



TOTEM TIMES



Canadian Forces Base Comox B.C.

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DEADLINE IS MONDAY, APRIL 11, 1988

COST: PRICELESS

C.F. Shorts

CANADIAN FORCES' PEACEKEEPERS TAKE UP DUTY IN EGYPT

OTTAWA -- The semi-annual rotation of Canada's peacekeeping forces in the Sinai Peninsula takes place this month when 408 Tactical Squadron of Edmonton replaces 403 Tactical Helicopter Squadron of Gagetown, N.B.

Approximately 125 members of 408 Squadron will join the Multinational Force and Observers (MFO) for a second six-month tour. The Edmonton-based tactical helicopter squadron served in the Sinai in March 1986 when Canada first agreed to participate in the MFO. The MFO organization provides peacekeeping forces in the Sinai Peninsula to monitor the terms of the 1979 peace treaty between Egypt and Israel.

The duties of the helicopter squadrons include transportation of observers to designated verification locations; the transportation of personnel and supplies to remote areas; medical evacuation, and search and rescue missions as required in support of the MFO.

RESERVE CONTINGENT DEPLOYS TO CYPRUS

OTTAWA -- A contingent of Canadian Forces reservists will deploy to Cyprus with a Regular Force unit in order to take up Canada's portion of the UN peacekeeping role.

Approximately sixty reservists, selected from militia units across Canada, will join the Third Battalion, Princess Patricia's Canadian Light Infantry (PPCLI) for a six-month tour of duty on the Mediterranean island which begins in March, 1988. 3PPCLI began deployment to Cyprus on February 24.

SOVIET BEARS INTERCEPTED OFF THE EAST COAST

OTTAWA -- U.S. Air Force jet fighters intercepted two Soviet Bear aircraft off the East Coast of Canada recently. According to the North American Aerospace Command, the aircraft were detected by radar when they entered the Canadian Air Identification Zone without notification.

Two F-16 fighter interceptors of the U.S. Air National Guard 158th Tactical Fighter Group were scrambled from their base in Burlington, Vermont. They were under the tactical control of Canadian NORAD Region Headquarters.

The Bear F is a refined anti-submarine aircraft. The Soviet aircraft remained over international waters, and at no time did they penetrate Canadian airspace, according to NORAD. Their closest approach to land was approximately 320 Km from Shearwater, N.S.

This incident marks the sixth time this year that military aircraft of the Soviet Union have been intercepted, identified and tracked off Canada's shores by fighter interceptors under the operational control of NORAD.

TWO MINE COUNTERMEASURE AUXILIARY VESSELS TO BE ACQUIRED

OTTAWA -- The Associate Minister of National Defence, the Honourable Paul Dick, announced recently of the acquisition of two mine countermeasure auxiliary vessels for Canadian Forces Maritime Command.

The vessels to be acquired are as yet unspecified, but may be of the offshore supply vessel type which are currently used in the maritime petroleum industry. They will be used primarily as training vessels for the Naval Reserve of Canada. The vessels will undergo a refurbishment program and will be equipped to conduct mine countermeasure operations.

Cossette Nabs Itinerant Fawns



Following a tip received from a Confidential Informant (LCol Rogers, BOpsO) that deer were being illegally fed by Dental Personnel the BSecurO Capt Ray Cossette carried out a Security Sweep of the area and successfully flushed out two whitetails. Following close scrutiny Bambi and Fawn were judged to be of no immediate threat to the security of CFB Comox and were allowed to roam at will as long as they stayed in the wooded area behind the Dental Clinic. Should these two beautiful "creatures" be sighted anywhere else - especially near aircrews - the MPs should be called immediately.

SPAADS to Gather

SABRE PILOTS ASSOCIATION OF THE AIR DIVISION SQUADRONS

During the years 1951-1963, the Royal Canadian Air Force, No. 1 Air Division, Europe, was equipped with what is now considered one of the classics, and in it's day one of the world's best fighter aircraft, the CANADAIR F-86 Sabre.

More than 1800 Sabres were built in Montreal by Canadair and flown by thousands of pilots in many Air Forces around the world. The F86 first tasted combat during the Korean War gaining a 10-1 kill ratio over the MIG-15.

Canadian pilots of the Air Division became the scourge of the skies over NATO countries (except for the odd incursion across the Iron Curtain to flush up and sneer at our expected prey), and proceeded to win all the gunning trophies, drinking contests, and commit other actions that cannot be mentioned.

To renew old acquaintances, the Comox Chapter of the Air Division RCAF Sabre Pilots Association had decided to hold the first reunion at Comox on 8 - 9 April 1988. More than



THE F86 MK VI

250 Sabre jocks plus wives are expected to make the Officers' Mess a fairly lively place. - Wing Commander Syd Burrows AFC CD

OUR NEXT DEADLINE
APRIL 11TH - NOON



EASTER
GREETINGS
TO ALL

AROUND THE BASE



Demon Doins



LCol Sutherland CO 407 (MP) Sqn presenting Leo Henwood with his promotion to CWO. CWO Henwood has been posted to CFB Bagotville. Congratulations and "Bon Chance" Leo. (Base Photo).

In the world of sports, Capt Pete Holst is on the lookout for unbreakable golf clubs. On a recent tee shot he attempted to propel the ball a routine 300 yards. Unfortunately, due to a very minor technique error he lifted his head on the tremendous downswing and his club only connected with the top 12 molecules of golf ball. The result was a two yard drive; not long but at least it was straight. Oblivious to the onlookers, Pete took his next swing by bringing the club over his head and driving it at warp speed into the tee-off mat. Surprisingly, the club shattered just above the wood, much to the amusement of those in attendance.

In the ice hockey scene, 407 Devils lost a squeaker to the 442 Flyers, but not before Capt Steve Nichol had an altercation with a goalpost. During some intense action around the opposition's goal, Steve failed to negotiate a tight turn, resulting in the meeting of the goalpost and his ribs. The post never budged, of course, which means Steve will be laid up for a little while. This probably also means an end to Steve's lawnbowling hopes for this spring.

Last Friday the Demon Sqn held their first Ski Day of 1988 and, as predicted, not everybody was able to remain upright while on the slopes. Capt Paige Cutland, in an attempt to follow others far more skilled than himself, inadvertently left the trail for a small cliff. Switching quickly into panic mode, he was able to reduce speed by wiping out. He ended up, however, hanging for his life from some scrub

brush at the side of the trail, while one of his skis rocketed down the hill with a mind of its own. Paige's comment was, "I'm not entirely pleased with this situation."

Capt Jim Forbes discovered why it's not good to cross ski tips while travelling at high speed. After his skis detached themselves from his boots, Jim implemented the technique known in skiing circles as the "face skid" and proceeded to slide 400 ft head first down the slope. Fortunately he kept his mouth closed, preventing his body from filling up with two tons of snow.

On the operational side, Lt Ron Vincent of Crew 6 experienced a brief brain hemorrhage during a routine crew trainer last week when he inquired of Vancouver Military, "interrogative your position." After being ribbed about why Vancouver would want to get up and move out while Crew 6 was flying, Ron responded, "Haven't you ever heard of continental drift?" Nuff said.

407 ARMT
Since other people besides groundcrew will be reading this, we'll keep the big words to a minimum. Bear with me, this is my FIRST time, YES you could say that I'm losing it to you!

Our congratulations (sorry I had to use the big word) go out to Chris, Gary and Brad on the passing of their TQ4 Final. Get ready for the TQ5s soon guys. Also MWO(Leo) Henwood is now CWO Henwood, welcome back to us and congrats.

Chris and Richard are in Greenwood freezing

their.....off and taking the Torp course, hurry home guys, the women miss ya! Sandy is back now from Borden where she was on the NERT (or is it NERT) course.

We're in for a lot of changes this summer; Leo is leaving and Willian is his replacement. Gary is going to Germany (lucky guy eh?). Various other unmentionables are coming and going.

In February, 10 of us went to Cold Lake (Brr) for a curling Funspiel. The lucky 10 were Dan, Tony, Jim, Dan, Bob, Blair, Red, ray, Rock and Bud. We don't know if Bud was helping or hindering though, his curling is the same as his golfing -- CHOKE under pressure, of course it could have something to do with the barley sandwiches the night before, at least that's what he says anyway.

Well people, how did I do for my first time? That sums it up for us until next time.

AMCRO/RESEARCH

HEAVEN HELP US!!!
Doreen is back, and already she's giving me "you know what." It seems that a few months ago while she was vacationing, a stork came to visit her. After passing a few minutes of idle Newfie chit-chat the stork left, but not before leaving Paul and Doreen a little present. Needless to say they are the proud owners? of a brand new baby boy named Shaun Pau....our congrats to the lucky twosome.

The party at the Griffin was a great success for Bud and the MacDonalds who walked away with most of the prizes. Stan and Micki both got beat by females, but they had us at a disadvantage. Mind you we have been getting our revenge by playing the "Bumble-Puppies" in an ongoing Bridge Tournament, and we are currently in the lead by a mere 24,000 points.

Pete and Mike are both on leave, so Research has been rather quiet of late, even Duffy can't seem to spark us to life. Over on the Amcro side of things, Rick V. went to the Bowl downs and according to him, ended up in the same position in the standings as the Maple Leafs are in the NHL. (Close to the bottom).

Well, it's time for a short vacation for me, so see you in the next issue.

DEMON TECH OF THE MONTH



Cpl Barry Sooley and MCpl Jan Vanderkooy with 407 SAMO Maj Clarke.

During 20-23 Jan 88, in a period of particularly heavy tasking and around-the-clock maintenance, 407 Sqn aircraft were grounded until a Special Inspection on the engine V-Brace Hi-lock fasteners, with associated repairs, could be carried out. The demoralizing effect of having this occur, when each Aero Engine Technician had been already giving maximum effort in 12 hour shifts, is readily apparent. MCpl Vanderkooy and Cpl Sooley both Airframe Techs, perceiving the impact on morale and with an understanding of the technical requirements volunteered to help carry out the SIs. This action, with its last marathon 14 hour shift, was directly responsible for 407's quick recovery.

While the entire event was an excellent example of team effort, with the Aero Engine Techs responding in outstanding fashion, the extra effort of these two individuals demonstrated the best of the Demon spirit.



For February 88
Pte Eric Bisson with 407 SAMO Maj Clarke.

On the night of 18 Feb 88, Pte Bisson, a new Aero Engine Technician awaiting the Aurora course, carried out a supervised "A" check on a CP140. Although the task was unfamiliar and the conditions less than optimum, he took the opportunity to carry out a very thorough inspection on this aircraft. His attention to detail and extra effort led to the discovery of a loose throttle control bellcrank on No. 4 engine and his prompt action prevented what could have been a serious flight incident or accident.

Pte Bisson's professional approach to his job, in the best Demon Tradition, was based on a personal commitment to do his best even without the benefit of specialized training.

**OUR NEXT DEADLINE
APRIL 11TH**

SO YOU WANNA BE AN UMP

SPRING MEETING MARCH 31ST - 7:30 PM ARBUTUS HOTEL
CALL RON 338-7117 OR GORD 339-4389 FOR DETAILS
BE THERE

AROUND THE BASE

The "Chief" Retires



BWO, CWO George Del Fabro receives his "Certificate of Service" award from the A/BCmd LCol Anderson. That's 36 years of service for the "old sailor." Bravo Zulu George and all the best on retirement. (Base Photo)?

Credit Unions to Merge

COMOX/COURTENAY COMING TOGETHER

Two Vancouver Island credit unions have announced their intention to merge this Spring. Subject to the approval of the members of Comox District Credit Union, Courtenay Savings Credit Union proposes to acquire the shares of Comox District Credit Union, effective April 1st. Courtenay Savings Credit Union then proposes to change the name of the credit union to Comox Valley Credit Union.

Comox District President, Tom Dandeno, says the operations and day-to-day management will remain unchanged, and that members will enjoy a higher level of service as a result of the merger. "The overall economic situation on Vancouver Island has been strined in the past few years," said Mr. Dandeno, "and we have worked hard to keep our credit union financially competitive. We feel that this merger with Courtenay Savings Credit Union is in the best interests of all at this time."

Bill Morrison, President of Courtenay Savings Credit Union, sees the merger as a "positive partnership" between two well established Vancouver Island credit unions. Said Mr. Morrison, "Both our credit unions have maintained a tradition of placing our emphasis upon member services. We will continue to honour that tradition in serving the needs of all our members."

Mr. Morrison says the merger will benefit the Courtenay-based credit union by allowing it to expand into the downtown Comox and Lazo areas. "By merging with Comox," said Mr. Morrison "we add two well-placed locations to our existing Courtenay location and provide greater convenience for our members."

Courtenay Savings Credit Union has been in operation since 1938 with a membership of 6,700 and assets of \$36 million. Courtenay Savings has \$9.9 million in non-equity shares which is the highest in the B.C. Credit Union System. Comox District Credit Union began operations in 1966 and has a current membership of 2,100 with assets of \$7.5 million. All credit union deposits and non-equity shares, including those in Comox Valley Credit Union, are fully guaranteed by the Credit Union Deposit Insurance Corporation of B.C.

"Our members will be well served by our teaming up with Courtenay," continued Mr. Dandeno. "We will be better able to achieve greter economies of scale through this merger, and provide more services, such as an insurance division to our members. By combining our efforts, we will be better able to compete in the North Island Market."

COMMUNITY COUNCIL



No news is good news, right. Not as though there has been no news, but I find myself with too much to do in too little time. However, as I sit with the meeting minutes here in front of me, I shall make an attempt at a column.

You may or may not have noticed the recent addition of park benches in the playground areas in PMQs. That's for Moms and Dads to sit and watch little kiddies playing - now wasn't that a great idea! Hats off to whose ever idea it was. We can finally rest our weary bones during those long hours at the playgrounds.

Ron Bennet is in charge of running a Babysitting Course. The names and phone numbers of those teens attending and passing will be published. Another real good idea. If you do want your name and number published, give the information to Mrs. Rose at the PMQ Ass'n Office. Teenagers must also provide proof that you have attended a Babysitting Course.

We are looking for volunteers, again. Darlene MacDonald has been our Block Parent Coordinator up until now, but, Darlene is posted this summer. So, is anyone out there interested in assuming these duties? If so, pass on the info to your Ward Rep or directly to Darlene.

Some changes have been made to the Ward Map. If you live in Block 10, you're now in Ward 7. If you're in Block 117, you're now in Ward 9. New maps will be distributed, so everyone will be familiar with the changes.

The Military Police are talking about doing children's photos and fingerprints, and a Neighbourhood Watch Program. Another good idea! More information will be published as it becomes available. Coming events to get excited about are the "Great Kite Contest" (Please Mom, please, please, please?). This could be as much fun as you want to make it. Flyers have been distributed. Also, the Annual Bicycle Rodeo is being planned for May 28th.

Anyway, don't forget the Easter Parade, Colouring Contest and Egg Hunt. More details will be forthcoming. The more the merrier. So, that's about it for now. If you would like to have anything published in the Totem Times, PMQ Ass'n article, call Kim Cummings at 339-7219, and I'll include it in any future articles.

FROM THE MAYOR

With my tour of office coming to an end, and a new Mayor taking over in the near future, I wish to personally thank all those within the Community and in Sections on Base who have helped out during the past year.

It has been a busy year, and the following is only a partial list of the things that have been accomplished:

1. opening of a PMQ Ass'n office in the Rec Centre and the hiring of an office/accounting clerk (Mrs. Linda Rose);
2. taking over the administration and running of the children's Summer Program which entails using and account-

3. taking over the administration of the Cable TV services;
4. taking over the administration and running of the Tee Pee Park Campsite/Beach/Pavilion areas;
5. purchase and installation of park benches in the playground; and
6. implementation of an Animal Control Program and hiring of an Animal Control Officer.

Also, in addition to our normal yearly activities such as Easter, Family Day, etc we have started other activities such as a Christmas Bazaar, Garage Sale, Street Dances, etc. which will hopefully be continued in the future.

Your Community Council is in dire need of new members to help out with things. If you are interested in your Community, please pass your name on to the pmq Ass'n Office or your Ward Rep. Remember, your Community is only as good as you make it.

Once again, my thanks for your support and please continue this same support to the new Mayor and your Community Council.

Family Friends
pet washing • grooming • flea control • cage rental
221 Church Street, Comox, B.C. Canada V9N 5G4
339-2230

FOR ANY OCCASION
SUNSET Spa Rentals
339-0580

West Opposite Lewis Park
Heuter Room Restaurant
498 ISLAND HWY., 334-4401
Excellent Dining • Steak & Cordon Bleu Specials
\$6⁹⁵ — \$8⁹⁵
Everything for your dining pleasure
EUROPEAN CUISINE
FRIENDLY SERVICE

EDITORIALS



COMMENT

GORD KRUGER

IS IT A ONE WAY STREET?

Hey! What's happening out there in that great big land of the free and the brave? Seems to be one turmoil after another be it political, religious, medical or whatever.

History has shown many times that societies that do not defend themselves will inevitably self-destruct. It happened to the Greeks and Romans and in spite of those lessons it could happen again.

We Canadians live in a pretty neat place. We're snug and content with our lot in life. We, the new generations, have made little sacrifice for our freedoms. Those were made by the strong minded, strong willed people before us. They weren't perfect but they built, respected and lived in a society that had some semblance of order.

Today we are inundated with all forms of irrational behaviours and actions. Political decisions often seem as if they are based on whim and total misunderstanding of the basic reasoning.

We have become, it appears, a magnet for world immigration and refugees flow in from all corners of the world. That in itself is acceptable and shows the milk of human kindness and brotherly love. However, instead of becoming Canadians many of the new arrivals, after seeing the political weaknesses in our political system, demand the kinds of attention they would never be afforded in their own lands - and inevitably they receive it. So it goes with extremist organizations, youth gangs and the like that are allowed to flourish under our freedoms.

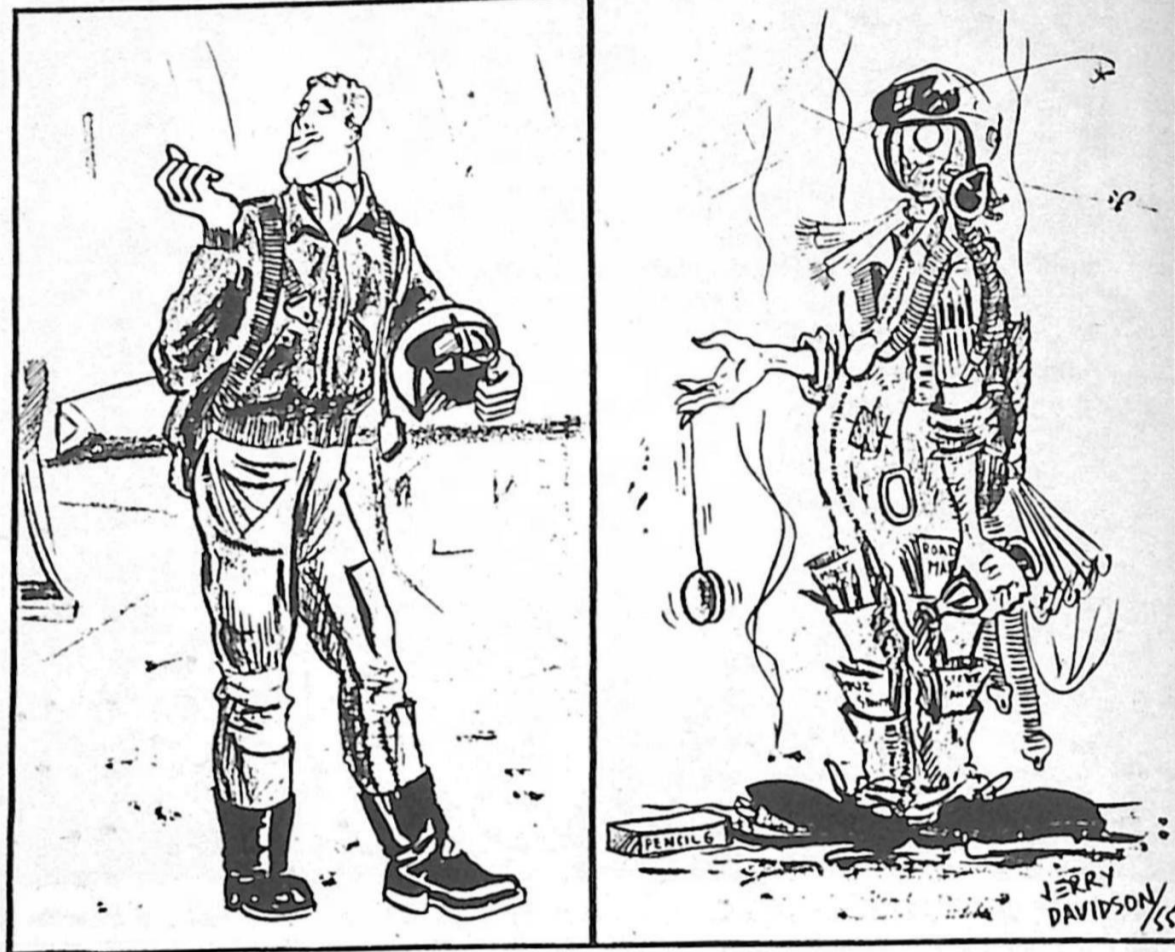
Let us then consider the traditional values, ethics and beliefs of our ancestors. These continue to disintegrate under the constant undermining of those basic standards. It appears that many of the things that made us great are constantly being replaced by trendy, progressive permissiveness. As a result we have murderers and rapists out on so called mandatory supervision, or limited parole, or whatever they call it today. Another fatal or near fatal crime is committed and we then send 'em back - to do "life" - again. We've seen it happen far too often in recent years. The cases are well documented.

And so we turn to the God fearing for relief - for some answers. But low and behold they're becoming trendy, left leaning politicians in search of some cause. Or else that slick TV evangelist we became so endeared with has a falling out with some sleezy hooker and our spiritual guidance is up in smoke.

So we look back to our leaders! But many times they lose sight of the fact that they are leaders and merely become opportunists. It seems an age of the over zealous and over demanding and the squeaky wheel gets the grease. Remembering then the Greeks and Romans we peer skyward and look for signs of doom. Well, all in all I think we're tougher than that but as good old Merle Haggard said, "Stop rollin' down hill like a snowball headed for hell."

G.M.K.

THE FIGHTER PILOT



HOW HE SEES HIMSELF

HOW OTHERS SEE HIM

EASTER WHAT IT REALLY MEANS



The origins of Easter are buried in mythology. Some say the festival is named after a pagan Goddess Oester, who had as her symbols of renewal and fertility the egg and the rabbit. Good choice. Some say the Old Testament Jewish Queen Esther - she who offered herself into concubinage to Persian King Xerxes to free her people from slavery - deserves the honour.

The Christian and Jewish religions are inextricably interwoven in the Easter festival. The Passover, the Resurrection, Renewal. Ukrainians celebrate with meticulously painted eggs - the art of Pysanky. Citizens of Comox celebrate by cutting their lawns for the third time (not so in Courtenay - it's still raining). All over the land, we hear the sound of roto-tillers refusing to start.

Little children look forward with joy to an Easter Egg

Hunt, while parents contemplate their cavities. Buds burst, broad bean seeds are slumped into the cold, wet earth, where - miraculously - they will thrive, and chocolate by the tonne is poured into molds of Chicken, Rabbit, Egg, GI Joe, Rambo or anything else that serves a commercial purpose.

While Christians and Jews take renewed joy from the Resurrection and Passover, more secular minded individuals find less worthy ways of celebrating the holiday. The producer who thought up a commercial in which a rabbit lays chocolate easter eggs - and clucks, for pete's sake! - should be run through by seven Persian swords.

But however you celebrate this, the first holiday since the New Year, may we at the Fish-wrappers wish you all, *Happy Easter!*

Norm Blondel
Totem Times April 86

OUR NEXT DEADLINE APRIL 11TH

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

LAST YEAR FOR INVESTMENT INCOME DEDUCTION

If you've got investment income from 1987, make sure you report as much as possible on your 1987 tax return.

That's because the investment income deduction will no longer be available after 1987.

In 1987 you were allowed to earn \$1,000 in some types of investment income before the government took its bite.

The \$1,000 investment income deduction is also referred to as the "interest and dividends deduction." If you made any money on your investments in 1987, you'll be required to complete Schedule 4 of your income tax return.

There are a number of sources from which you might draw your investment income. These would include: interest earned on your savings account, interest from bonds or from an annuity, or dividends received from corporations.

Unfortunately, only investment income earned from Canadian sources with which you deal at arm's length qualifies for the deduction. You can't claim it if you control the paying company, since you are considered related to the company in that circumstance.

You will have to remember that you have to reduce the amount of the deduction by the amount of any interest expense you incurred to earn the income. That's because the interest on loans taken out to earn investment income is deductible elsewhere on the return.

THOSE HIGH TUITION FEES HELP AT TAX TIME

Did you groan when you paid your tuition fees last year? Now that it's tax time, don't you wish you had more to claim?

That's because your tuition fees are tax deductible provided they exceed \$100 and are paid to a recognized educational institution.

If you are attending a recognized institution outside Canada, tuition fees are still deductible, as long as you are in attendance at the school for at least 13 weeks.

Did you receive a scholarship, fellowship or bursary to go to university this year? If you did, the first \$500 is tax-free. That means if you get a \$1,000 scholarship, you would only report \$500 as taxable income.

Don't forget that if you changed residences to attend university, you may be able to deduct expenses if you have moved at least 40 km. But you

can only deduct those moving costs from wages, scholarships, or research grants earned at the university location.

And, similarly, if you move to take a summer job, you can deduct the moving expenses from the income you earn at that summer job.

Research grants are fully taxable. But you may deduct expenses such as books, travelling expenses, or equipment rental related to the research grants. Keep receipts for all your costs to substantiate these expenses.

Full-time students may also claim \$50 per month for each whole or part month spent at a designated educational institution. Don't forget to get a validated T2202 form from your school to file with your return.

With a little luck it may be possible to reduce taxable income to zero. It's fairly easy if you follow all the tips outlined in this column.



LETTERS WE GET

To the Editor:

Spring flowers, green grass, leafy trees usher in this season of new life. What a delight to look around and enjoy all of the spring beauty. Did you know that there are forty two million people in the Developing World who cannot enjoy this glory, and the sad thing is thirty million are needlessly blind.

In the fall of 1987, I visited India and Bangladesh with my husband. We visited Operation Eyesight Universal sponsored hospitals and eye camps, where sight-giving cataract operations were performed.

I held a happy, once blind, four year old girl, who will now be able to return to her village and romp and play with her friends. I held the hand of a seven year old boy as he received the injection in his temple in preparation for cataract surgery. He was looking forward to school and learning. A sixty year old woman will now be able to see her grandson and a man is looking forward to returning to work to support his family. There were so many quiet, bandaged patients all awaiting

the day when the bandages would be removed - the final step in this trip from darkness to light.

Operation Eyesight Universal is a registered Canadian Charity carrying on very intensive blindness prevention programs, working in thirteen countries of the Developing World, bringing light and new life to the destitute blind.

Something happened in Chittagong, Bangladesh that I would like to share with your readers. We attended a District Meeting of Lions, Lionesses and Leos Clubs. As the meeting ended, and we headed for the exit, the lights went out. We were feeling our way along in the darkness when a gentle voice said, "Take my hand, I will lead you." A Leo guided me safely down the aisle and up the few steps to the Lobby. The lights came on, he disappeared into the crowd and we were whisked off to our next appointment. Later, as I went over

this brief encounter with darkness, I realized that this is what Operation Eyesight is all about. Operation Eyesight Universal, with the help of the people of Canada is saying to the destitute blind of the world "Take our hands, we will lead you from darkness into light."

A twenty-five dollar cheque will take one person on this journey to new life. Will you extend a helping hand? Donations may be sent to Operation Eyesight Universal, P.O. Box 123, Stn. M, Calgary, Alta. T2P 2H6.

At this Easter Time, as we remember God's great gift of His Son to all the world, may we show our real LOVE by helping someone for Jesus' sake - someone who can never return the favour.

Happy Easter.
Elizabeth MacDonald
502, 4935 Dalton Dr N.W.
Calgary, Alta
T3A 2E5

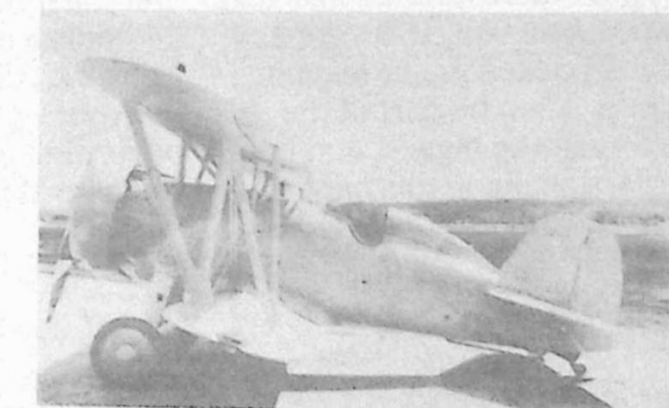
OUR NEXT DEADLINE APRIL 11TH

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



THIS WEEK'S TRIVIA:
What was the name of this rather ungainly looking aircraft and what made this aircraft unique in the RCAF?

TRIVIA ANSWER:
This petite little US navy fighter was built by Boeing and carried the designation F4B-4. The F4B-4 could carry two 116 pound bombs and was equipped with either two .30 cal machine guns or when required one .30 cal and one .50 cal machine gun.

SECTION NEWS



BAMSO

DSL163

The BTELIO's organization challenged BAMSO to a game of broomball last week mistakenly thinking that they could easily beat us. Unfortunately for BTELIO, BAMSO won by a converted touchdown and if a 7-0 loss wasn't bad enough, the BAMSO goalie refused to accept his shutout as he didn't feel 4 shots on net would qualify. Anyone with a good recipe for crow should forward it to Reg Boucher.

Unfortunately due to technical difficulties, some of the BAMSO Awards were missed last week, so we've reprinted them in their entirety. Here's hoping, a second time lucky!

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 42 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.

For the "Sore Loser" award...Dave Sinclair for his comments heard after hitting Joanne in the face with the squash ball. "I certainly wasn't going to let a girl beat me 9-0."

For the "Golden Mouth" award...Merv LaArrivee for telling BGen Curleigh about my few minor accidents and suggesting he might wish to use them to embarrass me at the BTSO Branch Mess Dinner. It worked!

For the "Best Lunch" award...Lorie Lourie for her lunch of: 2 apples, 2 hard-boiled eggs, and a Mars bar. I almost believed the part about it all being health food.

For the "I Almost Believed You, Sir" award...Pte Mark Hall of the Fighting 407 Demons Orderly Room. Don't worry, you're not really posted to BAMSO, Mark....yet!!

For the "Never Has So Little, Been Said By So Many For So long" award...to those who attend the Wed. morning coffee at the Officers Mess and listen to Joe Petersen explain how a gust of wind blew him off his bike and cause such grievous injuries as to require an ice pack taped to his leg.

I would also like to thank the Totem Times staff for their fine work in putting out such

an outstanding product. I guess that makes up for my other comments, Christa, even the one about the microwave dry ice!!

As a closing comment, I'd like to thank Lorie for confusing the heck out of both Canada Post and "Old What's His Name." I can't understand why that mean man in the post office wouldn't give you my mail even after you claimed to be my wife! Now how did you explain that one to Brad?

BASE ARMAMENT

This summer will see a few movements of personnel from the Dump. Battling Blaine, Gorgeous Glenn, and Rocket Russ are off to the land of bratwurst and beer, Furious Frank to the Pool and Jocular John to the other valley on the East Coast. In return, we will see WO Turner, MCpl Corrigan and Murray. Five out and three in.

EOD Olson is trying to be a fly guy but the T-Birds are always full. We also have Smooth Sharon going on XG/9L, Grunt Gary on 9L, and Rocking Rodney on the Massey-Ferguson course. With people on course and pre-posting slump, the rest shall persevere.

Well that's all from the land of TAZ, till next time. Truly yours - The Wedge.

BASE PHOTO

Finally, something from the Little Section that could. Welcome to Mike Valiquette. He came, he saw, he conquered. No, seriously folks, Mike came to use from 407 Photo, complete with loan card and light green shirts. Have camera will travel. And he makes a pretty good pot of coffee too! Unfortunately, we

lost Dawn Nickerson in the deal. (Win some, lose some, right?) Dawn has retired to greener (or is it grayer?) pastures. Your sunny disposition shall be missed old girl.

Things have been pretty crazy around here lately. Rolls of paper have been just flying out of our high-tech colour processor, at a blinding 7" per minute. It boggles the mind. In the midst of all these massive piles of negative and CF315s, we've been each taking turns getting sick. MCpl Attilio "Aachoo," Sartori and the Sarge and Mike all tried out for the bowling team. Doug made it, but Attilio was so preoccupied sneezing and wiping his eyes - and then he went to shoot "The Mess Dinner" - He looks like he's been crying for a week. Actually if the mailman doesn't deliver a posting message with his name on it - he may very well be crying for a week.

Gerry is preparing for a running competition to be held in the near future. Good Luck to you Bones.

Well, that's all in the news that's worthy. So, keep those negatives and work orders coming in.

SAFETY SYSTEMS

Here we are again with all the news that's fit to print from the Safety Systems section. We've had a couple of nice, quiet weeks which, unfortunately, are sure to end when Ian gets back from L.A. (Lethbridge, Alta) on Monday. We can't wait to hear all about his lovely visit home. (Pass the whine!)

Everything is now back to running order here, we're starting to recall where things got put during our move and the

subsequent renovations. People are coming from all over the base just to see this place, although we're convinced it's to try and figure out a way of getting our packing tables out of here and into a few family rooms. Sorry to disappoint you folks but they're here for the duration.

Les has made the big move from barracks to downtown. It's a good thing he's riding his bike back and forth to work because if he keeps eating all those fat pills, he'd end up like a beachball. By the way Les, could there be wedding bells in the not too distant future? The other day when he was asked when he and Donna were getting married he didn't answer with the usual "I'm never getting married!" just "Oh, not for a little while yet." Is this a sign of things to come?

Christine has been sitting around for the past week mooning over the phone waiting for Ted to call. Ted is in Halifax learning to be a boat person for the next month or so. Now, everytime the phone rings, Christine jumps up to answer it. Thank goodness she's taking next week off, it'll give the phone a rest.

Anyway, that's about it form here for now. Hope the Easter Bunny's good to you.

IE/IS LABS

Congratulations to MCpl Merpaw and his wife Elizabeth for their second healthy and beautiful baby boy. Don't give up Don, you only need 14 more guys to complete your hockey team.

Summer is near and Cpl Turgeon is trying to be gentle with his wife in order to get his new Golf membership. We don't yet know who will win! We lost 2 techs on ATAT Rotation, Pte Tremblett and Pte Boutet. Hope you guys will have fun in your new tasks.

Again this year IE/IS Labs have put together an unbeatable team for the Snow to Surf Race. Everybody is in great shape and it's gonna be a piece of cake.

Since the Boss of the "IS" Mafia (Cpl Penney) disappeared for another Gang (407), life is more relaxed upstairs, sometimes boring, but we are sure James will do everything possible to change this quiet atmosphere with a bit of Heavy Metal Flange.

I will finish this to remind our Sgt from IE Labs that the next Mess Dinner is not open for him. We had too much trouble getting him away from the Bar last time!

Have a good week and see you next article.

Advertisement for Tom Procter, a real estate agent with REMAX. Includes contact information and a list of services offered.

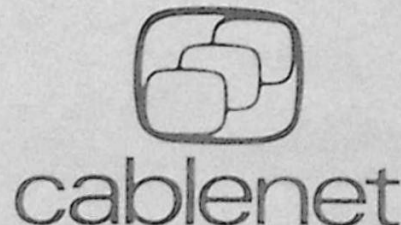
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becomes part of your regular "unscrambled" package. Now you've got it all - 15 great satellite services plus THE SPORTS NETWORK - all for only \$3.25* a month! Unbeatable variety! Unbeatable value! Only from Cablenet!



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SECTION NEWS

From The Fire Chief's Office



FIRE SAFETY TIPS FOR PROPANE BARBECUES

The following information was gleaned from "In Fire Mation," a magazine published by the BC Fire Commissioner's Office.

A recent fire in New Westminster was caused by the ignition of leaking propane from a gas barbecue. The initial explosion threw the owner six feet back and singed his hair and eyebrows. Since the barbecue was placed on a back porch against a cedar siding wall, the ensuing flames ignited the siding and rapidly spread to the soffits and roof. Total damage is estimated at \$85,000.

The tank was filled just prior to the incident and the owner did not use a wrench to tighten the hose connection to the tank. The leaking propane ignited causing the explosion.

In 1986, there were 29 similar incidents related to propane barbecues although none of them caused as much damage as the New Westminster incident. The 29 incidents caused a loss of \$97,402 and two injuries. (There was one additional incident of a leaky connection on a portable propane stove in a church hall which caused \$40,000 damage and six injuries. Closer to home a similar incident occurred at Comox in May 1986.

A leaking propane hose ignited causing \$200 damage.

Here are a few safety tips for the outdoor cooking enthusiast.

- 1. Always locate a barbecue away from any combustible material.
2. Check and make sure the connections are tight. Leaks can usually be detected by dabbing the joints with soapy water. If bubbles occur, there is a leak that must be corrected.
3. The pressure relief valve will release propane if the pressure inside the cylinder becomes too great. Pressure varies according to temperature, regardless of the amount of propane inside. At -42°C (-44°F) the propane will stay liquid and there will be no internal pressure. At 74°C (65°F) the pressure release valve will start to release propane. This valve should never be tampered with.
4. Cylinders should never be overfilled. When filled to rated capacity, there is always a vapour space left to allow for expansion of the liquid propane as temperature varies. Cylinders are filled by weight, so a 20 lb cylinder, a common size, would hold 20 lbs of liquid propane. Some cylinders are equipped with a liquid-level bleed valve that indicates

when rated capacity has been reached.

5. Cylinders must always be upright, whether in storage, during transportation or in use. This will ensure that in the event of excess pressure, vapour escapes and not liquid propane. This would immediately vapourize, expand 270 times in volume; the associated dangers are obvious.

6. Cylinders should never be transported, stored or installed in an enclosed space. In permanent dwellings or recreational vehicles, cylinders must be outside, or in compartments that are sealed from the inside and vented to the outside. This will avoid a dangerous build-up of propane vapours.

7. It is mandatory that after ten years of service a cylinder must be requalified. To requalify a cylinder, the relief valve must be replaced; however, in most cases, the shutoff valve and relief valve are one combined unit. Cylinders are date stamped usually on the protective collar. Your propane supplier can assist you in getting cylinders re-inspected. In practical terms, it is usually easier to buy a new tank because it costs almost as much as replacing the valve and requalifying an older tank.

8. For more information on propane barbecues and Fire Safety contact ICG at 1421 McPhee, Courtenay, 334-2478, or the CFB Comox Fire Hall at 339-8552

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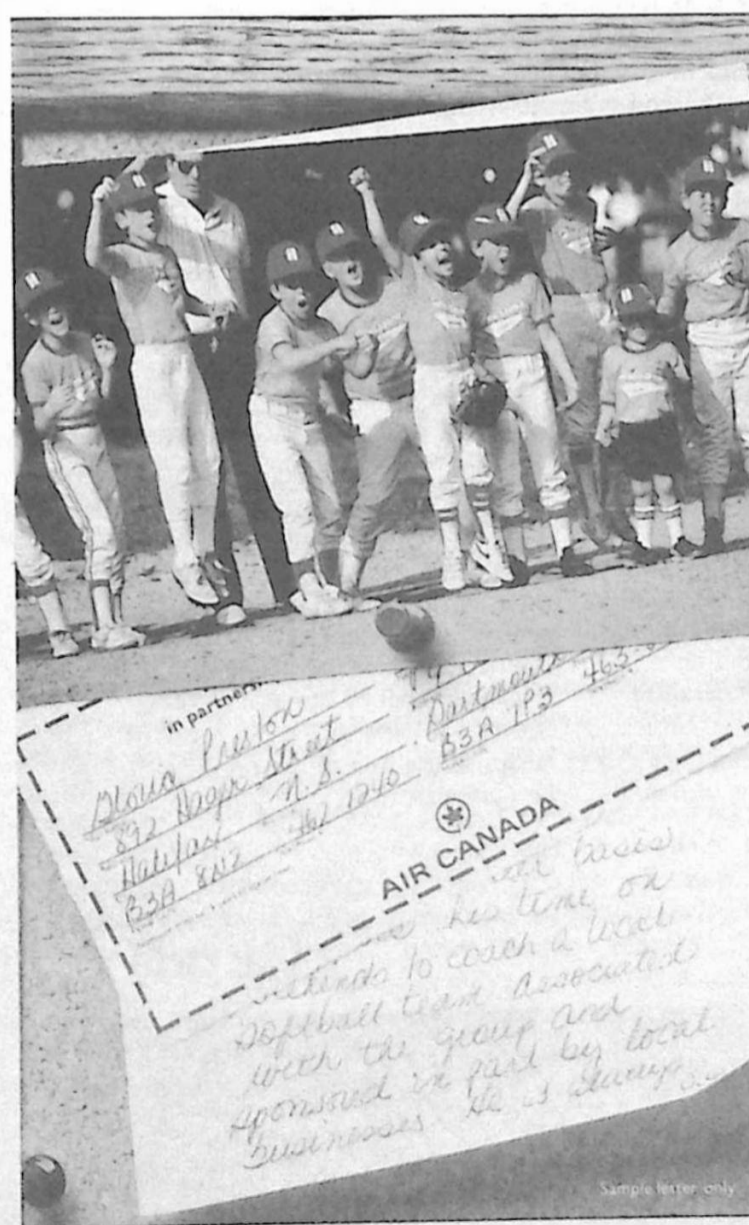


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Air Canada's "Heart of Gold" Award today. It's time we all said thanks.

Complete the form below and include a note, or letter, giving the special reasons why you feel the person you're nominating makes your community a better place to live. Mail it to this newspaper care of Air Canada's "Heart of Gold" Award.

Air Canada's "Heart of Gold" Award nomination form, including fields for name, address, and telephone number, and a space for a nomination letter.

SECTION NEWS

Sergeant's Professional Development Seminar



Graduates of the CFB Comox Sergeant's Professional Development Seminar recently held are as follows:
Rear Row L-R: PO2 Chimko, Sgt Grayley, Sgt Kruger, Sgt Tooker, Sgt Gosse, Sgt Watts, Sgt Carriere.

Middle Row L-R: Sgt Mergaert, Sgt Vinetti, Sgt Massicotte, Sgt Mercer, Sgt Paquin, Sgt Van der Kooy, Sgt Town, Sgt Rivett, Sgt Limoges.
Front Row L-R: Sgt Gaudreault, PO2 Meade, CWO Hunter, CWO Murley, MWO Symes, MWO Cooper, WO Breese.

Round Ball News

With the end of another basketball season, most of the team members are wondering what's next. We all just have to take a good look outside and say to ourselves why would anyone want to spend time indoors.

The men's basketball team had what only could be called a different season. Some 20 players passed through the team this year. It's really difficult when one night you come to play and there are only 5 players and the next night there are 15. The Griffin Pub liked it when we had 15.

A bright spot of the year was our own basketball tourney held in Jan. Although the team only came close, losing in the semi-finals, the tournament as a whole was a great success. Davis Michell's efforts as organizer were beyond reproach and made the 2nd annual tournament another highlight of the Valley's basketball year.

Just when things looked bad for this team a great effort was put forth at the Nanaimo tournament as the team won the beer league division finally allowing us all to display a trophy on the mantle. This tournament is a highly regarded tournament on the Island and to be winners made the team feel proud.

The regionals in Victoria was

a different story. Thinking that we would have no problem with the wrong attitude. All the teams knowing of our success in Nanaimo meant they were going to be ready for us, that they were. We finished 1 win and 2 losses in the round robin and did not advance to the playoff round - a real heartbreak. It was also a tough way to end the year.

Even with the weather

change guys are still at it every noon hour. So if you're interested give it a shot. Many players are posted this year and the team could use some players for next year. You may even find some diehards at the Griffin on Monday evenings - withdrawal symptoms.

The team would like to thank the PERI staff for their support through the year and a big thank you to all the fans who

sat through our games.

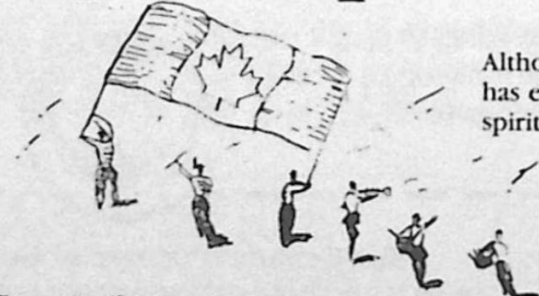
SERVICEWOMENS BASKETBALL

The annual ladies' b-ball tournament was held this past weekend in Cumberland. Due to work commitments, the team consisted of 5 players, but we didn't fare too badly. We played three very tough fast games and ended with a 1-2 record. Throughout the tour-

nament we played out best and gained respect of friends and foe alike. Anyhow...there will definitely be some bored women moping around the base now that the season is over. So if there is any interested group or section that would like to challenge us to a game give either Cpl Jacqui Field (8363) or Cpl Jocelyn Pemberton (8262) a call!

See ya on the courts!

Speak Up . . . Join In . . . Be Proud



From April 17 to 23, 1988, Canadians will participate in National Citizenship Week — a celebration of our citizenship and what it means to be Canadian.

Although in law Canadian citizenship has existed only since 1947, the spirit that gives Canadians their special identity has lived since the earliest days of Confederation.

Equality, diversity and community are the essential ingredients of that spirit, and basic principles of Canadian society.

During National Citizenship Week, people in every corner of the nation, of all ages, will be showing what being Canadian means to them. In schools, in community centres, offices and neighbourhood businesses across the country, Canadians will be doing something special for Canada.

So speak up! Join in! Be proud — to be Canadian!

Being Canadian

Canada

NATIONAL CITIZENSHIP WEEK
APRIL 17 to 23, 1988
FOR MORE INFORMATION CONTACT YOUR LOCAL CITIZENSHIP COURT



Department of the Secretary of State of Canada
The Hon. David Crombie

Secrétariat d'États du Canada
L'hon. David Crombie

SECTION NEWS



Anker Klankin

Welcome to Capt Ron Franklin, recently posted to VU33 Sqn, from Base Flight, Cold Lake. Ron is duly impressed with the fine skiing in Comox; returning the same day to a warm climate, yet! unbelievable!

On a sad note, Capt Mike Cummings (known as Mtn Mike to his friends) is retiring from the forces. Mike is taking a position with M.O.T. in Vancouver. By the time the dust has settled in his wake, he will have completed twenty years service. Capt Cummings has been an inspiration to everyone at VU33. As DCO, Mike has been firm, fair, and at times, friendly. Capt Cummings is wrapping up a service career that included - Sea Kings, Buffalo (442 and the Middle East), two tours in Moose Jaw, one as line jet instructor, one as

flight commander; three years in Base Ops, Shearwater, and a final tour with the Fighting 33rd. Mike, you are a dedicated, proficient serviceman, and a real friend. Best wishes in your new endeavour from all of us at VU33.

TECH SIDE—VU33

VU33 servicing has taken on a fresh new look. During the past week or so the painters have had the freedom of the hallways and offices and thru scraping, filling and brushing they have added a decor that we can all be proud of. The servicing crews did their bit by removing pictures, charts, etc. and a re-hanging plus a thorough clean-up following the re-paint.

Cpl "Wiener" Lavigne now holds the record of taking the longest time to travel to Edmonton and return (one week

later) after a one day course. Weiner, our most recent HAI graduate, is now trying to figure out how to ride a T-Bird with the canopy in the closed position.

Out of the four VU33 members who tried for the CFB Comox Bowling Team high-pinner Lyle McManus and Harry Weeds were successful. They will soon be off to Chilliwack (8-12 Apr) for the Pac Region play downs. We wish them and other team members the best of luck.

Cpl Lorna Oliver was all smiles last week. Lorna was presented with her first set of Cpl hooks by our SAMEO Capt Snow. Her well deserved promotion is effective 24 Mar 88. Congratulations Lorna.

It is hoped that we will all enjoy the Easter Holidays. Let's try to make it a safe driving time - Happy Easter.



In The Mags

A REPORT ON WHAT'S NEW AT THE NEWSSTAND

Are you weary, worn-out, tired all the time? If you suffer from chronic fatigue - and millions do - read all about the possible causes of your maddening exhaustion in this month's *Cosmopolitan*. Beginning on p.248, "I Can Hardly Get Out of Bed in the Morning," by Catherine Houck, gives us a rundown on recent findings other than the Spring "blahs"!

If you're a parent faced with the difficult task of telling your children about your plans to divorce, "How to Break the News" from *Working Mother* is must reading for you. It's sound advice on how to deal with this painful situation.

As the weather begins to warm, and the hot dog vendors hit the streets, can the baseball season be far behind? This month's *Inside Sports* takes a close look at the new rookies who are slated for stardom. According to Stu Black in "Rating the Rookies," Jack McDowell, a hard-throwing pitcher for the Chicago White Sox will be the American League's No. 1 rookie. First baseman Mark Grace of the Cubs should claim the National League's Rookie of the Year honours. If Black's predication comes true, it will be the first time in 37 years that both top rookies share a city.

Are you sure you're getting the best medical care from your doctor? Choosing the right physician is one of the most important decisions you can make. The wrong diagnosis, the wrong medicine, or the wrong advice, could kill you. Find out how to rate your doctor, or find a good doctor, on p. 110 of this month's *Redbook*. It may save your life.

If you're like me, you probably don't eat properly, and overuse that old excuse, "I don't have time to prepare meals!". That may be a bit harder to do now. Page 128 of this month's *Better Homes and Gardens* had me salivating with the anticipation of whipping up one of their yummy-looking, less-than-30-minute recipes that not only look good, but are good! What's your excuse now?

Tax time is right around the corner, and so is your last chance to take advantage of every last deduction and exemption you're allowed. This month's *Your Money* magazine has 24 great tips on how to part with as little as possible. Look for them on p. 28; they're well worth reading.

Page 133 of the same issue gives a preview of next year, and some insight into how the

new tax reform will affect you. "In With The New" makes for helpful reading now that Phase 1 of the latest tax reform is already affecting your life.

Are your shoes listening to you? Is your lamp watching you? Could be. To find out how, or why, read *Discover* magazine's great article, "Spy Tech." If you thought that hidden microphones and concealed tape recorders were strictly for cops and spies, then this article just might change your mind. Eavesdropping technology is now in the hands of jealous spouses, nosy neighbours, and prying executives. Since the snoopers generally stay mum, and the targets generally don't know, it's hard to measure how much spying actually goes on, but there's evidence that it's widespread.

Omni magazine offers a fascinating look at 78-year-old Nobel prize-winner Rita Levi-Montalcini, who discovered a new principle of nerve growth, and initiated a whole new branch of research - all while on the run from the Nazis! It's a great chance to get to meet a scientist whose fascination with new knowledge was strong enough to overcome almost unbelievable obstacles.

Buckle Up BC!
...non-belted occupants have been killed in crashes at speeds as low as 19 km/h.
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British Columbia Legislative Assembly
SELECT STANDING COMMITTEE ON LABOUR, JUSTICE AND INTERGOVERNMENTAL RELATIONS
BUILDERS LIEN ACT
CALL FOR BRIEFS
The Select Standing Committee on Labour, Justice and Intergovernmental Relations invites individuals and organizations wishing to comment upon the *Builders Lien Act* to forward written submissions by May 15, 1988 to the Clerk of Committees.
The intent of the Committee is to examine and inquire into the purposes and the continuing relevance of the legislation in today's society; the policy considerations behind the Act; the desirability of repeal or reform to any or all of the provisions within the Act and the policy directions which would guide any reform.
The Committee will be holding public hearings at a later date.
All briefs, correspondence or inquiries should be addressed to:
Mr. Craig H. James
Clerk of Committees
Room 236,
Parliament Buildings
Victoria, British Columbia
V8V 1X4
Telephone: 356-2933 Fax: 387-2813
Ms. Kim Campbell, MLA
Chairman

SPORTS AND RECREATION

Sports Shorts

CFB COMOX WINS 86 PACIFIC VOLLEYBALL CHAMPIONSHIP

After months of hard practise and many exhibition matches the mens volleyball team travelled to CFB Det Nanaimo with its sights set on capturing its third consecutive Pacific Region Championship. With many returning players and four new additions the team entered the competition and so far undefeated this season.

Play commenced early Saturday morning with a total of six teams playing each other three games. CFB Comox quickly established that they would be the team to beat as they defeated opponent after opponent, winning fifteen straight games. Comox finished the round robin giving up an average of fewer than four points per game.

Comox's domination continued Sunday morning in the semi-finals as they annihilated CF Det Nanaimo 15 - 0, 15 - 2, 15 - 3 to advance to the finals against CFB Chilliwack. So the first game, Chilliwack jumped to a quick 4 - 1 lead before Comox thundered back with tremendous spikes and superior defensive blocking to win the game 15 - 4. Comox won the next two games 15 - 8, 15 - 3 to capture the Pacific Region Championship.

Congratulations to team members Bob Barrett, Rick Bedard, Jay Campbell, Franco Cerenola, Doug Godden, Gene Graham, Gord Jones, Red Longval, Butch March, J.P. Ullock, Barry Whitehead and coach Gary Pronk.

The team will be heading to CFB Gagetown to participate in the CF Nationals from the 10-13 Apr 88. The team is hoping to improve on last year's sixth place finish even with its strength being eroded due to military commitments.

PAC REGION SERVICEWOMENS VOLLEYBALL CHAMPIONSHIP

Recently the CFB Comox Servicewomens Volleyball Team participated at the Pac Region Volleyball Championship hosted by CFB Det Nanaimo from 11-13 Mar 88.

The championship consisted of four teams, CFS Holberg, CFB Esquimalt, CFB Chilliwack and CFB Comox. Although the team played extremely well, they finished 2nd in round robin play.

The final saw CFB Comox and CFB Chilliwack battle it out for the gold, with CFB Chilliwack winning the best of five series, three games to one.

Congratulations to all members of this years team for an excellent short season and for the excellent sportsmanship you displayed at the championship.

A special thanks to Capt Gary Pronk, for his time and effort put in as the team coach. Well done Gary.

CFB ESQUIMALT FOURTH ANNUAL NADEN MINI-TRIATHLON

CFB Esquimalt Base Gym will be hosting a mini-triathlon at 0830 hrs Sun 29 May 88. This event is in aid of National Physical Activity Week. The course will consist of a 1Km swim (42 lengths Naden pool), and 18Km bicycle route (Esquimalt area) and a 5Km run (Esquimalt area).

Categories are open men, open women, master men (40 plus), masters women (40 plus), military open (male and female), and mixed relay team. Prizes will be given to the top three places in each event.

Entry fees are as follows: Individual twenty dollars, mixed relay team forty five dollars. Teams must be mixed ie, 1 male, 2 females or 2 males, 1 female. If you are interested in participating in this event contact the Base Rec Centre local 8315. Deadline for entries is Fri 20 May 88.

INVITATIONAL SERVICEWOMENS SPORTS RENDEZ-VOUS

CFB Comox will host an Invitational Servicewomens Sports competition 22 - 24 Apr 88. Sporting events will consist of curling, golf, volleyball, bowling, pickleball, and a sports tabloid.

All entrants will be divided equally into teams for subject competition. Entry deadline is 8 Apr 88.

For further info contact the Rec Centre at local 8315.

CF PHOTO CONTEST

6 - 11 JUNE 88

The 1988 CF Photo Contest will take place from 6 - 11 Jun 88. All entries must arrive at the CF Photo unit on or before 30 May 88. Entries may be submitted by:

- a. members of regular force and dependants
- b. members of reserve force and dependants
- c. members from other nations attached on exchange duty with the CF and dependants
- d. civilians employed by DND
- e. members of the sea cadets, army cadets and air cadets.

Personnel who are interested in submitting entries are asked to contact the Base Rec Centre local 8315 for further information.



Pipe Smoke

Gerry Gerow



One of the most important pieces of the outdoors person is his/her knife. There are thousands of knives on the market today, and each one claims to be better than the others. One thing quickly learned by the novice is that the larger impressive looking knives are good only for chopping wood for the campfire.

Many experienced outdoors persons carry only a good pocket knife. The folding type of knife does need some sort of a locking device to ensure that it stays open, however. A small pocket knife with a four inch blade will do an excellent job of cleaning and skinning out the largest of big game animals.

My own choice of knives are German made Pumas. However I have German friends who are equally proud of their American made knives.

Whether you are a hunter, fisherman, camper or whatever, safety becomes all important when you are using a knife in the woods. The following was sent to me by *Razor's Edge*. "Just think what a cut would do to end your successful hunting or fishing trip that you've looked forward to all year. A deep cut. Maybe severing tendons. Possible a permanent disability. This happens all too frequently. You don't need it. Cuts are usually a result of lack of knowledge of what to do or not to do, poor

habits and concentration, and poor equipment.

"No book could ever cover all the safety rules. Good common sense, however, would cover a good chunk of that book. What is going to happen if the knife or chain saw suddenly goes through the material we are cutting? Where will the axe go if it misses its mark? How about innocent bystanders in both cases? Stop. Spend a few moments considering the safety aspect.

"Watch someone cut a box open. They usually cut towards themselves, instead of away. Cut AWAY from yourself it at all possible, or at least from side to side. NOT TOWARD.

"Another bad habit is keeping the knife in your hand while you're pulling on a hide or moving a piece of meat. These are the cuts that bite deep, because of the power involved. Lay the knife in a safe place, sheathed or folded if not in actual use. This is a very common mistake especially if we are concentrating, tired, or in a hurry or any combination.

"Never use or handle a cutting edge when drugs or alcohol have been used. Never. Common sense. It will save you a lot of unnecessary pain and agony."

I hope to pass along some sharpening tips from *Razor's Edge* in future columns. *What's your favourite knife, Frank?*

Protestant Chapel News

Easter Sunday, April 3rd, there will be a Sunrise Service on Air Force Beach if weather is inclement the Service will be in the Pavillion. There will be an Easter Egg Hunt at the Chapel for the younger children.

Following the Sunrise Service there will be a Pancake Breakfast at the Chapel.

At 11:00 a.m. there will be an Easter Sunday Service at the Chapel.

The Anglican Confirmation Service will be on April 10th at 11:00 a.m. at the Base Chapel. Bishop J. Clarke, officiating. The Lutheran Confirmation Service will be held on May 1st at 11:00 a.m. at the Base Chapel. Padre A. Flath, officiating. The United Confirmation Service will be on May 22nd at 11:00 a.m. at the Base Chapel. Rev K. Benner, officiating. There will be an opportunity for Public Reaffirmation of Faith. If you wish to do this please contact Padre Milne at 339-8273.

The Chapel Family Picnic will be held on May 15th.

The Youth Group will be having a Car Wash on April 16th at the Petro-Can Garage in Courtenay. The garage is located kitty corner from the theatre. On March 31st, the Youth Group is hosting a Pot Luck Supper.

Fitness for Life Club



Fitness for Life Club organizer MCpl Josee Descoteaux presents the BP-ServO Maj Hart with a Club T-shirt. All personnel interested in becoming club members are requested to do so. Register at the gym daily(0730 - 1530). For info contact the gym at 8315.



SPORTS & RECREATION

BAMSO Intersection Hockey Champions



THE CHAMPIONS
BAMS0 (KIGHTLEY'S KILLERS)



THE RUNNERS UP
442 SQN (MOHN'S MARAUDERS)

Kightley's Killers Maul Mohn's Marauders

In a hard fought and closely contested finale to the Intersection Hockey Season, the BAMS0 team defeated 442 Sqn 4 - 2. 442 Sqn opened the scoring and led the game 2 - 1 going into the third period. But a determined charge by the BAMS0 team saw them score 3 unanswered goals to put the game away with 4 minutes remaining in the final period.

Scoring for the victors were Francois Laniel, Gerry Wiesner and Herve Thibodeau with two. Dick Mohns and Dave Devries replied for 442 Sqn. Concerted checking led by Dave Ward and closely followed by the rest of

the BAMS0 team kept Dick Mohns under control and nullified the potent 442 attack.

The game was exciting from start to finish and went end to end with both excellent scoring chances and top-notch (and sometimes lucky) goaltending. It was a fitting conclusion to the first rate season and the entire league wishes to thank Stan Lawless and his staff and the BPER Organization for their fine efforts. To the BAMS0 team, well done and for the remainder, just wait till next year, BAMS0 will be back bigger and better!

Jr Ranks Ladies

The St. Patrick's Day meeting was supported by many green clad members.

The Sgts and W.O.'s wives joined us in a games night and all went away with prizes.

Nominations for next years council was discussed as next month is the voting.

Congratlats to Elizabeth Merphaw, Linda McClaren and Barb McNab on their new arrivals.

A discussion on a possible ski trip to Mr. Washington was supported by many. Date to be set sometime in April.

Next bingo is March 26th.

Final meeting for the club is contemplating renting a hot tub and renting the pavillion down at Airforce Beach.

Hope to see new faces at the next meeting April 15th.

For more information call Gloria Ross: 339-0592.

Car Care

TUNE-UPS CAN IMPROVE CAR MILEAGE BY UP TO 15%

Proper tune-ups, at least every six months, can increase gas mileage by as much as 15% - a real saving.

The six month tune-up should include: spark plugs, distributor points and air filter; ignition timing; automatic choke; radiator thermostat; automatic brake adjusters; carburettor air-fuel mixture; plus an oil change.

This quick and inexpensive tune-up can save real dollars - to say nothing of the potential car trouble that will be avoided.

There are several more things BCAA advises to keep on top of fuel economy. First, consider your tires. Radials are more expensive than regular tires but they last longer and offer better driving mileage. Snow tires cut fuel efficiency. Do put them on in time for the first snow and keep them on as long as necessary. But then have them removed promptly.

Check tire pressure monthly, when tires are cold, and make sure pressure is to manufacturer's specifications. Under-inflated tires increase rolling resistance and decrease fuel efficiency. And in cold weather, tire pressure falls. So be sure to check your tire pressure frequently over the winter months.

Wheels that are properly aligned and balanced save tire wear and increase economy. Have them checked out.

Oil influences mileage too. The right engine oil for winter temperatures will ease starting loads on the battery and reduce fuel consumption.

Finally, gasoline. Use fuel of the recommended octane and don't fill your tank too full or it can easily run over if your car is parked on a hill.

These tips brought to you by the British Columbia Automobile Association. Through this focus on car maintenance, BCAA hopes to encourage habits that will lead to less expensive, more problem-free, and, most importantly, safer driving for all British Columbians.

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ON AND OFF THE BASE

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Oh what a feeling!

Award Winners



407 Sqn CO, LCol Sutherland presents Capt Smith with a "United Way Award."



Corporal Plante, a Photo Tech on 407 Sqn, received \$200 for suggesting that water damage to the CP140 Aurora night illumination system would be reduced if an extra drain hole were provided on the door assembly. He is shown receiving his award from LCol Sutherland, his commanding officer.



Master Corporal Langevin, of 442 Sqn, and Cpl Knapp, of BAMS0 Aircraft Workshops, proposed the use of a special tool to remove garlock seals from the CH113/113A helicopter external rescue hoists. Their suggestion was adopted and NDHQ granted them a \$460 award. Sgt Langevin is shown receiving his share from Co. McKenzie, commander of Moose Jaw, where he is now based.

ON AND OFF THE BASE

Olympic Involvement for CAF

FORCES PERSONNEL PROVIDE HELPING HAND

Military involvement in the Calgary 88 Olympics was deliberately low key -- after all with an army of 10,000 volunteers eager to work who needs military help -- right? Well - almost!

There were still some ways that the military could help and one or two things that only the military could do. For example, only the military could provide precision flying team like the Snowbirds for the opening ceremony.

But what about the could dos? There was one area where 1 Canadian Brigade Group thought it could help - crowd control and marshalling of both the 1,500 or so athletes and officials and the more than

6,000 performers at the opening and closing ceremonies.

The Cadet Leagues of Calgary also contributed. They volunteered more than 600 cadets from all three services to perform flag raising duties at Olympic venues throughout the games.

Master Corporal Nelson Greenslade, an MSE operator with transport company, 1 Service Battalion, was one of the more than 150 military members who worked with the performers throughout the opening and closing ceremonies. Because those spectacles involved such a large number of performers, the

military assisted in the job of handling the logistics of moving, controlling, and feeding them, both during the events themselves and the three weeks of full-scale rehearsals that preceded them.

Five marshalling points were established around the city and performers were brought to the stadium's three giant holding tents by bus -- six busses to a group, forty people to a bus. Each bus had its own military guide responsible for getting them to and from the sites on time, keeping them under control in the tents, feeding them, cleaning up and providing traffic control during the hectic on-stage events themselves.

MCpl Greenslade had charge of one such group of 240 youth dancers. "It's fun but hectic," he grinned as he led his energetic young charges into the holding tent several hours before the opening ceremony.

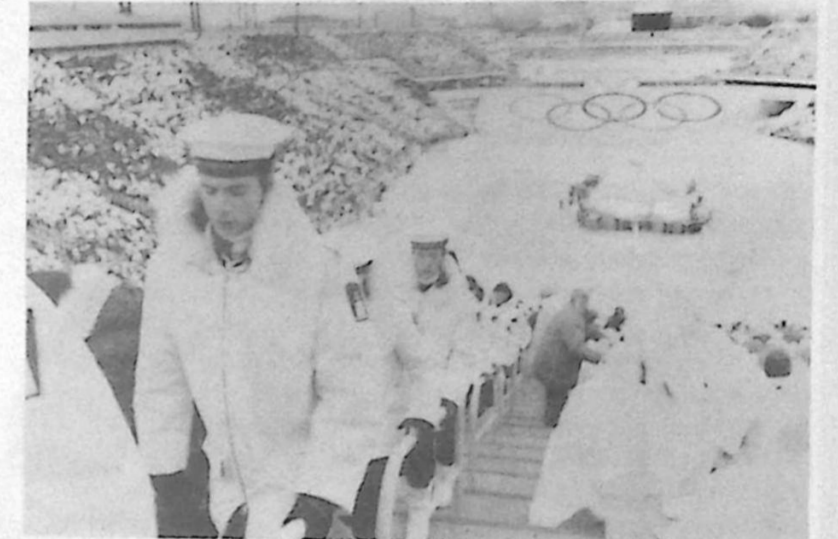
Not only did most of the military think it was fun -- despite the long hours, 0400 - 2000 daily, mostly on weekends, -- but any observer watching the troops watching their particular performers on stage couldn't help but notice that the soldiers were sharing every moment of their people's triumphs as the ceremonies went off without a hitch! Judging by the amount and number of backslaps, hugs, handshakes and high-fives exchanged at the end of every performance it was equally obvious that the troops had formed some good friendships with the people they were helping!

Eric Filpula, an OKO 88 volunteer acting as tent captain for one of the 2,500 capacity holding tents filled with energized performers, recognized the value of the military contribution to the opening and closing ceremonies. "They got along fine with everyone, especially the youth groups! We couldn't have done it without them!" he said.

And while we're on the subject of couldn't have done it without them how about the 70 or so Canadian Forces people who began working as early as June 1986 on supplying the games. More than a million items in 10,000 different distribution accounts spread over 70 events and sites is quite an organization, even for the CF! Our men and women did the job and did it well!

The Olympic Games are now history. Compared to past events like Gamescan in 1976 or event the 1986 Universiade our contributions were small.

But they were significant. Together with others they helped make the Calgary Olympics the success it truly was.



MCAHON STADIUM, CALGARY OLYMPICS -- Some of the more than 150 cadets from all three services that raised the flags of the nations at the opening ceremonies make their way to their wind-blown posts at the top of McMahon Stadium. More than six hundred cadets performed flag raising duties at all Olympic venues including the nightly medal ceremonies at the Olympic Plaza. They may have had one of the best vantage points in the stadium during the opening ceremonies but they also had one of the coldest -- fully exposed in the cold winds gusting to 80-90 Kms. The excitement and awe at being part of that great spectacle meant that few felt the cold.



MCAHON STADIUM CALGARY OLYMPICS -- When you're in a tent filled with 2,500 excited performers from many different groups, all with individual cues to go on-stage, what you really need is discipline and gra-

discipline and traffic control. That's just what these members of transportation company of 1 Service Battalion and Headquarters and Signal Squadron of 1 CBG did throughout the spectacle of the Calgary Olympics opening ceremonies. Forming a living wall down the centre of the filled tent, the troops separated each different act and kept traffic lanes to the stadium cleared so everyone made their cues on time. The troops were especially helpful in controlling the exuberance of the 1,500 youth dancers aged 11-14.



MCAHON STADIUM, CALGARY OLYMPICS -- Escorted by the ceremonial riding troop of the Lord Strathcona's Horse, Her Excellency the Governor-General arrives to officially open the Calgary Winter Olympics.

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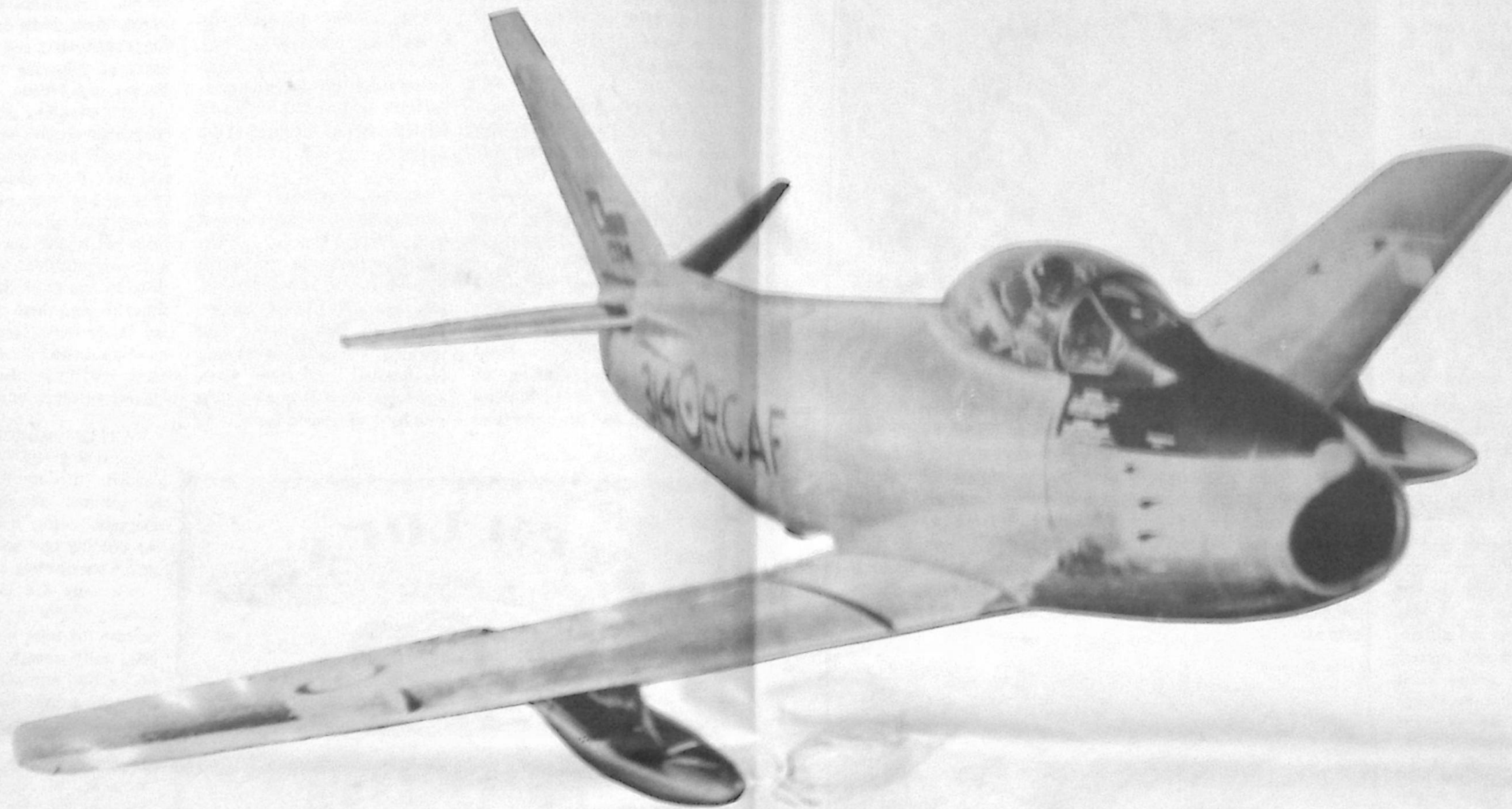
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Ode To The Sabre

BY SQUADRON LEADER JACK REGAN

No more the Sabre proudly flies
The maple leaf in Europe's skies.
No more to scramble, intercept,
Manned by Canadian hands adept.
For you, old friend, have now retired
With praise, and laurels well acquired.
Gone from 1 Air Division's scene,
To end your days on Scottish green.

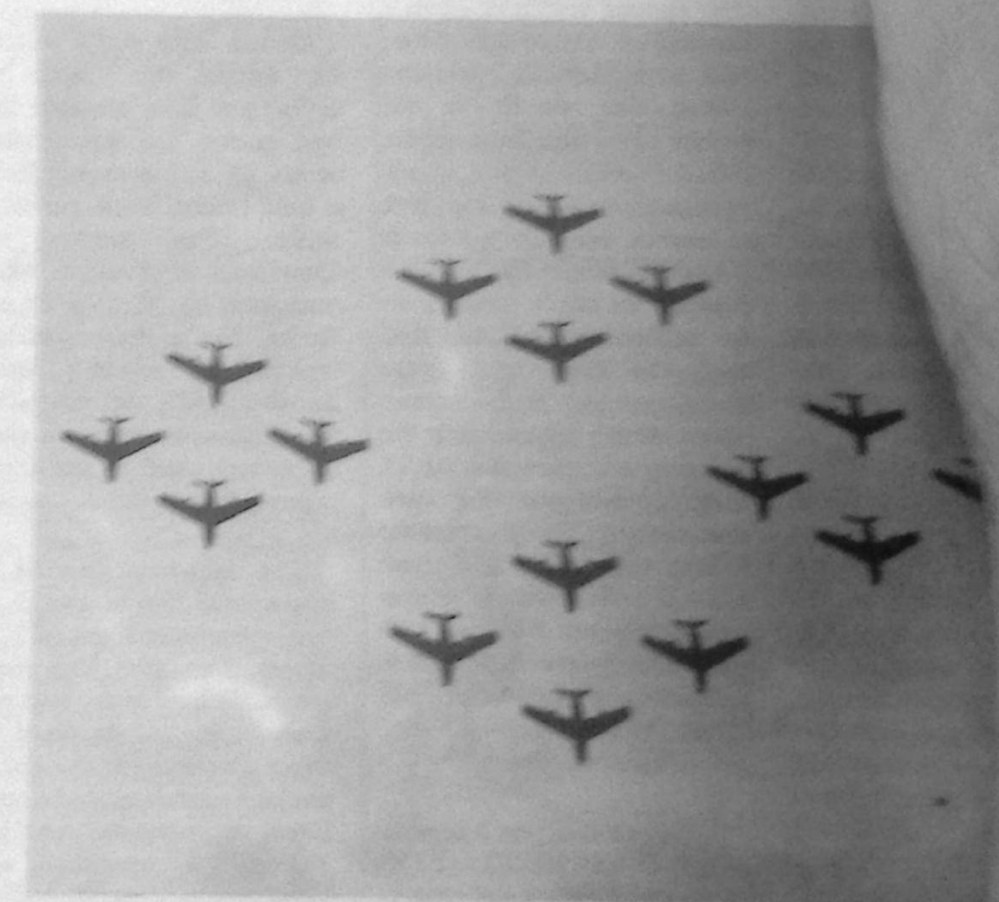
Right well you served, one full decade
Your steadfast contribution made.
And sounding clear in Freedom's song
Are lines that now to you belong.
The words tucked out in flight contain
Woe in the heavens' crystal vein.
Thrusting swords and fuelled for battling,
Discouraged foreign sabre-rattling!

Blade up Sabres, roam all around.
Sweat out that tenely waited sound -
Bogies! - straight four - in o' clock low.
Hard port then Sabres, "Buster" go!
More words but feebly can describe
The mortal perils so oft devised
In aerial combat fought on high
In the vast arena of the sky.
Power off - speed brakes - now ease out.
Pull round that eager Sabre about.
Now close the range, line up the sight.
Strike swift, strike sure, give no respite,
But one more burst is all you need
To stay the plunging aerial need.
Then break away, but 'twix the sun
That shields some other weary gun.

Cruise o'er the quiet countryside,
Past where the waters swiftly glide
Through valleys cool and meadow broad,
Secure beneath patrolling sword.
Be mindful of one sheltered spot:
Sacred, white-crossed, ne'er forgot.
Guarded by a watchful hill,
In summer's warmth, in winter's chill.

Quietly Sabres - softly fly,
For in this flowered valley lie
Brave men and you; some shared your joy,
But now lie sleeping in Chertsey.
For these, no annual remper's cry,
No measured silence fills the sky.
And yet, they paid a price no less
Than those who lost in war's distress.
Their cherished names sad hearts do gladden
Evergreen in memory's garden.

Now onward Sabres, roam the skies.
(They would not wish it otherwise)
Silent! And make your own farewell,
But let your ghost forever dwell
In shadowed hills and forests grand
Of this allied but foreign land
Whose timeless skies will echo long,
The haunting, wild, Orenda's song.



F-86 FLYPAST

THE LAST RCAF F86 FLYPAST
26 NOV 68 - CHATHAM N.B.

AROUND THE BASE



Origins of the Species

John Bradley

423 (GENERAL RECONNAISSANCE) SQUADRON

Formed as Canada's last Overseas Coastal unit, 423 Squadron stood up at Oban, Scotland on 18 May 1942. 423 Sqn was one of the only two RCAF squadrons to utilize the Short Sunderland Nmk. III Flying Boat. The other unit to use the Sunderland was 422 (GR) Sqn. 423 was assigned to convoy patrol and anti-submarine patrols.

The Sunderland was an excellent aircraft that had been developed from the Empire flying boat. It could carry a crew of thirteen and was equipped with a sleeping area and a galley. The Mk. III was powered by four 1,065 hp Pegasus XVIII radial engines that gave the huge aircraft a range of 2,900 miles and a maximum speed of 213 mph.

The first operation mission took place on 23 August when F/L J. Musgrave and crew in Sunderland AB-E, left Oban on a thirteen hour anti-submarine patrol. Numerous patrols were carried out until November when on the third of that month the unit moved to Lough Erne, also known as Castle Archdale, in Northern Ireland. The unit was able to transport all of their material and personnel within a week and was ready to begin operations immediately from Lough Erne to the extent that they flew on twenty of the thirty days in November.

On 12 November they had their first U-boat sighting when a submarine was observed on the surface about six miles away. As the aircraft passed over the spot where the boat had been, it had disappeared. Also in November, 423 was involved in a search for a lifeboat containing twelve people. The search was concluded when a 423 Sunderland piloted by F/S S.H.E. Cooks spotted the lifeboat and directed surface vessels to the rescue.

423 was finally able to claim its first successful U-boat attack on 5 April 1943 when a submarine was found on the surface by F/L Bradley. The big flying boat attacked the submarine just as it submerged. The depth charges straddled the boat from bow to stern with the third charge going off just ahead of the submarine's propellers. The gunners observed large pieces of metal debris flying up and out of the water and about one minute after the attack was made, a huge underwater explosion was seen and huge amounts of debris was observed on the surface. Insiders at the Admiralty however would not give the squadron credit for a kill and

instead said the submarine was only seriously damaged. In spite of the disappointment in not getting the kill, F/L Bradley was awarded a DFC for the attack.

Just a month later 423 was able to get its first official kill and this time there was no doubt. On this occasion F/L Musgrave and crew in DD867-G spotted a submarine about ten miles from a convoy that they were escorting. The submarine did not submerge but instead remained on the surface to fight it out. The convoy was contacted and a Corvette was directed to the scene. In the meantime, the U-boat and the Sunderland were exchanging round for round. Both scored hits on each other but carried on unabated. The Corvette came into range and opened fire. The U-boat commander obviously said enough was enough and submerged. As it submerged the Sunderland dropped two depth charges slightly ahead of the submarine but did not appear to cause any damage. The Corvette then marched in and with the assistance of another vessel, dropped a pattern of depth charges. The U-boat, U-456, was confirmed sunk by the Admiralty and 423 shared the kill with HMCS DRUMHELLER and HMS LAGAN.

423 was to go only three months before getting its second kill. F/O Bishop and crew spotted a U-boat from a distance of about five miles. Like the first kill in May, this U-boat also stayed on the surface. This time however the U-boat was able to gain an advantage by wounding a number of the crew and causing a fire in the port wing. The aircraft dropped its depth charges on the submarine and the next thing the Sunderland's crew knew, they were in the water. About twenty minutes later the surviving members saw the U-boat surface and the crew abandon ship. Shortly after the U-boat sank and for a short while the two sets of enemy eyes cautiously watched each other over a very short distance. Within a short time HMS CASTLETER arrived and picked up all survivors.

A month later, on 8 September, F/O A.H. Russell and crew in DD863-J caught and sank U-610 near mid-Atlantic. Just as in the previous attacks the U-boat stayed on the surface to fight it out but to no avail as they went down in short order. Routine patrols carried on with no further kills until 24 April 1944. On this occasion U-311 was the victim.

F/L F.G. Fellows and crew in DD862 AB-A was the victor in this attack. Another kill to follow only a few days later when F/O J.N. Farrer spotted a vapour trail just North of the Hebrides. The trail disappeared as the aircraft came overhead but on the run to the target the crew was able to clearly see the schnorkel of the submerged boat. An attack was made with eight depth charges and a contact message was sent which brought the help of two vessels. These vessels carried out their own attacks and it was later confirmed that U-484 had sunk. Once again 423 was to share a kill with naval vessels. This time both were ships of the RCN, HMC Ships DUNVER and HESPELER.

Escorts and patrols carried on throughout the remainder of 1944 and 1945 with the last patrol being flown on 31 May 1945. The unit was not disbanded at war's end and indeed, new members were being posted in as late as June. Flying had ceased and by July all of the Sunderlands had been ferried away. The squadron now became a Transport unit and was transferred to Basingbourn in Cambridgeshire in Canada-bridgeshire on Aug 8th. There they picked up a number of Consolidated Liberator C. Mk. VI and VII's and began immediate training. This carried on at a rapid rate until the 27th of Aug when all flying was ceased. A week later, on 4 Sept, 423 was disbanded.

During 1943 423's aircraft had carried the 3 code but before and after this date they had carried the AB fuselage codes. 423 had as its unit Badge a bald headed Eagle poised to strike. The motto was Quaeimus Et Petimus which translated to We Search and Strike. The motto represented well the unit's role as a Coastal squadron. 423 did not adopt any nicknames nor was it adopted or sponsored by any group, organization or city in Canada.

The squadron flew 16,297 operational hours and 5,122 non-operational hours on 1,392 sorties. They sank four enemy submarines, of which two were shared kills, and damaged two other. Casualties to the unit included 6 aircraft and 43 aircrew killed or wounded. An additional 14 personnel were killed in non-operation incidents. For all their efforts and long arduous hours on patrol, 423 personnel were only awarded 4 DFCs, and 1 DFM. Battle Honours received were Atlantic 1942-1945, English Channel and North Sea 1944-1945, Normany 1944 and Biscay 1944.

Lightning Strike

OUR TROOPS IN THE NORTH



INUUVIK, N.W.T. -- Private Glen Rodger, an integral systems tech with CFB Cold Lake's 441 Tactical Fighter Squadron carries out a basic maintenance task when operating in Canada's north - sweeping off the snow - so that a visual inspection can be made! Together with other members of his squadron, Rodger was participating in exercise Lightning Strike 88 which saw elements of the Canadian Airborne Regiment and 441 Squadron deploy to Inuvik in their defence of Canada roles. Minutes after this photo was taken a pilot appeared and ordered the aircraft fired up for immediate launch. Unlike Canada's previous fighters, the CF-18 is standing up to the cold excellently and within minutes this particular aircraft and crew were airborne.



INUUVIK, N.W.T. -- How did Captain Stephen Burke, a Royal Army paratrooper from the Parachute Regiment in the United Kingdom find himself guarding a CF-18 jet fighter in -37°C temperatures in the Canadian Mackenzie River delta town of Inuvik? Simple. He is on exchange duty with the Canadian Airborne Regiment in Petawawa, Ont. Yes, but how did he and the planes get to Inuvik? Once again the answer is simple. All were participating in Lightning Strike 88, an exercise that saw both Canadian soldiers and airmen deploy to that northern community in their defence of Canada roles. "Give me Australia any day," he chuckled as another icy blast flowed over his body.



INUUVIK, N.W.T. -- When it's -37°C (without windchill) and you're manning a roadblock more than 3,000 Kms from home at an isolated inuvik N.W.T. airport, it's good to have a warm tent to turn in to when your tour of duty is done! That's just what these three Petawawa-based paratroopers found during their week-long deployment to Inuvik. Members of 2 Commando, Canadian Airborne Regiment, they were participating in Exercise Lightning Strike 88.

ON AND OFF THE BASE



Legion Log

BRANCH 17 COURTENAY

Fri & Sat Mar 25 & 26 Music by COUNTRY MEN
Sun Mar 27 FUN CRIB TOURNAMENT
Registration 12:30 - 1 PM
Doubles Format
CLOSED GOOD FRIDAY & EASTER SUNDAY
Sat Apr 02 Music by T.B.A.
Fri & Sat Apr 8 & 9 Music by PRIME TIME
Sun Apr 10 FUN DART TOURNAMENT
Registration 12:30 - 1 P.M.

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

MONDAY Fun Euchre
TUESDAY Pub Darts
WEDNESDAY League Crib
THURSDAY Fun Darts
FRIDAY TGIF & Money Draw at 6:30
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BRANCH 160 - COMOX

ENTERTAINMENT

Mar 25-26 T.B.A.
Apr 1 Good Friday CLOSED
Apr 2 Quiet Night - No Band
Apr 8 Fri Music by 35 YEARS OF GOLD
Apr 9 Sat From 2-6 PM only. Jam Session. Music by 35 YEARS OF GOLD
Apr 15 Fri Music by WESTWIND
Apr 16 Sat BR.—HONOURS & AWARDS NIGHT
Upper Hall. 6:30 PM. Tickets \$7.50 which includes
Dinner at 7:00 on sale at Office or Bar.
Dance to WESTWIND after Presentations.
Apr 22-23 T.B.A.
Apr 29-30 Music by PRIMETIME

REGULAR ACTIVITIES

SUNDAYS 11 am to 6 pm
MONDAYS LA Drop-In Bingo-7:00 pm
Men's Dart League-Navy Room 7:30 pm
TO Apr 11, Recess to Sept.
TUESDAYS Mixed Dart League *Upper Hall* 8:00 pm
to Apr 12, Recess to Sept.
Crib League-Lounge* 7:00 pm
WEDNESDAYS Navy League Drop-In Bingo*
Upper Hall 7:00 pm
THURSDAYS *1st* Branch Executive Meeting 8:00 pm
L.A. Executive Meeting as required
2nd L.A. General Meeting-UpperHall 8:00 pm
3rd Branch General Meeting - Upper Hall 8:00 pm
FRIDAYS T.G.I.F. in Lounge 2 - 6 pm
Meet Draws *Lounge* 2 - 6 pm
SATURDAYS Dance - Lounge - Downstairs unless advised
Meat Draws *Lounge* 2 - 6pm
Dance *Lounge* Downstairs unless advised

SPORTS

SUN MAR 27 CRIB TOURNAMENT
Registration \$3 by 12:30 noon. Start 1 p.m.

SUN MAR 27 POOL TOURNAMENT
Lounge. Start Time 11:30 a.m. Registration \$5 to be paid
on entry before 6:00 pm Sat Mar 26. Time of
play will be posted at 6:30 pm Sat. First 16
paid entries will compete.



Let's Talk

Peace, Perfect Peace

In listening to the regular news broadcasts, we can't help but sense that we are a very privileged people. Through the different news media, we become aware of the difficulties, the distress and even the destruction which people experience in other parts of the world.

For many, it seems that life is simply a matter of mere existence. Each new day brings some new burden of anxiety, as it relates to finding sufficient food; securing some shelter for that particular night or arriving in time to gladly receive a bowl of milk or some hot nourishment from some food agency.

Then, perhaps, a little closer to home, our thoughts are directed to difficulties and troubles of people, who might even be a next door neighbour.

We don't have to cross the seas to find troubled people. There is stress and heartache all around us. At some time or other, as individuals, we have experienced troubled times as well. There may have been days when we have known anything but peace in our hearts. But what is perfect peace?

I remember reading a little story which greatly impressed me. A contest was held in which artists were invited to paint a picture of what they felt would best illustrate "Perfect Peace." The winners were finally narrowed down to two.

The first painter had depicted the scene of a still lone lake high in the mountains. The second showed a thundering waterfall with a branch of a birch tree bending over the foam. Right out on the fork of that limb, wet with the spray, a robin sat, undisturbed on her nest.

The second painter was declared the winner, for he had shown in a rather dramatic form that absolute calmness can be found even in the midst of turbulent surroundings.

Yes, it is easy to remain unruffled when everything is calm and serene, but to rest while the storm rages, that indeed is "Perfect Peace," such as the Bible speaks about in Isaiah 26:3. We read "Thou wilt keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in Thee."

We are reminded that as long as we centre our hearts, our minds, our thoughts upon God, and as long as we are willing to put our complete confidence in God, then we need not fear. We can always sense then that peace within. A deep settled peace can be ours in every difficult situation or experience. This peace does not depend upon our circumstances, but it is the peace of God which passes all human understanding.

As long as there is life, there will be a sense of uncertainty, and perhaps, fear, as we ponder the unknown. We may reason and question our own hearts. How can I be at peace, when my future is so uncertain? How can I know peace when I face sorrow and heartache? How can I know peace as I grow older in years? These are real concerns. But what assurance is found in the words of a song that we often hear sung in these days among Christian believers!

"How sweet to hold a new born baby, and feel the pride and joy he gives, But greater still the calm assurance this child can face uncertain days, Because he lives.

Because He lives, I can face tomorrow, Because He lives,

all fear is gone, Because I know who holds the future, and life is worth the living, just Because he lives."

(by William Gaither)
Thousands, the world over, have proven these words to be true. It is a simple truth. Because Jesus lives today, then we as individuals, can face, the uncertain future with no fear, but with the calm assurance that He will be with us. In these coming days, as we approach another Easter season, may we realize again the full meaning and the loving message of the cross of Jesus Christ. Let us be aware that indeed life is worth living because our trust and confidence is in God.

Mrs. Captain Cora Dodge
The Salvation Army
Red Shield Services

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AROUND THE BASE

740 Communications Squadron

Denis got off to Cyprus on 11 Mar. we would like to report that his getaway has a smooth one, but we would have to lie. He was lucky enough (or was it unlucky) to fly from Comox to Trenton on a commercial airline. Unfortunately his baggage did not follow him to his destination. Air Ontario, Air BC and Air Canada are making every effort to locate his kit bag and barrack box. The lost baggage saga was further complicated by the employees of Air Ontario walking out on strike the day after Denis arrived in Trenton. His run of bad luck didn't end there, on Sunday when he went to book in for his flight to Lahr he was advised that he was not booked on that particular flight at least not from Trenton. (we won't get into the story as to whose fault the booking mix-up was). We haven't heard the end of the story yet but we do know that he did manage to board the flight for Lahr.

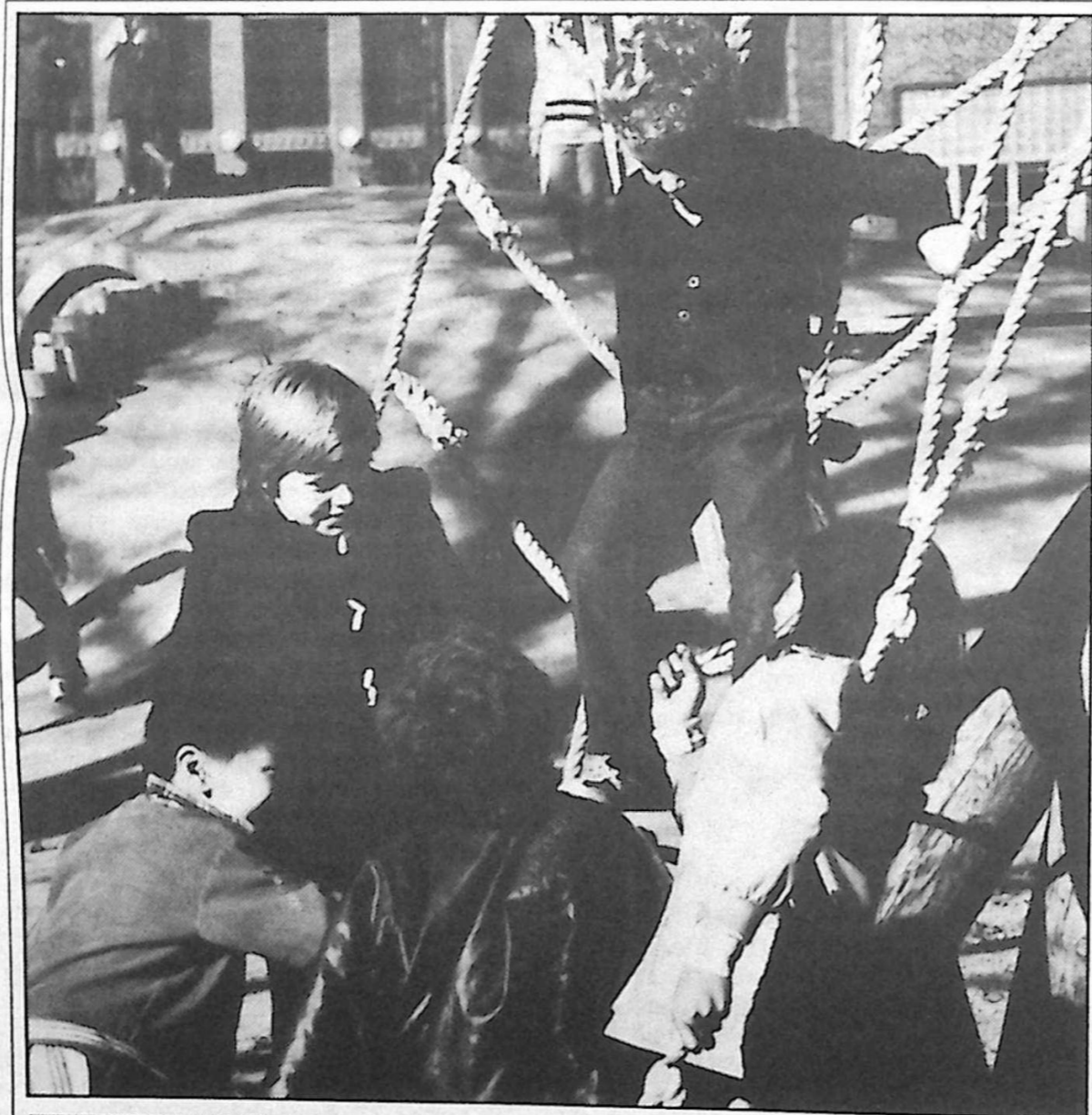
Hopefully his baggage will catch up to him before he is due back in late August. Cheryl has been walking around with a big smile on her face, it's either because she is happy to be working with Johanne or most likely because she is happy to have her husband home. They haven't seen too much of each other this year, Cheryl was on her JLC from 6 Jan until 18 Feb and hubby departed on 19 Feb for a month long course in Kingston. Some of us know a chair in the office that was really glad to see that smile return. Charlene is getting prepared for her trip to PEI, her on again, off again leave has been approved (for the time being). I am sure she won't rest easy until the plane leaves the runway. Dave Cook has just received a message loading him on his JLC in Esquimalt in May and

June. Just think you'll probably be the first guy to have passed a JLC on each coast. Dave did his JLC, while in the reserves, in Summerside. Hopefully the Navy can get you to remember all that you learn. Don Reid was out taking his first swings with a golf club. He said he did quite well for a first timer and just might take up the sport. From the sounds of it he particularly enjoyed the 19th hole.

Johanne has just signed up for an English course at North

Island College. Some people will do just about anything to get out of work on Tuesday and Thursday afternoons. Good luck. I forgot to mention that Cheryl has continued her running back and forth to work. She even does it when she is working evenings although she is still a little hesitant to be on the road after dark, particularly when there is a full moon. She has devised a method to make herself feel safe. Whenever she sees or

hears an approaching vehicle she ducks into the brush. This practice may be practical, but boy does it add time to the trip. The Det Comd continued his travels, this time he was off to Vancouver for Ex Western Jimmy. He has also been notified that he will be required in Nanaimo in the very near future. He has also been able to get rid of his (accident) curse. Just think two weeks without a fall from your bicycle. That about wraps up this weeks in the Det. Until next edition BCNU.



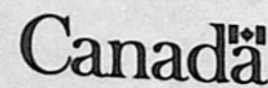
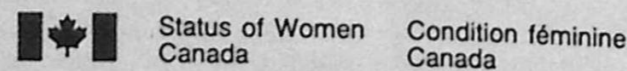
Child Care: Opening New Doors

The availability of quality, affordable and flexible child care is a key to opening up the future for many women in Canada. The Government of Canada has recognized the importance of accessible child care in assuring women's economic equality by introducing The National Child Care Strategy—a balanced mix of program initiatives, offering a

wide range of choices to women who work inside or outside the home. Highlights of the program include: • the addition of 200,000 new child care spaces; • the creation of a \$100 million Child Care Initiatives Fund for developmental projects for child care and special needs groups;

• the increase of the Child Care Expense Deduction from \$2,000 to \$4,000 for children six and under or with special needs; • the phase in of a \$200 supplement to the Child Tax Credit for children six and under. As Minister Responsible for the Status of Women, I invite you to learn how you and your family can benefit from the National Child Care Strategy.

Please write to me: **Barbara McDougall, Minister Responsible for the Status of Women, House of Commons Ottawa, Ontario K1A 0A6**



HOME AND FAMILY

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BASE CHAPLAIN (RC)-Maj J.G.A. Veilleux
CHAPEL-Our Lady of the Sacred Heart (on Base)
OFFICE-Headquarters, Bldg.45, Rm 48, Phone 8274
MASS SCHEDULE:

Saturday - 1900 hours
Sunday 1000 hours
Daily Masses - As announced in the Bulletin, usually at 0900 hrs, except during Lent & Advent at 1900 hrs.

RECONCILIATION -Confessions will be heard before each Mass or upon request. Penitential Celebration are held during the Advent and Lenten Seasons.

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

CATHOLIC WOMENS' LEAGUE-Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:00 p.m. President: Mrs. Mary-Anne Stagg, Phone 338-6214.

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

ST. MICHAELS AND ALL ANGELS PROTESTANT CHAPEL

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

OFFICE-Headquarters, Bldg.45, Rm 48, Phone 8273

SUNDAY WORSHIP-Each Sunday - 1100 hrs.

HOLY COMMUNION-First Sunday of the month.

SUNDAY SCHOOL- 0945 for school aged children (Sep/May). 1100 hrs - pre-schoolers.

NURSERY SERVICES- Provided during Divine Worship for children up to three years of age.

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

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

EASTER SERVICES

GOOD FRIDAY- 1100 hrs.
EASTER SUNRISE SERVICE -0700 hrs at Air Force Beach (Easter Sunday). Followed by breakfast in Chapel Annex.
EASTER HOLY COMMUNION SERVICE - 1100 hrs.

Officers Mess

WEDNESDAYS MARCH 2, 9, 16, 23, 30

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

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

EASTER BRUNCH

PLACE - OFFICERS MESS

TIME - SUNDAY 3 Apr 88 - 1100 to 1300 hrs

MENU

- SEAFOOD CHOWDER
- BAKED HAM WITH PINEAPPLE & RAISIN SAUCE
- SOUTHERN FRIED CHICKEN WITH GRAVY
- EGGS BENEDICT
- FRENCH FRIES - SCALLOPED POTATOES
- BUTTERED MIXED VEGETABLES
- DINNER ROLLS
- COLESLAW - TOSSED SALAD
- ASSORTED DESSERTS
- FRESH FRUIT TRAY
- BREAKFAST MENU WILL ALSO BE AVAILABLE
- COST - ADULTS-\$6 CHILDREN-\$3
- COME OUT & ENJOY
- EASTER EGG HUNT

COMING EVENTS FOR APRIL
7 APR - RCAF ANNIVERSARY MESS DINNER

RESERVATIONS: Please make every effort to make confirmed reservations by the deadline in the calendar. This will not only help us plan the function, but will enable us to give you the service you expect, and which we wish to provide. NO SHOW CHARGE: The policy is now in effect that if a "no-show" occurs, the person making the original reservation will be charged the full cost of the ticket(s). If a member wishes to cancel a reservation, he must inform the Mess Manager at least 24 hours before the start of the function. Those who cannot attend because of unforeseen circumstances are requested to advise the Mess Manager no later than one working day following the function. DRESS STANDARDS: Casual - Shall consist of dress slacks, sport shirt or sweater. Open-toed shoes, with socks, are allowed. Informal - Recommended dress is jacket and tie. The minimum requirement is a well coordinated leisure suit with open-neck shirt or turtleneck with sport jacket and slacks.

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ON AND OFF THE BASE



Supply Signals

Well, it's that time again. Time to tell all about what's happening in the Supply world.

I hear that 1 Supply Group is so into their new warehousing plans, they have even volunteered to work a weekend in which to complete this project. After all, they wouldn't want to impede their excellent grade of service which everyone has come to expect over the years.

But tell me, is this a show of dedication or has Sgt Cameron threatened his personnel with no leave until the project is completed?

Talking about dedication, we now welcome back our five "fully TQ5 trained" corporals. That is, Cpl Luther, Cpl Scribner, Cpl Belanger, Cpl Bulmer and Cpl Lampron.

Congratulations go to Cpl Kevin Luther and Cpl Carl Scribner who came first and second on their course; and to Cpl Belanger who also placed first on her course. I must say, your sense of timing couldn't be better, guys and gal. What with the new fiscal year and our new budget upon us, I'm sure we can make use of your newly acquired expertise and wisdom.

Also, welcome back goes out to both MCpl Snetsinger and Cpl Martin who have returned "to the fold", or should I say "to the flow" of Supply from having "fun" in Calgary. But tell me, boys, how many medals did you get? It's funny, but no one here can say for sure that they saw either of your faces on TV during the coverage of the games. Could it be you were hiding? If so, tell all, was it from the camera crew, the women or just work that you were hiding from?

Talking about hiding. A little birdy whispered in my ear that we have a new grandmother in our midst, even though she may say she's not hiding the fact, she's certainly not broadcasting it. So because of that fact I'll not mention her name...the B Sup O's secretary, you say? Oh well, I didn't mention her name...

On the subject of names, it would seem Supply is keeping Clothing Stores quite busy, keeping up with the orders for the new name tags. It seems we have an epidemic of marriages, never mind a flu epidemic. As far as I know we have: Cpl Christine Couture and Cpl Karen Parrott both having their wedding in May, Cpl M.J. Bourdon will be exchanging vows in June and Pte Caroline Borkent in July. Congratulations to all.

Clothing Stores is also trying desperately to make room for the new environmental uniforms. Who knows, we may be pleasantly surprised and the blue Work Dress may just start appearing on schedule (more on the W/D in next issue).

The way I figure it is that with all the new warehousing going on, it's got to be Supply's devious way to enticing the unsuspecting posted-in personnel...or is it Supply's subtle way of telling us "oldies" our time is up?

By the look of things, between posted-in and posted-out personnel and the normal Supply shuffle, there should be new faces almost everywhere you look. But to our "newly arrived back" personnel, don't get too excited about either the rumours floating around or my next paragraph, because everything is subject to change. I won't mention the fact that we are now on our third amendment.

But so far, here are some of the proposed moves: Cpl Belanger - Clothing Stores, Cpl Luther-LPO Section, Cpl Randall - Customer Services, Pte Houser - General Stores and Pte Boulet moves to R&I/R&D.

That's only the immediate moves. It's anyone's guess after this.

Now, you know, if only we could convince "Uncle Brian" that we all could benefit from an updated computer system. I'm sure our "MUX" personnel would be duly impressed and feel ever so rejuvenated!!

So what do you figure? Will "Uncle Brian" and "Santa" be good to us this year, or will it remain a pipe-dream?

We also say goodbye to Cpl Kathy Segriff who'll be leaving us for CFB London, to Cpl Kim Franke who'll be wearing the Admin Branch insignia soon, and to Cpl Brian Fedchuk who has decided to trade in the military life for civie street.

On 22 June we'll be saying goodbye to MCpl Martine Veldhuizen who's going for a six month tour with the polar bears in Alert and then returning, not to us, but to CFB Cold Lake. Martine, do you think someone is trying to acclimatize you?

A good weekend (3-6 Mar) was had by all the curlers who participated in the Logistics Bonsel held at CFB Esquimalt. Congratulations go to Derrell Sears, Jim Bostock, Dianne Earl and Claire Gagnon for winning the "A" Event and to Ron Pearce, Bill Watts, Al Pryor and Pat Bolton for placing fourth in the "D" Event. The interesting fact to note is, the No. 1 winning team all received microwave ovens; and darned if Supply staff in HQ Bldg suddenly find they have acquired one from their Coffee fund. It would appear some people just can't handle keeping prizes (vice prize money?). For more info on this you'll just have to snoop around and ask questions.

In closing, a word of caution to all you innocent bystanders!! Supply is having a "Scavenger Hunt" 25 Mar. So BEWARE!! Rumour has it they must obey all speed limits and safety rules. Mind you, that remains to be seen.

So keep this in mind when you see Supply's friendly faces going by in a blur, or if you see a Sup Tech who looks like he/she is practicing to be either a "bag lady" or a "Bag man" - no, the world has not come to an end, they're not running for the hills and no, they haven't received their release. They're just out on a Scavenger Hunt!! Happy hunting!



RIPPLES FROM THE BEAVER POND

After a short absence the Beaver Pond will now ripple again. Speaking of which, brings up the topic of the monthly Grade "A" award. It goes this month to none other than the writer of this glorious article, as I so conveniently neglected the composition of our input into the Totem Times. So take that, you little weasel. Honourable mention goes to MWO Jim Howe, who as of this date is the right marker on Porker's Parade.

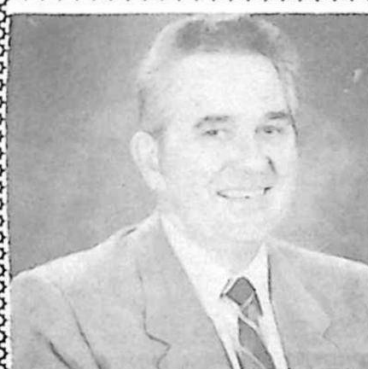
Now on to the more important items. With the coming of every spring and summer comes the possibility of a posting. So far MCpl Chuck Willemsen is off to Friendly Manitoba (1 CEU Winnipeg) and Cpl Herb Nicolas is going to Wild Rose Country (CFB Calgary). It may be coincidence, but I wonder if the Career Manager knows they have both just finished building homes? Good luck to both of you and I hope you enjoy your new jobs.

On the sports side, the CE Hockey Team did not fare so good in the Inter Section Hockey League this year. They place 9th overall for the season.

The final game of the season for CE was a disappointing 14-1 loss to BAMS0. They were playing without the services of 2 of their players who were thrown out for the remainder of the season with only 2 games left. Apparently, our Boss Beaver Maj Andre (The Brute) Coriveau was involved in an altercation on the ice and Derek Craig came off the bench to join this same incident. The question is did Derek come to the aid of the Boss or the Bosses' assailant?

On 6 and 7 May the CE Section will host the 1988 Western Military Engineers Golf Tournament. All past and present Military Engineers are invited to attend. The cost of \$35 per person. Any further info can be obtained by contacting Mr. Al Donovan at loc 8506 or Mr. Keith McKenzie at loc 8271. All entries are to be in by 31 mar to MWO Ron Buck in B109.

That's it for this time but like Mae West once said, "If we keep our customers happy, they will keep us in business." Chimo!!!



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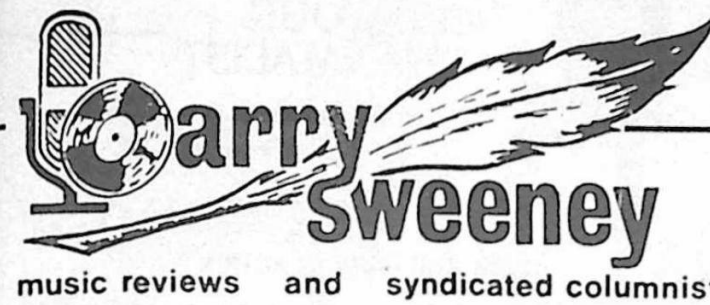
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LIFESTYLE



SWEDISH GROUP "VISITORS" FUELS MINI-INVASION

At this time it might only be described as a mini-invasion but as groups like Lolita Pop and All That Jazz make chart forays, the Visitors have now been added to the list of Swedish-based groups that are establishing a musical beachhead. The music of these groups is melodic, rhythmic, appealing and, perhaps above all else, extremely commercial. Using a combination of easy paced ballads and mainstream pop their music has a certain identity and if one group or artist is able to establish superstar credentials, a la ABBA, the floodgates could open much like it did for the British in the early 1960s.

Visitors, with the right promotional push and breakout single or album, could easily become that group to establish their credentials. Their music is accessible, danceable, listenable and their album "Attention" (Virgin Records VL-3020) is now beginning to launch a chart run. Kicking off the proceedings with "Do Do Do (You Love Her)" the duo of Goran Danielsson and Svante Persson (whom I think are the only members of the group) offer an exceptional track reminiscent of the beauty of ABBA's most commercial recordings. "All Of Your Attention" is a keyboard-laced winner while "Love Like A Mountain" is one of those romantic winners that would be at home on just about any radio format. Solid beat of "Never So Blue" should light up dance floors but it is the chemistry of lyrics/vocals/instrumentation that comes together on "Italian Girl" to make the album highlight.

Album is well produced and should make a very large impact on the music scene on this side of the Atlantic.

TOMLINSON

Michael Tomlinson's "Still Believe" (Attic Records/Cypress CYP903) is an exceptional ten song performance of love songs with Mike's voice and self-penned lyrics set as the focal point.

Mainly ballads and middle-of-the-road tracks with flowing guitar and gentle percussion are the main ingredients. Top tracks include "Highway Rain," "Run With Me" and "Lover of the World."

WALL OF VOODOO

The first thing about Wall of Voodoo's "Happy Planet" (IRS-5997) to grab your attention is the cover photo which depicts the quintessence dressed identially (wearing suits and hats), sitting on stools on a beach fishing into a campfire. Effective and eye catching graphics are only the outside wrappings to a set that features an excellent cover version of the Beach Boys classic "Do It Again," the full blown sound of "Empty Room," "Chains of Luck" and "Country of Man." Music covers a wide spectrum of sound and is appealing throughout. Watch for "Do It Again" to be called for debut release.



Aids Awareness

by JAMES GREIG

EDITOR'S NOTE:

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

My children attending a public school where we know the father of one of the students has AIDS. Are my children not at risk if they are in contact with infected children?

Mrs. J.R., Vancouver, B.C.

Dear Mrs. J.R.: First of all you are assuming that because the father has AIDS his children must be infected. I doubt very much if this is the case.

Even if a member of a household does have AIDS, the likelihood of any other member of the family contracting the disease is very remote unless there has been some sexual contact. Not one case of AIDS has been transmitted by casual contact from parent to child, from child to brother or sister, or from child to parent. There's no danger in sharing bathrooms, food, kit-

chenware, or clothing. There's no risk from hugging, touching, or kissing without the exchange of saliva.

Even if your children's classmates did have AIDS, as long as their contact is casual, they are not at risk. There are only four ways in which the AIDS virus can spread:

...through certain kinds of sexual contact

...through the transfusion of infected blood or blood products.

...through sharing contaminated needles or syringes such as in intravenous drug abuse.

...from an infected mother to her baby before or during the birthing process

Even when a child does have AIDS, parents regularly clean up their children's vomit, blood, feces, and urine and yet not one case of AIDS has been transmitted from child to parent or parent to child (except during pregnancy). You have no reason to fear for your children.

Is there any way I can store my own blood if I need it for future surgery?

David, Toronto, Ont.

Dear David: Your letter indicates that you will be going into surgery very soon so I rather doubt your doctor would want you trying to store your own blood prior to a major operation. Private blood banks have started up in Canada and the U.S. that do provide this service, however, they are generally considered to be capitalizing on the public's FEAR OF AIDS. Storing ones own blood is unnecessary and expensive at a cost of ap-

proximately \$235.00 per unit, plus an annual storage fee of about \$45.00. It is estimated that any chance of contracting the AIDS virus from the carefully-tested blood samples of the Red Cross is less than one in a million. However, if you are adamant about using your own blood I would recommend that you first discuss this with your doctor and then speak to a representative of your local Red Cross. The Red Cross may be able to provide you with the service of storing your own blood for up to 35 days.

Why are hemophiliacs considered a high risk group regarding AIDS?

J.N., Kingston, Ont.

Dear J.N.: Hemophiliacs (bleeders) are not considered a high risk group in Canada, although they are often listed with other groups when AIDS statistics are recorded. In most cases those hemophiliacs that have contracted the AIDS virus have done so through infusions of blood or blood products prior to the initiation of Red Cross screening of all blood donations (Nov 1985).

Hemophilia is an inherited disorder in which a specific blood-clotting agent (protein) is lacking in the blood. Hemophiliacs are treated by replacing the missing factor through infusions taken from blood pooled from donors. There are approximately 3,000 hemophiliacs in Canada and 25,000 in the U.S. JAMES GREIG is a member of the Canadian Public Health Association and the author of the book AIDS: WHAT EVERY RESPONSIBLE CANADIAN SHOULD KNOW.

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HEALTH AND WELL BEING

info
health

Dr. Bob Young



TREATING SENIORS

At one time, I suppose, a disease was a disease, and it did not matter much whether the patient with the disease was eight or 80. Diagnosis and treatment were the same.

Many years ago it became apparent that illness was different in children, and pediatrics emerged as a specialty. More recently geriatric medicine, sometimes called gerontology, has evolved as a special branch of medicine. General practitioners treat all age groups and must keep up with knowledge that applies to old, young, and in between.

An illustration: Diagnosing thyrotoxicosis or an overactive thyroid in a patient middle aged or younger is usually a snap. In a moderately advanced case a doctor will have the diagnosis by the time the patient sits down. Even if the classic signs, known well to every medical student, had not developed, the patient's symptoms generally lead to a prompt diagnosis.

Not so in the elderly. Not only are the classic signs of prominent eyes, tremor, good appetite and overactivity lacking, the symptoms that are present are often vague and can

be too easily attributed to "getting old."

They consist of poor appetite, weight loss, heart failure, abnormal heart rhythm, apathy and depression, among others. Hyperthyroidism in the elderly can be life-threatening as the excessive thyroid hormone forces many body activities to operate at abnormally high levels -- like driving at 70 in low gear.

Other illnesses are "different" in the elderly and doctors must be astute in making a diagnosis. Many of these illnesses (like hyperthyroidism) can be treated and this may significantly improve the quality of life for the elderly. Old age is not a diagnosis.

As in the case of children, drug doses, effects, and side effects are different in the aged. Often a number of medicines are required, and these may not sit happily with each other. A wealth of relatively new knowledge is required by physicians treating seniors if they are to do a good job.

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

Drug
Dependent
Seniors

Chronic drug use is putting seniors into hospitals instead of keeping them out, say B.C.'s naturopathic doctors.

Last year 15 percent of hospital admissions of elderly people resulted from drug poisoning, and this is a result, the doctors say, of seniors being over-prescribed synthetic "wonder drugs."

The average woman over 65 consumes 5.7 prescription drugs and 3.2 over-the-counter drugs every day. Usually they are for heart problems, high blood pressure and joint and muscle pains.

"Side effects are inevitable," says Dr. Brian Vallee, a naturopathic doctor in Vancouver and president of the Association of Naturopathic Physicians of B.C. "They can result in such conditions as painful skin rashes, hallucinations, impotence, liver damage, kidney failure and even death."

"In many cases the pharmaceutical can be beneficial if properly prescribed," Dr. Vallee says. "Unfortunately patients are often over-prescribed, and multiple drug prescriptions can result in complex and dangerous interactions that are difficult to predict and control."

Nine out of ten seniors use prescription drugs in B.C. and last year that cost \$92.7 million - \$299 per person for the year.

Statistics show that even accounting for the increasing number of seniors in the province, the use of drugs is climbing.

Modern medicine is to blame, Dr. Vallee says, for overlooking "natural" remedies that work with less danger of side-effects.

For example, he says that powerful antibiotics are routinely prescribed for colds and flu caused by viruses. Dr. Vallee points out that not only are antibiotics ineffective against viruses, but they can cause undesirable side effects such as skin rashes, psoriasis, diarrhea, stomach aches, fatigue and may also suppress the immune system.

Botanical and nutritional remedies such as garlic, golden seal, echinacea, Vitamin C and zinc are less glamorous than the "wonder drugs," but they are effective when properly prescribed and cost a lot less.

"Natural remedies still have a place, even if we are in an age of high technology," he said.

There are 51 naturopathic doctor sin practice in B.C. and they treat an estimated 100,000 patients a year.

ASK YOUR
PHARMACIST

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

AGING AND DRUG REACTION

As we age, our need for medication usually becomes greater. All of us should make an effort to learn more about medications and their effects and interactions as we grow older.

Your Shoppers Drug Mart pharmacist is an excellent source of information and it's a good idea to make a habit of consulting him or her about all the medications you take, both prescription and non-prescription.

Another problem associated with aging is not realizing that our responses to various drugs change over the years. We shouldn't be surprised when something that "did the job" 10 or 20 years ago either doesn't help at all today or causes problems it never did before.

For example, as kidney function diminishes, a medication may remain in the system longer, or it may build up in tissues and cause an allergic reaction.

Often there's also a problem with failing memory. This may result in patients forgetting to take medication, or doubling-dosing because they forgot they had already taken it.

Studies show the majority of people over 65 see a doctor once every three months. But, not nearly enough of them keep their doctors fully informed about all non-prescription medications they take for self-diagnosed minor complaints.

The most common self-medications used by the elderly are laxatives, antacids, pain killers and cold preparations. While none of these may strike you as important, the combination of aging with increased use of both prescribed and non-prescribed drugs can lead to problems.

Your doctor and pharmacist can serve you well only if they have a clear picture of all the medications you take. Keep aware of your body's condition and be informed about all the medications you take.

COSMETICS CAN BE DRUGS TOO

Cosmetics are part of everyone's daily routine from the newborn's baby powder to grandfather's aftershave. Close to \$500 per household is spent each year in Canada on the purchase of beauty preparations and grooming aids. Many are cosmetics and many, to our surprise, are really drugs.

A cosmetic is a product which cleans, improves or alters the appearance of skin, hair or teeth. Familiar examples include make-up, hair spray, nail polish, toothpaste and soap.

But the beauty product or grooming aid we would classify as a cosmetic becomes a drug when it claims to modify body functions or prevent or treat disease. For example, a deodorant is a cosmetic when it covers body odour; it becomes a drug when a special ingredient is added to deter perspiration.

Whether a grooming product is a drug or cosmetic, regulations under the Food and Drug Act and the Consumer Packaging and Labelling Act require it to carry the ap-

propriate directions, warnings and cautions for safe use.

These instructions are important in protecting your family from injury and illness. You should read and follow them carefully. If you don't understand the messages on a cosmetic product, ask your Shopper Drug Mart pharmacist for help.

Like many other household products, cosmetics are safe and helpful when used as directed, but potentially dangerous to health is misused. For best protection, carefully observe all instructions.

Finally, we all know many cosmetics have pleasing colours and scents. These properties can be attractive to small children, often with tragic results. Children frequently want to eat anything that looks or smells good.

Many cosmetics contain chemicals which can cause serious injury if swallowed. For your young one's sake, keep cosmetic preparations out of their reach.

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

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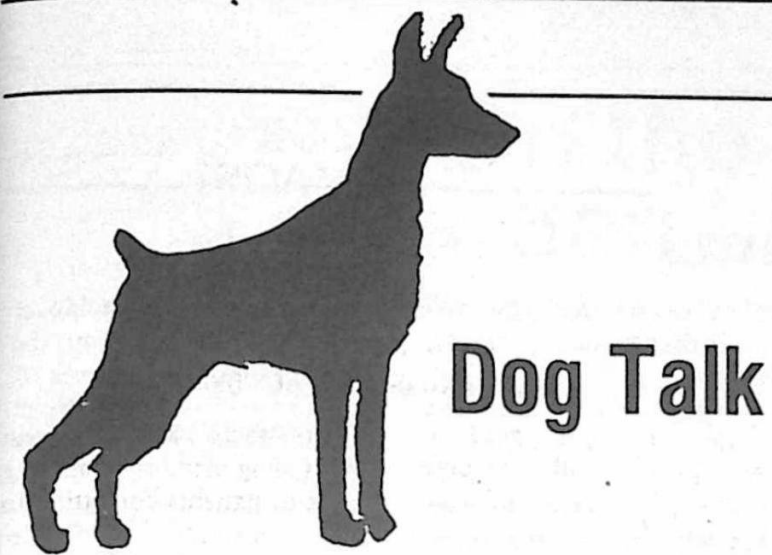
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LIFESTYLE



Dog Talk

PETS DESERVE PEOPLE - NOT ALL PEOPLE DESERVE PETS

This morning I came upon the same Golden Retriever I had come across twice before. He was nosing around between mine and my neighbour's house. He wagged when I called him - usually he spooked and ran away - by now he knew me. He continued to burrow his way under my neighbour's fence. He made it. I called the neighbour. "Look in your back yard," I said, and he hid.

By then the Golden had caught scent of him and had managed to claw his way over the fence to the OTHER neighbour's yard. A few moments later, and he was on my doorstep. Realizing that this was the third time I had "caught" him, this was 8:30 Sunday morning, and the last time I called the Animal Control Officer, he really did not want to come and get the dog (AND THAT IS ANOTHER STORY AND A HALF) I called the number scratched on the tag.

The woman promptly informed me of all of her problems, and that she had paid \$90 in fines already THIS MONTH! I informed her that for \$90 she could have bought the materials to build a fence TWICE OVER! Whereupon she told me she didn't need a lecture and that she was moving in a month anyway! I told her she could pull it up and take it with her.

For those of you who are against my ethics, I am sorry. That's the way it is. I love animals dearly and I get angry when I see a dog running loose, or one tied to a tree with no water bowl in sight, or two dogs breeding on my front lawn. YOU may not realize it, but it is for the best of all concerned if someone, ie the SPCA, the ACO or myself picks up the animal.

For those of you who don't give a damn - who give their animals the "freedom" - you don't deserve to own an animal. For what is "FREEDOM"? Is it the right to run free? Free to breed free to add to the OVERpopulation of the animal world? Free to run free to get hit by a vehicle? Free to pick up and spread deadly infectious viral diseases? Free to get stolen by some weird individuals to use as bait in dog fights? Free to get poisoned by unthinking individuals who leave out antifreeze or rat poison? (And yes, there are some far out individuals such as these in the Valley!)

No, people, THAT IS NOT FREE.

They are free to experience your love. They give it back to you hundred-fold-freely. They valiantly guard what is yours - freely. They lick your comforting hand - of their own free will.

Animals cannot speak for themselves. They rely on us to pick up on their emotions. They cannot tell us when they are hot/cold/hungry/thirsty/lonely/bored/sad/happy or just PLAIN FULL OF IT! But they experience all of these emotions. We just need to learn to read our animals.

Bond with them. They give such love in return.

The SPCA covers 100% of the spay neuter fee should you decide to adopt one of their pets. Watch Channel 10, Sun 11 a.m.

For more information on purebred dogs, contact the Canadian Kennel Club, 2150 Bloor St. W Toronto, Ont. or Susan D. Thompson 339-3025, or Cpl Thompson local 8309. We don't know all the answers, but we're happy to help out if we can!



OPEN HOUSE
APRIL 3 1-4 P.M.
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The fruit trees are coming into bloom in Private back yard. 3 or 4 B/Rm. Quality home with cedar shake roof and enclosed C/P. Close to shopping, schools, a park across street for kids. U/S and built in fridge and bar in family rm. 2 baths. Built in dish washer and nook in bright kitchen. F/P insert in cedar feature wall with French doors to carpeted sundeck. Offers to \$79,900.

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Travel Tips

A CURE FOR GOLD FEVER

BARKERVILLE, B.C. - Gold Fever strikes everyone who visits the Gold Rush country of south-central B.C. and there's only one cure - finding the yellow stuff.

There's still plenty around. It's in the ground, where you can pan it ounce by ounce. Or you can strike it rich, this year, with one lucky draw for an 8¢ ounce ingot valued at about \$30,000 (U.S.).

The gold-rush fever of the 1860s produced instant millionaires and colourful towns in the province's Cariboo-Chilcotin region.

Gold Fever was as large an epidemic in B.C. as in California and Alaska, bringing miners and settlers from North America, Europe and Asia. One of their settlements was Barkerville - 300 miles northeast of Vancouver, 420 miles from Seattle.

Now restored to its original form, the town doesn't just recreate the past. The lifestyles and fun of the 1860s in its 100 reconstructed buildings are everyday life.

Barkerville is a special place in which - for as long as you stay - you're transported back in time. But it's also a place where the past and the present merge.

The town is now a provincial park. The drive from Quesnel, east to Barkerville is along a well travelled paved highway that's also the entranceway into the Bowdron Lakes.

Once you're in Barkerville and you've parked your car or camper outside the town, you walk into a dirt-street, wooden sidewalked living museum.

The town's saloon features a long stand-up bar complete with a magnificent brass foot railing. Your children will love the rootbeer saloon.

You can get a shave and haircut, enjoy a lunch, take a stagecoach ride or pan for gold in the same streams that once brought in prospectors from around the world.

But Barkerville doesn't stand alone as a gold-rush town that can be enjoyed today. Throughout the central Interior of B.C. are towns that grew from the original gold-rush fever and where each celebrates those golden glory days.

In Lillooet, Mile One of the original Cariboo gold-rush trail on the way to Barkerville, they hold camel races because camels were once used to pack supplies.

The Williams Lake Stam-

pede in late June is the largest Rodeo next to the world-famous Calgary Stampede. In Quesnel, Billy Barker Days feature gold panning, gold prizes and river raft races.

As an added bonus, the region has some of the finest fishing lakes and resorts on the continent.

To try your luck for the 86 oz. ingot and 85 other gold prizes, you sign your name and address on an entry-form available FREE at any business in the Cariboo-Chilcotin region

GOLD FEVER STRIKES



676 Kittyhawk Sqn

The 30th Anniversary Annual Inspection of the 676 Kittyhawk Squadron of the Royal Canadian Air Cadets of Sidney, B.C. will be held on the 11th of June 1988. The Reviewing Officer will be the Honourable Robert Rodgers the Lieutenant Governor of B.C.

In addition, on Friday evening of the 10th of June a gala dinner and dance will be held for all ex-squadron members and escorts.

For further information please write to:
676 Reunion
C/O Wendy Poiré
2051 Ardwell Ave
Sidney, B.C.
V8L 2L7

(604) 656-0480 (after 6 p.m.)

OUR NEXT DEADLINE
APRIL 11TH

GREEN GOLD GRANTS

Funding for Forestry Public Awareness Projects
for Non-profit Organizations

Deadline for application: March 31, 1988

Applications and information available from:
Any Ministry of Forest and Lands office,
Government Agent office or
c/o Green Gold Grants
Box 4115, Stn. A, Victoria, B.C., V8X 3X4

Canada



BC

LIFESTYLE



Stamps by Larry McInnis

NEW STAMP ISSUED MAKE 1988 INTERESTING YEAR

My knowledge of dogs is limited to "Isn't he (or she, as appropriate, or even it) cute!" My knowledge of butterflies is even more limited, and I thought wapiti was the name of a train.

I suspect that makes me about average.

If that's a fair assessment, then we're all in for some education in 1988, thanks to Canada Post's stamp-issue program, which is heavy on creatures, for want of a better word.

In fact, it's already begun. On Jan. 18, three stamps were issued showing mammals.

It's an interesting issue for a number of reasons, but let's take the first things first.

The first of the set shows a lynx. No, it's not the car that rivalled the Pinto, but a type of wild pussycat. The second shows a killer whale, and the third a wapiti which, it turns out, is a species of elk.

These stamps are definitives, which means continuous printing. They're to replace the five-year heritage artifacts series.

The values are interesting too. The lynx is a 43-cent stamp, the new rate for mail to the U. S. The whale is a 57-cent stamp, reflecting the new rate for heavier domestic mail. The wapiti is a 74-cent stamp, the overseas rate.

The new domestic rate of 37-cents has already appeared on two definitives issued Dec. 30: one showing a new view of the Parliament Buildings, the other showing Queen Elizabeth II from a 1984 Karsh portrait.

Our education will continue as the year progresses. On June 1, two 37-cent stamps will be devoted to wildlife and habitat conservation.

On July 4, four 37-cent stamps will be issued showing butterflies. Are you ready for this? They'll show the Canadian tiger swallowtail, Macoun's Arctic, northern blue and short-tailed swallowtail.

Quite the names, eh? Wait until you hear about the dogs.

On Aug. 26, four 37-cent stamps will picture dogs: Canadian Eskimo dog, Newfoundland, Nova Scotia duck tolling retriever, Tahltan bear dog.

I haven't seen the designs for the butterflies or the dogs, but I know from reading U.S. surveys about "Stamp(s) of the Year" that issues of blocks (four subjects, four stamps) always win, without exception.

On that basis, if a poll were held at the end of 1988, one or the other issue would be an easy winner -- unless the voters were more interested in Canadian history than animals and insects and cast ballots for the March 17 issue of four 37-cent stamps in the on-going

Exploration series.

The Exploration stamps show Anthony Henday, George Vancouver, Simon Fraser and John Palliser.

Then again, there's the June 17 issue of four 37-cent stamps for Canada Day in the science and technology series. Noted will be the development of kerosene, Marquis wheat, the electron microscope and cobalt therapy.

That's four issues of stamps se-tenant (side-by-side designs). Our education in Canadian wildlife will not yet be complete with the August dog issue.

On Oct. 3, seven low-value

definitives will be issued, the second set in the new mammals definitives series.

Here they are: 1-cent, flying squirrel; 2-cent, porcupine; 3-cent, muskrat; 5-cent, varying hare; 6-cent, red fox; 10-cent, skunk; 25-cent, beaver.

There are other stamps in the 1988 program, of course, such as four of various denominations of Feb. 12, to mark the Calgary Olympics, one to mark the 100th birthday of St. John's, Nfld., one to honour 4-H clubs and even one to honour baseball, plus a few more.

In total, the schedule calls

for 46 stamps for 1988 (including the two issued Dec. 30, 1987).

It seems like a lot, and perhaps it is from a collector's point of view. But 12 are definitives, a high number made necessary by new rates, and four are for Christmas.

The really good news is that there's not a high-value stamp in the lot. The highest values are 74 cents (3), a 57-cent and a

50-cent, which is a holdover from the 1987 program: the May 20 issue, masterpieces of Canadian art, which will depict the painting Le Petit Liseur, by Ozias Leduc.

It looks like a good year.

LETTERS

Letters are invited. Please send enquiries to the writer at P.O. Box 40, Beauharnois, Quebec, J6N 3C1.

OUR NEXT DEADLINE APRIL 11TH

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

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NOTICES

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On the Garden Line

SPRING IN YOUR GARDEN COULD MEAN PAIN IN YOUR BACK

Crocus season is also back pain season, and once again chiropractors in B.C. are the first in the country to cope with the annual onset of injured gardening enthusiasts.

"We see it every year about this time," says Dr. Chris Martin, president of the B.C. Chiropractic Association. "It starts in Victoria and the lower mainland a little bit earlier than elsewhere."

"It's the call of spring and it gets the gardeners first."

Dr. Martin says that a brief poll of area chiropractors has confirmed that spring of 1988 is following the traditional pattern, with a small but noticeable increase in minor back injuries among enthusiastic gardeners.

"After a winter of relative inactivity people are not in the same shape they were when they raked the leaves last Fall," Dr. Martin said, "And yet many of them obviously get out there and get right into digging and other heavy activities without preparing themselves."

Dr. Martin says that a warm-up is essential before any kind of serious physical activity, and suggests some stretching exercises, also to be repeated after the job.

He offers some cautions about specific gardening problem areas :

WHEELBARROWING - Don't start with the heavy jobs; start out with light activity and work up to heavy spading or wheelbarrow work.

WEEDING - Don't remain bent or stooped for extended periods. Vary your position, like changing from one knee to another when kneeling down weeding.

RAKING - Bending is hard on your back so use long-handled tools whenever possible, and change them from one hand to another often. This distributes the load evenly instead of putting all the effort on one side of the body. Don't push or pull when bent over. Keep your head up and back straight.

DIGGING - Use a long-handled spade, and when lifting or pulling upwards, use your legs to take the weight not your back.

Dr. Martin suggests that joint or muscle soreness could respond to rest and ice applied to the sore spot, but if the condition is severe or persists overnight a family chiropractor should be contacted. Dr. Martin points out that chiropractors are the appropriate specialists for spinal-related conditions, and usually get people mobile again quickly.

Drugs and pain killers are not the answer, he said.

Back pain hits up to 30 percent of Canadians at any given time and affects 80 percent of people at some time during their lives. There are 365 members of the B.C. Chiropractic Association and they treat 352,000 patients a year.

BREAST SELF-EXAMINATION TEACHING CLINIC (BSETC)

The Canadian Cancer Society in conjunction with CFB Comox Hospital will hold a BSETC on Saturday April 23, 1988 from 12 - 3:30 p.m.

This clinic is available to all ladies who have access (pass) to the Base.

Nurses in attendance are trained in BSE teaching techniques. The setting is private and confidential. Nurses volunteer their time to this worthy cause. "Invest one hour in your future."

For further information contact Anne Gibbon at 339-0519 or the Canadian Cancer Society at 338-5454.

W.O. & SGT'S MESS WIVES CLUB C.F.B. TRENTON

ATTENTION Members and Former Members of the North & South Side W.O. & Sgt's Mess Wives Club... We are having a 10th Anniversary Reunion on the 15th & 16th of April 1988. A Meet & Greet on the evening of the 15th at the Fireside Lounge at 7:30 P.M. with a Formal Dinner on the 16th in the Main Lounge of the South Side N.C.O.'s Mess with Cocktails at 6:30 and Dinner at 7:00 P.M. All Members and Former Members Welcome. Cost: \$20, reservations by March 25th latest. For more information and R.S.V.P. call Joyce (613) 392-2103, or Murielle (613) 392-0432, or write c/o Box 36, RR2, Carrying Place, Ont. K0K 1L0.

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LIFESTYLE

Sexercise
THE NEW CRAZE

Good morning Vietnam! It's 10°C and sunny out. On the streets you see women out everywhere, walking, jogging and cycling. Carloads of women and children and where are they going? Why to aerobics of course.

As they motor towards the main gate, they feel eyes staring at them like laser beams, as if they've got armed nuclear weapons and Russian soldiers on board. It's my turn; I quickly remind myself about the importance of national security and then pray for a green light. Sorry, out of luck; a finger quickly points towards me and here he comes, "Some identification please." I display my I.D. card with a big, sly grin on my face. Looking disgustedly, he quickly waves me through and hurries back to his station.

The troops move in to the gym, armed with weights and exercise mates. Some are in the weight room now, pumping iron and limbering up on the

exercise bikes. Are these women keen or what?

The music starts thumping and the toes start tapping. They get the beat, catch the fever and away they go - power-walking, jogging, doing fire hydrants, sexercises (pelvic tilts, in case anyone is wondering), weight lifting and working with elastics. They're doing polkas, the monkey, twisting, the swim and you guessed it - Ukranian folk dancing to top it all off. Yes, women pushing themselves to the limit and of course, sometimes we're fortunate enough to have the male genre participating as well. These guys either have a lot of guts - or something else. Maybe they're just really smart.

Up in the Take-A-Break Cafe there can be quite a crowd sometimes; it must be the great tasting coffee, eh guys?

Yes, they can be seen peering down, wide-eyed and truly enjoying their coffee breaks! Just

watching the little bodysuit clad bodies, enable these men to reach their target heart rates. No wonder that gym heats up after a while!

The cool down is on and the fans up in the stands take their last sips of coffee and then start to trickle out. Some have been seen stumbling back to headquarters, trying out the newest in the dirty-dancing techniques. Still, others have been heard humming and whistling to the tune of "Hungry Eyes."

The women fall out, feeling totally rejuvenated. They're ready to take on the world; watch out!

WOS & SGTS
WIVES CLUB

On April 11 at 8:00 in the mess lounge, we will be holding our Spring Fashion Show. It promises to be an impressive showing with fashions being presented by:

- The Club
 - Off-The-Cuff
 - DD's Fashions
 - Ruffles and Lace
 - Unique Petites
 - Comox Men's Wear
- Hair fashions will be done by Makario's.

Tickets are now on sale at \$5 each and you can purchase them from Sandy McLean at 339-2329 or Marilyn Gray at 339-7157.

Canopy Info
Requested

Recently the CFB Comox Air Force Museum received a letter from a Mrs. Mary C. Ford of Terrace, B.C. Her late husband, F/O J.E. Millar, was a pilot in the RCAF in 1956. Both he and Capt Gerry Stubbs disappeared on 22 Mar 1956, in a T-33 Silver Star on a training flight out of Comox. No trace of the aircraft or its two occupants was ever found.

Apparently, A T-33 Canopy had been found in November 1974. Mrs. Ford would appreciate any information as to the whereabouts of this particular T-33 canopy.

To this end, if there is anyone on base, or in the local area, who may possess information as to the whereabouts of this canopy, the CFB Comox Air Force Museum would like to hear from you. Anyone with such information should contact Capt R. deVries at local 8447 at CFB Comox.

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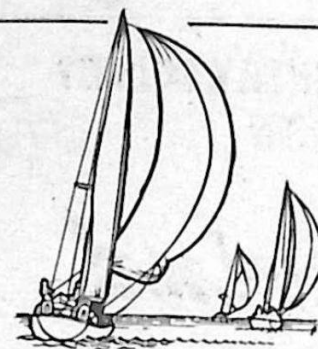
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SPORTS AND RECREATION



SAILING
SPLATTER

First things first! Congratulations to our Commodore in his fight up the ladder through hard work and years of distinguished accomplishments. Lieutenant-Colonel Thomas (effective 1 July) will, in all likelihood, relinquish his post as Commodore when the posting message traffic gets a little heavier.

This past Tuesday the CFB Comox Sailing Club held its annual Spring Meeting. Executive positions were ratified by the membership and this year's dance card of events was announced. The schedule looks something like this:

- 26 Mar Keelboat Cruising Course Dick Ohl 338-5264.
- 9 Apr Dinghy Launch 1000 hrs Dave Nurse 339-6794.
- 1 May Open House 1100-1500 hrs Denny Thomas 339-7280.
- 1 May Keelboat Bottom Paint Bernie Poole 339-7137.
- 2 May Learn to Sail Course Dave Nurse 339-6794.
- 18 May Spring Series Dinghy Racing begins Dave Nurse 339-6794.

- 28 May Spring Cruise Don Thain 339-2346.
- 29 Jun Final Spring Series Race Don Thain 339-2346.
- 2 Jul Moonlight Cruise Terry Small 339-5346.
- 30 Jul Moonlight Cruise Terry Small 339-5346.

Aug Commodore's Rum Race
Sep Fall Cruise
Sep Singlehanded Keelboat Race
Sep Fall Series Racing

Please store this schedule

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away in a handy location for your ready reference. It will undoubtedly make your summer that much easier to plan now that you know what the sailing club is up to.

If you have a specific interest in one of the above mentioned events, please contact the individual responsible. Be aware that courses fill quickly each year so you better hop to it in order not to be excluded from this year's activities. First come, first sail!

Classified

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

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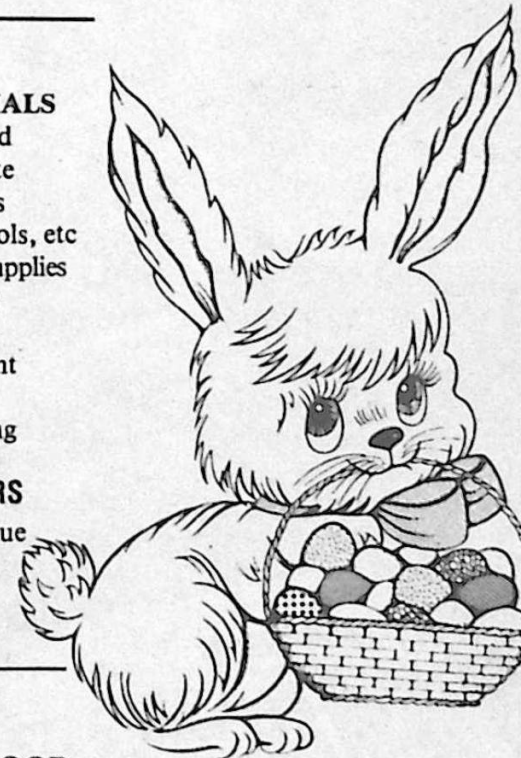
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Cruise Tests Completed

Flight tests of the unarmed, Air Launched Cruise Missile, were completed on 19 and 26 January at the Primrose Lake Evaluation Range near Cold Lake, Alberta. They were the 10th and 11th conducted by the U.S. Air Force in accordance with the 1983 Canada-United States Test and Evaluation Agreement.

'As in previous years, Canadian Forces pilots flew tactical sorties during the tests. "It was excellent practice and an opportunity for our fighter pilots to evaluate the intercept capabilities of the CF-18 against a cruise missile," said Col Dave Kinsman, base commander of CFB Cold Lake, on completion of the 19 Jan flight.

The missiles, built by Boeing were launched over the Beaufort Sea by a B-52 bomber aircraft. They followed a 2,200

kilometre flight-path, than landed on the frozen surface of Primrose Lake.

Commonly described as cigar-shaped, this missile is just over six metres in length, two-thirds of a metre in diameter and weighs 1,429 kilograms. Its sub-sonic cruising speed is about 800 kilometres per hour.

Under the recently renewed Canada-US Test and Evaluation Agreement, the American government is able to request six free-flight missions during the period from 1 Jan to 31 Mar each year and one captive-carry mission at any time during the year.



About The House with Lorry



This recipe comes from Jacquie Symes, and is a favourite of the family. Our Secretary at BAMS0 Mrs. Lindy-Lou Little says it's terrific and it is. My next article will be dessert fondues. Happy Easter everyone and have a nice holiday.

SALMON-LEEK QUICHE

Pastry for 9" pie shell
2 large leeks
2 C salmon, flaked
1 C grated cheddar cheese (strong cheddar gives more flavour)
3 eggs
¼ C milk
fresh parsley, chopped
salt, pepper

Bake pie shell at 400°F for 5 minutes. Remove from oven and lower heat to 375°. Wash leeks, slice thinly and saute in 1 T butter. Flake salmon into pie shell, spread evenly. Cover with leeks and grated cheese. Beat eggs with milk, add salt and pepper. Pour over mixture in pie shell. Top with parsley. Bake at 375°F for 25-35 minutes. Let stand 10 minutes. Serves six.

For a variation use a cup of chopped broccoli (not sauteed) in place of the leeks. (as a broccoli lover I prefer broccoli).

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