



TOTEM TIMES



Canadian Forces Base Comox B.C.

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NEXT DEADLINE MONDAY, MARCH 6, 1989

COST: PRICELESS

442 SQN ANNUAL EXERCISE GREAT SUCCESS

SAREX '89 held in Victoria from 6-10 February proved to be a resounding success both in terms of training value and media coverage. Those masters of disaster Capt Charlie Res-Cue and WO Chuck Clements presented some very realistic scenarios that were handled in a true 442 professional manner.

Over the course of four days Charlie and Chuck blew up a U.S.Coast Guard vessel, crashed a twin seat F-18 but not before the two pilots ejected into the water, crashed a Cessna 172 "Camelion" which changed from white with blue stripes to blue with orange panels half way through the exercise, mangled four perfectly serviceable human beings and threw a senior SARTECH in jail!

At Search HQ Capt Graham Newbold could be found pacing back and forth like an expectant father and Capt Lorne Reid firmly planted at his desk was continually staring at the phone. This may seem to be strange behaviour to the uninformed but these two had just witnessed Charlie Cue leaving

the office with a mischievous grin on his face. This could only mean one thing...trouble, and no doubt in the form of a phone call or six.

These experienced search masters knew that any minute now there would be a call from an irate relative, media personnel or a psychic who was sure the victims were alive and well and living in L.A.

Sometimes the scenarios were a little too realistic. Lt Marc Ouellet was proceeding to his Buffalo in an orderly fashion one morning only to be run down by one of the groundcrew who said Cpl Dave Devries had broken his leg falling off the Buff. Well being the keen young lad that he is, Marc ran across the hangar to the RCMP office and ordered them to call an ambulance; which they did! Well yes you guessed it, this was all part of the exercise and Charlie managed to cancel the ambulance in time. Dave is enjoying a speedy recovery and Marc is still trying to translate Duff and No-Duff.

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Pretty as a picture! Parachutist descends during SAREX89. (Photo by Carrie Friend)...

more photos page 11

FLASH!!! CFB COMOX "WINTER CARNIVAL" SMASHING SUCCESS

What is Pte Caroline Reeve doing waddling across the gym floor with a medicine ball gripped between her legs, bowling pins in either hand, and a baseball mitt on her head? Participating in the 1989 CFB Comox Winter Carnival, of course! This was the Charlie Chaplin event and was just one of many zany competitions held Thursday and Friday, last week.

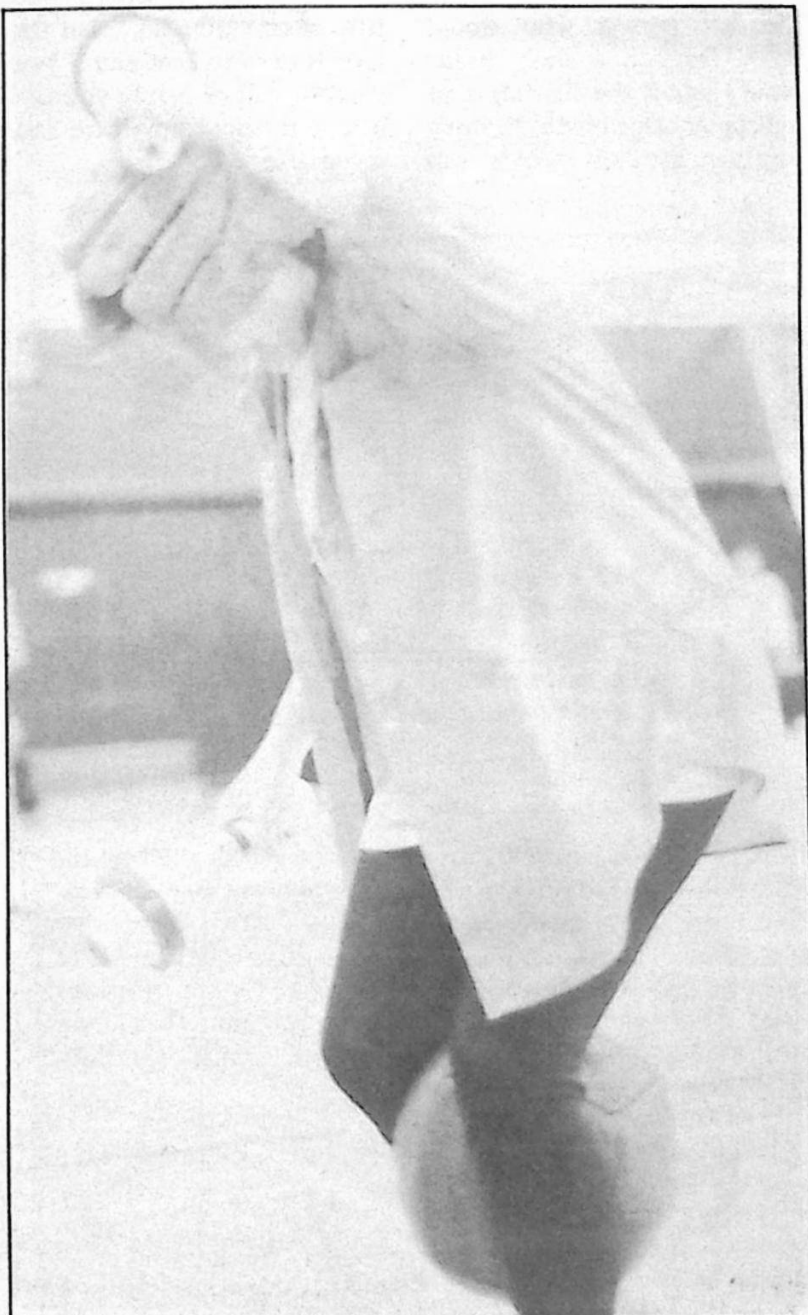
The name of the game was fun and if the multitude of smiles and abundance of laughter were anything to go by the carnival was a smashing success. Along with a great many other base personnel, the Base Commander, Col Gibbon, and Base Chief, CWO Doherty, stumbled, fumbled and slid their way over ice, wood and snow in search of glory. Their stellar efforts led the BAdmO team to an amazing 7th place finish.

On with the games: There were 15 teams entered this year,

which is an excellent turnout, half of each team was inside the arena and half outside in the cold, wet snow. After the first set of games were complete the teams switched places. In the evening the games took to the warmer confines of the JR and WOs & SGTs Messes. What a riot! All competitive tension relaxed and the games proceeded in the true nature of friendly competition and good

sportsmanship. It was noted that for some mysterious reason, the skill level of individual participants seemed to deteriorate over the course of the evening. The cracker relay went extremely well and was hilarious to watch. The relay entailed running, drinking water, eating crackers and then attempting to force out a whistle. Well, this was ex-

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"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE, MONDAY, MARCH 6, 1989—NOON

EDITORIAL

“HELICOPTERS ARE DIFFERENT”

I slunk in the back door of the Officers' Mess at CFB Cold Lake, trying to be as unobtrusive as possible, and made my way quietly to the back bar.

I paid for it and with my head hunched between my narrow shoulders flung sidelong glances about the room as I sipped timidly.

As I turned to look the other way I found myself eye level with the broad shoulders of a barrel-chested man, his wings and squadron patch attesting to his fighter pilot status.

I looked around forlornly for a way out, the sweat beginning to leave large telltale patches under my arms, as I discovered I was now surrounded by a fresh group of fighter pilots vying for space at the bar.

and leaning forward fairly shouted, "What did you say?"

The volume of noise at the bar had by this time risen substantially and in an effort to be done with the conversation and humiliation, my voice tinged with desperation, I shouted back much louder than I intended, "Helicopters!"

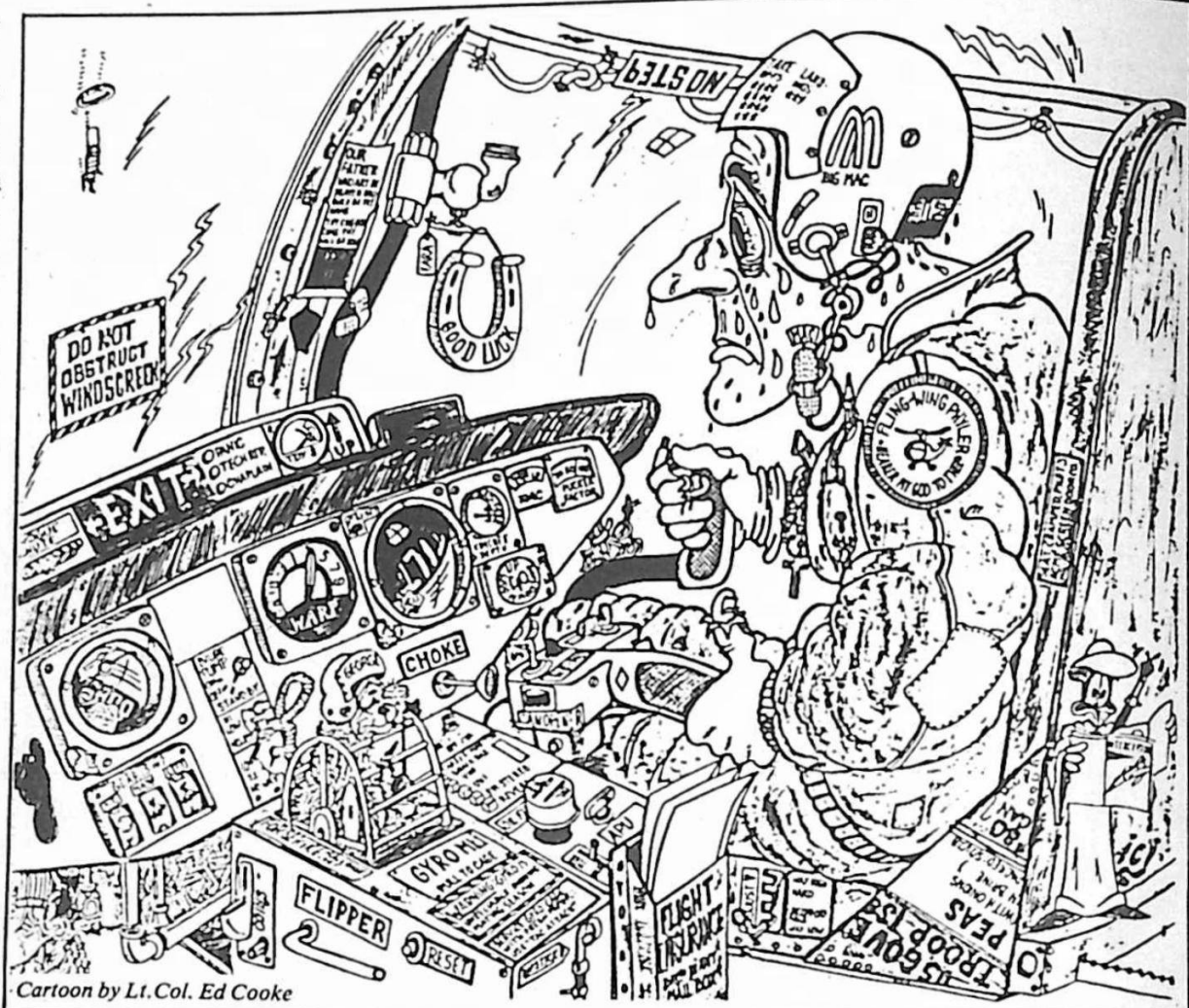
It was at this moment that an unexpected lull in the general conversation occurred and I found my voice alone, echoing from wall to wall, in that room full of fighter pilots.

There was dead silence in the mess as everyone turned to stare; polite, condescending smiles frozen in place. I put my glass of pop down on the bar with some alacrity, accidentally knocking it over and spilling it onto the smirking bartender, and darted for the door.

Okay, I admit this story may be a fabrication but it makes a point. Admittedly one that most readers probably don't care a farthing about.

Helicopter people have often been viewed as second-class citizens in the aircrew community, particularly when compared with that citadel of machismo, the fighter pilot.

Even non-flyers seem to hold to a similar view. Listen to this quote from a supposedly unbiased observer, Harry Reasoner. It refers to pilots but is naturally applicable to all aircrew.



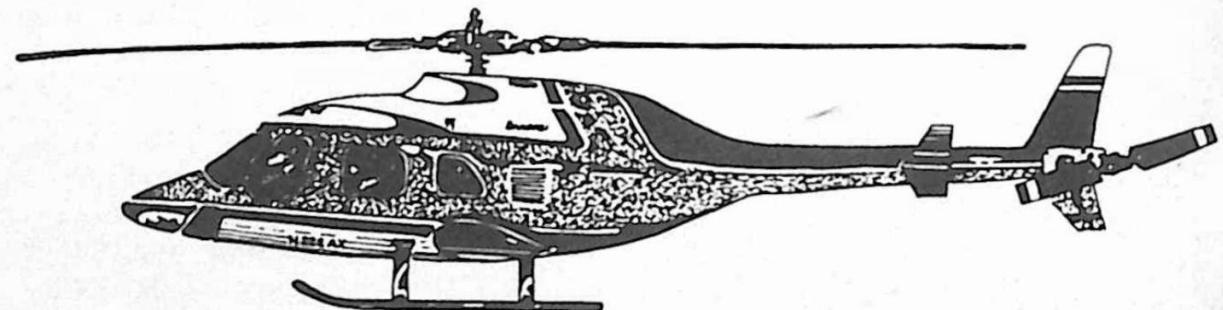
Cartoon by Lt. Col. Ed Cooke

An airplane by its nature wants to fly, and if not interfered with too strongly by unusual events or by a deliberately incompetent pilot, it will fly. A helicopter does not want to fly. It is maintained in the air by a variety of forces and controls working in opposition to each other, and if there is any disturbance in this delicate balance the helicopter stops flying immediately and disastrously.

general, airplane pilots are clear-eyed, buoyant extroverts, and helicopter pilots are brooders, introspective anticipators of trouble. They know if something bad has not happened, it is about to. It does not regard itself as a brooder. I have often been seen, by reputable sources, prancing joyously across the tarmac towards my aircraft.

make you want to throw yourself on the ground, curl into the fetal position, and whisper, "Momma." However, once you get used to the idea you cease to notice them slicing through the air above your head and start to treasure their familiar "wop, wop, wop" sound.

So the bottom line is that I love flying the beasts despite the fighter pilots and others who may regard me as inferior or eccentric. Helicopters are slow, noisy, and vibrate like jello in an earthquake, but the view is hard to beat and if you hear the call of nature you can land just about anywhere and investigate.



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EDITORIAL

COLUMN DRAWS FIRE!

Dear Sir:

In response to the article "Pipe Smoke" of your issue of 09 Feb 89 permit me to submit a rebuff and rebuttal to the author. I have no desire to say anything libellous, defamatory or slanderous beyond those which the author said about himself; therefore I will state my own case.

First my bona fides: I have been qualified as Hunter Safety Instructor in Ontario, Manitoba and in B.C.; as a Conservation and Recreation Education Instructor (which indicates, I believe, a depth of knowledge and experience in hunting, ecology, safety, animal identification and related material as well as an interest in community involvement and service); further, no mere theoretician, I have twice been a competitor at the Armed Forces Small Arms Competition.

Thanks to the attitudes and ignorance evinced in your article the sport of hunting is under threat as much by lack of game as by the anti-hunting fraternity. First of all, hunters are very bad predators. As to the quality of their predation, we tend to pick on the best of the breed rather than culling the worst stock causing a breed-down in terms of sick, weak and crippled animals.

tor are our unwitting allies. Those educated people you ridicule do not make any regulations. It is the people you voted for and elected that make the rules. (Got the hint yet!) If you have poor or incorrect information or even unjustified prejudices it is likely that you will make bad choices in any matter. I for one, if faced with the choice of my double barreled shotgun or goshawks and grouse I would put the gun down if both of the latter were threatened. People who let their dogs run loose in spring kill more fawns and grouse by incidental predation than I or you would by hunting.

If you truly feel wildlife and fish stocks are becoming rarer every day, do something positive about it! Get your butt frozen in a stream, clearing it as part of a salmonid enhancement program. Lobby against poor or even insane environmentally destructive choices. Strengthen the ALR. Insist on improved logging practices. Be a positive role model for younger hunters. Educate the uninformed (yourself first when necessary). Build corrals for elk transplants. Don't shoot predators because that is the first and easiest to do and requires no thought!

had it up to here with people who claim to be hunters, and the only thing that differentiates them from pit-lampers and poachers is the time of day. Think hard on the words of the Spanish philosopher (who said) "One does not hunt in order to kill, but one kills in order to have hunted," if it is not too deep for you.

I like the wilderness experience as much as the taste of venison and I could shoot the deer that eat my roses but prefer to see them there. At another time and place they are fair prey and I extend this to all that live in the wild.....wolves too.... P.S.- Due to the controversial nature of this matter please withhold my name except from anyone who requests direct communication with me.

From the Editor:

There are no references readily available to me that specify the do's and do not's of editorship. So I don't know if I skate on thin ice when I write an editorial critical of views expressed by a regular Totem Times contributor. However, in this particular case, I found the sentiments expressed by Mr. Gerow's column last issue so disturbing and so divergent from my own, both on an emotional and intellectual level, that I felt compelled to reply. This despite a letter to the editor on this very issue.

Gerry Gerow's Pipe Smoke column ranges across a variety

of subjects but he generally sticks close to his favourite topics, the outdoors and hunting. For this reason I find it very difficult to understand his views on wildlife management. As a hunter he should be singularly concerned with maintaining a balanced ecology. He should know that it is a highly complex process whereby every organism, including humans, depends for its existence on a whole host of other organisms. Even now, man is only beginning to probe the depths of understanding in this field. If I am to understand Mr. Gerow, he would abrogate present protection for all predators and so be free to "blow the brains out" of any predators he may run across. This would somehow ensure hunters of an inexhaustible supply of game to kill.

Needless to say, this is a gross oversimplification of what he perceives to be a problem, whatever his moral justification may be. The net result of his plan would probably be very different from what he envisages. Predators play a crucial role in the food chain and in evolution. Whereas hunters take the best of the animals they gun for, predators seek the easiest targets, the weak and unfit. It's harsh but it's the only hope various species have of adapting to the rapidly changing environment. In the end, along with other unexpected consequences, the animals

Mr. Gerow hopes to increase might very well die off, the victims of poor genetic stock. If he really wants to know why many of the animals he hunts are on the decline he need look no further than the barrel of his shotgun or at the destruction of natural habitat around him.

My argument so far avoids the moral and emotional side of this subject where more potent feelings are aroused. I am offended when Mr. Gerow implies that the killing he and other hunters commit in the name of "sport" is somehow more righteous than the killing predators carry out to survive. I also find offense with his notion that if an animal isn't "useful" to man then we ought to give consideration to eliminating it altogether. Maybe I'm just another "bleeding heart" but I don't believe the other animals inhabiting this planet are less important than we are, even if they are "fat and ugly." As the dominant and most intelligent species we should be trying to shape a world where all creatures have an opportunity to live and multiply, not just man. A growing body of evidence suggests the promise of our future depends on it.

If Mr. Gerow wants to see more game around he should give consideration to supporting wildlife organizations, not ridiculing their efforts with arguments that simply don't stand up to any kind of examination.

A BOY AND HIS ART

As editor of the Totem Times I get a lot of mail. It can be both a pain and a pleasure. The more experienced I become at this job the quicker I am to differentiate between the two. Much of it ends up in large

HUMOR A JELLY-BEANS INC. 101988 INC. JOE GREG HUMOR BY GREG R. TIDERINGTON



garbage bins conveniently located a "basketball shot" from my chair. Once in a while something turns up which really piques my attention. A letter and accompanying artwork from Greg Tiderington of Abbotsford, B.C., was a case in point. Somewhat intrigued I wrote back for more information. I hope readers are similarly interested.

Greg is an enterprising fourteen year old who lives to draw. But it was not an easy road to his current ability. He was adopted at a very young age and grew up with many autistic characteristics which he has gradually outgrown. He did not speak till he was four years old and even now admits to "some learning problems." Today he is in a learning disabled class in his junior high school. His mother continues to suffer from a serious illness which hospitalizes her five or six times a year and places a heavier responsibility on Greg's shoulders.

Like most boys Greg has many interests, including trains, UFOs, and computers, but his real love is drawing.

And he loves to draw comics. As the example hints at, one of his mentors is Charles Schulz. Greg hopes to eventually draw for a living and has made an excellent start. He has sold his "comic books" in elementary school for two years. His business acumen extends to the international level with appreciation for currency exchange rates and typical Canadian self-effacement (the comic book sells for 10 cents Canadian and only 5 cents U.S.). He also has a keen awareness of copyright and likes to prominently display the appropriate warnings to those who might transgress the law.

Pursuing an idea recently he wrote to Steven Spielberg who gave him permission to name E.T.'s planet ("Galaxion" for trivia buffs) and to write a sequel to the movie. Spielberg asked Greg to send it to him when it was finished. He very happily complied.

Greg seems to bubble over with enthusiasm for life. His mother says he "talks non-stop" and "spends all his spare time drawing." His father remains very involved with

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both him and his sister, Sarah. His parents' love and encouragement shine through their correspondence and leads

me to believe his future is bright. Good luck Greg and thanks for imparting a little of your vitality to an old cynic.

AROUND THE BASE



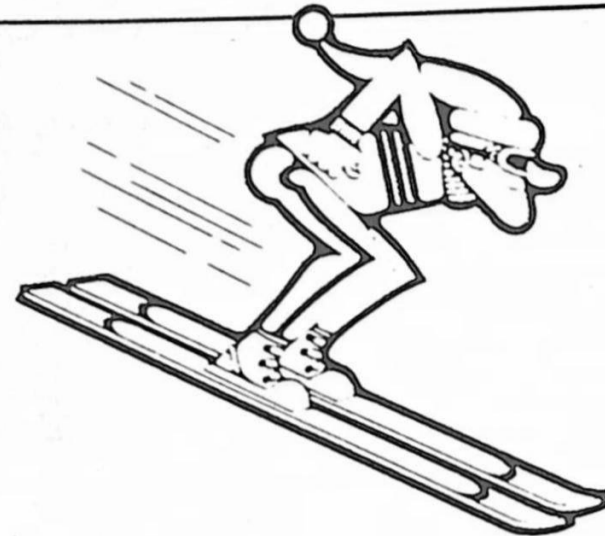
From The Top Rung

COL TED GIBBON

Secondary Duties. What are they all about, who does them and why. When an individual first joins a section or squadron the arrival is normally most welcomed by the people who joined immediately prior so they can unload their initial secondary duties and commence their climb up the ladder towards the top rung. Jobs like "laundry and morale" and all the "deputy" slots are the usual start points that introduce one to those activities necessary to make the organization run smoothly but have no apparent association with one's previous training and primary responsibilities. In fact they have, they are designed to develop your latent entrepreneurship and your appreciation for the additional commitments we all must make to our unique military society. They become building blocks in our professional development and our involvement from drones to the worker bees of our environment. How these duties are performed determines to a large extent the measure of trust and confidence you generate with your superiors and that of course ultimately determines your progress to positions of increasing responsibility, and it occurs at all ranks.

With the exception of those first appointments secondary duties are based on performance, demonstrated talent or declared interest. They are all important and are not designed as make work projects. The rewards are rarely tangible but frequently result in self-satisfaction, personal recognition, improved self-confidence, the development of new, worthwhile and entertaining pastimes while gaining the respect of your peers. Most importantly however, is the contribution you make to the base or community in which you work and live. Where would we be for example, if competent people were not appointed to head up our Recreational facilities, the Recreation Council, and PMQ Council, the Family Support Centre, the Air Force Museum and not to be forgotten, the dreaded Mess Committees. Where would we be if there were no volunteers to fill the executive and working positions associated with these activities, essentially these are secondary duties within a secondary duty. Self imposed secondary duties such as membership in service clubs, fraternal or religious organizations are equally as important and have my support and respect but they do not relieve individuals from their military responsibilities. The trick is to achieve an equitable balance between your primary and secondary duties without jeopardizing performance in any area, always remaining aware that human nature demands that if I have a job to assign I'll seek out a busy person to give it to.

My primary responsibility is to see that all the tasks assigned CFB Comox are accomplished safely and effectively; my secondary duty is to ensure those who respond to the challenges are recognized and rewarded. You can be assured of my diligence towards both these functions.



ODE TO THE SKI CLUB

'Twas the night before Whistler and all through the bus, the excitement was building; it consumed all of us. The ski poles were hung on the rack near the boots, and everyone choked back their howls and their hoots. With some in the bedrooms and the rest on the couch, this is just not the place for your every day grouch.

With Bob in his "jammies" and me in my "shorts, the boys sleeping next door were all snoring and snorts. When out on the hills there arose such a racket, I jumped into my boots and slipped on my ski jacket. The groomers were smoothing the runs with such care, and in just a few hours down them we'd tear.

With reckless abandon we'll scream down the runs, and some of us do it on our skis, not our buns. But then there is Russ, whose motto we dare to repeat to you here is "I can get air." He came over a bump without taking a peek, and came down on not two, but all four of his cheeks. It looked like a yard sale; scattered skis, boots, and poles, and a front end loader to fill in the holes.

Neil was all set with his bowl full of "brecky" to hit them there slopes with a good high speed recce. Karen and Chris came along for the ride, but early each evening they would both seem to hide. We never did figure out what they were doing; 'T is strongly suspected 't was billing and cooing. Ziggy and Chris, another couple of folks, had fun in both languages.bilingual jokes!!

Corinna was finding that ice in big chunks can rip off your ski base in expensive wee hunks. The Gibbons were housed in the executive flat, and cooked so much spaghetti that they made us all fat. The water slide beckoned with ribbons and banners, and with 20 runs each down the tubes came the Tanners. The hot tub was small and our group was so large that the only way in for us all was to barge.

A pair of the girls, Charlene and Pauline, were not quite as timid as first it would seem. They were carefully guided, and went off with a sigh to the PEAK of the mountain; GADZOOKS-a mile high!!!

Then there's Ray the top cop who went speeding downhill; no radar in sight yet he still took a spill. From the PEAK he crouched down and proceeded to hustle, when the snow finally settled he had pulled a leg muscle. He's told all of his troops who work at the gate,

should they stop us some night as we're heading home late, to watch out for the skiers who are still reminiscin', when the cops say to you, "Hey...assume the position"; The ones who crouch down when they leap from their truck, are just some of us skiers going into our "TUCK."

There is much more to tell but I can't get it in; it's so darn hard to write with this....eating grin. There's not room to name all and I'm sure that you're glad, but for those who I did, I hope you're not mad?? So it's off of the bus and as home I now go, to get down on my knees and to pray for more snow.

On Whistler, on Blackcomb, Forbidden and Cain, on Washington, Arrowsmith, there are more I could name. But for now I'll wrap up with a short bit of rhyme, and I'm sure you'll all say it's about bloody time. To all 39 of the skiers who went; you did yourselves proud; it was quite an event. And so wait til next year, I presume we'll repeat, as you'll have to admit it's a heck of a treat.

A parting shot now to the "COLONEL" we love, who takes care of us from his "RUNG" up above. The stories he told us classify as a whopper, and REMEMBER next year we ARE getting a CHOPPER!!

P.S. Here are the "titles" that came out of the group, you may read them aloud, they're an awful nice troop.

- The Gibbons-B Ski O/Anie Past O
- Maj Bodner-B Buck O
- MWO Babin-Ex Ting O
- MWO Bellamy-B Leave O
- Capt Shaw-B Home O
- Capt Gour-B Pill O
- Corinna Miller-Ski Wreck O
- Neil Black-Oat Bran O
- Lt Chung-B Pan O
- Capt Bush & Bokor-Bar Hop O/B Scare O
- Pauline & Charlene-B Brave O
- The Pelletiers-Incog Nit O
- Lt Boucher-B Whiz O
- Lt Melenshuk-B Scream O
- Maj Kightley-Club Pres O (Wing Ding O)
- Capt Pronk-B Fit O
- Craig Cossette-B Jail O
- Craig Gibbs-Import O
- The Tanners-B Slide O
- Lt Jackson-Brub O
- Russ Wreggitt-Head Air O
- Beth & Don-Fon Due O
- Brian Lavigne-B Snilch O
- Sandy Leibelng-B Blonde O
- Ziggy & Chris-P. Break O
- Marthe Bernier-Skinny Ski O
- Lt Auger-B Hush O
- Bob Geub-Leo Tard O

Last but not least is our president "JIM," who was not there in person, but our hearts he was in. Without him to pick on the rest of us shared all the cheap shots he'd got, if only he'd dared. I leave you for now, but before I do go Remember you die hard; Get Busy—THINK SNOW!!!

TAX TIPS HOW TO GET RICH WITH AN RRSP



by Ron Park

How would you like to retire on a half-million dollars -- or more?

You can do it if you put money away each year in a Registered Retirement Savings Plan. How much you end up with depends on how much you put into your RRSP each year, your age, and interest rates.

Assume you contribute \$7,500 a year to an RRSP between age 30 and 65. At an annual compound rate of 10 percent, you will accumulate \$2,032,700 by age 65!

You reach two million dollars with compound interest and by deferring the taxation of the earnings within the plan. You only pay taxes on the plan when it is withdrawn.

By then, you will probably

be retired. Your income may be lower and your taxes on your RRSP withdrawals may be taxed at a correspondingly lower rate.

If you are young, retirement planning may not seem important. But, the younger you are when you start an RRSP, the more valuable your contributions will be, both in terms of tax savings over the years and in compound growth. This will mean security for the future.

If you start an RRSP at age 18 and make an annual contribution of only \$1,000, the plan would grow to almost \$1 million by age 65, assuming an average interest rate of 10 percent.

There is a limit on how much you can contribute to an RRSP. The amount varies according to your earned income and whether you are a member of a company pension plan. Your financial institution and the in-

come tax guide explain the rules.

Not everyone can afford to contribute a substantial amount to an RRSP each year. Depending on your circumstances, borrowing to make a contribution may be a good idea, although the interest on the loan is not tax deductible.

You have until March 1, 1989 to make a contribution to an RRSP which will be deductible from your 1988 income.

If you are considering starting an RRSP, there are numerous plans to choose from. Some plans assess an administration fee annually or impose a charge when you cash out the plan. Some plans pay a fixed rate of interest for a period of years, while others pay daily interest rates which can fluctuate.

Make sure you know the rules before you invest, or ask a Chartered Accountant.



Kathy Kingston, from the CE Roads and Grounds team, smiles as she attacks the snow piling up in front of 1 Hangar last Thursday.

SECTION NEWS



Demon Doins

AIRCREW

The Crew 6 Terminators would like to express their gratitude to Lt Dave Malinski, a pre-Moat Navigator, for his help in testing the SRS prior to take-off on a recent flight. With sonobuoy clutched lovingly to his chest, Dave marched with much pomp and ceremony around the airplane for the better part of five minutes—much to the amazement of the Techs who had not witnessed such a remarkable display since the early days of Paige Cutland. The SRS came up serviceable, though the same could not be said for Mr Malinski.

This world we live in is filled with coincidences and curiosities which cannot be readily explained. Take the case of Capt Mark Wisted and Capt Steve Amo. Here we have two fine gentlemen standing near the runway to watch their good friend Capt Jeff Hill fly a pilot trainer. As Jeff comes in for a touch and go there is an amazing occurrence - a simultaneous malfunction of belt buckles causes the sudden and embarrassing disrobement of the lower extremities of both parties. The two bend over to rectify the situation as Jeff flies overhead. What's even more amazing is the fact that Major Nakonechny, not Jeff, is flying the airplane. Sometimes life is funny.

The Crew 3 Sub Busters recently introduced a female AFIS student to the world of ASW. Approximately five minutes after take-off the individual was spotted modelling the latest in airsickness bags. Following this vivid expression of thought she was ushered to the forward starboard position where she became the proverbial bump on the proverbial log for the remainder of the flight. Unfortunately, this state of being did not desert with the termination of the airborne hours and she had to be taken from the aircraft by trained professionals. It was later confirmed that the young female would recover completely. The doctor involved went out on a limb with his medical opinion that the problem was in all likelihood due to motion sickness, which greatly surprised all concerned.

On a recent deployment to North Island Capt Pete Lipohar upgraded to TacNav, but more importantly the Crew 6 Terminators represented Canada in full combat crud at the Miramar Officers' Club. The American contingent was led by an unusually large specimen named Ogre, whose lack of knowledge was more than compensated for in bulk and a definite shortage of temper. Though heavily out-

weighed in brawn, the Terminators had the definite advantage in grey matter and sobriety, which equated to a convincing victory by the Canadians with only moderate casualties. Congratulations to the team members, V-13, Lips, Montreal, Ravishing, Savvy, Huey, Hacksaw, and &?%'&head, for a job well done.

In our last episode of 'Clash of the Titan Wits on Crew 5,' Rockin' Robbie Fenton had filled Ken Westerveld's grapes with vinegar. I'm sad to report that this exciting serial will be discontinued due to lack of interest and an absence of qualified participants.

Enough said. (Nuff is not a word.)

407 AMCRO

Okay folks here we go again. More totally unbelievable words of wisdom from the world of 407 AMCRO. Where to start??? This time how about the illusive P.J.McAllister (Mr Personality). As was mentioned in last week's article Pete will be taking over the reins of No.1 Crew from WO Roberts. You're getting a good deal I Crew. Enjoy Pete, we'll miss you. Also leaving the section this month is WO Harvey Welsh. Harvey is retiring and will be sorely missed by those of us lucky enough to have had the distinct pleasure of working with him. Good luck in your future endeavours Harvey, remember us.

So much for teary heart felt good byes. Let's have a look at what's been happening on the vacation scene. Starting at the top are Joe T and our dear SAMO who have just returned from an all expense paid, two weeks in Canada's fantasy land, NDHQ Ottawa. Reportedly there are some tears flowing around the squadron lately. One should wonder, are they from joy or despair. On the next rung of our collapsable ladder are Ralf, Marilyn, and last but not least Shirley. Ralf, who unlike most normal people, is taking his winter vacation, not in the sunny south but in the windy city of Winnipeg while attending his Flight Safety course. Marilyn has just returned from a short stint in Seattle where she attended a family bar mitzvah and is now eagerly preparing her wardrobe for a Caribbean cruise. It is rumoured that a fashion expert has been flown in from Hollywood to assist Marilyn. Decisions, decisions—which bathing suit to pack. Shirley, though not on a cruise or vacationing in the windy city, has sparked the interest of this reporter when she mysteriously disappeared early last week (some say to her PMQ) only to

return at week's end with a renewed enthusiasm and vigor. What is your secret Shirley???? Enquiring minds want to know!!!

Another surprise this week came from our very own Rickardo whose quick wit and good humour has astounded this section in the past. Rick (always full of surprises) has of late shown some latent talent. In the not so distant past Rick discovered a new way of riding his chimney of a pesty creosote build-up. Just set it on fire, let it cool and then hit it real hard with a hammer (remember children, don't try this at home). For further info just call Rick the Chimney Sweep or your nearest Fire Department.

To conclude this episode of an AMCRO world let's change some rumours into facts. Just like magic. Sam is posted to Summerside, Anne still may be going to Cool Pool, Rick is still off to Charm School and lastly, Josee is off to Greenwood. See you next time.

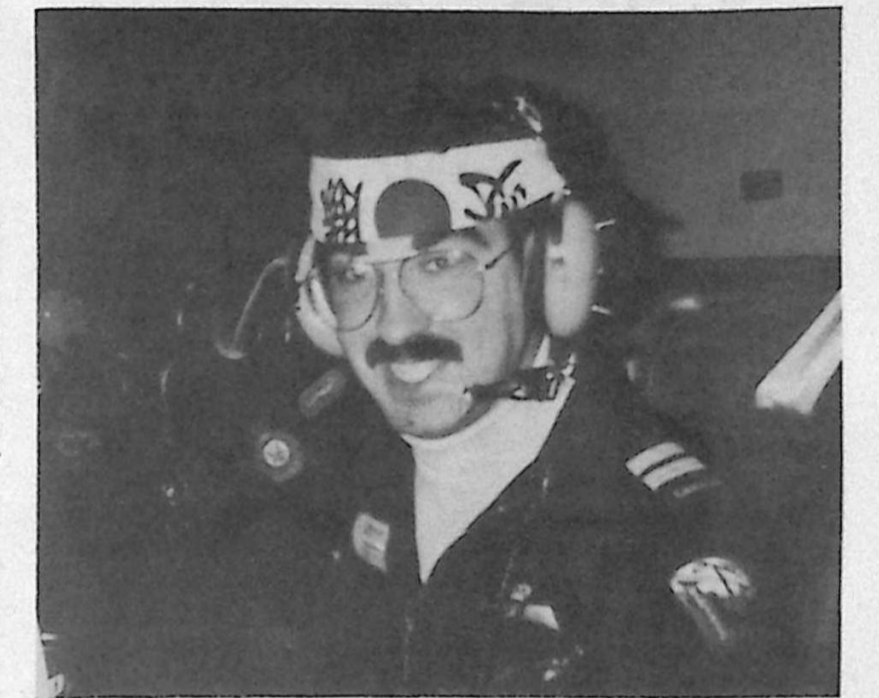
407 GUNPLUMBERS

There's been a lot of activity behind the fence at the Torp Shop lately as contractors tear up the ground and punch holes in buildings. Contrary to information received from the old Zookeeper, this writer believes that a new escape detection system is being installed. This view is supported by the recent installation of a monitor in the ArmPO's office. Their normally quiet reverie has further been disturbed by the noisy neighbours at Bldg 108 as Roger, Tom and Jason lovingly restore those beautiful armament trailers.

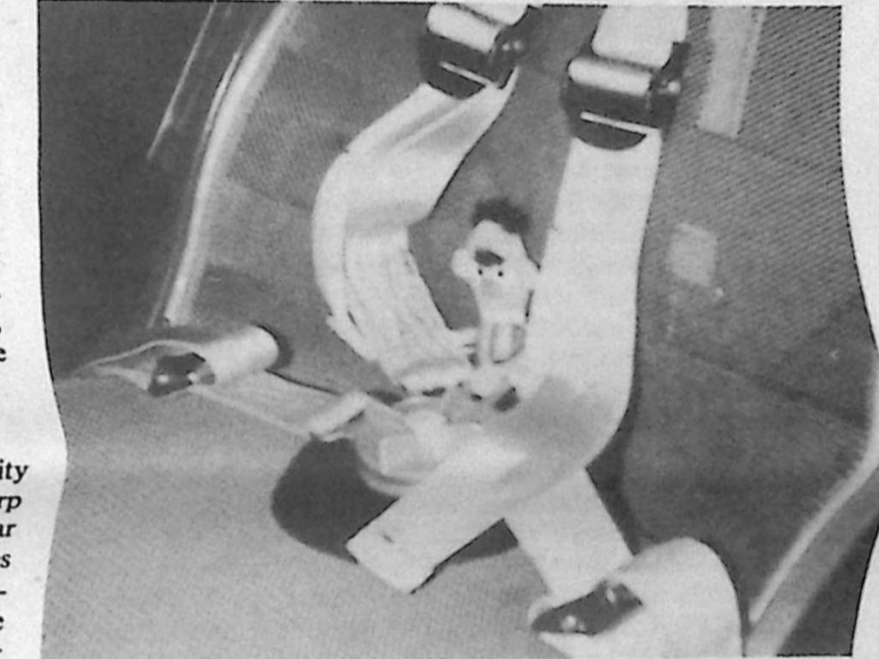
WO Logue's flow chart is almost solidly linked in, and a few more gray hairs have appeared, in anticipation of leave, courses and TD trips for Feb and Mar. Off to Greenwood are Lt Melenchuk and Bob Filgate for Maintenance Management and Ray Michell and Blair Kennedy who will miss Spring this year as they attend the Torpedo Maintenance course. Tom MacInnis and Jean Marc Gagnon head for Boredom on XG/9L. Mitch Kain and Dave Oakes are off to Ten Foot Two in Cool Pool to learn the basics of Hornet keeping, prior to crossing the pond this summer.

In addition to all the above mentioned absenteeism, it is that time of year to select our champions for the annual O'Brien competition. Warrant Logue was recently heard to say, "I'm looking for volunteers for the competition load crew. Hello? Where did everybody go?" Eventually though, a staunch group of *continued on page 6*

"WOULD THE REAL CREW 5 TACNAV PLEASE STAND UP"?



Is it Samurai Tacnav, Capt Paige Cutland, (above) or is it Sesame Street Bert (below)?



From how their crew checks went it must be Bert.

ANNUAL FLIGHT SAFETY BRIEFING COMING SOON



The director of Flight Safety, Col J.F. David shown above and one of his Technical Investigators, LCol T. Humphreys, will be in Comox on 9-10 March for the annual DFS briefing. The team will present a highly informative, and thought provoking slide show and briefing to all Base personnel on the accidents and incidents involving CF aircraft and personnel. Briefing times are 0930 and 1330 on Thursday 9 March and 0800 on Friday 10 March. See your respective Section Heads for the times allocated to your section and make an extra effort to attend one of these important presentations.

SECTION NEWS

BAMSO NEWS



It has been a long and busy two weeks with many interesting things happening. The BAMSO organization joined the 20th century last week when we received a word processor on a two month lease. This machine is courtesy of the needs of the AMIT Team and for this, I thank them many times over. It is so great to finally have something that the rest of the world has had since the late 70s. And to answer the question which has been perplexing BAMSO since the news

of this wonderful acquisition spread, Nicole is not trying to find out the Cadbury secret.

The BAMSO hockey team with some much needed support from BTEL, 407 Sqn, VU 33 and BSUPo played in the CFB Cold Lake BAMEO hockey tournament and were undefeated in the Round Robin competition. Unfortunately, a hot goaltender from Edmonton ruined their day in the semi-finals and despite outshooting Edmonton by an extremely sizeable margin, BAMSO lost by a 3-0 score. Don't worry guys, we'll get them next year!

Winter Carnival was a great success again this year and the BAMSO entry did extremely well until the last events. I don't understand, Team BAMSO, how we can lead for three quarters of the competition and end up in six-

ber "Believe none of what you hear and half of what you see." So if you don't see a friend come Sept, he or she has been posted. Believe me!!

One disappearance we have noticed has been MCpl "Dug" Roblee to AMCR0. Just think "Dug" a desk job after all that field training.

We on 3 Crew are feeling a little squeamish due to the fact we are going through crew chiefs faster than Zsa Zsa goes through husbands. We've given WO Doug Warner to 2 Crew and received WO George MacDonald. It will be nice to have a Scot in charge of the crew again.

We have a few people in never, never valley on course. Eric Bisson on his AE01 course, Al Wessel on his AF course, plus Mark Provencer on his JLC. Speaking of JLC, just back off that weird and wonderful course is Jean "I think I'm strong" Plante. Going away on his song and dance course (POL) is Dave Lamarre.

That's all the news that's fit to print. Remember, keep your ear close to the MWO's office door, but don't be surprised if he opens the door quickly and tells you you're posted. Bye now from 3 Crew. When you want the best, forget the rest.

407 ASO NO. 3 Crew Rumour season is upon us, and they're hot and heavy. Nothing on paper yet! Remem-



George Lemieux was promoted to Corporal on 13 Feb. - Editor's Note: Well done 407 Sqn! Thanks for not sending a "grip and grin." This type of photo is more visually stimulating. It also emphasizes the recipient of the award or promotion and tells us what his jobs.

th??? Perhaps it was the two cigarettes Lt d'Entremont had prior to his Inter-Mess run. Despite our somewhat less than strong finish, I'd like to thank our own Ann Davey for such a fantastic carnival and a word of warning to her; you had better not help 442 Sqn next year as it appears they don't need any help.

One last word for two of our more "senior" members, a Happy Birthday - Fiftieth birthday - to Mike Symes and a Happy Fortieth Birthday to our own blind photographer Gerry Fairbrother.

SAFETY SYSTEMS

Safety Systems is proud to announce the arrival of a bouncing baby TQ3, Roger Belanger. Rumour has it that Bob Frizzell is off to the cool pool this coming summer, grab your mukluks and toque Bob. Dwayne Ditchfield is no sooner arriving than he wants to leave so he put in his release, we'll miss you. Lonny Holloway is back into the kit room after an extended vacation down in 407 servicing, and Randy went down to replace him and bask in the sun with the armchairs down there.

Congratulations to Willy Williams on his recent promotion to WO. Brian O'Caïn also joined in the madhouse in Comox and yearns for the world of fighters again. Many thanks to Percy and Dianne Glanville for the party this year. They put on a good bash with all sorts of growlies and hooch but we just couldn't seem to find Percy's stash of Fosters that he imported from Aussie land. We know you've got one. I guess that's all for now.

FROM THE GATEHOUSE

This island from between the traffic lanes entering CFB Comox controls some of the heaviest traffic per time period, every day, as found in any of Canada's busiest cities. A flow of approximately 2000 vehicles per hour enters and exits the Base, starting before 7 AM and ending about 7:45 AM, and again from 3:15 PM to 4 PM.

Throughout the rest of the day and evening, traffic flows in and out at the rate of 250 vehicles per hour! The weekend flow will at times be the same as a regular work day! Midnight is the quiet period unless 407 or 442 Squadrons are called in or some exercise is on. One young American airman told this scribe when he was here for the exercise last May, he couldn't believe such a heavy traffic flow for such a small airbase.

With a new pass control system, since 1 Sep 88, traffic flow has had to slow down a bit. Please bear with us as contractors and other suppliers and services are signed in and passes issued.

CFB Comox does NOT have an open policy so ALL visitors MUST be signed onto the base to go to the Recreation Centre as well as the messes. Those applying for job interviews must first go to manpower down town before coming on Base. The number who show up looking for work is surprising.

Here are some of the lines we hear most days and evenings and occasionally on the mid-night shift:

"Is this the Powell River

ferry"?

"Where do I get my plane"?

"I'm lost. Where am I"?

"Is this Quadra? I have to pick up my son/daughter."

"How do I get to Quadra"?

Or the most common line of all,

"Where is the airport"?

"I have a package/parcel/letter for the Base Commander. Where do I go"?

"Where is Burrard Air? I have an 8:45 flight to Vancouver."

This was at 8:30 one Sunday morning.

"Where is Kye Bay? How do I get there"?

"I'm going to the Golf course."

"You can't use the main gate anymore sir/madam. You have to use the Knight Road entrance."

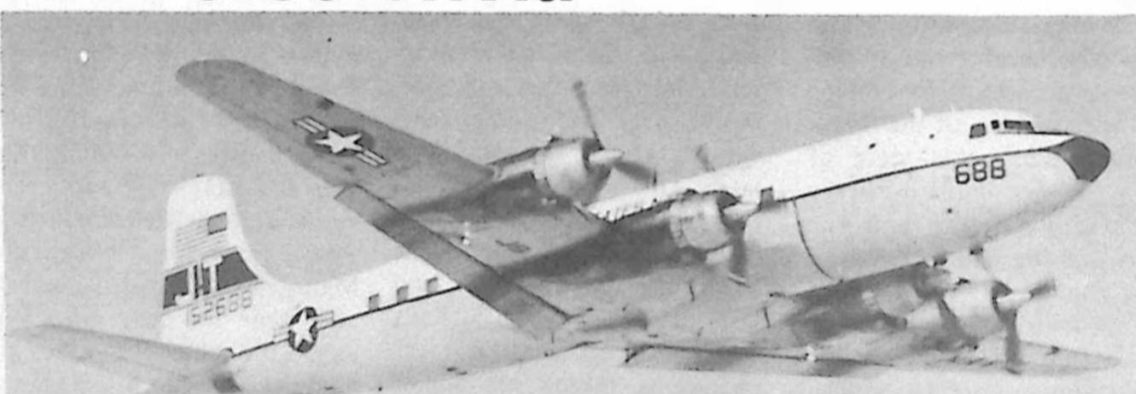
"Where's Knight Rd.?" And so it goes.

On a regular basis we must ask you for your ID cards. Many are most resentful of this but there have often been times military pass vehicles have been loaned to friends and girlfriends who do not have passes for entering the Base! You are stopped too, and advised when your headlights or tail lights are burned out.

Lastly, far too many cyclists are entering the Base illegally during hours of darkness with no lights and some with no lights or reflectors. It can be very dangerous. We notice quite a few near misses, especially in the early morning and evening. But our advice falls on deaf ears. We only hope we never have to write up an accident report.

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



TRIVIA ANSWER: This is a Fleet Air Arm Corsair IV of the Royal Navy. The aircraft has just suffered a fire while on the aircraft carrier HMS ARBITER.

THIS WEEK'S TRIVIA: This should be an easy one, name both the civilian and military transport. One hint, its older sister retires from CAF service next month!

SECTION NEWS

ANKER KLANKIN'



TECHSIDE

VU 33 would like to welcome WO McManus back after a stay in the hospital, we're glad you're feeling better. On the same note, we'd like to wish a speedy recovery to MCpl Meyer, who hopefully will be out of the hospital by the time this is printed.

The Squadron Ski Day has come and gone, for some a mixed blessing. Some of the first time skiers had a good time and some not so good. MCpl Shackleton was sure glad that he has a hot tub after skiing. The "Hoser" says never again. We'll see about that. Personally, I had a great day, new boots sure help the skiing improve and it also helps to ski with someone who keeps you laughing. Now we're all waiting for the next Ski Day. Hint! Hint!

Speaking of skiing and winter sports we come to the Winter Carnival. The Base Commander must have a "friend" upstairs because we sure had the weather for the Carnival. The first part of the events were sure a scramble for good old 33, but we got through it. No one on our team will forget Cpl Dumoulin doing the Skate/Shoe relay, Frank had it all figured out, several times. In the end he literally flew down the ice leaving all his competition far behind. That night at the mess our team started to really get it together, we even managed to come up in the standings. Wait, what's this, we need a skit? Well, we had one, even if I couldn't keep a straight face doing it. Friday proved to be our day, we came up even higher in the standings. Some of us came dressed for outside games and found ourselves pretty "hot." There are some parts I'll never forget about that day, for one I never knew I could saw so well and for another I'll never ride a 2 x 4 again, ouch. Maybe that's why I sawed it up so quick. All in all we came in fifth which makes us happy. Congratulations to 442 Sqn for their placing of first and second.

The career managers have come and gone leaving everyone with dazed looks on their faces. The rumour mill is churning but no firm postings were promised. It looks like everyone is staying except for Capt Cuthbert who is trying desperately to get to Yellowknife (we don't know why either) and Capt Chaulk who is going to join the real world in the summer. Good luck to both of you.

VU 33 held one of their ski days recently at Mount Washington. The weather was ideal and everyone had a great time with no broken bones being reported although some people were seen walking fairly crooked the next few days. I guess that a little bit of snow isn't too bad after all.



Supply Signals

Hi everyone! This time our news and gossip tidbits are coming from your friendly Clothing Stores staff. As you have probably noticed we are still in the process of renovation. The new binning is up and hope to have a new counter, carpets and furniture in the reception area in the near future. Upon completion we hope we will be able to provide a more efficient service to Base personnel in a much improved and relaxed atmosphere.

A little info on current situations in regards to DEU, name tags and flying clothing. Our Air Force sweaters are arriving on schedule with sizes 34, 36, and 44 to 48 presently in stock, with sizes 38, 40 and 42 enroute from the depot and hope to be here by the end of Feb. If we have your size now, all you have to do is come to the rear entrance of Bldg 16 and Cpl Vandervoort will

gladly see that you receive your issue as soon as possible. Upon receipt of other sizes, there will be a section coordinated issue.

Plastic, blue, name tags are compulsory as of 1 Feb 89 and are available on a "pay first basis" at Clothing Stores. Cost is \$2 each and delivery is approximately two weeks. New green flying suits and jackets are starting to arrive from our depots and we will gladly answer any questions you may have on the availability. There are a number of individuals who have items of clothing which were demanded specifically for them, who have yet to pick up same. The list is in WROs so please pick up soonest.

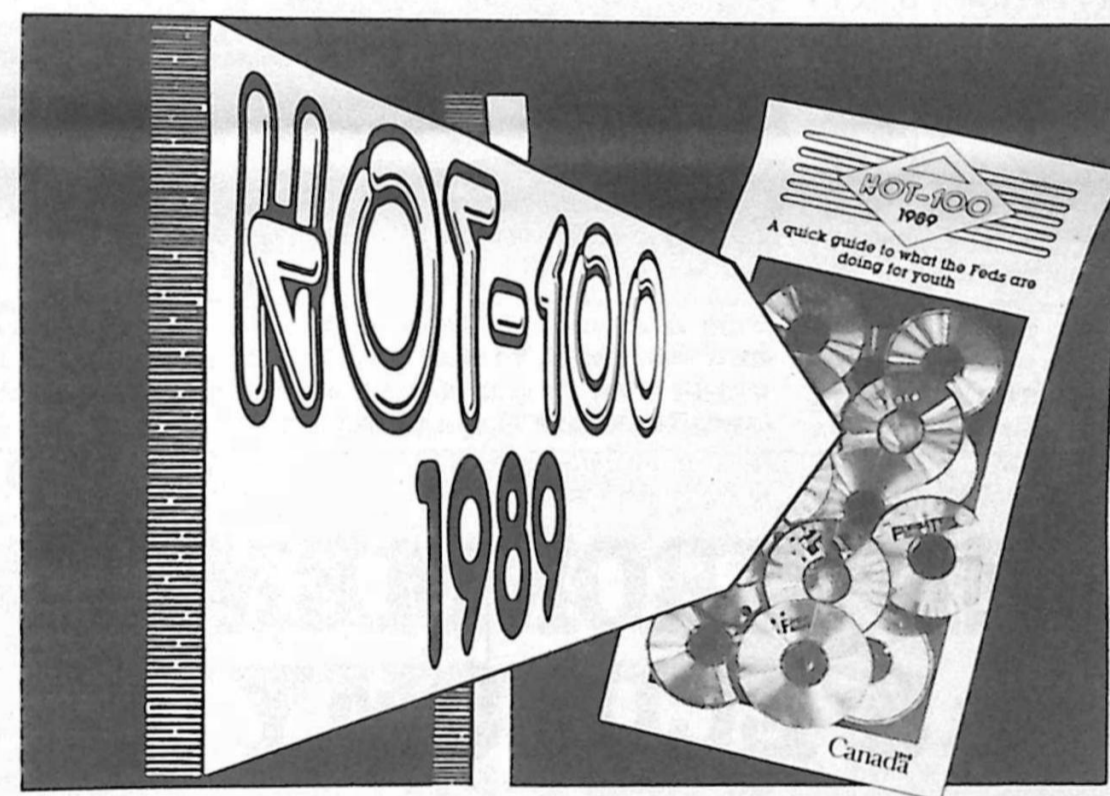
On to some Base Supply news. Cpl Belanger will have left for the Sinai by this time, so we wish her all the best and hope her six month tour is a

pleasant one. The Base Supply Ski Day is fast approaching and soon we'll all be having a great time swishing down the slopes.

The line up for the MCpl position in 3 Supply Group is getting longer as MS Scott's departure for the Golan Heights draws near. News has it that all our Sup Techs on course are doing fine and will be back to the fold soon. Cpl K. Verge (Teddy Tuxpin) can't wait until Shelly gets back to get some good home cooking. Kraft dinner just doesn't cut it anymore!

We had news that a recent departure from CFB Comox, Cpl L. Bucey is tying the knot in CFB Chilliwack in the near future.

Not much more news so we'll say so long for now and hope to keep you all happy with friendly service and a smiling face.



Canadian Youth... Free pointers for your future.

We have a new 1989 edition of the Hot-100, a booklet that's filled with information to help you plan your future.

The Hot-100 has details on more than 100 Government of Canada programs and services for young people. It tells you who each program is aimed at, what it's about, and who to get in touch with to find out more.

The Hot-100 can help with finding, keeping or changing jobs; getting into or through school; travelling in and outside Canada; maintaining health and fitness; and coping with personal problems.

We know you will find this booklet very useful. Please write for your free copy or just complete and send this coupon.

Please send me a copy of the Hot-100

NAME _____

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Mail to: The Honorable Jean J. Charest
Minister of State for Youth
Hot-100
140 Promenade du Portage
Ottawa-Hull K1A 0J9

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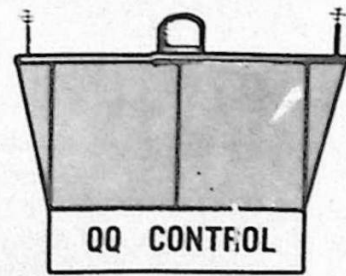
- VICTORIA WINNIPEG TORONTO GREENWOOD
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tom procter

RE/MAX ocean pacific realty
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off: 339-2021 res: 339-2668



SECTION NEWS



As The Beacon Turns

The past two weeks have been a definite change from the norm. You see, I have just finished working virtually every day of those two weeks with MCpl John Moss. I have endured the worst jokes, and suffered through some of the driest humour known to mankind. John has been qualifying in the traffic director position, which means he has plenty of spare time to impose himself and his abnormal humour on the rest of us.

Now, I wouldn't want the other MCpl Moss in our section to feel as though I've forgotten about her. Heather is already 7 months pregnant and is expecting in April. Moss grows fast.

You've all heard people brag before about famous sports heroes from their hometown. Well, we at Air Traffic Control have our own superstar. It's all-star hockey great, Ted Norrie. This latest acknowledgement comes in the wake of his recent on-ice action photo in a rival local paper.

The Base has just wrapped up the annual Winter Carnival with our team capturing 12th spot. I'm convinced we lost some serious ground in the

standings on the pool ball roll. I didn't see the skit performed on Thursday night, but I heard Andre Lafontaine does a remarkable imitation of an Aurora landing.

This year's section Bowling party was another successful venture for the entertainment staff. Feedback from the participants has all been positive and hopefully we can have more than one a year.

Congratulations to 2Lt Marie-Claude Carre on her qualification as a Tower Controller. She's obviously well past the "cleared take-off, check gear down" stage.

This article wouldn't be complete without a quick report from the Sports Department. Coach Tom Banks is back behind the bench again after serving his suspension for jumping higher and yelling louder than any other coach in Intersection League history. Base Ops is still in second place in the standings by a slim margin. We're off to Vancouver for the Vancouver Area Control Centre Tournament, which means both league games are cancelled for the week.

RIPPLES FROM THE BEAVER POND



It seems that people see me coming with my little white file folder and have the tendency to "Clam Up." Not nice. I need input constantly as not much happens sometimes between issues.

Come 1 April, Boss Beaver will be conducting a "cabinet" shuffle. Capt Tom Esler will be Plan O, Capt Mel Clisby to Requirements O, MWO Cec Perry will be Prod O, Sgt Rick Fisher will be the new Prod Supt and the Snake will get back into the mainstream of life as Contracts Supvr. I expect input from you in the future WO Annesley.

The CE/Firehall Hockey Team ended its two game winning streak with a humiliating loss to VU 33 BTelO, 10-5 on 15 Feb. Pretty good guys, 5 wins out of the last 7 games. Keep up the good work.

On the travelling scene we have Capt Clisby, Keith MacKenzie and Steve Eggiman off to represent us at the Beaverspiel in Chilliwack 17-19 Feb. Cpl Lucien Gravelle will be attending his JLC soon and Jake Crawford will be taking a short vacation in Florida where he may be starring in an upcoming episode of Miami Vice.

It's pay back time Jason and the only question I have is where is your piece of paper? Either put it in or quit whining. If not, we'll have to do lunch and discuss this highly sophisticated matter in great detail. I wait for your rebuttal. Also, I might add that Jason has started smoking again and it must have affected his brain as he has lost the capacity to throw insults at anyone.

All this cold weather is keeping our Plumbing & Heating Shops hopping, with all the popping water lines and busted furnaces. Considerable water damage has been done to buildings in Quadra from lines bursting behind walls and fixtures cracking. Keep up the good work guys. Ian Bowie is hoping all this cold weather will make all the Easterners homesick and they'll all go home.

The Staff Assistance Visit has come and gone and it seems all Sections have gotten excellent report cards. Well done!! In closing I would like to mention that Norm Rowland has finally solved the case of "The Missing Mother-In-Law." Talk to Norm for any further information.

Bye for now.

HAPPY BIRTHDAY LOGISTICS

The formation of a single branch comprising of Transportation, Supply, Finance and Food Services is unique to the Canadian Forces. The Logistics Branch formation or birthday is recognized as 1 February 1968, the date the Canadian Forces Reorganization Act was proclaimed. Each of the former single service logistic components were integrated to form the Logistics Branch.

The origin of the word Logistics comes from the Greek "logistilos" from which the Latin "Logisticus" is derived; both meaning calculation or reasoning in the mathematical sense. The modern word Logistics has two meanings, one being the original "to reason mathematically," the second is the military term (now used in civilian practice as well).

Motto: The motto by which logisticians are inspired is "SERVITIUM NULLI SECUNDUS." Translated the inscription means "Service Second to None." The key word is "Service." Logisticians provide "Service" in terms of materiel, personnel, facilities and services to all other persons in the Canadian Forces. "Second to None" means that Canadian logisticians provide "Service" better than any other military logisticians in the world. This is not an idle boast. The

Canadian Forces have earned international recognition as professionals in the field of logistics particularly through United Nations commitments in the Middle East.

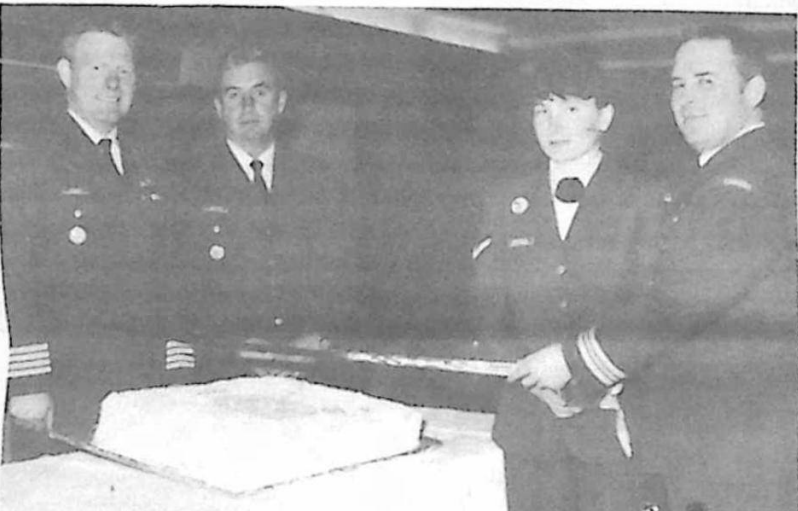
Symbol: The symbol of the Logistics Branch, contained in the centre of our badge is two interlocking chain links. This denotes the strength in the support provided to the operational elements of the Canadian Forces by the united logistics disciplines.

Now that we have given you our origin, motto and symbol, in celebration of our 21st birthday, Logisticians gathered at the Jr Ranks Mess to share old war stories and imbibe in a dram or two of sustenance. There were over 100 in attendance with the Base Commander, Col Gibbon, and the Base

Chief, CWO Doherty, as our guests of honour. Major Fisher, BTnO, our senior logisticians, read a message from the Colonel Commandant and Branch Advisor, the Branch March was played and a toast was offered to the Branch. Col Gibbon was asked to say a few words and the ceremonial cutting of the cake took place. Assisting Major Fisher was the Jr Logisticians, Pte Anderson, from base Supply.

A well done to the organizing committee, MWO Smith, PO Higdon, WO Harper, PO Chimko and Sgt Hodges.

From all areas of the Logistics Branch we would like to thank all Base organizations for their support and would hope that we fulfill our motto, "SERVITIUM NULLI SECUNDUS."



Shown above are Maj Fisher and Pte Anderson, Sr and Jr Logisticians respectively, wielding the sword to cut the 21st birthday cake. Awaiting anxiously for the first piece of cake to be served is Col Gibbon and CWO Doherty. Rumour has it the cake had minimal B.M.I.s.

ENVIRONMENT & ECONOMY

The Provincial Government recently appointed a provincial Task Force on the Environment & Economy to advise on ways to foster and promote environmentally sustainable economic development.

The Task Force will make recommendations to government in several vital areas, including:

- ▶ Establishing a permanent forum of public and private sector decision makers to advise on the integration of environmental management and economic development
- ▶ Developing a provincial Conservation Strategy aimed at long term environmental protection and effective resource use
- ▶ Promoting understanding of the bond between the environment and economy through environmental education

The Task Force welcomes written briefs and submissions from individuals and organizations interested in environmental and economic sustainability.

Deadline for submissions is March 30, 1989.

For information on procedures for making a submission write to:

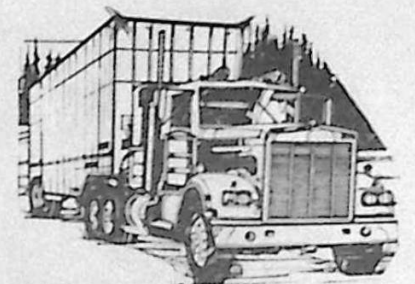
British Columbia Task Force on Environment & Economy
c/o Cabinet Secretariat
Parliament Buildings,
Victoria, B.C. V8V 1X4
or phone: 387-0783.

SECTION NEWS

From The Fire Chief's Office



TRUCKIN' TALES



Recently the Fire Hall personnel took an orientation trip to the Canadian Forces Engineering School based at CFB Chilliwack. We began with an introductory presentation and history of the C.E. trade. From there we were given tours of individual engineering trades with explanations on job descriptions, training and the requirements personnel must achieve during their trade career courses.

During the DAT we viewed trades such as drafting, refrigeration, electrical, structural, heating, plumbing, water & sewage distribution, E.G.S. and lastly combat engineers.

With this information and understanding of these trades, we will be able to handle affairs such as trouble calls more efficiently.

Also with the excellent reconnaissance of the first group, the second group were able to accomplish their objective with the same results.

There are two nagging questions remaining. What happened in 1610? And where's the pizza?

Teeb can answer the first one, the second is still a mystery.

Special thanks go to all those involved in the organization, and to the Engineering School personnel for their hospitality and time.

Smoke Detection for the home

Smoke kills people

Smoke causes the majority of fire-related deaths. Hot flames are low on the list of killers during a fire. Smoke contains deadly killer gases such as carbon monoxide and, when smoke is produced, life-sustaining oxygen is consumed.

Most fire victims die from these factors, frequently before they are awakened. In many fires, extinguished in early stages, people have been found dead of smoke inhalation without having suffered any skin burns. Smoke alarms can alert the occupants in these early stages of a fire while conditions are such that a safe evacuation is still possible.

How do smoke alarms work?

Smoke alarms work by sensing the rising smoke from a fire and sounding an alarm. They can detect smoke far from the origin of the fire. Smoke alarms are most valuable at night, alerting family members to the presence of fire when they are asleep. There are at present basically two types of smoke alarms on the market—the photo-electric

type and the ionization chamber type.

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

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

Does the radioactive source in the ionization type present any health hazard?

None whatsoever! Generally the average background radiation level in a home will far exceed any radiation from a smoke detector. When americium 241, the radioactive substance, is used in smoke detectors it is in a form of americium oxide, usually not larger than a grain of salt, bonded to a gold alloy. In this form it is biologically extremely inert. It is therefore totally wrong to think that the source could be dangerous if ingested, inhaled or handled with bare hands. When one considers the remoteness of the possibility of someone breaking open a smoke alarm unit, and swallowing the source, the radiation risk is microscopic and is invisible in comparison to the protection offered by such units.

Which is better, the photo-electric or the ionization type?

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

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

How many smoke alarms do I need?

For minimum protection,

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

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

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

Why?

Once a fire has started, it spreads rapidly. You may have only seconds to get out.

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

Identify escape routes

- * Plan two exits from every room. Second-storey windows may need a rope or chain ladder to enable occupants to escape safely.
- * Choose a meeting place outside the home so you'll know everyone has escaped.

Practise escaping

Practise allows you to test your plan before a real emergency. You may not be able to reach your children! It is important that they know exactly what to do.

What do I do if the alarm goes off?

- * Do not waste time getting dressed or gathering valuables.
- * Follow the pre-arranged escape plan and get out of the house.
- * Call the fire department from a neighbour's house, not from the fire scene.
- * Once outside, go to the meeting place established in your plan.
- * Do not re-enter the house until the fire is out and the smoke has cleared.

Facts

- * Careless use of smoking materials is the greatest single cause of deaths by fire.
- * Over 40 percent of accidental fire victims are asleep at the time of fire.
- * 75 percent of the fire fatalities occur in residential fires.

Let's start this issue by thanking all the personnel from SPV for the hard work they put in during these last few days. We take for granted the fact that without them everything would be at a standstill. Good show!

Thursday and Friday were excellent days for a winter carnival. For once, we could smooch on snow. The only thing missing was a snowman competition. The evening activities will probably be the most talked about but don't forget to put 3 crackers in your mouth first.

Traffic Section put on a tasteful skit as to the importance of cigarettes in our life and on Friday, as the day's competition went by, we could see that the section was maintaining its position. Although some of us could not hit a nail or mount a 2 x 4, we placed third. The last event, the inter-base relay, will be a memorable one for LS Darrell MacKay who was pulled out of the little boys' room so that the hockey gear could be put on him. I wonder what made him catch up to the first runner and why he disappeared once he reached the JRM.

The closing ceremonies were well enjoyed by everyone and the DJ for the evening kept us all dancing. A good time was had by all. Thanks to the organizational skills of the Committee members for the event. Good show!!!

Once again in the never ending saga of Navy vs Air Force, the Marine Section sends its regards.

Since our last gracing of the Totem Times, several interesting items have taken place down here at the Marine Section.

First and foremost we have finally got a boat that will go faster than the GENIE, it is called a Jet Boat, and our two

trained Coxswains, LS Darrell MacKay and LS "Sherm" Potter have been going out of their way to prove the new craft will leave the F-18s in their wake! This boat is used to pick up the survivors, of the para sail operations, out of the water. It is highly manoeuvrable and has no real draught to speak of which enables marine rescue personnel to get to points around the cape that were until now inaccessible, which greatly enhances our rescue capabilities. Anybody feel safer now?

LS Potter has run his first water safety course and we are happy to say there were no casualties. This course is designed primarily to instruct people in boating safety. The course itself covers basic navigation, boat handling, trouble shooting and safety in and around the vessel. The course is open to military personnel and is well worth your while if you are a boater. There will be a list coming out in Routine Orders as to the dates these courses will be run if you are interested, we strongly encourage you to sign up for it.

We have a couple of new members who have just recently joined us. MS Steve Gailbraith and LS Stewart Jackson both have been posted here from the West Coast Grey Funnel Line Esquimalt. PO2 Bob Morris is leaving us on the 14 April for Terra Nova with a quick 6 month stopover in Halifax for a small math course. Bob is still negotiating for a room at the Hotel Nova Scotia.

That's about it for another watch. I'll leave you with the naval jargon. Question this issue: What does it mean when a blurry eyed sailor comes up to you and asks if you have any "ticklers"? Answer next issue.

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The Canadian Armed Forces RESERVES

SECTION NEWS



442 SQUADRON

Once again, supremacy reigns at 442 Sqn.

At the 2nd annual CFB Comox Winter Carnival last week, 442 Sqn's No. 2 team took top honours, defeating 14 other inter-section teams to claim the Base Commander's Trophy. The Sqn's No.1 team finished a close second.

The 2-day celebration included events such as puck curling (Jim Diamond's specialty), shoe/skate race (Jim Larroque's favourite event), cracker whistle (Robyn May's forte) and log relays (Dave Paquette's special talent).

As well as staunchly competing against other squadron and section teams, the two 442 Sqn teams bathed in a friendly glow of rivalry as the carnival progressed.

After the opening ceremonies (there really weren't any, but if the Winter Olympics can have them, so can Comox. Let's just say they were overlooked.) the individual teams were divided with six members competing in the arena and four members in the parking lot. Athletes of all shapes and sizes embarrassed and humiliated themselves and their teammates on inner tubes, 2x4 skis and skates.

Evening events at the Jr Ranks and Sr NCOs messes included the cracker whistle, blind darts, cigarette package toss and finally the team skits.

Although Hollywood and Broadway have nothing to worry about, most skits exhibited some degree of comic relief and originality.

Friday morning saw the teams trying their hands (or mouths as the case may be) at the spoon and ping pong ball relay, golf putting, basketball toss and Charlie Chaplin walk relay.

After a "quick" lunch at a local pub the 442 Sqn teams made their way back to the gym to pound a few nails and audition to be lumberjacks.

One relay (Dave Paquette's fave) consisted of carrying a stack of 2x4s, made to simulate logs, between the competitors' legs two widths of the gym. I

Kathie O'Brien, Dick Mohns, Larry Howland, Brenda Lloyd, Charlie Gillis, Brian Reid, Lorne Parkin, Tony Jones.

Both 442 Sqn teams would like to thank all squadron members who, due to maintenance, servicing and flying commitments, could not participate. We share the glory and pride with you.

And finally to LCol Jay: Your "kids" have once again done you proud, not only in the air, but in the sports arena. Just wait until the Commander's Cup hockey tourney!

where a female member had to throw a shuffleboard rock into the 2-point area, run to the gym and bust a balloon with a dart. Throughout each exchange the hockey equipment was passed from one person to the next.

Members of the winning team were: Dave Devries, Dave Paquette, Jim Diamond, Karen Allen, Stu McIsaac, Robyn May, Bruce Morgan, Joe Gautreau, Cam Miller, Jim Larroque and Paul Kruis.

The Sqn's second place team included: Glenn Rowlandson, Mike Dunham, Kirk Waugh,

think Dave is still laughing at that one, and Robyn is still shocked at being goosed every step of the way.

The final logging event required 10 sections of a 2x4 to be cut.

The grande finale was the inter-mess relay. With one under-30 competitor beginning at the gym, he had to don hockey equipment, throw a basketball through the hoop and carry a box to the Officers' Mess. A 30-40 competitor was then required to bank a pool ball into a pocket and run to the Jr Ranks' Mess. At the Jr Ranks' Mess, the over-40 competitor carried a glass of water on a tray to the Sr NCOs' Mess,



Maj Dick Mohns leads second place team in log relay event.



442 Sqn winning team - Wo Dave Paquette, Wo Jim Diamond, Cpl Dave Devries, Cpl Robyn May, MCpl Bruce Morgan, Cpl Karen Allen, MCpl Stew McIsaac, Pte Cam Miller, Pte Jim Larroque, Lt Paul Kruis, MCpl Joe Gautreau - was presented with their plaque by Col Gibbon. Maj Dick Mohns, left, on the second-place team, tries to elbow in on the glory.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj G. Veilleux
 CHAPEL - Our Lady of the Sacred Heart (on Base)
 OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8274

MASS SCHEDULE:
 Saturday 1900 hrs
 Sunday 1000 hrs
 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 Celebrations are held during the Advent and Lenten Seasons.

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

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

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

ST. MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne
 CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88
 OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8273
 SUNDAY WORSHIP - Each Sunday at 1100 hrs
 HOLY COMMUNION - First Sunday of the month
 SUNDAY SCHOOL:

0945 hrs for school aged children (Sep/May)
 1100 hrs for 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 BUILD - Regular meetings first Thursday of the month. President: G.M. Milne - Phone 339-6710.



OFFICERS MESS

WEDNESDAYS MARCH 1, 8, 15, 22, 29

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 MARCH 3, 10, 23, 31

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

WEDNESDAYS MARCH 8, 22

LADIES BRIDGE CLUB

FRIDAY MARCH 10

DON BRYAN, VENTRILOQUIST SHOW-Guaranteed to keep you in stitches. German food. Show starts about 2100 hrs. Cost per couple: Members \$15 Limited Associates & Guests \$20. Reservation by 8 March. Dress casual.

WEDNESDAY MARCH 15

OLC DINING-IN EVENING

FRIDAY MARCH 17

SKI DAY/MIXED TGIF

Cost for Skiing (PER PERSON)

Ticket, Lesson & Rental \$26
 Ticket, Lesson 19
 Lesson \$9

RESERVATIONS MANDATORY BY 10 MARCH—Bus will be leaving the Mess. Time TBA. Following a day of skiing, return to the Mess for a hearty meal of Irish Stew, and relaxation in a Hot Tub. Music supplied by DJ from 1900-2300 hrs. Cost PER COUPLE: Members \$5 Limited Assoc & Guests \$7.

SUNDAY MARCH 26

EASTER BRUNCH/EGG HUNT/MAGICIAN-VENTRILOQUIST (Don Bryan) MENU

Adults Eggs Benedict
 Children Southern Fried Chicken
 Assorted Desserts Chicken Nuggest
 Time: 1100-1300 hrs Coffee & Tea will be available
 Reservations by March 22 Cost: Adults \$6 Children \$3

COMING EVENTS FOR APRIL

TBA- Monte Carlo Night

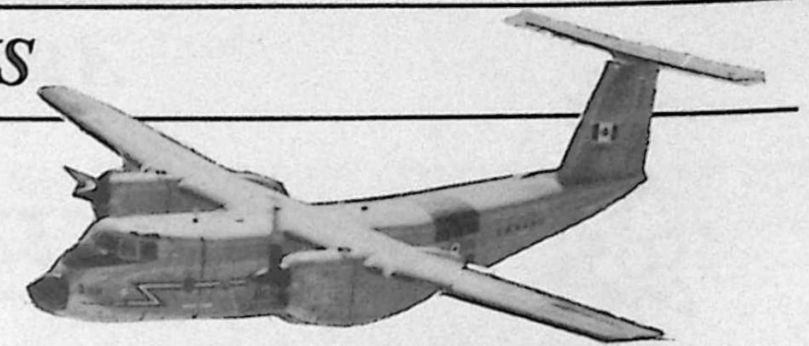
The Officers' Mess would earnestly like to thank the following commercial establishments for their generous donations, these donations were presented during our times Dance:

Arbutus Travel Lodge
 Old House Restaurant

We solicit your

SECTION NEWS

442 SQUADRON SAREX



Thanks to Carrie Friend for the excellent photos.

continued from page 1

Speaking of No-Duff, servicing certainly had their hands full during the week. They test flew a Buff, handled a special inspection on the Lab hoist and

desnagged more snags than they would normally do in Comox without the benefit of home base.

One evening while Gary and his crew were hard at work,

Smitty and company were enjoying the sights of Victoria in a school bus. While school was in session, Ray Charlebois, learned some creative financing on how not to park a rental vehicle.

It appears Cpl Taylor was out to learn a lesson or two himself. This story like many others has two sides to it; the team members (Kirk Steeves) and the team leads (Tom Taylor). One fact is irrefutable, Kirk Steeves gave an excellent demo of an unintentional tree landing and let down using all equipment correctly. However, the following is an edited version of the reasons behind that demo.

After contacting the trees Kirk commented on his team leader's outstanding physical attributes and uncanny eyesight, which eliminated the need for open eyes. He expressed a strong desire to get closer to his team leader and to gently boost him over to the crash site by repeatedly connecting the leather covering on the

end of his lower extremity with Tom's gluteus maximus. The squadron PIO would like to thank CHEK 6 TV for editing Kirk's comments from the evening news!

In his defence Tom mentioned that there was a lot of stuff for a guy to remember up there and perhaps the good team member should quit hanging around and get on with the job. Besides all that, the aircraft speed seemed a bit off, the line up wasn't perfect, the winds came up, the ceilings came down, it was getting dark, the survivor's signals distracted me, the Navigator gave me useless info, the first Officer wouldn't talk to me, the Flight Engineer said it was time to get out and I'm not feeling very well today!

There was an awful lot of checking going on during the week. Apart from the Charlie and Chuck check there was the servicing check (which went to the City of Victoria) a Buff and Lab AC check and Lab FE double check (which is a chief

checker checking the check FE, checking the checkee). I know you don't quite check all that, do you? Well anyway, congrats to all those who checked out including our two new ACs, Capts Dave Muldoon and Louise Neil. Also congrats to MCpl Dan Pierson on his promotion.

Sarex proved an excellent training vehicle for all of us to fine tune our expertise. Although things didn't always run smoothly, the minor glitches highlighted the continued requirement for this type of training.

The wind up dinner party proved to be an educational experience for those who attended and survived. It provided the opportunity for small arms training (both single shot and salvos) and also for some individuals to make strategic career moves by debriefing their immediate and senior supervisors. Posting messages are to follow!

In conclusion 442 Squadron wishes to thank all those who assisted in making SAREX '89 a success. Special mention must go to the BCompt staff, the Victoria CASARA organization, the Metchosia Ground Search Team, Mrs Ruth for the use of her field and the casualties who risked life and limb to do their part. Although the weather office provided sunshine we almost ended up with some real life hypothermia cases. Thanks to everyone.

Meanwhile back at the ranch Maj Howe and Capt Bruce were doing some medical training of their own. Congratulations to you both on the birth of your 10 lb son on Feb 10. We understand he was well worth waiting for!

ESCADRILLE, OUI—NON!

The Governor General, as Commander-In-Chief of the CF and as head of the Canadian Heraldic Authority, has approved a terminology change on all CF flying squadron badges. At present, these incorrectly show the word Escadrille as the French translation for the English word squadron. Escadrillon is now correct.

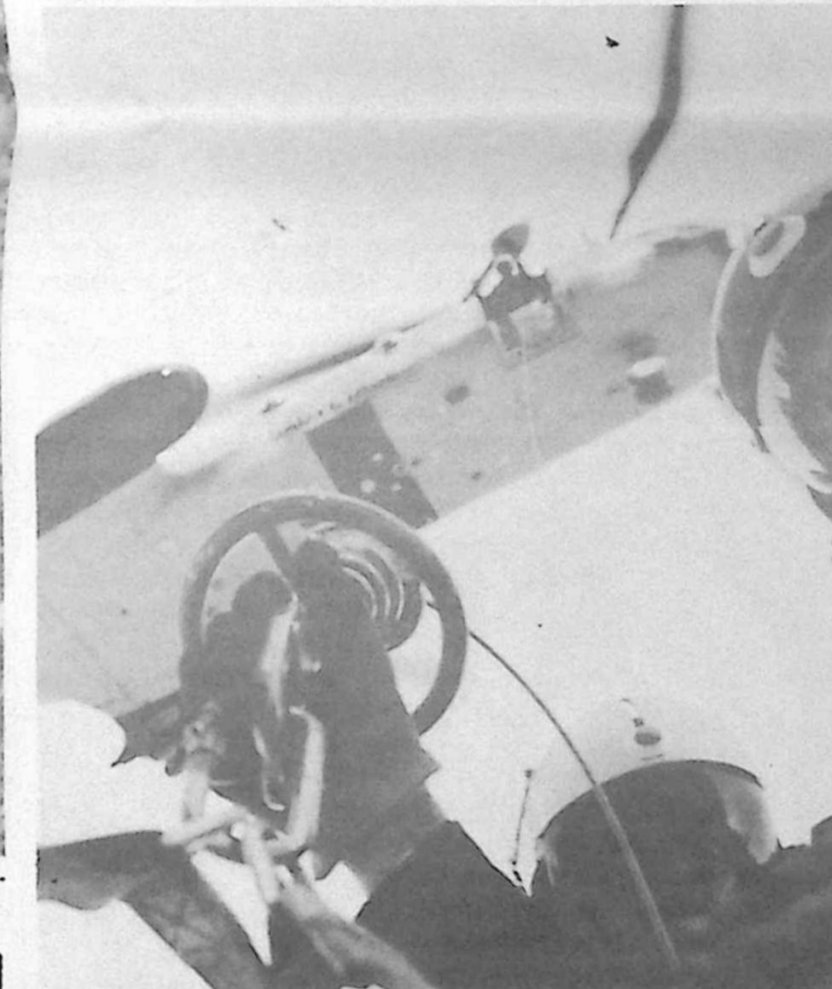
In accordance with direction issued by the Chief Herald of Canada, and effective immediately, the frames of all flying squadron badges are modified to read Squadron-Escadrillon in lieu of Squadron-Escadrille. Existing representations of those badges may continue unchanged as historical artefacts, but all new representations shall incorporate the new terminology. Outdoor signs and repainted should be as appropriate.



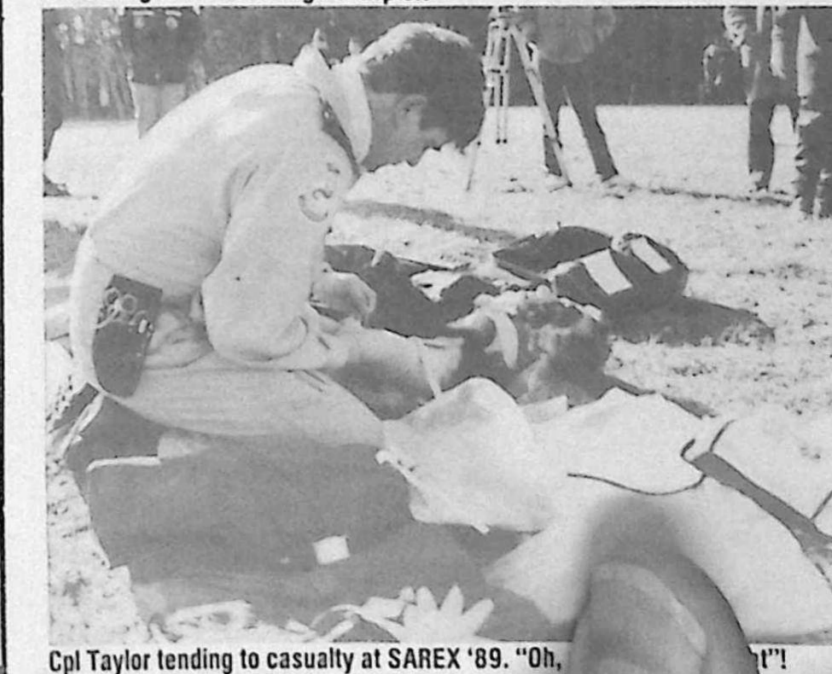
Simulated casualty being loaded aboard a Labrador for evacuation.



"Holy &? - \$! It's a long way down!" Cpl Kirk Steeves carries out an unscheduled tree landing.



What it's really like to be a casualty. This photo was taken by simulated casualty Carrie Friend while being loaded into the stokes litter in preparation for hoisting to the hovering helicopter.



Cpl Taylor tending to casualty at SAREX '89. "Oh, I!"

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

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AROUND THE BASE

WINTER CARNIVAL



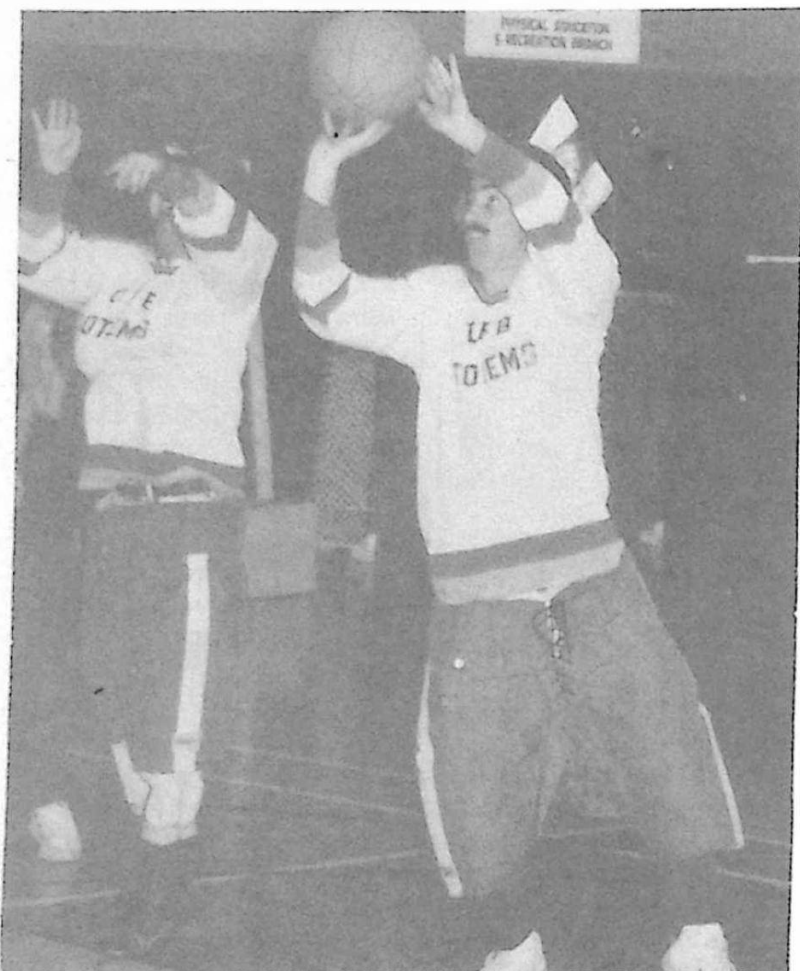
continued from page 1

tremely difficult to judge after the first few competitors had gone, the judges' ears were packed with cracker sludge making it impossible to detect any whistles thereafter.

The evening ended with the traditional TEAM SKITS. The highlight of the games. Each team should be commended for the excellent job they did. You may ask; "Who had the best skit?" Just call our Base Commander or our Base Chief - they both know. Also well done was Base Hospital. A fitting end to a great day. Thanks judges—an excellent job.

0745-Day 2 of the Games. No teams were advised of the standings at this point, but all teams knew it was a close race. So, needless to say, they were ready. With team flags flying, and cheering sections screaming Day 2 began. All the events were inside this day except of course the intermess relay. The final outcome or standings would be decided by the relay. The final outcome, or better put, the Winter Carnival Queens were none other than 442 Sqn Team No.2. 2nd place went to 442 Sqn Team No.1, 3rd place went to BTNO and 4th place was filled by BAMSO. What exactly does 442 Sqn do in their spare time? We're not sure, but they were ready, congratulations. Again a special thanks to all committees, messes, judges, everyone who helped make the 89 carnival a success. An added special thanks to our officials and official scorer. A job well done by the entire base. Also thank you Labatts for being our button sponsor. See you next year!

THANKS TO
BASE PHOTO
FOR THEIR
SPEEDY
SERVICE.



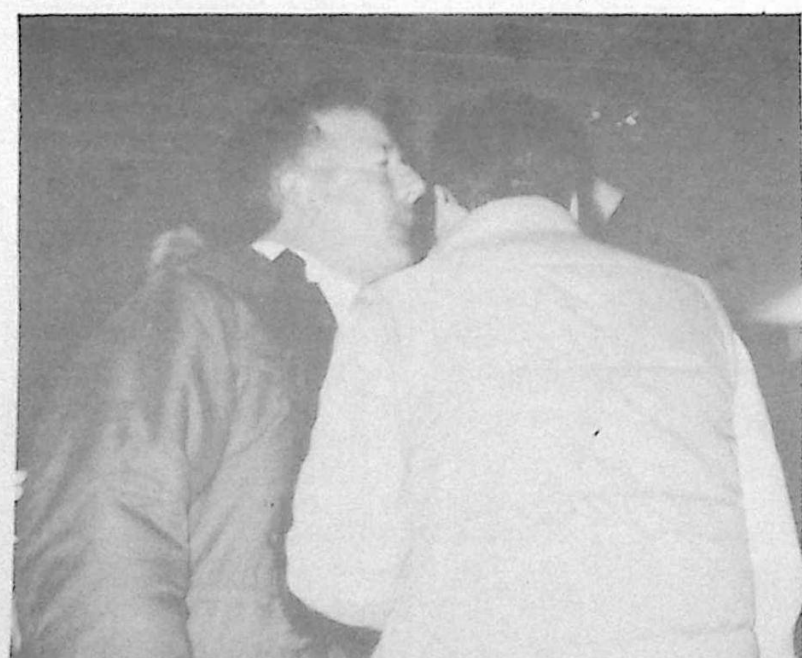
Cpl Wayne Warner lines up a shot during the Inter-Mess Relay event. Keep a hold on those pants, Wayne!



"Would you care for a drink, Sir?" Inter-Mess Relay competition.



BSecuro team practises for the next speeder they catch.



"If I blow in your ear will you tell me I'm wonderful?" Maj Arsenault shows fine form during the "eat a mouthful of crackers and whistle" competition.

NEXT DEADLINE
MARCH 6th—NOON

THAT'S HOW MANY CANADIANS ARE WHEELCHAIR BASKETBALL PLAYERS

WaytoGoCanada! PARTICIPATION



Which way did they go? How many of them were there? I MUST find them. I am their leader!



Nothing like a nice, relaxing ride on the ice. BSup0 team gets ready for the start of the inner tube relay race.



Base Dental team demonstrates the latest technology in dentistry. Their drill in this handy carrying case is designed for very large teeth in hard to reach places.

BAMBOO INN 竹林園

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Friday - Saturday.....11 a.m. - 10 p.m.

CLOSED TUESDAYS

AROUND THE BASE



"Why do I keep going in circles?" Participant nears the finish of the skate-and-shoe relay.



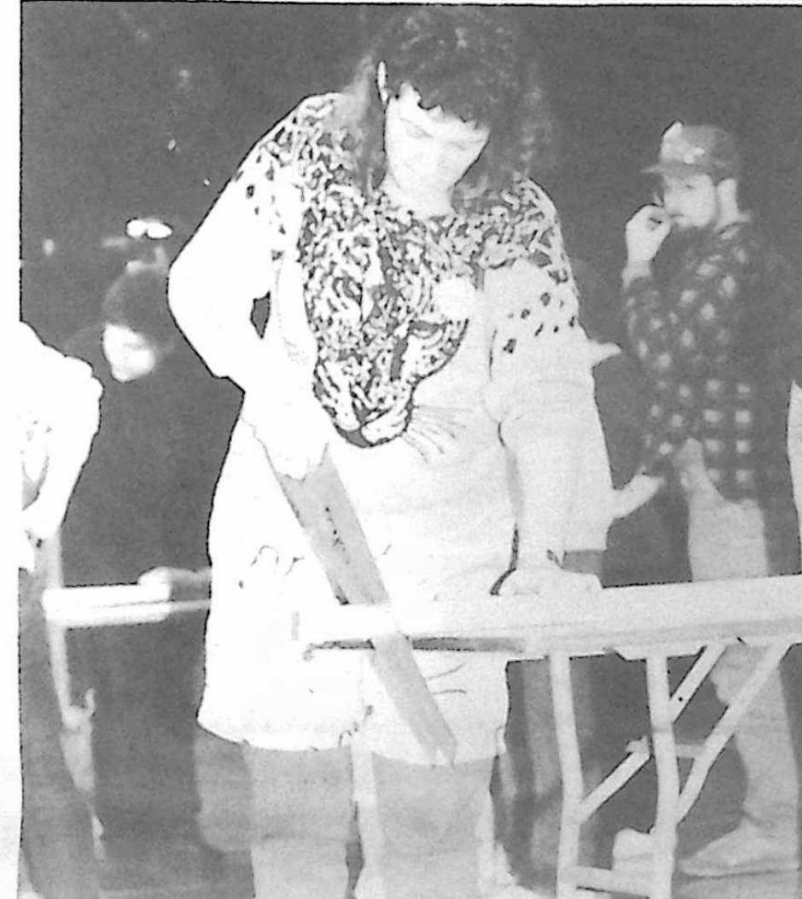
442 Sqn team raise their arms in victory during the log sawing contest—or are they airing out their sweaty armpits?



A special thanks to organizers—from left to right—Sgt Dave Hodges, MCpl Anne Davey, MCpl Josie Descoteaux and MCpl Wayne Marsh. CWO Doherty and Col Gibbon were on hand to give them their personnel appreciations. Thanks also to all the other organizers and volunteers.



WO Harper comes close to losing his cookies—I mean egg—during the egg relay.



Utter concentration and strenuous effort show on this participant during the fierce competition of the log sawing contest.



"Nice shot!" Cpl Nantel from 407 Sqn team lays one down the ice.



The rest of the BAMSO team finds amusement with Maj Jim Knightley's efforts during the Charlie Chaplin event.



BETTER LATE THAN NEVER

Shown above are the winners of the PMQ Christmas Lighting Contest. From left to right: Back Row - Col Gibbon, Base Commander, Judge; MCpl Lourie, Mrs Chimko; PO Chimko; and Cpl Scott. Front Row - Mrs Hillard, Sgt Hillard, and MWO Smith, Deputy Mayor PMQs. Well done to all who participated.



MWO Hank Fortin received a certificate for completion of DIAC computer course. His bandaged hand is testament to the number of buttons he pushed.

JUNIOR RANKS' MESS
MIXED TGIF DARTS
24 FEB 89
5 PM
FOLLOWED BY

Alouf & Trett
COMEDY CABARET

HILARIOUS ADULT ENTERTAINMENT



Mrs Hazel Ellason (17 years service) and Mr George Manchulenko (46 years service - WOW!) recently received their retirement certificates from LCol Mack, BTSO. Good luck in your new endeavours.



Pte K.E. Rathbone, BTNO, received \$250 suggestion award for a modification to an aircraft towing tractor.

SPORTS & RECREATION



SILVER TOTEMS STAGE DRAMATIC COMEBACK

Prior to hitting the ice in the Courtenay Old Timers Hockey Tournament the dressing room of the Silver Totems resembled a scene from a war movie. Puffed groins and bruises were bandaged and taped while the aroma of wintergreen was heavy in the air as it was being liberally applied to sore and overused muscles. Would the newly crowned Pac Region Champions be able to display their usual fast pace game or would they succumb to their pains and be forced to play an unfamiliar and slower style?

The Victoria Breakers were the Silver Totems opening game opponents and from the early going it appeared the Victoria squad was going to blow Comox into next week. Victoria jumped into an early lead when they scored twice in less than a minute. Mike Garipey pulled Comox back into the game when he scored on a pass from Bill "Snipe" Sapinsky; Joe "The Train" Meyers evened the count at 2 on a set-up by Wayne Hay. The roof then caved in as the normally stalwart defence took a sabatage. Then the Breakers poured in 3 quick goals for a 5-2 lead with only 8 minutes gone in the game. The Silver Totems did not fold and managed to regroup with a pair of goals before the period ended. Boydy Russell from Bill Todd and Dick Mohns from Ted Norrie were the marksmen.

In the second and final frame the Silver Totems continued to turn the power on and the defence returned to their usual form, while Vince Lamb closed the door between the pipes. Boydy Russell and Bill Todd then fed a pass to Joe Meyers who fired in the equalizer early in the period. Comox pulled ahead when Stan Lawless rifled in a Bill Sapinsky pass for what proved to be the game winner. Two minutes later Joe Meyers completed his hat trick with line-mates Todd and Russell assisting. Dick Mohns iced the game away when he scored into an empty net; the Silver Totems

ON A ROLL!
In the bowling scene, Capt Denis Roy from BCompt is having a very successful year. On the 25th and 26th of Jan Capt Roy competed in the BC Tournament held in Victoria where he placed respectably second. However, this proved to be just a warm-up for Capt Roy as he went on to capture first place at the BC Men's Canadian Ten Pin Federation Tournament in Vancouver on the 4 and 5 of Feb 89. Due to these recent victories, Capt Roy is now eligible to try out for the Canadian National Team in Montreal in May 1990. Congratulations and good luck in Montreal.



Dick Mohns fires in his 40th goal of the season thanks to an assist by Ted Norrie.

had recorded an impressive 8-5 come-from-behind victory by scoring 6 unanswered goals.

In Game Two the Silver Totems faced the always powerful Victoria Oldies. This proved to be a highly entertaining and fast paced game that was dominated by both goaltenders. Victoria grabbed an early 1-0 lead at the 27 second mark and visions of a repeat of Game One came quickly to mind. However Bill Fisher shut-down the Oldies as the game see-sawed back and forth until Joe Meyers tied the game on a nice three way passing play from Stan Lawless and Bill Todd. Both teams came out flying in the second period. Victoria scored early in the period then shut-down the Silver Totems to hang on for a tough 2-1 victory.

Comox then played their third Victoria team as they faced off against the Kings in game 3. Ted Norrie scored the long goal of the opening period with Steve Bale picking the assist. The Kings evened things up early in the second before Dick Mohns scored the first of his three for the night, with Barry Howell and goaltender Vince Lamb assisting. Mohns then gave Comox a 2 goal lead only to have Victoria move back to within one, 13 seconds later. With only one minute left in the game Andy Ainslie and

BASE BOWLING CHAMPIONSHIP PLAYOFFS

The crash of strike balls, coupled with the moans of falling headpins, heralded the keen competition for spots on the Men's Base Bowling Team. The Bowl-Off was held at the Base Rec Centre 6-10 Feb, and comprised of 18 bowlers who had to bowl 20 games each over 2 days, with the 6 bowlers having the highest average being picked for the Base Team.

The tense but friendly Bowl-Off produced the following Base Team:
1. Dennis Roy. .248 Avg-Team Captain
2. Harry Weeds.235 Avg
3. Pat Smith.230 Avg

Joe Meyers combined to set-up Dick Mohns for his hat trick and a 4-2 Silver Totems' victory.

Despite having two victories and only one defeat the Silver Totems found themselves dropped down into the "C" division final, where they were to meet yet another Victoria squad, the Eagles. Victoria jumped off to a 1-0 lead at the minute mark. Dick Mohns pulled Comox even a few minutes later, with Victoria regaining the lead 12 seconds later. Stan "Whisper" Lawless then found the net a minute later to even the score at 2. Steve Bale joined the scoring parade only two minutes later as the Silver Totems moved in front 3-2. After this scoring outburst the Silver Totems and Eagles were unable to score again and Comox went on to a 3-2 victory and the "C" division championship.

Over the past 13 days the Silver Totems had played a very demanding schedule as they participated in 10 games. During this time they won six and lost 4. The Silver Totems will be hosting an Old Timers tournament at Glacier Gardens March 17-19. A tournament schedule will be published in the next Silver Totems Report. Remember, hockey begins at 35!!!

4. Al Barron.227 Avg
5. Brian Booth.224 Avg
6. Rene Massicotte.216 Avg
This team will travel to Holberg 9-12 Mar for the Regional Bowl-Off and with good luck qualify for the Nationals in May at Kingston.

BASE INTERSECTION VOLLEYBALL

Section (mixed)/units/individual interested in playing for the I/S Volleyball are asked to register at the Base Rec Centre NLT 23 Feb 89. Should additional info be required, please contact MCpl Descoteaux or Cpl Savard at loc 8315.

HOCKEY: ARE YOU PLAYING A DANGEROUS GAME?

Every year, young hockey players are blinded because they neglect to take simple precautions. A stick that's a little too high, a puck accidentally fired at a player, an awkward plunge to the ice: all these things can have devastating results for players who are not properly outfitted.

Dr. Thomas Pashby, a noted eye specialist and pioneer in safety standards for hockey, has seen lives ruined because of unnecessary hockey injuries.

"Just last year I had a 30-year-old truck driver who lost his eye after taking a puck in it," explained Dr. Pashby. "He couldn't work as a driver anymore. The game was supposed to be fun and he lost his eye and his job. It didn't have to happen."

Standards for Safety

Fortunately, these tragic injuries are quickly becoming a thing of the past thanks in great part to the recent development of standards for protective hockey equipment. For his key role in this area, Dr. Pashby received the Jean P. Carriere award, the country's highest standards distinction, from the Standards Council of Canada.

With the help of other researchers and experts, Dr. Pashby was instrumental in creating guidelines for safe, effective helmets and masks. Equipment certified to meet the requirements of these standards, published by the Canadian Standards Association (CSA), is now widely available in sporting goods stores.

If your youngsters are playing minor-league hockey, they are undoubtedly already wearing this essential equipment. The Canadian Amateur Hockey Association requires it. If you or your children are not wearing masks and helmets, you're playing a dangerous game. Last year alone, 62 people experienced eye injuries on the ice and 11 were blinded in one eye. None of these people were wearing certified masks.

WOS & SGTS WIVES CLUB

WOs & SGTs Wives Club held their Valentines Dance at the Mess Lounge Feb 13/89. Music was by Total Sound. Door prizes won by Yvonne Doherty and Marlene Maniak. The 50/50 Draw was won by Mr Ernest Flight. Teddy Bear draw was won by Marc Deautet. We also had prizes for the best corsage, which was won by

What to Look Out For

There are two types of masks commonly available: wire and transparent polycarbonate. By law, both types must be certified, and both offer good protection to the player's entire face. But be sure the equipment you choose is intended for hockey or you may find it does not comply with hockey standards.

The wire mask is simply a protective cage for the face, while the more expensive polycarbonate model is a shell of clear plastic. Its sophisticated, high-tech look may be attractive to older players but the plastic needs more careful handling. Cleaning and storage should be done as specified by the manufacturer since some chemicals may weaken the shell. Polycarbonate masks that are severely scratched or cracked, or have undergone heavy impact, should be replaced.

Dr. Pashby, a minor league coach for many years, stresses the importance of choosing the size and style of equipment suited to a player's individual needs. Avoid ill-fitting hand-me-downs: an oversized helmet, or one with a worn-out lining or damaged shell does not provide adequate protection.

The cost of proper protection is low when you consider the alternative. Helmets cost between \$32 and \$55. A wire mask may put you back \$20 while a polycarbonate protector costs in the area of \$35. And remember, children aren't the only ones who can be injured. According to Dr. Pashby, the average age for eye injuries has gone from 14 to 26 years because older players are reluctant to wear masks.

Once you've selected the equipment that is appropriate for your child or yourself, be sure to follow the mask's mounting instructions closely, or ask your sporting goods dealer to do the job for you. The time you take to select, size and install equipment will ultimately pay off in more enjoyable, safer hockey.



SPORTS & RECREATION

LOW IMPACT AEROBICS

EXPRES YOURSELF

TIPS FOR PASSING YOUR EXPRES EVALUATION

As the March 31st deadline for completion of the Express evaluations nears, we, the Rec Centre staff are noticing a slight scent of panic in the air. What would make matters worse would be if you were to arrive for your evaluation unprepared. The following is a small list of instructions which we recommend you follow in order to best prepare yourself for your evaluation.

- A - Increase your present exercise regimen remembering to include:
 1. A proper warm-up stretching and limbering exercises of all muscle groups being used during your work-out.
 2. An aerobic portion comprised of an activity that elevates your heart rate within your target zone for at least 15 min., i.e. walking, running, swimming, cycling, etc..
 3. Muscular strength and endurance exercises including any or all of activities using no weights, free weights, stacked weights, or hydra-fitness equipment.
 4. A proper warm-down to improve your flexibility and to work out any lactic acid that has settled in the muscles which would otherwise make you stiff, sore, and not feel like exercising ever again.

Remember: The single most effective way of preparing yourself for a physical evaluation, is to presently be physically active. NOW SOME OTHER SIMPLE TIPS TO BEST PREPARE YOURSELF FOR YOUR EVALUATION.

- B - Have a good night's sleep prior to your evaluation.
- C - Try not to eat for at least two hours prior to your evaluation. Digestion requires a blood flow which would otherwise be concentrated in serving the cardio-respiratory system and the active muscles. Eating just prior to your evaluation also misrepresents your true body weight.
- D - Refrain from drinking caffeine beverages for at least two hours and alcoholic beverages for at least six hours before the evaluation.
- E - Dress appropriately for the evaluation, preferably, shorts and short sleeve shirt with comfortable running shoes should be worn. Warm heavy sweat suits will unnecessarily elevate your heart rate during the step test. The key is to dress in layers so that you can remain comfortable throughout.
- F - The participant should not smoke for two hours prior to the evaluation. Smoking before exercise reduces the oxygen carrying capacity of the blood by 5 percent which means your heart will beat 5 to 10 times more per minute than it would otherwise have to without the carbon monoxide and nicotine coursing through the blood stream.
- G - Last minute training within six hours of your evaluation is also considered unwise.

So why don't you put all the cards in your favour, adhere to this small list of instructions and book your Express evaluation today. At this point you might ask, "Who is this guy?" My name is Roger van Nieuwkerk, I am a student worker on base from the University of Victoria and I will be with you until the end of April. Being a keen student, I would like to answer any questions regarding your exercise program, Express evaluation or any anxieties about it, or about the use of any of the equipment we have here at the Rec Centre. Please feel free to approach me any time. Good luck with your evaluation, and remember to never underestimate your potential.

PENALTY RECORD

NAME	PENALTY	MINUTES
Lawless		46
Ainslie		32
Mohns		24
Russell		24
Snow		22
Hay		17
Meyers		15
Garipey		9
Bale		8
Clisby		6
Jacklin		6
Sapinsky		6
Mattson		6
Todd		6
Howell		5
Norrie		2

SCORING STATS

NAME	G	A	PTS
Mohns	44	26	70
Bale	20	29	49
Russell	18	12	30
Meyers	10	9	19
Hay	6	13	19
Norrie	9	9	18
Howell	1	14	15
Lawless	5	8	13
Jacklin	5	6	11
Todd	4	7	11
Ainslie	2	9	11
Snow	3	6	9
Garipey	4	4	8
Corriveau	2	5	7
Sapinsky	2	3	5
Mattson	1	2	3
Clisby	1	2	3
Lamb	0	1	1

Name	Games	GA	GAA	S/O
Fisher	19.67	72	3.66	2
Lamb	9.33	37	3.96	2
Campbell	1	6	6.00	0

Low impact aerobics is unique because it's a one-foot-on the floor technique. This technique reduces stress on your body, thus reducing your chances of becoming injured. It is an excellent cardio-vascular program for people of all ages and fitness levels.

In a regular aerobic workout your feet strike the floor with a force three times your body weight. Injuries are caused by over-use of the muscle or by over-exertion. Common injuries caused by impact sports, develop because of excessive stress on the body. It takes longer for muscles, tendons, joints, and bones to become stronger than it does for the cardio-vascular system. An individual will see cardio-vascular improvements within a month of doing a regular aerobic program, whereas significant improvements of the muscular and skeletal systems, and the articulations can take as long as six months or more. Low impact aerobics enables you to gain im-

provements, without putting stress on your hard tissue.

Low impact aerobics involves upper and lower body conditioning without the momentum of bounce. Moves are controlled using variations of range of motion and tempo of music. The appropriate workload for an individual is directly related to whether or not they're achieving their training heart rate. The heart rate will respond to the slightest change in weight, range of motion, tempo, or duration of exercise. These factors can be decreased or increased to change the intensity of a program.

When using weights to increase intensity all movements should be executed steadily, and with control. The tempo of the exercise should be decreased to gain this control. Use of the muscle, instead of momentum of the lift is safer, and more effective. (placing the weight instead of throwing it.) This pertains to all execution of moves with or without a

resistance added. To prevent injuries of the articulations the exercises should be performed with related muscle joints slightly bent.

Low impact aerobics is an excellent program for beginners to advanced. The overweight, sedentary, pregnant, and elderly can all benefit from a low impact program without the excess stress to their systems. Low impact aerobics is also a great method for getting back into exercise, or to add variety to your regular fitness program.

by Tracy Cipryk

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INTERSECTION HOCKEY LEAGUE STANDINGS AS OF FEBRUARY 16, 1989

TEAM	GP	W	L	T	PTS	GF	GA	GAA
BAMSO	25	18	4	3	39	157	80	3.20
BOPS	27	17	8	2	36	175	121	4.48
BTNO	26	16	7	3	35	124	95	3.65
RCMP	25	14	7	4	32	128	85	3.40
407 DEVILS	22	13	13	0	26	113	87	3.95
442 SQN	25	10	10	5	25	126	125	5.00
CE/FH	27	7	18	2	16	108	157	5.81
VU33/TEL	27	6	18	3	15	91	129	4.78
407 DEMONS	26	2	20	4	8	96	189	7.27

INTERSECTION HOCKEY SCORING RACE

NAME	TEAM	GP	GOALS	ASSISTS	TOTAL
NORRIS	BOPS	19	50	42	92
MCLAUGHLIN	BTNO	22	35	21	56
WAUGH	442	22	25	27	49
SCHRADER	BOPS	22	25	22	47
WYTON	RCMP	17	22	20	42
MCKENZIE	442	24	23	17	40
BURROWS	RCMP	19	20	19	39
WEISNER	BAMSO	21	15	24	39
GAGNON	BOPS	21	16	22	38
TINKER	BOPS	21	17	20	37

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HEALTH

CD PRESENTATIONS



Capt D.R. Roy, BCOMPT.

Sgt. C. R. Lewis, BCEO.

MWO J.F. Howe, BCEO

Sgt G.M. Blenkarn, BCOMPT

Sgt J.J. Albering, VU 33.

Cpl J.G.B. Landry, CE

Cpl M.J. Bolton, BAMS0

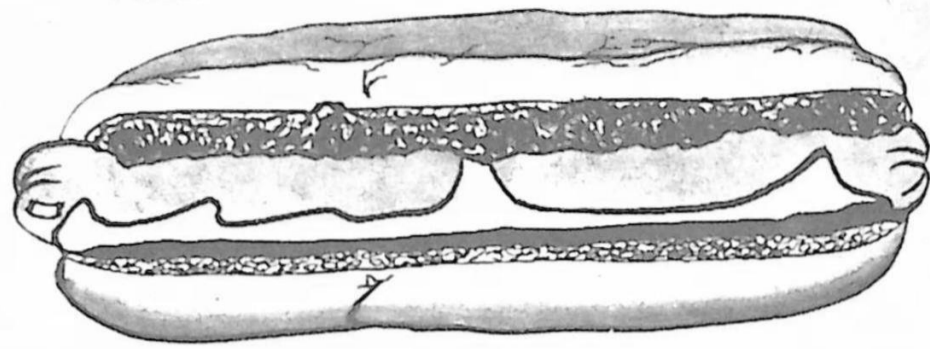
A/WO C.G. Williams receives his new rank.

BASKETBALL TEAM WINS TOURNEY

On February 18 and 19, CFB Comox hosted a mini basketball tournament. The teams that were to participate were CFB Comox, CFB Esquimalt, and the Courtenay Recreation Association. Unfortunately the Navy failed to show up (their excuse was "snow." Also the fact that the Malahat was closed). However the Tournament was a great success anyway. We carried on with a three game series with the CRA. Comox was victorious in all three games by the scores 61-49, 66-48, and 72-54. Our leading scorer Rich Ihaksi had an average of 18 points a game, and led in rebounding with 25 boards. Pat

Thauberger, Tim Campbell, and George Stoneman averaged 9 points a game. Arnold Richter could only make one game, but managed to score 24 points. Our other leading rebounders were Pat Thauberger, George Stoneman, and Dave Deveries. Even the shortest man on the team Wayne Collins managed 7 rebounds. Our special thanks to our coach Bill Fox for all the time and energy devoted to making a bunch of bums into a cohesive team. Also our special thanks to the CRA for making the two days a great success. We hope to do it again next year.

ARE WE EATING OUR WAY



TO POORER NUTRITION?

Canadians haven't always survived on Big Macs, pizza, microwaved dinners, and highly processed foods, but items like these are becoming increasingly common fare at the dinner table. Simon Fraser University geography professor Michael Eliot Hurst says Canada's food habits have changed over the years, and although we may enjoy more diversity now, our diet is generally less nutritious. Eliot Hurst describes Canadian "food ways" of 100 years ago as dependent on the resources at hand and seasonal, with very few processed or preserved foods. "The major change has been the enormous growth in processed food," Eliot Hurst notes. "It started in the 19th century with canned foods and really accelerated with the spread of fast foods like MacDonald's. The food we eat now is too salty, too highly sugared, and too full of chemicals. Food tends to be marketed now more on image than nutrition." Canadians are eating out with increasing frequency, and using pre-packaged food more in the home. This trend can be attributed partly to women -- who have traditionally

prepared most meals -- joining the workforce and having less time to cook, as well as intense marketing by the food industry. Increased ethnic diversity has introduced Canadians to a greater variety of foods, through immigrants opening restaurants, but Eliot Hurst says that the actual number of Canadians incorporating new ethnic foods into their diet is small. What tends to happen is that immigrants adopt Canadian food habits. "With new immigrant families, the younger generation will start experimenting with fast food, and there's pressure from the kids to cook these new foods at home," Eliot Hurst notes. "The young stick to traditional foods only at festival times." Eliot Hurst surveyed Canadians and Israelis to determine how immigrants change their eating habits over time, and found no indication of a distinct Canadian food way, although there are several regional food ways. "There's no one Canadian food way, there's no B.C. food way, there's no Ontario food way, but Atlantic Canada and Quebec do have distinct food ways," Eliot Hurst notes. "We

even found East Indians in Newfoundland who were still eating curries but were topping them with scrunchen (pork rind), a traditional Newfoundland food." Along with processed foods, Canadians also rely heavily on imported foods, mostly from the U.S. We've now come to expect fresh lettuce and tomatoes year round from California. Free trade will likely cause a further decrease in Canadian food production. "Because of the climate, Canada can never be totally self-sufficient in agriculture," he says. "Our best farmland is near cities and being urbanized rapidly, and the threat of increased imports will exacerbate the situation. Places like the Okanagan, which is very marginal to begin with, will now be open to more competition." Eliot Hurst doesn't like to make predictions, and says that fads will come and go. But one trend he expects to continue is that "certain segments of society will be more watchful of health and diet. Of course, if you're poor -- and one in five people are -- you'll choose the food you can afford to survive on." (Courtesy of Simon Fraser Week)

your backbone's connected to your health...

Back pain is one of the most common health problems in our society; 80% of our population will at one time or another develop it. Of those, a large percentage will have recurrent back problems. A full 30% of the population will have some form of spinal complaint at any given time. The most common work-related accident claim accepted for compensation was "overexertion (from) lifting, pulling, pushing, carrying or throwing objects" (Canadian Centre for Occupational Health and Safety, 1988). 27% of the total number of accepted compensation claims are of this type and the resulting injury in most cases was a back injury. People often put their spinal health in jeopardy. Overexertion, as noted above, will put the functional parts of the back, discs and joints, in peril. This in turn leads to irritation and injury to the dependent portions (cord, nerves and other soft tissues). When these

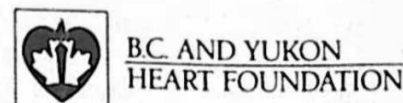
structures stop functioning properly we notice a number of things. If the discs or joints stop working properly early wear and tear can occur. The cartilage will start wearing off the joints, letting bone grind against bone, and the discs may bulge and put pressure on the cord or nerves. Our body's natural defence is to stop this process. First it stiffens the muscles to support the area. When this is no longer effective it grows bone spurs to stop the excessive wear. Initially, this may not be painful, however eventually the body will not be able to adapt to the stress and pain will occur. Some indications of spinal degeneration are progressive stiffness especially in the morning, chronic dull ache, reduced range of motion to the affected area, early fatigue, some relief with movement, etc. Early detection and prevention of these problems is the key to long term spinal health.

Heart Answers



Risk Factors

Researchers have identified a number of characteristics or habits (called risk factors) which increase the chance that an individual will develop coronary heart disease. While not all risk factors can be controlled, such as age, sex, race and heredity, many can be controlled or corrected by the individual. The risk factors which can be controlled or corrected are: dietary habits (especially those leading to high levels of blood cholesterol and overweight or obesity), high blood pressure and cigarette smoking.



ON & OFF THE BASE

GAS COUPONS or A LONG STORY



by Capt Bill Welsh

In the beginning, there was gasoline and in any given area, the prices of gas were pretty much of a muchness. And into this muchness stepped Canex and said "Lo, we can sell gas to the troops and save them some money too," and it was so. (You old socks bear with me while I bring the newbies up to speed.) And the savings were between one and two cents per gallon (an Imperial gallon is slightly more than 4 litres, a U.S. gallon is slightly less). It came to pass that the politicians of the day decided to metrify the country and when the dust had settled a litre of gasoline (one quarter of a gallon) now cost as much as half a gallon (2 litres) had before. And Canex equated the one or two cents per gallon discount to about .3 cents per litre. As part of the total gasoline package, Canex used to give Bonus Bucks which could be used in any Canex outlet to buy anything except gasoline. And time marched on. Around 1983 a new program was introduced whereby the

troops now paid full price for gasoline but received coupons at the rate of 1 cent per litre of gasoline purchased. While the price increase was not popular, the coupons were. Some customers saved them all year to buy gasoline for their boats. Others saved them to buy gas at that time of year when the credit cards were all Christmased out and it was two to three weeks until pay day. All in all, not a bad program even if it was not as good a deal as had gone before. In late 1986 on Vancouver Island, the gas coupon wars erupted. That "other gas company" started offering one or two dollars (it changed periodically) worth of gas per 25 litre fill-up for each competitor's gas coupon. The national oil companies then authorized their dealers to match the "other guy" and subsidized their stations for the cost of those honoured coupons. Your Base Service Station (together with those in Esquimalt) was authorized by the national oil company (not Canex - it doesn't have the money) to redeem competitor coupons and be subsidized, just

like the Civilian Gas Stations. To digress for a bit, there was once an organization known variously as the "Serviceman's Car Club," the "Serviceman's Auto Club," etc. This club sold brand new vehicles to Military (and RCMP) Personnel at a savings of between 10% and 20% over the local dealers' best price. The kicker was that the buyer had to pick up his new vehicle in the Toronto area or at the port of entry or else pay one or two hundred dollars to have it delivered to a reasonably close location. Well there were some people who are much smarter than the rest of us. They would get the Car Club price for a vehicle from their Base Rep and then go to the Local Dealer of their preferred vehicle. The dealer would sell the vehicle at the club price, even if he sold it at a loss, because the long term aim of the Automobile Retailers Association was to get rid of the Serviceman's Car Club. So these fellow servicemen, our "real good buddies," by looking out for number one, put the boots to the Car Club, the rest of us, and

ultimately themselves. The Serviceman's Car Club is now defunct, and we all pay whatever the dealer decides, for our new cars. Real "good buddies," real smart. How would you like to get involved in a shooting war (even as a peacekeeper) with guys like that watching your back? Think about it - sheesh! Returning to gas coupons, those "good buddies" are still with us. They started taking Canex gas coupons to "the other guy" and he gave them a dollar (or two, depending on the time frame) worth of gas for a 5 cent Canex Coupon. The practice spread and Canex stopped issuing coupons in June of 88. A time limit of redemption was advertised in the hope that, "that other guy" would stop accepting Canex Gas Coupons. He didn't, so the game continues. In this respect, the rules are changed on us from time to time. When this happens, your Base Service Station may fall a little behind the power curve. Please bear with us, tell us about it and give us a little time to catch up.

Station charges the same price for gas as any other Service Station in the area. It gives the same 2 dollars for competitor coupons as every other gas station (the national oil company permits us to give only one dollar for the Canex Coupons but there aren't many left out there). It gives the same 2% cash discount as everybody else, but also has double discount days, week in and week out. Despite meeting and beating the competition your Base Service Station gets only about 10% of the gas traffic for cars registered on the base. Remember, when you buy gas down town, the profits go into the pockets of the oil company shareholders and owners. When you buy gas at the Base Service Station, the profits go to Base Fund and pay for things like Sports Trophies, Sport Officials, Playground Attendants, Capital Equipment buys for Recreational Clubs and so on. Even if you're "a good buddy looking out for number one" buying your gas elsewhere just doesn't make sense.

Today your Base Service

IN RECOGNITION



Pte S. Knapp received her first hook.

2Lt B. Sansagrin received her commissioning scroll.

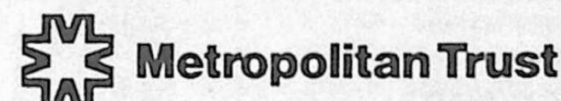
Cpl S. Miles received an accelerated promotion to Corporal. Well done, "Smiles."

Mr Frank Kerkoff, CFFC, received a 25 year plaque.

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WEEKLY BINGO

The Committee of the Comox Air Force Museum is pleased to announce the first of a series of weekly cash Bingos. All profits gained from these bingos will be used to support the Comox Air Force Museum. Interested bingo players are invited to participate at the Courtenay Bingo Palace on Feb. 14, 1989, and each week thereafter, from 4:00 pm to 6:30 pm. Join in the fun and winnings, as well as support your Comox Air Force Museum. Questions may be directed to the Committee Chairman, R.I. Sibbald, at 339-8332.



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ON & OFF THE BASE



Pipe Smoke

Gerry Gerow

When a person acquires a purebred dog, a whole new world of recreational pursuits opens up to him. The sport of dogs is quite wide and has many variations.

First, and the most popular, for some reason, are conformation shows. In a conformation show the dogs are simply judged on their conformation to the standards for the particular breed. A sport? Well, if you saw the lengths of some of these people go to, to hide their dog's bad points from the judge and ensure that judges observe only the best points of their animals, you would realize what a challenge it really is. There are quite a few full time professionals in the game.

Then we have the obedience trials. This is the real fun. Almost anyone can train a dog and put it through the trials. I have seen octogenarians and teeny boppers in the ring at the same trial. It is a lot of fun and very rewarding. Once one gets over the initial heart in the throat experience of heeling your dog off leash in a ring surrounded by a crowd of people, some of whom are munching on candy bars, it is a lot of fun. You can move your dog through the degrees of Companion Dog, Companion Dog Excellent, and finally Utility Dog. After passing each stage your dog is awarded the titles of CD, CDX, and UD. After this he or she can also be designated as an Obedience trial champion.

For owners of sporting dogs, there are also the field trials. Because dogs have many different ways of working in the field, there are trials for each type, such as Spaniels, Pointing dogs, Lure courses, Retrievers, and even Beagles.

Also there are tracking tests for breeds who are specialists in this type of thing. Of particular interest to members of the armed forces who may be posted to Europe, is the Schutzhund trials. These trials are based on International standards, and recognized internationally. This means

that your dog can commence its trials in Canada and complete them in Europe or the other way around.

Notice that I specified purebred dogs at the start of this column. Why can't cross bred dogs and other unregistered dogs compete? Quite simply, because the Canadian Kennel Club is a purebred dog organization. Therefore they insist on only purebred dogs in their sanctioned events. There is, however, nothing to stop other organizations from holding their own trials and setting their own criteria for entry. This is evidenced by Vancouver Island's association of Island Obedience Clubs, who hold trials based on the C.K.C. rules for which all dogs, registered or not are eligible. In this way cross bred dogs can earn titles and their owners have fun just as much as the purebred dogs and owners.

XXXXX

With this column, Pipe Smoke fades into history. I have been forced by business and other pressures to pack in my regular column in favour of magazine article writing. It was not easy to make the decision. I have been writing a column for military newspapers since 1981. It has been a learning experience and quite rewarding. I have often wondered why more people don't get involved with it. I've been forced to make a choice between people willing to pay me for what I write and the Forces papers. Suffice to say that without my opportunity to gain experience by writing in military papers I would never have progressed to the point where demand for my writing required me to give it up. I urge everyone who has ever had a desire to see if they could write to give it a try in your base newspaper. So to all my past editors, and especially to June Hill, my first editor and mentor, thank you for the opportunity. If anyone knows where June is, would they send her this, please. Goodnight, Frank.

TOTEM LOUNGE

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MARCH ENTERTAINMENT

- Mar 3.....BOSSSES NIGHT
- Mar 5.....Free Pool
- Mar 6.....In House Darts
- Mar 7.....Pub League Darts
- Mar 8.....JRM LUNCHEON(*TBC)
- Mar 12.....Free Pool
- Mar 13.....In House Darts
- Mar 14.....Pub League Darts
- Mar 15.....SUPPLY Dart Tournament
- Mar 16.....LADIES CLUB MEETING-7 PM
- Mar 17.....TGIF & Euchre
- Mar 18.....Private Party-Old Timers Hockey
- Mar 19.....Free Pool-ASTER INGO
- Mar 20.....In House Darts
- Mar 21.....Pub League Darts
- Mar 23.....TGIT-Darts-Ham & Turkey Shoot
- Mar 24.....GOOD FRIDAY
- Mar 25.....DON BRYAN & DJ
- Mar 26.....Free Pool-KIDS Carnival
- Mar 27.....In House Darts-Easter Monday
- Mar 28.....Pub League Darts
- Mar 31.....MIXED TGIF & Crib

VENTRILOQUIST-Don Bryan will perform on the evening of Mar 25 and also for the KIDS CARNIVAL in the afternoon of Mar 26.
(*TBC-to be confirmed)

CANADIAN FORCES UPDATE

BEATTY SAYS GOODBYE TO CF AND LOOKS FORWARD TO NEW JOB

Excerpts from a speech made to the Canadian Club on 02 Feb 89.

First, let me express my sincere thanks to you for inviting me today. The last few days have been exciting ones for me and I'm beginning to feel as if I'm back in university cramming for final exams.

Your luncheon gives me a chance to escape from the stream of briefings and telephone calls and meetings that come with taking on new responsibilities. It's also an interesting learning experience, because I didn't know so many members of the Canadian Forces and defence contractors were anxious to hear a speech on Family Allowances or medicare.

It's a challenge for me as well, to move from talking about the nuclear navy to explaining my views on the nuclear family. As one of the reporters back home suggested, I've been making the transition from periscopes to stethoscopes.

Perhaps I can ask you to bear with me for one last comment about my former responsibilities as Minister of National Defence. What I want to say is simply this: the two and a half years I spent with the men and women who serve in Canada's Armed Forces has been a wonderful experience for which I will always be grateful. I'm moving now to a department that helps to make Canada a compassionate and caring society with a quality of life that people from other nations can only envy. But what we should never forget is that we have the ability to enjoy our system of health care and social services because we live in a free society, which is protected by dedicated men and women, whose lives are daily on the line in defence of peace and freedom. I have been honoured to work with them and it's a special privilege for

which I'll always be grateful.

What, then about my new responsibilities? One of the things I've learned from being Minister in five departments, is that it's best to take the time to get to know the politics and programs for which you are responsible, before attempting to set a new course. That's my priority for the next several days: to get to know the people who are responsible for running this \$30 billion department and dealing with issues as diverse and difficult as abortion and child care, AIDS and Native health services.

What's exciting about National Health and Welfare is that there's not a single Canadian who isn't affected by how our health care system is run and how our social services are delivered. There's no shortage of issues that need attention and I know that many of them will still be unresolved when I leave, but I'm convinced that we can make genuine progress at building a country where the health and safety of its citizens is paramount, and the elderly and the poor are not forgotten.

In National Defence, my goal was to ensure that Canada remained free and at peace. In National Health and Welfare, I want to ensure that we use that freedom to build a healthier and more compassionate Canada.

It won't be easy. On many issues, there isn't any consensus on where we should be going. That shouldn't surprise anyone. It's a sign of the importance Canadians attach to these issues that the debate is so vigorous.

First, by any standard of comparison, Canada has an outstanding health and social welfare system. The support we provide through the Canada Assistance Plan, Old Age Security, the Canada Pension Plan and Family Allowances is

important to every Canadian family. So much so that I am already being lobbied by my son Christopher to increase the Family Allowance. I told him as soon as he reached voting age we would take a look at it.

Second, as the father of two children, I am aware that there isn't a community in Canada where drugs aren't available. Until Monday I was not just the Minister of National Defence but also the Acting Solicitor General and therefore responsible for enforcement of drug laws. I was shocked to find that Canadians spend as much money every year on illegal drugs as they do on national defence -- over 10 billion dollars.

The real problem is that drug abuse has a cultural root. Our society finds it acceptable to use chemical solutions for our problems, through legal drugs, alcohol and other substances. We must make people more aware of the problems our society encourages and help them find other ways to deal with their difficulties. We must change the perception that it is all right to use drugs which are 'legal' to solve problems which are emotional or economic.

Third, the environment is an issue which deals with our very survival and I am looking forward to working with my colleague Lucien Bouchard. A recent poll indicated that 89% of Canadians believe their health has been affected as a result of environmental pollution. Items which concerned them ranged from the fallout effects of Chernobyl, to PCBs, through to poisoned mussels. We are much more concerned about the environment today than at any point in the past, whether we are

discussing acid rain or chemicals in our Great Lakes.

The health and welfare of our nation is ultimately linked with the safety of our environment, the air that we breathe, the water that we drink, and the food that we eat. The Prime Minister chose to upgrade the Department of the Environment to make the Minister of National Health and Welfare the Vice Chairman of the new Cabinet Committee on the Environment, because he understood the interdependent nature of our departments. He knew that the problems we are facing are large and that no one department will be able to solve them. Working together, at the federal, provincial, and municipal levels we must develop far-ranging strategies, so that the world we leave our children is cleaner than the one which we entered.

Fourth is AIDS. AIDS is as cold and indifferent a killer as any I had to deal with as Solicitor General. We all too often are complacent about problems that affect someone else. This attitude is cruel and irresponsible but in the case of AIDS it can be fatal. AIDS respects no group and no one is ultimately unaffected by it. AIDS cannot be dismissed as "just a homosexual disease." It attacks every community. We have 2000 hemophiliacs in Canada, and 800 of them are infected with the AIDS virus. There are babies being born to mothers who carry the disease, who will never live past the age of 5 or 6. This surely is a matter for everyone's concern. It is a menace that threatens everyone and we must bring all of the resources of our society to bear on this problem.

Fifth, one of the big differences between my old

responsibilities in defence and my new ones in Health and Welfare is that, while the issues in defence are critical and complex, the Minister of National Defence has the resources and the authority to respond quickly and effectively.

The Health and Welfare field is quite different. While the primary responsibility for leadership within the federal government may rest with me, the resources and the authority to deal with problems are diffuse. Constitutional responsibility for health care is shared with the provinces and the medical community has the right to be fully involved in every decision we take. Social welfare policy involves several departments of the federal government as well as every single level of government and hundreds of agencies in the private sector. And problems like AIDS and drugs can't be resolved by Canadians alone, although each and every one of us must be involved in order for us to have any hope of success.

I don't think we can cure our social and health care problems through cheque book prescriptions alone. There will never be enough money to deal with all these problems, but the solution in any case is not just economic. It involves how we see ourselves and our society. It will require not just the mobilization of our financial resources but also of every Canadian citizen. In most cases, the most effective guardian of an individual's health and welfare is that individual himself in the context of a family and community, working in cooperation with governments, health care professionals, and concerned groups.

FROM THE MAYOR'S OFFICE

We have just experienced more of this white stuff here in Lazo than I did during my recent 3-month stay in Toronto. The snow gave an added pleasure to our PMQ children as they very rarely get to enjoy this form of wintery fun. Even though it was quite labouring, I enjoyed dusting the cobwebs off of my old snow shovel that I've had stored away since my last posting in Manitoba. But, as the met-man constantly assures us, the joke is over and the warm weather Lazo is due for will be on its way.

Easter is only 5 weeks away and once again, the PMQ Council is planning a series of enjoyable activities. Mrs Debbie Roy assures us that the Easter Bunny will be busy with our young children. More

details to follow. Ward 9 (row houses 111, 112, 114, 116 and 117 is still searching for some volunteers as Ward Councillors. Spouses of military personnel are more than welcome to join our council and assist us in making our community a more enjoyable place to live in.

Even though there's a foot of snow on the ground as I write this article, I will still mention our plans to commence judging for the annual PMQ Beautification Contest a little sooner this year than in the past. The lawns and gardens will first be looked at in early May to give credit to those who worked hard on a spring garden. Subsequent judgings will also be made in July and September to choose the most

deserving PMQs. This is the last time that I am writing to you as the Mayor of Lazo. My term as mayor will expire at the end of this month. At this time I wish to say that it has been a privilege serving as your Mayor. I have enjoyed representing the PMQs at several of the Comox Valley activities during the past year. I wish also to express my thanks to all those individuals on the PMQ Council who have constantly contributed their time and efforts in all of our past endeavours. MWO Terry Smith now takes over as your Mayor and I ask that you continue to support him and the PMQ Council in the year to come. Thank you, it's been a good year.

Hank Niewiadomski
Mayor, Lazo

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AVIATION HISTORY



John Bradley

Origins of the Species

13 AND 14 (PHOTOGRAPHIC) SQUADRON

In this particular instalment of our series, two of the RCAF's home base Photographic Squadrons will be covered. Both of the units acquired their designation number from previously disbanded squadrons.

No. 13 (P) Squadron
No. 13 (P) Squadron was formed at RCAF Station Rockcliffe on January 14, 1943. The unit was formed to conduct photographic research at the request of the British Air Ministry. The first Commanding Officer of this new unit was S/L G.V. Miscampbell, who was later killed in a flying accident on 15 May 1943.

To conduct their flying operations, the unit was equipped with a variety of aircraft. These aircraft included a trio each of Supermarine Spitfires and Hawker Hurricanes. In fact, the three Spitfires were the only operational aircraft of their type in Canada. Later, aircraft on strength with the unit would include North American Mitchell Mk. IIs, a single Avro Lancaster Mk. XP, Noorduyn Norseman Mk. IVs, a single DeHavilland Mosquito B Mk. 25, and a pair of Consolidated Canso As.

When the unit was first formed they did not have squadron status. In fact they were known as the Photographic Flight. It was not until well over a year after forming that they became known, unofficially, as No. 13 (P) Squadron. By this time they had acquired their Mitchells and were using them on high altitude tri-camera aerial photography.

In addition to the high altitude work, the unit was tasked to photograph large parts of Canada's Northern regions. As these areas are covered with literally thousands of lakes, the unit was able to make good use of their Canso's and float equipped Norseman.

By the end of 1945 13 Squadron had helped to photograph over 271,000 square miles. Unlike too many other squadrons, both at home and overseas, 13 (P) Squadron was not disbanded at the end of the war. In fact the unit carried on with its task as if nothing out of the ordinary had occurred. One advantage of being in the post-war RCAF was the fact that they would finally achieve full fledged squadron status. On 15 November they were officially a squadron and by 1 April 1947, in keeping within the established 400 series of unit designators, they were renumbered as No. 413 (P) Squadron. At this point we will leave the history of this unit as it falls out

of the parameters set for these articles. One point that should be made however is that after they became 413 (P) Squadron, the unit continued to utilize the AP fuselage code that had been allocated when they were known as 13 (P) Squadron.

No. 14 (P) Squadron
The second of our two Photographic units was No. 14 (P) Squadron. This unit received the designation of a unit that had taken part in operations in the Aleutians and had in fact later become known as 442 (F) Squadron. It was in February 1944 that 14 (P) became 442 (F) Squadron and the former designator then became dormant.

This situation was not to last for long as a new unit was formed at RCAF Station Rockcliffe as Photographic Flight during the summer of that same year. In fact the official date of their forming has been established as 12 June 1944. This new Photographic Flight was in fact a branch of the by now established No. 13 (P) Squadron.

This particular flight was involved with vertical aerial photographic work and was equipped with different aircraft than their parent organization. They were originally equipped with Avro Anson Mk. VPs and would later receive Douglas Dakota Mk. IIIs and IVs.

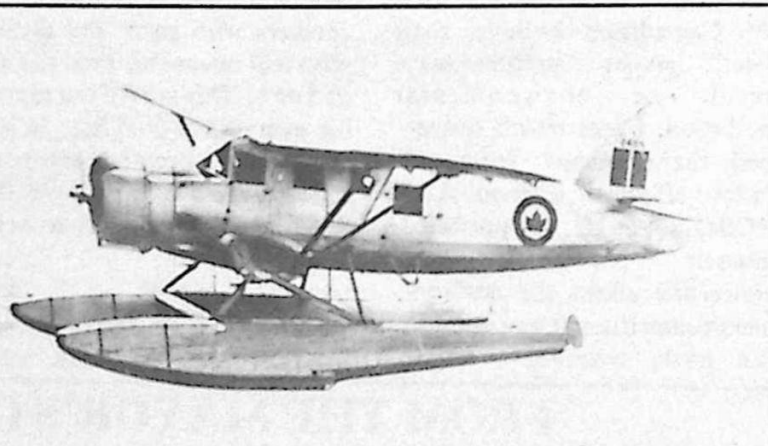
Because of their different photographic taskings, the unit was broken off from 13 (P)

Squadron and on 15 November 1946, was declared as No. 14 (P) Squadron.

Like their sister squadron, No. 13 (P), the unit was tasked to assist with the photographing of the Northern regions of the country. In company with No. 13 they had during 1946 photographed more than 410,000 square miles of territory. But unlike their counterparts, their aircraft were not equipped with float-planes. They were restricted to using airfields and landing strips, some of which were not any more than gravel strips hacked out of the forest.

On the same date that No. 13 (P) became 413 (P) Squadron, 14 (P) was also redesignated in the post-war reorganization of the RCAF. In their case their renumbering followed sequentially, thereby becoming No. 414 (P) Squadron. They too retained their fuselage code after the redesignation, and the AQ code was retained until this new unit was finally disbanded on 1 November 1950.

Both No. 13 (P) and 14 (P) Squadrons contributed a great deal of information and photographs that helped to map the Northern part of this large country. While they did not receive any Battle Honours nor any known personnel honours or decorations, the work carried out by both of these units is still, in most cases, as valid today as it was then.



Noorduyn Norseman of a similar type used by No. 13 (P) Squadron on its Northern photographic surveys. (MAP)

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Our Elders: Untapped Resources
march 7

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march 14

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LEGION LOG

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Sat Mar 5.....Music by VALLEY BOYS

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Sun Feb 26.....FUN CRIB TOURNAMENT
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MONDAY.....Fun Euchre
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Mar 10 Music by LORI BAKER BAND
Mar 17 Music by WESTWIND
Mar 24 CLOSED—GOOD FRIDAY
Mar 31 Music by VALLEY BOYS

REGULAR ACTIVITIES

SUNDAYS.....Lounge 2-6 pm.
MONDAYS.....L.A. Drop-In-Bingo-7:30 pm
Men's Dart League-Navy Rm-7:30 pm
TUESDAYS.....Mixed Dart League-Upper Hall-8:00 pm
Ladies Crib League-Lounge-7:00 pm
WEDNESDAYS.....Navy League Drop-In-Bingo
Upper Hall - 7:00 pm
THURSDAYS.....*1st* Br.Exec.Mtg - 8:00 pm
L.A.Exec.Mtg. (as required)
2nd L.A.Gen. Mtg.-Upper Hall-8:00 pm
3rd Br. Gen.Mtg.-Upper Hall-8:00 pm
FRIDAYS.....Meat Draws - Lounge - 2-6 pm
Dance (Normally downstairs unless advised)
SATURDAYS.....Meat Draws - Lounge - 2-6 pm

SPORTS

SAT FEB 25 - ZONE DARTS PLAYOFFS-Closed to qualified entrants from Branches in Zone.
SUN MAR 5- CRIB TOURNAMENT - Lounge. Reg.\$5 by 12:30 PM, Start 1 PM.
SUN MAR 19 - EUCHRE & POOL TOURNAMENTS. Reg. \$5 by 12:30 PM, Start 1 PM.

UPCOMING EVENTS

FRI MAR 17 - ST PATRICK'S DAY DANCE
SUN APR 2 - COMOX LEGION 50TH ANNIVERSARY COMMITTEE will hold a Fun Auction in the Lounge for Members & Guests. All donations of auctionable items will be received at the Legion or call Dawna at 339-3454 for pickup.

PUBLIC ANNOUNCEMENTS

RCBAF 33RD ANNIVERSARY

The Royal Cape Breton Air Force (RCBAF) is alive and well. The current Chief of the Air Staff (CAS), Squadron Leader John H. Billard would like to extend an invitation to all August Members to the 33rd anniversary celebrations, 22nd and 23rd Apr 89, CFS Sydney Officers' Mess.

This year's activities will include a Stag on Friday evening complete with RCBAF games

and prizes (a dinner will be coordinated for the ladies at a local restaurant) and on Saturday you will have an opportunity to visit local points of interest followed by the traditional RCBAF mixed mess dinner. Total cost of \$60 per couple, \$30 per single. Reservations can be made by contacting Flight Lieutenant Michael R. Moore, Adjutant, RCBAF, CFS Sydney, MPO 200, Sydney, N.S. B0A 1B0.

TEEPEE PARK CAMPSITES - 1989

A draw for season campsites (24 Mar 89 - 15 Oct 89) will take place on 10 Mar 89.

Names of personnel interested in acquiring seasonal campsites are to be submitted to Community Council Office, loc 8571, between 0800 hrs and 1230 hrs daily, prior to 28 Feb 89.

Cost of season campsites is \$225.00, payable prior to 24 Mar 89.

Campsites available up to maximum of seventeen.

Personnel authorized to bid are:

- 1) Members of the CAF and their dependants,
- 2) DND and NPF employees (full time) and their dependants,
- 3) Retired service people, and
- 4) Members of the RCMP.

Dependants must be living with the authorized member and have the required dependant's pass.

Priority shall be given to users who did not have seasonal campsites in 1988.

Other costs pertaining to TeePee Park are:

1) CAMPSITES	
Daily	\$5
Weekly	\$33.25
Monthly	\$135.00
2) BOAT LAUNCH	
Daily	\$3
Seasonal	\$20

429 Squadron colours presentation and reunion

429 Transport Squadron wishes to bring to the attention of all past members and interested parties, the upcoming colours presentation and squadron reunion. The celebration has been tentatively scheduled for the 21 - 23 July 1989, pending confirmation of a royal representative to present the colours. We will advise any change to the planned dates. Anyone desiring more information or wishing to attend can contact our

429 (T) Squadron
CFB Winnipeg
Westwin, Manitoba
ATTN: SADMO

Come and join us in celebrating the past, present, and future of one of Canada's finest: 429 Transport Squadron.

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Funds raised through the TELETHON go to the support of EASTER SEAL CAMP SHAWNIGAN, EASTER SEAL BUSES AND VANS, EASTER SEAL HOUSES, and PATIENT CARE PROGRAMS offered here on Vancouver Island.

Area Co-ordinators have been selected in seven central locations on the Island to work on local fund raising and promotional activities. These individuals are already hard at work within their communities arranging fund raising events with the help of service groups, schools, and businesses, as well as private individuals; coordinating talent auditions; providing public relations support for the event.

For more information in your area, please contact:

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AS/FTRC/AWC REUNION
A Reunion of all Air Services/Fighter Controllers (AS/FTRC) and Air Weapons Controllers is being planned for the summer of 1989 at CFB North Bay, Ont. The Air Weapons Control and Countermeasures School (AWC and CS) is chairing this event. We are looking for names and addresses of all ex-Controllers who would be interested in participating and being placed on the mailing list. Address all correspondence to Commandant AWCCS, CFB North Bay, Hornell Heights, Ont. POH 1P0.

COMOX VALLEY CHRISTIAN WOMEN'S CLUB

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WEDNESDAY, MARCH 8th, 1989 at 11:45 a.m. - \$8.00

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Vancouver Island Children's Book Festival May 6, 1989

Malaspina College. To receive a copy of the final program, available in early spring, call 755-8775 to be put on the mailing list.

Filberg Festival Coming in August

Spring must be just around the corner, the Filberg Festival is starting to come to life again!

Last year crowds topped 17,000 during the four day Festival over the B.C.Day weekend, and a great time was had by all. Set on a splendid nine-acre site against a backdrop of ocean and mountains the Festival features over 70 craftspeople and artists from all over B.C., marvelous foods and entertainment. Dates for the 1989 Festival are August 4, 5, 6, and 7 - so mark it in your calendar now, it's definitely worth a visit.

Jury applications are now available for craftspeople who are interested in taking part this year. The deadline for completed applications is March 8. Anyone interested should write Filberg Festival Coordinator, Jane Howard, 61, Filberg Road, Comox, B.C., V9N 2R7 or phone 339-2715 or 338-7802 for more information and application forms. Performers, entertainers and food vendors are also invited to apply.

6RD/AMDU History
Aerospace Maintenance Development Unit (AMDU) will be celebrating its 50th Anniversary in 1990. To this end, the Unit plans to publish an unofficial history. We need photographs, stories and reminiscences from personnel who were stationed at 6RD/AMDU from 1940 to present.

Any material submitted will be promptly returned. Please send contributions to Commanding Officer, Aerospace Maintenance Development Unit, CFB Trenton, Astra, Ontario, K0K 1B0, Attention: Major E.T.Karkut, NDTO.

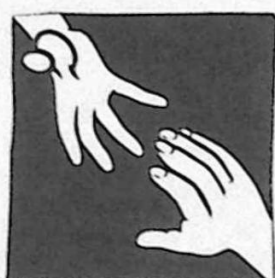
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DEVELOPING NEW INTERESTS

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Structuring Time

There are 168 hours in a week. If you work full-time, write off about 50 hours, plus sleep which will require another 56 hours, more or less, plus eating which is another 20 hours and general maintenance which is another 15 hours, then you've got about 24 hours for family and leisure-time activities. The important thing is not only how much time you have but what you do with the time you have.

Leisure Time Activities cover a wide range of activities plus doing "Nothing," if that's what you find relaxing and a release from work. These activities are something

- 1) you want to do rather than have to do
- 2) you look forward to doing
- 3) you do alone or with your choice of people
- 4) you feel free about physically and mentally
- 5) you do for fun
- 6) which can contribute to others' well-being as well as your own.

When selecting activities consider variety to suit your needs and degrees of complexity so that you will not become easily bored once you acquire a certain level of expertise. Activities and interests which provide an opportunity for personal intellectual and/or physical growth and development will usually also improve your self-esteem.

Leisure time activities can meet many of our basic needs and desires.

Creativity can be expressed via gardening, cooking, art and music.

Participation and fellowship through involvement in various group activities related to sports, church, school, politics, etc.

Recognition-developing and using special skills in a volunteer capacity, assisting with community projects, special interest groups and perhaps doing something which can help others or communities solve their problems.

Adventure-travel, participation in certain sports and activities which are challenging and involve some risk.

Learning-the need for intellectual growth and stimulation is achieved by reading, further studying, discussion with others holding divergent interests and views.

Physical Fitness-through exercise, walking, sports, yoga, cycling, golfing, curling, skiing, tennis, etc. the choices are infinite. It is important to find something which is enjoyable and comfortable for

you and which can fit into your lifestyle on a regular basis.

Contemplation-the need for inner reflection and relaxation again can be filled by a multitude of activities such as reading, meditation, prayer, friendship.

The important thing to keep in mind when choosing interests is diversity. You want to have a number of alternatives so that if you lose one, you have others to fall back on. As long as you find pleasure and stimulation in keeping your mind and body active, you will reap the benefits of leisure activities.

It is the contrast between work time and free time which makes both those aspects of your life meaningful.

There is a danger of becoming overprogrammed, involved in so many activities,

programs and committees that you have to run a night shift to keep up with them. Here the goal of relaxation, pleasure and stimulation becomes overshadowed by pressure and stress and the original purpose of involvement is lost.

There is a wonderful opportunity to compensate for whatever may be lacking in one area of experience by developing certain activities in the other. Here creativity and the courage to try something new and different are important. The result is that we may feel generally more contentment and balance in our lives and can cope better with whatever may come our way.

Andre Gide, the Nobel Prize winning French novelist said, "The wise man is he who constantly wonders afresh, for him the world is always being born again."

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RV 89 PHONE-IN REQUEST LINE

RV 89 will be held this year between 14 April and 12 June. As in past years radio station CILW Wainwright 1230 AM is hosting a phone-in request show for participants or family and friends.
Requests may be made from 1 May to 31 May between 5 PM and 7 PM by calling 403-842-4311.

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The Comox Air Force Museum and Gift Shop operates mainly on a volunteer basis. Throughout the year, a number of personnel from the Comox Valley graciously contribute their time, money, and personal artefacts to make the Museum and Gift Shop a more interesting and attractive place to visit. Without these generous donors and volunteers, the continuation of the Comox Air Force Museum/Gift Shop would be a virtual impossibility.

The Chairman and Committee of the Museum and Gift Shop would like to acknowledge the many volunteers and donors and extend to them our sincere appreciation for their generosity and un-failing support over the past year. Following is a list of the

Comox Air Force Museum/Gift Shop donors and volunteers of 1988/89:

ARTEFACT DONORS
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Mr Dick Graham
The Baker Brothers
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