Supplies
Paints & Finishes
Roofing - Siding
Cement Department
Truck Delivery
Customer Financing

CENTRAL BUILDERS
610 Arderton Avenue
Phone 334-4416

Modern Aviation Library, 12 books, Vol. 14 to 25; also the rare book PHAETON, a forgotten myth (Canada destroyed by planetoid 3500 years ago) by W.H.U. Galicki is for sale. Call evenings: 335-2496

**THE NEW
COURTENAY
AUCTION IS
HERE TO SERVE
YOU!!**

**AUCTIONS EVERY
WEDNESDAY 7:30 PM**

**TURN YOUR UNWANTED
ITEMS INTO CASH**

**TO CONSIGN
PHONE 334-1919
OR DROP BY AT
2703 KILPATRICK AVE.
BEHIND THE MALL
9-5:30 Mon - Fri
9-12 Saturday**

**FOR SALE - 4 x 8 National
Pool Table. 10 mths old. Coin
Operable, 8 balls, snooker
balls. All accessories incl. Was
\$3,000 Asking \$2,100 O.B.O.
Phone 338-8786 after 6 pm.**

**The COMOX AIR FORCE
MUSEUM is looking for
photographs.**
Expeditors (C-45) were flown here during wartime and postwar. We need photographs of this aircraft for research and for our Museum displays.
Please call: Nancy Greene, Curator, 339-8635.

FOR SALE: Canadian stamps, uncirculated, inscription blocks, sets of 4 corners and numerous souvenir books. Call for more info and appointment to view. 339-7807.

FOR SALE: Atari Game System. 48 game cartridges. Joystick, Roller & Supershot controllers c/w storage case & game racks-\$100. 10" B&W TV-\$45. Hoover washer/spin dryer-\$30. Bookcase-\$5. 13 gal Hexagon aquarium & metal stand c/w outside filter, heater & natural environment-\$75. Grundig stereo console (turntable)-\$20. 12' x 18' Woods family tent-\$100. Call after 5 P.M. 339-6802



BOOMERANG CAR RENTALS
(We'll keep you coming back)

**\$19.95 per day
WEEKEND SPECIAL
\$7.95 per day
SKI VEHICLE AVAILABLE**

**Canex Lobby
CFB Comox
339-2626 339-3688**

FOR SALE - One KORG Poly-800 Synthesizer with amp. Includes manual, stereo/mixer adapters, and beginners music book. MIDI equipped. Fully programmable. Forty-nine full size keys. Sequencer. All equipment in perfect condition. \$625. 339-6210 after 5 pm.

**BAD BOYS
YOUR FIRST GOOD
STOP FOR
FURNITURE**

**NEXT TO THE
COURTENAY HOUSE
HOTEL**

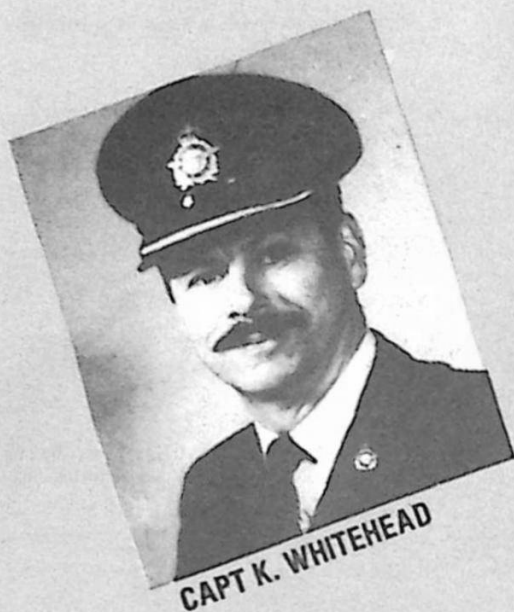
OPEN 10 - 5 MON - SAT

**FOR SALE - Maruishi
Mountain Bike 26" 15 speed,
6 mths old \$425 O.B.O. Call
338-8786 after 6PM**

**HMCS BONAVENTURE-
COLLECTABLE PLATE OF
"BONNIE" AT SEA. NOW
IN STOCK. FOR ORDER
FORMS: BANBOX
COLLECTABLES, ASHTON
ONTARIO, KOA 1B0 (613)
838-5435.**

ON AND OFF THE BASE

CF MEMBERS DECORATED



CAPT K. WHITEHEAD



CAPT HANS KLEEMANN



SGT A. SMITH

A daring helicopter rescue, launched from HMCS Nipigon, to evacuate two seamen from the American fishing vessel, *Sea Hawk*, on 6 October 1986 has resulted in awards for members of 443 Helicopter Anti-Submarine Squadron, CFB Shearwater.

The Governor General, Her Excellency the Rt. Hon. Jeanne Sauve, has awarded the *Star of Courage* to Capt (then Lt) Medric Leo Cousineau of Halifax. At the time of the rescue it was dark and the weather conditions were terrible, with rain, strong winds and heavy seas. The deck of the *Sea Hawk* was pitching and rolling continuously and was obscured by antennae, fishing apparatus and machinery. Fully aware of the hazardous conditions, Lt Cousineau volunteered to be lowered to the deck of the vessel in order to move the injured men from the boat to the

helicopter. In his first attempt he was thrown overboard when the boat pitched violently. On a second attempt, although he fell into the sea, he managed to scramble aboard. He was able, despite the flying spray and the tremendous noise of the large helicopter hovering overhead, to quickly organize the preparation and evacuation of the two injured crewmen. Had Lt Cousineau not willingly put his own life in jeopardy, both of the injured men would certainly have died.

The CDS Commendation has been awarded to the following personnel for their part in the daring rescue from the *Sea Hawk* on the night of 6 Oct 1986:

Capt Kenneth Michael Whitehead of Halifax was the tactical navigator of the *Sea King*. As the rescue helicopter was lowered to a point where the slightest error would have been

disastrous, Capt Whitehead calmly directed the pilot over the wildly pitching ship and, using innovative procedures, quickly effected the hoist operation.

Lt (USN) Bradley Renner of Cincinnati, Ohio, was the co-pilot of the rescue helicopter. Although not normally a part of the crew and despite the continuous distraction of flash photography by ship-board personnel, Lt Renner effected his duties and ensured the safe completion of the rescue mission under the most arduous of conditions.

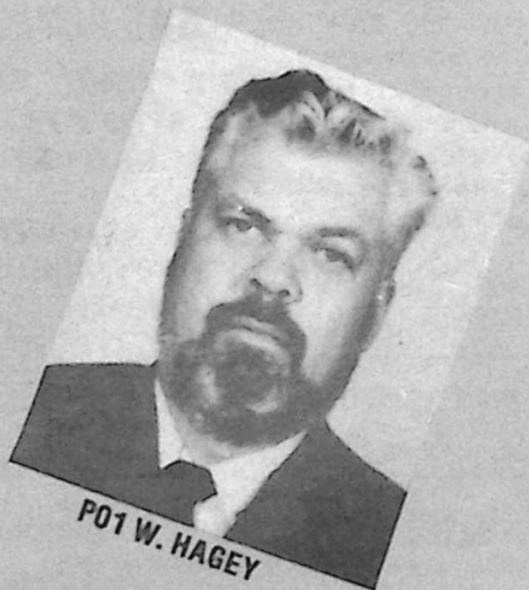
Sgt Alan David Smith (deceased), whose next-of-kin live in Dartmouth, N.S., was a crewmember aboard the helicopter. With considerable foresight he ensured that additional guideline ropes, critical to the hoist operation, were taken along. The first guideline rope became fouled and was

torn away, but Sgt Smith persevered and successfully lowered the second line to the wildly pitching vessel.

P01 William Leonard Hagey of Halifax was the medical assistant from HMCS Nipigon on board the *Sea King* helicopter as it was boldly manoeuvred closer to the American fishing vessel *Sea Hawk*. After the injured were hoisted aboard, P01 Hagey administered the necessary aid, under arduous conditions, in the back of the aircraft.

Capt Hans Kleemann, now a pilot with 442 Transport and Rescue Squadron, CFB Comox, has been awarded the Meritorious Service Cross by the Governor General, the Rt. Hon. Jeanne Sauve. Capt Kleemann was the crew commander of the 443 Squadron *Sea King* helicopter launched from the HMCS Nipigon to rescue two seriously-injured

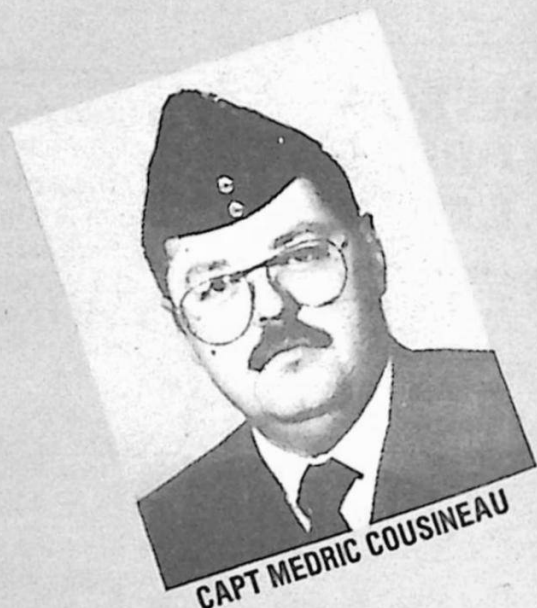
crewmen from the fishing vessel, *Sea Hawk*. Due to the vessel's small size and configuration, only a two metre by two point five-metre stern deck area was suitable for a hoist rescue. Weather conditions were deplorable, with six-metre seas, winds gusting to 45 knots and very poor visibility due to darkness and rain. Despite using the lee of a nearby bulk carrier to gain some protection from the seas, the *Sea Hawk* continued to pitch erratically and standard rescue procedures repeatedly failed. Capt Kleemann, who is from Winnipeg and also Port Alice, B.C., then boldly manoeuvred his helicopter lower and perilously close to both ships. The slightest error would have been catastrophic. With exceptional skill and the finest of crew coordination, he achieved a hover just above the *Sea Hawk's* wildly pitching stern from which the rescue was completed.



P01 W. HAGEY



LT (USN) B. RENNER



CAPT MEDRIC COUSINEAU

NEXT DEADLINE FEB. 22