



TOTEM TIMES



Canadian Forces Base Comox B.C.

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NEXT DEADLINE MONDAY, MARCH 20, 1989

COST: PRICELESS



It's been 43 years since the Royal Canadian Air Force Dakota squadrons flew the wartime skies over Europe and Burma and their colour schemes have changed many times in those four decades. But in March, 1989, two Dakotas will fly the Canadian skies wearing the colours that they wore over Normandy and Burma in 1944 and 1945.

As part of the retirement of the last nine Dakota aircraft in the Canadian Forces' inventory, scheduled for 31 March, 1989, at Canadian Forces Base Winnipeg, two of the aircraft will be painted in colours that they actually wore in those theatres of operations. One of the aircraft will leave Winnipeg for a tour of eastern Canadian locations that have a historical significance to the aircraft's Canadian service, and a second aircraft will do a tour of western locations.

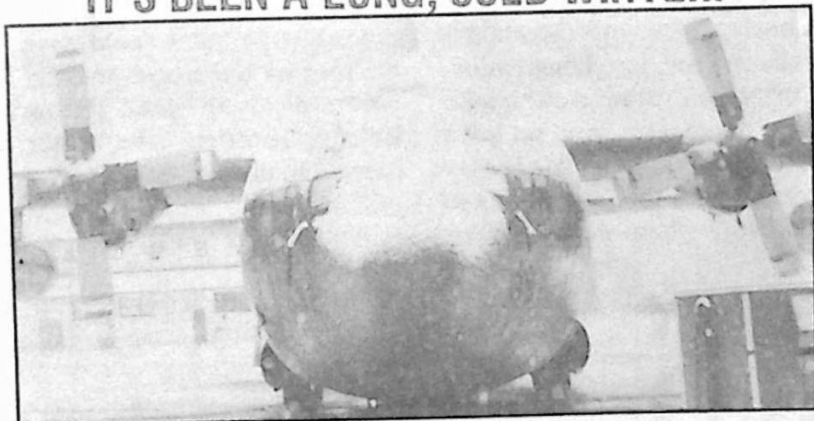
The commemorative flights begin on 10 March, 1989, and will end in Winnipeg between 20 and 22 March. The Dakotas will be flown by crews from the last units to operate them -- the

Central Flying School and 402 "City of Winnipeg" Air Reserve Squadron of CFB Winnipeg.

The aircraft on the western visits will be sporting the colours it wore in the European theatre when it was on operations with 437 Sqn of the RCAF. Its current number is 12944 and it's known as "1/4 Time." It is the fourth oldest aircraft of the retiring Dakotas.

It will arrive in Comox on Tuesday, 14 March, at 2:30 PM and depart the next day at 11:00 AM. During this time it will be available for viewing at 3 Hangar to both military and civilian personnel. Tuesday afternoon a CF-18 will be on static display adjacent to the Dakota highlighting the passage of time and leap in technology from the fabric covered ailerons and radial engines of the Dak to the composite wings and high-speed computers of the Hornet. At 3:00 PM on Tuesday, following the arrival, everyone is invited to the Junior Ranks Mess to celebrate the end of an era.

IT'S BEEN A LONG, COLD WINTER!



Let's Eliminate Racial Discrimination in Canada

March 21, 1989 is the International Day for the Elimination of Racial Discrimination



SEE PAGE 3 FOR THE MYTHS AND FACTS AND WHAT YOU CAN DO.

BIG EARTHQUAKE MAY BE BUILDING UNDER VANCOUVER ISLAND

by Lorraine Brown

Scientists at the Pacific Geoscience Centre in Sidney, B.C. have found new evidence that major earthquakes have hit Vancouver Island and the surrounding area in the past—evidence that raises the possibility of another large quake in the future.

The researchers hope to determine whether a really big quake is in the offing, and how soon.

On the west coast of Vancouver Island, Dr Garry Rogers has discovered regular, predictable patterns in the rocks, which show that sections of the coastline have been uplifted then dropped down over the last few thousand years. Between the uplifts and down-drops there are areas where the coastline has been stable. "This is the kind of pattern you would expect to see where large earthquakes have been occurring over thousands of years," says Rogers.

The scientists also found a 3000-year-old western red cedar stump that is now about a metre below tide level. The stump is further evidence that the coastline suddenly dropped in the past, since it appears to have been still alive when submerged.

A sudden drop in the earth's surface is often evidence of a major earthquake. As pressure builds up along a fault over hundreds of years, the earth's surface rises. Then it suddenly drops, releasing that pressure in an earthquake.

The west coast of BC is seismically active because of movements of the crustal 'plates'—sections of the earth's crust—that underlie the area. Vancouver Island lies on the North American Plate, while the Pacific Ocean overlies



Aerial photo from west shore of Vancouver Island. Curved formations (arrow) are raised ancient beach lines of bay (lower left), showing how the land has gradually risen. (Dr. G. Rogers, Pacific Geoscience Centre)

the Pacific Plate. Between these two large plates is a smaller one, the Juan de Fuca Plate, which is sliding eastward and down under the North American Plate, disappearing under Vancouver Island. The area is known as a 'subduction Zone,' since the plate is being dragged down, or subducted, under another plate.

The scientists are trying to determine whether the Juan de Fuca plate is moving in one continuous smooth motion, or whether it becomes 'stuck' against the North American plate for several hundred years, builds up pressure, then suddenly moves, releasing the pressure in a quake. Evidence suggests the movement is not continuous, and that the two plates are now stuck. The area could then undergo a major earthquake, but the researchers don't know when.

Evidence recently discovered in nearby Washington State shows the northwest coast in the Juan de Fuca Plate region has undergone a major quake

about every 500 years for the past 3500 years. In the 150 years of recorded history in BC, there has not been a major quake. Indian legends do mention earthquakes, but none is specific enough to help the scientists.

Around the Pacific Rim there are many subduction zones. Rogers has identified six similar to the Juan de Fuca Plate in that geologically 'young' rocks (less than 20 million years old) are being dragged down. Four have had major quakes in historic times. Rogers thinks that younger rocks are more buoyant, and slide down less easily than older rocks. Older rocks go down more smoothly, producing many small earthquakes as they go. This is the case near Japan, where rocks several hundred million years old are being subducted.

Rogers and his colleague Dr Herb Dragert think that pressure building up along the

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"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE, MONDAY,
MARCH 20, 1989—NOON

This mural entitled "A World United" adorns the entrance to the United Nations Pavilion.

EDITORIAL

SPORTS ARE FUN, RIGHT?

Ever been to a Base intersection hockey game? Admittedly, the level of skill exhibited is not, for the most part, inspiring. Some players barely manage to stay vertical and remind me of that Paul Simon tune, "Slip Slidin' Away."

step on the ice? Meanwhile the better players pump each other up with macho words shouted at maximum volume and goad themselves to ever greater exertions in the name of winning.

Nobody ever seems to question this attitude. In this overly competitive world winning is all. Not just in hockey, of course, but all sports and most other things.

wrong with them? Do they think this is supposed to be fun? Okay, I admit it. I play intersection hockey and frequently feel these sentiments creeping up on me.

The world can be an awful place. Wars, poverty, starvation, and environmental disasters are our daily companions on the T.V. and in the newspapers.

rest and relax our minds. It is essential for maintaining our well-being.

So for the record I'd like to say I find fault with the narrow, preconceived notion of boundaries to the imagination.

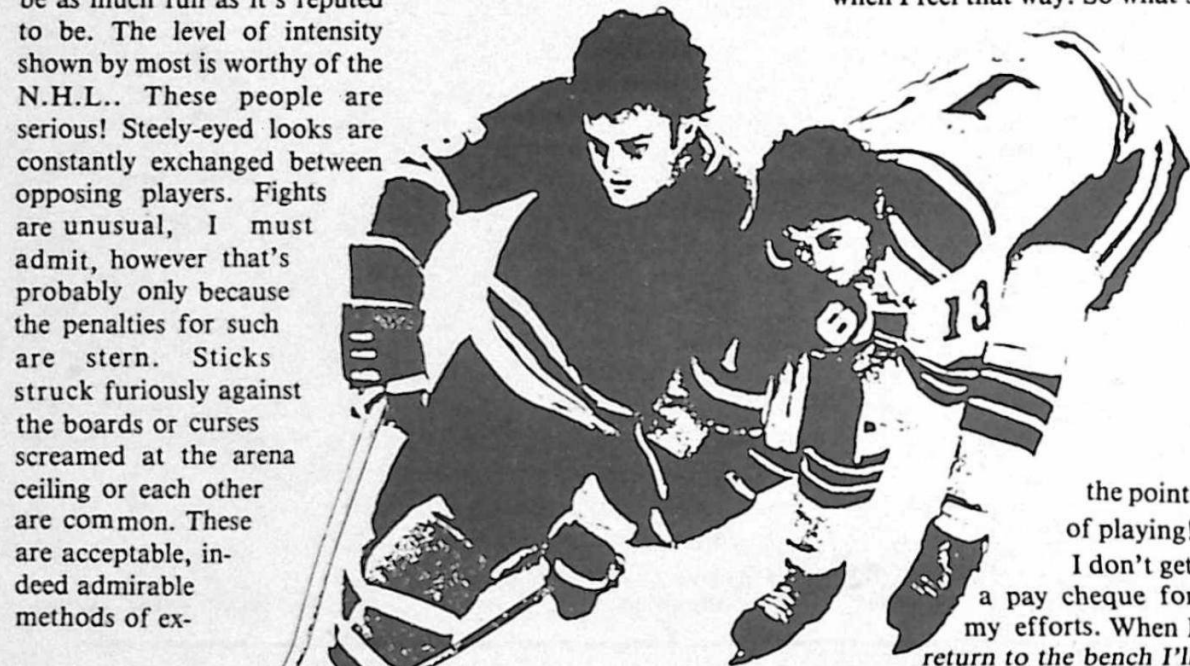
These are the days when, like my overtaxed brain during night-time dreams, I seek relief in a potent force, my imagination. It is indeed a force; capable of easily moving mountains, of sending a man high into the atmosphere supported by nothing more than his absurdly flapping arms.

The day started off in drudgery. I cleaned the bathroom, washed the dishes, and dug up a great many weeds. Then just as I thought things could not get any worse my wife "suggested" we go and do the grocery shopping.

Adults are taught to keep a tight rein on their imaginations. It's not healthy to seek comfort in it they say. It could direct you to the nearest padded cell, your arms wrapped around your chest and held there by a funny white jacket.

Then a strange transformation began to take place. I had little control over it and certainly no desire to prevent it. I began to imagine I was driving in a Formula One race.

...continued on page 3



pressing frustration. Who wouldn't be frustrated if they saw victory slipping from their grasp. After all, winning is the most important thing.

point use of anabolic steroids and other drugs in professional sports attests to that. However it's hard to attach blame to someone like Ben Johnson, under incredible pressure to win, when shades of that same attitude are prevalent in recreational sports, like intersection hockey.

Ultimately fifty percent of the intersection hockey players must be losers. That's quite a few unhappy people. Depair often hangs heavy in the air in these dressing rooms following the game.

By the way, I do encourage responses to these or any other of my ineffectual ramblings. If you think I'm out to lunch write to the Totem Times and say so. Anonymously if you wish.

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EDITORIAL

LETTER TO THE EDITOR

End of the Species

John Bradley



On Friday, 8 March, Sgt John Bradley departs for Namibia (otherwise known as Southwest Africa) bringing to a close his highly regarded column, Origins of the Species.

the U.N. in 1966. Since then the country had been embroiled in a civil war between armed elements of the Southwest Africa People's Organization and the South African Defence Force until a recent U.N. negotiated cease-fire.

Sgt John Bradley has agreed to send an exclusive series of articles on Namibia to the Totem Times for a very large retainer (free coffee at the Totem Times office upon his return).

Editor: During a drought or a famine, TV cameras are quick to provide images of starving Africans...bloated children with flies buzzing around their eyes. Emergency relief comes from generous Canadians and soon after, the media moves on to another story...until the next famine.

The Canadian Organization for Development through Education believes that education provides the light at the end of the tunnel. For 30 years, CODE has supported innovative projects that enable people in developing countries to improve their lives through education.

paper for local publishing in indigenous languages, equipment such as typewriters and funding for educational projects.

The reasoning is simple: literate farmers can learn more efficient ways to produce, store and distribute their crops. A literate mother can learn about hygiene and nutrition to ensure her children's health.

Please support education in developing countries. Your contribution is tax-deductible and for every dollar you give, the Canadian International Development Agency gives

\$5.00. An \$83 donation is enough to ship paper to print skills training booklets for 100 men and women; a \$47 donation is enough to print three flipchart teaching aids; \$19 is enough to send 25 new textbooks and readers.

Send us a donation or write to us for more information about our programs. We would be more than happy to tell you how education can improve the lives of people in developing countries!

Robert Dyck National Director The Canadian Organization for Development through Education (CODE) 321 Chapel St. Ottawa, Ontario K1N 7Z2

together. By comparing early survey measurements with more recent laser measurements between the mountain tops, Dragert has shown that they have moved about 1.5 metres closer together since the early surveys.

"Between the uplift and downdrop that I have seen, and the horizontal deformations measured by Dr Dragert, there is no doubt that strain is being stored. The way other subduction zones get rid of this strain

is through very big earthquakes," says Rogers.

Rogers plans to look for further evidence of uplift and downdrop than can be accurately dated, such as submerged archeological sites. Enough such evidence will enable the researchers to re-create the area's seismic history in detail and get a better idea of when a major quake might happen.

(Canadian Science News)

"EARTHQUAKE"

...continued from page 1 junction between the Juan de Fuca and North American Plates is forcing the earth's crust on Vancouver Island to fold up. "If the contact between the two plates is stuck, then it will squeeze the overlying rocks in an undulating pattern," Rogers says.

Indeed, measurements between mountain tops on Vancouver Island show that they are being squeezed closer

"IMAGINE!" ...continued from page 2 with increasing speed. It took all my concentration to maintain control.

A white haired lady was suddenly in my path and I swerved violently to avoid her, the car - I mean cart - responding crisply to my inputs. I saw her startled face fly by and gave her a confident, reassuring smile - like Jacques Villeneuve. The end of the aisle came quickly and I manoeuvred gracefully into the turn, the lateral G forces slamming me sideways. I sped into the next aisle and was confronted by a series of impossible obstructions as cars - I mean carts - littered my path.

A beautifully timed turn saw me by the first blockage with only a slight scrape. I was con-

scious of a muffled exclamation behind me. The next obstacle presented more of a problem and I skidded out of control, heading for the sidelines - say, what are those cans stacked alongside the track for? By a superhuman effort I was able to regain control before my almost inevitable demise and careened back to the inside lane. A glance over my shoulder testified to the disarray behind me. Cars and people were littered everywhere. Now I was in the lead and determined to hold it. I could not prevent a gleeful laugh escaping my lips despite my resolution to be a graceful winner.

The next turn went smoothly, my hands gripping the steering wheel fiercely, and ahead I could see the finish line. The crowd was going wild. Never before had they been

witness to such a display of driving skill. My victory was certain.

Then out of nowhere my wife appeared in front of me and was between my high performance driving machine and the finish line. Her back was towards me so I clung desperately to the hope that I could flash by her unnoticed. But she turned and glared at me and I was abruptly back in the grocery store, clinging foolishly to the back of a shopping cart and making pathetic "rum-rum-rum" sounds.

So these days I control myself in the grocery store. I plod faithfully behind my wife as she pushes the shopping cart down the endless aisles, searching earnestly for some important item and slapping my wrist whenever I reach towards the car - I mean cart!

Racism, prejudice and discrimination are harmful to everyone in our society.

Being part of this special day is one way of saying that every person in Canada deserves equal respect and recognition. TOGETHER, Canadians can build a better and fairer society for all.

Some Myths & Facts

MYTH: There's no racial discrimination in Canada.

FACT: Unfortunately, there is, sometimes subtle and sometimes overt—but most Canadians want to do something about it. They believe in respecting and understanding each other.

MYTH: All Canadians have equal opportunity and equal treatment.

FACT: The law says they should. But when it comes to jobs, housing and services, many Canadians experience prejudice and discrimination because of the colour of their skin.

MYTH: There's nothing that I can do to make a difference.

FACT: You can do a lot. Start by organizing or taking part in activities for March 21. Join thousands of others in Canada who care. You really can make a difference.

How Can I Get Started?

Get your group—service club, school, church, synagogue or temple, business or professional association, union, community association, and your neighbourhood friends—to plan activities for March 21.

Call your city or town hall and ask if they're planning anything.

Crossword

By Rick McConnell

- ACROSS 1 Cover 5 Offer 8 Service Tree 12 Botanical 13 Numero 14 Brainstorm 15 Hockey Tough 16 Best 18 Dishonourable 20 Start 21 Regret 22 a la Crosse 23 Map Book 26 Smoke Brand 30 Spring Month 31 Stir-Fry Pan 32 Jen's Boyfriend 33 Ironed 36 Strike-Breakers 38 Still 39 Freedom Fighters 40 Home 43 Wolfsbane 47 Quebec Town 49 Verbal 50 Demolish 51 Flightless Bird 52 Vex 53 Bitty 54 Raw Deal 55 Beginning for Room or Lope 19 Transporter 22 Sort 23 Elect. Unit 24 Asphalt 25 Soap 26 Pea Container 27 Age 28 Adam's 29 Distress Signal 31 Moist 34 Cape Breton City 35 Sow 36 Sold Out Sign 37 Toilet of Gold? Sask. 39 Freeze 40 Farm Prefix 41 Bad Kid 42 Kiln 43 Force 44 Golf Club 45 Marsupial 46 She in Shawinigan 48 Score in Crib

Grid for crossword puzzle with numbers 1-55 and some pre-filled letters.



TOTEM TIMES

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AROUND THE BASE



From The Top Rung

COL TED GIBBON

Despite the unseasonable blows dealt by the weather guessers lately there is no doubt that Spring is nearly upon us. I have several very determined but somewhat confused crociii in my flower bed that attest to that observation. With the arrival of warm sunshine comes the requirement to clean and tidy up our spaces so that the base presents its usual sparkling appearance to the visitors that inevitably make their way here to assist, inspect, observe, advise and otherwise interfere with our normal routines. This year will require a greater effort than in the recent past because of the amount of grit spread on the roads and the number of projects undertaken during the winter months that have left the usual litter behind. I ask everyone to assist by picking up rather than stepping around or over trash and making sure personal habits contribute to the beauty of our establishment not the workload of those who are determined to make CFB Comox the best turned out, operational base in Air Command.

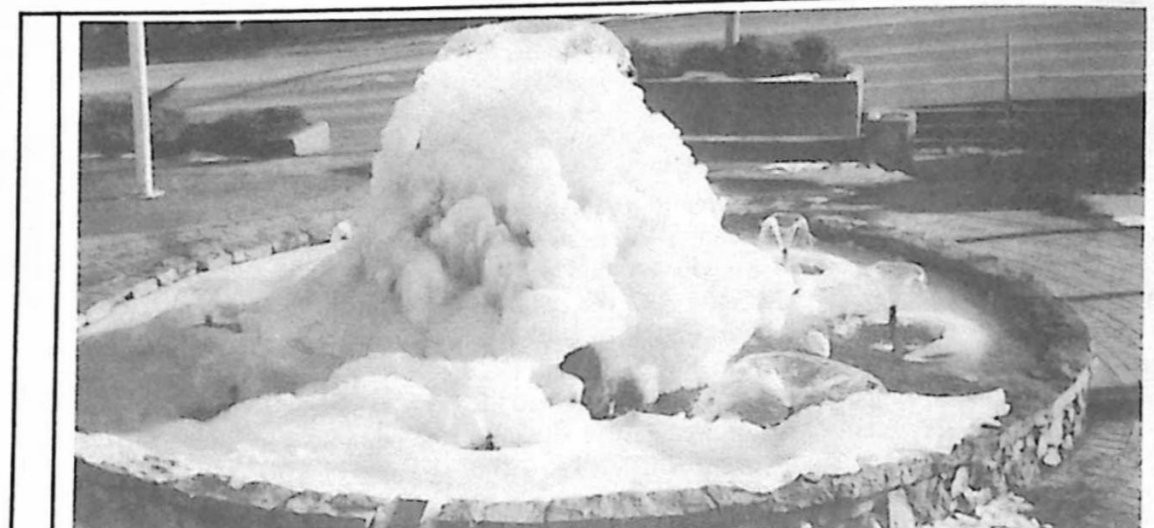
The Base Chief frequently decries the lack of available manpower to carry out the many housekeeping chores required to keep the base looking its best. In the past I've given him sympathy and direction but precious little assistance however I may have discovered a man power resource that will delight him. Recently I have observed unusually long lineups at the main gate at 0730 and 1530. You don't have to be from Greenwich to figure out that some people are arriving at the workplace late and leaving it early. Please don't give me such a golden opportunity to "Make the Chief's day".

ALLIANCE OF AIR FORCE ASSOCIATIONS

The Alliance of Air Force Associations (AAFA) held its inaugural meeting recently in Ottawa. The AAFA, or the "Alliance," was formed to bring together into a cohesive whole several existing groups of former Royal Canadian Air Force and Canadian Forces air force personnel whose aims and objectives are collectively to: contribute to the development and maintenance of effective national security policies and capabilities; and, to promote a better understanding by the general public in Canada of national security issues, especially issues pertaining to air power. In addition to activities directed towards furthering these aims, the Alliance will be supporting, promoting and fostering programs directed at protecting and preserving our aviation and military heritage.

The founding members of the Alliance are the following organizations:
 Air Force Officers Advisory Group
 Air Force Officers Association of Vancouver Island
 Air Force Reserve Senate
 Association of Air Command Honoraries
 Canadian Air Force Officers Association
 Royal Canadian Air Force Association

These six associations or groups have a total membership of almost 20,000 Canadians in communities throughout our nation. Further information regarding the Alliance may be obtained from the AAFA national office by writing 424 Metcalfe Street, Ottawa, Ontario, K2P 2C3 or telephone (613) 236-1074.



A frozen fountain in front of the Courtenay Civic Centre attests to the cold weather this winter.

CANADA: OURS TO DISCOVER

by Ann M. Smith

Possibly the greatest disadvantage of living in a country as enormous as Canada is the impediment that size creates for would-be travellers. The very thought of trudging across more than 4,000 miles of mountain, prairie, hinterland and coastal regions; hundreds of different cities and towns; five separate time zones; two official languages; and literally dozens of diverse people and cultures can be daunting, to say the least.

Given the opportunity, however, (as I was quite recently) is a rare blessing.

If we are to read Canada like any good book, the first chapter would take place in the breathtaking beauty of the Rocky Mountains. Since last year, when Calgary hosted the Winter Olympic Games, people the world over have learned to fully appreciate what westerners have known for years: the Rockies are without a doubt one of Canada's greatest national treasures. Ooos and aahs from visitors of every nationality were commonplace at the Olympics and, indeed, one's first ever viewing of, for

example, Banff, Alberta on a sunny winter's day is enough to leave the most seasoned traveller speechless.

Just next door to the Rockies of British Columbia and Alberta, is of course, the Prairie region of Saskatchewan. Farmers in this part of the country who were devastated by last summer's crippling drought can be heartened by the encouraging conditions experienced so far this winter. A better growing season, they say, is on the way. Even after a quick tour of Saskatchewan's flat and open land it's easy to understand why city life has little or no appeal to those accustomed to the Prairies. (Farmers in Manitoba are also taking some comfort from the added soil moisture caused by this winter's record snowfalls.)

And from one regional extreme to another, Canadians can always look to their neighbours on the Atlantic coast to provide a fitting final chapter. These four provinces—New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland—are as dissimilar to Quebec and On-

tario, for example, (their closest neighbours) as they are even to themselves. It has often been said that time has stood still, or at least slowed down for Maritimers, and although this may not be true for metropolitan centres such as Halifax, it certainly is true for many other areas of the region. St. John's, Newfoundland, for example, with a population equal to Victoria, British Columbia, has managed (remarkably enough) to retain a very separate identity from that of the "Mainland." And despite the fact that Newfoundlanders balk at any comparison to Prince Edward Island, and Prince Edward Islanders balk at any comparison to Nova Scotia, etc., it's hard not to notice the similarities.

The one thing that remains constant, however, is how fortunate Canadians are to live in a land of such splendor, vastness and diversity. For me, at least, these enriching factors help smooth away some of the rough edges from our constant regional differences and grievances.



Answer from Last Issue

Air Force Trivia WHAT WHERE WHEN WHY

THIS WEEK'S TRIVIA: Where is this photo taken, who did it belong to and what is it doing?

LAST WEEK'S TRIVIA: This is a C-118B Liftmaster of the USN. Civilian designation is DC-6B.

SECTION NEWS



Demon Doins



AIRCREW

It seems to be that time of year when not too much is happening, which means there isn't much to write about - providing, of course, that you're driven by some creative force or secondary duty to write in the first place.

Take the case of Crew 7. I queried several of those Moosemen of happenings over the past two weeks and here's what I got folks: Lt Tim Campbell received a Valentine's card in the mail; Lt Tom Norris went to a crew party and drank some wine; Lt Bob Schwartz may have done some grocery shopping. Apparently, everything else the crew did was really boring.

Just a small point of interest here. That faithful Tasmanian Devil mascot of the Crew 6 Terminators, Sgt Taz, has been observed sporting a pair of lady's underwear on his head the past few flights. I won't ask how he acquired this handsome apparel, but I will commend Taz on his good fellowship in allowing MCpl Ron Beyerbach to wear the garment on his head during a recent patrol.

Not long ago the Crew 4 Sledgehammers found it necessary to egress from an aircraft after smelling a pungent odour. Capt Gary "Bunny" Larocque happened to be on board at the time—and, call it a coincidence, but there seems to be an historical relationship between Bunny's presence and emergency egresses (at least from the tactical compartment) due to pungent odours. This unsettling trend is currently under investigation. Keeping with Crew 4, it was noted that they are extremely considerate to visitors flying with the crew. Just to prove their amicability, they let Maj "Muscles" Todd carry the Pubs box, which only weighs in the neighbourhood of

5 million pounds, out to the airplane. Oh yeah, I also better mention that Lt Mike "Savvy" Savard became the proud father of a pair of bouncing baby captain bars and is now Capt Mike "Serge" Savard. Let's talk about crew checks. They're finished.

Crew 2 had a fine check ride, though at one point in the flight the Navs were playing musical chairs. The music started during an intense scenario when Capt John "Biff" Allcott took a long refreshing gulp of sour milk. When the music finally stopped, Biff was in the bathroom, Lt Kevin Beaulne was Acoustics turned Navcom in the TacNav seat, Capt Jeff Grevstad was NavCom turned TacNav in the Navcom seat, and an unwary Capt Bob Barret was hopelessly tangled amidst the intercom cords.

Crew 3 also had an above average flight, though an above average portion of their crew was missing. Lt Darren Skuja simply couldn't fit the flight into his busy schedule. Lt Scott Guenther was freezing certain parts of his anatomy off in Alert, MCpl Buddy McKeigan had some matters to attend to, and Baby Gonzo was, well, gone-zo.

That's all. Oh, by the way, Crew 5 is the competition crew. If you want higher accolades than that, get a Crew 5 guy to write the Doins!

407 MAINTENANCE

Since our last report 407 Maintenance has managed to pump out another five or six immaculate flying machines in-totally to the wild blue yonder. As ever, we are under the gun to get our airplanes out yesterday.

We have gained a few new faces and lost some old. MCpl Todd Brooks comes to us from 2 Crew and Cpl Roy Tessier comes to us from mob spares. A hearty maintenance welcome to you. As you know we

guarantee all the overtime you can handle coupled with a large cheque at Christmas. We would also like to welcome back WO Ron Drouillard to the fold. This will probably be quite an adjustment after his holiday in servicing. We had to bid farewell to MCpl Fred Crocker and Pte "The Prive" Craig Howland who have now joined servicing crews to see how the other half lives. Cpl Shaun Johnson will also be leaving us shortly to make his millions working for one of our civilian counterparts. I guess he didn't like our Christmas bonuses, and to think we even gave him Christmas day off last year. (Or was it the year before?) No matter, best of luck Shaun.

Congrats are in order for Cpl Bill Richard on his recent accelerated promotion and to Cpl Dan Labbe and his wife Lucie on their new addition.

On a more serious note, if you ever get up to Campbell River, you may notice the Cessnas are flying lower and faster than usual. Well, it's not exactly an aerobatic team, it's really MCpl Rick Cochran and Pte Al Young learning to fly. Rick has even managed to land once and on that occasion he noticed his instructor sitting white as a ghost and taking long pulls from a bottle he had produced. Rick, perplexed by this, remarked that he thought he did a pretty fair job considering the runway was only 40 feet long, but he couldn't understand why they had made it over a mile wide. I think "Magoos" was the instructor, judging by the way his hair has changed over night. Snowbirds eat your hearts out!

We also have a few guys on course right now. Cpl Green is in Penhold getting some of the rough edges trimmed off and Ptes Mike Lafitte and Al Young are in Brownwood learning all the propaganda about

the Aurora. Pte Les Andrew arrived back recently a much wiser person, at least that's what he tells us.

I must also mention that we did a detachment to Moffet in January and it is also true that even though it was supposed to be a maintenance trip we did take some techs from servicing but contrary to popular belief, this was just to demonstrate that Auroras can be repaired without resorting to robbing.

Now that AMIT is finished, I guess that we in 407 Sqn can all pat ourselves on the back for a job well done. Sgt Willy Rivett in particular did an outstanding job in explaining the purpose of our shelving in the maintenance room but seemed to lose credibility when he tried to get the team to believe that his two Toyota truck fenders were off the main landing gear.

It's RRSP time again, and as usual everybody is scrambling to get them bought on time. Duane York was running all over town last week trying to get the best deal and has become somewhat of an expert in his own mind. So much so, that he had set up his own company called "York's Investment Group." So if you want that extra 1/4% go and see Duane. Incidentally, he is still puzzled over what happened to the money he had in the "Principal Group."

As a last footnote, I heard from the grapevine and would like to offer my congratulations to a certain CWO upstairs who I understand established a new squadron low standard last week by bowling a 104. This is no small achievement (pardon the pun) when you consider how many pins you have to miss to accomplish this. Nuff said!

407 PHOTO

Since our last report, 407 Photo has survived the AMIT. (Mattson's definition: A virtual panic disorder which comes around every year and a half or so) as well as the Great White Winter of '89. Snow - which is closely related to snows in other parts of Canada - but much heavier and with a

violent nature. It has broken tree branches to fall onto unsuspecting parked cars. So, anyone wishing to be posted here should think twice. However, we shall overcome our deep despair and survive these miserable Comox Valley winters.

Sorry picture takers, no news about postings. Looks like everybody stays again this year. However, the word is "Volunteers are needed for a trip to Africa." Anyone interested?

We have some time travellers in Processing. MCpl Mallette and Cpl Granger will be travelling to Kingston for POET training. It's about time. MCpl Wood would like to travel to Kingston but hasn't mastered time yet. Perhaps, while he is trying to figure out time, he might have time to sign out a pair of white coveralls. WO Cote figured out time travel, he will be representing 407 Sqn at the Aircorn Photo Operations and Maintenance Review meeting in Winnipeg in April. Sgt Buttner has mastered time travel, but alas, Alberta didn't have the time. If Ottawa and Trenton can find the time, two of our Silver Totem Photo Techs and part-time hockey players will be searching for greater glory at the Old Timers Hockey National Tournament in Ottawa. The annual Cold Lake Photo Funspliel has been scheduled for Mar 10-12 and as luck would have it, a few Photo techs have mastered time and will be able to participate. Having said that, the next article should be on time, loaded with rumours.

Cpl Roy returned from Borden having successfully completed the High Reliability Soldering course, eyestrain and all. We assume that Cpl Morrison is enjoying the East Coast, otherwise we would have heard something from him. And now that our maintenance section has increased its manpower by over 33%, we may manage to catch up a little bit.

That's all I have time for. So, Good Fortune to those expecting the time to travel this coming APS.

INCOME TAX QUESTIONS?
 WE'RE AT YOUR SERVICE
 A Seasonal Tax Assistance Centre, Operated by Revenue Canada, Taxation will be in your area to offer help on personal income tax.

FREE
 For information, publications and forms, plan to drop in at Revenue Canada Seasonal Taxation Assistance Centre located in Courtenay at the Driftwood Mall. It will be open at the following times:

Mar 13	2:00 pm-5:30 pm
Mar 14-17	9:30 am-5:30 pm
Mar 18	9:30 am-4:00 pm
Apr 24	3:00 pm-5:30 pm
Apr 25-29	9:30 am-5:30 pm
May 1	9:30 am-5:30 pm

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SECTION NEWS



442 SQUADRON

FLIGHT ENGINEER COLUMN

The Flight Engineer section wishes to extend condolences to MCpl Scott and family on the death of Boxer's step-father. MCpl Scott travelled to Manitoba to attend the funeral and our thoughts went with him.

On a lighter note gentle reader, there is a new, temporary writer for this column. The usual writer is away seeking new accommodation on THE ROCK! MCpl Daniels and family are soon moving from this Island and will be travelling across Canada to the rocky shores of Newfoundland. We wish him well in his new endeavours and hope he finds the new job challenging. I'm sure that the Newfoundlanders will make you welcome. The hospitality of the East Coast is legendary; by the way have you been "Screached In?"

What with the Lab side of the house losing members to the East and the Career Manager soon to visit, the question of the hour is "Am I posted?" "Where to and for how long?" Of course the last to know is the Leader so he is of little help. All he is saying is "With so many new faces around the section, nobody's job is very secure!" In the hall the pleading to stay is becoming the morning ritual. Ranking right up there with morning briefing and the local weather.

Herring Row is soon starting and the Fit Eng section will be going full steam ensuring that the local fishermen are protected should anything go awry while harvesting the roe. The Lab side has the major role to play in the month long fishery with the Buffalo supplying the crew exchange transportation. If all goes well the incidents will be like last year (0) and all we will have to do is be ready.

The usual Friday pool challenge was issued by the FLT Eng to any daring to think that they can beat the pros at pool. Three teams showed up and were representative of Buff, Lab and OTU. The writer had to leave early and so is unable to report the winner. However, he is reasonably sure that Lab Flight was the eventual loser with the OTU as runner up. Next challenge will be issued at a time convenient to the winner.

BUFF FLIGHT

This week's chapter of "As Buff Flight Turns" opens with Capt Roberts returning from Arctic survival in his usually jovial mood. Roberts has been informing everyone "that the weather was excellent and it in fact permitted the wearing of

boxer shorts and catching a few rays." The only hardship of the course being when the blender broke between Mai Tai refills. Well, we're glad to hear the course was such a success Dave. Does this mean you're volunteering for it next year?

This past week was also the time of "B" upgrades - That is Capt Bedard and Capt Barr were upgraded to Aircraft Commanders. If this thing is going alphabetically then Roberts you're out of luck. But all joking aside gentlemen congratulations and good flying.

We've also found that Buff Flight is losing two valued members in the near future. First, Capt Terry Strocel is heading off to 426 Sqn Trenton to instruct on the Buffalo and to mold impressionable young pilots into SAR Gods. A small task that should not interfere with Terry's golf game.

Second, Capt Robin Barr is heading off to fly the sunny skies with Nationair, a job we're sure he'll find both challenging and demanding. Particularly that four week stint in the south of Spain.

Best of luck to both you and your families in your new jobs. And for this week that's all from Buff Flight.

SNAKECHARMERS

With a Buff and chopper in inspections, the maintenance Snakecharmers have had their hands full. Joining our maintenance techs once again is Dick Lathige, who is back getting his hands dirty after doing time in Amcro. Another recent change also saw Greg Ewing head into Dick's previous position.

The Snakecharmers' (Amphibious) 4x4 Club was once again on the prowl behind Comox Lake. What started out to be a relaxing morning drive turned out to be a taxing attempt at freeing Rob Wilson from snow-packed roads and a rippling river; a COLD rippling river.

Another 4x4 member to have his vehicle on the mend is Steph Provost. It appears Steph tried a bit of unsuccessful stunt driving resulting in a severely damaged roof.

Welcome back to Cal Kennedy, Ed McDonald, Bill McHarg and Dwayne Turta on

completion of their JLC course. You don't look any worse for the wear.

The Snakecharmers would also like to extend a heartfelt welcome back to Chuck Ross, who's on the mend after breaking a leg. This year just doesn't seem to be your year, Chuck.

Congratulations are in order to the Squadron, and especially the Snakecharmer fitters, after receiving a plaque from General Electric for the first 10,000 hours of operation of a T-64 (Buffalo) engine. The honour was bestowed upon the techs and supervisors Thursday afternoon in a presentation from a GE representative.

And finally, a big congratulations to Guy Godin on his recent promotion to Master Corporal. Well done, Guy.

NAV SECTION

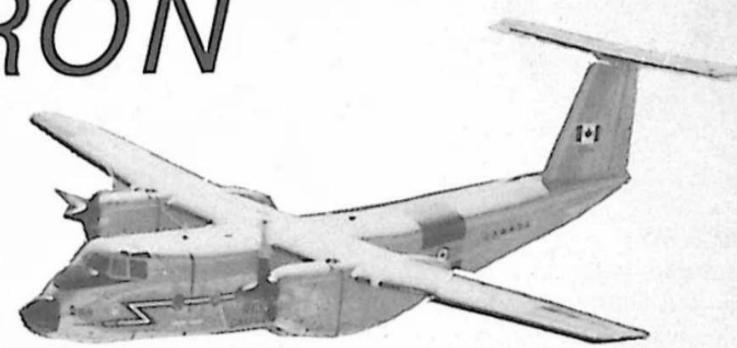
Lt Neal Matthews arrived from Winnipeg on March 1. The new guy was introduced to the section at TGIF the next night. The hottest question of the day now is "Who is Neal replacing?"

Since spring is almost here, Rude and Fletch are busy dusting off the OJT package, touching up training scenarios and muttering over possible questions for this year's training exam. Neal's arrival means a "This is a Buffalo" course will have to be run. Consideration is being given to loading Maj Howe on the course. Harold, in anticipation of moving all the checkrides up to the summer, was last seen sharpening large red pencils with a chainsaw.

Gord can still be found terrorizing Ops while Brad is busy getting rid of annual leave. Mark is celebrating his upgrade by quietly becoming the section pole-hog.

LAB FLIGHT

As March descends upon Lab Flight, we find ourselves posed and ready for the annual herring roe deployment. For those unaccustomed to this tradition; herring roe is the annual northward migration of large schools of small fish. The herring's roe itself, being worth more pound per pound than gold, causes most of B.C.'s fishermen, with dreams of early retirement, to pit themselves against these small fish.



In support of this lucrative endeavour, Lab Flight generally deploys to such dream vacation spots as Prince Rupert, Port Hardy and Tofino.

Rumour has it Capt Neil is now looking for a medical pension "What's it like walking around with your foot on backwards, Louise?" Who says volleyball isn't as dangerous as crossing the street.

Other news in Lab Flight:



Lt Col Jay presents a CO's Commendation to Sgt Dale Frey (2 Crew-Servicing) for the recent Peripheral Vision Device (PVD) trials. Sgt Frey, Lt O'Brien, MVO Parkin and Maj Mohns accept on behalf of all servicing crews.



Col Gibbon was on hand recently to present MCpl Greg Ewing with a suggestion award for a CFTO amendment.

EASTER CHURCH SERVICES
ST. MICHAEL'S PROTESTANT CHAPEL
 24 March - Good Friday Service-1100 hrs at Chapel
 26 March - Easter Sunday Sunrise Service - 0700 hrs at Air Force Beach.
 26 March - Easter Sunday Communion Service at Chapel-1100 hrs

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SECTION NEWS



Supply Signals

This edition from Base Supply will feature 1 Supply Group, the main A/C Supply Group, located on the bottom floor of 7 Hangar. Our main task is to supply A/C parts to 407 (MP) Sqn, VU 33 Sqn and 442 Sqn. We hold approximately 45,000 line items which are mainly A/C parts, although we hold an assortment of other materiel such as batteries, circuit cords, electronic equipment and various video and audio tapes. There are 14 people involved in this group. Sgt Karl Cameron is the NCO i/c and can normally be found hiding in his office. MCpl Pat Armstrong is the 2 i/c of receipts, computer room and our shift personnel. Pat also controls Code 1 and 2 demands, taking most of the blame when we can't supply parts. MCpl Cathy Preece is 2 i/c of all ammunition accounting for Base Supply, the four WO133 MSA weapon accounts, the group's stocktakings and the issue counter. We also

control all consumption points in 7 Hangar, and they are looked after by Cpl Sue Gurgeon, who, when not filling in on the computer, IOR desk and helping Cathy with stocktakings, can be found on the Issue Counter. Cpl Carl Scribner is our "resident" Sup Tech within 407 Sqn avionics and is responsible for the Aurora pack-up kit and the ramps electronics.

The receipts side of 1 Supply Group is handled by Mr John Clark, a retired 20 year man, who decided to become a Supply Tech. John came to us from CE Supply, where he worked for many years. John has many friends which was noted during the construction of our new mezzanines, which he helped construct or had helped construct. Our computer room (everyone has one) is operated by Pte Vicky Smith who came to us from Greenwood. Vicky is currently on her 5's course and on last report is topping the course. We also have six shift personnel, Cpl Cathy Hailes, Cpl Manon Gervais, Cpl Barb Arnold, Cpl Karen Charbonneau, Cpl Brad Burton and Pte Dan Boulet. You may see these people anytime during silent hours, either issuing parts from our own group or issuing materiel as the Supply DST from any other section in Base Supply. We also have the IOR Clerk, Cpl Monty Hurd, after doing his time as DST, replaced Cpl Cathy Higdon, who has moved to the MUX. Monty can be seen or heard each day talking to Otawa on the phone, concerning all IORs submitted by CFB Comox. We hope you have a computer by 1990, Monty.

That should take care of the hangar side of Supply. Now for the rest of Supply.

News from General Stores is that Moe is out of the hospital and is at home. Wish you well and hurry back, Moe. LS Lampron has the Tool Crib just about complete and word

is it looks good. MS Scott is off on a POL course in Borden, must be training for his upcoming tour to the Middle East. All the MCpls are wondering if there is a future change for 3 Supply Group. Looks like Quadra and Rations are having some renovations - paint for Rations and reconstruction of barrack blocks in Quadra. We also understand Cpl Christine Carrigan is out of the hospital and on sick leave. Hurry back Christine, Wally misses your daily advice. Also in CE Supply, Pauline D'Amours is filling in each afternoon, while Christine and Jack are away. 6 Supply Group is awaiting the return of Pte Dourado from TD in Goose Bay, 15 Mar. In CRS, Cpl Norm Hailes will soon be on his 5's course. Good luck Norm.

Also, tanned-all-over Claire is back from her recent vacation and all giggly about her new posting to Bagotville. Pte Tim Bailey would like to take this opportunity to thank everyone who participated for Base Supply in last week's Sports Carnival. It looked like everyone had a good time.

Last but not least is Clothing Stores (no more sheep stories). Cathy Edwardsen is also all tanned from her recent vacation in Grenada. If you need or want any rumours from this holiday, you have to ask Cathy or Davis. Sgt Vander Kooy would like to thank Pte Shane Houser for all the good work he did while on loan from General Stores. Keep on smiling Clothing Stores. And finally, would someone up there please send some kind of posting for WO Maude, even if it's somewhere in Middle Canada, at least he would know. So long for now, see you next month.

Can't resist one more story on sheep! The accompanying photo shows the last of the virgin wool resources required for base sweaters. Onward to blue flying clothing and garrison dress for land forces.

TECH SIDE

From the snowy view out the window it is hard to believe that spring is almost here. But spring fever has hit the hangar and marriage between two of our own VU 33 techs is proof. Cpl Nancy Himsl and Cpl Trevor Jones tied the knot on the 14th of Feb. The honeymoon was cut short however as Nancy is off this week for 3 months in Trenton on her NDT course. The best of luck to both of you.

Everyone would like to welcome WO McManus and Gene Meyer back after their stay in the hospital and we hope that they are feeling better. Martin Lavigne is once again answering to the name "curly"—nice perm. Martin Chamberland went 4x4ing and had to walk back after his truck was viciously attacked by a tree. Dan Dureau has a permanent smile on his face now that he has his posting message in his pocket—Gagetown will never be the same. Dean Young also has a posting message, his is sending him to sunny Shearwater. Two crew gathered at the Leeward for a post

AMIT "debrief." Pierre Boivin went on TD with a Tracker up to Whitehorse for Sourdough Days. Troy Jaggard is off to Shearwater for his Tracker AF course. Dave Sabourin and Paul Nolan are on their SIT course in Borden. Frank Dumoulin and "Woody" Woodworth are on leave and off to warmer areas south of the border (California). Brian Shackleton hosted the 8th Annual "Hoser Days" on the 25th of Feb. The CO, Maj Arsenault, deemed it as an official VU 33 Sports Day. Jim Alberding was the undisputed winner of the Ironman triathlon which shocked Wayne Hartin so much that he has already gone into training for next year. Oscar Grubwieser got roped into competing in more events than he intended. He was running a little late for a dance he was supposed to at-

Our reserve component, 420 Sqn (West), has been very active indeed. Both Captains Don Fair and Dan Orr have been filling in the gaps during many a pilot shortfall. The arrangement is working very well.

VU 33 Sqn CO, Maj Arsenault, is heading to Holberg for a marvelous pre-spring weekend extravaganza. Say what! Holberg? That is correct. Steelhead fishing, prawns, crabs, cod and coho. What a life! We hope it doesn't rain, Sir....Have fun!

In the near future, VU 33 and 420 (West) will be heading south for an exchange visit with our good friends VRC-30 Sqn, North Island, California. It'll be a nice change from the usual cold experienced in Comox.

Congratulations are in order to Col Gibbon on his posting to Esquimalt as COS OPS (AIR). Col Gibbon was CO of VU 33 Sqn Apr 78 - Jan 81. Warmest wishes from VU 33 to Col and Mrs. Gibbon. We look forward to working for you in your new position, Sir!

ANKER KLANKIN'



tend that evening because he was so busy getting a fire going—in the fireplace, in the woods, in the gas bucket, etc., etc.

On 1 Crew, Scott Hanna has just received his posting message. He's leaving in July for Edmonton. Let's hope that he has his truck back by then. Ralph Hogarth just entered into his 30th year of service—congratulations Ralph from all of VU33.

And finally, congratulations to all those techs who just wrote and passed their ATAT exams:

Pte Jay Chamberland, Pte Troy Jaggard, Pte Mark Pilon, Pte Pierre Boivin, Pte Nevin Bernard, Pte Darrin Herle, Pte Martin Chamberland, Cpl Martin Lavigne, and Cpl Ivan Charpentier.

AIRCREW

Once again, VU 33 Sqn aircrew bring you the latest happenings. There have been so many great events that it's difficult to find a place to start. Capt Pete Bush and crew returned from Whitehorse unscathed. It seems that the Sourdough Days were as entertaining as always. Although VU 33 was not involved with the Airfair, it was still a good opportunity to show the flag in the north. Well done men!

On a more sobering note, the career manager's visit was of prime interest to all. There weren't really any real surprises. Reality dictates that there are a lot of fundamental flying positions that need filling, i.e. Portage and Moose Jaw.

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SECTION NEWS



BAMSO NEWS

The AMIT is now history and we are trying to understand the voluminous report which was left by the eagle-eyed team from Air Command. We should have known we were in trouble when their opening comments were "We are here to help you and please don't resist!" The report is indeed interesting and chock full of valid comments and observations. I just wasn't prepared for the change in philosophy for finding a particular comment; instead of counting the pages, we are counting the pounds! Nicole was very happy to see them leave with the two diskettes of report in hand. I'm sure she was hearing the beep, beep, beep of the printer in her sleep.

The BAMSO hockey team is entering the playoffs again in first place. But to repeat as playoff champs for the fourth year in a row will be more difficult as our generosity in supplying players to the Base Team has depleted our depth. So fan support will be very important to us and all members of BAMSO are invited to come out and cheer on our hard working team. Where else can you see such dedication and effort for so little money?

Mike Symes recently celebrated his 50th birthday while attending a course in Borden. A request was made to Borden to acquire a cake and have it suitably attired with 50 candles but unfortunately the Fire Marshall would only give them a Burn Permit for half that number. I guess we'll have to provide the other half upon his return next Monday. I don't think we ever realized how much Mike does around here but I know that Ron Clarke for one can hardly wait to see his smiling face come out of that elevator.

The BTSO Mess Dinner was a complete success and Capt Wayne Collins and his team did an excellent job in organizing the event. In terms of one-upmanship, the special place mat left for me by Sgt (soon-to-be-Cpl) Fairbrother was much appreciated and I'm sure my mother will love her copy! But the presentation of the specially equipped camera tripod complete with the white leg for our own officially blind V5 photographer came close to evening the score. Somehow I feel that these are just the opening salvos so stay tuned for the return fire.

RTT LABS, as usual, is a hive of activity. That's the shop hidden behind NavCom Labs with the sign on the door that reads, "STAY AWAY." Paul Francis, after a lengthy one year and ten months in Comox, is gearing up for his last posting. This time it's three years with 4 ATAF, HQ STAFF in Heidelberg, Germany. Not a bad way to finish

off 35 years of military life. Between minor hockey, intersection hockey and archery instruction at the CRA, George Dierckse is a hard person to locate, except during working hours (of course). Now that he is in training for the snow to surf we may never find him.

Dan Perreault bought a NEW 1967 14ft. travel trailer a few weeks ago and can hardly wait for the Comox heatwave to arrive. After a few MINOR repairs, he is planning to take his family on a camping trip to California. He is also looking forward to his next Mess Dinner.

For the last few days, Harold Peacock has been browsing through his Italian Phrase Book in preparation for his upcoming course in Italy. So far, all he has learned is, "PIZZA NAPOLETANA." The course is in preparation for his posting this summer to Debort, N.S. I wonder if there's a curling rink there?

BASE ARMAMENT

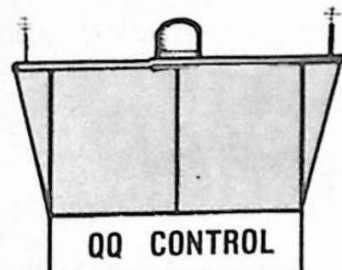
The taz is "abuzz" behind the fence down here, what with rumours flying more serviceable than any aircraft.

All personnel have returned to the roost but it looks like there's a fox in the area taking out people left and right. We lose Sgt Newhouse even before this goes to print. He's started packing and the moving vans will be pulling up soon - at the section of course to move the vanloads down the flightline to QA. Our loss and QA's gain? The front office just won't be the same.

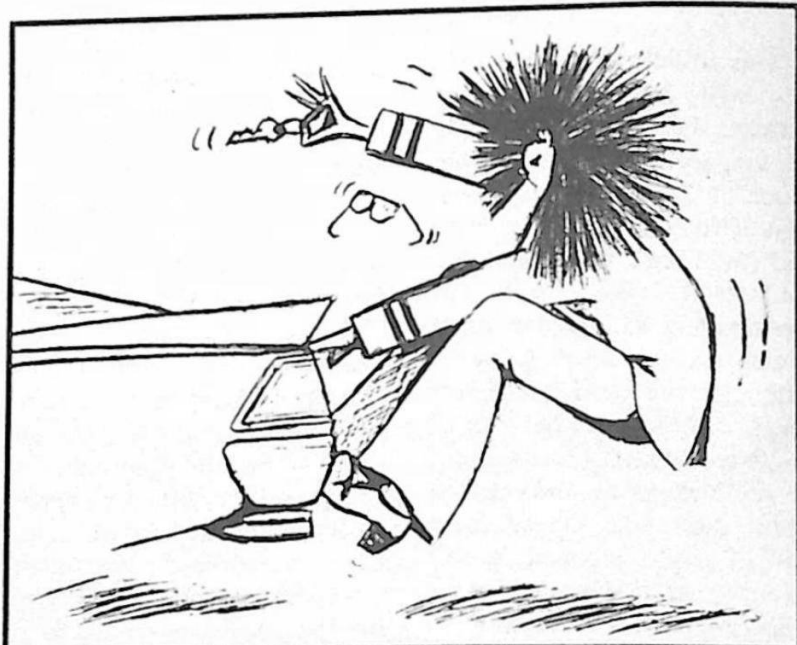
We also lose Cpls Olson and White. Both requested someplace cooler and have been aptly rewarded with Cpl Olson playing a return engagement to Cool Pool and Cpl White venturing to that other island with the potatoes, Summerside, PEI. The house if for sale and comes with a one year supply of firewood. We've even lost our No Hook Private Ingham - who was on vacation from 407 and because of a massive weight loss program; there's half a MCpl missing.

Amidst all of these losses there are some reported additions coming and all of the women are into sympathy eating and gaining weight. If they keep it up they'll have a BMI of 90. Dividing by three could show a problem so let's divide by 5.

With the major shuffle in the upper echelon, the Sgts have traded jobs and desks and jobs again. This really is reminiscent of Who's on First. Sgt Keays is still ram-rodging X-Area and EOD Centre 25. Sgt Godin is now resident VU 33, Admin., and Small Arms expert. I think all the news has been mentioned so until next time - Don't go up loaded—you may go off.



As The Beacon Turns



Can anyone identify this female terminal controller? She recently had her finger stuck in the trunk of her 1988 Transam GTA parked in the IFRCC parking lot.

Team is firmly in place and closing in on first. The team played what was probably their best game to date last week, as we easily defeated first place BAMSO 9-3. Play-offs are commencing shortly.

Intersection curling has wrapped up for the season, and ATC ended it on a winning note with a win over one of the BTeO rinks. This win has strengthened our hold on the overall last place position. All that's left now is the wind-up banquet, date to be announced.

If you've seen Trevor Jones at work with feathers on his uniform lately, there is an explanation. Trevor has developed a fondness for birds and is starting a sanctuary at home. Trevor hopes to someday host an episode of "Hinterland Who's Who."

FROM THE BFSO



Maj V.V. Kippel

Maj Rollie Acorn has been gone for almost two months now and I'm still getting phone calls asking for him! So I thought it's about time that I introduce myself to the base. I'm not exactly a stranger in Comox, having spent the last two and a half years in SAR country with 442 Sqn. For my first article I would like to publish the views expressed by the Commander of Air Command in his 1989 Flight Safety Message.

The Commander was both pleased and impressed with the professionalism, contributions

and achievements of military air operations throughout 1988. However our flight safety record was only average at best.

Statistically we had 14 air incidents resulting in the destruction of four aircraft. Furthermore, there were 480 aircraft sustaining some damage through air occurrences and an additional 208 aircraft damaged on the ground. Although this resulted in a staggering financial cost, the accompanying loss of nine lives has been tragic. The most disturbing aspect of the fatalities was the fact that more than half were preventable had regulations been in place, established procedures been followed or personal discipline been exercised. The Commander was also concerned by the number of near misses which had the potential to become major disasters. Only constant vigilance and awareness by all of us will reduce the number of these near misses.

Now for the good news. The Commander praised all members of Air Command who were able to function effectively and safely under most challenging circumstances. He recognized the extremely heavy tasking has been exacerbated by short staffing in some areas. Regardless of whether the employment area has been search and rescue, disaster relief, training or operations, the standard of airmanship displayed has been superb. Both MAG and 1 CAD were recognized for operating throughout 1988 without a single air accident. While this speaks highly for the flight crews, much of the credit belongs to all support personnel without whose contribution these zero accident rates could not have been achieved.

1989 will certainly be just as challenging as last year. Our success in 1989 will depend upon the skill, professionalism and safety consciousness of all personnel in our flying operations. And finally, "Only through a concerted effort by everyone involved can we hope to prevent needless loss of lives and aircraft."

So long for now and please keep those Flight Safety Comments coming.

Andre Lafontaine celebrated his birthday this week. Someone should have given him a new pair of glasses, he's having trouble keeping the present pair on his head with only one arm. Maybe it's the new style and he's just a victim of fashion.

Another fashion trend in the Tower comes from Steve Knox. Steve enjoys the Blue uniforms so much, he even decided to wear blue socks to a WO's & Sgt's luncheon. You won't find these socks in supply.

A couple of new arrivals are also commencing checkouts in the section. 2Lt Steve Power has just completed the ATCO Course and is now in terminal, and Cpl Jacques Maillee is training in the Tower. Jacques also strengthens our already strong defensive corps on our hockey team.

SECTION NEWS

From The Fire Chief's Office

What to do when someone is CHOKING

Food choking can be easily recognized:

Victims are unable to speak or breathe. Their faces become pale, followed by a blue or purple discoloration, and they finally collapse. Death may occur in 4 or 5 minutes. People who are choking will grasp at their throats, and this action will help to distinguish the problem from other conditions with somewhat similar symptoms (i.e., heart attacks, etc.). For An Adult

To save people from food asphyxiation a first-aid procedure has been developed that can be performed by any knowledgeable layman, in the absence of medical attention. The technique, known as the "Heimlich Manoeuvre" involves grasping the victim from behind, in a standing position, and pressing you first into the victim's abdomen, slightly above the navel, in an upward motion.

The action has the effect of elevating the diaphragm. The sudden elevation of the diaphragm compresses the lungs and the air pressure ejects the food or foreign object from the victim's windpipe.

A variation of the manoeuvre can be performed in a lying-down position in those instances where the victim has collapsed and the rescuer is unable to lift him.

For A Child

Make the child bend over and support his chest with one hand. With the head of the other hand give him four rapid

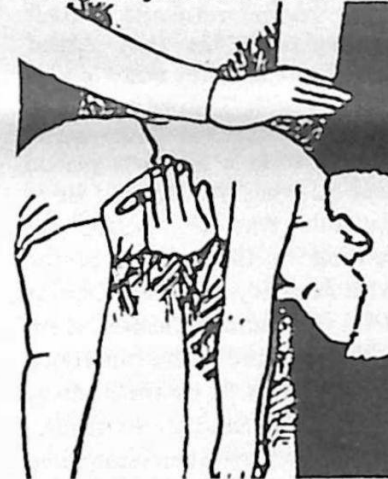
slaps between the shoulder blades. If the child is lying down place him on his side, support his chest, and administer the slaps to the back. If the obstruction remains, then grasp the child from behind and follow the instructions below.

Make sure the Foreign Object is Expelled

If the foreign object which caused the choking is only partially dislodged but not expelled, the rescuer should shove an index finger inside the victim's mouth to the base of the tongue, and by using a "hooking" action, move the object to the front of the mouth.

To Avoid Choking:

1. Cut food into small pieces; chew slowly and thoroughly.
2. Avoid laughing and talking while chewing and swallowing.
3. Avoid excessive intake of alcoholic beverages before and during meals.
4. Do not allow children to walk, run or play with food or foreign objects in their mouth.



INFANT

Place the infant face down over your forearm and slap the back, between the shoulder blades, with the heel of the hand.

CD PRESENTATIONS



Capt R.J. Wilson (CD 1)-442 Sqn



CWO S.L. Bale (CD 1)-407 Sqn



Sgt J.N. Keays (CD 1)-BAMSO



Sgt M.E. Garlepy (CD 1)-407 Sqn



MCpl E.J. Scheidl (CD 1) 407 Sqn



Cpl J.C. Tessier Met Section

CANEX SCORES HIGH ON SALES AND SERVICE

Last summer the well-known market research pollsters of Gallup Canada invaded 14 military bases from coast to coast to personally interview literally hundreds of service personnel and dependants. Gallup was not interested in what brand of soap we're using or which political party we favoured in the next election; they had been asked by CANEX to investigate the reasons for certain sales trends and to make recommendations to improve sales and profitability. And the best way to do this was to survey a representative sample of CANEX customers using market research professionals.

Since the customer's perceptions of their CANEX outlets were being sought, this was clearly a survey conducted in the best interests of the respondents, and few of them had any hesitation in saying exactly what they thought about CANEX.

The results were most interesting. For example, most customers apparently think CANEX as a clean and friendly place to shop. Almost three quarters of the grocery store shoppers surveyed gave CANEX top marks for cleanliness. Similar results were reported for CANEX depar-

tment stores, food service outlets, expressmarts and service stations. The friendliness and courteousness of the sales staff were also rated high in all outlets. Insofar as department stores were concerned almost 60 percent of respondents rated CANEX after-sales services at least equal to or better than the competition, and almost 70 percent were impressed by the attractiveness of merchandise displays.

There were many other enlightening conclusions resulting from the Gallup survey that are now being analyzed by the CANEX head office folks in Ottawa. When the dust settles and action is taken on the findings and recommendations the result should be even better service to CANEX patrons.



Instructors & Students of Aose 8901 held at CFB Comox 10 January 89 - 9 March 89: Front Row—MCpl Choquette, WO Creed (DMTO), Lt Carter (DSO), Cpl Alarie, Cpl Vinette. Back Row— Sgt Haugen, MCpl Ward, MCpl Skidmore, Sgt Symons, MCpl Armstrong, Sgt Moford, MCpl Thibodeau, Cpl Reeves, Cpl Chapman.

SPORTS & RECREATION

SPORTS PERSONALITY OF THE MONTH



BILL FOX

Throughout the Comox Valley Bill Fox is known as the "coach." He coaches the seniors' slow pitch team, he coaches a local slow pitch team, a flag football team and this year CFB Comox was coached by his experience as he graced the men's basketball team.

After a short stint in occupied Germany and some time in Korea Bill left the U.S. army and went to California to become a high school coach/teacher. He rubbed

shoulders with great athletes and coaches who included people like George Allen, the great football coach, Cheryl Miller, undoubtedly the best female basketball player ever and Greg Louganis, and we all know about him.

As Bill got longer in the tooth his love for fishing and golf became a prime interest in his life. Hence he and his wife Nancy bought a small cottage in the Comox Valley so Bill can come up here around March/April and leave in November - back to the ranch in California (he hates snow and cold weather). Being up here gives him the opportunity to visit his kids in Seattle and see his beloved Seahawks, for which he has season tickets.

After his 7 AM workout at the CRA and maybe his two rounds of golf Bill can be seen either at the base gym or at the JRC "recruiting" players which often means you would have to buy him his favourite beverage, because after a few ales you would soon realize what a great honour it would be to play for such a man.

On behalf of the men's basketball team I would just like to thank Bill for his time and patience.

WORTH THE WEIGHT

When working with weights there are two major fitness components involved, muscular strength, and muscular endurance. Muscular strength is the greatest force the muscles can produce in a single effort, whereas muscular endurance is the muscles' ability to perform many repetitions of the same movement.

Weight training involves muscular strength, and endurance, but in different proportions depending on what an individual's goals are. Progressive resistance training, whether for strength training, or endurance training involves five principals:

- 1) Principal one: Weight training involves performing a normal body motion while adding resistance to that motion.
- 2) Principal two: The weight training program must overload the muscles
- 3) Principal three: As the muscles increase in strength and/or endurance, the resistance must be continually increased.
- 4) Principal four: Strength gains come most quickly with few repetitions and heavy resistance, whereas endurance gains come most quickly with larger number of repetitions and light resistance.
- 5) Principal five: The muscles must be allowed time to recuperate from the demands of training.

During weight training it is important to keep the muscles balanced. Each muscle group has an opposing muscle group - Pectoralis Major and the Latissimus dorsi - Biceps and Triceps - Trapezium (A and Posterior)

- Deltoid (Anterior, Lateral and Posterior)
- Quadriceps and Hamstrings
- Adductors and Abductors
- Rectus Abdominis and Erector Spinae
- External and Internal Obliques (Anterior and Posterior)
- Gastrocnemius and Tibialis Anterior

The muscle groups must be trained evenly for most effective results. When starting a weight training program start with a three-day-a-week training schedule. Later, if you find that's not enough, you can always do more, keeping in mind that muscles need not rest or they will lose rather than gain. The muscles use the recuperative time to replenish energy reserves and mend or build tissue.

If training primarily for strength keep to principal No. 4 which states that the quickest results come from few repetitions with heavy weight. Muscular strength plays the primary role in strength training. If training for endurance use light weights, with many repetitions. Muscular endurance plays the primary role in endurance training. The result of strength training is increasing muscle mass in large proportions whereas endurance training results in small increases in muscle mass, for a toning effect.

For the average individual an even combination of both components of fitness, muscular strength, and endurance will result in strength and endurance improvements, as well as toning and definition of the muscle groups.

by Tracy Cipryk



HOST ANNUAL TOURNAMENT

The CFB Comox Silver Totems will play host to 12 Old Timers hockey clubs March 17-19. As all team slots have been filled in the popular tournament, the Silver Totems will not be playing. However they will be kept busy doing all the odd jobs that are essential to the success of the tournament. All games will be played at the Glacier Gardens. Friday's encounters will open at 1630 and run through until 2400, Saturday's contest begins at 0700 and ends at 1900, while Sunday's games will run from 0830 until 1600. The 12 teams are divided into 3 divisions and each team will play a round robin within their own division. Points are awarded for games and periods won and/or tied. The teams and divisions are as follows:

- Finneron Pontiac Buick Div. Comox Old Glaciers
- Victoria Payless Old Pumpers Cowichan Valley Old Timers
- Washington Inn Old Timers
- Port Augusta Div. Nanaimo Burger Kings
- Northbrook Rest. Chjemanius Old Timers
- Victoria Keg Wranglers United Carpet Div.
- Powell River Gentlemen
- Port Hardy Copper Old Timers
- Jingle Pot Old Timers
- Arbutus Hotel

As with all Old Timers tournaments the games will be highly entertaining and spectators are most welcome to come and enjoy the hockey.

Meanwhile the Silver Totems continue to prepare for the upcoming Nationals as they recorded 2 wins and 1 loss in the past week.

Their only loss was 9-6 at the hands of the Washington Inn Old Timers. The opening period

was a goaltender's nightmare as the two teams exchanged 4 goals apiece. Dick Mohns, Bill Snow, Wayne Hay and Bill Sapinsky were the Silver Totem marksmen. Hay's goal ended a 3 month drought as he moved up to centre from defence. Sapinsky's goal, according to eyewitnesses was unbelievable as he rifled in a shot from centre ice. One individual claimed that "Snipe's" shot was so hard that the aerodynamic flight of the puck was affected and that the puck actually turned sideways as it went into the net. The Old Glaciers took a 7-5 lead in the second, with Joe Meyers accounting for the Silver Totems' lone tally. In the final frame Comox added 2 more before Dick Mohns scored his second of the game to round out the scoring. BAMSO goalie George Dierickse got his first taste of Old Timers' hockey in the third period. He is with the team while Vince Lamb recovers from a broken hand suffered during practise.

In their next encounter the Silver Totems returned to their winning ways as they edged Nanaimo 7-6. They were led by Wayne Hay's 3 points and Joe Meyers' natural hat-trick. Comox took a 2-1 first period lead on goals by Hay and Boyd Russell. Russell opened the scoring in the middle period with Joe Meyers giving Comox a 4-1 lead before the period ended. Nanaimo came out flying in the third and by the midway mark had evened the score at 5-5. Joe Meyers then completed his hat trick to give the locals a 6-5 lead with less than 2 minutes to play. Dick Mohns then made it 7-5 with Nanaimo scoring once more with only 5 seconds left.

Steve Bale's hat trick and Dick Mohns' 5 points highlighted the Silver Totems' next victory, a 9-1 drubbing over Campbell River. The first period was tight with the Mugger Line opening the scoring as Stan Lawless converted a pass from winger Mike Garipey. Dick Mohns gave the Silver Totems a 2-0 lead before the period ended. The Silver Totems owned the second period as they exploded for 5 goals. Joe Meyers and Wayne Hay continued their scoring streaks as they each tallied once. Steve Bale displayed some super hustle as he scored a pair with his "magic blue" stick. Bill Todd soared the final tally of the period. Bill Fisher lost his bid for a shut-out when a weak shot found its way through a maze of players in front of the net. In the third Dick Mohns picked up his 50th of the season when he scored from behind the net. Steve Bale then picked up a nifty pass from Mohns and deposited the puck into the net for his third of the game and a 9-1 Comox victory.

The Silver Totems will be departing at month's end for Ottawa and the Nationals where they hope to bring the Pac Region and CFB Comox their first Old Timers National Championship. All the best of luck guys. We know that you CAN WIN IT ALL!

FAN COMMENT OF THE SEASON: A fan, J.T. from Europe, while watching a recent Silver Totems' contest made the following comment: "Is that Wayne Hay out there? Has he ever slowed down, he really must be getting old!"

REMEMBER, HOCKEY DOES BEGIN AT 35!

INTERSECTION HOCKEY LEAGUE STANDINGS AS OF MARCH 2, 1989

TEAM	GP	W	L	T	PTS	GF	GA	GAA
BAMSO	27	18	5	4	40	163	86	3.19
BOPS	29	19	8	2	40	191	127	4.38
BTNO	28	17	8	3	37	132	100	3.57
407 DEVILS	26	16	9	1	33	125	96	3.69
RCMP	27	14	8	5	33	136	94	3.48
442	28	13	10	5	31	148	137	4.89
VU33/TEL	30	7	20	3	17	105	146	4.87
CE/FH	29	7	20	2	16	116	171	5.90
407 DEMONS	29	2	22	5	9	108	211	7.28

INTERSECTION HOCKEY SCORING RACE

NAME	TEAM	GP	GOALS	ASSISTS	TOTAL
NORRIS	BOPS	21	54	48	102
MCLAUGHLIN	BTNO	24	36	23	59
WAUGH	442	23	26	28	54
SCHRADEĚ	BOPS	24	26	24	50
WYTON	RCMP	19	24	22	46
BURROWS	RCMP	21	23	22	45
MCKENZIE	442	27	28	17	45
GAGNON	BOPS	23	19	24	43
WEISNER	BAMSO	23	17	24	41
CUMBY	BTNO	24	13	28	41

SPORTS & RECREATION

HOMO SAPIENS - IS THAT THE SCIENTIFIC TERM FOR "DUMB ANIMALS"?



Apart from the mammalian rodent, the Lemming, I can't think of a more self-destructive species than homosapiens (humans). We seem to be the only species which knowingly and purposefully interferes with its state of health, well being and ultimately its longevity.

In light of the fact that we are the superior species with the highest level of intellect, one would think that we would display role model type behaviours to improve our state of health and well being. Obviously we do not as evidence of such behaviours involving drugs, smoking, alcoholism and physical inactivity. Such behaviours are so

self-defeating it is truly sad. In the end it all comes down to individuals' desires to fulfill their own potentials and be the best humans they can be. Achieving this involves developing oneself mentally, socially, emotionally, physically, and spiritually. As you probably already know, many dimensions of human development exist and should be considered when evaluating oneself.

Dr. George Sheehan, a world renowned official on the topic of health and wellness and also an accomplished masters marathon runner, makes an interesting statement regarding the importance of that physical dimension. Dr. Sheehan once said, "In order to be a good human, we must first become a good animal." By this he means that we are primarily just members of the animal kingdom as are all other species, and secondly we are animals of higher brain function involving emotions, intellect, creativity, etc. With this in mind, we cannot afford to overlook our physical health in striving to be the best humans

we can as so much else in life depends on it. For example, a walk along the beach with your family, friends or spouse is so much more enjoyable if you are not winded by the time you make it down to the water. Moreover, a job interview will also go much more smoothly if you are not sweating bullets upon climbing the stairs to your potential employer's office. The idea here is to evaluate yourself in these dimensions and adjust those behaviours that diminish your development in those areas. We must keep in mind that the person who we become is simply a result of all the consequences of choices we've made during our lives.

To top it off, we all must find our own method of dealing with STRESS, which for humans is more difficult than for other animals. For example, an enraged bull will not internalize its anger resulting in a gastric ulcer. Rather, it will charge whatever it was that stirred his emotions and trample it to death in full force and in the end it will feel quite relieved. Obviously,

humans cannot afford to elicit such behaviours, although sometimes warranted, as consequences must then be dealt with and jobs, friendships, and money, etc. could be lost. Here is one suggestion as to how to deal with such feelings. If you have had a terrible day at work or your boss has really been bothering you, do not have to put those primal urges off forever. Instead, just wait until you get home and take part in some form of physical activity. Lace up your shoes and release tension in the form of a jog, walk, or bike ride. Better yet,

pick up your squash, racket-ball, or tennis racket, and go to the nearest courts and beat the hell out of that damn boss....I mean ball. The higher levels of fitness that will occur are merely a bonus to the relief and enjoyment experienced by satisfying your innate desire to run, jump, or play.

In closing, my advice is; to enjoy life, focus on parts of your job that you like, enjoy your family, enjoy your friends, enjoy being physically active, and enjoy being a member of the Human Race!

by Roger van Nieuwkerk



Here at the Rec Centre, sits Pte Sherry Wornes as she forces a smile amidst all the year-end expres paper work. This gal is the happy-go-lucky soul who in addition to many other tasks, handles the bulk of your expres bookings. Have a nice day, Sherry.

TEE TO GREEN

The official golf season commenced 1 March and although the weather has been "typically eastern," a number of related things are underway.

Firstly, the membership/green fee rates have been set and fee schedules should be posted in most Base units. WE LUCK IN AGAIN. Remember memberships should be renewed during the month of March. If you don't renew your locker rental in March, it will probably have a new occupant in early April. Information sheets, tournament schedules, bag tags will again be included with the purchase of a membership. The fees will again be pro-rated for people posted in or out.

New ladies lockers are under construction in the Old Pro Shop (Bldg 98). By press time they should be completed. Maybe the ladies should wait until next year before painting them? The new lockers are all the same size—"ladies Petite"—just kidding!! A special thanks to Doug and his slugs for a fast job after a slow

start...Fred Horvarth, Warren Campbell (yes, Warren again), Bob Frenette, Earl Martin and Mrs. Rubenstein for doing the cooking. The biggest challenge lies ahead...getting all the ladies to move in!! We will have enough new lockers for present tenants and those on the waiting list. Another group of volunteers have painted all the course benches—thank you—the red faces belong to Barb Carter, Jackie Wilkie and Alex McLennan. I have probably missed some names in the aforementioned accolades...sorry, this is another rush job!

Additional projects underway include stripping of the sod around trees and replacing it with bark mulch. The new green behind No.5 Tee is being worked as weather permits.

We have requested a Men's Course Rating from BCGA. The ladies rating was done last season. Hopefully we can hold off ordering new scorecards until the rating has been completed.

GLACIER GREENS GOLF CLUB FY '89 FEE SCHEDULE

	REG	ORD	ASSOC
SINGLE	\$250	\$250	\$315
LIMITED	1	N/A	N/A
HUSBAND/WIFE	400	400	475
STUDENT	110	110	110
JR	60	60	60
FAMILY	500	500	N/A
GREEN FEES			
REG	DND	NON-DND	
(LTD)	RET DND		
	DEP		
DAILY	\$8	\$10	\$16
TWILIGHT		7	10
INTERSECTION		6	
MILITARY TD RATE: 1st 14 Days \$50; Each additional 7 days \$20			
ANNUAL FEES are pro-rated for military/Dep postings			

CFB COMOX GIRLS NORTH ISLAND CHAMPS



From left to right - Roxanne Bernard, Isabelle Beaudry, Robyn Greffel, Julie Shentaler, Jennifer Jones. Coach Harry Lavoie is standing at the rear.

On Sunday, 19 Feb 89, a contingent of Bantam Girls' teams from Nanaimo to Port Hardy ventured to Campbell River for the North Island Zone Bowling Finals in the 4 Steps to Stardom series.

The girls team from CFB Comox came from 40 pins down after the first game to win the Zone Championship by 102 pins.

The girls, ranging in age from 7 to 11, consisted of Jennifer Jones, Robyn Greffel, Isabelle Beaudry, Julie Shentaler, Roxanne Bernard and coach Harry Lavoie.

The team will now represent the North Island zone at the provincial finals in Vancouver 18 March. We wish them well and Good Luck.

Honourable mention must go to our other teams from CFB Comox. Kelly Bennett singles girls who placed 3rd, the boys team of Tony Greffel, Sebastien Leblanc, Tony Ben-

SLOW PITCH SOFTBALL

It is proposed to enter a team in the Comox Valley Mixed Slow Pitch League for the 89/90 season. The team will be formed of both military and dependant men and women. This is becoming a very popular sport and provides an excellent chance to participate in a fun event. Interested personnel are requested to contact the Rec Centre at loc 8315 to register. Anyone interested in coaching the team is urged to contact the Rec Centre.

OF GENERAL INTEREST

The Soldier-Sculptor

by Janice Cowan

Andre and Francoise Gauthier share their home in Orleans, Ont., with five First World War soldiers.

In full battle dress and armed to the teeth, the latter are constantly poised for action and seemingly would move forward over barbed wire into no-man's land were it not for one thing—their feet, and their bodies too, are made of clay!

Andre is a sculptor and the soldiers form part of a monument he is creating for the 75th anniversary of the Royal 22e Regiment. The figures depicted are from Alfred T.J. Bastien's well-known 1918 painting of the VanDoos, *Over The Top*, and the monument, a memorial to the regiment's war dead, will be unveiled in Quebec City on 11 November.

Although, he is one of the most successful sculptors in Canada with work constantly being commissioned, Andre is, for now, a part-time artist. Full-time, he's a colonel in the Canadian Forces Security Branch and he currently occupies the demanding position of commandant, National Defence Headquarters Administration Unit.

Col Gauthier has been a soldier for 34 years and an artist nearly all his life. Born in Ottawa and raised in Detroit, he was sent as a boarder to Montreal's Mont-Saint-Louis classical college run by the Brothers of Christian Schools when he was only 10 years old. There he received formal art training in oil painting, charcoal and water colours. But, it wasn't until he was a captain in the military police assigned to 4 Mechanized Brigade Group in Soest, Germany, in 1964, that he created his first sculpture—a

military policeman on point duty.

Word of Gauthier's talent spread and followed him on postings across Canada, on a tour as the Canadian Forces Attache to Yugoslavia and Greece and on secondment to External Affairs as the military advisor to the Canadian arms control negotiation delegation in Vienna.

He is "driven" by his art. At home in the evenings, from morning 'til night on weekends, even when he is away on vacation, "I take an art project with me or I start one there."

It's his military art work that is in most demand at present. He has developed a collection of sculptures, approximately 17 to 20 inches high, depicting the wide range of operational specialties in the Canadian army, navy and air force. Copies of his work can be found in museums, exhibitions, and most Regular Force armories, and in military and private collections in Canada, US and Europe.

One of his major works last year was an eight-foot high statue, cast in bronze, of a Canadian Airborne Regiment parachutist in full winter gear moving off the drop zone. This now stands at the entrance to CFB Petawawa.

Non-military subjects he has completed include a large bronze bas-relief, marking the centennial of the St John Ambulance Society of Canada, a similar bas-relief in the boardroom of the Canadian firm, Bombardier-Worthington, and a number of portrait busts.

Besides the monument for the Royal 22e Regiment, Col Gauthier has also been commissioned to produce 50 limited edition statues for the

75th anniversary of the Princess Patricia's Canadian Light Infantry (also this year).

The statue is of a PPCLI soldier wearing webbing, a soft hat, and carrying a C7 rifle in his hands and an 84mm Carl Gustav anti-tank weapon slung across his back.

Technical accuracy

The monument, on which he now spends every evening and weekend, occupies most of his home's solarium. Besides the artistic involvement, hours of careful planning and tireless energy go into a large work such as this. To transcribe the oil painting, an artist's impression of five VanDoos about to launch themselves into battle, into the high relief sculpture, is no easy task. Five hundred hours of labour will go into the creation before it is sent to the foundry to be cast in bronze.

To achieve accuracy in technical and human dimensional terms, Col Gauthier persuaded five volunteers (all military policemen quite happy to participate in such an "image making" experience) to dress in uniforms from the First World War, carry weapons from the same period, and pose in the fashion of *Over The Top*. (The outfits were borrowed from the National War Museum.)

Col Gauthier hopes to have his phase of the monument finished by the end of March. Then it goes to the Lost and Foundry of Almonte, Ont., to be cast in bronze by the 3,000-year-old "lost wax" method. The process is intricate and involves more than 600 hours of work, most of which is done by hand.

Anxious time

During this period, the sculptor may spend days in con-



sultation with the foundry's owner, Dale Dunning, as his work becomes a silicone mold, goes through a waxing phase, endures being cut up into several dozen pieces from which individual ceramic molds are made, and finally undergoes the pouring of molten bronze heated to 2,500F degrees. Cooled, de-burred and after a final sandblasting and toning, the monument will be ready by the beginning of October. It's an anxious time for the artist and it's fortunate that Dunning has a degree in artistic foundry casting.

To keep up with the demand for his smaller creations, Gauthier has his own workshop in the basement. That's where he goes to take a break from *Over The Top*, and it's another reason why the quiet hum of an electronic filter can be heard in his house. He performs all steps in the process starting with the actual creation in clay, the making of transition molds, the casting of prototypes on which final details may be added and the making of production molds for multiple casts in epoxy plastic with bronze-like patina.

The First World War soldiers aren't the only "other people" occupying the Gauthiers'

home. Andre has kept the originals of all of his work over the past 25 years. "We really need a bigger house," said Francoise surveying the array of sculptures, busts and bas-reliefs. But she knows it's a collection to be envied. It's been moved all over Canada and Europe during her husband's military postings and has finally settled in Orleans. The couple have two children, Edouard and Madeleine. Their youngest son, Jacques, died in an accident at the age of 21.

Retires in June

At National Defence Headquarters, Col Gauthier's job is similar to that of a base commander. As commandant of the administration unit, he is responsible for administrative support to 5,500 military members and 7,000 civilian employees in more than 30 buildings in the nation's capital.

It's because of his work as a soldier that the sculptures for which he is most well-known have been connected with the military profession. But this might change—in June Col Gauthier retires from the Forces and becomes a full time Canadian sculptor!

OF GENERAL INTEREST

Academic's theories enrage opponents

A University of Western Ontario psychologist has set off a storm of controversy with his theories of a link between intelligence and race.

R. Philippe Rushton argues that Orientals are on average bigger headed, smarter, less promiscuous, more loving of their children, less criminally-minded and better organized than Caucasians because they evolved later.

Caucasians, says Rushton, are in turn bigger-headed, smarter, more family-oriented, less criminally-minded, less promiscuous and better organized on average than Africans because they evolved later.

Rushton, a population geneticist at the London, Ont., campus, bases his theories almost exclusively on data gathered from the work of other researchers.

From studies of widely varying exactitude, he infers that the psychological, social and physical relationships differences are genetically determined.

These claims, which Rushton is slated to discuss on an upcoming episode of the nationally syndicated *Geraldo Rivera* television show, have enraged minority groups. The

London Urban Alliance of Race Relations, representing 15 minority groups, have asked Western president George Pedersen to withdraw Rushton's academic privileges and conduct a full investigation.

Pedersen says that while personally he finds Rushton's theories repugnant, he must defend the professor's right to teach them on the grounds of academic freedom, but he has agreed to consider the situation further.

Rushton's critics in academic circles argue that his theories are scientifically invalid. They point out that Rushton (and his mentor, Dr Arthur Jensen of the University of California, Berkeley) attributes intelligence differences between races to inborn genetic differences while almost totally ignoring environmental disparities.

According to a widely respected article by Drs. Sir Walter Bodmer of Oxford University and Luca Cavalli-Sforza of Stanford University which appeared in *Scientific American*, the environment plays a significant role in determining I.Q. scores.

Bodmer and Cavalli-Sforza contend, "The question of a possible basis for the race I.Q. will be almost impossible to answer satisfactorily before the environmental differences between races have been substantially reduced."

University of British Columbia geneticist David Suzuki says Rushton is "either grossly ignorant or deliberately mischievous."

"His grants should be revoked and his position terminated at this (Western) university."

Jerry Hirsch, professor of biology and psychology at the University of Illinois, terms Rushton's claims "another premature declaration. It's not science. This is an extreme hereditarian perspective."

Marvin Zuckerman, a University of Delaware psychologist, dismisses Rushton's work as "bad science serving a bad cause."

Christopher Stringer, a paleontologist at the British Museum whose paper on genetic relationships between the races has been quoted by Rushton, says the Canadian professor's interpretation of it is "all wrong."

"Africa"

...continued from page 12

The movement against apartheid, against white minority rule, does march on. But, for the moment, at least, it marches in a more prudent, thoughtful way. The prognosis I heard most often estimated that full-fledged change may be up to 20 years away.

This doesn't mean retreat, or acceptance of Pretoria's pretence of gradual movement toward reform. No activist I talked to displayed any less urgency about the need to turn South Africa inside out and upside down. But I was surprised by what appeared to me as a wiser approach than what I had observed when I covered South Africa ten years ago.

This means structures to implant the concept of democracy: blacks in South Africa have been trained to obey, to understand that their destiny lies in someone else's hands. If white tyranny isn't to be replaced by black tyranny, blacks desperately need to participate in institutional decision-making.

One of the most exciting things that has happened within black self-help organizations over the few years, therefore, is leaders coming to the realization that they have to be guided by more than the dogma of whatever their brand of revolution happens to be.

Dr Neville Alexander, one of the most respected thinkers to come out of the Black Consciousness movement in South Africa, and a radical thinker in the fight against apartheid, put it simply: "If the alignment of forces that keep us subjugated were overturned next year, we'd have serious problems.

We've got to have structures to carry the struggle when it emerges. A lot of people thought we were on the threshold of liberation between 1983 and 1985. More and more people are realizing we weren't. If we're serious about emerging from this thing with a non-racial social democracy, we've got to put structures down now."

This means structures to pass on skills: any academic, technical, or commercial skill a North American may have acquired through our educational system a South African black—with very few exceptions—has not.

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One of the most exciting things that has happened within black self-help organizations over the few years, therefore, is leaders coming to the realization that they have to be guided by more than the dogma of whatever their brand of revolution happens to be.

The word "accountability" came up time and time again as various activists described what their community organizations

were trying to accomplish. "Accountability" means reacting to the expressed wishes of the community in building organizations to transfer new skills.

The Canadian Embassy is deeply involved in this process. The majority of the new community organizations are involved in providing alternate education to the state's impoverished Bantu education system, which was painstakingly designed to manufacture inferiority.

Beyond its involvement in internal and external scholarships, this country's Canadian Education Fund is designed to support small-scale initiatives in pre-school education, adult education, alternative schooling, teacher upgrading, literacy, student support services and leadership training.

The budget, \$1.4 million for the past two years, is in line for a sizable boost for 1989-90.

I walked through black townships that made Soweto look like Beverly Hills, endless miles of shacks a North American wouldn't keep his dog in. Walking into a pre-school project in the middle of all this was like stumbling on an oasis in the desert. Bright toys. Bright children singing, playing, practicing their alphabet. Canada is sponsoring the project.

I visited a black high school in George, a conservative farming community in Cape Province. The town didn't even

CANADA TO ASSIST AFGHAN REFUGEES

OTTAWA -- The Secretary of State for External Affairs, the Right Honourable Joe Clark, and the Minister of National Defence, the Honourable Bill McKnight, announced February 21 that Canada will respond favourably to an appeal by the United Nations' Secretary-General for a comprehensive humanitarian relief and economic assistance programme for Afghanistan, pending and signing of a Memorandum of Understanding between the participating nations, the United Nations and Pakistan.

"One particular concern in the programme," said Mr. McKnight, "is the major threat posed by unexploded land mines and other devices to Afghan refugees returning to their country."

"This project is a most important one in the overall relief and reconstruction of Afghanistan, and Canada's participation is a concrete and highly visible demonstration of our commitment to the United Nations' humanitarian assistance efforts," added Mr. Clark.

Canada will provide a team of 12 Canadian Forces personnel to prepare Afghan volunteers to instruct Afghan refugees on mine awareness,

recognition, safety measures and simple methods of clearing mines, before the refugees return home to Afghanistan. The team will be located near Peshawar, Pakistan and will be deployed for a period of four months starting March 23, 1989.

Included in the Canadian team are three female officers who will train Afghan women in mine awareness and recognition. Those women would in turn teach the skills they have learned to groups of Afghan women who, with their children, will be most at risk from the presence of mines.

Other members of the Canadian team are from both the Regular and the Reserve component of the Canadian Forces. Personnel from other countries including Turkey, France and the United States will also be participating in this programme.

In response to last year's appeal of the UN Secretary-General, Canada has also pledged a total of \$22 million over the next two years to support the Afghanistan Repatriation and Rehabilitation Programme. This sum is in addition to the \$19 million provided each year to Afghan refugees in Pakistan.

WHAT ARE WE DOING IN SOUTH AFRICA?

by Dan Turner

What are we doing in South Africa?

As a political journalist I've asked myself that question many times over the years. In particular moments of indignation I've even argued for a Canadian pullout.

It didn't seem like an unreasonable stance. In 1985, Brian Mulroney spoke to the United Nations General Assembly. He said Canada was prepared to get out of South Africa if Pretoria didn't start making substantive progress toward dismantling apartheid. Since then, most of the changes the white minority government has made have been cosmetic. If anything, repression has worsened.

So where does that leave Canada? Weak-kneed, one might argue—indeed, I have argued. A lot of intelligent, committed people contend that

now is the time to show some international leadership by honouring Mulroney's pledge and withdrawing.

Last summer I was wondering out loud whether they weren't right. An acquaintance at the Canadian International Development Agency—which for three years has operated Canada's assistance program to self-help groups inside South Africa—responded with a challenge.

She said CIDA would give me a short contract to go to South Africa as a consultant and prepare a no-strings, uncensored report on what we were doing there. As a journalist I would be free to write on whether it made any sense to me. I told her she was taking a big chance—that if I decided on balance that it didn't make sense, that's what I'd write.

My credentials are decent. I've won some awards as a

writer, including the National Newspaper Award for Investigative Journalism in 1984. And I know Africa. I've lived in Nigeria, Lesotho and Zimbabwe.

I don't favour whites over blacks, or blacks over whites. I think I've written evenhandedly about hope and despair, cleverness and stupidity, in black-run countries and white-run countries alike. I was twice denied admittance to South Africa when I was Africa bureau chief for Maclean's magazine in the late '70s.

I have spent enough time looking at apartheid up close to conclude that it is both immoral and stupid, and have emerged with the conviction that Canada should be doing as much as it can to combat it. So I went to South Africa (Nov 15—Dec 5/88) trying to keep an open mind about how best

to do that.

I travelled at the taxpayers' expense. I saw my role as one of scrutinizing on the taxpayers' behalf, since there is a lot of interest in South Africa among Canadians and the Canadian government has chosen to remain active there. The following is a synopsis of what I have to report.

I examined 13 projects during my visit, most of them in and around Johannesburg, Bloemfontein and Cape Town, and talked to 34 activists involved in the struggle against apartheid. Only two or three of them would I describe as moderates. Most were radicals, committed to abolishing apartheid and minority rule at virtually any cost.

What fascinated me most about the people I talked to was that—however militant they were—they no longer ex-

pect white minority rule to topple within weeks or months, and most are doubtful about the next decade. That's a big change from three years ago, when government schools were empty, the townships were in foment, and the revolution seemed at hand.

The South African government may be wrong-headed, but it has shown clearly that it isn't about to roll over and play dead. By putting itself on something close to a wartime footing, the government has been devastatingly effective at keeping the lid on. Hundreds of black leaders have been detained; most outspoken black organizations have been banned or restricted; stunningly undemocratic court decisions have all but outlawed organized dissent.

...continued on page 13

Black Consciousness movement. I asked adherents of the African National Congress (ANC). Nearly everyone I asked had been banned, detained or imprisoned at some point, many of them on several occasions.

One of them—a newspaper publisher in the Cape—said maybe, on the grounds the gesture would at least make some international impact. Thirty-two people, including a senior aide to Bishop Desmond Tutu, said no.

Canada, I discovered, is considered a "friendly" embassy. The Americans, the British, the Japanese, and some European embassies are viewed with suspicion.

Achmat Dangor is a poet and director of the Kagiso Trust, one of the most important black-run funding funnels for agencies promoting change in South Africa. He pointed out that there is pressure building for embassies to pull out, those most sympathetic on the issue of apartheid will be those most likely to leave.

"The last situation we want is that our friends move out and our enemies stay behind." Canada's presence in South Africa should be expanded, not eliminated. We are bearding the lion in his own den. There may be a time when the impact of withdrawing would outweigh the benefits of staying in.

Now is not the time.

OF GENERAL INTEREST

MONEY CARE

Income splitting still works to cut taxes



by Ronald Dunne, CA

As a tax saving strategy, income splitting no longer has the appeal it once had. Tax reform has seen to that.

But even though much of the incentive has been removed, it hasn't been wiped out entirely. Income splitting can still be an effective way of lightening your tax load. It just calls for a slight shift of emphasis.

Where the incentive for income splitting remains fairly strong is in the area of capital gains.

Since every Canadian is entitled to a lifetime capital gains exemption of \$100,000, this opens up the possibility for spreading capital gains among other family members. And even a newborn infant qualifies for the exemption.

So once you use up your own tax free exemption, the idea is to get subsequent capital gains into the hands of your children—regardless of age—so that they, in turn, can qualify.

That's fine as far as your children go. But what about your spouse? With a spouse the situation is completely different, for this is where the attribution rules kick in.

This means that if you transfer a portion of your own capital gain to your spouse it is simply attributed back to you. So there is no benefit. Not so in the case of your children.

However, if your spouse makes a capital gain on his or her own account, there is no attribution and the exemption applies.

If you intend to split income by making a gift of money to a child, you must be careful. As long as the child is over 18, then there is no attribution. But if the child is under 18 there is.

That means that any income earned by money you give to a minor child is attributed back to you—and you must pay tax

CHILLIWACK TO HOST INTERNATIONAL JAZZ FESTIVAL

Here's a question for your trivia-playing friends:

The Beatles once played as intermission back-up for a Liverpool jazz band; what's its name?

Answer: The Merseysippi Jazz Band from Liverpool, England—and they're still headlining at the famous Cavern nightclub.

Not only can you stump your friends with this arcane information, you can hear this famous troupe of foot-stompers at the second annual Chilliwack Happy Times International Jazz Festival if you're in the area May 5 through 7.

Chilliwack, a city of 50,000, is in the heart of a vacation area known as Rainbow Country, about 65 miles east of Vancouver, B.C., in the beautiful Fraser Valley.

This year's jazz festival will have 12 bands from four countries, including two of last year's favourites: Mr. Crow from Sydney, Australia; and Lance Harrison Group from Vancouver.

Coming from the U.S. will be the MisBehavin' Jazz Band from Irvine, California; the Oregon Jazz band from Coos Bay; Basin St. Saloon Band from Milwaukee, Wis.; the Bathtub Gin Party Band from Bellingham, Wash.; Skunk Creek Jazz Band from Sacramento, Calif.; and Banjo Ben and the New Orleans Dixie Cats, from Bellevue, Wash.

Canadian bands, beside Lance Harrison, will include The Clearbrook Connection, from Abbotsford, B.C.; The Phoenix Jazzers from the Hot Jazz Club at Vancouver; and the Ian Menzies Quartet, also from Vancouver.

Consular officials from the U.S., Australia and England will be on hand to open-and enjoy-the 1989 Chilliwack Jazz Festival, lending official recognition to a form of music that was once frowned upon in polite circles.

Admission badges and reservations for accommodation at hotels, motels or at several Recreation Vehicle parks can be made by calling the Jazz Society at (604) 795-3600, or writing to: Chilliwack Happy Times Jazz Society

7-45966 Yale Road Chilliwack, BC V2P 2M3

Badges for all events are only \$35. Badges for Friday only are \$12, for Saturday \$18, and for Sunday \$10.

Festival organizers Irving and Jo Wilson have plugged Chilliwack into a year 'round international circuit of toe-tapping fans who love to listen and dance to Dixieland and Chicago jazz, swing, and related music styles.

It's a happy match, say the Wilsons: jazz buffs who attended the first Chilliwack Jazz Festival last year were delighted by the Fraser Valley's relaxed atmosphere and beautiful scenery, and many of them already indicated they're coming back for more.

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
Chicken Nugget
Hot Dogs
Assorted Desserts Coffee & Tea will be available
Time: 1100-1300 hrs Cost: Adults \$6 Children \$3
Reservations by March 22

COMING EVENTS FOR APRIL

TBA- Monte Carlo Night

The Officers' Mess would earnestly like to thank the following commercial establishments for their generous donation of dinners and accommodation; these donations were presented as prizes during our Valentines Dance:

Arbutus Travel Lodge Kingfisher Inn
Old House Restaurant Seaside Restaurant
Signature Restaurant

We solicit your patronage of these fine establishments.

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 PMO School at 1830 hrs. every Wednesday. Religious Education Co-ordinator Mr. Fred Chiasson, Tel: 339-6488.

ST. MICHAEL'S & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj G.A. Milne
CHAPEL - St. Michael's & 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 GUILD - Regular meetings first Monday of the month.

President: D.M. Milne - Phone 339-3710.

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PROVINCIALY

PUBLIC INQUIRY CALLED FOR ON FOREST MANAGEMENT

A growing number of organizations and individuals including the B.C. Wildlife Federation are calling for a "full public inquiry" into forestry practices and policies in B.C.

"Our forest resources are not being managed in the best

interest of the public," stated Stu Reeder, President of the 38,000 member organization.

Improper harvesting practices are destroying fish and wildlife habitat through erosion, siltation, and degradation of soils.

Changes made to forest

legislation that require forest companies to deal directly with the Ministry of Environment puts an impossible burden on an already insufficient staff. "There are only 14 field habitat biologists and technicians to deal with all the forest companies," said Reeder.

Public involvement in planning and decision making is practically non-existent. As an example, the "public hearings" on T.F.L.s to be held by the Minister of Forests will result in about 16 hours of public statements province wide. Reeder concluded, "How can

this process possibly represent the concerns of the 3 million people in this province?"

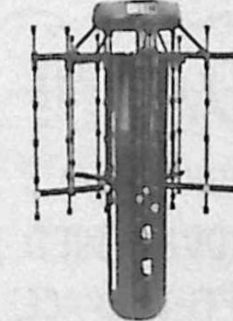
The B.C. Wildlife Federation feels that a public inquiry is the only way employment and a renewable resource legacy can be ensured for future generations.

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LEISURE



music reviews and syndicated columnist

ASTLEY IN ACTION
BLASTING TOP 10

With the release of "Hold Me In Your Arms (BMG-8589) England's Rick Astley is rapidly proving that he is one of the biggest success stories of the eighties. Following the success "Whenever You Need Somebody" which blanketed Europe in the top charting position and was responsible for "Never Gonna Give You Up," the title track and a re-make of Nat 'King' Cole's "When I Fall In Love," Astley won Billboard's No.1 Dance Artist of 1988.

He has opened '89 with one of the fastest breaking albums (Hold Me In Your Arms) which jumped more than 100 positions on the charts this week alone and a single "She Wants To Dance With Me" that has already broken top ten and looks very bit like another No.1 blast. Astley takes the listener on a dance-oriented romp in "Take Me To Your Heart," "Giving Up On Love" and the incredible "I'll Never Let You Down."

Astley wrote most of the tracks here and with the full support of his record company, the solid production, the virtual unlimited commercial potential and the fact that this album shipped platinum it all adds up to Rick having an early stronghold on the year's awards. Check this one out, it's well worth the bucks.



RICK ASTLEY

MILLION KISSES

"The First Of A Million Kisses" (RCA 8596) is one of the biggest surprises to a long list of people, including Fairground Attraction, the group who can lay claim to one of the hottest records to hit the charts in '89. At a time when synth-pop music all but dominates the upper strata of the listings, along comes the FA with their stripped down style doing their studio music "live" from the floor and debut with "Perfect" that goes to blow away the competition and land safely in the UK's heavily competitive chart topping position.

"Perfect" was followed by "Find My Love" and now with their easy swaying music and hypnotic lyric lines the FA have made their assault on North American charts and radio has quickly taken them to their playlists.

Best sounds include "Whispers," "Moon On The Rain," "The Wind Knows My Name" and the obvious hits of "Perfect" and "Find My Love."

THE STEIN: THE RIVER THAT SPEAKS TO US ALL

Michael M'Gonigle remembers well his first view of the Stein River valley in 1980. Bathed in a shaft of sunlight, the scene evoked in him such a powerful sense of wildness and tranquility that it has been etched in his mind ever since.

"When you walk by that river for the first time," he says, "you sense that there's something very much alive that is rare in our world. You know it is untouched and you know that every drop of water is pure. You get such a feeling standing there -- it's very powerful."

Just how powerful that feeling is comes across in the recent book, *Stein: The Way of the River*, an exhaustively researched portrait of the Stein valley and its people.

The book was co-written by M'Gonigle, a professor in the natural resources management program at SFU, and his wife Wendy Wickwire, an ethnomusicologist and ethnographer.

The Stein valley, located 160 kilometres northeast of Vancouver, is the last large wilderness valley in southwestern B.C. It is an intact watershed surrounded on all sides by mountains overlooking a sweeping, unscarred forest. There are no roads running through it.

The valley is rich in history. It contains many artifacts, photographs and other cultural evidence of at least 7,000 years of occupation and use by the Nlaka'pamux, one of four linguistic groups of the Interior Salish people.

The Stein is currently at the centre of a well-publicized struggle between private industrial interests seeking to road and log the valley, and environmental and native groups who want to preserve its natural and historic character.

At stake, say the authors of the book, is "the heart and

mind of 'Supernatural' British Columbia."

Drawing on M'Gonigle's expertise in resource management and environmental law, and Wickwire's research on early Indian cultures, the book intersperses the story of the Stein with a dizzying collection of photographs, Indian elders' tales, settlers' diaries, explorers' journals, excerpts from forestry and environmental reports, and newspaper articles.

M'Gonigle stresses that the book is more than just a glossy presentation with pretty pictures. "Underneath it all, it's an academic analysis," he says. "It is a book about the people."

Much of the information in the book was gleaned during the year-and-a-half and several summers that M'Gonigle and Wickwire spent in the Stein—he running wilderness hiking programs and she doing research with the Lytton Indian band.

"Throughout our stay there," notes M'Gonigle, "we were struck by how strongly the native people believe that the preservation of the valley is imperative to the survival of their culture, especially among the elders and the very young."

Captivated by the valley and its people, M'Gonigle and Wickwire were soon caught up in the ongoing battle to save the Stein from commercial logging interests.

"Saving the Stein is not just the knee-jerk cry of nature lovers to save some trees," says M'Gonigle. "People see saving the Stein as an important building block in redirecting our exploitative economy to a more nurturing and sustainable one."

The Stein issue also represents a small part of the bigger problem of forestry management in B.C., he says.

"Forestry management in

this province is going from bad to worse. There is a need for a whole restructuring of the forest industry. Yet the government and the industry refuse to consider it in any serious way."

M'Gonigle scoffs at suggestions by forestry companies to 'Share the Stein.'

"They are proposing to cut nine percent of the watershed. But that is all of the commercial timber in the valley. The rest is rock and water. You can't share the Stein. It's like saying we'll cut your heart out and leave the rest of your body. It would kill the valley."

M'Gonigle adds that nine out of 10 valleys in the area have already been logged and roaded. "What the natives are saying is that they've already shared."

Reaction to the book has exceeded all expectations, says M'Gonigle. Released late last fall and already into its second printing, it is still going strong on the bestseller list in B.C. And what do the interested parties think about it?

"The community loves it," reports M'Gonigle, "and even the forestry people recognize it as a tribute to the community. It is helping to heal the community, which is understandably rife with conflict over this."

On a broader scale, M'Gonigle and Wickwire hope that the book can help change public and government attitudes about the preservation of our few remaining wilderness areas.

"The Stein is an opportunity to make a stand. But as a society, we are wasting other opportunities that will never come again. It is very frustrating to a rational mind who appreciates the beauty of nature to see this waste. We don't get a second chance."

(Courtesy of Simon Fraser Week)

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CANADIAN FORCES UPDATE

FOUR SOVIET BEARS INTERCEPTED OFF EAST COAST

OTTAWA -- Canadian Forces and United States Air Force jet fighters intercepted a flight of four Soviet military aircraft off the East Coast of Canada early on the morning of February 15.

According to the North American Aerospace Defence Command (NORAD) the aircraft were detected by radar when they entered the Canadian Air Defence Identification zone without notification.

Two CF-18s of 425 Sqn, Bagotville, Que., were scrambled from Gander, Nfld., and two F-16s of the Air National Guard of the US were scrambled from Bangor, Maine.

The pilots of the interceptors identified the Soviet planes as

two TU-95 Bear "D" reconnaissance and two TU-95 Bear "F." The Bear "D" is a long-range Soviet aircraft used for electronic reconnaissance. The Bear "F" is the long-range Soviet aircraft used for anti-submarine warfare.

The Soviet aircraft remained over international waters and at no time did they penetrate Canadian airspace, according to NORAD. Their closest approach to land was approximately 200 kilometers from St. John's, Nfld.

The incident marked the first time this year that military aircraft of the USSR have been intercepted, identified, and tracked off Canada's shores by fighter interceptors under operational control of NORAD.

All "quitters" great and small!

by Janice Cowan

So, are you one of the "holdouts"? One of those people who is not going to give up smoking, "because someone tells me to stop"? Maybe you've convinced yourself: "I just can't quit..."

Nobody every told smokers that "giving up" was going to be easy. That's why the DND/CF smoking policy was implemented in two stages. For one whole year, prior to 1 January 1989, smoking was regulated by means of designated areas. After that date, it was prohibited in all workplaces.

It was fair warning with the best of intentions. Designed to provide workers with an environment free of tobacco smoke, the policy is about health—mine and yes, yours too.

According to some reports, smokers are disgruntled, even defiant. But there are others, two or three-pack-a-day smokers, people who have smoked thousands of cigarettes during their lifetimes, who are saying "This is it, by God I'm going to quit."

One of these people, someone who spoke these very words, is Maj Michel (Mike) Gauvin who works at National Defence Headquarters.

A smoker for 34 years, Maj Gauvin estimates he has smoked close to 348 thousand cigarettes. It was costing him \$125 a month. Now, emphasis is definitely on the "was"—in

the New Year he graduated from the Canadian Forces Butt Out program and became what he describes as a "free man."

"I never thought I would be able to say, 'I'm a non-smoker,'" said Maj Gauvin. "I never imagined I would ever ask to sit in the "non smoking" section of a restaurant.

According to Capt Marcelle Lelievre and Master Cpl Dominique Gagne, two co-ordinators of the Butt Out program at National Defence Headquarters, Maj Gauvin is typical of the programs success stories.

"He really had the desire to quit smoking," said Capt Lelievre. "He attended all nine sessions over a 12-week period and did all his homework."

The free Butt Out program is in great demand at bases across Canada. If you have applied for the program and found it "full" or a counsellor is unavailable, take heart—Surgeon General, Rear Admiral Charles Knight, has just announced that, for a limited time only, funding will be made available for personnel to enroll in commercial cessation programs. Information about this additional help for smokers can be obtained from base medical facilities and civilian personnel offices.

Because Butt Out has one of the highest success rates in North America, it is hoped these smokers will choose similar consultant-led small-group programs like those run by the

SERVICE AIR, SAFETY AND YOU

impact on the safe conduct of passenger flights.

The Canadian Forces Flight Safety organization has identified one such hazard, and we must enlist the cooperation and assistance of all our members and their dependants in an effort to eliminate it.

Smoking in the lavatories of our service aircraft is an inherently dangerous act, with potentially catastrophic consequences. Kleenex and toilet tissue are extremely flammable and are common items found in aircraft lavatories and waste-holding facilities. The washroom and passenger compartments are fitted with pure oxygen ports designed to provide an enriched oxygen atmosphere in the event of aircraft depressurization. Even a small fire in the lavatory of one of our aircraft could rapidly fill the confined area of the passenger compartment with toxic smoke. Several years ago, Air Canada flight 397 force-landed in Cincinnati after experiencing a small fire caused by an overheated motor, in a toilet. This incident resulted in considerable loss of life among the passengers. Everyone on board was alive when the aircraft stopped on the runway: those who died were not killed in the fire, they died of smoke inhalation. Consider, for a moment, the ramifications of a small fire occurring in the lavatory of one of our Boeings flying at 37,000 feet across the

North Atlantic. It is not uncommon to be nine hundred to a thousand miles from a usable emergency airport - up to two hours flying time! Where do you go? To whom do you turn? What are the options for the passengers and crew? My family and I occasionally use Service Air for transit, and the thought of exposing ourselves to this element of risk is uncomfortable for me.

Smoking in aircraft washrooms is considered a criminal act under both military and civilian law. Such a breach of regulations constitutes conduct to the prejudice of good order and discipline, carrying a maximum punishment of dismissal with disgrace from Her Majesty's service, or two years imprisonment.

Since 1985, there have been 22 documented incidents involving smoking in Boeing lavatories. The frequency of this selfish act has skyrocketed with the imposition of the Forces-wide ban on smoking on Canadian Forces aircraft. Boeing cabin crew are vigilant to these violations and perpetrators will be caught and charged.

The next time you find yourself at 37,000 feet over the North Atlantic and you, or one of your companions, feel the urge to smoke, I would suggest it would be in the best interests of Flight Safety to step outside and do it.

Canadian Cancer Society or the Canadian Lung Association. The support a struggling, potential non-smoker gets from a group setting is invaluable.

The participants come to rely on the group," said Capt Lelievre. "As each session progresses there are a lot of questions to answer: 'Did you have any urges to smoke. How did you replace the cigarettes. Did you do your relaxation exercises. What triggered the smoking urge.' They learn a lot about themselves they didn't know before. The whole group is having a hard time so they all try to support each other."

Maj Gauvin had tried to give up smoking before, in 1978. It lasted one day. In 1982 his father died of cancer and he vowed to quit. But it was another six years before he became really determined—and discovered the Butt Out program.

"I wanted to give up

smoking before the new policy was implemented," said Maj Gauvin. "I wanted to do it on my own. I didn't want to quit smoking because of the ban."

"It's an outstanding course. It's like trying to give up any bad habit, you need help. You have to be able to consult with someone who has been through the same problem. Sometimes you need medical help in terms of having access to Nicorette chewing gum during the program. Without professional help it would be a very lonely battle."

Maj Gauvin said he was surprised he had made it. He credits the co-ordinators who encouraged him and praised him. "We were taught how to manage our stress (giving up smoking can be very stressful) and how to replace our smoking urges with something else. Quitting smoking is not easy."

He is saving the money he would have normally spent on cigarettes and plans to take his wife, Simone, on a special trip, perhaps to Europe. She is a non-smoker and is really happy that he has finally quit.

Maj Gauvin finds he can now exercise without huffing and puffing and is running three or four times a week. "I

feel so much better," he said.

He isn't the only one at NDHQ who feels a lot fitter. Others who have happily given up smoking through Butt Out are: Maj Bill Plouffe of Scarborough and Nepean, Ont.; Capt Jeff Esau of Fredericton; Mr Marcel Braun of Lac St-Antoine, Wilson's Corners, Que.; Sgt Roberta Collier of St Albans, Nfld.; Sgt Lucie Marchand of Granby, Que.; and Cpl Nathalie Paille of Quebec City.

"I feel great," said Mr Braun, who smoked 30 cigarettes a day for 40 years.

Maj Plouffe, who smoked 40 cigarettes a day for 25 years says he feels his effort deserves an entry in *Ripley's Believe It Or Not*. "I've had calls from people in Europe who want to congratulate me on giving up smoking. I've tried quitting before. I couldn't have done it without this program and the support I've received."

Capt Esau said the program made him examine his whole lifestyle, all his personal habits. "It forces you to think about what you are doing all the time. The group setting is very important. I feel better about myself both physically and mentally."

...continued on page 23

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

DRINKING DRIVING COUNTERATTACK



We're living in a changing society. Our children must learn new knowledge, skills and attitudes that will help them meet the challenges of the future. Major changes were recommended by the Royal Commission on Education after hearing the views of thousands of British Columbians. Now, in consultation with educators, parents, and others, we are implementing most of those recommendations.

Education. A commitment to British Columbia's future.

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You can look forward to exciting and innovative changes:

- a new provincial curriculum structure to be phased in over 10 years
- more emphasis on creative thinking and problem solving
- new learning resources, such as computer technology, to help our teachers do an even better job and to equip our children to take their place in the society of the future
- dual entry into kindergarten as the first of four ungraded years so our youngsters can move through the primary years at their own pace
- new grade 11 and 12 programs offering a range of options to give students new ways to complete graduation and help them move into careers of their choice
- creation of the Education Advisory Council, with broad representation from the community, to advise on implementing the changes
- a new School Act
- \$1.4 billion in addition to regular school operating budgets over the next 10 years to put policies and curriculum in place
- \$1.5 billion on new and improved school facilities over the next 6 years
- an increase of 9.9% or \$129 million in 1989/90 provincial grants to school districts

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SCIENCE

WHERE DO COMETS GET THEIR START?

by Hugh Westrup
Where do comets come from?

For many years, astronomers have said they originate in the Oort Cloud, a large collection of perhaps 100 billion comets located at the extreme far edge of the solar system—about 1000 times farther from the Sun than is the planet Neptune.

However, a team of Ontario researchers has produced the first good evidence suggesting that comets also come from a doughnut-shaped belt much closer to the Sun, maybe next to the orbit of Neptune.

Perhaps one billion comets orbit in this belt, named the Kuiper Belt after the Dutch astronomer Gerard Kuiper, who first suggested the belt might exist, though he could not produce any direct evidence to support his idea. Now that evidence has been produced by Drs. Scott Tremaine and Thomas Quinn of the Canadian Institute for Theoretical Astrophysics in Toronto, and Dr. Martin Duncan, an astronomer at Queen's University in Kingston, Ontario.

Basically, a comet is a giant 'dirty snowball'—a micro-planet of ice and chunks of rock. The only time that

stargazers can actually see comets is when they pass near enough to the Sun to reflect its light. These are called visible comets.

There are 720 known visible comets, including the most famous, Halley's Comet and Comet Kahoutek.

These comets have strayed far from home because the gravitational pull of passing stars or planets has dislodged them from their orbit in their home 'cloud' and sent them into an orbit that passes much closer to the centre of the solar system. If they come close enough to the sun, its radiation starts them 'melting,' shedding dust and vapour which form the typical comet tail.

It is these visible comets that provided clues to the Kuiper Belt's existence. When astronomers tracked their movements, they concluded many of these comets probably did not come from the Oort Cloud.

To confirm whether some comets come instead from a storehouse much closer to the planets, Tremaine and his colleagues developed a special computer model of the solar system. In this model, they included a belt of comets orbiting the Sun near Neptune and then began dislodging some of these

comets from the belt. Drawn by the gravitational pull of the planets, these stray comets began travelling in new orbits extremely similar to the paths of many of the visible comets.

"I am now almost convinced that there is a belt of comets—the Kuiper Belt—near Neptune," says Tremaine.

Tremaine estimates that a comet is dislodged from the Kuiper Belt every 100 years. The average lifetime of one of these 'visible' comets is about 10,000 years. Comets 'die' when they orbit too close to the sun and evaporate in its intense heat.

Not long ago, astronomers spotted a new object—called Chiron—between Saturn and Uranus; it could be a comet recently dislodged from the Kuiper Belt. "It's flying in an unstable orbit right now. Its orbit will probably change and there is some chance that it will come close enough to the sun to be a spectacular comet," says Tremaine.

He says his next research project will be a telescopic study of the night sky in search of the distant Kuiper Belt. Far away comets are extremely difficult to identify through a telescope—they are almost indistinguishable from faint stars.

Nevertheless, by photographing the right area of the sky on successive nights, it could be possible to distinguish Kuiper Belt comets from stars. Astronomical camera telescopes can be made to 'lock on' to a particular area of the sky each night and track against the earth's rotation, keeping the stars in the same place in every picture. The next night the camera can fix on the same area for more pictures.

But comets move relative to the stars. Any 'stars' that moved in the series of pictures would not be stars at all, but rather comets travelling in the Kuiper Belt.

The Comet research was funded by the Connaught Fund of the University of Toronto, and by the Natural Sciences and Engineering Research Council.

(Canadian Science News)



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Mar 10 & 11.....Music by WESTWIND
Fri & Sat Mar 17 & 18.....Music by COUNTRYMEN
Thu Mar 23.....MEAT DRAW
GOOD FRIDAY Mar 24.....CLOSED
Sat Mar 25.....Music by COUNTRYMEN
EASTER SUNDAY Mar 26.....closed

REGULAR ACTIVITIES

BINGOS- Thu, Fri, Sun at 7:00 PM
MONDAY.....Fun Euchre
TUESDAY.....Pub Darts
WEDNESDAY.....League Crib
THURSDAY.....Fun Darts
FRIDAY.....TGIF & Money Draw at 6:30
SATURDAY.....Fun Bridge at 12:30

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ENTERTAINMENT

Mar 10.....Music by LORI BAKER BAND
Mar 17.....Music by WESTWIND
ST. PATRICK'S DAY
Mar 24.....CLOSED-GOOD FRIDAY
Mar 31.....Music by VALLEY BOYS

REGULAR ACTIVITIES

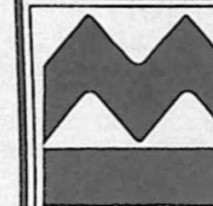
SUNDAYS.....Lounge 2-6 pm.
MONDAYS.....L.A. Drop-In-Bingo-7:30 pm
Men's Dart League-Navy Rm-7:30 pm
TUESDAYS.....Mixed Dart League-Upper Hall-8:00 pm
Ladies Crib League-Lounge-7:00 pm
WEDNESDAYS.....Navy League Drop-In-Bingo
Upper Hall - 7:00 pm
THURSDAYS.....*1st* Br. Exec. Mtg - 8:00 pm
L.A. Exec. 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

SUN MAR 19-EUCHRE & POOL TOURNEYS. Reg. \$5 by 12:30 PM. Start 1 PM.

UPCOMING EVENTS

SUN APR 2 - 50TH ANNIVERSARY 2ND AUCTION-Lounge. 1 - 6 PM.
Auctioneers - Gus Baudais, Murray Hanna. ALL SPRING CLEANING
DONATIONS WELCOME. Deliver to Legion or call Dawna Dozzi for pick-up
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SAT APR 15 - HONOURS & AWARDS NIGHT. Upper Hall-6:30 PM. Dinner,
Ceremonies, and Dance to LORI BAKER BAND. Tickets \$7.50 per
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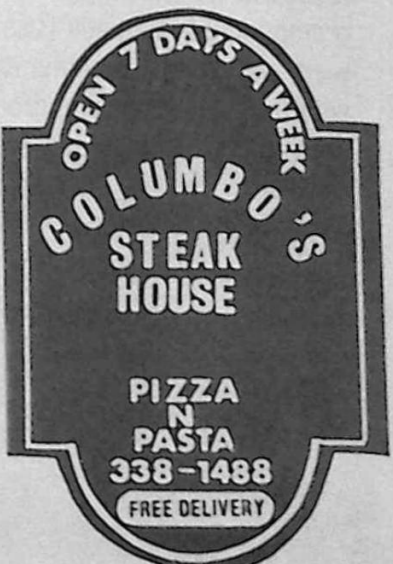
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PUBLIC ANNOUNCEMENTS

The 2nd Annual Floating Boat Show

The Second Annual Floating Boat Show and Sale will be held April 7th, 8th and 9th, "ON THE WATER" in Newcastle Channel in front of Pat Johnstones Tackle at the Nanaimo Public Market site. The show, co-sponsored by CKEG Radio and organized and planned by Nanaimo Marine Dealers... Westwood Power and Marine, Dogwood Marine Ltd. and the Anchorage Marina will feature many of their new lines of boats and accessories. Boats from 16' runabouts up to 35' luxury cruisers will be on display. This year's show and sale will feature something to suit all budgets and tastes. The show dates and times are as follows:
 Friday-April 7th-noon to 4 PM
 Sat-April 8-10:00 AM-7 PM
 Sun-April 9-10:00 AM-4 PM

ST SYLVESTRE REUNION
 Final planning is now underway for a reunion of all personnel who served at RCAF Stn. St Sylvestre, P.Q. This event will be held on June 10 & 11, 1989 in the province of Quebec.

For further information and registration forms, please contact me at the following address:
 A.L. Cantelo
 P.O. Box 42
 Montague, PEI
 COA 1R0
 Phone: 838-3295

ATTENTION JR RANKS LADIES CLUB

Next meeting is March 16 at 7 PM in the Lounge. At 8 PM we will be entertained by the "Jiran Dance Company" who will demonstrate the art of belly dancing. Members - \$1
 Guests - \$1.50
 Come out and enjoy the evening with us.

Discover how simple spiritual exercises can change your life. "The Journey Home" video on

the teachings of Eckankar. Wednesday, March 15th, 7:30 PM. Courtenay Junior. No charge. 339-6560.

CAPE LAZO FIRST MATES CLUB

EASTER FASHION SHOW by TOUCH OF CLASS

TUESDAY MARCH 21, 1989 at 7:30 PM
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REFRESHMENTS

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 PHONE: 334-2336

TOUCH OF CLASS
 MARIE MALMOFF

THE BRITISH COLUMBIA LIONS SOCIETY FOR CRIPPLED CHILDREN is proud to announce **THE 15TH ANNUAL "TIMMY'S SPRINGTIME TELETHON"** to be broadcast live from the **McPHERSON PLAYHOUSE** in Victoria, B.C.
APRIL 1ST AND 2ND, 1989

This 21-HOUR ENTERTAINMENT EXTRAVAGANZA, featuring both local and international celebrities, will reach the majority of Vancouver Island communities through the facilities of **TELESAT'S ANIK C-3 SATELLITE**, and the cooperation of **LOCAL COMMUNITY CABLE STATIONS**. 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:

Barry VanDusen
 480 Condor Street
 Comox, B.C. V9N 6Y5
 339-6823 (h)



OFFICERS MESS

LADIES CLUB

Our February Ladies Club event was a smashing success! We had many ladies turn out for a fun and, for those lucky winners, a very profitable evening.

Unfortunately, a lack of interest in our March dinner has forced us to cancel this event. Our executive will be getting together to plan an alternate function for the same evening. Keep your eyes open for posters, cablevision, newspaper and radio messages to see what we come up with. Our telephoning committee will also ensure each member finds out what our new plans are.

Keep Wednesday, March 15, 7 for 7:30 PM open on your calendar for this meeting.

Vancouver Island Festival Children's Book

May 6, 1989

The Children's Literature Roundtable presents the third annual Children's Book Festival at Malaspina College. The Roundtable sponsors a one-day celebration of Canadian children's literature. Children from 4 years and up will have an opportunity to meet some of Canada's best authors, illustrators, poets, storytellers.

Authors will include: Kathy Stinson ("Red Is Best," "Big or Little," and her latest, "Teddy Rabbit"), Robert Heidbreder ("Don't Eat the Spiders"), Marie-Louise ("Lizzie's Lion," "Moonbeam on a Cat's Ear" and "Rainy Day Magic"), Robin Muller ("The Sorcerer's Apprentice," "Mollie Whuppie & the Giant," "Tatterhood," "The Lucky Old Woman" and "Little Kay"), Frances Duncan ("Kap-Sung Ferris," "The Toothpaste Genie").

Monica Hughes ("The Isis Peddler," "Devil On My Back," "Blaine's Way"), Janet Lunn ("Shadow in Hawthorn Bay," "The Root Cellar," "Double Spell"), Sarah Ellis ("The Baby Project"), Eugenie Fernandez (illustrated I HAVE TO SEE THIS, JENNY'S NEIGHBOURS, SKY FULL OF BABIES, POO)

John Bianchi (THE DINGLES, PRINCESS FROWNS ALOT, THE BUNGALOW BOYS) These books are now available from the Vancouver Regional Library. Judy Latimer will entertain with her popular folk songs during lunch. Please check local newspapers and school newsletters for further information and registration dates. All registration is through Malaspina College. To receive a copy of the final program, available in early spring, call 755-8775 to be put on the mailing list.

FAULTY HAIR DRYER

Braun Canada Ltd. and Canadian Standards Association are warning owners of hand-held portable hair dryers marked *Silencio Pro-1500* on the side of the dryer and *Type 4591* on the back of the handle, to stop using them immediately because they pose a potential fire hazard.

In the interest of safety, Braun Canada Ltd. is voluntarily recalling the hair dryers and is requesting owners to return the Braun Silencio Pro-1500 Type 4591 hair dryer to the following address for replacement: Braun Consumer Exchange P.O. Box 5049 Paris, Ontario N3L 3W5

For further information, contact: Manager, Customer Service, Braun Canada Ltd. (416) 690-9234. A replacement hair dryer will be sent by mail to the return address provided. Replacement hair dryers have a three digit code beginning with 9 marked on the handle beside the power supply cord entry. The recalled hair dryers were marked with a three digit code beginning with 7 or 8.

Medical Remuneration Supplement

CF Members posted to CFB Comox during 1988 may be eligible to claim Medical Remuneration Supplement. You are to report to BOR to initiate claim. Final date for submission of claims is 30 Jun 89. For more information, contact BOR, local 8217.

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.

Mt Washington's Annual Snow to Surf Relay

The Town of Comox is conducting a Snow to Surf Race beginning at 10:00 AM Sunday 23 Apr 89. The event consists of a 7 man team as follows:
 1. 1 Alpine Skier
 2. 1 X-Country Skier
 3. 2 Runners
 4. 1 Cyclist
 5. 2 Canoeists

The cost is \$119.00 per team with entry limited to 150 teams. If interested, call the Rec Centre to register your team prior to 20 Mar 89. Entry fee includes:

- a. Race Entry
- b. Entry into parade
- c. 7 Race shirts
- d. 7 complimentary refreshments (at race finish)
- e. liability insurance

As an added incentive all military teams will also be competing for the Base Commander's Cup donated by CFB Comox. For additional info, contact Lt Jones/WO Howell at local 8249.

REMEMBER THE NUMBER: 1-800-663-4242

That's the number you can call when you want to get information about cancer. That's the number you can call when you want to find out what services are available to cancer patients and their families. That's the number you can call when you are dealing with cancer and need emotional support. Trained volunteers operate the Cancer Information Line on behalf of the Canadian Cancer Society, B.C. and Yukon Division. Their information is based on current data supplied by the Cancer Control Agency of B.C. and the British Columbia Medical Association. You can be assured of confidential, helpful counsel when you call the Cancer Information Line at 1-800-663-4242.

MONEY MATTERS

Tax Reform: What's new for '88?

Don't be alarmed by all the changes you see on your tax return this year. These changes are a result of tax reform which came into effect for the 1988 taxation year. The government of Canada has made major reforms to Canada's taxation system to make the system fairer and more efficient for Canadian taxpayers.

The key to these changes is the reduction of tax rates and the broadening of the tax base. These measures are designed to encourage competitiveness, growth and job creation and to provide a more balanced source of revenue to pay for essential public services. Although there will be the same amount of tax collected under the new system, there will be fewer tax preferences or shelters available to taxpayers. This means the tax burden will shift away from the lower and middle-income earners towards higher-income earners who

traditionally use tax preferences to reduce their taxes.

The reforms are being implemented in two stages. The first stage, which took effect in 1988, includes changes to the personal and corporate income tax systems. The second stage, which has not yet been implemented, will replace the current federal sales tax with a multi-stage sales tax applied to a broad base of goods and services.

Tax rates

Under tax reform, the government has reduced the ten federal rates of tax to three. These rates are: 17 percent on the first \$27,500 of taxable income, 26 percent on the next \$27,500, and 29 percent on taxable income over \$55,000. In the past, the tax rates ranged from six percent of the first \$1,320 of taxable income to 34 percent on taxable income of \$63,347 or more. As in prior years, the federal government

will continue to collect individual income taxes on behalf of all the provinces except Quebec.

Conversion to credits

When you are completing your 1988 tax return, you will notice that the personal exemptions and many deductions, which you found on page 2 of last year's return, are now included as non-refundable tax credits.

In the past most taxpayers were able to use exemptions and deductions to reduce their taxable income. Because the value of the reduction depended on an individual's tax bracket and tax rate, the savings were greatest for higher-income individuals. Under tax reform, taxpayers will be able to reduce the amount of their tax payable by using non-refundable credits. All taxpayers will benefit equally because the amount of the credits is the same for everyone who is eligible to claim them.

However, while you may use these non-refundable credits to reduce your federal tax payable to zero, the unused portions are not refundable to you. In some cases, though, you may be able to transfer the unused amounts to someone else. For example, the unused portion of your age and pension income amounts may be transferred to your spouse. Other transferable credits are the disability, tuition and education amounts.

To calculate your non-refundable tax credits, you first determine which personal

amounts you are eligible to claim. You then use Tax Table A in the guide to calculate 17 percent of the total of these eligible amounts. Beginning this year, you also calculate a credit amount for your charitable donations by claiming 17 percent of the first \$250 and 29 percent of the remainder.

Although non-refundable credits are a new feature on the return, refundable credits, such as the child tax credit and the federal sales tax credit, are not. As in previous years, you will find these credits on page 4 of your return. If your refundable credits are more than your total payable on line 435, the difference is refundable to you.

Elimination or reduction of tax measures

Under tax reform, some deductions have been eliminated and other tax breaks reduced to ensure the tax burden is more fairly shared by all taxpayers. The \$1,000 interest and dividend income deduction and the \$500 employment expense deduction have both been eliminated. However, the increase in the basic personal amount that all taxpayers may claim is expected to offset the impact of these changes for lower-income Canadians.

Forward averaging has also been eliminated and block averaging will be phased out. In addition, the new measures reduce the value of other deductions such as certain business expense deductions,

capital losses from Multiple-Unit Residential Buildings, and capital cost allowance for certified Canadian films.

As well, the tax treatment of some types of income is not quite as favourable under tax reform as it has been previously. In the past, you only needed to include half of a capital gain in your income. However, you now must include two-thirds of the capital gain in your income and this will be increased to 75 percent beginning in 1990. The capital gains deduction, which was to have been phased in to a lifetime total of \$500,000 will now be capped at the 1987 level of \$100,000.

It's easier than you think

There's no need to feel intimidated by all the changes you will find on your 1988 return. After all, these changes have been designed to make the tax system simpler and more equitable for all taxpayers.

Just complete your return one step at a time by following the line-by-line explanations in your 1988 tax guide. And remember, if you do have any problems, officials at Revenue Canada are ready to help you by telephone, by mail or at the enquiries counter of your district taxation office. Enquiries officers will be able to answer your questions and provide you with any forms or publications you may require. Look in the blue pages of your telephone directory or at the back of your tax guide for the phone number or address.

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HIGHLAND SECONDARY SCHOOL 1988-1989 HONOUR ROLL - TERM 2

HOUSE 1

Battle, Ian
Boisseau, Jonathon
Brown, Robin
Burgess, Sara
Burr, Ann
Carvalho, Simon
Clarke, Shelley
Dickie, Melissa
Ellis, Tracy
Ferris, Krystal
Finlayson, Brooke
Flagg, Christopher
Fortin, Shawn
Harrison, Kevin
Hedquist, Gordon
Henderson, Doug
Heymerix, Victor
Hoy, Jeremy
Jackson, Ann
Karila, Jamie
Kerr, Lyle
Lyle, Liz
MacGregor, Theresa
MacSween, Tessa
Main, Karen
Milanovich, David
Morrison, Rob
Mott, Corey
Nasadyk, Geordon
Oke, Louise
Pelletier, Chantale
Phillipson, William
Rees, Brett
Rees, Matthew
Rickson, Mary

Roy, Lia
Russell, Conrad
Sauve, Trish
Shaw, Lori
Smith, Alex
Steele, Tracy
Thacker, Jennifer
Trainor, Derek
Won, Trevor
Yaciuk, Kim
Young, Kathy

HOUSE II

Andersen, Lynne
Anness, Glen
Appleton, Jackie
Ayers, Daniel
Black, Les
Blake, Colin
Blakely, Pam
Campbell, Joanne
Cote, Sylvie
Davies, Ben
Dwillies, Suzanne
Emmerson, Shannon
Fabre, Karen
Fraser, Kari
Gammon, Melissas
Glennie, Teresa
Gordon, Jason
Grant, Marnie
Halls, Maddy
Howard, Marlene
Hillard, Ken

HOUSE III

Albrecht, Neil
Amos, Debbie
Anderson, Lisa
Arnold, Deanne
Back, Stephanie
Battle, Paul
Bentley, Jim
Boo, Shannon
Borland, Robert
Bourque, Marie
Brenkley, Adrian
Bruigom, Melissa
Claydon, Pat
Clisby, Karl
Dawson, David
Eddy, Tami
Fisher, Jason
Forest, Monica
Graham, Shawn
Hallberg, Ken
Hart, Ceri
Holdway, Brett
Jonker, Kari

Kelly, Mike
Kennedy, Theresa
Kostiuk, Jeff
Kulesh, Steven
Lunde, Wendy
McAndrew, Curtis
McAvany, Sylvia
McDonald, Shari
McPhail, Jamie
McQuillan, Fiona
Mack, Jim
Muldowney, Jennifer
Olsen, Andrea
Parker, Brandon
Raskob, Dale
Ritchie, Ian
Samuels, Michael
Sauve, Marc
Simice, Yana
Spalton, Joanne
Sulek, Sam
Townsend, Corrine
Uhl, Dana
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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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ON & OFF THE BASE

ALL QUITTERS GREAT...
...continued from page 17

"None of my friends smoke, I was beginning to feel the odd one out," said Sgt Collier. She had noticed that she was now getting a "much better workout" at the gym and, "my house smells so much better."
Sgt Marchand had smoked 20 cigarettes a day for 21 years. "I was a slave to cigarettes," she said. "Always saying, 'wait until I finish this cigarette.' Now I'm free. It feels so good."
After smoking for 10 years, Cpl Paille was determined to succeed. "I have tried to quit many times before."
None of the graduates of the program appear smug. They know that in the weeks, months and even years ahead they may have to struggle with the desire for a cigarette.
"The key to success is

determination," said coordinator Gagne. "If you're serious about wanting to quit, join the program."
According to Maj Elizabeth Moar, life quality improvement program coordinator at the directorate of preventive medicine the *Butt Out* program, first made available in 1981, was developed specifically for the Canadian Forces. Up until now the program has only been available in the group form, but Maj Moar said a "do-it-yourself" self-instruction format would soon be available.
A Canadian Forces survey in 1982 revealed that 52 percent of personnel smoked. Five years later a DND/CF survey determined that 42 percent were smokers. Encouraging, except a Health and Welfare Canada survey has just shown that cigarettes were being used by only 28 percent of the overall adult Canadian population!



COMPULSIVE GAMBLING—ILLNESS OR WEAKNESS

To understand compulsive gambling you have to understand the nature of compulsion. It is the overwhelming urge to pursue a particular activity and the inability to withstand or deny the urge, no matter what the consequences are, no matter how hard one tries.
Compulsive gamblers will continue gambling though it may cost them their family, job or business and health. He/she has "lost control" and is usually totally preoccupied with gambling to the exclusion of all important areas of life.

EMPLOYEE ASSISTANCE PROGRAM

Four Types of Gamblers
Casual Gambler-

The "Friday night poker game," bingo, the race track, whatever their fancy, all serve to relieve stress and tension for the casual gambler. He/she enjoys the thrill of winning, but also realizes he/she is just as likely to lose. For this reason gambling is just one of many sources of entertainment and enjoyment.

Serious Gambler-

Gambling for this person is important but not to the point of making work, business, family and friendships secondary.
This individual makes substantial bets, devotes time, money and energy to this activity but is always in control of the situation.

REFERRAL AGENTS:
Capt M. Bernard-local 8207
Bev Chadderton-local 8320
Doreen Erickson-local 8590

Dependent Gambler-

Here gambling has become essential to the person as a major source of pleasure, but also as a relief from anxiety, and tension, and is a form of escape from life problems that seem overwhelming. There is intense involvement with gambling beyond a certain point. Losses and debts begin to threaten integrity and security. The dependent gambler can call it quits, at least temporarily.

Compulsive Gambler-

The compulsive gambler progresses beyond dependency to complete loss of control and addiction. The process can happen quickly but usually can take from 5-7 years to be fully developed.

Personality Profile-

Dr Robert L. Custer, an authority on gambling addiction has been able to draw a profile of the gambler, which fairly consistently shows a person with mood swings, superior intelligence, high energy level, hyperactivity and high tolerance for stress. Boredom is poorly tolerated and there is an attraction to situations that are exciting and challenging. There also appears in the personality picture anxiety, depression and helplessness.

The magical thinking which envisions the huge windfalls, fancy cars and holidays help the compulsive gambler deal with the unpleasantness of real life.

Heavy losses do make the person want to give up gambling. But the urge to gamble is very powerful and the promise of relief and success are so enticing that they drown out all the other feelings.

...continued next issue

WOS & SGTS WIVES CLUB

WOs & SGTS's Wives Club meets the second Monday of the month in the Mess Lounge at 8 PM. Please come out and join us and make new friends. This month's entertainment is a crafts night put on by a representative from Decorama. Next month is our Spring Fashion Show - April 10. Doors will open at 7:15 PM. Tickets are now on sale for \$5 and can be purchased from Sandra - 339-6944 or Marilyn - 339-7157. Hope to see you there.

Solution

M	A	S	K	B	I	D	S	O	R	B
A	L	O	E	U	N	O	I	D	E	A
G	O	O	N	G	R	A	N	D	E	S
I	C	H	O	B	L	E	O	N	S	E
R	U	E	I	L	E					
A	T	L	A	S	P	L	A	Y	E	R
M	A	Y	W	O	K	I	O			
P	R	E	S	S	E	D	S	C	A	B
Y	E	T	I	R	A					
A	B	O	D	E	A	C	O	N	I	T
G	R	A	N	D	P	R	E	O	R	A
R	A	S	E	E	M	U	R	O	I	L
I	T	T	Y	G	Y	P	A	N	T	E

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HEALTH
Pain -- Don't Accept It. Eliminate through Myotherapy headaches, back pain, sciatica, T.M.J., cramps, numbness, tingling, M.D. or Dentist referrals. 584-3822 Surrey, 248-8644 Parksville.

REPORTER WANTED
Reporter wanted full-time for Houston Today community newspaper. Seeking experienced aggressive general reporter skilled in news and feature writing. Send resumes by March 10, 1989 to: Houston Today, Box 899, Houston, BC V0J 1Z0

NOTICES
The Penny Wise Scholarship for a Woman's Career in Journalism (\$2500) accepting nominations for the eight-month "accelerated" certificate program beginning September 1989. Qualifications: 19 years of age or over; some media experience; has worked as a journalist full-time for less than 5 years, or has worked part-time or as a stringer/freelancer for at least one year; nominated by a publisher or editor. Apply by April 30, 1989 to: Peter Walls, Coordinator, Journalism Program, Vancouver Community College, 100 West 49th Ave., Vancouver, BC V5Y 2Z6. Phone 324-5335 or 324-5336.

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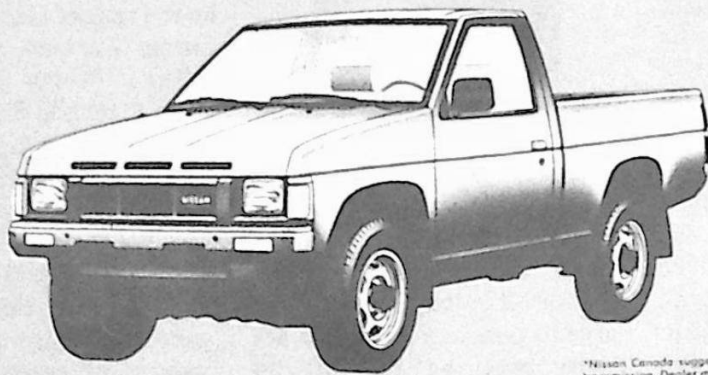
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1989 MICRA

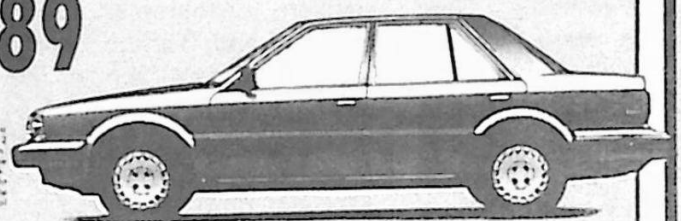
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*Nissan Canada suggested retail price for a new 1989 Micra 4 Door Sedan equipped with a 1.8 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 STANZA

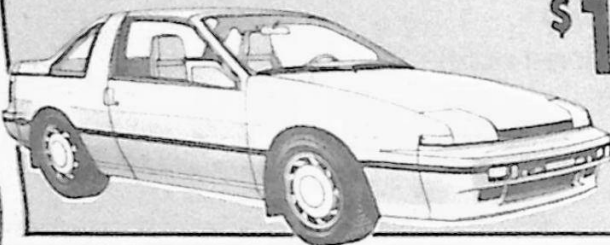
\$14,989



*Nissan Canada suggested retail price for a new 1989 Stanza 4 Door equipped with a 2.4 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 PULSAR

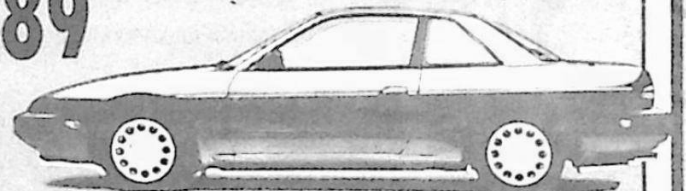
\$15,989



*Nissan Canada suggested retail price for a new 1989 Pulsar 2 Door Sedan equipped with a 2.0 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 240SX

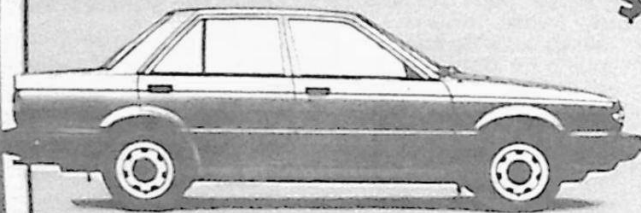
\$17,989



*Nissan Canada suggested retail price for a new 1989 240SX 2 Door equipped with a 2.4 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 SENTRA

\$9989



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1989 4x4

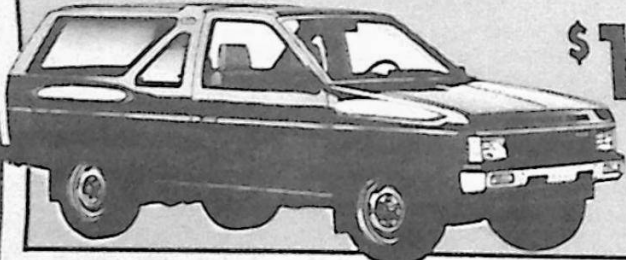
\$13,989



*Nissan Canada suggested retail price for a new 1989 4x4 2 Door equipped with a 2.4 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 PATHFINDER

\$19,689

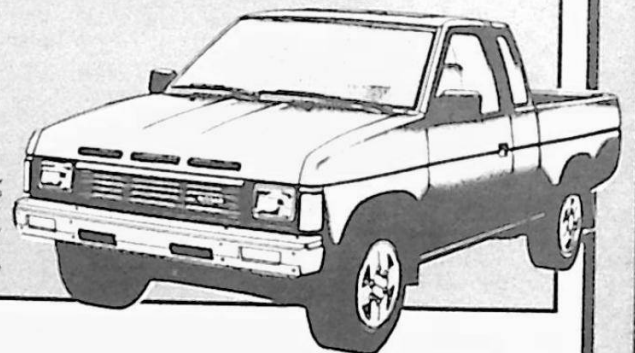


*Nissan Canada suggested retail price for a new 1989 Pathfinder 2 Door equipped with a 3.0 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 KING CAB

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