



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 4 FEBRUARY 25, 1988

DEADLINE IS MONDAY, MARCH 7, 1988

COST: PRICELESS

Sports Tabloid a Winner

The Carnival/Sports Tabloid was a fun and exciting two day event, with 14 teams competing in 26 fun filled events. All team members had a terrific time as well as the many spectators who battled the cold weather to come out and support their team.

The Carnival was officially started Thursday afternoon by the Base Commander Col Gibbon at the Arena parking lot. The teams were divided up between the Arena events and the Arena parking lot events.

Inside the Arena, the Skate and Shoe Relay was presenting difficulty for BTelO team member Cathy Puffer. She had

a rough time staying away from the side boards, each stride she made, led her closer and closer to the sideboards. Just one of the many problems of this event. The exciting Tube Relay also took place in the Arena, tubes were pulled so powerfully that the tube and competitor went crashing into the boards. Thankfully no one was injured and all had a fun time.

At the same time these events were taking place, four events were underway in the Arena parking lot. The Smoosh Race was the first event and all teams quickly realized that it looked easier than it really was. Many

teams weren't able to tell the difference between their left and right foot.

Another event was the Wheelbarrow Race. Yvon Duchesne from VU 33 decided to make the course short for himself, he ran with the wheelbarrow to the first pylon, went around it and headed back for the finish line. Only to realize what he had done and had to begin from start again. Wrong way Duchesne!

All events were finished at 3:00 p.m., the 14 teams had time to prepare for the evenings events taking place at the WO & Sgts / Jr Ranks Mess.

CONTINUED ON PAGE 11

STANAVFORLANT 20 Years

The NATO Standing Naval Force Atlantic (STANAVFORLANT), celebrating its 20th anniversary, is the first active, standing multinational squadron ever formed.

The formation of a NATO operational anti-submarine force was proposed in 1960, but a lengthy exercise for a small operational NATO force did not become a reality until 1965. Then, a squadron of four frigates from Canada, the U.S., and Netherlands and the United Kingdom participated in five months of joint training and exercises. This extended activity - named "Matchmaker" - was repeated for two years during which the concept of a standing "Matchmaker" squadron appeared very attractive. In mid-December 1967, the Defence Planning Committee of NATO approved the formation of STANAV-

FORLANT and a month later, it was officially commissioned. Its organization and direction was entrusted to the Supreme Allied Commander Atlantic.

Over the past two decades, nearly 100,000 sailors - from virtually every country of the Alliance serving under the NATO flag - have united to act as peacekeepers by patrolling the Atlantic Ocean and Norwegian Sea. This naval deterrent force - which can be deployed quickly in a threatened area to counter any possible form of maritime aggression in the vast sector for which it is responsible - consists of from five to nine destroyers and frigates. A submarine or replenishment ship is occasionally assigned to it as well. This multinational squadron sails more than 50,000 nautical

miles a year, the equivalent of twice the circumference of the earth.

Canada, the United States, the Netherlands, the Federal Republic of Germany and the United Kingdom assign ships to STANAVFORLANT on a continuous basis. Belgium, Denmark, Norway and Portugal participate as often as their national priorities permit.

CONTINUED ON PAGE 17

Defence Preparedness Discussed

OTTAWA -- The Minister of National Defence, the Honourable Perrin Beatty, recently made public the report of the "Defence Industrial Preparedness Task Force" in his first address to the Montreal Chamber of Commerce.

The report is the result of an extensive two year, 10 person task force which assessed the Canadian industrial base's capability to meet the military's equipment requirements.

The task force worked closely with the Department of Supply and Services, whose report on the "Defence Industrial Base Review" was released by Minister Cote last month.

"Under existing circumstances, we can sustain military operations by the Canadian Forces for only a short period of time. We do not have, and

cannot afford to build, the necessary stockpiles of critical supplies," said Mr. Beatty. "Although it won't happen overnight, the Government intends to rectify the situation."

The Minister stressed that the peacetime preparation of industry in support of the operational requirements of the Canadian Forces is a priority of Canadian defence policy. He solicited the support of the business community as the department moves forward with its many defence projects.

To create a partnership with industry, the principal vehicle will be the Defence Industrial Preparedness Advisory Committee (DIPAC) which was formed last year and which will advise the minister on various aspects of defence production.

"What we must do is to assure ourselves of sources of supply which we can rely on in a crisis," said Mr. Beatty.

The DIPTF findings provide a blueprint for material acquisition as outlined in the White Paper. This study helps to focus the requirements for restoring the military capability needed to take the Canadian Forces into the next century.

Mr. Beatty noted the climate of hope and optimism the INF agreement between the Union of Soviet Socialist Republics and the United States has fostered and how it will contribute to the maintenance of stability and deterrence.

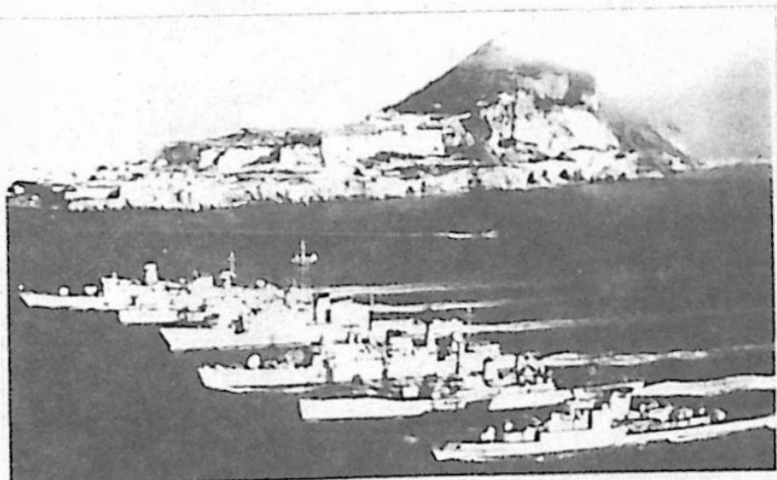
"We must make every effort to create a secure world at much lower levels of armament. And we must build a Canada which will be a safe, sovereign and prosperous

Opening the Games



NOW HEAR THIS...NOW HEAR THIS...Base Commander Col Gibbon rallies the troops to order to officially open the recent Comox Winter Olympics. (dubbed the Sports Tabloid so as not to run into problems with the IOC).

Faithful guardian of the torch and resident athletic supporter Capt Garry Pronk lends a hand to the official opening. A good time was had by all...a well done to the Rec Staff. (Base Photo).



THE STANDING NAVAL FORCE ATLANTIC

AROUND THE BASE



Demon Doins

O'Brien Bound???



Crew 7 Moosemen strike a serious pose to assist the CO in his choice of best crew on Sqn for the upcoming O'Brien Competition. (Base Photo).

Using the help of foreign military intelligence sources, Crews 4 and 5 discovered that the Price Club down south was having quite a few items on sale, so they immediately went on deployment. Lt Mike Savard, who has yet start shaving on a regular basis, found some difficulty getting into bars since he was (and still is) underage according to California law. Fortunately he was never turned away since he was usually in the company of the older and much more mature and distinguished Capt Jim Forbes.

Maj Smurthwaite and Lt (USN) Kenney discovered what it was like to eat at the Chinese restaurant that served personal, ASW oriented fortune cookies; but at least they didn't fumigate the hotel like they did the night before after eating garlic pizzas.

The biggest thrill for Crew 5 seemed to be the go-cart track since it certainly wasn't their flying. The cars were in good shape and most of them were able to drive around the track without colliding with each other or spinning out. After a well fought seven laps Lt Ken Westerveld and Capt Paige Cutland decided to spend some time at the arcade. Ken put a token into a machine which rated one's sexual prowess. After the flashing light show subsided the remaining light indicated "superstud." While quickly pushing Ken aside Paige concluded that the result would be the same no matter who deposited the token, and proceeded to try it out himself. After quick deliberation the machine illuminated the word "Loser."

Capt Gary Larocque and Warren Wightman arrived back to Crew 4 after their ADAC course in Halifax. Warren said he knew it was time to come home when he realized that all the numbers on his VISA card had worn off. Now that Crew 4 is back to its normal nav strength they were able to off load Capt Jamie Keenan back to Crew 5 in exchange for the time. Jamie's first trick with the Vikings was to catch examiner Capt Ted Paul napping and as a result was able to upgrade to ASO1. The Vikings are now indeed a force to be reckoned with.

Beginning next week Crew 6's MCpl Walt Carroll will be handling the squadron's remedial recce courses. On a recent trip which was to end with a couple of American F-15s intercepting the Aurora, Walt sat himself at the window waiting for the would-be attackers. After a while Walt called a visual on the inbound fighters. Minutes later Walt noted that although the jets were still visual they were not getting any closer. Further inspection by other members of the Crew brought forth word that Walt was in fact looking at the planet Venus. Good call Walt. Nuff said.

407 (MP) ARMAMENT

Everybody seems to be looking forward to something this week. Dan Booth, returned from his all-expenses-paid vacation back east (compliments of the government), is looking forward to joining this year's competition crew. The loading crew will prove once and for all the dominance of

407 weapons loading in the Commonwealth, if not the world!

More than a handful of armours are squirming in anticipation of the upcoming Armanment bonspiel being held in Cold Lake at the end of this month. This is where we will show off our finely honed curling skills and later imbibe in the healing elixir given free to only a chosen few (the winners buy, remember!).

Those few away from home at the moment include MCpl Warren, on her JLC course, MWO Henwood, continuing to learn how to "parlez vous" with the natives back East, Lt Landry, overseas to partake in a gathering (gaggle, herd?) of armoured types to determine the course of events for the next while, and lastly, Pte Leibling, on course in Borden.

In closing, we would all like to once again welcome MCpl Englund back to the shop from Research - he seems to be fitting in quite well (wake up, Bud!).

407 SQUADRON

AMCRO/RESEARCH

Jeez, ya go away and nobody will write the article for you. That's some gratitude. Anyway, here we are in Feb and the fishing season is just around the corner, so Larry and the boys are busy getting their gear ready and some of us are even looking at our boats. I have decided that Valentine's Day will be held on the 21st this year as it seems I missed the first one.

Things are rather tame around the section lately, what with briefings and all, maybe it's due to the fact that Bud

Englund has gone back downstairs. From what I hear, Anne Warren, his replacement, took leave after working up here for only one week. Believe it or not even Marilyn is quiet. I wonder what happened here while I was gone, to make such a remarkable change in everyone.

Our thanks go to DIAC Maintenance for the few off chores they have done so willingly for us, like shortening radar detector power cords. We have another temporary bachelor who will be available until 1 Mar when you will have to give him back to his wife. Michel is really looking forward to the next week or so. So go get him girls. Speaking of females, Anne is off on her JLC course getting trained on how to deal with Micki and the Duffer, and it has been noticed by the males in the section the VU 33 has a new secretary, lucky guys. (No slight intended Shirley). Well take care, and might see you soon.

event!!! The nerve of some people, rub it in or what!! Despite the problems encountered with the aircraft (if you can believe they actually had problems!) everyone had a good time and made it home safely and in one piece. All in all the trip was a success. Welcome back to the Fighting Four Hundred and Seventh Sqn's home base.

Speaking of returning home, Sgt McKinnon and Cpl Belanger are back from coold Greenwood. Sgt McKinnon completed his specialty course, J and Cpl Belanger completed his specialty, run-ups. Welcome back and congratulations.

MCpl John Vanderkooy is away on course in Borden. We're not really sure what course he's on, and we don't even know if he does, but I guess when his course report comes in we'll all know what course he's on and why!

Congratulations to Cpls Marie Oliver and Michelle Moderie on passing their OP-DPs, things sure are looking up girls!

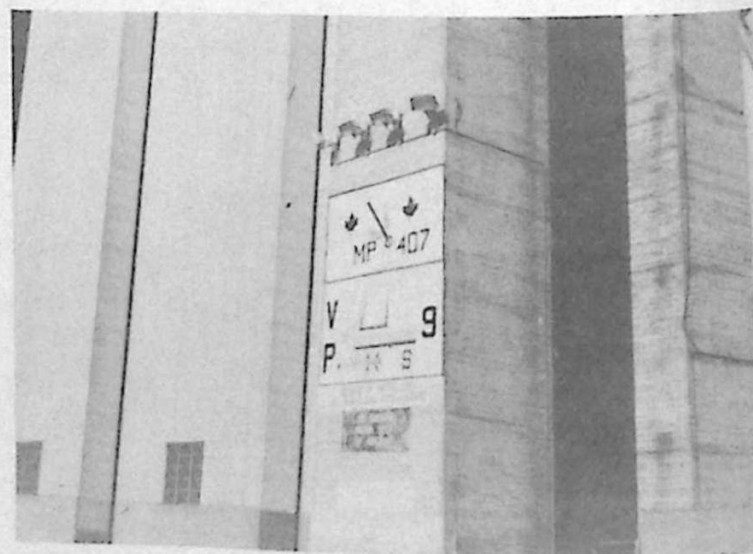
Congratulations are also in order for Ptes Todd Wallace and Michele Oullette on receiving their Pte's hooks, no more foolin' around now boys!

Our ski days sure have been beautiful lately! If anyone cares to join us, we love to play "Australian rules skiing" but if you do decide to join us - watch out! We'll test your skills for sure! Speaking of sports, we're answering 3 Crew's challenge to a volleyball game, or 2 or 3...George Stoneman is mustering up the pros from our Crew and there are so many, it's hard for us to decide who to cut and who to keep, so 3 Crew...still interested?

I guess it's been quiet lately, because it's time for me to go already, so...until next time that's all from 2 Crew!

Well, everyone finally made it back from Moffett, with tans

New Look at NAS Moffett



A hangar at Moffett Field NAS gets a well-needed facelift courtesy of Aircrew artists on a recent detachment. (Base Photo).

AROUND THE BASE



From the Top Rung

COL TED GIBBON

Throughout the year we at CFB Comox are asked to dip into our pocket books to support a myriad of worthwhile causes and we have become renowned for our compassion and generosity. This most familiar is the United Appeal in the fall when many make a commitment to support this umbrella organization through a sizeable donation or by way of a monthly contribution through pay assignment. There are many other organizations that seek and need our support; The Crippled Children's Fun, UNICEF, The Mother's March, the Heart Fund and the Cancer Society to mention just a few. There are tag days and apple days, sales of peanuts, chocolate bars and baked goods in support of worthwhile community endeavours but there is one appeal coming that won't be reaching into your pocket book, it will be reaching into your body.

Our associates in the RCMP are launching a drive on behalf of two of their members stricken with leukemia to find tissue matches that will enable them to battle the disease. The odds are long in locating an unrelated match but the 1500 of us who serve here in the Valley can help to shorten those odds by submitting to blood testing and being prepared to participate in a bone marrow transplant program. This could be the start of a national registry and you can be in on the beginning of something that money can't buy. There will be much more information about this in the local media and I would like to encourage everybody to give serious thought to participating. I'll be there, I hope you will be too.

ATTENTION

CFE BRIEFING TEAM - 31 MAR 88

A team from Canadian Forces Europe will be visiting CFB Comox on 30-31 Mar 88 to brief military personnel posted overseas in the APS 88. It is strongly encouraged that all military personnel and their dependants posted overseas to attend this very informative briefing. This briefing will be held at Base Conference Room in Hangar 7, second floor at 0900 hrs on 31 Mar 88. Coffee and sticky buns will be served. For further information, contact your R & D Section at 8370/8375.

VANCOUVER ISLAND/COAST

PUBLIC MEETING ON DECENTRALIZATION

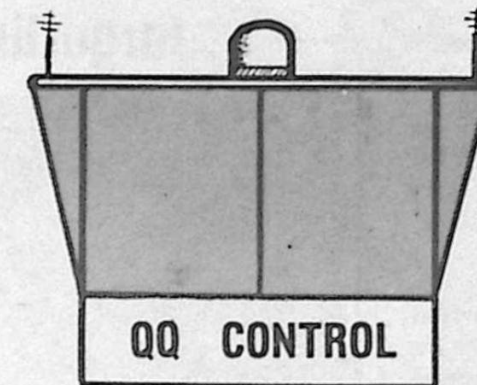
Honourable Stan Hagen, Minister of State for Vancouver Island/Coast and Harold Long, Parliamentary Secretary, will hold a Public Meeting on March 4th.

IN COURTENAY-COMOX

7:30 - 9:30 p.m.
at the Washington Inn
Hospitality Room
1001 Ryan Road
Courtenay
338-5441

Your Provincial Government wants to improve the way major decisions are made by directly involving YOU AND YOUR COMMUNITY.

PLEASE COME AND MEET US!!!



As The Beacon Turns

Greetings from the far side of the base. This is my first article as the new Totem Times representative, so if you have any noteworthy items or suggestions, they would be much appreciated. I know how you all like to see your name in print, so I'll try and mention you all often.

The recent annual bowling party was a success once again, with a good turnout by both controllers and technicians. Prizes were awarded to a chosen few. High score went to Cpl Marcel Pepin, high single went to Sgt Dave Tack and the dubious honour of low score went to Capt Bernie "Twinkletoes" Murphy.

Upon completion of bowling, the gang moved over the MP lounge for a mug-out to say goodbye to MCpl Heather Swan. The newly married maiden is off to Portage La Prairie. Bother Heather and her husband Mel have been looking forward to this posting for quite some

time, so I'm sure they'll both be happy in their new home.

It was also announced at the same party that Cpl Marcel Pepin is off to the Sinai 6 months earlier than he had expected. The early departure doesn't seem to both Marcel at all. Enjoy yourself Marcel.

The active posting season is almost upon us once again, and a few folks in ATC have received notification of their departures. Capt Pete Foley is on his way to Goose Bay this summer, but will be going up early on TD to allow him to qualify at the Goose Bay Unit.

Sgt Greg Templeton is off to Baden in July, Cpl Sylvaine Houde is going to the paradise city of Moose Jaw in July and WO Al Collins will settle down in Ottawa.

The section would like to say welcome to MCpl Pete Woolridge from Cold Lake. I'm sure Pete will find Comox a pleasant change. Pete is an ex-army type so his skills will be put to good use on the UDF

crew. Pte Kim Pruden is back from a driving course in Borden and will be commencing her checkout in the tower.

A word of congratulations goes out to Pte Barry Norris who recently qualified in the B Stand position.

Capt Gerry McLellan is off to the windswept prairies to attend the Flight Safety course in Winnipeg from 22-30 February.

Word is out that there is an upcoming lobster dinner planned for May. Capt Butch March is organizing it. It figures a guy from the "Rock" would organize a lobster dinner.

To end this article, I'll say goodbye to my predecessor Cpl Paul Fleury. Paul will soon be appointed to the rank of OCdt to pursue a career as an ATC officer. Paul would like to be remembered as "Super-B," but we all know who it really is. Good Luck, Paul.

Post Winter Carnival 88 Medical Update

The Winter Carnival was certainly enjoyed by all those who participated. The various activities were somewhat unusual, i.e. racing with one shoe and one skate, racing with one foot attached to a two by four. Although, these races were interesting and fun, the Hospital Staff have noted a sharp increase in a number of unusual injuries.

By far the most prevalent is "Smooch Foot," although this is easily treated once the two by four is removed. The events in the arena resulted in a number of cases of "Skate/Shoe Shin," "Inner Tubitis" and "Puck Curling Knee." A number of people have been seen walking around minus a finger or two. No, this is not due to us practicing our skit but to the spokes of the wheelchairs. Another observation being made this week is that there are a number of service personnel trying to be Charlie Chaplin. This is not true. They are in fact suffering from the dreaded "Charlie Chaplin Chest"

which one is susceptible to when running around with a medicine ball between ones legs, with a baseball glove on ones head and twirling two bowling pins. Luckily all Hospital participants were immunized against this terrible disease. The number of cases of "Log Groin" has called for drastic action by our doctors. Those of you who saw our skit will understand why there is an increase in the number of pilots

and navigators on base.

Just to remind us all that this was indeed a Winter Carnival the MIR staff did note a few cases of swimming pool frost bite but they were all adequately treated at "Boss' Nite." As a last note all Hospital staff would like to congratulate Maj Kightley on making it through not only the carnival but also the ski trip injury free. We are still in shock! Way to go, Sir!!

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

Pewter Room Restaurant

Everything for your dining pleasure

EUROPEAN CUISINE

FRIENDLY SERVICE

498 ISLAND HWY., 334-4401

Excellent Dining • Steak & Cordon Bleu Specials

\$6⁹⁵ — \$8⁹⁵

EDITORIALS



COMMENT

GORD KRUGER

ED NOTE:

This little list of do's and don'ts crossed my desk some weeks back. I shuffled it and reshuffled it until I got tired of seeing it - then I read it! And you know what - it's good stuff! Something we can all read and then take a look in the mirror and say - "Do I do these things?"

If the answer is no then maybe it's time to take a second look - in the mirror that is.

TEN COMMANDMENTS OF HUMAN RELATIONS

1. SPEAK TO PEOPLE - there is nothing so nice as a cheerful word of greeting.
2. SMILE AT PEOPLE - it takes 72 muscles to frown, only 14 to smile.
3. CALL PEOPLE - the sweetest music to anyone's ears is the sound of his own name.
4. BE FRIENDLY and helpful, if you would have friends, be a friend.
5. BE CORDIAL - speak and act as if everything you do is a genuine pleasure.
6. BE GENUINELY interested in people - you can like almost everybody if you try.
7. BE GENEROUS with praise - cautious with criticism.
8. BE CONSIDERATE with the feelings of others - there are usually three sides to a controversy: yours, the other fellow's and the right side.
9. BE ALERT to give service - what counts most in life is what we do for others.
10. ADD TO THIS a good sense of humour, a big dose of patience and a dash of humility, and you will be rewarded many-fold.

ATTENTION BABYSITTER'S COURSE

The Fire Hall is offering a babysitter's course for boys and girls 12 years and older. The course is on March 12th at 0900 hrs. Applications are available at the Fire Hall. Please return the completed application to the Fire Hall by March 10.

Our Next Deadline is March 7th

TOTEM TIMES

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

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...forgetting your ID could be costly!



"...and to think I get this for only forgetting my pass..."

...et dire que j'ai gagné ce voyage uniquement pour avoir oublié mon laissez-passer

PYRAMID POWER

We've all heard of pyramid power. Every so often the craze sweeps the nation and people are standing in pyramids to cure their ills, or storing wine under a pyramid to perfect its taste.

The other kind of pyramid is a get-rich-quick scheme: send a letter asking for money to 12 friends and ask them to pass it on to another 12. If everyone sends you a dollar you're a wealthy person.

I'm talking today about another pyramid. A financial planning pyramid. A pyramid which may not be as exciting as others, but one that will produce good results over a lifetime if the concept is successfully implemented.

A financial planning pyramid helps you set your financial goals and then set

aside funds to achieve them.

First of all, you build your financial pyramid from the bottom, just like all pyramids. This is a large foundation of secure, low-risk investments that are basic to all long-range financial planning pictures.

The stones in the foundation are built of money in a bank account, Canada Savings Bonds, guaranteed investment certificates, and treasury bills.

As you grow older, and your income increases, you add more stones to your pyramid. Above the foundation, through the middle of the pyramid, you add more growth blocks, such as stocks, or investments that provide tax advantages.

As you reach the top, you put in your speculative blocks. This represents money you are prepared to lose because, after

all, you have a broad foundation and strong middle section to support you now.

And, since you are near the pinnacle, you require fewer blocks so your investment in speculative issues becomes quite a small proportion of all the investments in the pyramid.

Everyone's financial needs are different. Therefore, we would all build different pyramids, with stones of different types and sizes. But each stone would be an integral part of the structure, designed to meet your requirements for financial security and growth.

You can build your own financial pyramid. Construction of it will help clarify your objectives and develop discipline.

However, you may find you need help because financial planning calls for skills that not all of us possess. Your chartered accountant can show you how to develop your own financial pyramid power.



Legal Tips

If you bought something from a persuasive door-to-door salesperson and now have misgivings about your purchase, you should be aware of the protection afforded you by the Consumer Protection Act.

Vacuum cleaners, magazine subscriptions, encyclopedias, and many other items are sold very effectively door-to-door because the purchases are made on impulse.

The Consumer Protection Act was enacted largely because politicians received many complaints about high-pressure sales and misleading information from overzealous door-to-door salespeople. Most companies are "good" but the legislation provides the consumer with extra protection, just in case.

If you buy a major item from a door-to-door salesperson you will usually sign an executory contract. An executory contract means that the delivery of the goods, performance of the services or payment in full is not made at the time the contract is signed.

Normally, contracts are enforceable whether oral or written but a door-to-door executory contract for more than \$50 must:

- 1-be in writing;
- 2-state the name and address of buyer and seller;
- 3-adequately describe the goods;
- 4-state the price of the goods and the terms of payment;
- 5-state any warranty and guarantee or, if there is none, a statement to this effect;
- 6-where credit is extended, give a detailed statement of the cost of borrowing and a statement of any security for payment;

7-include a prominent statement of the circumstances in which the buyer may cancel the contract; and

8-be signed by the buyer.

And you must be given a copy.

If you buy, for example, a vacuum cleaner from a door-to-door salesperson and even one of these eight requirements is not met, the contract is not binding on you and cannot be enforced.

Even if the contract contains all eight requirements, you may still cancel your door-to-door purchase by giving written notice:

a-not later than the third day after you received a copy of the contract; or

b-not later than one year after you received a copy of the contract;

i-if the goods were not supplied within 30 days of the date specified in the contract for delivery; or

ii-if no delivery date was specified in the contract, and the goods were not delivered within 120 days after you signed the contract.

If you have partially completed a contract, such as for encyclopedias where you have paid for and received the first five volumes and will pay for each subsequent volume as it is received, and you want to cancel the contract, the seller must refund all your money within 15 days of receiving your notice of cancellation. You are entitled to hold on to the goods until you receive your refund.

Courtesy of the Law Society of B.C.

CF members requiring legal aid should refer to CFAO 56-5. Appointments with the legal officer can be arranged with the BPAO Secretary at local 8207.

LA FARCE DE MAITRE PATELIN

L'Association Francophone de la Vallée de Comox a le plaisir de vous inviter à venir assister à la présentation de LA FARCE DE MAITRE PATELIN jouée par la troupe de "La Seizième" de Vancouver. Le spectacle sera présenté à l'école de l'aéroport de Comox, dimanche le 20 Mars à 20h00. "La farce de Maître de Pathelin" est une comédie pour adultes et étudiants (12 ans et plus).

Les prix d'entrée seront:

- \$2.50 étudiants
- \$4.00 adultes membres
- \$5.00 adultes non-membres

Vous pouvez acheter vos billets à l'Association francophone au 493C Puntledge Rd., Courtenay, Tel: 334-4419 ou de vos membres du conseil d'administration. Des billets seront aussi vendus à l'entrée.

EDITORIALS

LETTERS WE GET



SEEKING FOSTER HOMES

I am writing to seek your help in finding solutions to a critical problem in our province. In most parts of British Columbia, including your own, we are experiencing a desperate shortage of foster homes. Our research suggests there are many people who would be prepared to respond to the needs of children and young people who, for a variety of reasons, need a temporary home away from home. It appears they are unaware of the need or perhaps need to learn a little more about what is involved before coming forward.

You will hear soon of my announcement of a major advertising campaign to alert the province to our problem. But we need to establish a partnership with community groups to take our message to the grassroots.

I would like to invite you to attend a community consultation for the Courtenay area at The Cumberland Room, Westerly Hotel in Courtenay on Monday February 29 at 7:30 p.m. Coffee and dessert will be served.

My regional staff will be there to explain how the problem is impacting the Courtenay area. Our objective will be to seek the ideas of community leaders like yourself about how we can work together to meet this need.

If you are unable to attend the consultation please send an alternate representative from your organization. If you have someone who has special expertise or interest in this area feel free to bring them with you.

I have made this a priority concern for my ministry but we need the support of organizations like yours.

Yours sincerely,
Claude Richmond
Minister of Social
Services and Housing

FROM THE LUNG ASSOCIATION

On behalf of the British Columbia Lung Association, I wish to extend a most sincere thank you to your newspaper, your readers, and regional Christmas Seal chairperson Madge Howarth, of Comox, for the generous support given to the 1987 Christmas Seal Campaign.

The Campaign officially ended January 31 with donations reaching \$1,031,262 province wide, a 3 percent increase

over the projected goal of \$1 million. Contributors from the Comox Valley area were directly responsible for \$14,533.

Monies raised through the Christmas Seal Campaign help fund lung disease research, public and professional education programs, school programs promoting lung health among children, and awareness campaigns highlighting the harmful effects of air pollution, tobacco use and occupational respiratory hazards.

Again, thank you all very much.

Sincerely,
Maurice Cownden
President
B.C. Lung Assoc.



Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue

THIS WEEK'S TRIVIA:

While everybody should be able to recognize a B-52, does anyone know why this aircraft has an extra large inboard engine and can anyone recognize the aircraft the engine pod would be attached to?

TRIVIA ANSWER:

These four helicopters are Sikorsky R-4s. On 19 May 1945, a USAF R-4 was the first helicopter to be used in Canada on a rescue of a downed 162 Squadron Canso.

SECTION NEWS



BAMSO

Awarded



SMILING FOR GOOD REASONS: Our beloved Major was not trying to pull Sgt Yvon Tremblay's sleeve, but rather to make people notice the new rank. Yvon is now off to Shearwater and we wish Flo and him the best of luck.



KID KODAK GETS ONE: The flashing smile on the right belongs to McPl Attilio Sartori, who recently received a Physical Fitness Award for Aerobic Excellence. Good show Attilio!

DSLIS

The Whistler Ski Trip has come and gone and to answer the 43 people who asked me at the Winter Carnival, no I didn't hurt myself, yes, I had fun and yes, I did actually go skiing! And to top it all off, I even survived the Winter Carnival without physical injury...mental embarrassment, yes, but no injury. Unfortunately one injury was suffered by the ranking member on our Whistler trip but Mrs. Gibbon's knee didn't keep her from enjoying the "apres ski" activities. I'm not sure if she believed all of John Komocki's arguments on the development of life as we know it or the Brian Lavigne and Tom Taylor Comedy Hour but I am sure that everyone had a good and memorable time.

I have endured much criticism and harassment concerning my fervent support of the Toronto Maple Leafs and I am proud to report on my attendance at the "ent Leaf-nuck game in Vancouver. The Leafs blew away the op-

position and destroyed the Canucks 5-0. By the end of the game, Ken Cook and I had the 13,000 fans cheering the Leafs every move and chanting "Go Leafs, Go."

It's hard to believe that spring is here and the Tulips and Crocus' are up and some are in bloom, but things start early on the West Coast. I am, however, starting a petition to send to Premier Vander Zalm asking for a law to be passed making it illegal and immoral to force an individual to cut their grass in February. It's bad enough that we have to purchase sun tan lotion to protect ourselves but to expect us to cut the grass as well is just too much to ask!

As a closing comment, to Dave Jones and the rest of the Kiwi Club, may you not mistake Xanxon for Xystus again. Oh yes, you're of course wondering what DSLI means. It's obvious, DAYS SINCE LAST INJURY!

NAVCO" ABS
How many Canadian bases can boast having a Winter Car-

nival in February, without snow? It's a tough job, but someone's gotta do it, and we did it right! Warren, Jamie, Jerry and others (ahem) were cheerleading the inner tube race with great fervor, however, by cheering for any team that had women, they were hoarse by the time Team Bamso competed! (That's probably why we came in fourth place guys). Sheila, in a daring attempt to show just what a tough tech she is, led the Navcom contingent into the fierce competition, she competed in just about every event over the two days, unlike Anne who snuck out for a quick course in Bagotville, it's probably best though, Anne just had a birthday, and we wouldn't want her to break one of those fragile OLD bones...

Talking about old things, WO Jones should be just about finished his senior woodchuck course, and down the rank structure a ways, Bruce should be back from his junior general course shortly. (Our next article will be about life under neo-nazi rule).

In the Peon department, Ron just finished his ATAT, no more exams Ron, now we just have to find more IFFs to keep you occupied....Jerry also finished part of his ATAT, he really enjoyed his rotation and says he wouldn't mind doing it all again, Daniel and Pierre are

still down in the squadrons learning about those strange oily flying things. I hope you guys get back up here soon, we really miss your expertise on Tuesday cleanup.

Gilles was back from his DATS maintenance course for about two microseconds, then off to Greenwood again for the FLIR course. Might as well get a Nova Scotia driver's license Gilles, you're strictly an Aurora tech now...

While Gilles is freezing his microcircuits, Clive will probably be up skiing at For-bidden. Clive's an instructor up there, and he's looking for cute buxom females to instruct. However, response has been less than overwhelming, so if there are any desperate, single ladies reading this, please go skiing, help out an instructor in need.

Meanwhile, back in the Valley, it's not uncommon to find Perry studying electronics manuals. This is not normal, but there again, neither is Perry. Actually, he's studying for his HAM operator's license and should be modulating this planet's airwaves in the near future. (Now that is a scary thought!).

Also entering into that magical world of Comm tech is Nancy. She's been selected to attend the next ARC 513 VHF FM course in sunny Shear-

water, N.S. 'Hope you enjoy your first Comm course Nancy. Just think, while you're learning about Comm, Warren will be learning all about Radar on the Doppler course.

Bob has also expressed interest in cross training although there's no other courses available at the moment, I'd be more than happy to teach you all about the ARC 27 Bob, at least enough to get you ojt at least enough to get you OJT qualified for now, interested?

Also, we Navcom types would like to welcome Ephram Hazon to our little corner of Paradise. Ephram is a Litton Systems tech rep who will be spending a few months working in the Lab. However, we have nothing in this Lab that is made by Litton Industries, so I figure he's really supposed to be in Edmonton or Winnipeg or somewhere cold like that, but he just got lost in the paperwork.

Well, that pretty well wraps up another glimpse into the lives of the third floor super-techs! It's almost beach party time again so there should be some good stories for the next article. By then my wife should be home from her six month duty in the Middle East, so someone else can write it, I'll be busy...

Gray Whales on Parade on the West Coast of Vancouver Island

Each spring, during March and April, the entire world population of Pacific Gray Whales parades past the west coast of Vancouver Island for all to see! An estimated 19,000 Grays migrate 16,000 km annually from the mating and calving lagoons of Baja California, along the coast, up to the Arctic Seas and back again. Some Grays take up residence in the Long Beach area, feeding in sheltered bays, delighting thousands of whale enthusiasts throughout the summer and fall.

In celebration of the annual return of the Gray Whales to Vancouver Island, the coastal communities of Tofino, Ucluelet and surrounding Native villages host the Pacific Rim Whale Festival from March 19 - April 10, coinciding with the peak of the whale migration.

The whales are the main attraction, of which dozens can be seen in a couple of hours in good conditions. Grays travel close to shore, pausing to feed in shallow waters, providing excellent viewing opportunities

from strategic shore locations. Or, for an exhilarating close up view of these magnificent mammals, one can venture out into the open Pacific from either harbour, aboard one of the various charter boats that offer scheduled whale watching excursions. Planes can also be chartered from Tofino for a bird's eye view.

The steady increase of whales being seen has generated greater interest in their behaviour and researchers will be attending the Festival to present their latest findings.

Educational programs and information will be offered to raise public awareness regarding the unique west coast wildlife in hopes of generating a better understanding of the value of our wilderness areas, for the whales, the greatest hope for the future entirely depends upon the conservation actions of a concerned public.

The Pacific Rim National Park presents the popular "Whales-in-the-Park" program featuring free, guided whale spotting hikes, films,

displays and lectures at Greenpoint Theatre and the Wickaninnish Centre.

Throughout the Whale Festival, many unique events have been planned for the whole family to enjoy, like the Great Geoduck Competition, Crab Races, Gumboot Golf Tournament, Art Exhibits, races, contests, concerts, plays, children's day and much more.

There's lots to do, see and learn at the Pacific Rim Whale Festival, so come on over to the wild west coast to see the Gray Whales on Parade!

To receive your PACIFIC RIM WHALE FESTIVAL PACKAGE which includes:

- Calendar of Events
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Please write: Box 340, Tofino, B.C., V0R 2Z0 Phone 725-3414 or Box 100, Ucluelet, B.C., V0R 3A0, Phone 726-4641

For more on the gray whale migration see page 13 of today's Totem Times.

SECTION NEWS

From The Fire Chief's Office



SMOKE KILLS PEOPLE

Smoke causes the majority of fire-related deaths. Hot flames are low on the list of killers during a fire. Smoke contains deadly killer gases such as carbon monoxide and, when smoke is produced, life-sustaining oxygen is consumed. Most fire victims die from these factors, frequently before they awaken. In many fires, extinguished in early stages, people have been found dead of smoke inhalation without having suffered any skin burns.

Smoke alarms can alert the occupants in these early stages of a fire while conditions are such that a safe evacuation is still possible.

HOW DO SMOKE ALARMS WORK?

Smoke alarms work by sensing the rising smoke from a fire and sounding an alarm. They can detect smoke far from the origin of the fire. Smoke alarms are most valuable at night, alerting family members to the presence of fire when they are asleep.

There are at present basically two types of smoke alarms on the market - the photo-electric type and the ionization chamber type.

The PHOTO-ELECTRIC ALARM contains a light source and a special photosensitive cell in a darkened/chamber. The cell and light are positioned within the alarm so that either the light beam is interrupted by the smoke as in the obscuration type or the beam is deflected into the cell as in the light scattering type.

The ionization alarm contains a radioactive source in a smoke chamber that emits radiation, resulting in a weak flow of electric current. When particles such as those produced by fire enter the smoke chamber, they reduce the current and trigger the alarm.

DOES THE RADIOACTIVE SOURCE IN THE IONIZATION TYPE PRESENT ANY HEALTH HAZARD?

None whatsoever. Generally the average background radiation level in a home will far exceed any radiation from a smoke detector. When americium 241, the radioactive substance, is used in smoke

detectors it is in a form of americium oxide, usually not larger than a grain of salt, bonded to a gold alloy. In this form it is biologically extremely inert. It is therefore totally wrong to think that the source could be dangerous if ingested, inhaled or handled with bare hands. When one considers the remoteness of the possibility of someone breaking open a smoke alarm unit, and swallowing the source, the radiation risk is microscopic and is invisible in comparison to the protection offered by such units.

SMOKE DETECTORS A CRITICAL LIFE SAVING DEVICE WHICH IS BETTER, THE PHOTO-ELECTRIC OR THE IONIZATION TYPE?

Both types of alarms are equally effective in the home. If properly installed, they can provide adequate warning for the family. Some differences exist between the two when they operate close to the origin of the fire. These differences, however, are not critical.

The alarm you buy should be listed by a recognized testing laboratory such as Underwriters Laboratories of Canada (ULC).

HOW MANY SMOKE ALARMS DO I NEED?

For the minimum protection, mount one smoke alarm in the escape route leading from the sleeping area, but such an installation will not provide you sufficient protection from a fire starting in your bedroom if your door is closed.

For maximum protection, particularly if you smoke, locate one smoke alarm in each room including the basement, family room, etc. It is recommended however, that all households have at least one smoke alarm on each floor including the basement.

KNOW HOW TO ESCAPE

The best fire-detection equipment can only awaken you if there is a fire, but you may not be thinking clearly. You should practise escaping before an emergency strikes. WHY?

Once a fire has started, it spreads rapidly. You may have

only seconds to get out.

-Normal exits from bedrooms may be blocked by smoke or fire. It is important that everyone knows exactly what to do.

IDENTIFY ESCAPE ROUTES

-Plan two exits from every room. Second-storey windows may need a rope or chain ladder to enable occupants to escape safely.

-Choose a meeting place outside the home so you'll know everyone has escaped.

WHAT DO I DO IF THE ALARM GOES OFF?

-Do not waste time getting dressed or gathering valuables.

-Follow the pre-arranged escape plan and get out of the house.

-Call the fire department from a neighbour's house, not from the fire-scene.

-Once outside, go to the meeting place established in your plan.

-Do not re-enter the house until the fire is out and the smoke is cleared.

FACTS

-Careless use of smoking material is the greatest single cause of deaths by fire.

-Over 40 percent of accidental fire victims are asleep at the time of the fire.

-75 percent of fire fatalities occur in residential fires.

SMOKE ALARMS

Underwriters Laboratories Canada announce that smoke alarm, model "Centurion" PSD 115, manufactured by Tellus Instruments Limited during 1975-1977, may be subject to deterioration. They recommend that smoke alarm owners replace these models as quickly as possible. The "Centurion" PSD 115 may be identified by the word "Centurion" centered on the cover of the smoke alarm in a one inch diameter circle. This model was not originally installed in MQs at Comox; however, the centurion smoke alarm may have been installed to replace a defective smoke detector. MQ personnel are requested to survey their smoke alarms to identify this model, if applicable contact CE (339-8234) for replacement.

RIPPLES FROM THE BEAVER POND



Here we come again without much feared/awaited, depending on which end of the stick you are holding, Turkey of the Month Award. This our second month of awarding the prestigious ("Gobble Gobble") has found a new and rewarding dimension in that the past (first and only) winner has approached this writer with the name of a possible successor to his new found fame. I can only assume that if a new "Turkey" is not found, the current holder fears he will repeat for another month until some lucky "Grade A" is found. Good idea, however, with the group of personnel in this CE Section, I hardly think we'll have trouble finding but 12 of these fortunate souls for each and every year.

It's here, It's here, let the bells ring out and the banners fly, this month's Turkey/Grade A/Gobble Gobble (pick one only) has been found in the lowly confines of the RM Shop. Apparently while working on the condenser in the Arena, the ice plant was shut down and when the job was complete the plant still had not been turned on until informed by the Arena Staff. This is definitely monthly award material. The actual

culprit to this day has remained anonymous. Therefore, this writer has but no recourse than to award the monthly beauty to the whole Shop until the guilty party is found. (You'll get it when I get it).

On behalf of the entire CE Section, I would like to welcome all participants of the Regional Hockey Championships to the Comox Valley and send a special good luck to the CFB Comox team, which is well represented by the CE Branch (Cpls Dupuis, Ratte, Labonte and McDougall).

The ladies in the front office (Sue, Marge, Anne, Sharon and Helen) seem quite preoccupied with behaving themselves like real ladies of late, especially when "Scoop" (that's me) is around. Let me remind you though, that somewhere, somehow, sometime one of you will slip up and then I'll appear just in time and the next thing you know "Gobble Gobble."

A question for Jim Wilson from Ross (poo too) Beebe. Who won the game between the Toronto Maple Buds and the Vancouver Cannots on 19 Feb 88? Answer and possible reply in the next issue.

Til next time, I'm outta here.

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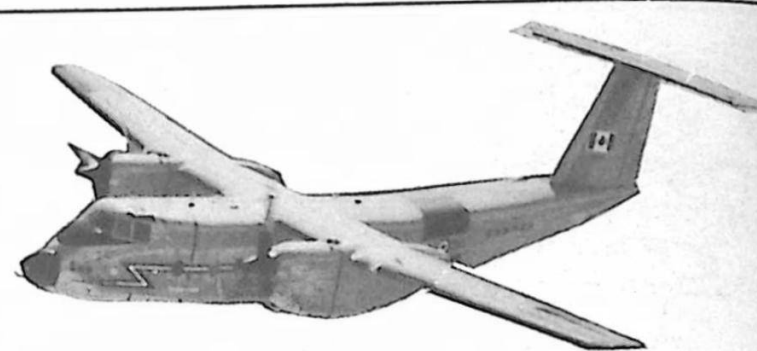
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SECTION NEWS



442 Squadron



Boeing Rescue Citation



The crew of Rescue 307 receive the Boeing Rescue Citation. It was for the rescue of a drowning woman near Campbell River in May of 1987. Pictured left to right are Capt Lachance, MCpl Mackey, LCol Jay, Sgt Cutler, WO Clements. (Base Photo).

MAINTENANCE

It's almost Spring Fever time again and most of the unit is pretty well over the fever end of it. We're all looking forward to the Spring part and what it may have in store.

All of us would like to send out a "get well soon" to MCpl Dick Lathigee who is laid up with a bad back. Congratulations are in order for the "Maintainers" who took part in the Sports Tabloid and finished a very respectable "second place." Members of merit are: Maj Dick Mohns, Lt Kathie O'Brien, MWO Lorne Parkin, Sgt Jim Diamond, Sgt Dave LePatourel, MCpl Mike Dunham, Cpl Kirk Waugh, Cpl Ed MacDonald, Pte Kam Miller and Pte Wanda Keleher. 442 Sqn was supposed to have two teams entered; however, flying commitments were supposedly too great, that is right up until bar opening time on Friday. A special thanks to all concerned for the organization of the Sports Tabloid. It was well received and all are looking forward to the same type of event for the summer competition.

Kennedy productions are currently active on scene, video taping all the 442 Intersection Hockey games. Wayne Parache is doing the play by play and there is an opening for a color commentator. The team is really doing well this year as they are presently holding first place in the League. Maj Dick

Mohns is a large contributing factor as he leads the scoring race with the most points for goals and assists. Keep up the good work guys.

Recent promotions include MCpl Wade Parchoe who is off on his JLC course and Cpl Yvon Levesque who is going to the Sinai to try his new rank out on those P.T.E.s as he calls them. WO Dave Paquet is returning to Bagotville after a 26 year absence. He will be acting as a tour guide and interpreter for Sgts Jerry Lauzon and Dave LePatourel. The secondary reason for their trip is to attend the CH113 Maintenance Manager Course.

Two deserving airmen were commandeered to maintain a Buffalo whilst travelling in the sunny climes of Mexico. MCpls Frank Lewis and Al Martin acting as Good Will Ambassadors will tour the South on their Bon Voyage Trip. All the best guys. And now for some words from everyone's favourite Atac coordinator, Sgt Bill Ouellette.

Every four months 442's apprentice mushroom menders write their trade exams and the signs of chewed fingernails indicate that the QL-4 and QL-5 exams are just past. (Maybe that last word should be passed). With corporal's hooks clenched in hot little hands and dreams of spending all that money that comes with the promotion, our corporals (acting lacking) are awaiting the word from "the Chief." Sgt

Bill Ouellette hopes to get rich, every time one of the apprentices asks if the marks are in, he asks for five dollars. If ever someone does break down and give it to him he will probably faint. For free he will tell you the secret of his weight loss programme, complete with awful jokes about fun with emaciation.

The only other person with more time in Atac, MCpl Dick Lathigee, has a new story on how to throw out your back. This appears to be good for another money making proposition. After all with a new house to build; what better line than "I can tell you the official story, or for five dollars the truth."

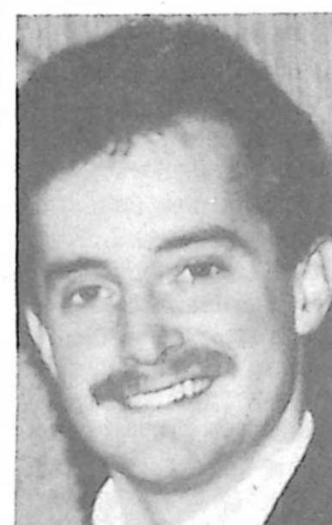
AS THE ROTOR TURNS

Lab Flight says farewell to Mary and Louise for 3 weeks as they travel to Mexico on holidays. I had a chance to interview the "Gringos" before they left. The most important question concerned the drinking of water, but Louise quickly responded "Who's going to drink any water?" Have fun girls!

Mike Dorey will be talking to ATC soon, about moving the NDB to the TACAN site. Mike says that having the two colocated will eliminate any confusion during ticket rides.

Well, I missed the Lingerie Bingo, much to my chagrin. Hopefully, one of the wives will give me a full briefing on how things went.

Awards at 442



CAPT DAN LACHANCE
UNITED WAY AWARD



WO CHUCK CLEMENTS
1000 HR PIN (BUFFALO)



SGT GORD BROWN
1000 HR PIN (BUFFALO)



MCPL MARK REEVES
1000 HR PIN (BUFFALO)



SGT BOB TOULOUSE
SAR FORTIN AWARD
1000 HR PIN (BUFFALO)



MCPL MCGRATH
CD AWARD

The career managers were here recently for their routine shake up. Unfortunately, they left people in Lab Flight with more questions than answers. We'll keep you "posted" as things develop. Tom Mitchell apparently left his interview mumbling something about "bringing a baseball bat next time." I didn't know that Tom was such an avid sports fan.

Our newest flight members, Lt Rob Erdos, is in the market for an aircraft. He prefers an IFR certified Cherokee, but I guess an equally equipped high

wing will do. This will bring Lab Flight's private fleet to two as Dale "the Ace" Fritzke recently acquired a Citabria. My only question is why were these guys not posted to Buff Flight.

BUFFALO CHIPS

Thanks to my comments in last issue concerning Lt Robert's new hairstyle many women have been coming over to see it. They like it so much Dave's date book is smoking!

CONTINUED ON PAGE 9

SECTION NEWS



Anker Klankin



For Outstanding Service



Cpl Ron Fortin (centre) is presented the award for outstanding service to VU 33 Squadron. Presentation by the CO, Major Arsenault and the SWO, MWO Cooper. Many thanks go out to Cpl Fortin for his excellent work. (Base Photo).

Once again VU 33 headed south, to Northern California, to provide fleet support to CANDESRON II operating in the San Francisco area. Two T-33s and one CP121 Tracker flew day and night missions from NAS Alameda. The entire operation ran smoothly with good weather throughout.

On the home front, Capt Baggaley is away at Staff School, after having completed his introductory word-processing course given by Sgt Larson, MCpl Micklethwaite, and MCpl Motyer. Good luck Martin!

Capt McQuaid is away on his T-33 course in North Bay. Not to worry, though, we'll fly his hours. Good success, Greg!

Capt Bush can't believe those captain bars are really his. Wait for the shock of the month-end pay.

Lt. Chaulk is very anxious for spring to arrive so he can parade his little ivory-coloured sports beast around town (Mercedes 350 SL).

Congratulations and a special thank you are in order to Cpl Fortin from VU 33 aircrew and SOR staff, for excellent Squadron support in 1987. Ron received the coveted Kevin Saunders Memorial Trophy in recognition of his dedication. Once again, thanks.

TECH SIDE

VU 33 participants and onlookers really enjoyed the highly successful CFB Comox sports days on the 11th & 12th Feb. Team members Yvan Duchene, Dan Dureau, Ron Fortin, Gill Bullock, Gil Lessard, Bert Hatin, Micki Martin, Lorna Oliver, Katie Wylie, Andy Clark, Wayne

Hay and Capt Bill Snow were urged on by team leader Dave Maloney.

Our comedy team, John Johnson, Martin Chamberland, Bert Hatin and Gilles Lessard, put on a skit that had the crowd roaring. The officials had an easy time of it until the Innertube relay at the base swimming pool. While the teams frolicked in the heated outdoor pool the officials were faced with wind driven rain at 5°C.

MCpls Fred Kay and Ray Webber were summoned to the Base Headquarters conference room on Monday the 15 Feb to receive the 2nd class of their CDs. The Base Commander was on hand to make the presentations. It was a memorable occasion for sure.

That's it - Got the flu - More next time.

Resting in Transit



Sgt Clark enjoys the transit south to NAS Alameda aboard one of our luxurious CP121s. The comforts of first class allows Sgt Clark the ultimate in relaxation. He always wears his reading glasses while sleeping to look more dignified.

Doin' Some Bush Work



VU 33 CO, Maj Arsenault presents newly promoted Pete Bush with his stripes as Pete ascends to the lofty heights of Captain. (Base Photo).

...more 442

Thanks to Capt (Disease) Komocki for coming in and spreading his germs. Half of Buff Flight is now grounded with the flu. The Career Manager's brief was enlightening as ever. There is a light at the end of the tunnel...too bad it's an oncoming freight train. Stay tuned next edition for the facts on postings, the Mexico trip and SAREX.

FLIGHT ENGINEERS

The engineers are at an emotional high right now. As a matter of fact, Ian Murray was so thrilled that he jumped on a

yellow cab with Tom Furlotte and went to the city of manly love for some rear area training. It appears that Paul Caughy has started a new dance craze in Redding, California. He calls it the "Chair." When asked why he started this new dance Paul replied "It is a lot easier to find a dance partner doing the Chair."

Boxer Scott converted to Choppers for a brief stint doing water work. He was later heard to say: "I was so wrong about choppers and I'll never say anything bad about you guys again." Joe Casey is on

standby for the Sinai and is desperately trying to gain fifty pounds so he won't have to go. If you are looking for him he will probably be in the canteen stuffing his face. We would like to take this moment of glory to welcome our new honorary assistant scheduler, CWO Ford.

Congratulations to Bruce Richmond and Kevin Morowski on their promotions. Good stuff guys. Oh, by the way Mr. Ainslie, you had better have a fourth if you want to keep ahead of Dan Daniels, Laura's expecting in October.

CONTINUED FROM PAGE 8

CFB RECREATIONAL FITNESS 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.

SPORTS AND RECREATION

Ebony and Ivory

BASKETBALL DUO COMBINE TALENTS

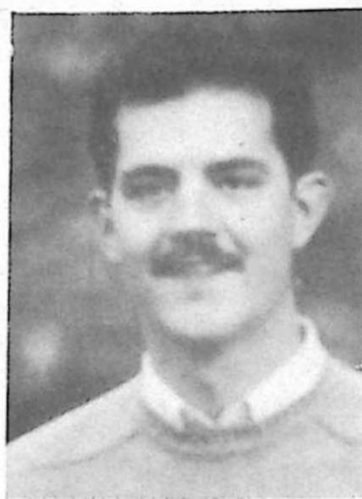


DAVIS MITCHELL

Otherwise known as Cpl Davis Mitchell from BSup and Cpl Rob Adams from BAdm. This duo team (are) outstanding team leaders and players for their Base Basketball Team. They are both good natured, hard working men who have the desire to excel. The basketball tournaments hosted by the Base are organized and coordinated by

both Davis and Rob including their performance on the courts.

Cpl Davis Mitchell has been in the Canadian Forces for six years in October, two years in Comox as of August. Davis can always be seen at the gym either shooting baskets, perfecting his slam dunk, working out in the weight room or actual game play. Davis' secret exercise classes take place on Tue and Thur evenings, when he participates in Aerobics, determined as ever to master the skills of coordination.



ROB ADAMS

Cpl Rob Adams has been a service member for nearly 5 years, spending three years at Comox as of July this summer. Rob is happily married to Cheryl Adams, his number one fan and scorekeeper for his basketball games. Rob has an excellent shot on the foul line, great three pointers, and a top man in the rebound department. On top of his efforts

with the mens basketball team, he donates his time to coach the womens basketball team with Capt Terry Strocel.

A special thank you is extended to Davis Mitchell and Rob Adams for their continual efforts made for the Base Basketball Program. Keep up the good work and good luck in your future games.

Totems Host V-Ball Tourney

This past weekend, in preparation for the Regional and CF Volleyball Championships, the Comox Volleyball teams hosted their annual Volleyball Tournament. On the men's side, the Totems were undefeated in Round Robin play against Campbell River, Courtenay and Victoria. In the Finals CFB Comox defeated RRMC, a good college team, in three straight games. Strong spiking performances were displayed by Franko Cerenola and Gord Jones, solid blocking and defensive plays were executed by Barry Whitehead, Gene Graham, Doug Godden, Red Longval, J.P. Ullock, and Richard Bedard. And finally, but not the least good, good setting and play making by the team's shortest member, Butch March.

The CFB Comox women's team also played in their first tournament of the season. Although they didn't fare as well as the men, the team plays and individual performances were respectable and showed good promise for the Region Championships in two weeks.

With good setters in Josee Descoteaux, Kathy O'Brien and steady spikers and defensive players like Linda Chasse, Joanne Martin, Diane Earl, Kathy Edwards, Cecille Blancher and Lea Brandt, the lady Totems should do well in future tournaments and perhaps gain a birth to the CF Volleyball Championships in Gaget.



ACTION IS HOT & HEAVY

Buckle Up BC!

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

INSURANCE CORPORATION OF BRITISH COLUMBIA

BLOOD DONOR CLINIC
4 MAR 88

On Friday the 4th of March, there will be a Red Cross Blood Donor Clinic at the Recreation Centre from 1000 hrs until 1400 hrs. The last clinic in June 87, was a great success attracting 164 people and yielding 148 units of blood. Can we do it again?

The Red Cross Blood Programme in Canada needs over 4,000 blood donations every day to ensure an adequate supply of blood to hospitals across Canada. Blood is provided free of charge to patients who need it and you may have that special type that may save someone's life one day.

There are four different groups of blood - O, A, B and AB. Each type can be divided further in RH positive or negative. The universal donor is Type O blood can be given to patients of any type in an emergency, but Type O patients must receive only Type O blood. The Red Cross counts on Type O donors to donate their blood regularly to keep up with the demand in Canadian Hospitals.

All other types of blood are just as important and healthy people can donate every three months if they so desire. Blood isn't just used in emergencies. The components derived from blood of all types are used in the treatment of leukemia, hemophilia and burns.

It is easy to give blood and if you've never done it before, bring a friend along for moral support. The usual donation is half a litre or one pint which is replaced by your body very quickly. It is wise to have something to eat before you come to the clinic and refreshments will be provided. You should also avoid strenuous exercise, smoking and alcohol for several hours after you donate.

The last clinic I coordinated in Jun 87 gave me a great deal of satisfaction because I witnessed a steady stream of people throughout the day who gave of their most "intimate self" to help others. It is for this reason that the Red Cross is returning - CFB Comox people care!

Hope to see you out on the 4th of March at the Recreation Centre between 1000 hrs and 1400 hrs to give the gift of life.

N.F. Carriere

Captain

CFB Comox Blood Donor Clinic

Coordinator

TOTEM LOUNGE

27 FEBRUARY
BINGOAdmission - \$4.00
Doors Open - 1830 hrs
Bingo Starts - 1900 hrs28 FEBRUARY
POOL TOURNAMENT

Admission - \$5.00 - Register at Mess Mgr's office

19 MARCH

ST PATRICK'S DAY DANCE

Band: BROADSTREET - 2100 hrs
Food: Stew & Biscuits - 2000 hrs

Door Prizes

Admission: \$5.00 single

Bring a date or friend and they get in FREE!!

NEXT DEADLINE
MARCH 7

SPORTS & RECREATION

Sports Tabloid Champs



Pictured above are the members of BTEL Team who were declared winners of the CFB Comox Carnival/Sports Tabloid held 11-12 Feb 88. Some say they were lucky - they say they were good. (Base Photo).

...more sports tabloid

CONTINUED FROM PAGE 1

Can Shuffleboard, one of the events for the evening, proved to be very difficult. Aiming for a pop can was harder than anticipated. All events went smoothly, with everyone having a barrel of fun.

The last event for Thursday evening was the skits, all 14 teams performed entertaining and original 2 minute skits. The crowd was in a state of constant laughter for the entire length of the show. The four judges for this event were: WO McDonald, CWO DelFabro, MWO Dale Campbell and CWO Hunter. All four judges had a very difficult time picking a winner. They did choose DENTAL for their scene in the dentist office, we all know what to expect when we go to see Capt Jones for a tooth extraction. "Congratulations to the Dental Team." An Honourable Mention is given to Mike Maillet from BATCO, a great comedy skit, well done. Let's not forget the Firehall's display of the Canadian Spirit towards the Olympic Games, the Firehall

spent many hours in the preparation of their skit. Their beautiful murals now hang in the Base Gym, a nice addition to the decor of the gym. Good effort to all those team members who competed in the skits.

Friday morning all 14 teams gathered at the Base Gym to begin the morning's events. Inside the gym a 7 event tabloid was scheduled, as well as the Bowling Alley and Base Gym parking lot. Inside the gym the competitors felt silly wearing a baseball glove on their head, a medicine ball between their knees and twirling two bowling pins, one in each hand. All teams had a tough time trying to keep the medicine ball between their legs while walking, needless to say everyone enjoyed themselves immensely. This was one of the seven fun and exciting events taking place in the gym. Meanwhile outside, the Wheelchair Races were taking place despite the cold, windy weather. One (female) competitor from VU 33 nearly broke down into tears, she couldn't get the chair moving. She eventually realized the brake was on and soon began the race. Once all the morning's events had taken place, Beer and Food tents were open for business, that was if you could withstand the cold, rainy weather.

Lastly, Friday afternoon's events began with Nail Driving. Competitors were stunned when they went to hammer the nail and missed. Especially DIAC, they had everyone worried for a while. The next event was Log Sawing, an event for the strong and fiery or an event for the team with a sturdy, sharp saw. Whatever the

case was for BAMSO they successfully sawed their 2 x 4 in 2 min and 18 seconds, the best recorded time. Following Log Sawing was the Log Relay, this proved to be an event for tall people as opposed to the short competitors who suffered minor pain. Good effort by all competitors.

The last event of the carnival was the Pool Tube relay. This event required brave, crazy souls to paddle down the pool against cold winds and rain. Hats off to Joanne Lloyd from BADO/Compt who managed to finish her length of the pool, despite the fact her arms were too short to reach the water. Although the weather was terrible, everyone enjoyed themselves and left the pool with a smile on their face. To conclude the two days events, competitors decided to throw WO Brazeau into the water, clothes and all.

Congratulations to the 1988 Carnival/Sports Tabloid winners, BTEL with 268 points. Fun was had by all, competitors, spectators, and officials. A special thanks to the BPERC staff, a job well done.

Results of the Carnival/Sports Tabloid:
BTEL - 1st - 268
442 No. 2 - 2nd - 263
Fire Hall - 3rd - 255.5
BAMSO - 4th - 232.5
407 No. 1 - 5th - 229.5
BATCO - 6th - 183
BSECRO - 7th - 182
BSUPO - 8th - 177.5
BTNO - 9th - 175
VU 33 No. 1 - 10th - 172.5
BADO/COMPT - 11th - 165.5
DIAC/DYNAMOS - 12th - 160.5
BFOOD/BHosp - 13th - 137
Dental - 14th - 129.5

Fitness
with PattyINJURIES ASSOCIATED WITH
JOGGING & RUNNING

Jogging and running can be very enjoyable forms of exercise, yet when certain conditions affect your jogging or running capabilities, injuries are often the result. Here are six common injuries associated with running and jogging.

I. Low Back Pain

a. Symptoms: Localized soreness, tension or sharper pains in the lower back; pains radiated down the leg; tingling or numbness in the leg or foot; secondary muscle spasms in the mid or upper back or shoulders.

b. Causes: Failure to warm up properly; "jogging" with the weight too far back, striking the heels; swinging the arms from side to side too much, and running up and down the stairs.

c. Treatments: Increase flexibility in the muscles of the lower back, apply ice alternating with moist heat. Swimming freestyle or backstroke, yoga stretching exercises and almost any type of deep massage help to relieve pain.

II. Shin Splints

a. Symptoms: Severe pain in the front area of lower leg.

b. Causes: Running with the weight shifted too far forward; striking the ground with the first third of foot and wearing shoes with a tight shoe box.

c. Treatments: Flexibility training, apply ice before and after activity. Strengthen foot muscles by the use of rubber band large enough to hook up feet and swimming flutter kick. Taping of front area on lower leg may help relieve pressure.

III. Achilles Tendon

a. Symptom: Pain just above the heel extending into the calf muscle.

b. Causes: Running/jogging with the weight shifted too far back and striking the heel; improper warm-ups.

c. Treatments: Heel pad or orthotics to raise the heel;

wearing high heeled boots or shoes will take the pressure off the tendon. Taping relieves the pressure and icing before and after should be applied.

IV. Pronation of the Foot

a. Symptoms: Pains in the inner arch of the foot that can radiate into the toes and plantar fascia.

b. Causes: Improper running techniques, "slapping" the feet too much; improper weight distribution with more weight on one foot than the other.

c. Treatments: For moderate pronation Dr. Scholl's arch supports; exercise to strengthen muscles of the feet such as swimming. For more severe pronation orthotics may be needed to help correct structural problems.

V. Hip Rotation

a. Symptoms: Low back pain, stress on the groin ligaments, with pain radiating down the inside of the legs.

b. Causes: The pronation of the foot can be a direct cause of the internal rotation of one hip from running either "pigeon" or "duck" toed, causing the knees to rotate either in or out, causing secondary rotation of the hips.

c. Treatments: Chiropractic manipulations, and orthotics to correct pronation of the feet.

VI. Patellar Tendinitis (inflammation of the tendon below the kneecap).

a. Symptom: Pain just below the kneecap.

b. Causes: Running with weight shifted too far forward or too far backward; running up and down hills; inadequate warm-ups so the quads are tight; weak hamstrings.

c. Treatments: Ice applied after exercise; moist heat may be alternated with ice and strengthen quadracep and hamstring muscles of the leg.

These are the six most common problems associated with jogging and running. If you develop any sign of injury, begin to treat immediately to speed the healing process.

Fitness for Life Club

Fitness for Life Club is a new personal award system offered by the PERI staff at CFB Comox.

This program will give you a new challenge, help achieve your desired goal toward your physical fitness activities.

All CFB Comox personnel are eligible to be a member of this club.

REGISTRATION

The registration will be held at the CFB Comox Rec Centre daily, Monday to Friday from 0730 to 1530 hours.

There is a registration fee of \$2, to be used towards cost of membership cards, awards, medals, plaques and T-shirts.

NOTE: For further information contact the Rec Centre at local 8315.

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FREE DELIVERY

ON AND OFF THE BASE

Action Sport Are Winners!



Action Sport Ladies Basketball Team were victorious in the recent CFB Comox Invitational Tournament held 5-6-7 Feb 88. Congratulations to the winners.

Totems Basketball

MEN

The Nanaimo Tally-Ho Senior Men's Basketball Ball Tournament is touted as the best Senior Basketball Tournament on Vancouver Island. It featured 18 teams in 3 Divisions. The Open Division which includes many ex-national players, the Masters for those who are over 35 and the Senior "C" which has a combination of both, in which our own Totems were entered. The team's co-coach Josh Pemberton and Davis Mitchell saw the draw and they were concerned, for two reasons; a. their first game was against the home team, b. the game started at 9:30 a.m. the morning after Bosses' Night. This was also the team that downed the Totems at their own tournament earlier this year.

The Tally-Ho jumped to a 10 point half time lead. However, with strong pressure from Yves "Ziggy" Carigan and Stu Cox and a game's leading 37 points from Davis Mitchell the Totems finished the Tally-Ho's dream, of a home success by downing the opponent 94-88. "This was basically revenge, we wanted to win bad to make up for last time," says Totem's Captain Rob Adams.

After disbanding Clarkson, from Victoria 109-84. The final game was staged between Cumberland Hotel and CFB Comox Totems, good friends off the court but fierce,

sometimes violent competitors on.

In a game during which there were 12 lead changes and 367 fouls Totems Davis Mitchell on his way with 32 points and 5 blocked shots looked to have a better second half with the reinsertion of "Mr. Huddle" Ken Rodzinyak. With 6:11 to go in regulation time the Totems were up by 15 points, but with great shooting by Dennis Webber of Cumberland the lead was slimmed down to just 2 points. With two minutes left in regulation, the tenacious Rodzinyak, who's in his last year at Comox scored 8 straight points despite missing 9 of 20 shots leading the Totems to a 98-92 final. Making the Totems champions of the Senior "C" Division.

This kind of play will be needed when the Totems travel to Esquimalt for the PAC Region Championship. Good luck Guys!

WOMEN

The women's base basketball team had their annual invitational tournament a few weeks ago and there was a lot of exciting b-ball action.

Seven teams entered from around the Valley and despite some hard fought games, dominant teams showed their "stuff" early on.

The base started off strong with Josie Descoteaux controlling play and some strong offensive action coming from Low Neil, Olwynne Crampton

(our secret weapon borrowed from Chilliwack) and Jan Moyer. Defensively things were even better with very aggressive rebounding from Mary Bryant and incredible "stuffs" from Josh Pemberton.

Due to some wicked injuries suffered by key players and not carrying a full team, we suffered an unfortunate second loss to Action Sports. Score - a devastating 46-43. After double round knockout action, it was to be league leaders in standings, EWB against the very strong Action Sports.

EWB had some hot shooting from Connie Hall, but it just wasn't enough against Action Sport's Saura Brown and Jeanne Robertson.

The girls would like to thank every team for competing and making the tournament a successful one.

We would also be remiss if we didn't convey our thanks and appreciation to both Col Gibbon and Capt Pronk for allowing the tour to take place.

A few more thank yous to the men's b-ball team and their wives for scoring, also a specific one to our No. 1 fan Cheryl Adams - for always being there.

Our coaches Rob Adams and Terry Strocel have almost survived another year with us, we'd like to thank them for their time, energy and most of all patience.

Thanks.

ASK ABOUT THE FOREST



WHY DO WE SO FREQUENTLY SEE MUSHROOM-LIKE GROWTHS IN THE FOREST?

Because there is a close biological relationship between trees and fungi (mushroom-like growths) in the forest. This is called a "mycorrhizal association" (myco-fungus; rhizae - root). Like the tip of an iceberg, the forest mushrooms, seen in the late spring and fall, are actually the visible spore-producing parts of fungi, plants that grow on dead organic matter. Underneath the mushrooms is an intricate, hidden threadlike network, called mycelium, that has an association with the fine roots of most trees. This network system helps the tree absorb important nutrients from the soil. It also assists in the breakdown of the organic matter on the forest floor. The organic matter, which consists of fallen needles, leaves, branches, bark and wood from dying or dead trees is broken

down by the fungi and other organisms to form an important soil layer known as humus.

Some kinds of fungi are closely associated with certain tree species. This has implications in reforestation because nursery-produced seedlings may not have the mycorrhizal fungi required for good growth on the planting site. At present, researchers are working on the development of suitable fungi that could be inoculated into nursery soils used for seedlings.

To conclude - the many colourful and interesting mushrooms seen in the forest perform in two ways. They are attractive and interesting for the forest visitor. At the same time, they form an essential link in the biological cycle of continuous, healthy forest growth.

WHAT CAUSES KNOTS IN LUMBER? DO THEY AFFECT ITS STRENGTH AND QUALITY?

The knots in sawn lumber are actually parts of branches that grew on the tree from which the lumber was cut. They are slices of branch. If you have ever examined the annual rings on a tree crosscut, you will know that the trunk adds girth outward year by year. Where there are branches, this outward growth will encase the branch as long as it remains on the tree. In lumber, the resulting knots can vary in size and shape, depending on the way the lumber has been cut from the log.

Knots can have a significant effect on the quality and strength of lumber. As a general rule, strength tends to be reduced where knots appear. However, the extent to which the lumber's strength is affected depends on the size, location, shape and slope of the adjacent wood grain.

One way of dealing with the problem is to prune off unnecessary branches of individual trees in young forests that have been targeted for lumber production. After this pruning, the new wood that forms toward the outside seals over and no longer encases the branch.

But, this cannot be done without careful consideration. It is the needles or leaves on the branches that manufacture the food every tree needs for healthy growth. The challenge is to identify those branches that are not contributing much to the tree's growth, assess how their removal will improve future lumber, weigh the two factors and make a good decision as to which branches should be lopped off.

Courtesy the British Columbia Forestry Association.

Glacier Greens

1988 FEES

	REGULAR	ORDINARY	ASSOCIATE
Single	245	245	270
Husband	395	395	430
& Wife			
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

ON AND OFF THE BASE

GRAY WHALE MIGRATION

A VANCOUVER ISLAND SPECTACLE

For thousands of years, Gray Whales (*Eschrichtius robustus*) have been passing the shores of the West Coast of Vancouver Island on their 16,000 km route. Each year about 19,000 gray whales move from the Mexican breeding grounds to the Arctic feeding grounds and back again - the longest migration of any mammal.

Every spring, during the peak of the migration, the coastal communities of Tofino and Ucluelet host the Pacific Rim Whale Festival to celebrate the return of these magnificent mammals. The three week festival boasts many unique events, educational programs, plays, concerts and

crafts to entertain visitors, with the main attraction being...THE WHALES!

Visitors from around the globe gather to watch the gentle Grays, from strategic shore lookouts and various whale watching boats. Observing the coastline for a few hours, one could count literally dozens of grays on their age old journey. Spouts up to twice a man's height give them away, even at a great distance. At closer range, watch for a seemingly never ending barnacle encrusted back rolling into the waves for a dive, followed by the 3m tailspan of powerful flukes which disappears slowly, leaving you in wonderous

disbelief at the size and beauty of these prehistoric-looking animals.

Federal guidelines for the protection of whales prohibits vessels from approaching closer than 100m, but what can you do if one chooses to socialize with you? Many have enjoyed the thrill of a 50', 25 ton whale gently nudging their boat or resting it's head on the pontoons of a Zodiac to receive the uncertain touches of excited passengers. One "friendly whale" encounter was a highlight of the whale watching season, when the whale stayed with a Zodiac for over an hour eliciting pats, rubs, attempted hugs and kisses from an overwhelmed crew.

It is easier to understand the friendly reaction on part of humans than on part of the wild marine mammal. However, such "friendly" behavior has been reported over the years for individual animals who may have learned to expect a positive response to their curiosity. It would be a mistake to assume such behavior to be representative of the whole species. Yet any whale encounter in the wild, be it near or far, is likely to linger on people's minds. In an open boat, the *their* environment, we sense the tremendous diversity of life as we are confronted with creatures so huge, so different, and yet so relatively closely related in a biological sense.

As the last stragglers of the migration come through this area in May and early June, we keep a look-out for our summer resident whales. Not all grays complete the approximate 10,000 mi. round trip, but some stay along route to feed for the summer and fall. Each year, the West Coast of Vancouver Island attracts 35-50 gray whales who find their fill of small crustaceans and tubeworms in the muddy bottom of shallow bays. Between 300 and 400 kg might be considered a likely daily ration, showing a weight gain in excess of 5 tons by the end of the season, which helps the animal sustain its winter fast down South.

Ground Telecom
Bytes and Bits

Hi folks -

There you have it...fearlessly led by MCpl Theriault, Base Telecom has won the Winter Carnival. We even have a video of the whole thing; everybody had a ball. See pictures elsewhere in this issue. Cpl Quinn will be back shortly. After a 5 week course I imagine his wife and kids must be very happy.

Cpl Sirois is going on course until mid-March in Kingston; hope he can still handle snow and slush. Also, very good news, (he is literally jumping with joy), he got his posting alongside his wife in Trenton. (The posting was tough and go...)

Cpl Rochon is back from her tour of duty in Alert, she is currently helping out our IFRCC experts, Cpls Bingham and Page. Apparently they have some grrrrreat parties in Alert. (Have to keep warm somehow, she says).

Cpl Robertson is going on the "Rigger" course, to learn how to climb up poles and antennas. (If we are of monkey origin, how come we have to learn to climb).

WO Anderson is having problems with his vehicle; the dealer can't get parts. "They're in the mail," is all they'll say. WO Berry is still making his delicious candy (smoked salmon) and they can hardly wait for the end of "winter" to put the boat (ship!) back in the water.

Cpl Arseneault may be going to Baden-Soellingen - some lucky lady, let me tell you. It may well be the four best years of her life!

MCpl King has got problems with some "blinking lights" again, we'll buy him fresh batteries.

Cpl Peever is getting very good at fixing TVs, VCRs, etc...and still finds time to take good care of our supply needs.

MCpl Bolduc is busy writing a "handicap" computer program for the golf course. If you have a wish list of programmes for the Commodore computer you should contact him.

TRIVIA

50.9% of North American homes have at least one VCR; 1.5 million sold last year.

1.9 million colour TVs were sold last year, compared to only 450,000 black and white sold, and tell me again that we don't have any money!

What is the most popular TV show of all time, watched by more than 100 countries?....The Muppet Show. Yeeeeeeh says Kermit. (Electro 911).

CAUTION:
Dangerous Chemicals
Stored Inside.

Environmental risks aren't only Acid Rain or Industrial Toxic Wastes. Each one of us in his or her own way has a daily impact on the quality of the environment.

It may be cigarette smoking. Or the washday detergent. The cleaners and polishes in the kitchen cupboards or the paints and solvents in the basement.

Each family home, regardless of how safe and cozy it appears, contains chemicals which should be carefully controlled.

Make sure you're doing your best to control household hazardous wastes:
• Become aware of the chemicals you use and dispose of every day.

- Educate your children as to the hazardous products in your home and store those products safely.
- Buy only those products which can be used and disposed of safely.
- Buy pesticides and other household chemicals only in quantities that you can actually use.
- Help to organize special refuse collections for hazardous materials.
- Discourage overuse of plastics and styrofoam.
- Encourage the use of re-usable materials.

Do your part to make sure the world is safer for yourself. That way we'll all benefit.

Environment Canada Environnement Canada

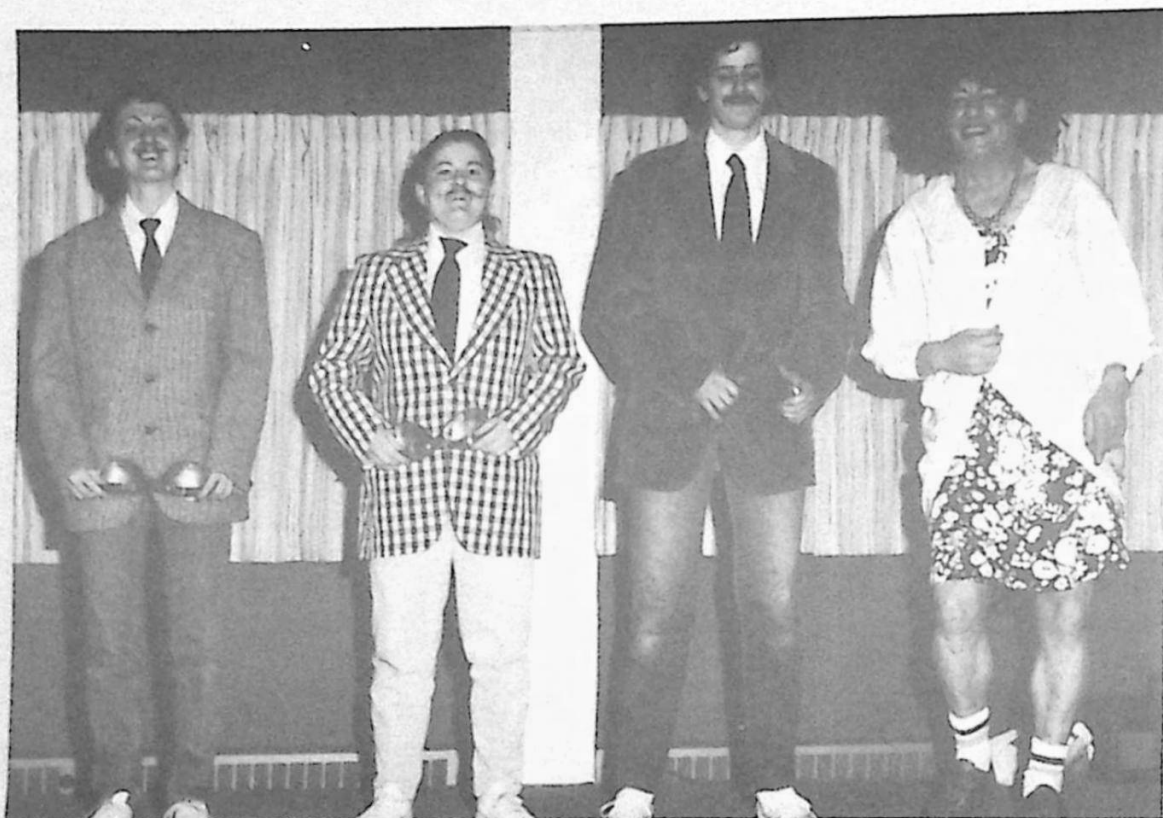
Canada

NEXT DEADLINE
MARCH 7



THE CFB COMOX SPORTS TABLOID

A PICTORIAL ESSAY OF FACES AND PLACES



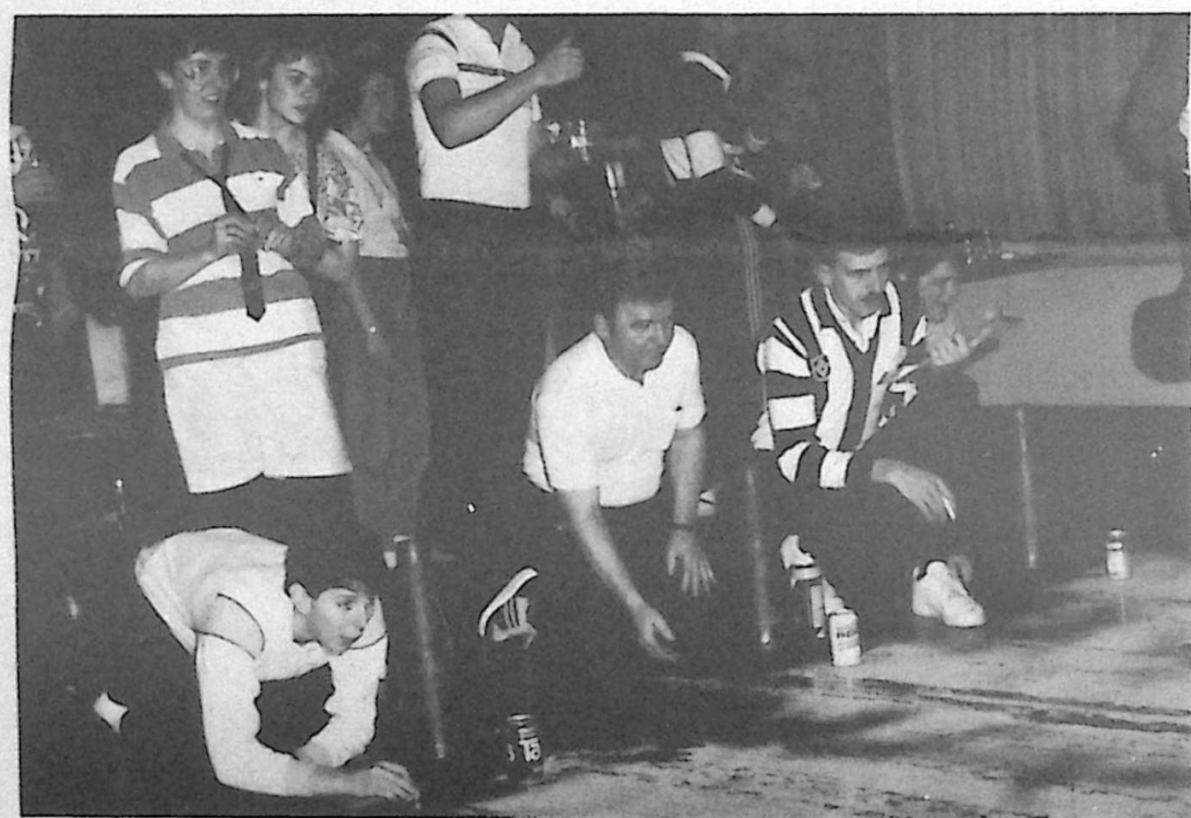
...absolutely a stunning array of beauty.



...go for it Sheila.



...bagpipes and O Canada....ugh.



...the man in the stripes is an imposter.



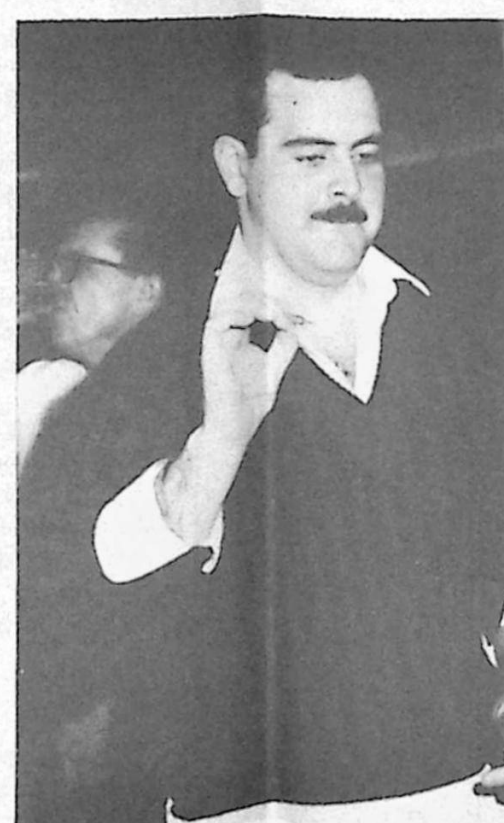
...a one bladed wonder.



...boogying with the dancin' raisins.



...who got me involved in this nonsense anyway.



...I'll get the boss in the....



...get up you jerk - your mother's watching.

AROUND THE BASE



Origins of the Species

John Bradley

No. 19 AND 119 SQUADRONS

While 424 Bomber Squadron was not formed until 15 October 1942, they were able to trace their lineage back to 15 May 1935. On that date No. 19 (Bomber) Squadron of the Non-Permanent Active Air Force was established at Hamilton, Ontario. The first aircraft was not available until two years later on 25 May 1937. For a Bomber Squadron the first aircraft type was a rather unusual one but quite understandable in the light of the RCAF's lack of proper aircraft during this period. 19 (B) Squadron was equipped with the DeHavilland DH-60 Moth biplanes. By May of 1938 they were able to "upgrade" to the DeHavilland DH-82 Tiger Moth. Eventually they were also to receive a Fleet Fawn and had the use of two Bellanca Pacemakers.

By this time however, No. 19 (B) Squadron had become 119 (B) Squadron as a result of the expansion of the Permanent Air Force. This expansion resulted in all Auxiliary squadrons being assigned with the 100 block of numbers. In this case 119 became effective as of 30 November 1937. From the outset No. 19 and later No. 119 had been closely associated with the City of Hamilton, Ontario to the extent that they were known as, "City of Hamilton Squadron."

The war clouds were looming over Europe by 1939 and on 25 August Auxiliary squadrons received messages to begin recruiting to full strength. On 3 September No. 119 was called up on a full-time voluntary basis. On 31 October they were redesignated as 119 (Bomber Reconnaissance) Squadron. Training began in earnest and by 1 November they were told to prepare to move to RCAF Station Vancouver. They were finally ordered off on 4 January 1940 and arrived at Jericho Beach four days later. In February they received Northrop Deltas and used these aircraft in training preparations for the expected operational aircraft, the Bristol Bolingbroke Mk. I. It was on these Bolingbrokes that 119 applied their first code letters, DM. By 1942 this code was changed to GR which was retained until disbandment.

119 Squadron was again notified to move and in July departed for Yarmouth, Nova Scotia. Intensive training on the Bolingbrokes continued until March 1941. In March the first operational mission was flown by four aircraft on an escort of HMS Ramilles. After this date they settled into a routine of convoy escorts and anti-submarine patrols. By March 1942 the Bolingbrokes were being turned in and the

unit acquired a number of Lockheed Hudson Mk. III patrol bombers.

119 (BR) Squadron carried on with patrols on Canada's East Coast until 15 March 1944 when they were disbanded at Sydney, Nova Scotia. During their operational career they had attacked four U-boats as a result of eleven sightings. Unfortunately, none of these U-boats were sunk. They had lost six aircraft and five crew members killed on operations and eight aircraft and crew killed on various training missions. Had they remained on strength, they would have received the Atlantic, 1939-1945 Battle Honour. Awards to squadron personnel included 2 DFCs, 1 AFC, 1 BEM, and 3 Mentioned in Despatches. During August of 1942, the Hamilton Tiger's Football Club had allowed the squadron to use their Tiger emblem. As a result a Tiger's head was incorporated into the unit's Badge to symbolize both Hamilton and the springing attack of the dive bomber. The motto was Noli Me Tangere which translated to Touch Me Not. The Badge was authorized by King George VI in October 1942. With the adoption of the Badge, the squadron also became known as the "Hamilton Tigers."

424 BOMBER SQUADRON

424's lineage to 19 and 119 Squadrons came as a direct result of 119 (BR) Squadron's disbandment in March 1944. After the loss of 119 Squadron, the City of Hamilton wished to carry on its fine tradition of sponsoring and adopting an RCAF Squadron. 424 Bomber Squadron had been founded on 15 October 1942 at Topcliffe in Yorkshire and were initially equipped with the Vickers Wellington B. Mk. III twin engined bomber. While 424 had been known as "Tiger" Squadron from almost the beginning of its existence, and in fact had several aircraft painted up with versions of the Tiger in its nose-art, it wasn't until the City of Hamilton approached the Squadron after 119's demise did the applied "Tiger" nickname become more or less official. By June 1945, King George VI had approved the Squadron Badge which was a stylized version of the original Tiger's head. As a full faced head had already been used in the 119 Badge, 424 had to change the head so that it was a heraldic and facing to the right Tiger's head. The motto was Castigandos Castigamus which meant We Chastise Those Who Deserved to be Chastised.

424 was originally under operational control of the RCAF's No. 4 Group until 31 December 1942. On 1 January

they became a component of the RCAF's No. 6 Group. Like so many other units, especially bomber squadrons, 424 spent the initial three months on training. They were declared operational on 11 January 1943 and prepared for their first mission which was a "Gardening" or minelaying operation that was to take place on 13 January. Part way through the loading, the mission was changed to a bombing raid so the groundcrews set about changing the payload. After a hurried reloading and a new briefing, the mission was cancelled due to poor weather. The Tigers finally had their debut on 15 January as five aircraft attacked the U-boat pens at Lorient, France. All aircraft returned safely but some had received minor damage.

February 1943 saw a new version of the Vickers Wellington arrive in the form of the B. Mk. X which was the tropicalized version of this aircraft. By April the change had been completed and the Tigers were preparing for the move to North Africa. Joining them would be 420 and 425 Squadrons. These three squadrons would form No. 331 (Medium Bomber) Wing, an all Canadian unit. The Wing was formed to assist with the pre-invasion softening up of targets in Sicily in preparation of the impending invasion. They were to arrive at Kairouan/Paviller in Tunisia on 23 June 1943. They remained there until the end of September when they moved on to Hani East Landing Ground, also located in Tunisia. The Tigers had flown numerous sorties including bombing and leaflet dropping raids.

They returned to England on 6 November and proceeded to Skipton-on-Swale where they received the Handley Page Halifax B.Mk. III four engined heavy bomber. By January 1944, the conversion had been completed and they carried out their first mission in the new aircraft on an attack of Berlin in early February. During February numerous targets were in the Tiger's sights including such locations as Leipzig, Schweinfurt, Augsburg, and Stuttgart. By March they were taking part in the long build-up to D-Day invasion. Primary targets for the Tigers included lines of communications, harbour facilities, and the V-1 launching sites in Northern France. On the 5th of June they bombed enemy coastal batteries at Houlgate. Additional attacks took place on targets at Mayenne, Le Mans, Versailles, Cande-sur-Noireau, Arras, Boulogne, Cambrai and numerous other locations.

Regular bombing missions resumed by the end of 1944 and at the same time 424 found itself once again converting to a new aircraft type. The new aircraft was the Avro Lancaster B. Mk. I and III four engined heavy bomber. They became operational on the Lancasters by January 1945. Intense pressure was kept on the shrinking German Reich and 424 was heavily engaged in bombing targets at Stuttgart, Magdeburg, and Hanau. They even participated in minelaying operations in the Oslo area. The last operational sorties took place on April 25th as a bombing strike against Wangeroo Island was called for. This was also to be 424's 200th mission.

The Squadron remained in England until October assisting with the repatriation of Allied POWs in Operation Exodus. Like their sister unit, 433 Squadron, 424 was also to assist with the dropping of surplus bombs into the ocean and transporting troops from Italy to Britain. Disbandment finally

came about on 15 October 1945.

During the war they had flown 3257 sorties and had dropped 8776 tons of bombs. They had accounted for nine enemy aircraft and had damaged five others. They did not get through the war unscathed as they lost 52 aircraft and 313 aircrew killed, wounded or taken prisoner on operations and an additional four aircraft and nine personnel were killed in training. During their tenure, the QB code was applied to all squadron aircraft.

The members received 1 DSO, 1 Bar to DFC, 49 DFCs, 1 CGM, 11 DFM, and 1 Mentioned in Despatches. The unit itself received the English Channel and North Sea 1943-1945, France and Germany 1944-1945, Fortress Europe 1943-1945, Baltic 1944-1945, Biscay Ports 1943-1945, Ruhr 1943-1945, Berlin 1944, German Ports 1943-1945, Normandy 1944, Rhine, Biscay 1943-1944, Sicily 1943, Italy 1943, and Salerno Battle Honours.

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Legion Log

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Fri & Sat Feb 26-27
Sun Feb 28

Music by COUNTRY MEN

Fri & Sat Mar 4 & 5
Sat Mar 12

FUND CRIB TOURNAMENT

Registration 12:30 to 1 P.M.

Music by BRANDY

ST PATRICK'S DAY DANCE - I

Food: Beef & Veg stew 8 - 9 PM

\$3 advance tickets only

Music by WESTWIND

Fri & Sat Mar 11 & 12

REGULAR ACTIVITIES

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

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

Fun Euchre

Pub Darts

League Crib

Fun Darts

TGIF & Money Draw at 6:30

Fun Bridge at 12:30

Something doing every Sun afternoon

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information.

NEW SUNDAY HOURS... 12 noon - 7 PM

**Dress Code in effect 8 PM Fri. & Sat.

(NO JEANS OR T-SHIRTS)

BRANCH 160 - COMOX

ENTERTAINMENT

Feb 26-27

Music by WESTWIND

Mar 4-5

Music by PRIMETIME

Mar 11-12

Music by BRANDY

Mar 18-19

Music by ALLEYCATS

REGULAR ACTIVITIES

SUNDAYS
MONDAYS

11 am to 6 pm

LA Drop-In Bingo 7:00 pm

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

Mixed Dart League *Upper Hall* 8:00 pm

TUESDAYS

Crib League-Lounge* 7:00 pm

WEDNESDAYS

Navy League Drop-In Bingo*

Upper Hall 7:00 pm

THURSDAYS

1st Branch Executive Meeting 8:00 pm

L.A. Executive Meeting as required

2nd L.A. General Meeting-Upper Hall 8:00 pm

FRIDAYS

3rd Branch General Meeting - Upper Hall 8:00 pm

T.G.I.F. in Lounge 2 - 6 pm

SATURDAYS

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 26 FRI

DART "STEAKSHOOT" mixed doubles.

Upper Hall. Members: Guests. Reg. \$5 - 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

NEXT
DEADLINE
MARCH 7

ON AND OFF THE BASE

Let's Talk
WAIT ON GOD

Someone has defined patience as "the ability to count down before blasting off."

Patience is a very desirable quality, but one which is very difficult to practise. It isn't easy to just sit and wait. Very few people relish the idea of just sitting and waiting for a name to be called in the doctor's office or at the dental clinic.

What man likes to sit in his car and "patiently wait" for his wife to return from the shopping centre? How frustrated the wife becomes when the dinner meal is all ready to be served and nobody is sitting at the table! It's just not easy to wait for other people. We become irritated and we feel like an explosion is about to take place within us.

However, we do have the consolation that the waiting will eventually come to an end. Sooner or later, your name will be called; the wife will return, packages and all; meals will finally be eaten, even though the food has lost some of its appeal. Yes, if we are patient, we may very well see some result from our waiting on people.

However, how much more difficult it is to wait for God! Have you ever felt that God must have lost your address? Do you recall struggling through some difficult situation or a very unpleasant

circumstance, and it seemed that nobody really cared? Perhaps, you even thought that God would be your helper, but still, it seemed that no one came. Is it possible that we are sometimes tempted to run ahead of God, and we just can't wait for His plans and purposes? God doesn't operate nor count time as we do, in minutes, hours and days. God is more concerned with the quality of our waiting, rather than the quantity.

The important question is "What do we do while we wait?" The Bible tells us many times to "wait upon the Lord" and to man people, this is next to impossible. We may be "right now" people and God may be saying "wait a while."

David wrote in the Psalms (Chapter 27 and verse 14): "Wait on the Lord, be of good courage, and He shall strengthen thine heart..." While we are waiting then, we should be brave, full of courage, not fearful but trusting in God's direction and guidance.

As we wait, we need to be quiet, and hear what God is saying to us. The following lines of verse, written by Patience Strong express this very thought:

If you stand very still in the heart of the woods,
You will hear many wonderful

things.
The snap of the twig, and a wind in the trees
And a whirr of invisible wings.
If you stand very still in the turmoil of life
And you WAIT for the voice from within,
You'll be led down the ways of wisdom and peace
In a mad world of chaos and din.

If you stand very still and hold to your faith,
You will garner the help that you ask,
You will draw from the silence the things that you need,
Hope, courage and strength for the task.

Are you running ahead of God today? Then slow down, renew your strength and just wait in His presence. Remember that there is no time lost in waiting, if we are waiting on the Lord. Perhaps we feel that we have come to the point of exhaustion and we think that there is nothing that we can actually "do." Then, maybe waiting is what we need. The famous line from one of John Milton's poems reminds us "...they also serve who only stand and wait..."

Let us practise patience today and may we learn as we wait.

Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services

STANAVFORLANT

CONTINUED FROM PAGE 1

A Canadian destroyer-class ship has always been a part of STANAVFORLANT since its formation. In the past 20 years, the Canadian destroyer has been interchanged some 60 times because the Canadian Forces assign their ships to the force for an average period of four months.

All Canadian ships deployed with the NATO fleet come from the Atlantic coast and all have been assigned to it an average of three or four times each. Algonquin has the greatest number of deployments (6) followed by Iroquois with 5. And if the ships are veterans

of the squadron, the seamen are too. It is not unusual to find some with five, six or even more deployments to their credit.

Commanders' appointments rotate among the five countries which assign ships to the squadron on a continuous basis. The commandant's staff consists of five or six officers from the countries that provide ships to the force and about 15 sailors from the same country as the commander. Officer postings are staggered throughout the year in order to ensure continuity.

While the force - which has

no home port - visits 20 to 25 foreign ports and welcomes some 250,000 visitors annually, it spends most of its time at sea. The approximate 200 days a year of seafaring is nearly double the average for a modern navy.

STANAVFORLANT has a high level of combat readiness to which each national navy makes its own contribution. This unique naval force participates in several major NATO exercises and, thereby, reasserts the common purpose of the NATO allies in maintaining the effectiveness of their naval forces.



Ducks Unlimited Canada

We are. Since 1938 we at Ducks Unlimited Canada have put all our efforts into conserving the world's wetlands. We know them as incredibly beautiful, bountiful, complex and diverse. We are proud to say we're the Canadian partner in the world's largest wetlands conservation organization. Behind us are hundreds of thousands of people who share the support we need to carry on.

WE

WHAT'S IN A WETLAND?

INFORMATION

AROUND THE BASE



740 Communications Squadron

The Detachment has been busy cutting into the Comm Sqn's budget during the past two weeks. The Det Comd and Commcen Superintendent were in Nanaimo for the MCpl's PER review board from 9-12 Feb. Serge, Jeff, Don and Johanne joined the Det Comd and CCS for the annual Squadron Mess Dinner on 11 Feb. This gave us an occasion to meet some of the members from our sister Dets in Kamloops, Chilliwack, Baldy Hughes, Vancouver and Holberg. Of course being the nearest Det to the parent unit, we always enjoy the opportunity to get together with all members in Nanaimo.

The Det Comd made it back in time to catch a plane for Winnipeg in order to attend a one week course. Judging from his phone call on Wednesday it was apparent that he had spent too many winters in Comox as he mentioned that he had forgotten some very important articles of clothing (the winter type). He did mention something about knowing better, after all he was stationed there at one time.

Serge and Jeff represented the Det at Cheryl's JLC grad parade in Esquimalt on 18 Feb.

On the advice of some of the Det traffic experts we headed out at 0545, this they said would give us plenty of time for the early rush hour traffic in Nanaimo and would get us into Esquimalt in time for a coffee prior to the parade. Well the experts were wrong - the Nanaimo rush hour traffic never did materialize and we pulled into the Esquimalt Canex parking lot at 0910 (plenty of time for a coffee - the shop didn't open until 0930). We were definitely not late for the parade. (it started at 1100).

Al is still on sick leave recovering from surgery to his shoulder. All of us wish him a speedy recovery and hope to see you back at work.

My recruiting drive for someone to take over the gathering of information for this article is not proceeding too well. I will have to step up the drive as I am heading out to Prince Rupert in early April for a three-week exercise. Needless to say, my wife is not too impressed with my missing Easter and letting her handle the real estate matters (does anyone want to buy a good house?).

Charlene is baching it for awhile, her beau has headed

out to Vancouver to test the job market. She will make an attempt at getting her annual leave in mid March. Hopefully no one will get a JLC this time.

Cheryl is looking forward to coming back to work, after a 6 week swan on JLC. She apparently left a lasting impression on the JLC staff. They took a picture of her hair (during the field exercise) and will use it as a training aid on what "not to do." An attempt will be made to obtain a copy for a future article. (Maybe the next writer can do that).

Denis is anxiously waiting for the end of next week to roll around so he can get away on leave.

The next couple of weeks will be pretty busy around the Det. We will have a visit from DCOMSEC, the Career Manager will be in Nanaimo and we have been invited to take part in a parade for RAdm George in Nanaimo. I'm sure that claims staff and the chief dispatcher will be glad to see things slow down. Maybe if things keeps up we will be assigned our own staff car (does anyone know the NSN for a good staff car).

That about does it for this week, until next week, B C N U.

\$ Awards



SUGGESTIONS BRING BUCKS

When Marie Nolan was an Air Frame Corporal on 407 Sqn she made a couple of suggestions for which she later received awards. She received \$200 for a suggestion that metal ident nameplates be removed from CP140 hydraulic compartment floorboards. She received a further \$50 for bringing a problem to light that required alternative corrective action. Maj Clarke, the Squadron Engineering Officer, made the presentation after she left the Canadian Forces.



He did it again. This time Master Corporal Neilson, of our Safety Systems Section, shared a \$200 award with Master Corporal Bill Johnson, formerly with 407 Sqn Armament, for their suggestion that a storage cover be locally manufactured to protect the CP140 flight station life preservers. LCol Mack, his CO, made the presentation and MCpl Johnson will receive his share at CFB Cold Lake.



Mr. Cameron, an HP-3 in our CE Section, received a \$300 award for a suggestion that fire hose adapters be provided at the two base deep wells to permit fire trucks to be refilled if required. His proposal enhanced safety and LCol Mack, his Commanding Officer, made the presentation.



When Ed Medford was a Master Corporal in our Safety Systems Section he suggested that a lockwasher be installed on the SKAD tailcone thruster and the CF later granted him a \$200 award for his proposal. LCol Mack, his former Commanding Officer, and now our BTSO, made the presentation to Mr. Medford.

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, Rm 48, Phone 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, Phone 338-6214.

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN-Maj G.A. Milne
CHAPEL-St. Michaels & All Angels Chapel, Wallace Gardens, Bldg. 88.

OFFICE-Headquarters, Bldg. 45, Rm 48, Phone 8273
SUNDAY WORSHIP-Each Sunday - 1100 hrs.

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 - Phone 339-4133

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

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

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

Officers Mess

WEDNESDAYS MARCH 2, 9, 16, 23, 30

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

FRIDAYS FEBRUARY 26 & MARCH 4, 11, 18, 25
REGULAR TGIFs. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS MARCH 9, 23
OWC BRIDGE CLUB

SATURDAY MARCH 12
SPRING FEVER PARTY Barbecue your own steak with baked potato, mixed vegetables, salads and rolls***Soak in the heat of hot tubs***Dress will be swimwear and beach attire*** Bring your own beach towel and blanket.

Dance to Wayne's Mobile Music 2000 hrs-0100 hrs
Reservations by 1 Mar 88

Cost per couple: Members - \$15; Limited Associates & Guests - \$20

WEDNESDAY march 16

OFFICERS MESS LADIES CLUB (OWC) will present a travel demo. A film on a cruise and a brief talk on how to travel light. Also information on things to do and see on our lovely Vancouver Island.

COMING EVENTS FOR APRIL

7 APR - RCAF ANNIVERSARY MESS DINNER

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.

About The House with Lorry



I have had several requests from several ladies to do a column on fondues. The next couple of columns will be dedicated to just that.

We have a fondue at least once every two weeks if not more. The family just love them. Our youngsters are 7 and 8 and they have no trouble dipping their own dinner. I have never used an oil fondue with them because I do not feel that it is safe. Next column more fondue recipes, sauces and butters, serving suggestions and things to dip.

FONDUE EQUIPMENT

There are several different types of fondue pots and the most common are: metal pots for oil, ceramic flameproof pot for cheeses and small ceramic dessert pots for dessert fondues. The really only safe pot for oil fondues are the heavy electric ones. Great care should be exercised if the other light metal type is used. Any pot should always be put on a flame proof base underneath the pot stand. Fondue fuel can be purchased almost anywhere, I purchase

mine at the grocery store in Courtenay. Only ever fill the fuel container half full at one time. When refilling take the container away from the food and the other fondue pots and refill. Keep your fuel cover lids handy.

CLASSIC CHEESE FONDUE (Better Homes & Gardens)
1 T cornstarch
1/4 C Kirsch or dry sherry
1 clove garlic, halved
2C sauterne
1/2 lb gruyere cheese (2C shredded)
1 1/2 lbs natural Swiss (6C shredded)
1/4 tsp ground nutmeg
dash pepper

METHOD

Stir cornstarch into kirsch and mix well. Rub inside of heavy saucepan with garlic. Add the sauterne; warm till air bubbles rise and cover the surface. (Do not cover or boil). Remember to stir well all the time mixture is cooking. Add by handfuls the combined cheeses, keep at medium heat

and do not boil. When the cheeses are melted and bubbly add the spices. Quickly transfer to earthenware/ceramic fondue pot and keep warm. (If mixture becomes too thick add a little more sauterne).

WELSH RAREBIT (Our favourite)

6 oz sharp process cheese (1 1/2 C shredded)
1/4 C milk
1 tsp dry mustard
1 tsp Worcestershire sauce
dash cayenne
1 well beaten egg

METHOD

In heavy saucepan, heat cheese and milk over very low heat, stirring constantly till cheese melts and sauce is smooth. Add the next 3 ingredients. Stir about 1C of the hot mixture into egg; then return to hot mixture. Cook and stir over very low heat till mixture thickens and bubbles. Transfer to ceramic pot and keep warm. If mixture becomes too thick add a little bit of milk.

Low-Impact vs High Impact Aerobics

The aerobic workout movement is suffering some growing pains. As new concepts are developed and more is learned about aerobics, aerobic exercise is evolving much the same way that running and other popular exercise movements evolved. The beat goes on, but unfortunately, many aerobics program participants are taking the beating.

There has been a statistical increase in the number of injuries to participants, occurring mainly to the body's shock-absorbing components - legs (from the knee to the ankle), feet, hips, and lower back.

We are fortunate that updated aerobic shoes and flooring, are lessening the damaging effects of aerobic exercises, and also that there are many instructors who are concerned that the most effective ways to reduce the number of injuries is to address the source of the problems - the exercises themselves.

Low and High impact aerobics have many similarities. The goal of each is to elevate the heart rate to your required training level, to benefit your cardiovascular system. Jarring, impact-type exercises are being replaced or altered to a safer version. Most low-impact classes use brisk walking and cross-floor patterns with the power walking and striding movements. They also use exaggerated arm movements

to help keep the heart rate elevated, as exercises that elevate the arms help elevate heart rate. The heart is forced to work harder since it must pump the blood up against gravity.

The main difference between low impact and high impact aerobics is that participants must keep one foot on the floor at all times. This prevents jarring to the weight-bearing parts of the body, since exercisers do not leave the ground. In traditional aerobics classes, participants are instructed to land on the balls of their feet and to touch their heels down, to absorb the shock. Most find this is almost impossible to do while trying to keep up with the instructor. Movements in low-impact aerobics are more controlled.

But what about those former participants of traditional aerobics classes, who still enjoy jumping around to high impact movements. This is where what

I refer to as Safer Impact comes into effect. This could be defined as "some high impact exercises are safer than others." By incorporating a small percentage of high impact exercises, the instructor can add fun and variety to the workout. Care must be taken, however, that very obviously dangerous exercises such as jumping jacks and jumping strides are not used.

Because of the demand for safe and enjoyable classes, instructors are becoming more aware of the participant's needs. A competent instructor will lead a class which offers alternatives and options to the participants, helping to ensure they don't take a beating as they move to the beat.

Marianne Olafsen
CFB Comox
Recreational Fitness Mgr
and Instructor
BCRPA Registered-Level II
Master Fitness Leader



Oh what a feeling!

PARTICIPATION

WE HAVE INFORMATION ON THE FOLLOWING CANADIAN CITIES:

ALBERTA

Calgary
Cold Lake
Edmonton
Penhold
Suffield

BRITISH COLUMBIA

Chilliwack
Comox
Coquitlam
Esquimalt
North Vancouver
Surrey

MANITOBA

Portage LaPrairie
Shilo
Winnipeg

NEW BRUNSWICK

Chatham
Gagetown
Moncton
St. John
Fredericton

NEWFOUNDLAND

Gander
St. John's

NOVA SCOTIA

Cornwallis
Dartmouth
Greenwood
Halifax
Sydney

ONTARIO

Barrie
Borden
Downsview
London
North Bay
Ottawa
Peabroke
Peterborough
Toronto
Trenton

PRINCE EDWARD ISLAND

Charlottetown
Summerside

QUEBEC

Aylmer
Drummondville
Longueuil
Montreal
Rimouski
St. Hubert
St. Jean
Westmount

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ON AND OFF THE BASE



Supply Signals

Welcome to Supply Signals, not too much happening lately, however we've managed to squeeze a little news out of almost everyone. Over in 1 Group, Sgt Cameron is showing off a beautiful new car; it seems though there's a problem with the rear seat. Anybody know the story? Over at General Stores, there seems to be some confusion over the rank of Kathy Edwardson. It seems since the last issue she was promoted from Pte to Lt, no pay raise, but the odd salute has been received. By the way Kathy, is this how you got out of going to Holberg? The word is out that we all must use our leave before the new fiscal year, not much time left. With this in mind, how is our favourite Sgt in General Stores

going to use 21 days up before March 31. If any is up for grabs, let us all know. Talking about leave, WO Maude is back from his, and all moved into his new house. I'm sure you'll love it once you get used to all that extra space.

Barb Arnold is out searching for a "John Wayne" type of man to help her lift her new saddle onto her thoroughbred horse. Congratulations to Mary-Jo, we hear she's going to have a baby, and you thought it was the flu. Rumour has it Jo-Ann Martin isn't going to get her swan posting to Holberg, it's a bitter disappointment, better luck next time Jo-Ann. Speaking of RUMoured moves, I heard I was moving to 3 Group...no, no that's been changed to 6

Group...oh wait, it's changed again. Oh well, I guess I'll just have to wait for the list like everyone else.

The Sports Tabloid seemed to go over as a huge success, ending with another "infamous" Bosses' Night; a good time being had by all.

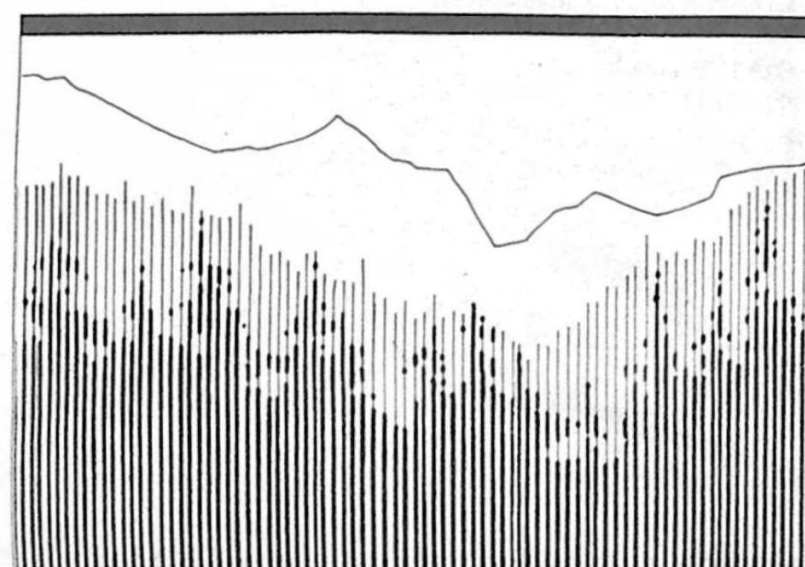
Congratulations to Cathy "Hailes" on her recent marriage. She looked beautiful and everyone had a great time at the reception.

Cpl Randall is back from her ski trip to Whistler, it was so enjoyable she's already making plans to go back again.

The annual Supply ski day is here again. It's going to be a great day. Hope to see all the Hot Doggers on the slopes. Keep smiling!

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.



British Columbia Legislative Assembly

SELECT STANDING COMMITTEE
ON
FORESTS AND LANDS

TIMBER HARVESTING CONTRACTS

The first in a series of public hearings by the Select Standing Committee on Forests and Lands will be taking place in the following communities:

TUESDAY, MARCH 1, 1988, COWICHAN BAY
9:00 a.m. to 5:00 p.m.
The Inn At The Water Resort
1681 Botwood Lane
Cowichan Bay

TUESDAY, MARCH 8, 1988, KAMLOOPS
9:00 a.m. to 5:00 p.m.
The Place Inns
1875, No. 5 Highway
Kamloops

The purpose of these meetings is for the Committee to review the nature of timber harvesting contracts between tree farm licensees or forest licensees and contractors as provided in the *Forest Act*; the desirability of a standard timber harvesting contract; submitting to arbitration issues between parties to a timber harvesting contract and in the event that arbitration is recommended, the policy considerations and desirability of providing for the same by legislation or contract.

Those wishing to appear at either of the above locations should notify the Clerk of Committees prior to the hearing date. The hearing hours may be extended.

Address all correspondence or inquiries to appear to:

Mr. Craig H. James
Clerk of Committees
Room 236
Parliament Buildings
Victoria, British Columbia
V8V 1X4
Telephone: 356-2933 Fax: 387-2813
Mr. Graham Bruce, M.L.A.
CHAIRMAN



LIFESTYLE



music reviews and syndicated columnist

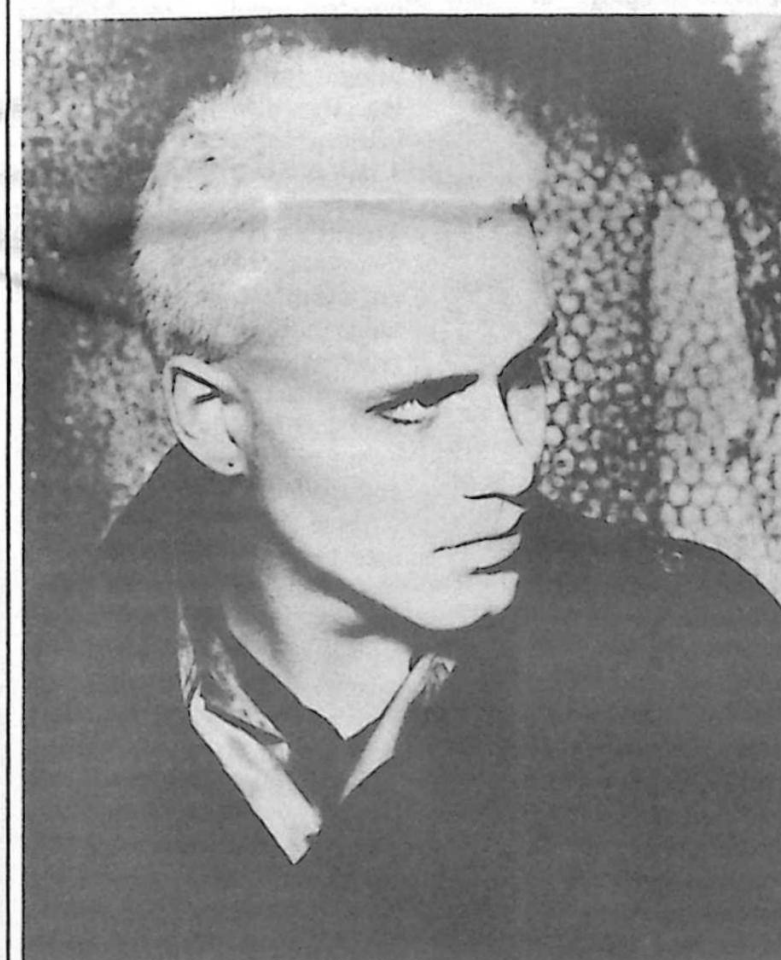
ROCKIN' RHYTHM FROM BELOUIS SOME

Unleashing his powerhouse live show on stage in England in late 1983, Belouis Some was immediately offered a record contract. His 1984 signing led to "Some People" and helped him land a guest spot on tour with Frankie Goes To Hollywood. With his follow-up elpee, simply titled "Belouis Some" (EMI Records CLT-46701) Belouis serves up a tasty smorgasbord of rockin' rhythms and power ballads.

Writing or co-writing all the tracks, Some has surrounded himself with some of the top session players and added the production talents of Gary Langan to bring the listener a solid album. "Let It Be With You" opens the musical proceedings with a rocking gem that has already hit rotation on MTV and various other music programs. He offers a mid-tempo "Stranger Than Fiction" and slows the pace considerably to the shuffling "Some Girls."

The sequencing of songs (Passion Play, Animal Magic, Dream Girl) is worthy of note and the tunes that are augmented by the sound of the Borneo Horns utilizes a punch R&B/Soul sound. "Dream Girls" with its easy paced melody and vibrant production will probably see the light of day as a commercial single. For that matter, numerous tracks here could easily become radio favourites. Set rounds out with "Wind of Change" and "What I See."

Here's an artist who only needs the right promotional push to bring him to the national spotlight. Intriguing vocalist.



BELOUIS SOME

KINSMEN CLUB OF THE COMOX VALLEY

"TO SERVE THE COMMUNITY'S GREATEST NEEDS"

Service Projects Include:

- Pacific Riding for the Disabled;
- Kinsmen Rehabilitation Foundation (Mothers' March);
- Fishing Derby for the Disabled;
- Radio/TV Auction (17 Apr 88);
- Minor Hockey Association; and
- much more.

If you are between the ages of 19 and 45 and are interested in becoming a Kinsman or would like more information please contact Serge Roy, local 8545 or 339-7158.

"GET INVOLVED IN YOUR COMMUNITY"

Down She Comes



VICTORIA...Captain Henry Schaumburg, Commanding Officer Ship Repair Unit Pacific, starts the demolition of Bldg 130 in dockyard while His Worship Ron Warder, Mayor of Esquimalt looks on.

The demolition ceremony signals the start of site preparation for a new ship repair facility which is scheduled to be completed in the early 1990s at a cost of approximately 70 million dollars. (Canadian Forces Photo by Sgt J.F. Smith).



WOS & SGTS WIVES CLUB

Our Valentine's meeting was held on Feb 8 and we invited our husbands as our special guests. Everyone had a great time and the entertainment was fantastic! There was a hot potluck meal and the food was delicious and plentiful.

We had some very unique entertainers who kept us laughing the entire time they were on stage. The show was put on by the Wives Club Grand Ole Opry and included such headlines as "Minnie Pearl," "Grandpa Jones," "The Judds," "Lulu," "Loretta and family," "Kenny & Dolly," "The California Raisins," and one "Planter's Peanut".

A square dance got the show off to a lively start, with Minnie acting as emcee. Then Grandpa Jones came out and did some picking on his banjo. When the Judds came out and sang to Grandpa, he sure tried to take advantage of the attention.

Lulu exchanged some witty remarks with Minnie and Loretta sure had her hands full with all those kids running around. When Dolly and Kenny sang their duet, Kenny didn't know where to look much less what to do with his hands! The finale was a dance by the Raisons and the Peanut, who came through the crowd tossing raisins and peanuts at everyone. Thanks to the originators of the entertainment and to those who played the parts-

Sharon Jefford, Cal Jefford, Flo Tremblay, Ruth Anne LePatourel, Sondra Tack, Marilyn Gray, Jackie Symes, Rose Jorgenson, Marg Hills.

The corsage contest was won by Dave LePatourel who won a beautiful wine and cheese basket; second prize went to John Jorgenson who won a complimentary lunch at Smitz's. We also had a few door

prize draws: Madeline Simmons compliments of the Leeward; Lorraine Barner compliments of Columbo's; Ellie Clark compliments of the White Tower; Donna Chappin compliments of Seaside in Royston; and Jackie Kuyper compliments of LaCremiere.

Marilyn Smith won our tradition 50/50 draw and Marlene Maniak won the name tag draw. Congratulations to all our winners.

I have been asked to remind all of you about the Candlelight dinner coming up in May. To be exact it is planned for May 7 with the band the Crosswinds providing dancing music. The cost is only \$40 for regular members.

Please also remember that the tickets for our spring fashion show scheduled for April 11 will go on sale at our next meeting. The cost is \$5 per ticket.



bob koester



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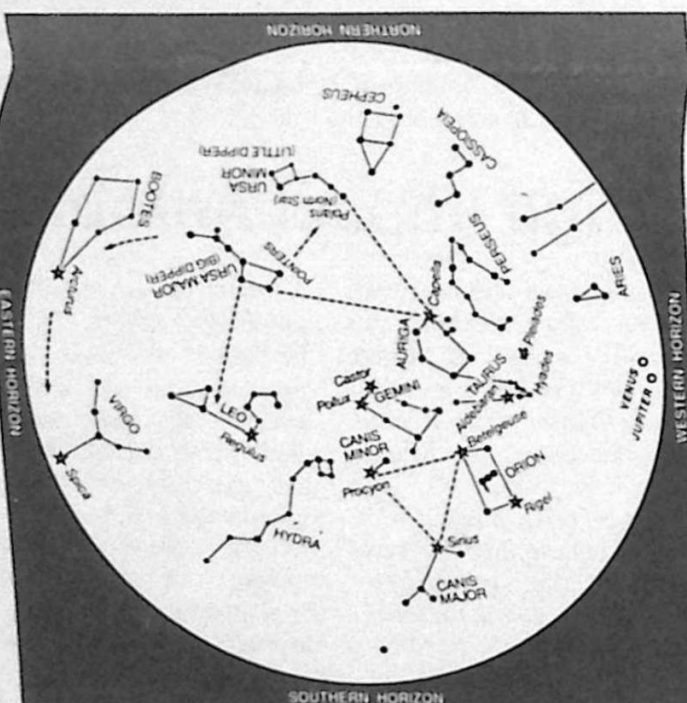


tom procter



339-2668

STARGAZING MARCH



Bright Stars East and West

By late evening this month, winter's brilliant constellations have moved into the western half of the sky. Orion, followed by his faithful dog Canis Major (unmistakable due to the brilliance of its lucida, Sirius), still dominates the group. Golden yellow Arcturus, brightest of all the stars in the summer sky, is rising above the eastern horizon. Between these brilliant stars the most prominent constellations are Leo, well up in the southeast, and Ursa Major (the Big Dipper) which is fairly high in the northeast. With the exception of Regulus in Leo they contain no first magnitude stars.

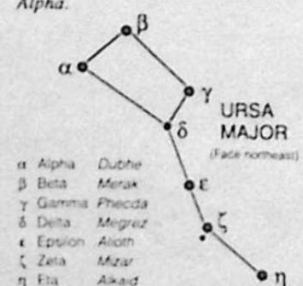
Look for two easy-to-locate triangles. The larger, fainter one is high in the north. (Face north, turn the map so "northern horizon" is at the bottom and hold it up vertically.) It is formed by joining Polaris in Ursa Minor, Merak in Ursa Major (above and to the right of Polaris), and Capella in Auriga (above and to the left of Polaris). The brighter triangle, now located a little west of south, is formed by joining three brilliant stars: Sirius (the brightest star in

the sky), Procyon in Canis Minor, and orange-coloured Betelgeuse in Orion's shoulder.

Polaris Locates True North
It is rather reassuring to find Ursa Major more prominently located than it was in winter. To sky watchers in the northern latitudes it is probably the best known of all the constellations and the most loved. Its helpfulness in locating

Naming Stars

When referring to a star, astronomers tend to use its Greek letter designation rather than its proper name. For example, they may refer to Dabhe in the constellation Ursa Major, as Alpha Ursa Majoris, or, if the constellation is known, simply as Alpha.



Curator, Astronomy

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National Museums of Canada / Musées nationaux du Canada

HEALTH AND WELL BEING

info
health

Dr. Bob Young



NURSING MOTHERS

A dairy farmer's son left the farm, became a doctor, and eventually an obstetrician. He did well, too, although he got into trouble now and then when he congratulated successful breast-feeding mothers for being "good milkers."

Nursing a newborn is generally uncomplicated and a joy for the new mother. Her milk provides the best nutrition and ingredients that help the baby fend off disease. The required close contact aids the bonding process between mother and child.

Difficulties do arise. Psychological and social ones include personal aversion to the process and perceived interference with employment or activity. These can, with help, be overcome.

There are some medical problems encountered with nursing. The most common is sore nipples, an annoyance or more for most nursing mothers. Thoughts that the problem was due to delicate nipples, or prolonged or vigorous nursing have been refuted, thank goodness. I was taught that expectant mothers should "toughen up" their nipples with a wire brush during the last few weeks of pregnancy!

It has been shown that the problem is related to the manner in which the baby is held to the breast - a skill that is taught in most newborn nurseries these days.

Breast engorgement is not all due to accumulation of milk. Some results from congestion of blood vessels and lymphatic ducts. Early and frequent nursing and use of a carefully chosen bra helps prevent this uncomfortable condition. Rooming in allows demand feeding.

The letdown reflex, which release the milk, may be impaired. It is normally triggered by the act of suckling itself. Nursing stimulates the nipples and a hormone is released that "drops" the milk. Again preparation and training can improve the reflex, and occasionally a nasal spray containing the hormone is used.

Lest we be accused of blaming mom for all these problems it should be noted that some babies have their own ideas about sucking and nursing. They can always be brought around but, unfortunately, an anxious mom may not have the patience to wait.

HEART DRUGS

Offhand, I can think of only two drugs used for heart disease when I was a student that are still in use. Digitalis is one, and there are indications that its days may be numbered. The other is quinidine, still used occasionally for an irregular heartbeat.

All the rest are new, and there are many. Trade-names will be used; if you are taking a generic "equivalent" your druggist or doctor can match the names for you.

Inderal, Viskin, Tenormin, Trasicor, Corgard and Blocadren are some of the many beta-blockers on the market. Real workhorses, they lower blood pressure, ease the workload of the heart and slow its rate while improving beat regularity, and they ease angina.

Isordil and Minipress are vasodilators. They increase the diameter of blood vessels, lowering the blood pressure. They also allow more blood to get through the arteries, especially to the heart, and therefore are useful in angina (chest pain).

Capoten and the newer Vasotec are angiotensin converting enzyme inhibitors (impressive, eh?); they too control blood pressure and improve heart function.

Antiplatelet drugs help stop particles in the blood called platelets from clumping and forming clots. They help prevent repeat heart attacks and are used after coronary artery surgery and heart valve replacement to provide smooth blood flow. Anturan, Persantine, and Entrophen (coated ASA) are the common ones. Cardizem and Adalat modify calcium metabolism in heart cells and aid oxygen delivery to the cells. They are used for angina.

Valium, Serax, and other calming drugs are a real help for the tense, anxious, or excitable cardiac or hypertensive patient. They, in a sense, make the work of the other cardiac drugs easier.

Oops! I just remembered that nitroglycerine was around early in my career. It is still used under the tongue for angina, but is also now available as an ointment - Nitrol, Nitroglon - or skin patch for 24 hour use, and as a mouth spray for fast action against angina.

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

Vitamin
Preparations

Health and Welfare Canada offers the following tips on choosing and handling vitamin preparations:

- Ask a pharmacist for advice in matching your vitamin requirements with the vitamin levels in a suitable product (it is particularly important that you do not exceed healthy limits of Vitamin A and D which could do more harm than good). House brands can be as good and are sometimes less expensive than nationally advertised products.

- Vitamins, whether synthesized in laboratory or derived from natural food sources, have comparable biological values. However, synthetic vitamins are often less costly.

- Be aware of the expiry date on the label. Since the potency of the vitamins decreases over a period of time, expired products may provide lesser amount of vitamins than indicated on the label.

- Liquid preparations are preferable for children under six years of age, who may choke on tablets.

- Always follow label instructions as to recommended dosage as it will vary according to factors such as age, body size, growth, state of health, etc.

- Vitamins may be stored at room temperature; keep out of direct light or heat to minimize deterioration.

- Whenever using over-the-counter drugs, remember to always play safe:
 - read the label and follow directions carefully;
 - avoid frequent use of any over-the-counter drug, and see your doctor if symptoms persist;
 - keep all medicines safely out of the reach of children.

Courtesy Lorna Whitley, Regional Consultant for Education Services - Health and Welfare Canada.

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ASK YOUR
PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,
Community Pharmacist, Vancouver
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DON'T LET COLDS & FLU CATCH UP
WITH YOU

With the season for colds and the flu upon us, we find almost as many superstitions and old wives' tales about them as they have victims.

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

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

Our bodies do build up resistance to colds, but it only lasts a short time. Most adults average two colds per year; children are even more susceptible. Rest and liquids, because of a fever's dehydrating effect, still constitute the best treatment for a typical cold. If you must buy non-prescription remedies, consult your pharmacist. He is well qualified to advise you about all cold products and their proper use.

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

doubt, always consult your physician.

DON'T RELY ON ANTACIDS FOR
EVERY STOMACH UPSET

So you've overdone it at a party or the family dinner table. Okay, sometimes we just can't help ourselves, especially when we're having a good time.

Deciding how to relieve that heartburn or acid indigestion won't be easy because you face a choice of more than 8,000 different antacid preparations on the market including tablets, powders, gels, liquids and gums. These medications are not to be taken thoughtlessly because the various forms and ingredients act in different ways for each person's body chemistry.

Your first step should be to consult your pharmacist. He or she will want to know some details about the problem and your medical history. If a non-prescription remedy is recommended, your pharmacist will probably warn you against using it for too long or too often. If problems persist, consult your doctor.

All antacids have inevitable long or short term side effects. They may cause constipation or diarrhoea; or a toxic buildup of an ingredient. Regular use of antacids is reserved only for the relief of ulcer pain. However, the product must be prescribed by a professional who is fully aware of the patient's problem and medical history.

Some antacids should not be used by people on low-sodium diets, others interfere with the action of such drugs as tetracycline, or aggravate existing problems of, for example, faulty kidneys. Only your pharmacist or doctor can safely match the treatment to the user.

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

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LIFESTYLE

Hair Today
Gone TomorrowMANY WAYS TO DEAL WITH HAIR
LOSS

ED NOTE: This is the fourth in a series of 5 articles on hair care. Interesting reading for those of use who must take notice.

Dealing with hair loss can be stressful because our culture attaches so much emotional and physical importance to hair. Fortunately, there are ways to disguise or replace lost hair.

Hairpieces, for example, can look natural and give you instant hair. However, there are a few drawbacks. When the weather is hot, they can be very uncomfortable; they can accidentally fall off; they must be removed and cleaned periodically; their lifespan is short; and the front hairline of the piece can look artificial if it is unnaturally straight.

The better-quality pieces can be fairly expensive - as high as \$1,500. The most costly are usually made of human hair and have a limited lifespan of a year or less. Those that contain a higher content of synthetic fibres tend to last longer.

A government-approved medical treatment for male pattern baldness (MPB) is available in Canada only by prescription. Manufactured by the Upjohn Company, the product, Rogaine™ Topical Solution, stimulates hair growth in some men suffering from MPB, one of the most

common forms of hair loss. After a year-long study using Rogaine, 40 percent of the patients rated their hair growth as moderate, and eight percent said it was dense.

Over 2,000 patients were involved in the North American study.

Two surgical alternatives are available. One involves hair transplant surgery where small plugs of hair-bearing skin are transferred from the back of the head to the balding scalp area. Though this procedure usually gives satisfactory results, it is a lengthy process requiring several surgical sessions and can cost more than \$10,000.

In addition, hair transplant candidates must be in good health and free of complicating factors such as tendencies toward keloids, drug allergies, and profuse bleeding. Keloids are surgical cuts that do not heal in a smooth, natural way. Instead, the skin forms an unsightly bumpy scar when it heals.

The second surgical approach involves scalp reduction, a procedure which removes a portion of the bald scalp. Results are best among older men whose skin is loose and more pliable. It is especially useful for individuals with a limited amount of hair for transplants. However, the procedure can be complicated and cost as much as \$2,500.

NEXT WEEK

Dandruff can be controlled.

Become
a
Mole-Watcher

Malignant melanoma, a particularly deadly form of skin cancer that arises from pigment-forming cells, is claiming more and more Canadian lives each year. According to a recent report, with a full-colour photo spread, in *Health News* (a health publication for the general public issued by the University of Toronto's Faculty of Medicine), untreated melanoma can kill within a few months to a couple of years. However, detected early, there's an excellent outlook for removal and cure. Melanomas are relatively easy to spot and identify, if people know what to look for. The *Health News* article details the warning signs or ABCDs of melanoma - Asymmetrical (irregular) shape, Border irregularity (scalloped edges), Colour variation (mixtures of blacks, browns, pinks and reds), and Diameter (size usually larger than a pencil-eraser). The publication also describes peculiar moles (dysplastic nevi) that tend to run in families and may be precursors or markers for melanoma-prone people.

Among the chief causes of melanoma are the sun's ultra-violet rays and *Health News* emphasizes the necessity to avoid excess UV exposure, and the need to use a sunscreen with an appropriately high SPF (sun protection factor) - preferably over 15. Children especially need protection from UV rays, since a severe or frequent sunburn during childhood, or a tendency to freckle, can greatly increase melanoma risks. *Health News* explains that those most at risk for melanoma are people with red or fair hair, light eyes, fair skin, a tendency to tan poorly and many moles.

The main preventive tactic, *Health News* points out, is to keep a close eye on the skin's brown spots and moles, watching for any new pigmented spots or changes in existing moles. Melanomas differ from ordinary moles and the article tells you how to spot sinister spots. The most common site for melanoma is the back, for both sexes, and the legs in women.

For more information on malignant melanoma, see the June, 1987 issue of *Health News*, available from the Faculty of Medicine, Medical Sciences Bldg, University of Toronto, Toronto, Ontario, M5S 1A8, or by calling (416) 978-5411. *Health News* is published six times a year and subscriptions are available for \$12.00.

On the
Garden Line

by Jerry Baker

PEST PATROL - WINNING THE BATTLE OF THE BUGS

If you're thinking of switching from gardening to golf because your yard has been infested with blights and bugs, don't give up your horticultural hobby yet!

Gardeners who want their yard to be the pride of the neighbourhood can begin by learning which insects are enemies and how to spot them. Here's how to recognize the most common troublemakers in summer gardens.

Large round notches in a leaf indicate that caterpillars are cruising the area. If a leaf has been chewed to a skeletal state, look for beetles. Wilted and curled up leaves are the result of avid aphids, and blame the mites for yellowed leaves with tiny webs on the underside.

Although there are no magic measures to drive away the intruders, these tips can save your flowers, lawns, trees, and shrubs from pest destruction.

LATHER YOUR LAWN

In the South, where chinch bugs and mole crickets are abundant, mix laundry soap powder with diatomaceous earth (swimming pool filter powder) and spread over the lawn. Then water with a Dursan solution from your hose-end sprayer.

In the North, apply a liquid soap and water solution to the lawn area when mosquitoes or other flying bugs become pesky at sundown. (That's when you can see what's bugging your lawn). An hour after this application, follow with a misting of chewing tobacco juice (one cup to 20 gallons of water) and Diazinon as recommended. A good time to mow the lawn is during the hour wait.

Every lawn should be sprayed with one quart beer per 2,500 sq ft of grass each day starting on the Fourth of July through the seventh of the month to control thatch and other diseases.

SCRUB THOSE SHRUBS

Wash all needles and foliage regularly with a soap and water solution and then apply a combination spray of Malathion, Sevin, Methoxychlor, Captain, and chewing tobacco juice (one cup to 20 gallons of water).

Flowers need an occasional but thorough shampoo of dish soap and water followed by a rose and flower spray with tobacco juice added. Use the same amount of tobacco juice as dish soap, whether it's four drops, one ounce, or one cup, depending on the area to be sprayed. If you detect aphids, feed the plants with a systemic rose and flower food.

Fill your 20 gallon hose-end sprayer half full of fresh beer. Add one quarter Listerine mouthwash, and one-quarter liquid soap. Whenever you get the chance, spray the entire garden - all foliage, trunks, and branches, and the soil beneath plants.

If hornets are a problem, tackle the exterminating after dark. Cover a flashlight with red cellophane to shine on your target. Drench the ground underneath the hive with the all-purpose fruit tree spray with soap added. For hives on walls and rafters, use a tank-type sprayer.

GOING AFTER GOPHERS

If you see traces of these "excavators," simply insert sticks of Juicy Fruit Gum (only this brand will do), slit lengthwise, in to gopher and mole runs. The critters eat the gum, but they cannot digest Juicy Fruit and die within three weeks after eating.

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**NEXT DEADLINE
MARCH 7**

LIFESTYLE



Stamps

by Larry McInnis

PHILATELIC GEMS NOT ALWAYS RARE OR SCARCE

In the world of stamps, "rare" and "scarce" are words used in association with issues from which only a few stamps have survived, perhaps only one.

The most famous example is the 1856 1-cent magenta of British Guiana. Only one is known to exist. When last sold, at an auction in 1980, it brought \$850,000 (U.S.). It is the world's most valuable stamp.

The magenta is also unique, in that it's the only one. While "scarce" and "rare" are often used interchangeably, it has become generally accepted that "scarce" means hard to find, and "rare" means there aren't many. Ergo, scarce may be expensive, but rare is a big investment.

Stamps such as the magenta are sold at such auctions as the Rarities of the World series by Robert A. Siegel of New York, who has moved that particular item at least twice.

A new word has emerged in the philatelic lexicon, a word to encompass more than scarce and rare, a word to include stamps with an interesting history. The word is "gem."

"Gems" may not command top dollar, but they're not sold at three-cent stamp club bourses either.

While New York auctioneer Robert A. Siegel is firmly attached to his Rarities of the World events, Washington, D.C., auctioneer John W. Kaufmann registered his series, Gems of Philately, as a trademark.

The world's largest philatelic publication, Linn's Stamp News, has a regular featured titled "Philatelic Gems," by Donna O'Keefe, about rare and scarce stamps, and about interesting stamps generally, stamps with a story. None of the stamps written about are likely to be found in Aunt Agatha's old collection, but you never know.

The feature has become so popular that a compendium was published in book form in 1984.

That was, of course, the listing for the creme-de-la-creme of stampdom, including the British Guiana magenta.

Canada had three entries, one of which was the 1851 12-pence black Queen Victoria (Scott 3), a single of which sold for \$126,000 at the Greg Manning London International Rarity Auction on May 10, 1980. It was bought by a Canadian collector, by the way.

Another listing was the 2-cent 1868 Queen Victoria on laid paper (Scott 32), of which only two copies are known to exist. It's regarded as Canada's greatest rarity, and that means real scarce.

One of the stamps has been shown at philatelic exhibitions. It catalogues at \$55,000, even though there are far fewer available than the 12-pence Victoria black.

The third stamp listed is Canada's most famous, the 1959 5-cent St. Lawrence Seaway invert (Scott 387a), about which much has been written.

Several hundred copies of the invert are known to exist, yet it commands a price in the thousands. Perhaps "scarce" would apply here.

O'Keefe's book was so popular, a sequel was published, titled *Philatelic Gems 2*, of course.

Canada had two entries in this Son of Gems version.

One was for a stamp that wasn't a stamp. It was fore a homemade "stamp" created by the postmaster of New Carlisle, Que., R.W. Kelly, on April 7, 1851, because he had not received a supply of Canada's first stamps.

Only one copy is known to exist, on cover. So that's really Canada's greatest rarity. Its value is set at \$84,000.

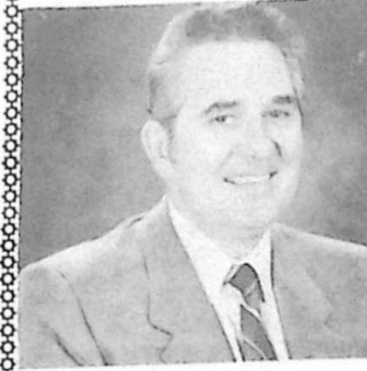
The other listing in the second *Gems* book also involved a postmaster taking care of a stamp shortage by using initiative, however unauthorized.

In January 1899, Canada set a rate of two cents for domestic mail. The postmaster at Port Hood, N.S., was short of 2-cent stamps. On his own he took three sheets of 100 of the 3-cent Queen Victoria stamps (Scott 69), bisecting them in unequal proportions.

The two-thirds of the stamp to meet the new rate had a crude 2-cent overprint added. The smaller portion had a 1-cent overprint.

There aren't many examples of these provisionals, and the price is "only" about \$5,000 on cover.

A third volume of *Gems* has recently been published.



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CANADIAN FORCES UPDATE

CF-18s Busy over the Beaufort Golf News

OTTAWA -- Three Canadian Forces jet fighters and two United States Air Force fighters intercepted two Soviet Bear H aircraft over the Beaufort Sea, off the West Coast of Canada, recently. According to the North American Aerospace Defence Command (NORAD), the Bears were detected by radar of the new North Warning System. This is the fourth Canadian intercept this year and the first time that Canadian jet fighters intercepted Soviet military aircraft in the Western Arctic.

This incident also marked the fourth time in the recent past that Soviet military aircraft have been intercepted, identified and tracked off of Canada's shores by NORAD fighter interceptors under operational control of the Canadian NORAD Region Headquarters in North Bay.

Three CF-18 fighter interceptors from 441 Squadron, CFB Cold Lake and one support CC-137 Boeing Tanker from 437 Squadron, CFB Trenton, were scrambled from Inuvik. The Canadian interceptors

were participating in Exercise Lightning Strike at the time of the intercept.

The pilots of the interceptors identified the Soviet aircraft as Bear Hs. The Bear H is the long range bomber that can be used as a launch platform for the cruise missile. The Soviet aircraft remained over international waters and at no time did they penetrate Canadian airspace, according to NORAD. Their closest approach to land was 185 nautical miles (290 km) north of Shingle Point, the Yukon.

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

The mixed Sunday golf windup will take place on 28 Feb. Sign up by 9:30 a.m. for 10:00 tee off. This will be 18 holes with the usual format. Martha is springing for free hamburgers for this event and it will give us an opportunity to test the new roof over the BBQ.

The annual Meet & Greet will be held on Sat 16 April with good food and a live band. Cost is only \$5 per person. Come and meet and greet our new members.

We bid a fond farewell to our club pros Mike Burrows

and Bruce McDonald who will be leaving us in the near future. Mike has been with us for two years and is off to Williams Lake. Bruce came to us last year from Eaglecrest and is returning down Island. Good luck, we wish you both well in the future, and we'll be watching for you on the leader's board.

We extend a warm welcome to our new pros Wayne Trisiera and Gary Schilds. Wayne has been assistant pro at Williams Lake for the past 3 years. Gary Schilds comes from a military family and has been assistant pro at Lethbridge Golf and Country Club in Alberta for the past 3 years. Welcome aboard guys! We need all the help we can get.

Membership fees for 1988 are due during the month of March. If you want to keep your old locker, the deadline for rental fee is 1200 hrs. 4 Apr 88.

Upcoming events:
Sun 28 Feb. Winter Golf closing
Sun 20 Mar. Mixed 4 ball
Sun 27 Mar. Men's Interclub at Sunnydale

CF to Receive New Heavy Trucks

OTTAWA -- The Minister of National Defence, the Honourable Perrin Beatty announced recently 122 heavy trucks under the Heavy Logistics Vehicle Wheeled (HLVW) Project will be manufactured by UTDC, Inc. of Kingston, Ont. at a cost of approximately \$250 million.

The UTDC, Inc. contract is expected to generate 500 jobs over a 24-month period.

Cabinet accepted the recommendation presented by the Interdepartmental Senior Review Board, composed of officials from the Departments of Supply and Services, Regional Industrial Expansion and National Defence, with observers from External Affairs and the Treasury Board.

"The decision to buy these heavy trucks is another concrete example of the implementation of the White Paper and

will aid in the modernization of the Canadian Forces," Mrs. Beatty said.

"The awarding of this contract ensures that Canada receives the optimum benefits in terms of excellence of equipment, Canadian content, industrial offsets, transfer of technology, employment and value for money," added the Minister.

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LIFESTYLE



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If you need a reason to stay off cigarettes once you've successfully quit smoking, take your pick from these: heart disease, lung cancer, emphysema, chronic bronchitis. Every one of these illnesses can be caused by smoking. And every year, 30,000 Canadians die from one of these illnesses or another disease linked to cigarettes.

But that's only the beginning of the story, according to health experts who have officially designated January 14 to 20 as Non-Smoking Week in Canada. A recent U.S. study of military veterans found that smoking can also increase a person's chances of developing Alzheimer's disease. The findings were reported in *Listen* magazine, which said, "Smoking even less than a pack a day can increase one's chances of getting Alzheimer's by one-and-a-half times. Those who smoke more than a pack a day are four times as likely to develop the disease."

If you're still tempted to light up again after all that, consider the new found dangers of second hand smoke, which has been proven to hurt others besides just the smoker. It triggers asthmatic attacks, aggravates eyes and noses, and has even been associated with hyperactivity in children. International studies comparing

the scholastic performance of children with smoking and non-smoking parents have found a three to five month lag in the general ability of children who have parents who smoke.

For many new non-smokers, however, the problem of how to stay quit has more to do with will power than a lack of knowledge of the health hazards of smoking.

One of the biggest temptations is to substitute food for cigarettes, a step that will lead to a weight gain unless countered by an exercise program. How often have you heard an ex-smoker moan that they will have to start smoking again to get their weight under control?

Most smokers do gain weight, from two to four kilograms, when they quit smoking. It may have to do with a change in the body's metabolic rate, which is generally faster in smokers, and it may also be caused by cravings for high sugar, high energy foods triggered by nicotine withdrawal. Whatever the reason behind weight gain, health experts agree that not smoking should be the priority for those fighting both the bulge and tobacco addiction.

Emphasize the good things you are doing for yourself by not smoking and the overall

benefits you are experiencing by living a healthful lifestyle, advised Carole Peacock, Vice-President of the Occupation Health Nurses Group of the Registered Nurses Association of B.C. "One of our focuses is to promote the health benefits of being a non-smoker," she says.

"There is no question, for example, that a person who exercises, eats well, and doesn't smoke will have a better work performance."

Successful staying quit requires changes in a former smoker's life that may even extend to avoiding people or places once associated with smoking. The good news is that more and more businesses are banning smoking in the workplace and this is helping ex-smokers kick the habit, Peacock says. "There has been a big change in public attitude toward smoking and this is providing people with the motivation to quit. Smokers are in the minority now."

To help new non-smokers, the Canadian Cancer Society offers a free pamphlet through their various offices in B.C. titled "How to be a Happy Ex-Smoker." The Society also provides free self-help programs for smokers who want to quit and stay quit.



Beatty Visits the North

OTTAWA -- The Minister of National Defence, the Honourable Perrin Beatty, recently visited Yellowknife, and Inuvik, N.W.T. where he observed activities in conjunction with Exercise LIGHTNING STRIKE.

"The security of the North is of great importance," said Mr. Beatty. "Without it, Canadian sovereignty would be dangerously compromised. The 3,000 service members taking

part in this exercise are a clear indication of our interest in the Northern regions."

In Inuvik, the Minister observed exercises involving an army parachute assault and CF-18 fighter aircraft from 441 Squadron based in Cold Lake, Alberta. In Yellowknife he viewed the Canadian Airborne Regiment in action at its forward base and visited a Canadian Ranger camp at Prosperous Lake, N.W.T.

Mr. Beatty held a press conference on Feb. 4, 1988 at Northern Region Headquarters in Yellowknife to make several major announcements regarding Canadian Forces operations in the North.



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CANADIAN FORCES UPDATE

Arctic Initiatives Announced

YELLOWKNIFE, N.W.T. -- The Minister of National Defence, the Honourable Perrin Beatty, and Mr. Dave Nickerson, M.P. for the Western Arctic, announced recently three major projects that will increase Canadian Forces operations in the Arctic.

The three projects are:
-The commencement of detailed planning studies to establish a northern training centre at Nanisivik, on Baffin Island;

-The construction of a new Northern Region Headquarters in Yellowknife; and
-An increase in personnel, equipment, funding and employment of the Canadian Rangers.

"These measures will contribute to the growing capabilities of the Canadian Forces in the Arctic and are a part of the implementation of the White Paper published last year," said Mr. Beatty.

The Northern Training Centre that the Department of National Defence intends to establish in the vicinity of the Northwest Passage will most likely be in operation in 1992 or 1993. A number of locations have already been surveyed and it was determined that

Nanisivik best meets the requirements. The site, near Arctic Bay, is presently operated by Nanisivik Mines, which may cease operations within the next five years.

In conjunction with the Minister for Indian Affairs and Northern Development, the Honourable Bill McKnight, Mr. Beatty said that studies would determine that suitability of the Arctic Bay - Nanisivik area. "No decision will be made until full and thorough discussion has taken place with all interested parties, in particular the native peoples of the area," warned Mr. Beatty.

The present Northern Region Headquarters facility was built in Yellowknife in 1972 as a temporary building. It is now past its useful lifespan and has become too small for its intended purpose. The new facility will be built on Department of National Defence land adjacent to the existing site at a cost of approximately \$8.4 million. Construction will start in March 1990 and will be completed in June 1991.

The new building will accommodate the Commander Northern Region and his staff, including Recruiting, Ranger

and Cadet staffs. It will provide a total usable space of 1,820 square metres, or almost twice that of the existing facility.

Mr. Beatty also announced plans to expand and re-equip Canadian Rangers.

Plans call for a gradual expansion over the next five to seven years to bring the Canadian Rangers in Northern Region to 50 patrols totalling 1,000 personnel. Increased resources in support personnel, equipment and funding will also be provided to improve the Rangers' effectiveness.

"Even if their role as a surveillance force will stay the same, their contribution to the protection of Canadian sovereignty will be enhanced by expanding their number and improving their equipment training and support."

Since their founding in 1947, the Canadian Rangers have provided a paramilitary force in sparsely settled northern, coastal and isolated areas of Canada which cannot conveniently or economically be covered by other elements of the Canadian Forces. The group of Rangers in each set-

tlement, identified by the name of its local community, functions as a patrol. Currently in Northern Region, there are 38 patrols and about 700 Rangers in settlements located in Yukon Territory, the Northwest Territories, Manitoba, and the east coast of Hudson Bay and the Ungava Peninsula.



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Actually the question should probably better be phrased as what will it mean to their sons? For even though it is intended that the contender (either the French *Rubis* or British *Trafalgar* class) be selected by the spring of 1988, the delivery of the first submarine is not expected until late 1996. Even so, many sailors now in the navy will serve on these boats and training will begin before the arrival of the first submarine.

QUALITY OF LIFE

Life on board our present diesel-electric submarines is always challenging and crew amenities are few and far between. This will change with the advent of the SSN. The challenge will remain - even increase - but the quality of life at sea, and ashore, will improve. Gone will be the pervasive diesel fumes, replaced by the cleanest propulsion system known to man. Gone too will be the overly cramped quarters with men "hot-bunking" and sleeping over the torpedoes. Every sailor will have his own bunk and the extra power and energy on board will allow such luxuries (by today's standards) as sufficient water for washing laundry and greatly improved cooking facilities.

The long endurance of the SSN will mean that time at sea will be greater, and certainly the boat will remain submerged considerably longer than with our present submarines. This means that it is likely that an SSN will require more than one crew in order to keep it at sea on patrol. Therefore, while a sailor may be away longer at one time, his time ashore will increase correspondingly and will fit into a more regular and predictable routine.

PRIDE AND CHALLENGE

The challenge of operating a modern fleet will be great. The navy will be able to take pride in knowing that they are finally equipped with the best there is to work with. The sailor will be working with modern, high-technology equipment and will be secure in the knowledge that he is operating in a vessel with very high survivability in war and an unmatched ability to carry out its mission. The skills required of the sailor in our fleet of the future will be very high but the rewards will be higher.

The variety of employment in the navy will be greater. With the increase in our submarine fleet from the present three to at least 10, many more sailors will serve below the waves than at present.

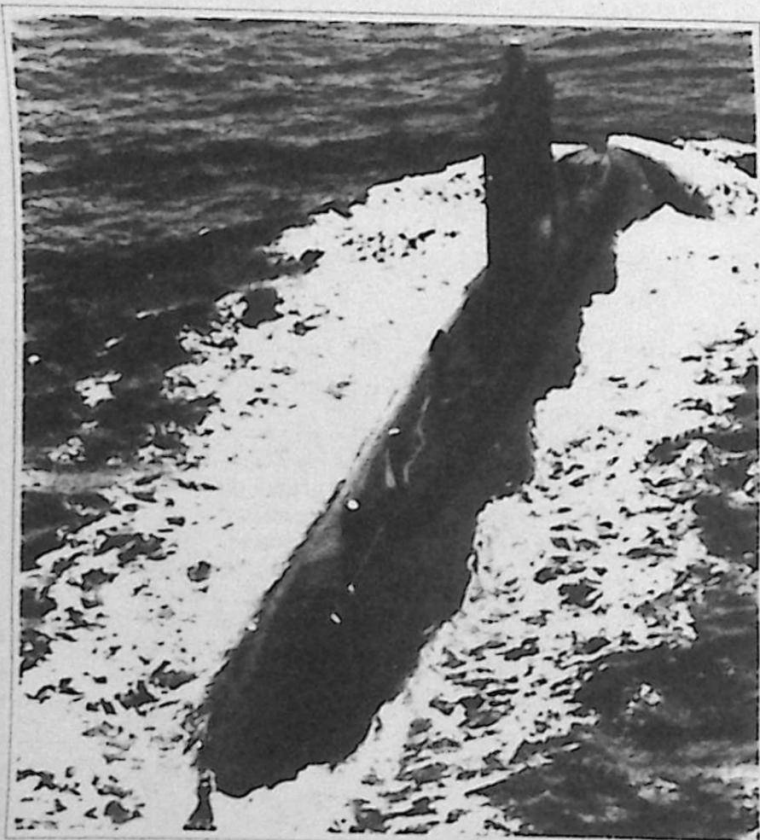
Service on a submarine will become as normal as service on a destroyer is today. Tasks at sea will become equally as varied, with the ability of the SSN to move between the Atlantic, the Pacific and the Arctic. There will certainly never be a dull day.

In 10 years time Canada will have begun to possess an effec-

tive, modern submarine fleet to match the improvements now being realized in the surface fleet. The quality of life for our

future submariners will be very high, compared with that of today. Our sailors will face demanding challenges and will

be able to respond to any sort of threat to Canada in any of the three oceans, with the best equipment available.



The RUBIS class submarine "Saphir" of the French Navy off the coast of Nova Scotia. This is one of the contenders for the Canadian submarine replacement.

**NEXT DEADLINE
MARCH 7**

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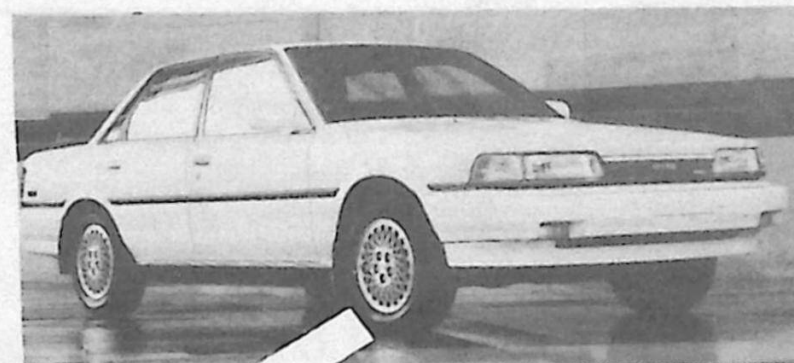
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