



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 30 NO 5 MARCH 10, 1988

DEADLINE IS MONDAY, MARCH 21, 1988

COST: PRICELESS



## March is Nutrition Month

March is CF Nutrition Month, a time when we're all made aware of our healthy (or unhealthy) lifestyles and our good (or bad) eating habits!

During March we are going to hear a lot about "healthy body weight." Don't confuse this with the expression "ideal body weight" used in the past. "Ideal" implies that one standard weight for height exists. This is not true. It's now believed that there is a range of safe weights which are acceptable for every person.

"Safe" means that if you weigh approximately within a 30 pound (14kg) range for your height, you have the least risk of developing certain diseases.

So, what is your height? What is your weight? These two numbers alone can be used to calculate your Body Mass Index (BMI). The BMI is not a weight you should be at - it is a meaningful number that can be calculated using this formula: (weight in kilograms) divided by (height in metres)<sup>2</sup>.

To make it easier, special BMI calculators should be available from your base and station medical and physical education staff during Nutrition Month.

The number you get for your BMI will fall into one of four zones.

Risk to health is influenced by several other factors. Some of these include: age, gender, heredity, the location of excess fat on the body (eg. waist:hip ratio), the presence of other diseases, lifestyle factors such as physical activity, and the amount and the length of time one has been over/underweight. Therefore, caution should be used when interpreting your BMI result. If you are concerned with the result of your BMI or if you experience a rapid drop or gain in your BMI, consult your physician.

Most Canadians have a BMI within the safe Zone B. However, over 50 percent of Canadians think they are overweight. This concern is linked to a desire for a slim or skinny image popularized by TV and the fashion industry. People who strive for this body shape may have difficulties falling within the recommended B Zone. Remember, a fashion appearance does not necessarily mean a healthier body.

A BMI in a safe zone should be the goal for most people.

(From the Directorate of Food Services).



HAPPY  
ST. PAT'S

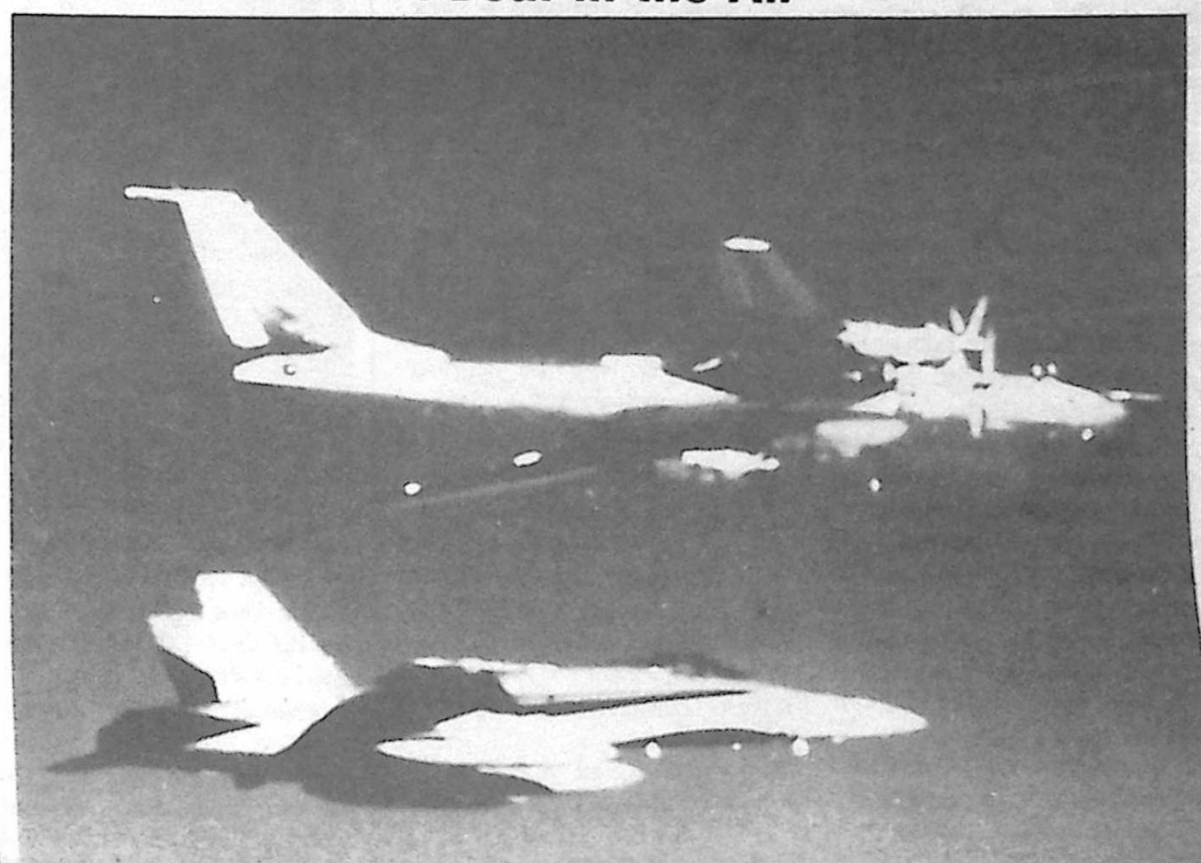


## AIRSHOW '88

The CFB Comox Airshow committee has announced that the date for the 1988 airshow has been changed to August 7 from August 1. "This was done for several reasons" explained Maj Don Thain, Chairman of the CFB Comox Airshow committee. "First of all, the Snowbirds have already been tentatively scheduled to be in Quebec for July 30 and 31, which would have made a transit to Comox impossible. The Snowbirds are such a big part of any airshow, we felt it was necessary to accommodate them. Secondly, the Abbotsford Airdow, which falls on the second week in August, is scheduled for August 11-13. This left the August 7 weekend available for us. Lastly, by shifting our date to August 7, we will give the Comox Nautical Days the full holiday weekend for their festivities."

CFB Comox and the Victoria Airshow Committee have also recently signed a statement of understanding which should benefit all parties in mounting future airshows. Together they agreed that airshows would alternate between CFB Comox and Victoria, and they would provide mutual support. The last airshow held in Comox was in August 1986, and was attended by 50,000 people.

## A Bear in the Air



A Canadian Forces CF-18 from 425 TAC Squadron intercepts a Soviet TU95 Bear long range bomber.

### 425 Fighters Intercept TU95s

## Alouettes versus the Bear

"When bombers were at a distance where I thought I might just see them, I raised my eyes and - surprise - there they were, flying in formation...."

Capt Francis Mercier of 425 Tactical Fighter Squadron, CFB Bagotville, was one of two CF-18 pilots on an intercept mission of Soviet TU-95 Bear long-range bombers off the east coast of Canada on 19 November 1987.

"I approached the second Bear. I inspected it from nose to tail, top to bottom and took photographs of the aircraft that had come such a long distance," recalled Capt Mercier. "I could see people inside the Tupolev with their eyes pressed to the windows."

The principal role of 425 Squadron is the air defence of Canadian territory. Equipped with the advanced fighter aircraft, the CF-18, the squadron is responsible for intercepting any intruder who attempts to penetrate Canadian airspace without authorization. In war-time, the squadron would provide defence against attack from bombers or cruise missiles.

To carry out this peacetime air sovereignty mission, the Alouettes (pilots of 425 Squadron) maintain a round-the-clock vigil in the "alert hangar" at CFB Bagotville. If

the alarm is given, the operational crew on call can have its CF-18s off in short order - less than 12 minutes! Once in flight, the patrol leader contacts the Operational Control Centre at North Bay by radio.

A mission that is carried out regularly by the Alouettes is surveillance of Soviet Bear aircraft when they skim the east coast of Canada. The best-known versions of the TU-95 Bear are the Bear D and F, which carry out electronic eavesdropping and anti-submarine surveillance. This mission of the Bear H is to transport cruise missiles to their drop point close to the North American continent.

On the interception mission carried out on 19 November, Capt Mercier and Capt Malcolm Heuser took off from Bagotville in their CF-18s to intercept two Bears of the H version. Capt Mercier described the incident.

"We were awakened by the Combat Operations Centre. The mission? Take off for Gander, Newfoundland, and refuel in preparation for a long interception. The circumstances really could not have been better: we were well-rested and there was not a cloud in the sky."

"During the flight to Gander, we flew over the north shore of the St. Lawrence River, the Gaspé Peninsula, the Gulf of St. Lawrence and, finally, Newfoundland. At Gander the good weather gave way to increasing cloud. We were loaded with fuel and took off using the afterburners. As we headed towards our destination I could see, between the clouds, a number of icebergs floating in the ocean. They looked impressive, but but not inviting...."

"The interception controller gave us a heading and we were ready to carry out the interception. Suddenly, unbelievably, there was the "blip" on the radar. The rest of the interception was only a formality and proceeded just as practiced. Everything, in fact, was quite mechanical."

"I took up position comfortably behind the second Bear H while Capt Heuser inspected the first. While he did so I surveyed the scene from my position. Then he replaced me while I approached the second Bear. After photographs had been taken close to the Bear the big aircraft banked to make a half-turn that would take it back to the Soviet Union."

## AROUND THE BASE



## Demon Doins

## Good Show Award



Capt Szegeidewicz and members of Crew 7 receive the "Good Show Award" from Col Rose, Director Flight Safety. Crew members include: Capt R.A. Szegeidewicz, Capt C.A. Marquis, Capt B.J. Kimmerly, Capt J.W. Melson, Sgt R.A. Knox, MWO W.E. Menden, Maj R. Sponder, Lt J.E. Alcott, Lt T.A. Norris, Capt P.W. Holst, Sgt J.R. Racine, Sgt J.G.A. Peppard.

Details of the incidents are as follows:

While transiting from Greenwood to Comox at FL240, on 24 Sep 87, Demon 57, a CP 140 Aurora aircraft from CFB Comox, overheard a French-speaking pilot tell Montreal Centre that he was lost, in cloud and was not IFR qualified.

Both pilots in the CP-140 had limited French ability and were only able to determine some of what was going on between the Centre Controller and the lost aircraft ("ZHE"). Montreal was not able to pick up the aircraft on their radar, so Demon 57 offered their assistance in locating the lost aircraft. Montreal Centre accepted the offer and the lost aircraft was located by Demon 57's onboard radar and a three-way communications link was set up. Due to the language difficulties the Centre Controller was asked by Demon 57 to translate to ensure all directions were understood. The crew of Demon 57 determined that the minimum safe altitude in the area of the lost aircraft was approximately 3300' and advised ZHE to climb to 5300' for terrain avoidance. Montreal Centre asked Demon 57 to vector ZHE to the Montreal Airport, 80 miles west. Demon 57 suggested that due to the weather between ZHE and Montreal the aircraft land at Sherbrooke P.Q. For the next hour and seven minutes Demon 57 provided radar vectors and terrain clearance to ZHE to ensure a gradual descent and approach to Sherbrooke Airport. At approximately three miles from the end of the runway in Sherbrooke, the pilot of ZHE radioed that he had the runway visually. ZHE landed safely at Sherbrooke Airport at 0312Z and Demon 57 continued on to Comox.

Capt Szegeidewicz and the rest of Crew 7 are commended for their alertness and devotion to duty in coming to the aid of a fellow aviator in distress. They acted quickly, professionally and with some handicap to set up communications with the lost aircraft and guide him back to a safe landing. There is no doubt that without the intervention of Demon 57 and their effective use of on-board sensors, the flight of ZHE could have ended in tragedy.

se loaded. We wish him good luck! His knowledge of photography will be a definite asset to him in his new trade.

Cpl Neil Lauder is finally leaving barracks. Seems he's found himself a cozy apartment off base. Look out girls!...When is the apartment warming party, Neil?

Sgt Buttner managed to squeeze a weeks leave while our backs were turned. Tricky, tricky.

Cpl Laurie Roy has been selected as our photo representative for the O'Brien competition crew. Laurie will have a lot of hard work ahead of him, but we're sure he'll perform in the finest tradition of a Photo Tech. Best of luck!!

In closing, I would like to remind our personnel of the farewell party on the 11th of March. It will be our last chance to say goodbye to Ginette Duguay and Holly Ford (who are already civilians), and last but not least, to MWO Henderson who is posted to La belle

province, BFC Bagotville. Now that he has completed his French course, will he be able to translate this?...We hope!

**407 MAINTENANCE**  
Once again it is our honour to grace the pages of the infamous Fishwrapper. As always we've been fairly busy with an inspection.

We have our share of personnel on course in various parts of the country. We continually pray for those unfortunate on the other Aurora Base hoping they will survive. These people include Pte Young, Cpl Awalt, Cpl Winterburn and MCpl Hubich. I don't have to tell you the name of the other person on the course. He's always somewhere but here.

Congratulations are in order to former MCpl Rivett on his promotion. Beware to anyone coming over to Engine Bay, the boys have been so busy they haven't had time to eat and you might lose something valuable to your body.

Just to prove that we are not social outcasts Juan (Spic) Trescher came back to visit us from his new base (Petawawa). He says he likes it.

On a more serious note, the Maintenance and Engine Bay personnel would like to extend a very sincere thank you to all the people who helped out on A/C 102 and in Engine Bay so it would be out on time.

We would also like to thank the Avionics and Mob spare people for their continued support.

Well, it's that time of year again where rumours run rampant. Posting season. Everyone starts to think was I good or bad this year and will I get a good present.

We would just like to say good luck to everyone in their future endeavours and it's been a slice. Till next time...  
News Flash - Congrats to Pte Bill Rickard and wife Lori on their latest tax deduction Matthew, born 3 Mar 88.

## AROUND THE BASE

From the  
Top Rung

COL TED GIBBON

Leave! I don't mean everybody is ordered out of town, I mean that item that attracted us to the recruiting parlor in the first place or was it really; see the world and have a challenging career? That 20 or 25 working day holiday that is part of the total benefit package is there, as you probably suspected, for a purpose. You are expected to work hard during your periods of duty and respond to demands that intrude into your scheduled time off during the year. The reward for these uniquely military commitments are the leave periods which you can schedule throughout the year, generally at your convenience, for rest and relaxation or the pursuit of personal objectives. The official purpose for annual leave is to "sustain initiative and enthusiasm and to encourage the physical and mental well being of the member by providing periodic opportunities for rest and relaxation." Greater brains than yours and mine have determined that these breaks are essential elements of continued high performance in the demanding environment in which we live. So don't cheat yourself or those who depend on your efficiency and expertise.

COs have a duty to ensure that a member takes his entire annual leave in the applicable leave year. In these days of increasing commitments, MADVACS and incremental taskings this is a difficult and sometimes impossible task without your understanding and cooperation. I've heard a lot of excuses and some distorted rationale for accumulating leave but the bottom line is that "only imperative military requirements should prevent the granting and taking of all annual leave." Don't place yourself or your CO in an awkward position - plan it and take it.

Have a nice March. There's no leave like it!

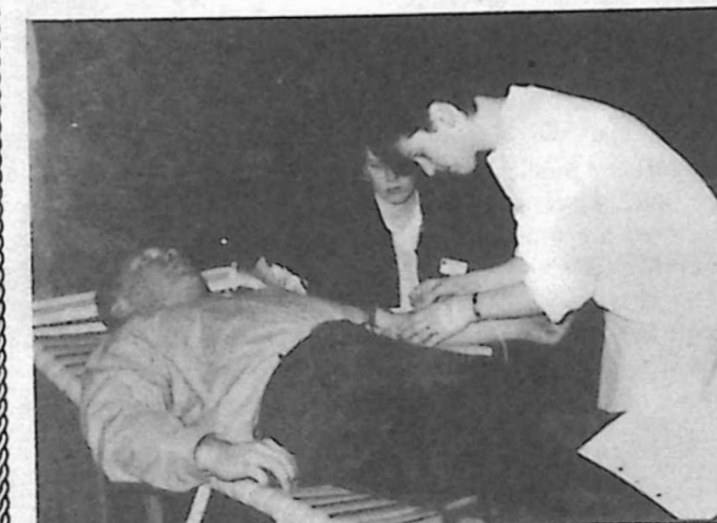
## IN MEMORY

Mr. Frederick John Eggemaan 63 of Comox. A former CFB Comox employee he is survived by son Steven of C.E. and daughter-in-law Gail of C.R.

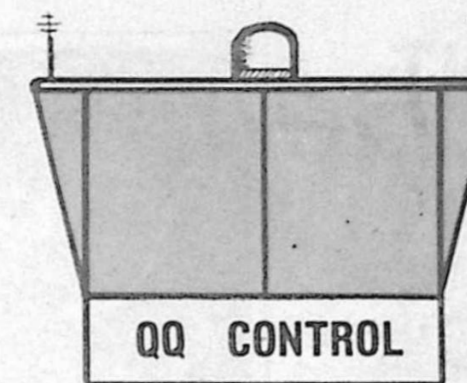
## Bloodsuckers at Work



NORMA HAS THINGS UNDER CONTROL.



LOOKING AND FEELING SOMEWHAT APPREHENSIVE

As The  
Beacon  
Turns

Welcome once again folks. Cpl Sylvain Houde tops the article this week with his recent marriage and subsequent posting to Moose Jaw. Congratulations goes out to the New Couple and we hope they enjoy their 5 year honeymoon in Moose Jaw. Sylvain's mugout was held at the Glacier Greens Golf Course as the section turned out to bid him farewell.

Congratulations are also in order for MCpl Wooldridge

who checked out in the DSC and PAR positions this week.

Turning to section sports the ATC Hockey team recently returned from the PAC Region ATC Tournament with the trophy. A good time was had by all who participated. Inter-section Hockey playoffs commence this week and the Bops Team finished the regular season in 8th place. I've been told that the curling team is holding their own, and that the bowling team is making quantum leaps forward.

A meet and greet, complete with dinner will be held this Wednesday for the visit of Col Stewart and CWO Guilbert from DARTS.

Cpl Paul Fleury just had to do it before departing for Chilliwack at the end of this month. He had to go and join the Hugh "SPARKS" Shaver "LIGHT THE GRASS ON FIRE" club. Apparently he was giving instructions on the use of the flare gun and enrolled in the club at that time. That's all until next time.

## A Family Affair

On 17/18 Jan representatives from nine bases gathered in Ottawa to attend a meeting on military family support services. The meeting was hosted by Commodore H.A. Cooper the Director General Personnel Services and Mr. John Nash who heads the Family Support Program Project working group. Also attending and making presentations were representatives from ten NDHQ Directorates whose work is involved with matters affecting the well-being of military personnel and their families.

The Family Support Program Project began in the summer of 1987 to address concerns relating to the morale and welfare of CF families. Cause for some of these concerns was revealed in a recent study of Military Family Life/Work Stress which reported that while the majority of CF families adjust well to the stress of military life, they also believe that the Canadian Forces does not do its best to look after their welfare.

The Canadian Forces is proud of its accomplishments in developing services and benefits for its members and stands well in comparison with other countries. Nevertheless, with the introduction of human

rights legislation and changes in the make-up of the military family and the life style of these members, there is a need for the Canadian Forces to review the appropriateness of its military family support services.

In the past ten years single military parents in the Forces have doubled; they now represent 4.5% of service families. Military member inter-marriages have also doubled to 5224 members (2612 couples) and are 11% of service families. In addition, our military members with children under five have increased 67% in the past ten years to 10,188, and families with children under ten make up 40% of the families with children. An unknown number of civilian spouses of members work, but we do know that in Canada 60% of women with children under five are in the labour force. These factors alone demand that DND re-evaluate its thinking about many aspects of its members' family needs.

A major piece of family support project work was to survey all CF bases and determine what needs were being satisfied and how well they were met. The survey returns show that while individual bases have

wide differences on what they see as their priorities for family support, they all agree that we need to offer better services. The next task is to determine the appropriate form of a family service centre or network to improve the awareness of, and access to, reliable and useful information, resources and services that will support and enrich the lives of military families and single members.

It was already known that some bases have forms of family support centres and networks in place, and it was felt that their participation and experience would be of value to each other and essential to any recommendations made by the FSPP. As it turned out, both the assumptions were accurate. The presentation and ensuing discussions provided a great deal of information which was valuable to everyone.

The overall conclusion that was drawn from the Ottawa meeting was the unanimous belief that we are going in the right direction. There is clear recognition that the well-being of families has a major influence on the effectiveness of military personnel and the steps now being taken to improve the family support services across the Canadian Forces is the right prescription.

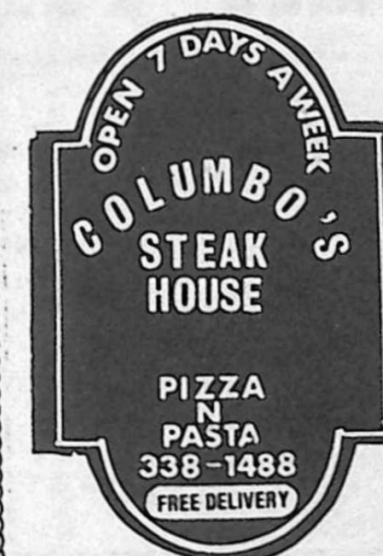
ATTENTION  
SKI BUMS

EVENT - 39th running of the Forbidden Plateau Kandahar Downhill

WHAT? The Last Free-Fall Amateur Downhill Skiing event left in North America.

WHEN? RESCHEDULED March 12, 1988 - Practice Run  
March 13, 1988 - RACE DAY

Please register at the Lodge at the mountain, or at the office at 2050 Cliffe Avenue in Courtenay. Phone 334-4744.  
Thank you, Forbidden Plateau.



## EDITORIALS



## COMMENT

GORD KRUGER

## A LOOK AT THE "INVISIBLE HANDICAP"

**Editor's Note:**  
The week of March 5th to 12th has been designated "Learning Disabilities Week." The Learning Disabilities Association of British Columbia is making "The Invisible Handicap" visible throughout the province during this time to support the learning disabled amongst us. I think that we, the fortunate, should take a moment to reflect on their message....G.M.K.

The Learning Disabilities Association of British Columbia (LDABC) plans to make "The Invisible Handicap" visible throughout the province during Learning Disabilities Week March 5 to 12. The LDABC is a voluntary, non-profit organization providing information, support and resources to people with learning disabilities and to people associated with them, including parents, teachers, doctors and social service personnel.

It is estimated that 10 to 15 percent of the population suffer from some form of learning disability and that about 50,000 school age children and 30,000 young adults in British Columbia are affected.

A learning disability is a neurological dysfunction influencing the way in which people of average and above average intelligence receive, store, organize, retrieve and use information. Although there is no conclusive evidence as to the cause of learning disabilities, scientific research

is ongoing. Learning disabilities cannot be cured.

Due to difficulties in processing information, children and adults with learning disabilities have often been labelled "failures" and considered "slow," "lazy" or "stupid." The inability to learn in the same way or at the same rate as others leads to feelings of displacement and frustration. Accompanying low self-esteem has been linked in young people to suicide, drug abuse, juvenile delinquency and a range of other anti-social behaviours.

The LDABC is launching a public service campaign in B.C. to help increase understanding of the problem of learning disabilities and awareness of services and support provided through its 30 provincial chapters. The LDABC has chosen "The Invisible Handicap" as its theme to emphasize the need to look closely in recognizing learning disabilities, because it is a problem that often goes undetected.

The LDABC advocates that a learning disability is a learning "difference" that can be accommodated. With early identification, understanding, support and remediation, children and adults with learning disabilities can cope and succeed. To contact the LDABC for information call 588-6322 in the Lower Mainland or toll-free, 1-800-663-7469. (Call 339-3357 after 5 p.m.)

## BABYSITTER'S COURSE

Openings are still available on the upcoming Babysitter's Course. The course will be held at the Base Fire Hall on March 12. Please register by March 11 at the Fire Hall.



## TOTEM TIMES

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



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## EDITORIALS



## Financial Tips

TIPS AT TAX TIME

## ARE YOU READY TO FILE

Did I pay that much income tax?

That may be your reaction when your employer hands you your T4 slip, showing how much money you earned last year -- and how much tax you paid.

The next question probably is: Will I get a refund? Will I get any of it back?

Of course, the only way you will find out is to complete your return. Are you ready to get to work on that?

You have to check first to see if you have all the information you need.

You've had your personalized tax return form for some time now. National Revenue mailed that out in January. Your employer has handed you your T4 slip.

Have you got all your tax slips on earnings together? Most people receive employment income, but others collect commissions or dividend income.

You should have a T3 slip if you have trust income, a TFA1 slip for family allowance income, a T4A slip for pension income, a T4U slip for unemployment insurance benefits income, or a T5 slip which shows your investment income.

Your deductions are fairly straightforward. But you will need receipts to claim contributions to an RRSP, or charity.

If you paid union dues, you need a receipt confirming the payment as well as receipts for medical expenses. If you're a student, you'll have to produce a receipt for tuition fees if you want to claim them.

The tax guide provided with your return will tell you how much you can claim.

There are some more involved deductions for which you may need professional advice from a Chartered Accountant.

These would include such things as allowable business investment losses, capital gains deductions, carrying charges, or gifts to Canada, or a province. Alimony payments provide another deduction that has to be claimed properly.

There are other factors that could affect your taxable income. These include forward averaging which you might want to consider if your earnings were higher than normal in 1987, grants, scholarships or bursaries, and political contributions.

In simple terms, your taxable income on which you pay tax equals your total income minus all your deductions.

When you've got all the slips and information assembled on income and deductions then you're ready to see whether there's extra spending money in it for your government, or for you.

## AGE HAS ITS ADVANTAGES

Chartered Accountants in British Columbia are now offering special assistance to the province's senior citizens who are wrestling with tax returns.

Each year, the Institute of Chartered Accountants of B.C. sponsors free tax clinics for seniors in many locations throughout the province.

Free advice and help in completing returns is provided taxpayers over 65 years of age with income of \$14,000 or less.

Watch for information in your local papers on where the CA clinic is operating in your area.

If you can't make it to a free tax clinic, you will want to be aware of some important advantages your age brings you.

First of all, if you were born in 1922 or earlier, you can deduct an age exemption of \$2,641 from your net income for 1987 - in addition to the standard basic personal exemption of \$4,220 which everyone gets.

In addition, your first \$1,000 of qualified pension income is tax-free. That income may come from a superannuation or pension plan, or a payment from a registered retirement income fund or annuity. Pensions, or supplements under the Old Age Security pensions, and benefits from the Canada Pension Plan do not qualify for the pension income deduction.

Many pensioners also have income from Canadian stocks, bonds or other investments. For the last time, in 1987, the first \$1,000 of interest and dividends is tax-free.

A Chartered Accountant can advise you of all the rules, particularly if you attend a free senior citizens' tax clinic.

If all this sounds pretty complicated, consult a Chartered Accountant who will advise you on the application of these rules to your particular circumstances.



## WE GET LETTERS

Dear EDITOR:

The B.C. Children's hospital is planning a major fundraising event for this spring. The Children's Miracle Network Telethon (CMNT) takes place June 4 and 5, and marks the first time B.C. will participate in an international fundraising effort specifically for children's hospitals. All the money raised in B.C. goes directly to B.C. Children's Hospital. I have attached a brochure which outlines the goals of the telethon, and the reason we feel it is so vital to continue the excellent level of care and atten-

tion directed to more than 80,000 children in our province each year.

B.C. Children's Hospital depends on community support, from volunteers, -- more than 850 province-wide, and from local media, like your newspaper. The importance of informing the public on the needs and activities of B.C.'s primary medical facility for children can not be over-emphasized. Over the next few weeks you will be contacted by a member of the CMNT public relations committee who will be requesting your support for

this project, in the form of editorial coverage and advertising space. A media kit, including ad PMTs and editorial material will be forwarded to you in April. Any support you can provide will be greatly appreciated.

If you have any questions regarding the telethon please don't hesitate to contact me. I look forward to working with you.

Sincerely  
Michelle Perrault  
Public Relations Chairman  
732-3911

## 1988 WRITERS' CONTEST

In April of this year Canada's National Book Festival will celebrate its 10th Anniversary. To highlight the occasion the Comox Valley National Book Festival Committee has selected "Humour" as the theme of its Writers' Contest.

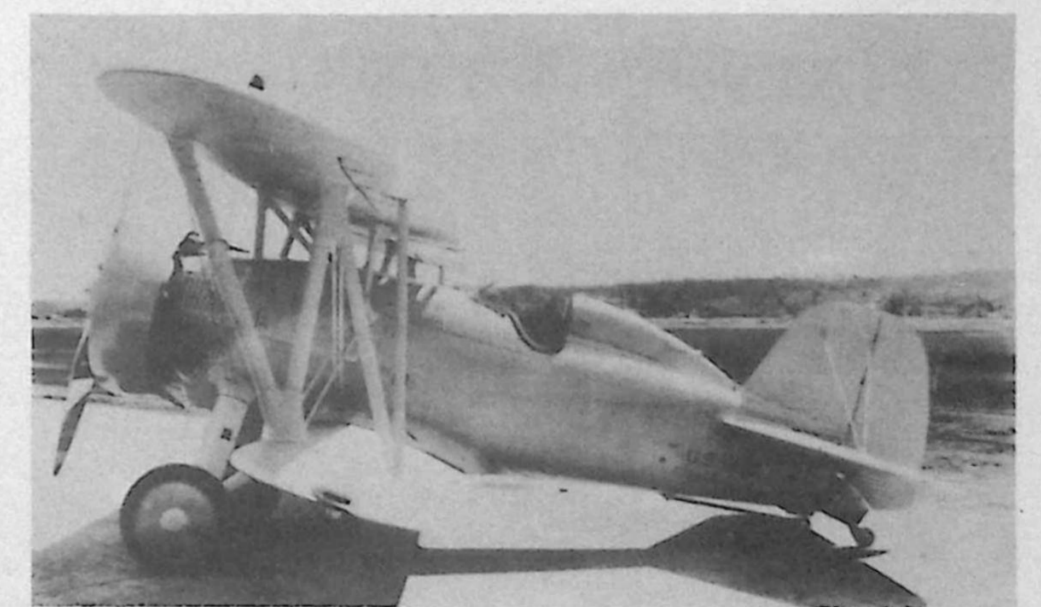
The competition is open to all adult writers. Book prizes (gift certificates) will be awarded to the top three contestants. The awards will be presented at a festive evening during "Book Week," with the presentations being made by a well-known local author.

All stories should have a humorous flavour and a Comox Valley setting. They must be typed (double-spaced) on standard-sized paper. Story-length is limited to 1000 words. Manuscripts should be submitted, in 9 x 12 envelopes, to Courtenay Library no later than 4th April 1988.

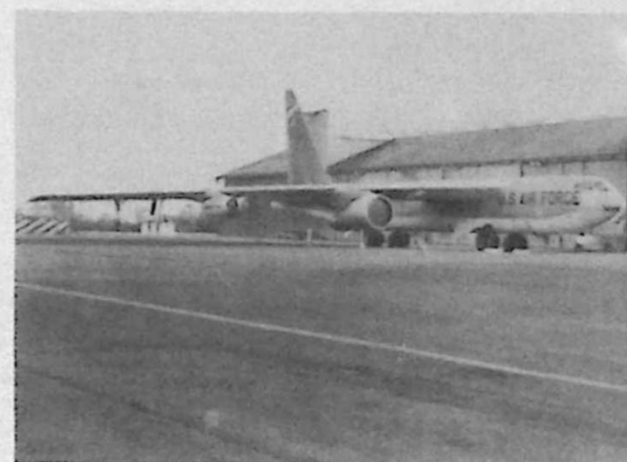
Watch for announcements of other interesting events to be held during National Book Festival week (April 16th to 23rd) in the Comox Valley. And start writing your story today!

## Air Force Trivia

WHAT WHERE WHEN WHY



## Answer from Last Issue



THIS WEEK'S TRIVIA:

What is the official US Navy designation for this small biplane fighter. One hint, the company now builds airliners.

TRIVIA ANSWER:

This B-52E, serial 56-0636 was the flying test bed for the Pratt and Whitney Boeing 747. The aircraft is shown here in 1973.

## SECTION NEWS



## BAMSO

## D&amp;L 149

Spring is in the air in Paradise and it's time to think about taking one last winter trip to warmer sunny climes outside of Comox. So I'm off to beautiful Masset on the tropical islands of the Queen Charlottes for a few days. Unfortunately that means that I will miss (coaching, that is) for the first two games of the Inter-section Hockey Playoffs. For those of you who missed seeing the final standings, the illustrious BAMSO team finished first overall and are odds-on-favourite to win the playoffs as well!

Before I leave though, there are a number of people on Base about whom I would like to comment as they have performed some outstanding feats in the past few weeks. I pick on Al Gray all the time so I'll let him have a week off. But as it is the season for Oscar, Grammy and Golden Globe nominations, I'd like to make a few nominations myself.

For Best "Comic Line In A Non-Comic Announcement" award...Ron "Poetic License" Smart for his added adjectives in Ski Club announcements. Thanks to you Ron, the whole world now knows you're not the only Klutz!

For Best "Do As I Say and Don't Ask Any Dumb Questions" award...the Base Armament Staff for rescuing a certain 442 Navigator's baseball from the Explosives area.

For Best "Sacrificial Lamb" award...Joanne Gour for keeping her eye on the ball and getting squashed in the process. Thank you for getting hurt and taking the heat off me.

## DIAC

Stop the presses!! DIAC has some news! The FTAS course is finished now and everyone passed with flying colours. Our 2 classmates were somewhat upset though that their flight back to beautiful downtown Greenwood was delayed. The display and control course is now underway with Sgt Symons, MCpl Armstrong, Cpl Thibodeau and Cpl Alarie in attendance from Comox and MCpl Gear and Cpl Chapman from CFB Greenwood. Cpl Chapman has already decided he prefers west coast to east.

With only a 2 week break between courses MCpl Roger Skidmore headed for the slopes of Mt. Washington for a racing course while MCpl Beth Armstrong headed out to Jasper for some more leisurely skiing.

We have 2 brave guys in our shop who are going to venture out on their first camp out of 88, this weekend. Some advice to Marc and Dave...forget the weenies, bring an umbrella and a Herman Nelson.

That about wraps things up for this time, except that we still have two, count 'em, two Warrant Officers.

## AMSE

There's not much happening here. Pte Ray LeVigne is getting married on Saturday

March 12. Congratulations Chris and Ray!

The AMSE and Refinishing Sgts (who will remain nameless) sure do SULK when they lose playing Euchre at noon. Each blames his partner for not taking his share of tricks.

Sgt Kruger: The guys want to know why all the chickens only have one wing?

## REFINISHING

Last announcement! Volunteers needed in the refinishing shop; lots of work; good job, and good conditions. Yes indeed, if things persist in this fashion we might have to hire just about anyone or trade in 99 Keefe's rank for a pair of coveralls. In fact, another of our members is leaving us. Cpl Al Fozzie Behmer had decided to join the civilian force after 4 years in the service in which he was fortunate to have a 6 month tour in the Sinai. The job and his friends will miss him. We all wish him well in all of his future endeavours.

Now to bring things to a happier note, MCpl Plante has just had a new addition to his family, a beautiful healthy baby boy. Congratulations!

Being in the forces is not always a party as Cpl Harvey is finding out on his JLC in downtown Penhold. Hang in there Denis Beaker. Well that concludes this month's episode at the Refinishing Shops.

## BTSO Presentations



WO Jones, U/c BAMSO Navcom Labs, received his promotion from LCol Mack, BTSO.



BTSO Branch Retirements: Sgt Toovey of BTn Refuelling with 20 years service, WO Hill of BAMSO Safety Systems with 31 years service, Cpl Ransberry of BAMSO Safety Systems will 11 years service, and Mr. Schiller of CE Carpenter Shop with 37 years service.



BTSO Branch CD Presentations: MCpl MacDonald of BEME, LCol Mack, MCpl Merpaw of BAMSO IE Labs.

## NEXT DEADLINE - MARCH 21ST

SHAKLEE CLASSICS  
Professional Makeup Techniques

Birdie Pilon  
1427 Hillside Ave.  
Comox, BC V9N 6J8  
(604) 339-2878

Certified by Hollywood makeup artist Michael Maron

## CD1/CD2 Awards



Pictured left to right are recent recipients of CD1/CD2 awards...front row - MCpl G.R.Webber VU 33 Sqn, Sgt W.D. Larson, VU 33 Sqn, Base Commander Col Gibbon, Maj J.R.Smurthwaite 407 Sqn...Back Row - Sgt W.G.MacCulloch 407 Sqn, Sgt V.W.Lamb B0ps0, MCpl F.C.Kay VU33 Sqn, Sgt C.G.Williams BTSO, Sgt D.G. McLean B0ps0, Sgt R.W.Irving 407 Sqn.

## SECTION NEWS

From The  
Fire Chief's Office

DISPOSABLE LIGHTERS: THEY CAN BE DANGEROUS



The 50 to 60 million disposable butane lighters Canadians buy annually are convenient and inexpensive. But some users are literally being burned. Since 1980, reports Consumer and Corporate Affairs Canada, disposable lighters have been implicated in one death and about 15 injuries, ranging from minor burns to fingers and hands or singed hair and eyebrows to second-degree burns, serious facial burns and eye injuries. Now the department has proposed stricter standards for these inexpensive throwaways.

Excessive or erratic flame

height are among the lighter complaints reported by consumer and corporate affairs. But most prevalent are problems with lighters that fail to extinguish properly after use, said Elizabeth Nielsen, scientific project officer of the department's product safety branch.

In many cases, she said, the lighter continues to burn unnoticed by the user until the heat of the flame deforms the valve controlling fuel flow, or the casing that holds it. That can lead to the rapid release of butane, causing the lighter to explode or emit a dangerous jet of flame.

About 70 percent of Canadian complaints involve Bic lighters, with Cricket and D'Jeep lighters in second and third place for complaints. Bic has a large share of the lighter market; an estimated 58 percent of sales in the U.S., for example. Last fall, a Philadelphia woman sued the Bic Corporation for damages after suffering extensive burns from an igniting lighter that engulfed her in flames. Cynthia Littlejohn won \$3.25 million (U.S.). In the United States, there are only voluntary standards governing the safety of disposable lighters. Lighters imported and sold in Canada,

said Nielsen, must meet a number of mandatory standards, including those governing flame height and afterburn. But even these may be stringent enough, as the accident statistics suggest.

New, more demanding flame height and extinguishing standards are expected to be in effect in Canada by the spring of 1988. Will these tougher regulations mean disposables that are more expensive? Not necessarily, said Nielsen. "Some manufacturers have shown they are capable of producing a very safe product at competitive cost."

In particular, there have

been problems with lighters that do not have adjustable flame height. As well, when using any lighter, make sure the flame is extinguished after use. The safest way to do this is to push the thumb lever up manually until you can see that the flame is out. Don't blow out the flame, however, as escaping butane gas may collect around the lighter, with the risk of an explosion. Finally, of course, keep lighters away from children. This article was reprinted from the October issue of Canadian Consumer, a product-testing magazine published by the Consumers' Association of Canada.

# EX Spring Savings

Heath ZENITH

Computer  
Package

## Easy PC II

## PACKAGE INCLUDES

- \* Dual 3 1/2" disk drive
- \* Monitor
- \* Keyboard
- \* Mouse
- \* 640k expander
- \* MS.DOS
- \* Microsoft software: kit w/ screen, cleaner and keyboard cover.

BONUS 3 pieces of software!  
Retail value \$2399.00

899.97  
SPECIAL

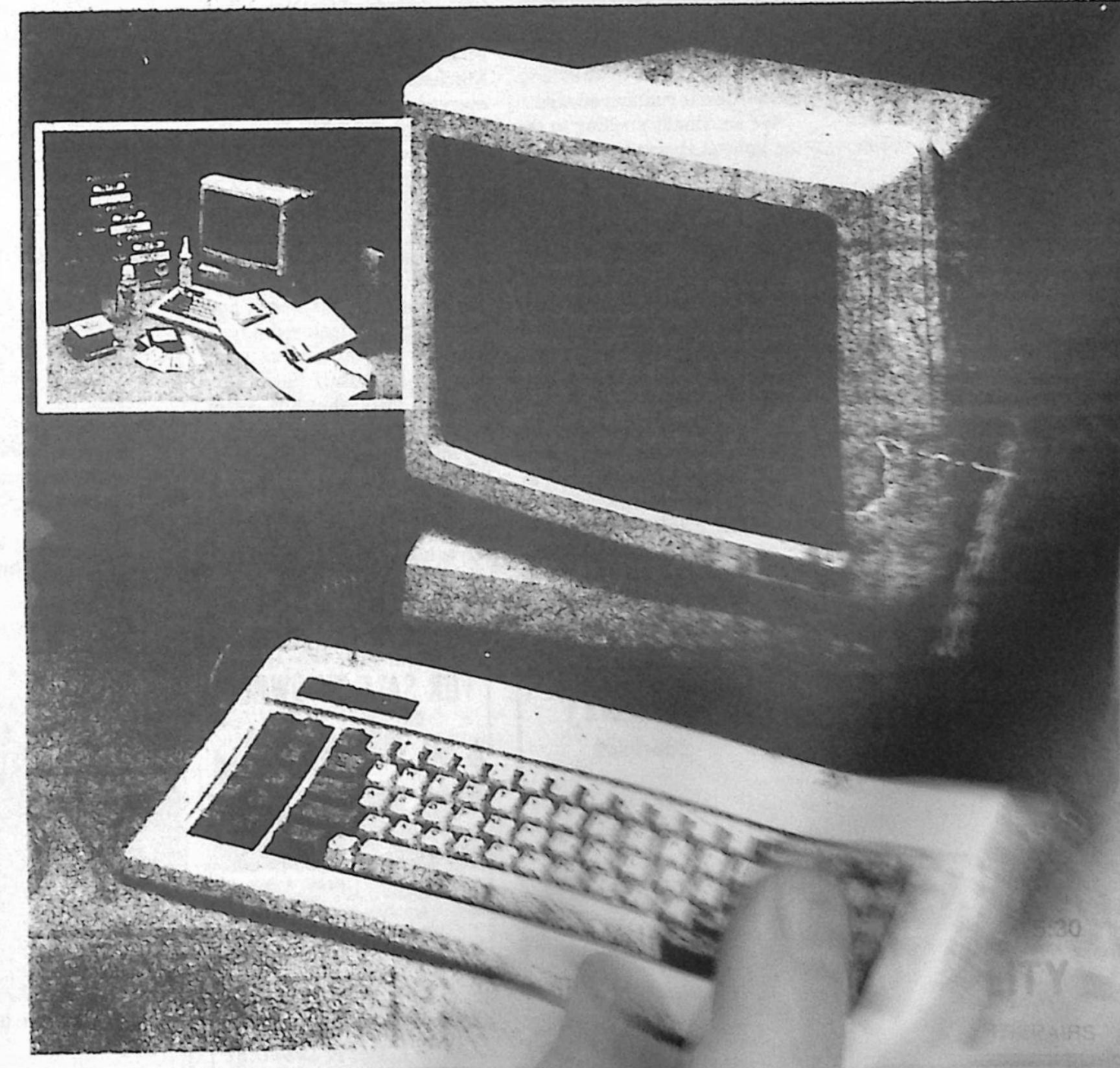
## Printer

- \* 120 cps draft speed
- \* Complete graphics
- \* Built-in variable-width tractor
- \* User replaceable print head
- \* Near letter quality
- \* Bottom paper feed

299.97  
SPECIAL

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EXCHANGE  
339-5342

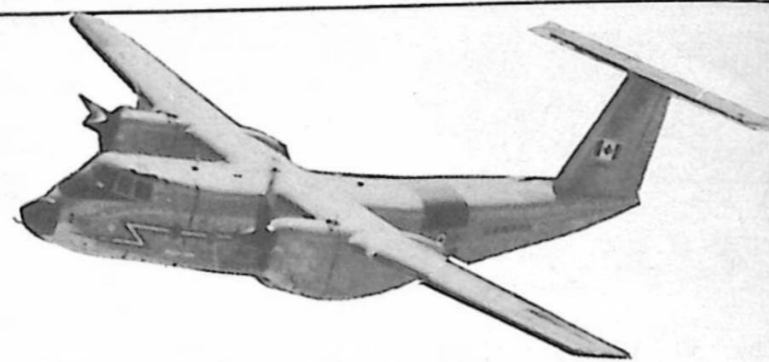
SALE ENDS APRIL 2/88



## SECTION NEWS



# 442 Squadron



## SAREX

## SPRING FEVER 88 - 442 SQUADRON



Major Paul Drover briefs the section heads on the days' activities for SAREX.



Searchmaster Paul Vanderbasch (right) and assistant Major Pete Howe with reporter Rob Giblak from the North Island Gazette.



Early morning launch for the Labrador Helicopters during "Spring Fever 88" at Port Hardy.



442 Squadron Buffalos on the RAMP at Port Hardy during Exercise "Spring Fever 88."

## FOR SALE BY OWNER

4 bedroom home close to schools, town & across from a park. Fireplace with insert, woodstove, built in fridge in comfy family room. 2 bathrooms. Built in dishwasher in bright kitchen. Fresh paint in & out. Private back yard with trees & garden shed. All this and more for \$79,900.  
**DRIVE BY 1191 - 16th St. COURTENAY**  
**Phone 338-6134 evenings**

## SAREX

442 Squadron began a 4 day deployment to Port Hardy on Monday the 22nd of February. As a result of very light SAR activity over the past several years, the Snakes of 442 were more than eager to get the show on the road and deploy to an out of town location to go through the rigors and challenges of a full scale search.

The SAREX was designed to re-acquaint all squadron members with the procedures necessary for a long stay away from home base. As well, the Holbert ground search party and Rescue Centre Victoria personnel became involved in the exercises which extended from Marine Rescues to Bush Jumps to medical exercises at mock crash sites. A Search Headquarters was set up at the airfield and aircraft were tasked to search for an overdue aircraft. At the conclusion of this extremely successful event, a "Mess Dinner" was held and a good time was had by all.

The exercise served as a good reminder of the complexities involved when deploying and the difficulties involved when doing the real thing. As well, the flying training allowed the Boss Snake to be upgraded to aircraft commander status. All participants benefited greatly from the daily and nightly activities that took place in Port Hardy. There will be no shortage of volunteers for the next SAREX.

## MAINTENANCE

The fighting 442 Maintainers would like to shed some light on the activities of a very special group of animals, our own rotary wing maintainers....

Well it's another busy day in rotary wing maintenance. Over here in our little isolated shop we are busily reorganizing our parts bins. No small task since the last time it was done we were probably still flying Spitties.

Working in rotary wing

maintenance is quite a different experience. It's the only shop on the base where you work exclusively on helicopters. We get to go to Bagotville for our type course, which feels more like Alert at this time of year. If the choppers are not "chopping" themselves in half, they are vibrating themselves apart. As a result, they need more maintenance than any other aircraft on the base. You usually get five weeks to tear apart and put back together these giant blenders. Yes, it's a busy place to work, but the thing that makes it work while is the people.

Seven out of ten of the people who make up the airframe shop are fairly new. The latest addition is Cpl Serge Perron and his family. Early indications seem to indicate that they love it here. We would like to welcome the Perrons to the Comox Valley. One of our veterans Cpl Gary Keller is on the first stage of his new posting. He is in Cold Lake on his F-18 type course getting prepared for his posting to Germany this summer. Good luck in Deutschland. I hope you like exercises. Cpl Alex Martell had his third baby on Feb 10. The girl weighed in at 7 lbs 8 1/2 ozs. We all enjoyed the doughnuts, but may we suggest some form of birth control. We don't want too many Alexets running around.

We are finally starting to see the light at the end of the tunnel on the 312 inspection. After numerous delays on getting parts they're almost all here. It seems half of the battle is getting the aircraft out on time and the other half is getting the parts to accomplish the first half.

## BUFFALO CHIPS

Sources have revealed that the trip to Mexico was uneventful. During the stop at "Fighter Town USA" Tom (Cruise) Furlotte was in his glory signing autographs. He was heard to say that he has now asked for an exchange tour as a Fighter Weapons In-

structor. While shopping for souvenirs at a Bookstore, Sgt Murray got left behind studying black magic. Later at the bar he said he had copied down a couple of interesting potions. MCpl Shaw thought he was fireproof after his recent promotion; however, he is still feeling the effects of his unauthorized photographs. MCpl Lewis has vowed to never drink the water in Mexico again.

Spring Fever /SAREX 88 was a resounding success. Capt Wheadon was seen modelling the latest in "Hot Chocolate Fashions" for 1988. Buff Flight went ice fishing and are still wondering why the Arena Manager is upset with them. The Lab pilots were advised that they must continue to fly lemons because in order to fly bananas they need to have bigger tomatoes?!

## AS THE ROTOR TURNS

As promised, news is beginning to trickle in from the career manager's shop. It looks as though Dan Lachance may be going to Portage as a helicopter instructor. We'll have to ensure that all those nice Prairie girls receive sufficient warning. Mike Dorey could be working his way back East towards Gander. Just another plumb in a long string of flying jobs, eh Mike. Tom Mitchell asked me to inform everyone about his possible posting to RCC Victoria. The career manager knows nothing about this, but Tom figured he would start the ball rolling. Of course no messages have arrived as of yet, but it's nice to get the official rumours flying.

Herring Roe has begun and Lab flight has deployed aircraft and crew to strategic locations. This has kept Buff Flight particularly busy shuttling spare parts all along the B.C. coast.

Finally, Paul VDB (Garlic to his friends) has been sporting a suspiciously short haircut recently. Perhaps he's preparing for his upcoming trip to Astoria. Whatever the reason, CWO Ford is anxious to find out who his barber is.

## SECTION NEWS



# Anker Klankin



CONGRATULATIONS are in order to MCpl Fred Kay and MCpl Ray Webber each with 32 years of continuous, dedicated service to Queen and country.

Both Fred and Ray demonstrate their dedication and skill every day on the hangar floor at VU 33 Sqn. It is noticed and appreciated by all of us at the squadron. Again, congratulations! And many thanks!

Also, congratulations to Sgt Wayne Larson on receipt of his 1st Clasp to CD Marking 22 years of service. Wayne's positive and professional approach to his work ensure efficient and highest standard task accomplishment.

Capt McQuaid has just completed his T-133 course in North Bay and is ready to demonstrate his newly acquired T-bird skills. It's great to have you back, Greg.

Capt Bokor is departing for North Bay for the converted T-Bird course 14 Mar. Some members of the squadron, offered to take Orlando's place so that he wouldn't miss the coming of spring here in the beautiful Comox Valley. Oddly enough, he declined.

## TECH SIDE VU 33

It's that time of year again when many of us are arranging for the last week or two of annual leave prior to the end of the leave year. Oscar Grubwieser was seen hauling home a recently purchased camper last Sunday. He was so enthused about it all that he put in for his last 4 days leave around Easter Weekend. Already there is much discussion about getting boats and motors ready for another season so spring must be just around the corner.

Cpl Daniel McGrath went away to the unknown land of the JLC course awhile back and re-emerged with a course standing of 13 out of many (Lucky 13?). Congratulations Daniel!

CHANGES - With Sgt Wayne Hay moving on over to Tool Control Sgt Ted Town has assumed the responsibilities of T-33 maintenance. Daniel McGrath has joined servicing force (1 Crew) after a stint in the engine bay. Pte Marv Pilon has moved from maintenance to Labs and Pte Eric Rheume from 2 Crew servicing to maintenance. Pte Jay Cumberland an electrician recently arrived from CFB Borden and the

most recent new members of VU 33 Sqn. has moved from 1 Crew to 2 Crew. Jay obviously knows that 2 Crew is THE crew to be on.

VU 33ers mustered up 8 teams for a bonspiel at the local Curling Rink. Everyone had a great time of it and there is talk of a repeat next season. The winning team was the Oscar Grubwieser, Pete Vantassel, Martin Chamberlain, Judy Black rink.

Merv was mentioning something about an OPS member who requested a fork lift on a F-33 arrival at a destination south of the border when it was found that an A/C ladder was not available. Rumour has it that the member is now on a very strict diet.



## OFFICERS MESS LADIES CLUB

Hello. Our last function held in Feb was a lingerie bingo. The beautiful prizes were purchased from Serendipity Boutique (in the Driftwood Mall) who also provided a model. There were many excited voices calling "Bingo" that evening. Although not everyone was able to take home a prize, the evening was enjoyed by all. Thanks to the ladies who provided the goodies for our intermission; they were mmm mmm good! The business side of the evening was very short as all players were eager to get on with the entertainment. No new business arose, so a recap of old business was stated.

Our March function to be held Wed the 16th is a Travel Information Night. Jan's Travel will be providing us with a video on a cruise and also how to travel light. The Comox Valley Chamber of Commerce will provide us with general information on our lovely Valley, as well as a video on skiing in our area. The time is 7 o'clock for 7:30, the cost of \$2 for members, \$3 for guests. Coffee, tea and goodies will be served. Hope to see you there!

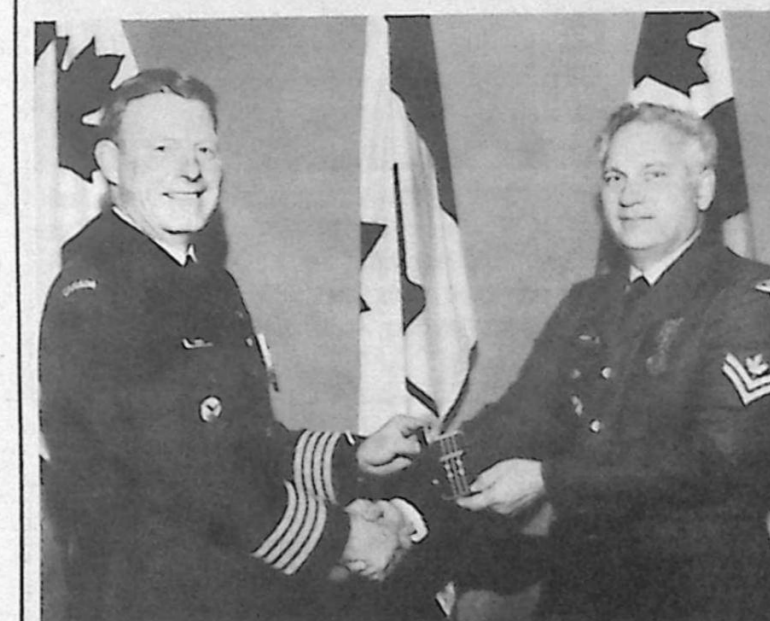
## AWARDS AT VU 33



SGT WAYNE LARSON....CD1



MCPL FRED KAY....CD2



MCPL RAY WEBBER....CD2

## NEXT DEADLINE MARCH 21

### Comox Shoe Repair

1836 Comox Avenue  
(Across from Legion)

Tuesday to Saturday -- 9:00-5:30

### TOP QUALITY

SHOE AND LEATHER REPAIRS

## Images School of Beauty

Enroll now for Feb 20 classes! 338-5424

Theatrics Classes } All ages  
Modelling Classes }

Hairdressing School Registration

-Now for Sept classes

\* 1 Day Workshop - Beauty head to toe  
April 2, 9 a.m. - 3 p.m.

\* Affordable Hair Care for men, women and children  
available now - professionally supervised  
Tue - Sat 9 a.m. - 4:30 p.m.

841 Cliff Ave 2nd Floor

Courtenay

## SPORTS AND RECREATION

## Sports Shorts

## CFB COMOX SERVICEWOMENS BASKETBALL TEAM

The womens' basketball season is almost at a close. The final year end tournament will be held at the Cumberland Recreation Institute March 11-13. The women from the base will be looking to even the score with a few teams they had close calls with in the past.

This years team was largely made up of shiftwork personnel so we never had the same team twice. What we lacked in strength we more than made up for with stamina and style.

Our first game of the tournament will be Saturday at the 12th at 0900 hrs. We would definitely appreciate all the support we could get.

## PAC REGION VOLLEYBALL CHAMPIONSHIPS

Both CFB Comox's Mens and Womens Base Volleyball Teams will be heading to CFB Det Nanaimo from 11-13, Mar 88 to compete for the Pac Region Championship. The winners will represent the Pac Region at the CF National Volleyball Championships being hosted by CFB Gagetown from 10-13 Apr 88.

Both teams have been practising quite hard over the past few months and are a definite threat for this years championship. The base would like to take this opportunity to wish Capt Pronk and both teams all the best in their quest for the gold.

## PICKLE BALL TOURNAMENT

The Base Rec Centre will sponsor a Pickle Ball Tournament from 100-1300 hrs, 21-25 Mar 88. Registration will take place daily at the Base Rec Centre. Entry deadline is Wed 16 Mar 88. There will be an entry fee of \$2.00. For more info contact the Base Rec Centre local 8315.

## Aerobic Award



**AEROBIC EXCELLENCE....**Cpl Cindy Dickson is presented her White Seal for Aerobic Excellence by Capt Roy. The White Seal represents her second level of achievement and over 4,000 aerobic points in total with each 2,000 points being completed in two years or less. Her latest 2,000 points were earned for jogging, cycling, walking and swimming. Well done, Cindy!

## THE FIRST RUNG



**Lt. S. Jackson (BFOODS0) presenting Pte D. Belanger with her 1st hook.**



## Pipe Smoke

Gerry Gerow



Nestled amongst all the trash which seems to wind up every day in my mail box was a publication which is anything but. *The Canadian Fishing Annual*, published by Ontario Outdoors Publishing Ltd. in Peterborough, Ont. The editor of this superb mag is none other than Gary Ball. Gary grew up as an airforce dependant and worked for several years for the North Bay Nugget before moving on to bigger things.

Inside the covers you will find stories and articles by all the best outdoor writers in Canada. Bob Jones, Ron Truman, Len Rich, Gerry Wolfram, Mark Sosin, Ron Miller, Geoff Coleman and, of course, Gary Ball, himself.

A companion hunting annual is planned for the fall. Ball's stated objective with these annuals is to create a truly national Canadian outdoors publication. This is long overdue and I think he's accomplished it with his first issue.

XXXXX

Apparently wildlife experts are finally realizing the devastating effect that house cats have on small birds and animals. An article I just read claims the toll in Canada could be as high as four million song birds a year, and an even greater number of small game animals. The article goes on to cite studies which show that cats are the number one destroyer of chickadees.

The big problem with cats is that they kill for sport. A well fed cat will still hunt and kill. There is no doubt that it is a serious problem, and one to which there is no easy solution. It is not easy to convince a little old lady living in senior citizens housing that her sweet little fluffy becomes a vicious killing machine when she lets it out in the evening, but that is exactly what happens. I wonder how many of the activists

protesting predator control keep cats as pets.

Anyone thinking of acquiring a cat as a pet should consider the consequences of one more of them in the neighbourhood. I believe that cats should be subjected to the identical control bylaws that dogs are.

XXXXX

It is interesting to see that the number of great white sharks has increased dramatically due to the large increase in the number of seals and sea-lions on our west coast. Just one more reason why a seal cull is drastically needed.

XXXXX

Yankee go home! It seems we've been invaded by a number of American do-gooders who are protesting a carefully thought out wolf cull program. One would think that they would do a lot more good protesting against the pollution and acid rain being generated by their own country rather than objecting to a scientific program designed to increase the number of ungulates in the environment. It seems to be popular these days to carry out protesting actions in a country other than your own and then you can run home and hide from the authorities in the country whose laws you have broken. In fact if a person watches the activities of activist groups such as Greenpeace and Sea Shepherd it becomes obvious that they assign their members to protest actions in each other's countries for just that reason.

With all the protests going on these days it is interesting to note that there are far more people who feel the opposite way to many of the protesters but these individuals are too busy earning a living and paying taxes to join in a counter protest. Almost time to start thinking about bluebacks, Frank.

## Highland Secondary School



## HONOUR ROLL



## HOUSE 1

Ian Battle  
Shelley Clarke  
Tracy Ellis  
Justin Kelly  
Tony Bale  
Ann Burr  
Tracy Kobus  
Kathy Young  
Kevin Harrison  
Scott Inglis  
Larissa MacBeth  
Chantelle Pelletier  
William Phillipson  
Matt Rees  
Tracy Steele  
Anne Guillo  
Teri Lamb  
Mary Rickson  
Jonathan Boisseau  
Autumn Bugslag  
Krystal Ferris  
Dawn Sears  
Amy Spentzos  
Jamie Fournier  
Matt McIntyre  
David Ouellet  
Drew Anslow  
Doug Henderson  
Brian Rogers  
Brooke Finlayson

Ann Jackson  
Joachim Koch  
Cathy Whyte  
David Doll  
Trish Sauve  
Greg Shanks  
Simon Carvalho  
Rob Emmerson  
Annie Hart  
Anna Hutson  
Jamie Karila  
Laura McLaren

## HOUSE 2

Mike Lawless  
Dawn Mann  
Sharmen Rollins  
Jean-Marc Jaquier  
Paulette Joel  
Justin Olsen  
Darryl Taylor  
Greg Walton  
Lynne Anderson  
Sylvie Cote  
Troy White  
Adam Zambilowicz  
Suzanne Dwillies  
Guy Lemasurier  
Shannon McCormick  
Penny Praine

## Geoff Small

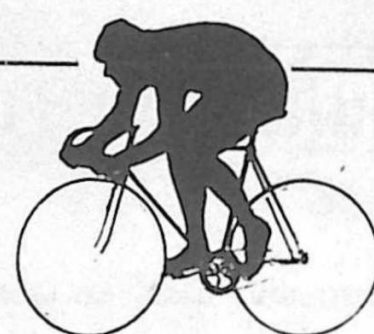
Les Black  
Deavlan Bradley  
Kari Fraser  
Marnie Grant  
Maddy Halls  
Christine Tarras  
Stephanie Taylor  
Justine Thomas  
Barb Filgate  
Jeff Hillard

Derek Lewis  
Shannon Poole  
Ed Barner  
Grant Brydon  
Shannon Emmerson  
Mat Helmer  
Cam Isenor  
Jamie Steeg  
Andi Clarke  
Melissa Gammon  
Alana Zambilowicz  
Kerstin Arvidsson  
Daniel Ayers  
Cunningham  
Jason Jordan  
Rick Houlgrave  
Lesley Rochester  
Brent Stoekel  
Mike Wilford

## HOUSE 3

Jim Bentley  
Wendy Lunde  
Jennifer Muldowney  
Chris Kippel  
Rae-Ann Godhe  
Sylvia McAvany  
Kevin Muir  
Joanne Spalton  
Paul Battle  
Milissa Bruigom  
Elana Wright  
Sarah Wright  
Bridget Boley  
Shannon Bool  
Ben Hopp  
David Dawson  
Karen Burr  
Louise Carvalho  
Monica Forrest  
James McPhail  
Sean Moran  
Shawn Taylor  
Cindy Miller  
Andrea Olsen  
Dale Raskob  
Lisa Anderson  
Tammy Anderson  
Anna Vonschilling  
Chris Perry  
Ben Sampson

## SPORTS &amp; RECREATION



## CYCLING CAN BE FUN

LUC GUIBORD

## DO YOU NEED ONE? YES

It is common to see people involved in sports wearing head protection. Football players wear helmets. Rock climbers wear helmets. River rafters wear helmets. Hockey players wear helmets. And for good reason -- each sport presents a risk of head injury. Bicycling presents similar hazards and requires similar precautions. About 80 percent of all bicyclists' deaths each year result from head injuries. Many more cyclists are permanently impaired from running their heads into curbs, poles and the pavement. Scrapes and broken bones heal, but scrambled brains may not. A lot of this tragedy is preventable. The simple precaution of wearing a bicycle helmet may prevent severe injury and save lives.

Many serious bicycle accidents happen on "quiet" residential streets, in parking lots and on bike paths. A large number (95 %) of bicycle accidents don't even involve automobiles. Accidents also aren't a scourge of just beginner riders, or just experienced riders, or just young riders, or just older riders. Every bicyclist needs to wear a helmet, regardless of their age, and whether they are riding across the street or across the continent.

There are other benefits. Most helmets are made of highly visible colours so drivers see you better and will take you more seriously. The helmet will also protect you from the weather, including sun, rain and hailstones. But the main reason to wear a helmet is to protect your brains from damage in an unexpected impact.

Compared to the lifetime cost of a head injury, the cost of a bike helmet is cheap. Think about tomorrow, buy and wear a helmet today.

## WHAT TO LOOK FOR

A good bicycle helmet must be able to absorb impact energy just as motorcycle helmets do to prevent brain injury. Research shows that this requires three elements:

**Hard Shell:** A full-cover hard shell is required to spread impact energy in a collision with a sharp or pointed object. The shell can have some vents and still be strong enough. Fiberglass, Lexan and ABS are all good shell materials. Polystyrene Liner: A good

helmet must have a hard polystyrene (styrofoam) liner. This is a non-springy foam that absorbs shock and doesn't bounce back at your head. All top-rated bicycle helmets use expanded polystyrene (EPS) - a slightly harder version of the familiar white beercooler foam and the packing material used to protect stereo equipment during shipping. Spongy foam can be added for comfort, but it absorbs very little shock in a life-threatening crash. The stiffer polystyrene must be included in the construction to absorb the energy of a blunt impact. Note: The thickness of the liner is an important factor in the amount of energy it will be able to absorb.

**Strong Strap & Buckle:** The helmet must stay on your head even if you hit hard surfaces more than once - a car, perhaps, and then a curb. The helmet needs a strong strap and fastener.

Courtesy "Bicycle Helmets" by Cascade Bicycle Club, Washington, U.S.A.

Drink and drive?



Sounds fine to me.



## Fitness

with Patty

## "FAST OR SLOW"

Have you ever wondered why your buddy who trains only once or twice a week has a better time than you for his 10K while you train 4 to 6 times weekly. Is he in better shape than you? Probably not. Does he have something that I don't should be the proper question to ask yourself and the answer is most like to be "slow-twitch fibres." What's that you might ask. Here is the answer.

Your body is made of 3 basic muscle types:

1. "Cardiac" muscles which are involuntary.
2. "Smooth" muscles that control the body's unconscious functions such as digestion.
3. "Striped or skeletal" muscles are the ones we can consciously contract and they come in 2 different types:
  - A) Fast-Twitch Fibers "FTF"
  - B) Slow-Twitch Fibers "STF"

The terms "Fast" and "Slow" indicate the speed at which they can contract. FTF are white, STF are red. For example, a chicken drumstick is dark meat while the wings and breast are white. That's because the domestic chicken walks and runs but does very little flying. Her leg muscles (Red, STF) have endurance and stamina for all day locomotion. Her wings and breast muscles (White, FTF) are for flapping rapidly and short flights to escape predators.

What advantage do the sluggish STF give the marathon runner? Resistance to fatigue. They may not be as powerful or as quick to respond as the FTF but the STF can contract over and over again.

FTF, by contrast, are thick,

strong and able to complete a full contraction in one tenth the time it takes an STF to respond. The sprinter's thigh or the extensors of the shot-putter's arm are loaded with FTF.

The variation in muscle-fiber distribution among individuals at birth is astounding. Any given muscle may have anywhere from 15 to 88 percent of STF. It's all a matter of how the genes are shuffled when egg meets sperm.

So what's the difference between the FT and ST fibers, and why is it important for the long-distance runner to have plenty of Slow-twitch Fibers?

FT Fibers rely on local fuel supplies found in the muscle itself, whereas ST Fibers tap nutrients in the blood. (Ever wonder why white meat is sweeter than dark meat? It's because the FT Fibers contain the sugar, glycogen) The almost limitless supply of oxygen and nutrients in the blood can power the ST Fibers for hours-long stints. That's because blood sugar comes from the liver's glycogen storehouse, a much larger and longer-lasting fuel supply.

Here's what happens when a runner begins a period of exercise, say a 10K. Within seconds, the FT muscles use up their glycogen reserves, and as the sugar supply dwindles, these muscle fibers begin to lose power. About 2 minutes into the run, a changeover occurs in which the ST Fibers take charge. But being aerobic, they need oxygen. So in "second gear" the runner starts breathing heavily. So long as the glycogen supply in the liver holds out, generally a matter of hours, the ST Fibers can con-

tinue to contract, and the runner can remain fleet of foot. In time, however, and for reasons not fully understood, the ST Fibers also ultimately give up.

Aerobic training "does not increase" the number of ST Fibers. Thus, by exercising to the limit for weeks at a time, it is possible to activate the intermediate fibers that combine the best characteristics of the FT and ST Fibers and they will begin to use oxygen and blood sugar for their energy. In essence, with aerobic exercises they become more like ST Fibers without actually changing their appearance.

Unfortunately, the revers isn't true. A power-hungry Olympic weightlifter cannot change his few remaining ST Fibers into FT Fibers no matter how hard he might try. The dictum: "You can train a sprinter to become a distance runner, but you can't make a sprinter out of a marathoner" has its truth rooted deeply in the muscle-fiber profile each athlete is given at birth. Conversion is a one-way street.

The fibers you were born with are the fibers you'll carry with you the rest of your life. So, when a young runner thinks sprinting is his calling, he should give it his all. But if proper training fails to get results, that young athlete should probably consider switching to an endurance sport. Eventually, he will find the event for which he was built.

Remember, that while having more or less of one type of muscle fiber cannot be considered a handicap, not recognizing how to use what you've got could be. Find your athletic niche and stick to it.

## WOs &amp; Sgts Mess

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

TGIF GAMES — Come out and join in the fun and prizes.

MARCH 25  
MIXED GAMES NIGHT  
Food 1800 hrs  
Music - D.J.  
Games - 1900 hrs - Easy & Fun  
No skill required!  
Casual Dress - No Jeans

Dates for SNOOKER TOURNEY and GOLF TOURNEY T.B.A.  
Keep posted at the Mess.

MOTHERS' DAY CANDLELIGHT DINNER 7th May  
Band - CROSSWINDS are confirmed  
Watch for particulars

## FIND OUT WHY FORD IS No.1

FIND OUT WHY CUSTOMERS RATE COMOX VALLEY FORD AS NO.1

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## ON AND OFF THE BASE

# DRINKING DRIVING COUNTERATTACK

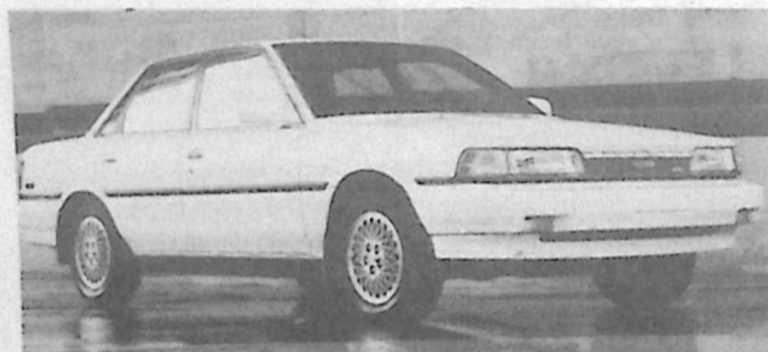
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**Brian Rices**  
COURTENAY  
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## ASK ABOUT THE FOREST

### HOW DOES THE GOVERNMENT ENSURE THAT LOGGED AREAS ARE REFORESTED?

Approximately 94% of B.C.'s forests grow on Crown lands which are publicly owned and controlled by government law and regulation. In the case of our forests, the law that applies is covered by the Forest and Range Act which sets out the conditions under which the government will grant and renew licences for harvesting of timber on these lands.

Included in the Act is the stipulation that the holder of a licence must reforest. The licensee must meet government standards in replacing the logged forest with a commercially valuable species. For example, if the area is not naturally restocking with a sufficient number of acceptable trees, the licensee is expected to plant. Many licensees choose to plant soon after logging in order to get the new trees growing as soon as possible.

In addition, the licensee is further directed by a series of policies and guidelines which stipulate that preferable species as well as the optimum spacing of the trees. Such guidelines are based on a set of ecological criteria designed to maximize the size and quality of the new timber stand.

It is true that in driving past a newly logged site, one may see no visible evidence of a new forest growing. But, this is often deceiving. Next time you pass such an area, stop for a brief walk through. Watch your footing, but also scan the ground closely for very small trees. You will probably find that they are there, although somewhat hidden. If you see no seedlings, it is likely the area has been very recently cut and is yet to be planted or naturally reforested.

However, if you have concern, call in at the local office of the Ministry of Forests and Lands or the premises of the licensee and ask for an explanation of the area's reforestation plan. You might be pleasantly surprised.

## Glacier Greens

Glacier Greens Golf Course  
Sun Feb 28/88 saw the final day of winter golf and the weather couldn't have been more perfect. 53 members participated. Winners of the McConochie's Trophy for low gross were Ron Cartier, Jan Verbeek, Earl Martin and Bill Vaness.

Winners of the Windsor Plywood Trophy for low net were Vern Lewis, Irene Perry, Fred Horvath and Warren Campbell. The Four closest to the pin went to Trevor Jones, Earl Martin, John Webber and Rick Salmon.

The entertainment committee provided hamburgers and chips for all entrants after the tournament.

A great day was had by all. Winter golf will continue until Mar 13 so come on out and join in the fun.

### LADIES CLUB

The Ladies will be holding a general meeting on Wed Mar 23 at 7 p.m. in the Clubhouse. Please come and find out all the great and wonderful things we are planning for 88. What a super place to live eh, where you can ski, fish and golf on the same day. A lot of our ladies played all winter but our hats have to go off to Kay Banks. Kay played more than anyone, so congratulations Kay for your endurance.

Till next time - Good Golfing.

Glacier Green Ladies Club  
General Meeting  
Wed Mar 23/88 7 p.m.  
Glacier Greens Clubhouse

## WOS & SGTS WIVES CLUB

Our next general meeting will be held on March 14, 1988 at 8 p.m. in the mess lounge. We will be having D. Smith from the Images modelling school with us to do a make-over on a model, with colour imaging being demonstrated. Door prizes will be drawn, one being a make-over by Images.

At this meeting tickets for our spring fashion show will go on sale - they are \$5 per person and the show will be held on April 11, 1988 in the mess lounge at 8 p.m. Watch this paper and the community news channel for further information regarding the show.

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## LIFESTYLE

# Barry Sweeney

music reviews and syndicated columnist

## AFTER 100 MILLION SALES BARRY WHITE RETURNS

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Among the best and most romantic tracks are "For Your Love," "There's A Place," "Love Is In Your Eyes" and "I'm Ready For Love." Welcome back!

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WINDOWS - GYPROC

INSULATION - ROOFING

PLUMBING - ELECTRICAL



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## Aids Awareness

by JAMES GREIG

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...The importance concerning the public's education about AIDS cannot be overstated. The AIDS epidemic which is rapidly spreading throughout the world should be of concern to all of us. It will take years to develop effective medical treatments and vaccines, and mount a global program that will effectively contain the disease. In the meantime, the need for comprehensive information on AIDS is great if our country is to avert what has the potential to become a major epidemic and national crisis.

AIDS AWARENESS will be a regular feature in this newspaper and becomes one more vehicle to provide that information to our readers. HAVE A QUESTION ABOUT AIDS? Write to AIDS AWARENESS, 10 Tempo Avenue, North York, Ontario M2H 2N5

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Mrs. K., Ottawa, Ont.

Dear Mrs. K.

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and feed about once every 48 hours. Even if the virus were there, it would be in minute quantities and would die before the next bite. If mosquitoes were transmitting AIDS, we would see many more cases of AIDS in those parts of the world where mosquitoes are most common, and in all age/sex categories in those countries, not primarily in young adults.

My daughter is convinced she has AIDS and will not go to the doctor or be tested. What are the symptoms of AIDS? How can I tell?

K.N., North Bay, Ont.

Dear K.N.

It is very important that you and your daughter realize that the symptoms of AIDS or AIDS-related illnesses are not specific and you must encourage her to seek professional medical help. In most cases the symptoms you describe in your letter could be purely symptoms of stress and/or other diseases, although I am not qualified to offer any medical opinion. If, as your letter suggests, your daughter is not an intravenous drug user and has not been sexually active, the chances of her having AIDS are very remote. The following is a list of AIDS symptoms, but I repeat, this list resembles the symptoms of many other diseases including stress. Only a professional doctor can diagnose AIDS or AIDS-related illnesses...

...Unexplained, persistent fatigue  
...Unexplained fever, shaking chills, or drenching night sweats lasting longer than several weeks.  
...Unexplained weight loss greater than ten pounds that cannot be attributed to dieting.  
...Swollen glands (enlarged lymph nodes usually in the neck, armpits or groin) which are otherwise unexplained and

last more than two months.

...Persistent diarrhea.  
...Unexplained bleeding from any body opening or from growths on the skin or mucous membranes.

The following symptoms may indicate specific conditions associated with AIDS: ...Pink to purple flat or raised blotches or bumps occurring on or under the skin, inside the mouth, nose, eyelids or rectum. Initially, they may resemble bruises but do not disappear. They are usually harder than the skin around them.  
...Persistent white spots or unusual blemishes in the mouth. This is known as "thrush" - a thick, whitish coating on the tongue or in the throat which may be accompanied by a sore throat.  
...Persistent dry cough (that cannot be attributed to smoking) which has lasted too long to be caused by a common respiratory infection, especially if accompanied by shortness of breath.

I must have surgery in the next few weeks and I'm looking for a hospital that does not have AIDS patients. Can you recommend a hospital in my area?  
J.N., Edmonton, Alberta  
Dear J.N.

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## ON AND OFF THE BASE



## Supply Signals

Another month has gone by for Supply and everything is going well. Supply had its big Ski Day on Friday and it was a huge success. Tim Bailey did not see much of it, since he lost his glasses going down the hill (you're no Karen Percy, Tim). Kathy Segriff is posted to London. By the way, does this posting have something to do with what you lost in the hot tub, Kathy? Welcome back to Ratchet Jaw, alias Lorena, from her JLC course. We heard something strange about her getting her instructors to blow up some kind of funny balloons at her course party.

Well, everyone finally found out the internal moves. We are still trying to comfort Caroline over losing her loving Davis to General Stores but now Kathy can sleep at night.

1 Supply Group has got their mezzanine so I guess that's another time consuming project we have to undergo. This re-warehousing of 1 Supply Group will involve the relocating of thousands of line items of stock to increase our storage capacity and also our service to our customers. 3 Supply Group at Base Maint is anxiously awaiting modern shelving which is due prior to 31 Mar. This will be another major renovation in Supply which will also improve customer satisfaction.

Finally, a big weekend is coming up for our five teams of curlers heading for Victoria. I'm sure we will hear about that in our next article. Well, I guess that's all for now. Have a good weekend in Victoria curlers.

SEE YOU AT THE LEeward!

**PUB HOURS:**  
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Friday and Saturday  
11:00 a.m. to 1:30 a.m.  
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Food: Stew & Biscuits - 2000 hrs  
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Bring a date or friend and they get in FREE!!

## Travel Tips

## TRAVELLING DENMARK

## DENMARK HONOURS THE BUILDER KING PROCLAIMING 1988 CHRISTIAN IV YEAR

In spite of the fact that he suffered military defeats, lost considerable territory and left the nation almost bankrupt, Christian IV remains to this day one of the most popular monarchs in the history of Denmark. His longstanding affection with the Danes was earned by his flamboyant personality, his fearlessness on the battlefield and his devoted attention to the finer things in life. To honour the 400th anniversary of his accession to the oldest throne in Europe, Denmark has proclaimed 1988 as Christian IV Year.

During the year, the Council of Europe will mount many exhibitions highlighting the brilliant cultural and artistic movement Christian IV created in Denmark and Northern Europe in his 60-year reign, 1588-1648. It was in the era that the king built several new palaces, still standing today in Denmark, which he decorated profusely with paintings commissioned from the great European artists of the day. He introduced more varied and dynamic styles of painting and initiated the first artistic renaissance in Denmark.

The exhibitions will concentrate chiefly on art and since the king was such a prolific builder - he is still known as the "builder King" to the Danes - many displays will be mounted in castles throughout Denmark.

The king's passion for architecture was legendary even during his day. He personally supervised plans and execution of his buildings and often could be seen climbing on the scaffolding. He left to posterity some of the finest castles in Northern Europe, including Kronborg, setting for Shakespeare's play "Hamlet," which he remodeled, and Rosenborg in the heart of Copenhagen, where the Danish royal regalia are honoured.

An illustrated study of his architectural legacy will be staged at Koldinghus in Jutland, a medieval castle that the king rebuilt during his reign. In addition to architecture in Denmark, the exhibit will highlight buildings and cities constructed by the king in Norway, Sweden and Germany, parts of which were Danish territory in Christian IV's day.

Another exhibition will be mounted at Kronborg Castle in Elsinore, less than an hour from Copenhagen, that will highlight the visual and performing arts during the reign. It will include musical scores and instruments of the period and paintings and tapestries commissioned by the king.

An exhibition about the life and personality of Christian IV will be staged at Frederiksborg Castle in the Museum of National History.

It will feature portraits of the king and his family, his friends and his foes. Yet another exhibition, this one at Rosenborg, will chronicle the king's devotion to art and exquisite jewellery. He indulged lavishly in gems, regalia, ivories and rich tableware and what he didn't melt down to finance wars will be included in the display.

Other exhibitions will also be part of the Christian IV Year in Denmark during 1988. His military engagements will be the subject of a display at the Arsenal Museum in Copenhagen, a building that was the Royal Armory in Christian IV's day. The Art Museum of Aarhus will stage an exhibition on the development of the popular image of the king through history. The scientific achievements of the reign, especially those of the great astronomer Tycho Brahe, will be chronicled in a display at the Church of the Holy Trinity in Copenhagen. A music festival in Copenhagen May 28-June 3, 1988 will feature songs and symphonies from the period and a documentary film about the king's life is being produced for worldwide release in 1988.

Additional information about Christian IV Year in Denmark is available from the Danish Tourist Board in Toronto.

## HANS CHRISTIAN ANDERSEN'S HOMETOWN CELEBRATES ITS 100TH BIRTHDAY

Odense - capital of the Danish fairytale district and hometown of Hans Christian Andersen, celebrates its 1000 birthday during 1988 with a jubilee that will last the whole year. Many of the birthday events centre around the life and works of Odense's most famous son, making the celebration an ideal choice for a family vacation.

Queen Margrethe II and the Danish Royal Family will visit Odense Mar 18-19. The Queen will be on hand to officially open the new Carl Nielsen Museum dedicated to the famous 19th century composer who was also from this district. An all-child cast will perform Hans Christian Andersen's fairytale "The Tinder Box" daily July 12-31 at 4 p.m. on the open air stage at Funen Village and a musical written about Hans Christian Andersen.

sen, "The Fairytale of My Life" will be performed at Funen Village nightly at 8 p.m. Aug 1-14.

Concerts throughout the year will lean heavily toward the music of Carl Nielsen and the Thrid International Carl Nielsen Violin Competition will be staged at the new Odense Concert Hall June 1-9. The "Odense Symphonie" by Mozart, lost for years and discovered in Odense in 1982, will also be performed at various times.

A Tall Ships parade will sail into Odense Harbor on June 9 featuring sailing ships from all over Europe. The World Championships in Cycling for junior riders are set for Odense July 3-10 and the European Ballroom Dancing Championships will be performed in the city April 30.

Odense is Denmark's fourth largest city, population approx. 200,000 and it is located on the enchanting island of Funen, about three hours by train or car/ferry from Copenhagen. There are daily flights between the two cities as well. Odense's first mention in history was in 988 when the German Emperor Otto, in a letter to a bishop, promised to protect the city from invaders after the assassination of the Danish King Canute.

The city is one of Denmark's most picturesque towns. Many of its houses date to the Middle Ages. It is easy in Odense and the surrounding Funen countryside, with its lush hills and dozens of centuries-old manors and castles, to see where Hans Christian Andersen got much of the inspiration for his writings.

The top attraction in Odense is Hans Christian Andersen's boyhood home, where he was born in 1805. It is open to the public, as is the museum named after him, which is dedicated to his life and work. The Hans Christian Andersen Museum houses many of the artifacts associated with the master's life, such as his writing desk, travelling satchel and umbrella, and some of his original manuscripts. Carl Nielsen's boyhood home is also a major attraction in the city and is open to the public.

There are first class and tourist class hotels and quite a few excellent and affordable restaurants in Odense. The Danish Tourist Board has free information about Odense and surrounding areas and about hotels, dining and shopping in the city. A special brochure about Odense's 1000th birthday celebration is also offered free of charge.

## LIFESTYLE



music reviews and syndicated columnist

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## HEALTH AND WELL BEING

info  
health

Dr. Bob Young



## ABOUT STORIES AND SUCH...

The doctor joke. "Hey, Doc, did you hear the one about the doctor who...?" or, "This lady went to her doctor, see, and...."

Thirty years I have been listening to doctor jokes, disease jokes, and medical humour in general. Patients tell me two such stories a day, on average. Often two patients will recite the same tale on a single day.

And some are funny, at least the first time. Some are sick, and some are dirty.

Some people seem to feel that a dirty story is somehow more acceptable if it is placed in a medical setting such as a hospital or doctor's office.

The other bad taste joke is the disease-related story. The tragedy or seriousness of the illness is overlooked, or excused by prefixing a phrase - "This is an absolutely horrible story, but did you hear about the fellow with AIDS who fell off his motorcycle?" The worse the illness - cancer, AIDS, amputation, herpes - the better the story, it seems.

## THE INEVITABLE THINGS

Some things are inevitable, it seems, when one practices medicine. This is no doubt true in any trade or profession.

A patient's medical chart may sit in the filing cabinet for five years, unopened and unused. Has the patient moved? Changed doctors? One sure way of finding out is to move the chart to the barely accessible basement storage room. The patient will show up in a day or two.

In time the basement is ready to explode and old charts are culled and destroyed, usually those of patients dead more than 10 years. No sooner done than a lawyer or insurance company wants to see one of them.

An eerie type of second sight occurs when even thinking about an almost forgotten patient today is followed by their appearance in the office within a week. It's not just me - some of my colleagues have noticed the same thing.

A quiet Sunday call - no patients all day. Then at supertime (almost a certainty) a patient needs to be seen at an emergency department. Before you get out your door the phone rings again. A second

"How's your wife, Ezra?" asked the Doctor. "Did you give her that sleeping powder as I suggested? Just the amount you could get on a quarter?"

"Didn't have a quarter, Doc, so I gave her what I could get on five nickels. That was a week ago and she's still asleep and things haven't been so peaceful around our house for years."

A patient complained to a friend that although he talked and talked, his psychiatrist never said a word. A week later he told the friend that he had a new problem; the analyst had died.

"What's the difference?" asked the friend. "Keep going."

Ah, yes. Got a million of them. These were old when they were published in 1956. Funny medical stories are enjoyable and I hope they keep coming - but sometimes they hit a little close to home.

Now, if you want a good story, did you hear the one about the malpractice lawyer who visited his cousin's dairy farm?

patient at emergency. Naturally at the other hospital, and the hospitals are 10 km apart.

The busiest time of the year is always the few days before your two weeks off. Hospital full of patients, office jumping, emergencies right and left. And a maternity patient, not due for a month, starts labour as you are putting the suitcases in the car.

And the estranged, separated, or divorced couple - at each other's throats whenever they meet. Why do their appointments always occur at the same time? For the same reason, I guess, that the two most interminably talkative hypochondriacs in the practice always seem to get back-to-back appointments. And, when finally, after a few false starts, the office finds the perfect bookkeeper (or nurse) and she becomes trained, productive, and comfortable in her job, she inevitably develops an acute case of pregnancy - and resigns.

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

Arthritis  
Update

## QUACKERY NO CURE

People who have pain - especially chronic pain, such as arthritis - will try almost anything to make the pain go away. "Almost anything" often includes unproven remedies. Some of these are harmless, some are definitely harmful, and some have health effects that are unknown.

Unproven remedies are treatments that have not shown in repeated scientific tests that they work and are safe. Some of these remedies are health frauds - there is no scientific basis for their claims. Some are new treatments still under investigation - considered unproven until studies and statistical tests show that they work and are safe. Others are unknown remedies - their effects and safety have not been studied.

Many well-meaning family members and friends can pressure you into trying an unproven remedy. They often urge you to try a remedy they heard about from some other person. We all tend to believe what others tell us about their personal experience. Unfortunately, any unproven remedy - even a harmless one - can hurt you if it fails to control your arthritis. The greatest danger of unproven remedies is that people sometimes forsake prescribed treatment with a "cure" that cannot guarantee control of their disease.

How can you spot an unproven remedy? It isn't always easy. The only source of information on a remedy may be what's given out by its promoters. Before you try a treatment not prescribed by your doctor, get answers to these questions: Is it likely to work for me? How safe is it? How is it promoted?

Examples of common unproven remedies for arthritis that are harmless include: acupuncture, copper bracelets, mineral springs, spas, topical creams, uranium mines, vibrators, and vinegar and honey.

Harmful unproven remedies include: DMSO (dimethyl sulfoxide) ointment, large doses of vitamins, snake venom, and drugs with hidden ingredients such as steroids.

Unproven remedies with unknown effects include: bee venom, diets, fish oil, lasers, biofeedback, vaccine therapy, and yucca. The first four remedies in the unknown group are currently under study. There are many other remedies not included in these lists.

For more information about arthritis, please contact Danda Humphreys, The Arthritis Society, B.C. and Yukon Division, 895 West 10th Ave., Vancouver, B.C. V5Z 1L7, (604) 879-7511 local 310 or 314.

ASK YOUR  
PHARMACIST

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



## HAVING YOUR HEALTHY BABY

If you're pregnant or want to become pregnant, consider this: everything you put in your body goes into your baby's body too. Whatever you eat, drink or swallow passes from your body through the placenta and into your baby. So, if you're taking any medications, either prescription or non-prescription, they can adversely affect your unborn child.

There's no doubt some medications have saved the life of many unborn infants. But, there are commonly used medications that can harm them. Many are particularly harmful during the first three months of pregnancy when the fetus and major organ systems are rapidly developing. Therefore, if you are pregnant, ask your doctor or pharmacist before taking any medication, either prescription or non-prescription.

Some tranquilizers, for example, have been known to cause a cleft lip or palate. When taken during the last weeks of pregnancy, certain tranquilizers may cause adverse reactions in newborns such as drowsiness, unusually slow heartbeat, shortness of breath and other breathing difficulties.

Estrogens and progestins (primary ingredients of most birth control pills) can cause birth defects if taken during pregnancy. If you suspect you may have become pregnant while taking birth control pills, stop taking them immediately and check with your doctor.

Some painkillers are so common we often take them for granted. However, if taken during the last three months of pregnancy, they can prolong pregnancy and cause excessive bleeding before and after delivery. If you need medication to relieve pain, always ask your doctor or pharmacist which is best to take.

Your pharmacist wants you to know and understand the medications you take and their effect on your unborn baby. The more you know, the healthier you and your baby will be.

We have now discussed the possible effects various prescription and non-prescription medications can have on your unborn baby. The

key point to remember is that everything you put into your own body goes into your baby's body. So, before taking any medication, check with your doctor or pharmacist.

Don't make the mistake of just drawing the line at medications. Alcohol, for example, is rarely recognized for what it is - a powerful drug. Alcohol use during pregnancy is the most common cause of birth defects.

When a pregnant woman consumes alcohol, she runs the risk of giving birth to a baby with a Fetal Alcohol Syndrome (FAS). Children born with this condition can suffer from slow growth, facial deformities, learning and behavioural disorders, heart abnormalities and other complications.

Drinking during the first few months of pregnancy is believed to be the most harmful. Since a level of alcohol consumption has yet to be determined for pregnant women, don't drink.

Smoking, too, has adverse effects on an unborn child. The nicotine in cigarettes produces spasms in the arteries which may cause miscarriage, still birth or low birth weight. Smoking during pregnancy has also been linked to premature births and learning disabilities in children. If you need help to stop smoking, ask your doctor and pharmacist.

Your pharmacist is also a good source of information about the proper foods and dietary supplements you and your baby will need. When you are pregnant, your need for calcium, protein, iron and vitamins increases.

Don't forget about exercise, an important part of prenatal care. If you were already on a regular exercise program before you became pregnant, consult your doctor to determine if you should alter or reduce your activities. Even a limited amount of exercise, like the occasional walk, will improve circulation and provide more efficient digestion of food, better appetite and more restful sleep.

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



Oh what a feeling!



## LIFESTYLE

Hair Today  
Gone Tomorrow

## DANDRUFF CAN BE CONTROLLED

ED NOTE: This is the fifth and last in a series of articles on hair care. For those in the thinning and past thinning group, we hope it has been useful...Aye Steve?...G.M.K.

Although dandruff is only a minor medical problem, it can be a real source of concern and a source of embarrassment for some. Dandruff is a mild form of skin disease called seborrheic dermatitis. In more serious cases, the skin becomes red and inflamed with a yellowish, greasy-looking scale. Seborrheic dermatitis can also affect other parts of the body.

Under normal conditions, the skin is constantly replacing old cells with new ones. It takes about 28 days for skin cells to work their way in layers from below the skin to the surface. Once there, they are sloughed off in tiny bits from daily wear and tear. For dandruff sufferers, the cast-off cells are larger and the shedding process

takes only about five days.

Another, more serious disorder is psoriasis, which leaves the scalp and other parts of the body inflamed and excessively scaled. It is believed that stress plays a role in the development of psoriasis and seborrheic dermatitis.

If these conditions are ignored, the loose skin cells can build up on the scalp. The buildup can be itchy and lead to scratching and wounding of the scalp which can become infected.

To keep dandruff under control, it is important to keep the scalp and hair clean, says Dr. Carl Wyse, staff dermatologist at the North York General Hospital. He says, "Good hygiene means regular shampooing - anti-dandruff shampoos are useful." Shampoos for the scalp are made with different ingredients including zinc pyrithione, selenium sulfide, salicylic acid and tar.

## Suggestion Award



When they were employed in the BMSO AMSE Section Corporal Farina and Private McKay suggested that a modified cylinder hone tool be used to clean the interior of the CP140 Aurora tow bar. They shared a \$150 award and Corporal Farina, who is now at CFB Moose Jaw, is shown being presented his award by Col Miller, his base commander.



Corporal Real Laballe used to be employed in the BTEID Nav Aids Shop, and while there he suggested that an improved high voltage control variable resistor be accepted for use in all of the AN/GPX 504 secondary surveillance radar sites in the CF. He was granted \$300 for his proposal and Col Miller, his new base commander, presented the award at CFB Moose Jaw.

## On the Garden Line

by Jerry Baker

## DON'T RUSH YOUR SPRING GARDENING

March, friend or foe to the gardener? It is generally considered foe to the experienced gardeners, because they have learned to recognize March's fickle personality. January and February get most of the blame for March's work. March is the culprit that causes what most of us mistakenly refer to as winter kill. There really is no such thing as winter kill since cold weather and plenty of snow are blessings in disguise. But March winds are another story, and can devastate your garden if you are not prepared.

If March comes in like a lamb with a day or two of abnormally warm weather, we get a touch of spring fever and go rushing out to tidy up the lawn and flower beds to remove the winter build-up of garden litter. This is also the time our troubles begin. Don't ever rush into anything.

The soil in over two-thirds of the U.S. and most of Canada, is still frozen through March. Therefore, most plants remain dormant and are not receiving any nutritional help, nor moisture from the root system and must rely on what moisture they were able to retain from the snow to get them safely through the drying and windy March. These March winds cause young trees, shrubs and roses, as well as evergreens, to actually become dehydrated and thus we witness the brown needles, on evergreens, the black stems on rose bushes and flowering shrubs. We call it winter kill. It can all be avoided if we will take a few preventative steps, and not rush.

Let's begin by adding more mulch to the rose bushes, heap it up as high as 18 or 20 inches. Now sprinkle one-half cup of moth crystals on top of each mulch pile, around the roses. This will destroy most soil insects that stayed for the winter. Spread a cup of rose food around each rose bush; it won't be of any benefit just now, but will work down into the soil and be a welcome treat to the Queen of the garden when she awakes. Don't even consider uncovering your roses until at least May 15.

Since you understand that all plants are in the same predicament when it comes to no help from below, we will move next to the shade and fruit trees. If the trees are young or newly-planted make sure that you wrap the trunk all the way up to the first main limb. This prevents wind scald which accounts for about 60 percent of young tree fatalities. Spread one cup of moth crystals on the soil beneath to stop borers and other soil insects. Birch-tree owners had best make this a must without delay. No need to feed the trees

yet as we cannot drill holes in the soil at this time. Be sure damaged limbs are cut off or repaired now before they wake up and bleed to death. Sterilize each wound with two tablespoons of household ammonia per quart of water and seal the cuts and breaks with pruning paint.

Keep your up-right evergreens tied up with strips of nylon pantyhose until the first April shower, because you never know when March will deliver a surprise late snow storm or hail and sleet. Gently rake the debris from under the evergreens and shrubs with a flexible wire or bamboo rake, then sprinkle moth crystals on the soil beneath, one cup per ten square feet.

Feed the evergreens with a mixture of 50 percent lawn food and 50 percent gypsum. Feed the flowering shrubs with a mix of 50 percent low nitrogen garden food and 50 percent gypsum.

If it is possible to dormant spray the trees and shrubs this month, by all means do it, but if it means delaying some other job then wait. You will have time the first of April.

Moth crystals under flower shrubs will keep the borers out of lilacs. If you mix one pound of gypsum and a cup of epsom salts, spreading it around your lilacs, you will have a secret from your neighbours.

Before we start on the lawn, let's leave the trees, shrubs and evergreens clean, wet and happy. Give them a bath with

fels naphtha and water. Shred on bar of old-fashioned fels naphtha soap into a gallon of water and dissolve. This will be known in the future at your "master mix." Pour a cup of the "Master Mix" into a hose-end sprayer with a 15-20 gallon capacity and wash everything in sight. Make sure you spray inside the plants and underneath - behind the ears and under the arms, if you please.

In March you only sweep the lawn with a flexible wire or bamboo rake. Do not bear down - just take along what wants to come. Remember what I said about grass seed and crabgrass? If you had crabgrass last season then forget about grass seed until fall, because chances are that any seed you plant will be killed by the Pre-merge.

After sweeping the lawn, apply a crisscross pattern with your crabgrass controller if you had crabgrass, or lawn food if you didn't. Setting the spreader on half the recommendations, spread up and back then go over the area cross-wise. No matter whether you use lawn food or crabgrass controller, apply gypsum over the top, 50 pounds per 2000-square-feet.

Any steps you take to break up the wind will be appreciated by your evergreens and other plants. I have found that cardboard boxes with the tops and bottoms removed make excellent temporary protective covers for young or exposed plants.

NEXT  
DEADLINE  
MARCH 21st

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clean - eat out



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## LIFESTYLE



## Stamps by Larry McInnis

### TRAGIC HISTORY BEHIND SUBJECT OF 1929 STAMP

The beauty of a Canadian 12-cent stamp issued in 1929 belies the terrible tragedies connected with the stamp's subject - the Quebec Bridge.

The stamp (Scott 156) was issued Jan 8, 1929, one in the series known to philatelists as the Scroll Issue (for the ornate scroll in the design that surrounds the main subject of each stamp). The famous 50-cent Bluenose stamp was part of the same issue.

The bridge was once the main connection from the south shore of the St. Lawrence River to Quebec City. It is used much less now since the construction of a new bridge across the river, the Pierre Laporte Bridge, built in the late 1960s.

The Quebec Bridge was originally intended for railway use. A ferry system from Levis to Quebec provided transport for pedestrians and small vehicles (it's still in use.)

It is a cantilever bridge with a suspended central span. When construction began in 1900, it was to be the world's largest cantilever span, with a total length of 987 meters (3,239 feet), including the approach spans, anchorage arms, cantilever arms, and central span.

A bridge of such magnitude was not thrown up, or even constructed with the speed of most of today's construction feats. Seven years after work began, the first disaster struck. On Aug 29, 1907, one of the cantilever spans collapsed, carrying 75 workmen to their deaths, either in the fast waters of the river or in the tangled wreckage of the bridge.

The bridge collapsed because the structure could not support its own weight.

There was a royal commission of inquiry. It blamed the disaster on errors made by the design engineer of Phoenix Bridge Co. and the consulting engineer of Quebec Bridge and Railway Co.

The project was idle for about three years, but then

construction began again, and continued as slowly as it had in the first phase.

On Sept 11, 1916, it seemed completion was near. The centre span was being hoisted into position.

Suddenly, it collapsed, falling into the river far below, taking with it 13 workmen.

An investigation showed the accident and resultant tragedy had been caused by a defective steel casting.

However, it was wartime, and the bridge was even more essential than when it had first been envisaged during the mid-1850s. Construction began on yet a new span.

During construction, a priest from Sillery, at that time a village at the north end of the bridge, was called in to exorcise the river demons and devils.

His prayers were answered. After three days of gentle maneuvering, the span was put into place and securely fastened at 4.01 p.m. on Sept 10, 1917, one day short of the anniversary of the second bridge disaster.

The bridge had cost \$22 million to construct. In 1929,

the year the stamp was issued, a roadway and sidewalks were added at a modest cost of \$500,000.

Another famous Quebec bridge, the Victoria Bridge, which crosses the St. Lawrence at Montreal, was almost the subject of a stamp.

An issue was scheduled for 1914 to commemorate the birth

centenary of Sir Georges-Étienne Cartier. Postmaster General L.P. Pelletier decided the issue should be delayed slightly and be combined with an issue for the centenary of Sir John A. Macdonald's birth.

The 10-cent stamp in the set was to show the Victoria Bridge but it was rejected in favour of a design showing the Macdonald monument in Ottawa.

It didn't really matter. None of the stamps was issued. The First World War took care of that.

The modern bridge at Quebec City is named for Pierre Laporte, a Quebec labour minister who was murdered in 1970, strangled with the chain of a religious medal on his 49th birthday. He is shown on a 7-cent stamp (Scott 558) issued Oct 20, 1971, on the 50th anniversary of his birth.

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## EN FRANCAIS

## La Farce De Maitre Pathelin

"a trompeur, trompeur et demi." Maitre Pathelin, pauvre avocat sans pratique, s'entretient avec sa femme Guillemette de leur commune misère. Mal nourri et mal vetu, il usera de la ruse pour obtenir ce qui lui manque. Il se présente donc chez le drapier et lui fait l'achat de six aunes de drap. Mais quand vient le temps de payer...Le drapier se présente chez Pathelin pour récupérer son argent mais trouve ce dernier malade au lit

"depuis onze semaines"....Et voilà que survient une autre affaire au drapier: SON BERGER, Agnelet lui tue ses moutons et les mange un a un, en prétendant qu'ils sont morts de maladie. Le drapier cite son berger devant le juge. Agnelet s'adresse a Maitre Pathelin pour le défendre et lui promet de le bien payer. Devant le juge, le drapier explique ses difficultés avec son berger jusqu'au moment où il reconnaît Maitre Pathelin. Alors il

s'embrouille dans son histoire melant brebis et draps.

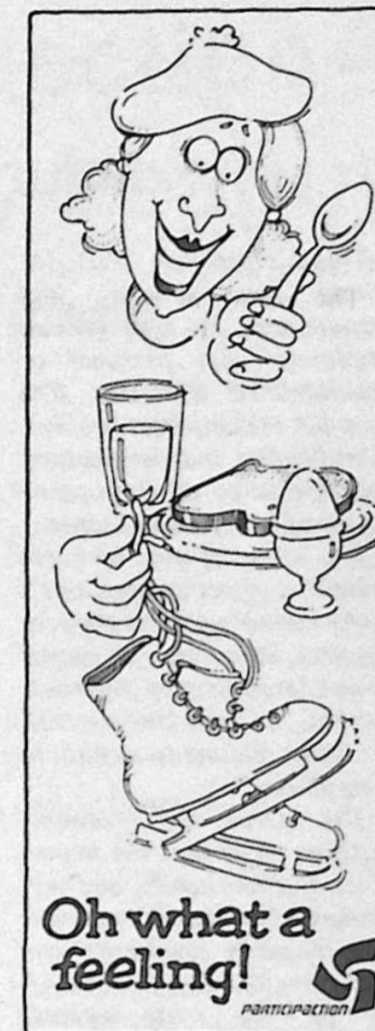
«Revenons a nos moutons» lui dit le juge. Finalement le juge acquitte le berger. Lorsque Maitre Pathelin voudra se faire payer par le berger, il recevra pour tous reponse...

LA FARCE DE MAITRE PATELIN, présentée par L'Association Francophone de la Vallée de Comox et jouée par les acteurs de la Troupe de la Seizieme de Vancouver aura

lieu Dimanche le 20 Mars a l'école de l'aéroport a 2000 hrs. Les prix d'entree sont de:

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

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



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## Salon Du Livre/French Book Show

L'Association Francophone de la Vallée de Comox a le plaisir de vous inviter a son Salon Du Livre qui aura lieu le 17, 18 et 19 mars au 493C Puntledge Rd., Courtenay. M. Pierre Geoffrion des Librairies Colombiennes mettra a votre disposition une grande quantité de livres, disques, cassettes et matériel scolaire.

Nous vous invitons tous a venir nous encourager car une partie des bénéfices va a l'Association Francophone et

nous permet de planifier des activités multiples pour tous les goûts. Merci de votre encouragement.

L'Association Francophone de la Vallée de Comox a le plaisir de vous inviter a leur upcoming French Book Show on the 17, 18 and 19 March at their club located at 493C Puntledge Rd., Courtenay. Everyone is welcome to attend. You may find just that special book you are looking for, for that special French friend of

yours! You will also find a great choice of records, tapes, cards and school books. Thank you for your support! 17 Mar - 0900 hrs-1600 hrs 18 Mar - 0900 hrs-2100 hrs 19 Mar - 0900 hrs-1500 hrs

"He who cheats shall be cheated." An impoverished lawyer Pierre Pathelin and his wife Guillemette trick a merchant out of six yards of cloth by feigning illness. The mer-

chant exits the Pathelin household perplexed and as he leaves, he meets Agnelet, his shepherd, who has been eating his sheep! The merchant charges his shepherd with theft and the shepherd hires Pathelin to defend him in court, promising a generous fee. Pathelin confuses the merchant and the judge and, with a clever trick, gets the shepherd off the hook. The shepherd in turn uses the same ruse to cheat Pathelin out of his fee.

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## LIFESTYLE

## EAP

## EMPLOYEE ASSISTANCE PROGRAM

This is a program developed jointly by unions and management to help civilian employees with personal or health-related problems. The program encompasses problem identification and clarification, and referral to an appropriate source of qualified assistance.

The kinds of problems are those that affect an employee's performance while on the job; physical, emotional, or mental illness; problems of financial, marital, or legal nature; OR problems relating to alcohol or drug abuse.

The Dept. of National Defence recognizes the importance of good health, and particularly the need to promote and maintain the health and well-being of its employees. After all, the most valuable resource the department has is its employees. This is why it is willing to provide them with confidential assistance for problems of a personal nature which are affecting their job performance.

Further information on how the program works can be read on the brochure called employee assistance program - put out by National Defence. These are available through any of the referral agents currently qualified and employed at CFB Comox.

Doreen Erickson-EAP Chairperson Local 8590  
Bev Chadderton Local 8320  
Gail Eggiman Local 8290

## MANAGING WORK RELATIONSHIPS

Interpersonal relationships at work are an essential part of job satisfaction. It is a challenge to develop and maintain satisfying and productive relationships with people at work.

People leave jobs for a variety of reasons, promotions, transfers and family demands. For those who leave because of dissatisfaction on the job, the majority do so because of friction with others and because of having their personal needs frustrated in some way.

## WORK RELATIONSHIPS

Work relationships can be analyzed according to:

- 1) the feelings involved, that is like or dislike, fear or intimidation
- 2) the opinions we hold of another person, such as respect or scorn
- 3) the responsibilities assigned for making sure the job of the organization gets done, that is accountability.

## INDIVIDUAL NEEDS

Psychologist Ernest Becker argues that man is driven by an essential "dualism." He needs at one and the same time to be a member of a team and to be a

star in his own right.

We all have different needs which are met in part in the workplace. For some it is very important to have friends and to feel close to people they interact with every day. To have a support group becomes very important to them.

Others are more concerned that people think highly of them and this motivates them to achieve in ways which gain respect and satisfaction. Respect is an "achieved status," something which is earned and voluntarily given.

For those people not motivated by the above, they are most concerned with influencing people; exercising their personal power and managing others towards accomplishing certain goals.

## WORK CULTURE

Just as individuals have unique personalities, every workplace develops its own special set of relationships which can be referred to as the work "Culture." What determines this culture are:

- individual needs
- history of the work group
- requirements from other areas in the organization
- norms or rules of operation
- tasks to be done

## JOB STRESS

Job stress will result when there is a poor fit between the needs and abilities of the individual and the capacity and resources of an organization to meet these needs.

If we cannot adapt to the established culture, we can choose to live with some frustration and lack of satisfaction, change to another work situation or compensate by meeting our needs elsewhere.

## CONTRIBUTIONS TO THE WORKPLACE

Every person in an organization wants to feel special and competent. Any recognition or positive reinforcement for work well done contributes enormously to good morale and productivity.

Those people with a high need for friendship, enrich the workplace and usually take responsibility for arranging and doing special things for others.

People with a high need for respect generally are creative, have original ideas and help prevent the "group think" phenomenon. "Group Think" occurs when out of loyalty to the group no one brings up ideas which challenge the usual way of doing things.

## ACCOUNTABILITY

Accountability relationships ensure that the work of the organization flows well. The person with this need prizes recognition, status and incentive programs.

When supervisors demand respect instead of earning it, the situation can deteriorate because of sabotage, working to rule or lack of commitment to the organization.

Even if a relationship does not deteriorate, we all experience a sense of loss when we lose respect for someone or a system. Often a frank discussion can improve and make such a situation workable, and open up the lines of communication.

## WORKS OF WISDOM

We can assess relationships in the workplace it is very helpful for each of us to have some idea of what personal needs we hope to meet through our jobs.

If we can pinpoint the source of our frustration, we can often correct the problem by taking some constructive action and if this fails, we can seek some creative ways to satisfy these important needs in places outside of work.

Dr. Bronowski in the ASCENT OF MAN states "the most powerful drive in the ascent of man is his pleasure in his own skill. He loves to do what he does well and having done it well, loves to do it better."



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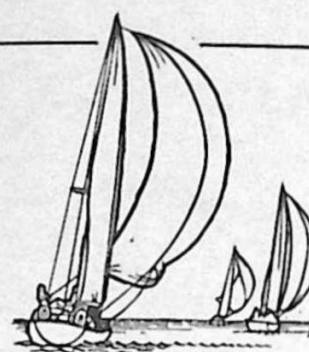
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## SPORTS AND RECREATION

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Even Stevie Wonder has noticed the dramatic change to spring weather that has occurred recently. If you failed to take note, then now is as good a time as any to sit up straight and pay attention.

For some of us diehards, the sailing season began on 1 Jan and has continued in full swing since then. I personally was out last Thursday afternoon (8 degrees Celsius and 12 knot winds!) and enjoyed every second away from the hustle and bustle of squadron life. In the coming months you too may take advantage of living in the recreational capital of Canada by partaking in the region's only true year-round activity -- sailing.

If you've ever yearned to discover the secret wonder of perpetual motion on water, wait no longer. Spring sailing is about to begin.

This week, the executive of the CFB Comox Sailing Club is meeting to plan this year's agenda of activities. The first

firm date to enter on your calendar is the last weekend in May (27-29). This particular weekend has been set aside since last November as the weekend of the Annual Stag Cruise. This three day event has in the past proven to be the scene of some very unusual and unorthodox sailing behaviour. And the sailing hasn't been all that bad either. It is rumoured amongst some of the local salts that this time of year offers up some of the finest winds to be experienced here. Major Don Thain over at AFIS is the ringleader and he has promised to keep up with the navigators this year even if it means taking notes at the pre-cruise brief!

By this particular publishing deadline, no firm dates are available for the ever popular Learn to Sail and Learn to Cruise courses but be forewarned that people are disappointed every year owing to their popularity. Your best bet is to contact the individual instruc-

tor concerned and express your interest verbally. Learn to Sail is conducted by Capt Dave Nurse who can be reached at local 8573 or 339-6794. This course is a prerequisite for the ever-popular Coastal Cruising course conducted by Mr. Richard Ohl. He can be reached at 338-5264. This course is a prerequisite for chartering the club's 27-foot keelboat. Please remember that it is always first come first taught!

The Annual Spring General Meeting is scheduled to be held at the club facilities at HMCS Quadra at 1900 on the 22 Mar. Please plan to attend. This gathering will undoubtedly affect your future!

Upcoming activities include our Annual Open House, the dinghy launch, Summer Series Racing, the Rum Race, the Single-handed keelboat race and a veritable cornucopia of unannounced activities. Stay tuned for further updates as they materialize.

Intersection  
Hockey League

## FINAL STANDINGS

TEAM	GP	W	L	T	PTS	GF	GA	GAA
BAMSO	28	22	4	2	46	205	69	2.46
442 SQN	28	19	6	3	41	160	93	3.32
RCMP	27	15	5	7	37	140	100	3.70
VU33/TEL	29	16	11	2	34	156	148	5.10
407 SQN DEVILS	29	15	10	4	34	143	113	3.89
OLD TOTEMS	27	12	11	4	28	106	107	3.92
BTNO	28	8	14	6	22	108	127	3.85
BOPSO	29	9	18	2	20	125	180	6.20
FH/CE	27	6	18	3	15	96	153	5.66
407 DEMONS	28	1	26	1	3	69	218	7.78

## FINAL LEAGUE SCORING

NAME	TEAM	GP	GOALS	ASSISTS	TOTAL
MOHNS	442 SQN	22	45	22	69
WARD	BAMSO	27	30	35	65
KORN	VU33/TEL	27	39	23	62
TURGEON	BAMSO	28	28	29	57
WEISNER	BAMSO	25	24	28	52
BURROWS	RCMP	21	29	22	51
BALE	OLD TOTEMS	23	29	21	50
NORRIE	OLD TOTEMS	25	22	26	48
RENNIE	RCMP	18	24	20	44
KING	VU33/TEL	27	24	20	44
WYTON	RCMP	22	17	27	44

## Classified

## RATES

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