



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 6 MARCH 23, 1989

NEXT DEADLINE MONDAY, APRIL 3, 1989

COST: PRICELESS

WOMEN'S CF ROLE TO INCREASE

OTTAWA -- The Honourable Mary Collins, associate minister of National Defence, announced March 1 that the department will begin implementing the recent decision of the Canadian Human Rights Tribunal concerning the role of women in the Canadian Forces.

The decision, released on Feb 20, stressed that there should be no restrictions placed on women in the occupations and units in which they can serve in the Canadian Forces, except for submarines due to privacy considerations.

"The decision of the Tribunal is, in fact, a continuation of the goal towards which the Canadian Forces has been striving: that of equality of opportunity for women in the Canadian Forces," said Mrs. Collins. "Canada continues to be at the forefront of the employment of women in military service."

At present, the number of occupations, units and

positions closed to women has been reduced to the point where only those whose primary role is combat on land or at sea remain closed. However, the latest review of Canadian Forces employment policies in 1987 resulted in the Combat Related Employment for Women (CREW) trials being held to determine whether the presence of female soldiers and sailors could adversely affect the ability of combat units to meet assigned tasks. Those trials were underway when the Tribunal announced its decision.

As a result of the Tribunal's decision, the Canadian Forces and the Canadian Human Rights Commission will devise a mutually acceptable implementation plan so that the integration of women proceeds steadily and consistently towards the goal of complete integration into the Canadian Forces within the next 10 years.

James S. Muldowney has been awarded the Deputy Minister's Commendation for displaying outstanding initiative, professionalism, and leadership in language research and program development. He has thus put the Language Training Centre at CFB Comox in the forefront of military language training.

Employed with DND for the past 15 years, Mr. Muldowney is known through the language training system as a teacher of exceptional talent and dedication. He is a highly motivated team member who continually strives to improve the existing programme and curriculum, constantly keeping the students' best interests at heart.

A student of aviation, Mr. Muldowney has developed the most military oriented language training materials ever encountered in DND. Those materials and his overall outstanding performance have

LANGUAGE TEACHER COMMENDED



LGen Ashley presents Mr. Muldowney with the Deputy Minister's Commendation.

contributed greatly to the Language Training Centre's morale and to the effectiveness of the Military Second Language Training Program.

The Deputy Minister's Commendation is a new award created to recognize meritorious achievements by DND civilians. It consists of a

framed certificate inscribed with the name of the recipient and the citation with a lapel or blouse pin in form of the CF badge, entwined behind the centre four of twelve stylized maple leaves of a surrounding wreath. The award is presented on behalf of DND's Deputy Minister, Mr. D.B.Dewar.

PITCH-IN AIMS AT CURBING WASTE

The reduction, re-use and recycling of packaging and waste is becoming an important part of B.C.'s PITCH-IN Campaign which will involve hundreds of thousands of British Columbians and take place May 1-7, 1989.

"PITCH-IN promotes more than just properly disposing of your waste in a litter basket or cleaning a city street or wilderness area," states Outdoors Unlittered's Chairman Stu Reeder, adding "The Cam-

paign also encourages British Columbians to reduce, re-use and recycle waste."

Litter is a symptom of the waste problems facing every community. The positive attitude or environmental ethic required to eliminate littering is the same attitude that encourages consumers to reduce,

re-use and recycle the waste which they generate."

Recognizing that action is

required to address the litter and waste problem, the annual PITCH-IN Campaign, co-sponsored by Outdoors Unlittered and the B.C. Wildlife Federation in cooperation with the BC Minister of Environment, a growing number of local municipalities and Canada Safeway Limited encourages British Columbians to plan and carry out visible projects to enhance the environment during PITCH-IN week.

"Hundreds of thousands of volunteers throughout the Province will be involved.

More than 500 organizations have already notified us that they are planning a project and we are providing them with extra materials," states Allard van Veen, President of Outdoors Unlittered.

For more information on Outdoors Unlittered or PITCH-IN in BC or to obtain free garbage bags, contact PITCH-IN, 200-1676 Martin Drive, White Rock, BC, V4A 6E7.

DAYLIGHT SAVING TIME COMING SOON



Daylight Saving Time becomes effective in B.C. on 2 April, the first Sunday of the month, at 2:00 AM. Clocks should be set forward one hour at this time or if you don't feel like getting up—try changing it in the morning!



"Ahh—spring at last!" The Editor's cat is caught napping in the warm spring sunshine.

"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE, MONDAY,
APRIL 3, 1989—NOON

EDITORIAL

YOU CAN'T GET THERE
FROM HERE

I forget the commercial that originated this line but I remember a tall, gawky man standing in confusion, scratching his head, and muttering in reply to a query, "You can't get there from here." That's how I feel on this base sometimes.

I'm talking on the phone to someone who needs to know where I work. Okay, no problem. I work in hangar number 7777. Damn, I can't remember! The memory circuits are getting rusty. But wait — I can figure it out with my superior brain. I visualize the base and realize immediately that of course I'm in the middle hangar. Now at least I can remember their numbers, however irrational they may be. Let's see...1.3, 7. So logically (in the indubitable Spock manner) that makes my hangar No.3. Now do you begin to comprehend the magnitude of the difficulties facing me? A sinking feeling begins to overwhelm me as, from somewhere in the deep, dark recesses of my brain, a little voice whispers, "You know it's not that easy, don't you?" I start to blubber and meaningless words chase one another out of my mouth and into the receiver. Meanwhile there is this patient person on the other end of the line wondering what kind of moron they're dealing with. I collapse onto the cold, unforgiving floor and lapse into a coma. I eventually pass away because the ambulance can't figure out where I am either.

So, whatever happened to the original hangars 2 to 6? There is 100 meters at most between 1 and 7. Not even Jonathan Swift could imagine five hangars crowded there once upon a time. It's all very confusing to a simple soul like me. But on to another example...

I arrive at the barracks late at night, cold and weary, a heavy suitcase clutched in either hand. So far, despite my over-

taxed condition, I've been impressed by the efficiency of the base. I received my key from the commissionaire at the front gate promptly upon identifying myself. He directs me towards my room.

I lumber up the stairs to the barracks and, by way of contortions a Yoga master would have been proud of, manage to get myself and my luggage through the spring-loaded

next floor.

This time I go right. Room 106 and increasing—looks good. But when I finally arrive at the oh so far end of the hallway, still no 119. Heaving a deep, soul-despairing sigh I start back down the way I've come. I'm now convinced this is all some monstrously evil joke. There is no Room 119. My luggage gets heavier and grows in size, steadily increasing to monolithic proportions. It relentlessly drags me deeper and deeper into exhaustion. I begin to hallucinate—I've died and gone to hell. The flames crackle all about me, drenching my body in sweat and leaving me with an unquenchable thirst. Maniacal laughter echoes up and down the demon-filled halls. What did I do to deserve this?

I continue—what else can I do? The ending is predictable. After eons of pain-filled time I arrive at my designated room. I'm so tired I can't even get the key out of my pocket. No longer able to support myself I decline to a sitting position, back against the door, and begin banging my head on its very solid surface. The noise gets louder till it wakes up most of the slumbering residents. They're unexpectedly kind. They help me into my room and tuck me into bed. They've seen this kind of thing before.

I am prone to exaggeration on occasion. But you have to admit the numbering systems on this base defy logic. Everywhere else in the world (except other CF bases I suspect) house and room numbers fall on one side of the street or hallway and odd numbers the other. Rooms that begin with No.1 fall on the First floor, etc. It's a simple system that most of humanity has come to rely on, if for no other reason than it is universal. That's important when you want to know where you are and where you're going.

front door. Now, which way? Let's see. I'm in Room 119 so that should be the first floor. I drag my suitcases down the stairs to the lowest floor. At the landing two hallways extend in opposite directions. I hazard a guess and go down the left hallway. What's this? The room numbers only have two digits. What an idiotic arrangement! Back out to the landing and up the stairs to the



TOTEM TIMES

CFB COMOX, LAZO, B.C. V0R 2K0

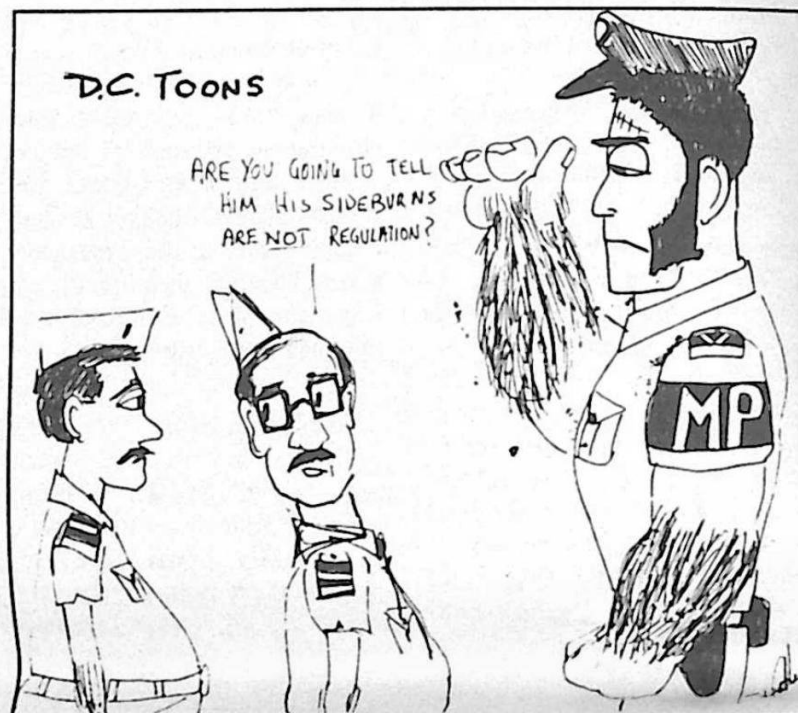
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by MCpl P. Garcent - 740 Comm Det.



D.C. Toons are by Dave Camilleri. Dave's father, Capt Victor Camilleri, was a navigator in the Canadian Forces for 30 years before retiring and settling in the local area. Born in Comox, Dave saw much of the country, growing up as a service brat, and is quick to recognize the foibles of the CF.



The Honourable David C. Lam, Lt Governor of B.C., arrives at CFB Comox on his way to Vanier High School to help celebrate Asian Awareness Week.

The Totem Times is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription rate: \$6.50 per year.

LETTERS TO THE EDITOR

"CBC RADIO THREATENED"

Dear Editor:

Apart from the odd hockey puck and Jamaican-born sprinter, there are few common denominators in this country of ours that bind Canadians to their nation.

CBC Radio, I suggest, is one of those rare elements....a well-aimed wrist shot, if you like, in an age of the wild and mighty boomer. Through programs like Cross Country Checkup and Morning Side, we discover a little more about ourselves each week. It is the elected senate of the airwaves, with equal representation from and access to all parts of Canada.

But CBC Radio is threatened.

On a regional basis, specifically as it applies to British Columbia, the CBC has been an historic medium, providing current events programming, debates and topical issues from throughout the province. But no longer.

To a large degree—through regionalization—we have lost the CBC of old. What we seem to have now is an anemic version of what was once a broadcasting role model not only for the provincial broadcasting industry, but for the country as a whole.

Piece by piece, the CBC is being dismantled. Its integrity is being cut off at the knees, its talent squandered or axed. What we will soon be left with is a broadcasting system that nobody cares about, let alone listen to, staffed either by "lifers" who are there to collect their pensions, or neophytes who have no choice but to go with the status quo.

The scenario we have in the making here is a Thompson Newspapers of the airwaves.

When that happens, and rest assured it will, the CBC will die. With it, however, will die a piece of that Canadian identity, Canadian culture we allegedly cherish so much.

For many rural British Columbians, indeed, for many rural Canadians, the CBC is the only radio available. Topography and economics dictate that status.

With the foregoing in mind, I am asking you to consider publishing the attached questionnaire.

As of this writing, we published the questionnaire once and stimulated more than 40 replies, complete with names and addresses. All were from ardent CBC listeners and all expressed various degrees of concern for the quality and content of what was once a broadcasting corporation whose programming was beyond question.

As community newspapers, I believe it is our responsibility to at least measure the pulse of our readers on this issue. By providing them with that opportunity, at least we can say we tried.

If there is no or limited response, then the issue and the CBC itself deserve to die a natural obit...the history annals will, no doubt, document cause-of-death as an overdose of apathy.

If, however, there is a surge of support, perhaps community newspapers—the one medium that remains closest to the people it serves—can help save this stumbling giant.

Allow me to please clarify that we are talking strictly CBC Radio here, nothing else. As the most sparsely populated country in the world, the contention is that we must hang on to some form of electronic media/journalism that binds us together. The question must be asked: "If not us, then who. CBC Radio belongs primarily to rural Canada. Tempted by the luxuries of choice and "nothing heavy just now, thank you" the vast majority of urbanites have long since forgotten what CBC Radio means.

Thank you for your time and consideration.

Jerry MacDonald
Publisher/Editor/etc
Quesnel Cariboo Observer
Quesnel, B.C.

**RATING
CBC
RADIO**

In November 1988, CBC Radio regionalized its programming throughout British Columbia. Tell us what you think, we'll pass the message along.

1. How would you rate morning programs new based out of Prince George?
2. How would you rate overall programming from a provincial perspective?
3. Do you miss the Bob Sharpley Show?
4. Have budget cuts adversely affected the quality of programming?
5. Do you listen to more or less of CBC Radio since the format change?
6. How many hours per week do you listen to CBC Radio?

COMMENTS:

NAME: _____
ADDRESS: _____
PH. NO.: _____
Mail to: CARIBOO OBSERVER
#4 462 REID STREET
QUESNEL, B.C. V2J 2M6

THANKS
TOTEM TIMES

Dear Editor,

Thank you very much for the newspaper article you did about me and my art. I really like it and so does my family. My Mom is sending copies of it to all our friends and family. We really appreciate it and your time that went into doing it. Thank you so much.

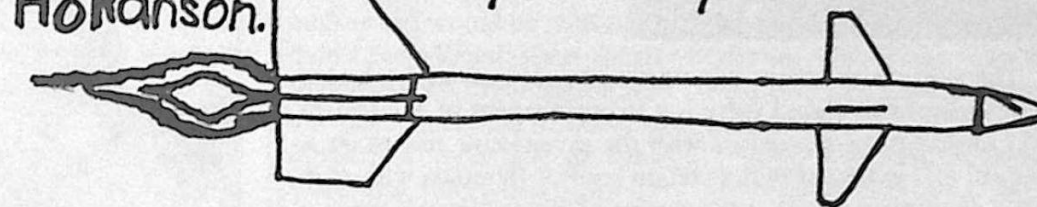
Yours truly,
Greg Tiderington

Dear Sir, March 13 1989

I really liked the pictures you gave me specially the one of the CF-18 Hornet by its self.

Thank-you very much!

Alex Hokanson.



PRINCE ANDREW WILL DO NICELY

Dear Sir:

Shortly, the Prime Minister will recommend to her Majesty the Queen a person to be appointed Canada's next Governor General. Canadians who believe in their institutions will be anxious to encourage Mr Mulroney to suggest to the Queen a suitable candidate for the position, someone who will reverse the unfortunate current tendency of Government House to misrepresent the Governor General as Canada's Head of State, someone who by word and deed will make clear a deep personal affection for the Crown, and who will exhibit a clear understanding of constitutional monarchy. These qualities have not recently been in evidence by the occupants of Rideau Hall.

The person selected must be non-partisan in background, and, preferably, not associated with controversial judicial decisions or the implementation of a particular government's policies. A young person would project the vigour and zest needed to re-establish the colour and excitement of the Office. As well, the occupant of the Viceregalty should be fluently bilingual,

and well acquainted with every part of Canada. He does not have to have been born here (that would exclude millions of Canadians!), but he should be completely familiar with Canadian ways. Most important, the individual must be closely identified with the Queen, for that link asserts Canada's political distinctiveness in North America, more vital than ever in an era of Free Trade.

Is there an individual with such qualifications? Indeed, there are several: the children of the Queen of Canada, of whom Prince Andrew, Duke of York, is the obvious choice. As a member of our Royal Family, he clearly expresses our monarchical identity; he is completely non-partisan; part of his education took place in Canada, and he has travelled to eight provinces as well as the North; he has a lifetime of experience in royal environments; he is bilingual, and the seventh generation of our Royal Family to be associated with Canada. His young, vibrant wife and daughter would add life and interest both to Rideau Hall and to the Canadian scene.

Canadians who believe that the Governor General should reflect a country confident of its heritage, proud of its identity and ready to face its future with the vitality and optimism of youth should write the Prime Minister forthwith and urge that he recommend the appointment of Prince Andrew to revitalize the Office of Governor General of Canada.

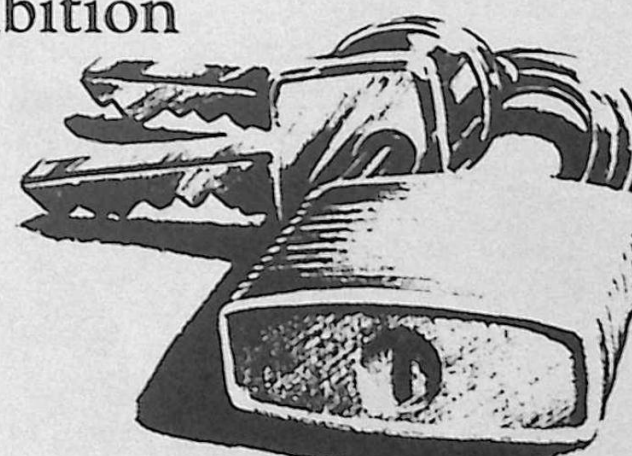
Yours faithfully,
John L. Aimers,
Dominion Chairman
The Monarchist League of Canada

CF EUROPE
BRIEFING TEAM
VISIT

The CF Europe Briefing Team will be visiting CFB Comox on 10 Apr 89. All CFB Comox personnel and their spouses being posted to Europe APS 89 are requested to attend the informative presentation. The briefing will be conducted in the Base Main Briefing Room, Hangar No.7 at 1900 hrs. 10 Apr 89.

Think a 6 Month
Driving Prohibition
is Tough?

Think Again!



DRINKING DRIVING
COUNTERATTACK

Sponsored by the Hon Angus Reid and the Hon. Lyall Hanson

A PROGRAM OF THE
GOVERNMENT OF BRITISH COLUMBIA

Think what it would be like to be without your driver's licence for 6 months. Then double it. Because in British Columbia you now face a full year driving prohibition*, as an absolute minimum, if you're a convicted drinking driver. And that's only the beginning.

You might also want to think about the minimum fine of \$300 and possible prison sentence. Give it some thought.

*Effective April, 1989

AROUND THE BASE



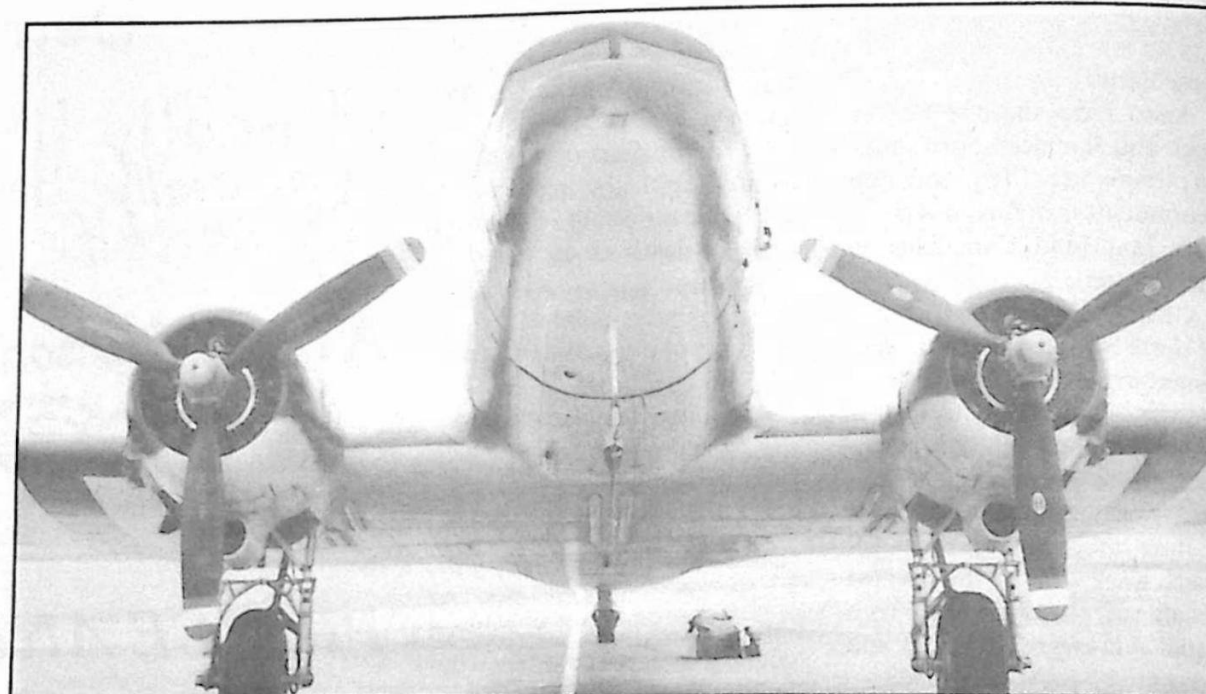
From The Top Rung

COL TED GIBBON

The posting messages are starting to flow in and whether disappointed or elated there is a strong element of excitement and anticipation associated with the prospective moves. It is natural and expected that a certain level of fignioitis will set in but it is important that your degree of fignio doesn't reach a level that is obvious. There is still lots to do before you get into that ferry line and everybody who has been here long enough to be in a position to be posted is a valuable member of the team that makes this base operate effectively. It is your responsibility to prepare those you leave behind just as carefully as you plan for your departure and your new challenges. A considerable part of your reputation will depend on how effective your job is done after you depart. There are several important exercises coming up before the APS, including the NER EVAC, that will require your concentration and effort. I know I can rely on both.

Getting tired of all the negatives that intrude in our lives? The do nots; do not enter, do not pass, do not smoke, do not eat, do not drink, do not park, do not trespass, do not pass go, etc., etc.. Well put a little positive in your life, DO drive defensively and win one of those silver dollars the BTnO has been squirreling away to reward drivers who respect others as they respect themselves.

I won't be taking the ferry!



C-47 Dakota "1/4 Time" painted in WW II Normandy colours sits on the ramp in Comox during the "Flight into History" visit— 14-15 March.

COMPULSORY SEMINAR

All motorcyclists are advised that in accordance with the Base Commander's policy, attendance on the Motorcycle Safety Seminar is compulsory if they wish to continue to part or ride their motorcycle on

DND property. The only exceptions are those motorcyclists who have previously completed a Canada Safety Council course.

The motorcycle seminar will



TO BE HELD

be held in the MSE Safety Classroom, Bldg 22 from 0800 - 1530 hrs on 18 Apr 89. There is no cost to the motorcyclist.

To register, contact MSE Safety at local 8263 prior to 14 Apr 89.



Saturday 1 April, '89

RCAF 65th ANNIVERSARY CELEBRATION

1100 - "Freedom of Comox" parade and flypast along Comox Ave.

1200-1400- Lunch and Refreshments for parade participants 7 Hangar (407 Side)

1900 - 0100 - Concert & Dance* 7 Hangar (407 Side) featuring:



Concert by award-winning Moose Jaw Airforce Band

1900-2100

&

Dance to "The Dukes" 2100-0100

Bar opens at 1900

* No admission cost to dance, and all military personnel, civilian DND employees, associate mess members and guests welcome.



Col and Mrs Gibbon greet LGEn Ashley, Comd Air Command, on his arrival in Comox, 10 Mar 89



Col Gibbon welcomes Gen Piotrowski, CINC NORAD, and BGen McNaughton, Deputy CINC NORAD to CFB Comox during their recent visit to CFS Holberg.

SECTION NEWS



Demon Doins

AIRCREW

The Crew 5 Vikings have undergone some necessary reconstructive surgery after being named competition crew. Gone from the crew are Major Francois Carignan, Capt Carl Marquis, Capt Larry Arnold, Capt Bert Fenton, and WO Verdenhalven. The Maj is taking himself and his gold boot (which will be greatly missed in the Viking crew room) to Crew 7 in order to pursue a Tacnav career. Carl has already been dispatched to the land that time forgot. Big Time Larry has a big time course in California. Just when the instructors at 404 thought it was safe to go back to the Hornell Centre3, that rock 'n' Roll star of the big screen, Bert the Eagle, is returning for a Tacnav course. And WO Verdenhalven has left crew because...I don't have a clue why. The replacements are Capt Jeff Hill (a sharp fellow who knows a thing or two about ASW, including how to spell it), Capt Dave Bolton (a true superstar in the world of acoustics, golf, and Dave Bolton trivia), Capt Ron Vincent (a specialist in the field of Sedimentary Petrology and how it pertains to ASW), and MCpl Luc Tremblay (I don't know what to say about Luc, but I had better put something in brackets).

To round off the squadron's Curly Shuffle, Capt Mark Wisted is now a Sledgehammer, Mooseman Capt Pete Holst is going to trade jobs with Deputy Flight Commander, Capt Paul Godwin, and Capt Gary "Bunny" Larocque will become a living terror down in Nav standards. Navcom teen idol, Lt Paul Ormsby, was a Viking for a short time, but soon found himself back with the Terminators after exercising a no trade clause in his contract.

MCpl Walt Carroll recently complained about the lack of AESOP related stories, specifically about himself, in the Doins, so I'll take this time to say a few words about him. Of course, the first thing you should know about Walt is that he was instrumental in leading the 407 Demons to their 3 victories this hockey season. Walt, a veritable scoring machine, became a cult hero after pouncing in six goals during a 3 game (or was that 30 games?) span. On the down side, it has been suggested that Walt metamorphoses from 'mild mannered AESOP' to 'hot headed goon' during the course of a game, but that's merely a rumour started by people who have seen him breaking his stick over the net, applying a butt end to somebody's groin, or swearing with excessive volume at the referee. When asked why he indulged in such

antics, Walt replied, "What do you expect when a guy gets tripped, slashed, elbowed, punched - and that's before he leaves the bench!"

Another group which has been somewhat neglected in the Doins are the Flight Engineers. Much to my amazement the FEs have proven that they are not just the pretty boys on squadron, and have submitted a column written by an FE!

So, if you hate it - don't blame me!

FLIGHT ENGINEERS

The 23rd of January 1989 was a momentous day for the FEs in 407 Sqn. All of us had to learn how to swim because now we were in a "POOL" system of manpower management. Rumour has it that Herb is still only at the dog paddling stage of swimming. Hopefully by summer he will have mastered the front crawl.

The crew checks are finally over; much to Capt B's delight. 6 IFTPs and countless preflights have probably made our good Capt wanting a long rest. For WO Deegan and myself, it means an all expenses paid trip to ZedEx for the O'Brien competition in May.

As all the FEs, AESOPs, and Star Techs on base know; our beloved and trusted Career Manager, CWO MacDonald makes his annual trek to British California. No doubt the knee pads and crying towels will be in full force. For some, their fate has already been cast; right Ron? For others, it will mean some serious grovelling so as to avoid those postings we do not want. The only lucky ones to escape the Career Manager's axe are WO Walker and Sgt MacCulloch. This summer they will depart the fix from 407 and spend their much deserved retirement in the Valley. Between them they have accumulated around 68 years of service and approximately 18,000 flying hours. That equates to 2 years plus in the air. And you wonder why FEs are grouchy sometimes. As always, there is new personnel coming in. The latest poop has MWO Kennedy from Victoria, Sgt Kane from 442, MWO Gillard and WO Phillips from Greenwood as our new FEs on Sqn.

It seems that WO Pokeda has been doing a lot of Admin type work around the section. No doubt his recent trip to St. Joe's had an adverse affect on his work ethic. By the way Bob, how far did they really drill? Another inch and you could have been transformed into something quite embarrassing.

Until next time, I'll leave you with this saying; FE'S DO IT BEHIND PILOT'S BACKS!

...continued on page 10



BAMSO NEWS

It has been an interesting and busy two weeks in BAMSO with sporting news highlighting activities. The BAMSO Hockey Team successfully defended the Inter-Section Hockey Championships with a hard fought 4-3 win over 407 Devils. This was the fourth win in five years for the team and it was an exciting playoffs for all. The BAMSO Team may not have been the most talented of the teams in Inter-Section Hockey but they sure had the most heart and desire. The team placed first over-all in league play, won the mid season tournament and now the playoffs. I can't list all the players but many thanks to Dan Lefebvre for organizing and coordinating the team for the season. To the rest of the BAMSO team, play your positions and SET UP THE SCREEN!

BAMSO has also had two teams in the Inter-Section Curling League but unfortunately they were not quite as successful as the hockey team. Both teams lost in the semi-finals of A Division of league play but I am quite certain that Base Ops will not soon forget their game with us. Where else do you have three players flipping to see who is going to play third and the loser gets it! We had them confused from the start. Unfortunately, even confusion didn't help. I should have known better than to send our skip away to Italy on course. Many thanks to Harold Peacock and Ann Davey for the enjoyable year's curling.

Next year I promise not to hit myself across the back of the head with my own broom and make the shot anyway!

One last quick work on hockey as I would be remiss if I didn't compliment Capt Butch March and his organization for the excellent season of hockey. There is a great deal of hard work and effort that goes on behind the scenes to make a league work and it is a thankless job at the best of times. I know that we have had one or two minor disagreements over the course of the season but the league was in very capable hands and my hat's off to your fine efforts, Butch!

NDT

Welcome again to the world of NDT. Even though we have a small shop (four of us) there always seems to be enough items worth mentioning (even for the old fishwrapper). The main thing happening is the off-and-on status of our shop renovations. We're just hoping that at least one of us will still be here to see the renovations finally completed in their original intended form.

As a result of having no film processing facilities, Blake took the "x-rays" of our recent Buffalo inspection to Edmonton's NDT shop and processed them there. On the Edmonton trip we also processed films on x-ray inspection on the frame of a glider, recently acquired by the glider sqn. Bert and Blake recently returned from another trip to Pat Bay (Victoria Airport) for some NDT on the

aging Sea Kings. The "Sea Thing" will have about 30 years service by the time they finally commit them to the deep, but the way things are going they'll have a bit more time in. We've also been busy with T-33 and Labrador inspections as well.

Sandy is getting things ready for their transfer to Gaagetown next month. We all wish you and family the best in future endeavours. Comox is starting to grow on Bert as he just purchased a 17 ft toy powered by Johnson. So I imagine he's looking forward to the warmer weather. Blake is staying for another year (hopefully) and we should be getting Cpl Nancy Himsl off the new NDT-1 course.

There seems to have been a little more focus on the airline industry lately with cargo doors ripping open in flight and the fuselage ripping open in flight leading one to believe the quality of maintenance at the airlines is not present. It's reassuring that Canada's airlines have among the best maintenance programs and records in the world. Until next time, Bon Voyage.

WORKSHOPS

It's been a long and busy first quarter down in the dungeons at BAMSO WORKSHOPS. Our pre-AMIT clean-up was a complete success in that the cleaning out of the cobwebs from the corners of the shop greatly increased the square footage to

...continued on page 11

Air Force Trivia

WHAT WHERE WHEN WHY



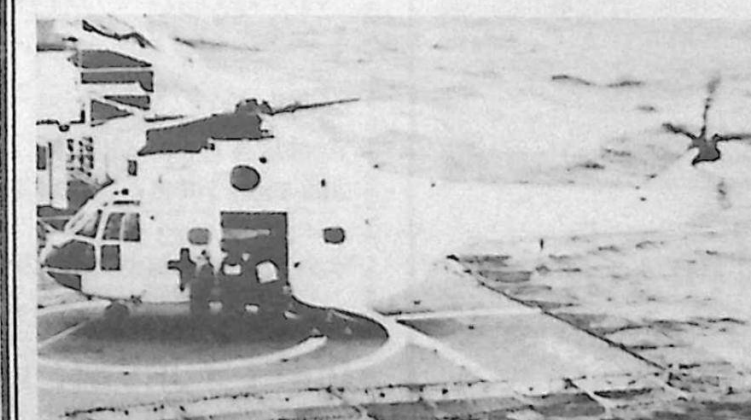
Answer from Last Issue

THIS WEEK'S TRIVIA:

A tough one! What is it? Where and when was this picture taken?

LAST WEEK'S TRIVIA:

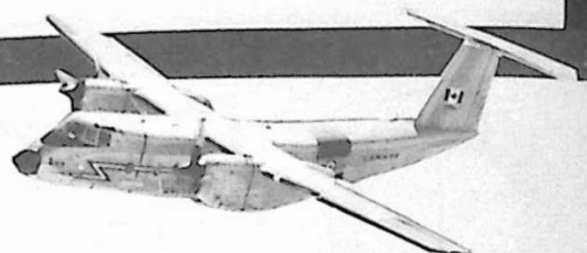
This is an Argentinian Puma captured by the British during the Falklands War. It is landing on the hospital ship UGANDA, delivering wounded Argentinian POW's.



SECTION NEWS



442 SQUADRON



SNAKE PIT

It has been a strange few weeks for the squadron. What is normally a busy herring roe fishing season seems to be almost non-existent. Perhaps the unusually cold and snowy winter confused the herring life cycle. Perhaps, the little fish don't realize it's time to attempt re-population. Whatever the reason for the unexpected lull in fishing, it has meant a definite reduction in operational flying hours. Lab Flt would normally have been on deployment to Tofino and Port Hardy for at least two weeks. The Buffalos would have been chasing Lab crews around the coast waving unsigned PERs for the Captain crew members. Instead, this year, junior officers have the unexpected luxury of signing their PERs in the solitude of their bosses' office.

Enough of the recent past, what we really want to talk about this week is Air Force Day. On 1 April, 442 Sqn will, like all base sections, be involved in a parade in Comox. However, this air force day has special significance for the squadron. On 13th February 1944, in Digby, England, 441, 442 and 443 Squadrons formed 144 Wing. Now, more than 40 years later the Wing has been reunited on B.C.'s Vancouver Island. 441 Squadron Detachment flies F-18s out of the Q. 443 Squadron Detachment flies Sea Kings out of Victoria's Pat Bay and of course 442 has been carrying out SAR Ops on the West Coast since the end of WWII. 442 Squadron would like to extend a heartfelt welcome to the rest of the Wing and is glad to see that they finally realized there is no place like Vancouver Island. In order to celebrate the reunion 144 Wing will "fly past" the Air Force Day parade. Just when

the parade might become mundane look up...look way up and we'll call 144 Wing.

A parade and fly past are probably enough for any ordinary squadron to celebrate their heritage. However, in addition, 442 Sqn has a special presentation planned for the reception which will be held in 7 Hangar directly following the parade. The squadron enjoys a close liaison with the War Time Pilots' Association, who will present a cariboo antler plaque to the CO commemorating the pilots of 14 Fighter and 442 Fighter Squadrons who gave their lives during WW II. The cariboo antlers are symbolic of the original squadron badge which was a cariboo head. The plaque will be in a prestigious place in the squadron's honour hall where it will serve as a reminder of a war time air force and of those who served their country. PER ADUA, ADASTRA.

SAR TECHS

Spring has sprung. The grass has riz, I wonder where my posting is. This lament has been answered for several people here in SAR Tech Shop. Sgt Gord Brown, his wife Karen and their family are off to the big city of Edmonton where Gord will be employed in CFSTS and according to Gord his wife will start making the big bucks. Sgt Jack Gaudveault, his wife Shelly and their daughter are also heading for CFSTS in Edmonton and are looking forward to rejoining friends and family. MCpl Andy Ainslie, his spouse Loretta and their family are heading for Trenton, where Andy looks forward to semi-retirement in the training capital of Eastern Canada. MCpl Marty Maloney alias the Shamrock, heads for Trenton, unaccompanied. Cpl Tom

Taylor and his new bride Sue leave for the Rock, also known as Gander, Nfld. Of course one of the prerequisites is to increase the population so Tom and Sue have done their part and a new Newfoundlander will grace the rock shortly after their arrival.

This year will also see many other changes. However, we will hold our council and deliver these tidbits as they, through the strange process of metamorphosis, change from rumour to fact.

The Shop has been caught up in herring roe, which is usual for this time of year. However, the early deployments and arduous flying schedule have not materialized as in the past. By the same token it would seem that not many fish have been caught either. We look forward

to seeing you all throughout the year, but expect to keep it on a social or military basis, not as a customer. So as spring swings into high gear; Have a good one.

NAV SECTION

Well it's been pretty quiet in the Nav Section for the last 2 weeks. Lt Ouellet and Lt Matthews are both looking forward to their EW course in Winnipeg later this month. Maj Howe is so keen to fly this month that he even flew 10 hours on a Sunday. For the rest of us PERs have been signed and we're all happy until this time next year.

FLIGHT ENGINEERS

The Flight Engineers are presently training hard for the Snow To Surf and so far no

one has been injured pushing themselves. However MCpl Morowski had a brush with pain when he broke a fingernail dialing the phone while trying to book a hot tub for after the race.

Herring roe has been quiet so far which allows more time for training.

The 442 Sqn SAR Techs recently were reminded of the superior ability of the Flight Engineers as we easily defeated them at the games table last Friday. When will they learn?

The final word is that Sgt Joe Casey is considering turning in his flying suit just because he was on sick leave AND annual leave for a few weeks. After a career without missing a day, you deserved a little break, Joe.

DON BRYAN & FRIENDS



AT THE TOTEM LOUNGE

—Two shows Saturday 25 March — 9:00 PM & 11:00 PM

—Kid's show Sunday 26 March — 1:00 PM

ALSO SATURDAY

DJ "WAYNE'S MOBILE" 8:00 - 9:00 PM and following second show

CARNIVAL DAYS

Games & Prizes start 10:30 AM. Hot Dogs. Bring the family out and enjoy some entertainment.

Don Bryan performing a show for the children at 1:00 PM.

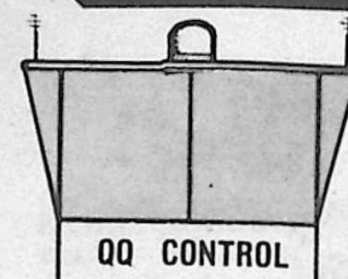
DON'T FORGET: Easter Ham & Turkey Dart Shoot Thursday, 23 March commencing 6:00 PM sharp



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SECTION NEWS



As The Beacon Turns



The magnificent Comox ATC hockey team - '89 Pacific Coast ATC Hockey Champions!

It's all over. The lights are off, the stands are empty. No more laughter. It is all over. The 1988/89 hockey season has come to an end for Base Ops. It came in the form of a disappointing loss to 407 Devils. Base Ops was leading 3-1 at one point, however the end result was 5-3 for the Devils.

Looking back it was a fun-filled season with a total effort put forth by all team members. Our only chance at redemption is the upcoming Base Commander's Cup. We will most certainly field a formidable team.

Curling is also over for this year after advancing in the "C" Division playoffs we were eliminated by default. The windup banquet and funspiel

will take place Tuesday, March 28th.

Some future entertainment events include a luncheon and the Annual Steak and Lobster Night. The Luncheon is slated for Friday, March 31st at the Whistle Stop Pub. The steak and lobster is still in the works and should be some time in May.

But the big event of the year is the ATC Golf Tournament which will be held here in Comox April 23rd to 25th. Golfers from ATC units across Canada, both military and civilian will make the trek westward to lotus-land.

Ending on a trivial note, did you know that the ferocious Clan Campbell drove the Clan Turnbull out of Scotland to England in medieval times!

6 More Reasons Not to Drink and Drive

JANUARY	FEBRUARY	MARCH	APRIL
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Drinking drivers in British Columbia now face an additional 6 month driving prohibition upon conviction. That means the minimum total driving suspension is one entire year. Of course, that's on top of the minimum fine of \$300 and possible prison sentence.

Now... do you need any more reasons not to drink and drive?

*Effective April, 1989.

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WOS & SGTS WIVES CLUB

WOS & Sgts Wives Club are holding their annual Spring Fashion Show at the Mess Lounge April 10. Doors will open at 7:15 with fashion show beginning at 8 PM.

Ladies' fashions will be from D.D.'s, Scotch & Soda and Unique Petite. Men's fashions are from Rickson's Men's Wear. Shoes by Maher Shoes Courtenay. Hair styling and makeup are being done by Makario's Hair Design.

A limited number of tickets are still available for sale from Sandra 339-6944.

Besides the fashion show there will be door prizes, refreshments and intermission entertainment. For more information please call: Jackie Symes-Welcoming Committee - 339-6669

Rea Knelson - Phoning Committee - 339-3909

Hope to see you all there.



JR LADIES CLUB

Hi Ladies — Our meeting held on March 16 was not very well attended. This was unfortunate as we were entertained by the JIRAN DANCE TROUPE — a group of 5 local women performing traditional Middle Eastern Dances. These ladies did an excellent job and the various dances were all so graceful, the movements so flowing they seemed to be floating on air. Those of you who did not attend missed a very interesting performance.

Now to the next meeting. This meeting is very important as we are holding nominations AND elections for the 89/90 executive.

Should you wish to volunteer for a position on the executive please call either Kelly 339-0139 or Liz 339-4314.

There are a lot of postings this year so there are many vacancies on the executive.

Come out to the meeting April 20 and participate in elections. Remember this is "your club" and it will only be as good as you make it. See you there!!



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SECTION NEWS

From The
Fire Chief's
Office

DON'T BOIL YOURSELF

Hot tubs and spas are becoming more and more popular. They appear to have burst on the marketplace and CSA has started testing them.

One of the main concerns is water temperature. The attraction of these tubs is that they provide a soothing environment with hot water, but if the water becomes too hot, a hazard could exist. The tubs must have "fail safe" mechanisms which will ensure that the water will not become dangerously hot if the pumps or thermostats fail to function. The water temperature is not allowed to exceed 40°C (104°F) under normal operation and 55°C (130°F) under abnormal conditions. In the event that the water temperature reaches 55°C, the heater will shut down until the owner investigates the cause.

Electrical components are also tested for current leakage to reduce the chance of electric shock.

CSA's Vancouver Consumer Advisory Panel recently reviewed hot tubs and requested that better instruction accompany the appliance.

The panel recommended that:

1) Instructions should indicate that people respond to high temperatures in different ways. Users should contact a physician before using hot tubs if pregnant or if afflicted with high blood pressure, diabetes and heart ailments, etc. The instructions should also make the owner aware that the water must be properly treated to kill bacteria.

2) A thermometer should be included in the kit pack.

3) The control unit should be required to have a safety latch and be able to be locked to prevent unauthorized access to the control panel.

4) CSA extends certification to include portable spas.

A big hello from Base Transport. It's time again to bring you up to date on the recent comings and goings from our section.

Let us start by saying goodbye (but just for a while) to Pte Normand Rouette, veh tech and Sgt Dave Hodgess, Tfc Tech, both on their way to Namibia, Good Luck! Let's not forget Cpl Ingrid Trautrim, also a Tfc Tech on her way to Lahr, on temporary duty until June.

Although the posted in are not coming in as fast, our posted out are accumulating: PO2 Morris, HMCS Terra Nova; MCpl Larson, Cold Lake; Cpl Brandt, Lahr; MCpl MacDonald, Lahr; Cpl Tompkins, Edmonton; Cpl Davie, Lahr; Pte Rathbone, Lahr; Cpl Carr, Trenton; Pte Hatch, Halifax; MWO Campbell, Lahr; Cpl Field, Petawawa; Cpl Boyle, Suffield and Sgt Rollman, Penhold.

Transport is constantly busy and trying hard to follow all of the acting position. So try and follow me; Maj Fisher is A/B-TSO until the end of March, Capt Hamilton is A/BTNO except for this week, Lt Jacklin is the A/BTNO, MWO Campbell is A/TFCO. In all this mix up Lt Robertson is still MSEO and MWO Kraft couldn't keep up so he is on leave (finally).

Last weekend was the BTNO Curling Bonspiel or was it the battle of the sexes. It all came down to finding a first and second place team. Well the pressure was on between Lt Christa Robertson and Lt Murray Jacklin facing each other in what seemed to be an extremely long match. Murray must have been intimidated —each one of his throws never entered the house, on the other hand Christa made a fantastic play at the last moment bringing victory to her team.

Christa Robertson's team consisted of Bill Watts, Howie Gustafson and Frank Kraft. Murray Jacklin was playing on Al Pryor's team with Norm Larden and Ann Davis.

24 teams participated and

everyone enjoyed themselves. Base Transport was very well represented. Good Show!

Now for business, a note from MSE Safety:

In the last edition you were asked:

When starting the engine of a vehicle equipped with a standard transmission, the driver should?

The correct answer is (d) All of the above.

This week's question is: Unless otherwise posted, the maximum speed limit allowed in cities, towns, villages and built-up areas is:

- (A) 30 KM/H
(B) 50 KM/H
(C) 40 KM/H
(D) 55 KM/H

The answer will be in the next edition. Watch for it!

Since our last entry in the Times we've run several courses and the month of April will be just as busy. Some of the courses being run are Safe Backing, Fork Life, LPG, Ramp DDC, Aerodrome Familiarization, Defensive Driving and Air Brake Courses.

If you wish to be put on any of these courses contact your training NCO and he or she will cause load you.

SAFE DRIVING AWARD

The Base Commander Col Gibbon has graciously allotted

one hundred dollars in support of a Defensive Driving Program for the CFB Comox military Community.

Base Transportation MSE Safety Personnel recently launched the year long program to promote Defensive Driving.

Drivers who are "caught" (by the MSE Safety Patrol) displaying Defensive Driving techniques are awarded silver dollars followed by a "Safe Driver Award" certificate.

RECENT DEFENSIVE DRIVERS "caught" by WO Dave Foreman MSE Safety Coordinator.



1) Lt Jones - Base Supply



2) Cpl Corneau - 442 Sqn

TRUCKIN' TALES



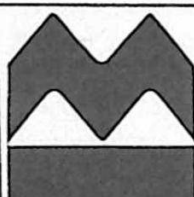
3) Sgt Ferris - 442 Sqn



4) Mr Geldert - Base Transport



5) Mrs Sutton



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SECTION NEWS

RIPPLES FROM THE BEAVER POND

Hockey season has now finished for the CE/Firehall team having lost their last game of the season to BTNO 5-2.

Because of their early exit from intersection play, the CE hockey players get the jump on their rivals in the race to open up summer hockey schools.

Coach Esselmont will be conducting seminars on power skating and Joe Huard will be teaching on ice sportsmanship at this hockey school. At this time we would like to thank Steve for his time and effort coaching the team, although it didn't show on the ice, your efforts were appreciated.

The CE math classes will be winding down soon and many will miss the coffee and toast sessions Wednesday mornings.

The teachers of this endeavour have noticed quite a few students assimilating information on each other's papers. You know who you are, don't you!

Snow to Surf is coming up soon and we'd like to field a

CE team in this event. Interested persons please call Rob Bouchard in the fridge shop.

We would like at this time to congratulate Dan Dupuis on his hockey scholarship in Germany. Makes me wish I knew how to play hockey.

The summer ebb and flow of personnel will begin soon. Paul McAloon will be returning from Damascus this week, which means that Carole's smile will be that much brighter when you get your morning coffee. Joe Huard, Sue Limoges and Jim Waddell will be on their JLC in May and June, PK Jones goes to the Middle East in late April and Ray Jones will head up to Alert in May. Chin up, people, think of all that TD money.

Returning are Russ and Ed from their 'big adventure.' Now the Plumbing shop can return to full strength. Also, returning from a short ill is Marg, our work receptionist; glad to have you back, Marg! We would all like to wish Mr.

Vaness a speedy recovery from his recent heart attack. Get well soon, Bill!

Promises, promises, promises. Before we know it he'll be in a slump and then it's off to Chatham. Will he be the 'Decip' there? Promises, promises, promises.

Some changes we will soon see around the base will be a new guardhouse at the main gate; the tank farm will have a new drum storage building under construction and the High Speed Refuelling repaved before month end. Also, contracts will soon be out for base pest and weed control (watch out, Don) and Quadra Jetty repairs. We're all keeping busy as beavers, forgive the pun...

Before signing off for this issue, we would like to congratulate MCpl Greffell on his recent promotion and wish Zak more luck on his attempts to remuster. What's the matter Zak, don't wanna be an FE no more?

Bye for now. CHIMO!!

FROM THE MAYOR

Animal control continues to be a problem within the Qs. There seem to be misunderstandings in regards to the memorandum 5420-4 (B Comd) 25 Oct 88 Control of Pets in MQs. This details the Base Standing Orders which explains the licensing, regulating, and confinement of dogs, cats, and other animals in MQs at CFB Comox. This was effective 1 Nov 88 and copies were delivered to all households. I will cover some of the key points.

1) No person shall keep, own or harbour any dog or cat within CFB Comox resident areas unless each dog or cat is licensed.

2) If a dog defecates on any public or private property other than the property of its owners, the owner shall cause such defecation to be removed immediately.

3) And finally, the one that continually seems to be abused. No owner shall permit his dog on any school ground, playground, or posted parkland area. Where a dog is found on a school ground, playground or posted parkland area, the owner shall be deemed to have failed or refused to comply with the above provisions.

Failure to obtain a licence will result in a fine of \$15.00 plus the fee to licence said pet. Defecation on any public or private property and allowing animals on playground results in a single fine of \$25.00.

All of the above points are continually abused and we ask all residents to please respect the rules and obey them. In future these rules will be strictly enforced, so beware.

Now on to some lighter things. Plans are well underway for the Easter Egg Hunt and colouring contest to be held at the public school, Saturday, 25 March. Debbie Roy is in charge of all arrangements and it looks like everything is under control. If the Easter Egg Hunt is as successful as the Christmas Tree Burn, we should have another winner on our hands.

More information in this Totem Times. Also this year the Community Council is pleased to announce that a bursary of \$100 for top male and female student who are continuing their education will be awarded. Details are now being ironed out with Highland Secondary and will be announced in the next Totem Times. These bursaries are limited to dependants of Married Quarters residents.

Again this summer, in conjunction with the Recreation Centre, we will be running a Children's Day Camp for children ages 5-12 years of age. Also, swimming lessons will be conducted. There will be more to follow on this.

Last but not least, with the posting season soon upon us we will require councillors in the following wards:

Ward 1 - Blocks A & B, 1-101A
Ward 3-18 to 25A, 34 to 48
Ward 5 - 66 to 83
Ward 9 - Blocks 111, 112, 114, 116 and 117

Also a new Deputy Mayor will be required in September. Think about it, there is nothing more satisfying than being a volunteer and being able to contribute to YOUR community.

The Community Council would like to welcome MCpl Mark Blanchard from Base Food Services as the councillor in Ward 4. He can be contacted at local 8356 at work or 339-2425 at home.

As Mayor, I am looking forward to being able to serve you, the residents of Wallace Gardens. If you have any questions or would like any further information, please do not hesitate to call me at home (339-6899) or at work (339-8376).

At this time the Councillors and Residents of Wallace Gardens would like to thank Hank Niewiadomski for having served as Mayor for the previous year. Hank did an excellent job and worked hard on behalf of all the residents. As the Navy says, "Bravo ZULU."

NOW AVAILABLE... WOMEN'S GUIDE TO PROGRAMS AND SERVICES FROM THE GOVERNMENT OF CANADA

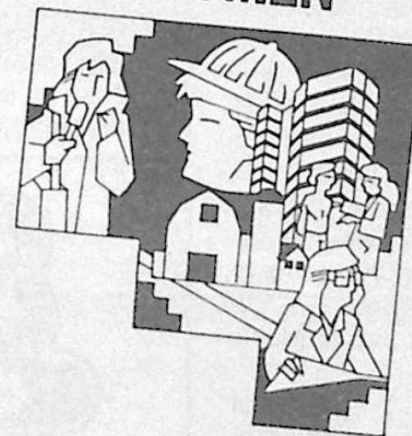
The Government of Canada is committed to helping women achieve full equality and provides many programs and services to help them reach this goal.

A new Directory providing information about those Government Programs and Services for Women is now available through the Status of Women Canada.

The directory includes such programs as employment training and retraining, educational assistance and research grants, social services, child care, health promotion, human rights and family violence protection and cultural programs as well as help for community-based organizations. Special attention is given to the needs of native women and women in the many multicultural communities across Canada.

This directory is available to you free of charge. To obtain a copy, complete the coupon below.

DIRECTORY of Federal Government PROGRAMS AND SERVICES FOR WOMEN



return to: The Honourable Barbara McDougall
Minister Responsible for the
Status of Women
151 Sparks Street
RM. 1005
Ottawa, Ontario K1A 1C3

NAME: _____

ADDRESS: _____

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SECTION NEWS

Demon Doins

continued...

AMCRO

To start this week's article let's begin with a little education. For those of you out there who believe in equality, MWO Norm (Big Guy) Brazeau would like to announce an upcoming seminar, open to all persons, topic of discussion is Equality of the Sexes. This week's surprise speaker will be the Big Guy himself. Don't miss it. Another topic of interest this week is, and I quote "Procreation". This project is under the direct scrutiny of our very own Josee Poirier who has done intensive "research" on the subject. Results pending. Speaking of education, Josee's reading level has shown a definite improvement since she joined this section due mainly to the fact that Sam has been selecting her study material (Peter Rabbit, Snow White and many other fables have been littering her desk as of late). Any new material will be eagerly accepted.

I guess by now everyone out there is getting used to the forbidding presence of AMIT. Be patient guys, just like cod liver oil they're here for our own good and the bad taste doesn't last long. Up here in the AM-CRO section we done good.

On a more serious note, we'd like to take this time to say farewell to Pete who is now (dictionary and F.S. book in hand) driving the members of One Crew totally bonkers. On the same note, let's give a hardy welcome to Sgt Boots Boutillier who is taking Pete's place as the Big Guy's favourite sidekick. We would also like to welcome back Mike Dione, one of our Adam reps from Ottawa who, unable to resist the charms of Comox, has returned to enlighten us on the inter-workings of Adam.

For those of you who for some unknown reasons came to Comox because you didn't like shoveling snow I guess last week's "blizzard" came as a total surprise. Sure hope you didn't throw away those shovels. One member of our section, who shall remain nameless, was a little upset and now has a vendetta against anyone who happens to like that white stuff. Marilyn (who fits that last description) has taken to wearing dark glasses and various disguises in an effort to conceal herself from the notorious R.V.

By the time you read this article Marilyn (our major league scout) will have been tanning in the Caribbean. After numerous attempts at begging, grovelling and practically crying to go this reporter has relented and is settling for a postcard attached to the lapel of some unsuspecting messenger. Have fun Marilyn, don't hurry home.

Things in the head office have been quiet lately. As the

Chief said, and I quote, "I've been doing nothing of interest". Shirley's spending her hard earned play at Bonanza and getting rid of unwanted "pests" in her home. The SAMO is spending some well deserved R & R at home and Pat has been busy trying to teach the guys downstairs the proper way to fill out a leave pass (to dream the impossible dream). Rumour has just reached me that things aren't as quiet as they may appear. I have it from a reliable source that our dear CWO has been doing some cooking at home (in the kitchen). His exploits were described as hideous and have even caused a loss of appetite. These and other daring feats soon to be made public in an upcoming TV special TBA at a later date.

Last on our list for this week is Mr Personality himself, Rickardo. Rick has finally convinced his superiors that he's charming enough and that the resident charm school experts couldn't improve perfection. Rick has graciously volunteered to conduct classes on the subject in hopes of improving the image of the CF in the eyes of the world. Stay tuned next week for the continuing story of AMCRO crew.

407 ASO 1 CREW

After a flutter of posting messages, the normal routine has settled over 1 Crew again. The best kept secret of the year award goes to newly promoted David Wheeler. It seems he couldn't stand the thought of leaving Joanne Martin single and available in Comox while he goes "camping" in Petawawa. So on Tuesday the 14th of March, David and Joanne tied the knot. Congratulations to both of you and all the best from us all. This should hurry Joanne's posting to Petawawa along nicely.

Courses are a fact of life in the Military, with some more like holidays than others. Recently returned from Borden, Bob Shentaler tells us that the 6B course is no holiday. Pat Nevett is fresh off his F-18 courses in Cold Lake. Evidently, the instructors wouldn't accept his offer of a thousand dollars for a pass on the first day of class and made him stay for the duration. Ron Egan seems to like travelling and courses but upon his return from Greenwood and the Aero-Engine first line course he asked to stay in Comox awhile to lower his handicap and try to renew relations with his wife. It's good to have you all back. Now, if we could just get some work instead of all those stories....

Nobby Clarke and his merry band finally got away on a trip. They went to Hawaii to check the size of the oil spill and determine the long term affects

of the ecology, most notably the wild life in the beaches. "It was a tough job, but somebody had to do it", a grinning Nobby is quoted. "The environment is safe, but another recee will be required just to be sure." Sure, Nobby, and you're not going!

We bid adieu to Al Lindsay who is retiring to pursue a life of leisure. He hasn't let us in on his final plans but I'm sure he'll do well. Good luck, Al, send us a postcard and let us know how things go.

It's been a quiet month and that's all the news that fits!

407 ARMAMENT

I see it's the torp shop's turn to pass on words of wisdom and scuttlebutt from the world of armament.

First the good news. Congrats to Brad and Tara Halstead on their new daughter Amanda Deanne Patricia. All the best in the years to come, hope she doesn't marry an armorer.

The servicing crews are all excited as the competition crew has been chosen, so the boys can relax now. The chosen few will be off to the far reaches of Canada to hone their skills and bring back the O'Brien Cup once again to its rightful place of honour. On a lighter side, a hand picked professional group of individuals have been selected to do battle with fellow AWS techs in Cold Lake. This is in response to a remark made last year at the prestigious event. We have our arms primed, shoes slicked and brooms groomed. We few shall spiel on in your name and bring honour once again to our profession.

P.S. The Base Arm't section is also sending a team, but it has women on it—hope I haven't offended anyone. They just can't become the devotee of Bacchus as we older sods!

Enough of merriment to come. Ray Michell is off to Greenwood to acquire the skill and dexterity of a torp tech. Sandy is going to Hawaii to acquire the proper tan, but since when does the sun shine indoors? If tanned, it will be for nothing as she will be going to Cool Pool on her return to help her fellow techs during Maple Flag.

Congrats to Richard Lamothe on his promotion to Cpl. Now he can sign out his own Pte. A word to the WH-MIS people—Keep up the good work—now I know what I've used to wash my dirty hands with for the past 20 years. It sure wasn't Dove.

Enough of this simple patter. Let's keep one thought in our heads throughout our work day. "If you are here, then do the best and safest job you can. It only takes one second to say goodbye forever!"

Until next time, THINK!

Supply Signals

This week's edition of Supply Signals comes to you from the Local Purchasing Office (LPO) located in HQ Bldg, Room 41. Our highly trained staff consists of Sgt Jim Sulek, who is the NCO i/c, MCpl Brad Lourie, who controls all DPOs and credit cards as well as being the 2 i/c, Cpl Kevin Luther who controls all commercial publications and inputs all budget data into the FIS computer, Cpl Judy Kitchen who is our chief Petty Cash clerk, Judy purchases all non-contractual requirements under \$200, Pte Lucie Allard who purchases all vehicle maintenance requirements, and last but not least, Mr. Ray Robert who controls all contract buys as well as all DSS-Stocked requirements. LPO procures the majority of the Base's requirements on behalf of the SCO, Lt Dave Jones, who is soon to be replaced by Lt Yves Auger.

Other news around Base Supply consists of General Stores who would like to thank Ken Beebe and Cliff Medland for a job well done while temporarily employed to assist the General Stores during the End-Year-Rush, and Terry Hyde who assisted WO Lis Davis to get HAZMAT established in Base Supply. They are all leaving us at the end of March. Rumour has it that Davis Mitchell must conquer an obstacle of fire wood daily just to get to his front door.

On Wednesday 15 March, the Base Supply Party Fund held a Euchre and Dart Tournament at the MP Lounge which was a great success. Congratulations to Mitch Scott and Steve Stevens who came in 1st in the Dart Tournament and to Carl Scribner and Judy Kitchen who topped the Euchre Tournament. Thanks to the Military Police for the use of their Lounge, and to the organizers of this function, job well done.

In closing we would like to remind everyone about the Annual Base Supply Scavenger Hunt that will take place 20 April. It promises to be a great success and a lot of fun, so make sure you don't miss it.

From 6 Supply Group we have noticed that Kim Heath is becoming a lean, mean fighting machine thanks to her daily workouts. Pte Dourado will soon be returning from Goose Bay to work in 6 Supply Group as Matt Snetsinger is on leave at the end of March.

From 1 Supply Group congratulations is extended to Pte Vicki Smith for a job well done as she has just topped her TQ5 course in Borden!! Sgt Cameron and MCpl Armstrong have returned from a four day Logspiel in Chilliwack all in one piece.

From 5 Supply Group all would like to welcome back Christine Carignan who has just returned from the hospital, and we are all glad that she is doing fine.

On Wednesday 15 March, the Base Supply Party Fund held a Euchre and Dart Tournament at the MP Lounge which was a great success.

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From 6 Supply Group we

Cpl D.C. Brown from VU 33 is presented with a Flight Safety Award for Professionalism by Base Commander.

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ON & OFF THE BASE

International Women's Week

— air force women at work!

by Pte Nancy Colton-Hamilton

International Women's Week, observed in March, gave us the opportunity to pause and reflect on the excellent opportunities that now exist for women in Canada's air force. Even the sky is no longer the limit as two women fighter pilots train at CFB Cold Lake on the state-of-the-art CF-18 aircraft.

Air force women have come a long way since gender-related restrictions on their employment were lifted in July 1987. Women were given the go-ahead and the opportunity to compete for all air force jobs on an equal footing with their male counterparts. Acceptance for employment was to be based on gender-free physical standards, accurately reflecting the nature of the employment.

Just looking at the vast array of jobs that are routinely performed by women at CFB Cold Lake is a clear indication of how far women have come in their military service.

At Cold Lake, women are employed in virtually every facet of base and squadron support services and operations, fulfilling both traditional and non-traditional roles. That this has become an openly accepted, comfortable "norm" reflects the high degree of professionalism exhibited by the women themselves and by their male co-workers.

On the operational side at Cold Lake, an all-female crew of aircraft technicians can service and arm a CF-18 fighter that can subsequently be flown by a female fighter pilot. Female communications systems technicians, airframe technicians, engine technicians and other electronic and



Cpl Patty Pelley, an air traffic controller at CFB Cold Lake, is one of the many women employed throughout the air force. Photo by MCpl Wanda Beaudoin.

mechanical specialists can isolate and correct any aircraft problem.

A female air traffic controller can coordinate the launch, flight pattern and landing of any aircraft within range of the airfield, while during the flight a female defence technician could well have played an important part in tracing and coordinating the aircraft's mission. In direct support to the flying operations at Cold Lake, female engineers work in various areas including the CF-18 flight simulator and software development.

As with the operational aspects of Cold Lake, where women are employed in virtually all areas, women are similarly employed on the domestic and support services side. Female photo technicians provide photographic support

to base and squadron aircraft maintenance and flight safety organizations.

Female mobile support equipment operators drive heavy equipment and special purposes vehicles as well as the more usual sorts of vehicles, and a female plumber gas fitter repairs piping and performs other related tasks.

There are also, of course, women employed in food services and administrative, financial and health care services.

Employment opportunities for women with the Canadian air force have progressed and improved significantly during the force's 65-year history. Members of the air force community should be proud of these accomplishments...the population at Cold Lake certainly is!

RCAF ASSOCIATION

The little building next to the Lazo Post Office is the home of 888 Wing of the Royal Canadian Air Force Association. I am sure that most Base personnel are aware of this, and some partake of our hospitality on a regular basis. But a look at our membership roll gives the impression that a lot of you who are serving in today's Air Force may not know that you qualify for membership. The aims of the organization are still the same as in the days of the RCAF - i.e. unity of purpose in promoting military aviation/aerospace activities, community and civic projects, responsible citizenship, etc.. Membership is open to all of you in uniform or associated with aviation; and as with any such organization our association needs a constant flow of new members from you who are part of our current air force.

I know that there are some mistaken ideas about the RCAF, particularly since the RCAF ceased to exist as Canada's air force in 1968. We retain the "RCAF" because that was the obvious name when the association was formed in the early post WWII years. It is now an historic name, but it does not mean that you must have served in the RCAF to join. Membership is open to many categories of people, but for those of you now wearing the blue it includes "any person...who is serving in the Regular or Reserve air element of the Canadian Forces...or has been honourably released..."

So, that should clear up two mistaken ideas about the RCAF: you don't have to have been in the RCAF, and you don't have to be retired. Another false idea is that we are just another officers' club.

Certainly most of us are retired, and a good number were officers, but the atmosphere in the Wing is decidedly all-ranks, or better, no rank. Our past-presidents have ranged from ex-Corporal to ex-Colonel, male and female. The only requirement for executive office is a desire to make the Wing work better and be more enjoyable.

As a matter of fact, looking at the membership of the newly formed alliance of defence associations, it appears that the RCAF is one of the few where all ranks can have a say in the lobbying being carried on in Ottawa.

In short, 888 Wing is a group of air-oriented people who, on the local scene, support cadets, civic activities, charities, Base events, and get together to enjoy a happy, social environment. We need serving members to keep us current with what is going on in today's military, and hopefully can then direct our national efforts to your needs and requirements. So please, drop in and meet us, and better still become a member of Canada's unique Air Force Association. There are Wings all across Canada, in the USA, and overseas, so you may find a home away from home.

Bob Hallowell,
President

An entertainment note: The Wing will be celebrating its tenth anniversary with a gala Charter Ball to be held in the Westerly Hotel in Courtenay on Saturday, April 22nd. Catering will be provided by the Westerly, with dance music by the CAMPA Band. If you are interested, drop into the Wing during our open hours on Thursday, Friday, or Saturday for tickets and information. Also, our Saturday steak nights will start again in June.

RECOGNITION OF COMMON-LAW RELATIONSHIPS?

from NDHQ

It has been a long standing policy of the CF not to recognize those informal relationships which are frequently referred to as common-law marriages. However, in view of a recent Federal Court of Appeal decision, the CF is now developing a new

policy which will provide formal recognition to common-law relationships providing they meet certain criteria.

As it is possible that some financial benefits (eg. reimbursement of relocation expenses) may be associated with the new policy, members who believe

that they may have established a common-law relationship should, where applicable, retain receipts and similar documentation to support a claim on promulgation of the new policy. However, all members are advised that there is no guarantee that a financial entitlement will be established.

BAMSO...cont from p. 5

Our floor space, not to mention the great assessment by the AMIT team. Well done guys!

The first annual Western Workshops Funspiel in Edmonton proved to be an exciting weekend for six of our best as they curled their way into the top spots with members on the first, fourth, sixth and eighth place teams. The meet and greet held the night before was a good time had by all with participants from various other workshop teams enjoying the cheer and reminiscing about days gone by. However, some participants were a little slow with their rocks the following morning due to an overabundance of "good times" in their systems. Oh well, down the hatch.

Our hockey challenge against CE Section was on the other hand a different story. Once the score read something like CE 15 - Workshops 7, we decided that "What the heck, we're having fun anyway so why count the score?" However, a Bravo Zulu goes out to our top notch defenceman Cpl Garth Haynes for scoring two spectacular goals. Both on our own goalie! Where's No.99 when you need him?

On a final note: As the sunny days of spring approach, we at workshops would like to remind you out there to please cut down the on-slaughter of work orders that inundate us here at the dungeon. We also must have time to work on our tans too, you know!

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HEALTH & LEISURE



music reviews and syndicated columnist

TIFFANY HOLDS AN OLD FRIEND'S HAND

The only way you could not have heard of Tiffany is if you happen to live under a rock. In the past three years she literally went from total obscurity to super-stardom. The cause of this meteoric rise was a self-titled album that blew the lid off the charts. "Tiffany" sold quadruple platinum and held a trio of top ten singles, two of which went to No. 1. In Canada her album has been certified for sales that have topped the platinum level seven times.

The willowy, red-haired California native has recently released "Hold An Old Friend's Hand" (MCA-6267) which holds enough commercial potential to actually eclipse the sales monster debut. Opening with "All This Time" the lark gives a vocal display that belies her youth and then moves from the shuffling opener to a high stepping "Oh Jackie" before laying bare all the emotions that are locked into the title track.

"Radio Romance," the first international single, is an eclectic sixty-ish romp rife with hook lyrics and underscored by a solid percussion line. Currently a senior at Leffingwell High School in Southern California, Tiffany travels with a tutor while on the road. This girl has the potential to become one of the biggest stars on the scene. Her record company, management, producer and all the Tiffany team members are behind her for the long term commitment. Therefore, this lady should have a career that over the years will definitely rival that of Diana Ross, Anne Murray or any of the other female super-stars that may come to mind.

"We're Both Thinking Of Her" is an uptempo winner that rocks along with a happy sound that is over-shadowed by the lyrics that tell the story of a lost love. This is just one of the many tracks that could be culled for single releases. Among the other highlights are "Drop That Bomb," "Hearts Never Lie" and "Walk Away While You Can."

Tiffany is a super-star for the eighties and "Hold An Old Friend's Hand" is destined to be one of the large winners when the 1989 awards are handed out.



Tiffany

ADVANCES IN ARTHRITIS TREATMENT

Over the past quarter-century, if you contributed towards arthritis research, you became a part of tremendous advances in medical treatment and therapy.

As recently as 1965, patients diagnosed as having one of the more than 100 forms of Canada's most common chronic disease faced an uncertain future. Drug treatments were extremely limited; consider that only one drug was available for use against rheumatoid arthritis. Operations for total replacement of damaged joints were not possible. Gout was still a common and disabling disease, while some forms of arthritis, such as systemic lupus or scleroderma were often, of not inevitably, fatal.

Today, advances in arthritis management are helping to relieve the suffering of the over 3.5 million Canadians afflicted with some form of the disease. Improved diagnostic techniques have led to earlier detection of arthritis, preventing permanent joint damage and disability. The discovery of new medications and the modified use of known drugs has produced a wide range of medical applications. Rheumatic diseases such as gout, Wegener's granulomatosis, and polyarthritis can now be successfully controlled, while the pain and stiffness commonly associated with arthritis may be alleviated by the use of new nonsteroidal anti-inflammatory and analgesic medications. In addition, non-medical approaches to arthritis management, such as physical therapy and patient self-management classes, have emerged as viable techniques for coping with this ailment.

By far, the most major technological advance has been the development of total joint replacement techniques for the management of osteoarthritis, probably the most common form of arthritis. With the availability of this surgical option, individuals who may have faced a life of disability can look forward to the possibility of a productive and independent future.

These significant advances in the treatment of rheumatic diseases have been largely made possible through the contribution of public funds. Encouraged by such remarkable progress in the past quarter-century, research scientists in arthritis treatment can look forward with enthusiasm to the developments of the future. (Some of the information in this release appears with credit

to James F. Fries, M.D.; "Advances in Arthritis Treatment"; ARTHRITIS TODAY; Nov./Dec. '88)

For further information about arthritis, please contact your family physician or Pam Young, Development & Communications Dept., The Arthritis Society, 895 West 10th Ave., Vancouver, B.C. V5Z 1L7 (604) 879-7511.

New Hope for Hypertensives

The old adage, "no pain, no gain," should be familiar to most people taking drugs to treat hypertension. Although the drugs being used to treat this condition are effective, most have unpleasant effects. Ironically, hypertension itself has no symptoms whatsoever.

"With most illnesses, you develop unpleasant and worrisome symptoms, you get treated by your doctor and you often feel better. Unfortunately, that's not the way it goes with hypertension or high blood pressure, because until now, the drugs we've been prescribing have caused difficulties for people with no previous complaints," said Dr. Naresh Kumar, director of the Whitby Cardiovascular Diagnostic Centre.

Over 1.5 million Canadians suffer from hypertension or high blood pressure. Often called "the silent killer," it is a disease without symptoms and can only be diagnosed by testing specifically for it. It is estimated that as many as half of all hypertensives stop taking their medication because of the side effects. Subsequently, their pressure goes back up and continues to damage major organs including the heart,

brain and kidney.

Hypertension results when the smallest branches of the arteries (called arterioles) become constricted. When this happens, resistance to the flow of blood is increased. This increases the pressure in the arteries and forces the heart to pump harder to keep the flow of blood at the right pace.

Scientists don't know why the arterioles in some people remain constricted causing hypertension, but believe that it may be caused by chemical substances set free in the bloodstream.

New drugs, including one developed here in Canada called Cardizem SR, have few of the side effects associated with traditional drug therapy for high blood pressure. They work by reducing the supply of calcium to the arteries. Calcium acts as a fuel that helps the arteries constrict.

Dr. Kumar suggests that if you don't know your blood pressure you should go to your doctor and have it checked. If you have high blood pressure and are having problems with your medication, you should visit your doctor and see if you are a good candidate for the newer treatments.

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MONEY MATTERS

Mulroney's albatross Relax, the country is not awash in debt

by Ann M. Smith

Federal budgets, like visits to the dentist, usually come around once a year. Federal budgets, also like visits to the dentist, are viewed with cynicism and a certain amount of trepidation.

It's Finance Minister Michael Wilson's job to make the annual experience as painless as possible for Canadians. During the past four-and-a-half years, Wilson (who is just a few months shy of a record as the longest serving minister in this demanding position) has, according to many observers, done his job reasonably well. With this, his fifth budget, however, those same people are starting to wonder if Wilson's so-called honeymoon may finally be over.

For starters, Wilson has a crisis on his hands. Canadian taxpayers need look no further than the realities of a growing accumulated public debt that now stands in excess of \$300 billion to understand how difficult Wilson's job will be. In a recently presented pre-budget submission by the Canadian Federation of Independent Business, the enormity of this year's \$29 billion federal deficit (which, in turn, feeds the public debt) is underlined:

"If federal revenues and expenditures were simply allowed to increase at a moderate rate of real growth of two per cent annually, by the year 2001 the annual deficit would be \$100 billion and the accumulated national debt would exceed \$1 trillion. By the year 2020, debt service payments would account for 50 per cent of total government spending compared with the current 25 per cent."

It amounts to a staggering sum of money. And in light of Canada's relatively buoyant

economy, says CFIB, the government is obligated to take any necessary steps that will help offset the inevitable damages facing a debt-ridden nation. In its pre-budget submission, CFIB has called the government to reduce government expenditures immediately. Limits on cabinet spending powers and an expenditures review committee under the chairmanship of the prime minister are, according to CFIB, important initiatives which are worthy of non-partisan support.

CFIB mixed no words in urging the government—and especially Mulroney—to take a more "hands-on," pro-active leadership role. "It is important that discussion of the deficit and public debt be elevated beyond the business community...All segments of Canadian society will need to participate or else the failed deficit reduction efforts of the past will be repeated." In other words, Mulroney must personally take the lead in helping Canadians understand why his government has been forced to take such harsh and, no doubt, unpopular measures.

Taking such a position may not be popular with the prime minister. Nonetheless, a broadening of the deficit debate is essential in order to inform all Canadians of the enormous challenges that lie ahead. It isn't going to be easy. Without such action, however, every aspect of Canadian life including our sovereignty and social programs will be at risk.

With a \$300 billion albatross to back him up, Mulroney's challenge may not be easy, but it's certainly clear and is something that cannot, and should not, be delegated to others.

(Courtesy of Mainstream Canada)

by William Forward & Frank Longo

Mr Forward and Mr Longo are, respectively, a political scientist and an economist working in Toronto.

In March or April, Finance Minister Michael Wilson will deliver a budget that is expected to set the policy agenda of the government's second mandate. Accordingly, some representatives of the business and financial communities have been turning up the heat by calling for drastic cuts to government spending.

Groups such as the Canadian Chamber of Commerce are selling the line that the national debt is growing out of control. They contend that drastic measures are needed to prevent the country from being caught in an avalanche of debt from which our grandchildren will be unable to dig out.

This is simply untrue. National solvency is not in danger from the current level of debt and deficit. The current alarmism over the debt is really a stalking horse for the goal of cutting back Canada's social programs such as old-age security, family allowances and unemployment insurance. Canadians should not allow themselves to be panicked into consenting to cuts in social programs based on the fallacious notion that national debt is at dangerous proportions.

When considering the implications of government deficits and debt, it is crucial to realize that their importance must be measured relative to the size of a country's national income. This simple truth is too often ignored. A quick look at the numbers reveals that, although the national debt is large enough to merit concern, it is not large enough relative to Canada's gross domestic product (GDP) to warrant drastic action.

The figure usually quoted as the government deficit is what is properly called the federal budgetary deficit on a public accounts basis, which was about \$29 billion in fiscal 1988. The national debt, which is the accumulated total of these deficits since Confederation,

equalled about \$293 billion, or about 53 per cent of GDP, as of March 31, 1988.

This compares favourably to debt levels at other moments in Canadian history. In 1947, the national debt was 107 per cent of GDP—a point that is often glibly dismissed on the grounds that this was due to the war. But the reason is not the issue; what matters is that taxpayers in 1947 faces twice as daunting a task of debt reduction as Canadians do today.

The current debt ratio would also not be out of place in most other periods of Canadian history. In 1937, for instance, the debt was 67 per cent of GDP. By 1942, it was down to 48 per cent of GDP, despite the Depression and the onset of the war. Even in the prosperous 1920s, the debt ratio was comparable to what it is today. (For instance, 1927's debt was 46 per cent of GDP.)

More recently, the debt has been increasing relative to GDP since the mid-1970s, but the rate of growth in the ratio has now slowed to almost zero. The most recent Department of Finance figures project the national debt to peak in 1991 at about 57 per cent of GDP, before falling off again. It should be noted that this prognosis requires no significant deficit reduction at all. The forecast on which it is based has the deficit continuing at more or less its present \$29 billion a year through 1990, falling only slightly in 1991.

Recent rumblings from the Department of Finance hint that the 1989 federal deficit may be above this level because of the continued rise in interest rates. If this is so, the answer is for the Bank of Canada governor John Crow to lower interest rates and increase growth in the economy, rather than for the Department of Finance to cut social programs.

Still, the point to be stressed is that the debt-to-GDP ratio is already almost as high as it is going to get, even if the deficit increases a bit next year. Even continuing the deficit at the current level, or a bit more, indefinitely would mean a falling debt-to-GDP ratio after 1991 or 1992. If gradual progress on

lowering the deficit continues at its current pace, the debt ratio will fall even faster.

Far from leaving the next generation with a staggering debt burden, a moderate approach to deficit reduction will leave our children in a much better position than we are today.

The essential point is that the finances of the country are in much better shape than is often assumed. This is true even with very conservative assumptions about growth in the economy. The sensitivity analysis contained in the last federal budget shows that, for every 1 per cent reduction in national output, the deficit would change by only about \$1.1 billion in the first year and about \$1.5 billion after four. So even throwing a recession or two into the forecast makes little difference to the debt-to-GDP trend.

The idea that a recession would wreak havoc with the debt situation is a misconception based on a poor analysis of the early 1980s. Today, even a recession as deep as that of 1982—easily the worst since the Second World War—would have nowhere near the impact on government borrowing that occurred in the early 1980s. The deficit then was massively exacerbated by monetary policy that sent interest rates soaring to all-time highs.

Indeed, this policy created the 1982 recession. This was done on purpose, to get rid of inflation. No such high rates of inflation exist today, and there is no reasonable prospect of 20 per cent interest rates in a period with low inflation.

Of course, it can be argued that we should leave as much fiscal room as possible for the worst-case scenario, even if this is an unlikely prospect. But this "better safe than sorry" argument has a major weakness, because there are risks that substantially tighter fiscal policy could cause a recession. Panicky expenditure-slashing will reduce the nation's economic security, rather than increase it.

The fear of some elements in the business community that Canada's budgetary deficit and national debt are out of control is unwarranted and so are the calls for reductions in federal government social expenditures that support the incomes of the least well off among us. Canadians are proud of their social programs and rightly so. While some of these programs could be improved with incremental changes, there is no need to sacrifice basic elements such as universal access to them.

Canadians should be aware that, at this time, there is little economic wisdom in cutting federal spending on social programs in the name of deficit reduction.



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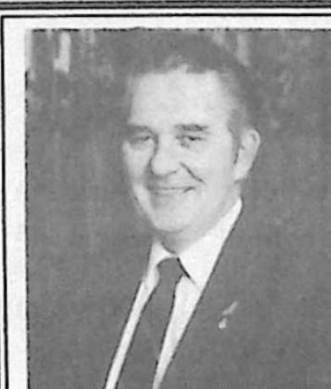
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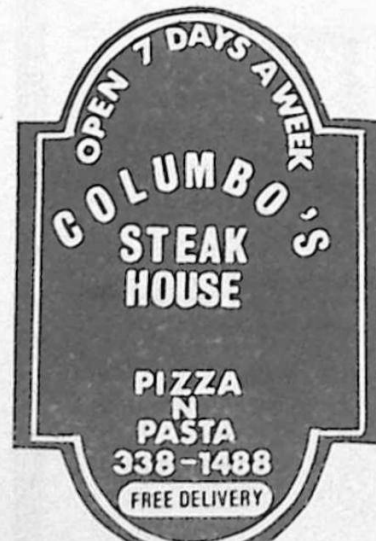


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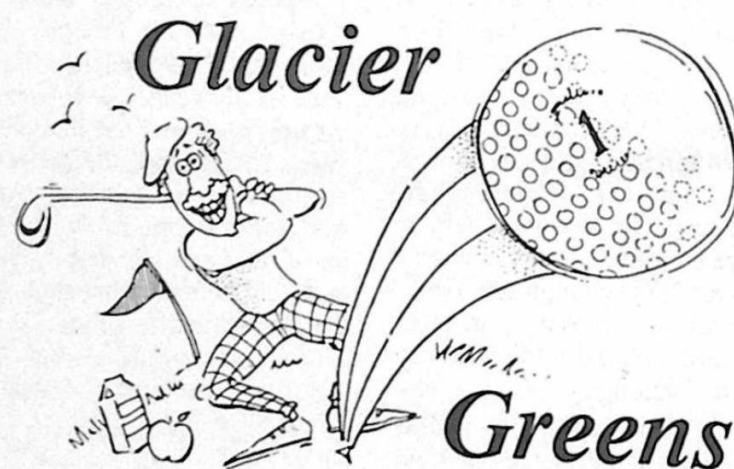
GLACIER GREENS LADIES' CLUB
WINTER GOLF WINDUP

A Get-Together social event held at the Griffin Pub on Sunday, March 12, 1989, concluded winter golf for the ladies of the Glacier Greens Ladies' Club. Due to continuing inclement weather we were unable to play as scheduled. Activities consisted of competitions organized by the Captain, Rose McClesh. Partners were drawn and nine hold matches played. In October, Rose McClesh and Millie Legg claimed Low Gross, while Inge McArthur and Rejeanne Arseneault came in with Low Net. November Low Gross winners were Lori Cameron and Vi Wilander, backed with Low Net by Inge McArthur and Joan Curtis. The lucky winners for the Hidden Hole draw were Kris Bush and Millie Legg. Scratch and Win Lottery tickets were presented for prizes.

The highlight of this day was the luncheon enjoyed by 14 ladies which was supplied by the monies collected to enter the competitions. Two delicious cakes, decorated with roses, and the traditional "blowing out" of candles by, guess who? Inge and Vi, who

added yet another year, this month. The Pub band was on deck and added to the hilarity of the occasion by playing and singing a variety of music loved by all. It's not "goodbye" it is once again "hello" as our Ladies' Club opens for another season of golf on Tuesday, April 4th

with 9 holes of golf, followed with a demonstration of esthetics by Images School of Beauty. Tee Off time 9:00 a.m. - register by 8:45 a.m. Let's have a good turnout and start the season with "Hi there, good to see you!"



Lounge Facilities include
Bar — Grill — Colour TV
Lounge — BBQ

WHERE THE ELITE MEET

We offer an all-ranks social gathering spot in scenic surroundings. Specializing in unit/section gatherings, crew de-briefs and open daily for your convenience. Formal functions are requested to phone ahead, casual drop-ins are always welcome. A Base Facility for Base Personnel

FOR INFO CALL:
8592

**Exercise
Today**

Base Gym... Mon - Fri
High-Low Impact
Weight Training
Interval Training
Babysitting Available
for information call: 339-2543



The Base Commander recently presented LGen D.M. McNaughton, Deputy CINC NORAD, with a retirement gift from CFB Comox.

GOLF FLASH!
MIXED 4 BALL OPENING
RESCHEDULED FOR SUNDAY APR 2
Y'ALL COMEHealth damaging
effects of lead

- Rise in blood pressure (perhaps even at currently permissible blood lead levels), with possibly increased risk of strokes and heart attacks
- Impairment of nervous system (neurotoxic effect)
- Disturbed nerve conduction
- Gastro-intestinal problems, e.g., colic
- Kidney damage (usually at high toxic levels)
- Disruption of red blood cell function and interference with biosynthesis of heme - a component of the vital oxygen-carrying molecule, hemoglobin. Lead disturbs the action of enzymes needed for hemoglobin formation, possibly causing anemia.
- Possible impairment of male sperm
- Risk of fetal damage by lead in mother's blood transferred across the placenta to baby's developing body.
- Risk of miscarriage if maternal blood-lead is high.

How to get the lead out of
your life

- never drink water that's been standing overnight in household plumbing (a short morning shower or one toilet flush should be enough to clear lead from the pipes)
- run water from cold tap a few minutes - until it runs very cold - before drawing water for drinking or cooking
- never use water from the hot water tap in food, drink and especially not for baby's formula (because hot water may dissolve more lead than cold)
- practice good hygiene - wash hands before eating or snacking, after playing outside or handling pets
- wash children's hands well after they've played outside; discourage them from eating soil, dirt or paint chips
- don't eat directly off the ground if picnicking outside
- avoid burning coloured newsprint, comics, magazines or wrapping paper in the barbecue pit or fireplace - they may give off lead-laden fumes
- wash leafy vegetables well and discard outer leaves
- peel root vegetables, especially if grown in lead-rich areas
- keep home as dust-free as possible
- reduce food intake from lead-soldered cans
- watch paint in old buildings for chipping and flaking - have any paint chips checked for lead by local health authorities
- if renovating use a mask, don't breathe in too much dust and avoid using a heat gun on leaded paint (which produces toxic fumes); wear mask and coveralls; wash workclothes separately from the family wash
- eat well away from any renovating area
- if using an old electric kettle (that may contain lead solder) empty stale water and replace with fresh before boiling
- if planning to grow vegetables in urban areas, do so in areas as far away as possible from roads and highways; call Ministry of Environment for advice on testing soil for lead content
- don't preserve foods in glazed pots that may contain lead
- if homes have many leaded pipes consider having water tested by Ministry of Environment
- push for
 - prohibition of lead solder in food cans
 - early elimination of lead in gasoline.

ON & OFF THE BASE

LEGION
LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Thu Mar 23.....MEAT DRAW
GOOD FRIDAY Mar 24.....CLOSED
Sat Mar 25.....Music by COUNTRYMEN
EASTER SUNDAY Mar 26.....CLOSED
Fri Mar 31, Sat Apr 1.....Music by WESTWIND
Sat Apr 1.....CFB MOOSE JAW MILITARY &
CIVILIAN BAND. Upper Hall 1:30 PM
Sun Apr 2.....FUN CRIB TOURNAMENT
Upper Hall. Reg. 12 - 1 PM

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Friday & Saturday
(NO JEANS OR T-SHIRTS!)

BRANCH 160 COMOX

ENTERTAINMENT

Mar 24.....CLOSED-GOOD FRIDAY
Mar 31.....Music by VALLEY BOYS
Apr 7.....Music by WESTWIND
Apr 14.....Music by LORI BAKER BAND
Apr 15.....HONOURS & AWARDS NIGHT
6:30 PM Upper Hall. Dinner & Ceremonies
Dance to LORI BAKER BAND.
Tickets now available at \$7.50/person
Apr 21.....Music by WESTWIND
Apr 28.....Music by COUNTRYMEN
Apr 2.....FUN NIGHT-"LOUNGE"
50th ANNIVERSARY 2nd AUCTION
1 to 6 PM-ALL SPRING CLEANING ITEMS
WELCOMED. Deliver goods to LEGION or CALL
Donna Dozzi at 339-3454 for pick-up.

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
SATURDAYS.....Meat Draws - Lounge- 2-6 pm

SPORTS

SUNDAY, APR 9 - OPEN CRIB TOURNAMENT. Upper Hall. Reg. \$5 by 12:30 PM. Start 1:00 PM. Open to Br. & LA Members & Bonafide Guests.
SUNDAY, APR 16 - EUCHRE TOURNAMENT. Lounge. Reg. \$5 by 12:30 PM. Start 1:00 PM. Br & LA Members & BONAFIDE Guests.



MCpl E.L. Heinrichs, Base Transport, recently retired from the CF after many years of dedicated service. Good luck in your future endeavours.



The Base Commander greets members of the Knights of Columbus who wine and dined during a recent dinner at the Officers' Mess.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj G. Veilleux
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8274
MASS SCHEDULE:
Saturday 1900 hrs
Sunday 1000 hrs
Daily Masses

As announced in the Bulletin, usually at 0900 hrs, except during Lent & Advent at 1900 hrs.

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

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

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

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

ST. MICHAEL'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.

IN RECOGNITION



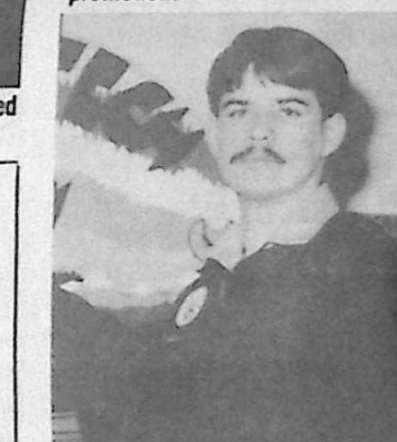
Sgt J.A. Bradley is presented with the Base Commander's Commendation.



MWO Wayne Roberts is congratulated on his recent promotion.



Cpl J.J.M. Thibeault, a Radar Tech at 407 Sqn, was recently promoted.



MCpl A.W. Healy successfully completed the Data Base Manager's course for BDps.

Give and feel
good inside.



PUBLIC ANNOUNCEMENTS

Change in Premium Rates—B.C. Medical Services Plan

The Province of BC Medical Services Plan has announced an increase in monthly premiums effective 1 Mar 89 for coverage beginning 1 Apr 89. New rates for CF members are as follows:

No. of Dependents	Rate
One	15.50
Two	27.50
Three or more	31.00

12th Annual Conference on Children

Register now for MAKING TOMORROW, a conference for parents and educators of young children, to be held Saturday May 6 at University of Victoria.

In addition to the keynote address "The Healing Power of Laughter and Play" by psychologist Jerry Ewen, there are over 30 workshops offered. The subjects range from science fun to child discipline and puppet making.

The conference is presented by the Vancouver Island Preschool Association in cooperation with the University of Victoria School of Child Care.

Registration brochures are available at libraries and community centres or by calling Carole James at 385-8975 (Victoria).

HIB VACCINE NOW AVAILABLE

The Upper Island Health Unit is please to announce that "Hib Vaccine" is now available free of charge to all children between 18 months and 60 months. Most children attending licensed child care facilities or who turned 18 months of age in recent months will already have been offered this immunization. Parents of previously unimmunized children in this age group should now consider making an appointment at their nearest health unit office.

"Hib Vaccine" provides protection to children as young as 18 months of age against serious illness from Haemophilus influenza type b bacteria. Infections from this bacteria include pneumonia, epiglottitis (an inflammation at the entrance of the voice box in the throat which when severe can require emergency surgery to prevent suffocation), or meningitis. In children under 5 years of age, it is the most common cause of bacterial meningitis.

There were 7 reported cases of haemophilus influenza b infections in Upper Island Health Unit between 1983 and 1987, and none in 1988. N.B. This vaccine does not protect against the meningitis caused by other bacteria or by viruses.

Vancouver Island Children's Book Festival 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," "Tat-tat-tat," "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.

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.

THIS SUMMER—VENTURE ABROAD WITH INTER-CULTURE CANADA

Interculture Canada, the country's leading international exchange organization, is offering rewarding summer travel and homestay programs to all Canadians interested in living an intercultural learning adventure.

Through its 6-8 week programs, this not-for-profit organization will give Canadians, young and old, the chance to really get to know another country—its people, its language, its culture.

Switzerland, Venezuela, Costa Rica and Thailand complete the list of program destinations available this summer through Interculture Canada. Participants to Switzerland, aged 16-22, will learn German or French over a 6-week period and benefit from a number of excursions to various Swiss points of interest. As for participants to Venezuela, aged 17 years and up, they will concentrate on learning Spanish and getting to know the country's culture and lifestyle during their 8-week stay.

For the more academic at heart, 7-week programs to Costa Rica and Thailand have been designed to allow teachers and other interested adults to

become familiar with the educational system of one of these countries. In addition, participants will explore Costa Rican or Thai culture and learn about local customs.

All programs promise to offer unique intercultural learning opportunities, thanks to Interculture Canada's tradition of placing participants with carefully selected local host families. Departure dates have been scheduled for July 1, 1989. Total cost, including round-trip airfare, course fees, accommodation, food and medical expenses, will vary according to destination and point of departure.

As a member of AFS Intercultural Programs, Interculture Canada is part of the world's largest network of international exchange programs. Founded in 1947 and currently operating in 66 countries, this educational movement promotes intercultural understanding and international development.

Application deadline for all above programs is April 30, 1989. For complete details on how you can spend an unforgettable summer, promptly call Interculture Canada at 1-800-361-1879.

ANNUAL EASTER SEAL APPEAL

Your Easter Seal donation helps B.C.'s disabled children all year. Whether they are staying at Easter Seal House in Vancouver close to Children's Hospital or being picked up for school or treatment by an Easter Seal bus, Easter Seals meet the needs of these special children...but only with your help.

Last summer, hundreds of children enjoyed a week at summer camp at no cost to their families. Your Easter Seal donations were hard at work supporting the special equipment and staff needed to run the three specialized camps, Squamish, Winfield and Shawigan.

When your Easter Seals arrive in the mail...please use them...you will be helping disabled children right here at home.

CF DENTAL PLAN

Members submitting dental claims to Great West Life Assurance Co are advised that the mailing address for the Vancouver office has been changed to the following: Great West Life Vancouver B.P.O. 1210 - 1177 West Hastings Street Vancouver, B.C. V6E 4J7

CBC RADIO ON NUCLEAR SUB

CBC Radio presents "HMS Revenge: Aboard the Polaris" on 5-6 April at 9:05 p.m. on the program Ideas. It's taped aboard a nuclear-sub in Scotland. Check local listings.

COMOX AIR FORCE MUSEUM WEEKLY BINGO

The Committee of the Comox Air Force Museum is pleased to announce a continuing series of weekly cash Bingos. All profits gained from these bingos will be used to support the Comox Air Force Museum. Interested bingo players are invited to participate at the Courtenay Bingo Palace on Tuesdays from 4:00 PM to 6:30 PM.

Join in the fun and winnings, as well as support your Comox Air Force Museum. Questions may be directed to the Committee Chairman, R.I. Sabbald, at 339-8332.

ATCCT/U REUNION

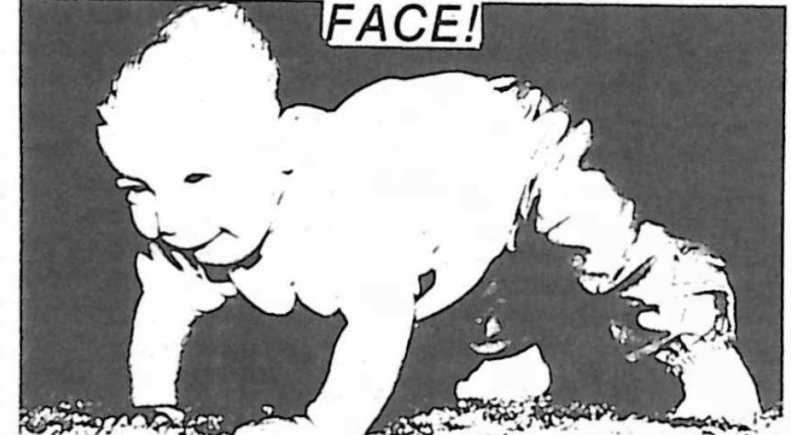
The Air Transportable Communication and Control Team/Unit will hold its 20th Anniversary reunion 23-24 June 1989 at CFB Trenton, Ontario. All ex-members are welcome. Contact: ATCCU Attn: Lt Sheila Park, CFB Trenton, Astra, Ontario, K0K 1B0. Tel: 613-965-2816. Autovon: 827-2816.

Canadian Fighter Pilots Reunion

Approximately 80 members of the Canadian Fighter Pilots Association (Pacific Chapter) will hold a reunion at CFB Comox Officers' Mess on 7 and 8 Apr.

Base OPI is Maj D.G. Middleton, BComd EA, local 8111. OPI for the static/fly display is Maj R.J. Kelly, D/BOpsO, local 8210.

THE SEARCH IS ON...FOR THE CUTEST LITTLE BABY FACE!



The Johnson & Johnson Baby Products Company is conducting a search for Canada's 12 most adorable babies and some little tyke in this town could be a winner.

The 1989 grand prize winner will receive a \$25,000 post secondary scholarship and will appear on the cover of the 1990 Johnson & Johnson Adorable Babies Calendar. The eleven runners up will be awarded \$10,000 scholarship towards post secondary studies and will as well be featured in the calendar as "Babies of the Month." Proud parents, grandparents, aunts and uncles, amateur photographers and friends of

the little tots can enter the contest by submitting photos of babies—born after May 31, 1986—along with a clever, descriptive caption for each photo. Entries will be judged on the "adorableness" of the photo and the charm and originality of the caption, not on the professionalism of the photography.

College for your child may be a "snap" away when you enter Johnson & Johnson's third annual "Adorable Babies Photo Contest." Look for contest entry forms where Johnson's products are displayed or call 1-800-265-8383 and enter before May 31, 1989.

PUBLIC ANNOUNCEMENTS

Countdown- to May opening

Science World British Columbia is counting down to a May 1989 opening. The ball is rolling!

It's the fulfillment of a dream—begun a decade ago—to create for British Columbians a people place of science where interactive exhibits and live demonstrations entertain as they "demystify" science and technology.

The idea was two years in the planning and exploration stage and five years in the "proving ground" as Science World's demonstration Arts, Sciences and Technology Centre in temporary quarters in downtown Vancouver.

And now, after nearly two years of fund raising, design and construction, it's approaching the reality of its official opening on May 6, 1989 with a rising sense of community excitement.

Science World has come this far thanks to the support of all levels of government, the response of the private sector since the campaign's kickoff with the April, 1988, Cecil Green Dinner and the

dedicated work of more than 120 volunteers conducting the Capital Campaign.

Those volunteers are continuing with the serious task of fund raising, taking the Science World story to businesses and individuals—and coming back with funding pledges toward the total capital cost of more than \$17.3 million.

Individual and corporate donations have ranged in size from a few dollars to a half million (by Fletcher Challenge Canada).

Now, in a province-wide public appeal, the Science World volunteers are asking every community-minded individual and business for the dollars that will complete the job.

More than \$2 million is still needed to complete the capital funding to pay for the conversion of the Expo Centre to Science World.

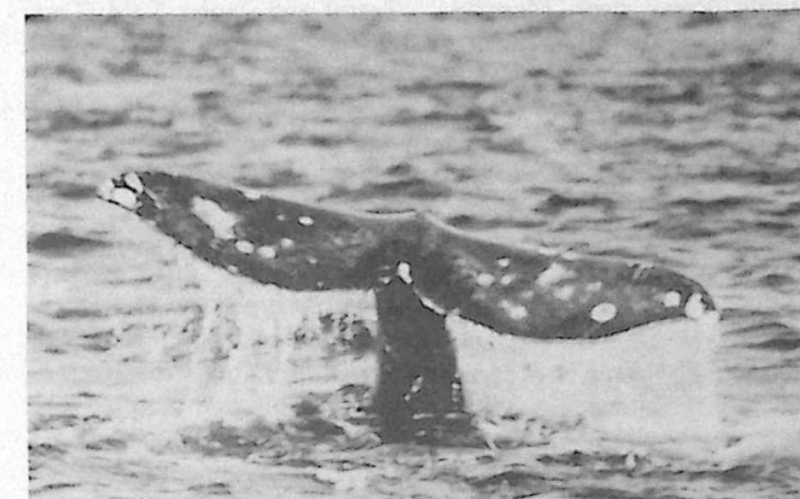
Please help us to keep the ball rolling to a successful completion of this exciting addition to B.C.'s resources. Make your pledge today.

For further information, call Wendy Bradley at 687-8414.



75th Anniversary! PACIFIC RIM WHALE FESTIVAL

March 17-April 2



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

In December of last year thousands of concerned viewers watched the evening television news to follow the fate of the gray whales trapped in ice-covered Arctic waters. A tremendous coordination of resources focused on the rescue operation and to everyone's great relief, the whales were freed to continue their southerly migration to the warm breeding and calving lagoons of Baja, California in Mexico.

Every March and April the estimated 19,000 Gray Whales are passing the shores of the west coast of Vancouver Island on their return journey to the summer feeding grounds in the Bering and Chukchi Seas.

The communities of Ucluelet and Tofino, and Pacific Rim National Park have joined together in celebration and welcome of the Gray Whale

during its spring migration. The festival dates, March 17 to April 2, 1989, coincide with the peak migration period.

Local events include an intensive "Whales in the Park" week at Pacific Rim National Park featuring guided hikes, slide shows, movies, and guest lecturers; theatre plays; dances; concerts and much, much more.

Whale enthusiasts can view these gentle giants from numerous shore view points; or try a whale watching cruise aboard one of the various charter boats based in either harbour. Planes can also be chartered.

For further information, please write: Pacific Rim Whale Festival Box 948, Ucluelet, B.C., V0R 3A0. Phone (604) 726-7336 Box 612, Tofino, B.C., V0R 2Z0. Phone (604) 726-3113.

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LOCAL SCENE

HOSERS INVADE VANCOUVER ISLAND!

On Saturday, 25 Feb 89, Brian Shackleton hosted "Shack's 8th Annual Hoser Party" at Hoser Acre Plus on Rennie Road near Merville. This annual event is always held on a Saturday afternoon in February and moves with him. The first three were held in Cold Lake, Alberta and the next four in Greenwood, Nova Scotia.

Twenty-five people had a fulfilled day in which they participated in "Hoser Olympic Games" and ate backbacon and cheese bunwiches. Glen Mackay, longtime friend of Shack and member of 89 Donut Team, found the mild temperature a pleasant change from those in Cold Lake where the 1st Annual Party had a -40°F temperature. Ken Doherty (member of Buns Team) and Shirley Peterson (member of the Earmuffs Team) were two of the neighbours who figured if you can't beat Hosers you may as well join them. Pam MacCallum, backbacon chef, said next year somebody else can try and balance the petite Brian Lavigne in the Down Under Event. Brian may have finished last in that event but his size and appetite brought in the gold medal in the donut

eating event. In fact, Brian finished his three donuts, whistled, and asked for dessert. Karen Wells (Capt Buns Team) and Janice Reid (Captain Donut Team) said they had a lot of fun but both swore revenge for being called "bar wenches."

Travis Commandeur (Captain 89 Earmuffs Team and member of the 88 Hoser Olympic Championship Earmuffs Team) blamed the judges for his team's drop from first to last place. Travis felt the judges were biased and unfair. Judges Micki Thurston and Frank Dumoulin did adlib on the scoring in some events by adding or subtracting points for various reasons, but most people found this "hidden element" interesting. So interesting in fact that Oscar Grubwieser, member of backbacon team, barely left in time to do the "Two Step" with his wife. Chris Shelly was so keen on this even that he biked 15 km each way on his mountain bike. George McManus, official photographer of the games, said that it was hard holding the camera steady at times she was laughing so much.

After seven events the games

were brought to a close with following results:

6th place-Earmuffs (blue) 24 pts
5th place-Backbacon (yellow) 29 pts
4th place-Beer (green) 31 pts
3rd place-Buns (pink) 32 pts
2nd place-Donuts (purple) 36 pts

1st place-Toques (white) 38 pts
1, Brian Shackleton (Shack) and my dog "Hoser" would like to thank several businesses for their donations, discounts and general support of the successful Eighth Annual Hoser Party.

Labatt Brewery Company Ltd., H & L Meat Processors (Courtenay), HiTec Printing (Courtenay), Ryan Road Bakery, Goods, R & W Meats, Corks and Caps (Courtenay), and Hot Chocolates (Cour-



Organizer Brian Shackleton and his faithful dog "Hoser", take a moment out from the hectic activities of "Shack's 8th Annual Hoser Party".

tenay). Most of all we would like to thank the participants. Have a good day and see all you hosers at the 9th Annual Hoser Party, eh.

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Phone 334-4416

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Looking for a tender loving and caring mom to look after my two girls (4 months and 2 years old) starting in May. The hours would be from 07:00 to 16:00 approx. Monday to Friday. Please contact Sylvie at 339-6298.

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Are you being posted?
Do you have a 3 bedroom, 2 car garage house for sale between \$80,000 and \$100,000 in Comox? If you do, contact Joe Cecic 407 Sqn loc 8573.

FOR SALE-1978 Ford Fiesta
not pretty but runs well \$500.
Joe Cecic 407 Sqn loc 8573.

LUNGS ARE FOR LIFE
Support Your Lung Association

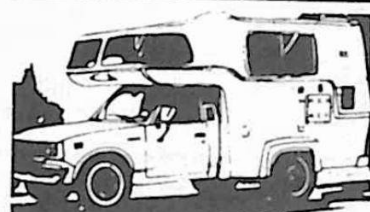
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(902) 765-4243

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.

WATERFRONT
FOR SALE by owner. Robert Lang Drive area of Courtenay. 90 gorgeous ft on the Puntledge River. Private & Quiet. Quality 2000 sq ft cedar bungalow, 3-4 bedrooms, 1 1/2 baths, 2 F/P's, attached garage, covered R/V. This unique property offered at \$104,500. Ph.338-6083.



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...CONTINUED FROM LAST ISSUE.

The Signs of Compulsive Gambling.

If you answer "yes" to at least 7 of these questions you would probably do well to take a second look at your gambling behaviour, as you may run the risk of becoming a compulsive gambler.

1. Do you lose time from work because of gambling?
2. Is gambling making your home life unhappy?
3. Is gambling affecting your reputation?
4. Have you ever felt remorse after gambling?
5. Do you ever gamble to get money with which to pay debts?
6. Does gambling ever cause a decrease in your ambition or efficiency?
7. After losing do you feel you must return as soon as possible to win back your losses?
8. After you win, do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance your gambling?
11. Have you ever sold any personal property to finance gambling?
12. Are you reluctant to use "gambling money" for normal expenditures?
13. Does gambling make you careless of the welfare of your family?

14. Do you ever gamble longer than planned?
15. Do you ever gamble to escape worry and trouble?
16. Have you ever committed or considered committing an illegal act to finance gambling?
17. Does gambling cause you to have difficulty sleeping?
18. Do arguments, frustrations or disappointments cause you to gamble?
19. Do you have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction as a result of your gambling?

Treatment -
The American Psychiatric Association lists compulsive gambling as an illness. Treatment programs are still few and far between. There are psychologists and behaviour therapists who do individual and family counselling. Gambler Anonymous is a self-help group dedicated to assist people who wish to stop gambling. It is based on the Twelve Steps of A.A. and works in much the same way. Mental Health Centres and Family Service agencies do provide assistance for the individual who is struggling with the severe anxiety, depression and guilt associated with years of compulsive gambling. Financial assistance and counselling are also provided in an attempt to rebuild a normal pattern of living.

REFERRAL AGENTS:

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

Comox Valley Child Development Association Receives Funding



VICTORIA - The Comox Valley Child Development Association in Cumberland has received approval of a \$145,000 GO B.C. award to help expand its facility, Stan Hagen, Minister of Advanced Education and Job Training and MLA for Comox, announced today.

Hagen explained the expansion involved adding 6,790 square feet to the existing facility which has been serving special needs children since 1974. "Present enrolment stands at 125 and space has become very limited. Additional space will allow for an expansion of services as enrolment is steadily increasing," Hagen said.

Bill Reid, Minister of Tourism and Provincial Secretary, joined in the announcement.

"The centre addresses the needs of handicapped children and their families and offers services such as assessment, physiotherapy, speech and occupational therapy, family counselling and community education," said Reid, minister responsible for GO B.C. "The expansion will provide additional space for current programs and allow the introduction of new services such as a library, workshop and community meeting space," he added.

GO B.C. is a capital funding program which uses the proceeds from lotteries operated by the B.C. Lottery Corporation to assist a wide range of community initiatives.

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:

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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USE OUR COMMUNITY NEWSPAPER NETWORK CLASSIFIEDS.
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BUSINESS OPPORTUNITIES

\$5,000 down O.A.C. 15 late model LTL 9000's Cat or Cummins power. Extended warranties. Job placement assistance available upon request. Phone Steve or Brian collect (604)525-3481. Evenings 299-5378 or 584-4335.

Build your future with Multi-Pure drinking water system Marketing program. Send self-addressed stamped envelope: I.D. Mercantile, Dept. CPM, Niagara-on-the-Lake, Ontario, L0S 1J0. Dealers welcome.

Learn how modest income can create great wealth! For your free outline, send self-addressed envelope to: P.Y.F. Systems, Box 1324, Kelowna, BC. V1Y 7V8.

Grocery store in Williams Lake, BC. Next to Mobile Home Park, pub and industrial area. Gross over \$600,000. A great buy at \$120,000 + stock. 398-6005.

Cozy little luncheon business expanding investment potential in Okanagan's fastest-growing community. Westbank Mall on Coquihalla Connector. \$42,900. Serious enquiries only. 768-3825 or 860-9370.

South Central B.C. Pub, 4-bdrm. living quarters, gross sales \$288,000. \$100,000 down. Call Henry Desnoyer, Tradeland Realty, 3410 Coldstream Ave., Vernon, BC V1T 1Y2. 545-5325, 542-8712.

Grocery store for sale on Main Street, Houston, BC. 1988 sales \$1,400,000. \$195,000 includes all equipment, add inventory at cost. Lease building at \$2850 per month with option to purchase. Box 159, Houston, BC, V0J 1Z0.

USA Today - High-tech hot spot. Professional builder - most revolutionary change in housing since indoor plumbing. Video tape. Money back guaranteed. Only \$49.95. Call (604)688-0722.

EDUCATION

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FREE: 1989 guide to study-at-home correspondence Diploma courses for prestigious careers: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton (1A), 1055 W. Georgia, Ste. 2002, Vancouver, 1-800-268-1121.

EQUIPMENT AND MACHINERY

Restaurant food manufacturing equipment. We will sell you surplus or put you in contact with equipment you need. Write for list to P.O. Box 24361, Vancouver, V5T 4M5.

Complete placer mining equipment, components, aggregate equipment, new and used. Will buy used equipment. Consignments, appraisals. Crescent Equipment Sales Ltd. Phone 533-7625 (evenings, 852-2498).

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FOR SALE MISC.

Norlake China Sale! Terrific discount on current patterns. Delivered well packed, insured. For price list, shipping details, call Alexander's The Norlake Experts. Toronto. Toll-free 1-800-263-5896.

Golf cars, new and used, electric and gas, from \$999. Executive West Golf Cars, Vancouver. 888-5562.

Kitchen unit 59 1/2" x 25" d., 35 1/2" h., stainless steel top w/sink and taps, 3-element electric range, oven, drawer and refrigerator. Complete \$599.95, two for \$1150. Buy and Save, 9818-4th St., Sidney, BC. 1-556-7612.

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FOR SALE MISC.

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NEW! Pocket guide to Gov't Assistance Programs for Entrepreneurs. Send \$18.95 + \$1.75 shipping to Exec-U-Sec. Multi-Media Services, 1801 - 1148 West Broadway, Vancouver, V6E 3V1.

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HELP WANTED

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Position available for experienced Real Estate Salesman in the thriving community of Smithers. Good commission splits; moving expense compensation. Send resume to: Manager, Box 2588, Smithers, BC V0J 2N0

HELP WANTED

Pioneer Villa, a 40-bed Intermediate Health Care facility in Creston, BC invites applications for Director of Care. Reporting directly to the Administrator, will be responsible for total supervision of the Care Department. The incumbent must demonstrate experience in Long Term Care Nursing; registered with RNABC; prefer a graduate with B.Sc.N. including courses in gerontology. Please submit applications in writing, no later than March 17, 1989 to Mrs. M.L. Angus, Administrator, Box 969, Creston, BC. V0B 1G0 or phone 428-7188 for more information.

Full time sports reporter required for Fraser Valley/ Lower Mainland weekly newspaper chain. Successful applicant should have excellent sports writing as well as strong feature writing skills. Send resume and clips to: The Managing Editor, NOW Newspapers, 418 - 6th Street, New Westminster, BC V3L 3B2.

Chetwynd Forest Industries requires certified electrician willing to work shift work. For more info contact Bob Evans, (604)788-2686, local 11.

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ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law. 0-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

Major injury claims. Joel A. Wener, personal injury trial lawyer for 21 years. Call collect, 736-5500 Vancouver. If no recovery, no fee. No Yukon inquiries.

TRAVEL

Skiers: Lake Louise, sun-tanning capital of the Canadian Rockies has Ski and Stay packages for only \$33/day (double occupancy, minimum 3 days). Call 1-800-661-1150.

HELP WANTED

Insurance Agent. Producer/Manager for Fraser Valley Agency. Applicants should have level II with ability to acquire level III status. Share options available. Apply to Box A67, c/o Chilliwack Progress, 45680 Spadina Ave., Chilliwack, BC V2P 6H9.

Auctioneering Institute of Canada. "We are teaching today for tomorrow's future." Professionally taught, term soon, for free brochures phone (403)875-3339. Box 264, Lloydminster, Alta. S9V 0Y2.

Parts Person - Expanding Auto Parts Store requires experienced parts person. Duties include: counter sales, delivery, shipping and receiving. Please send resume to P.O. Box 1090, Grand Forks, B.C. V0H 1H0.

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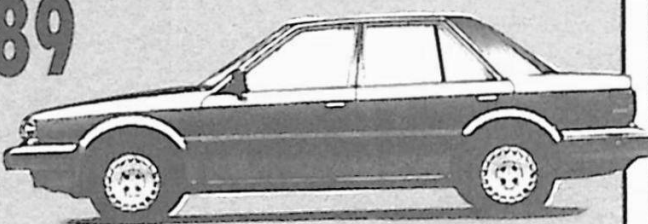
\$7989



*Nissan Canada suggested retail price for a new 1989 Micra 4 Door Sedan equipped with a 1.6 liter 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.

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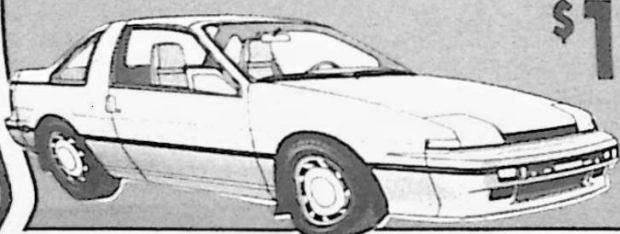
\$14,989



*Nissan Canada suggested retail price for a new 1989 Stanza 4 Door equipped with a 2.4 liter 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

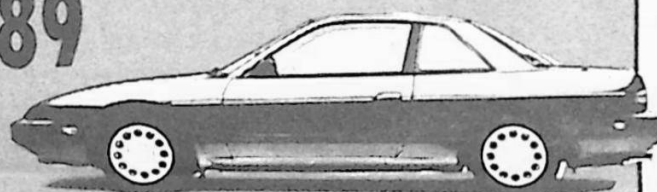
\$15,989



*Nissan Canada suggested retail price for a new 1989 Pulsar 2 Door equipped with a 1.6 liter 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

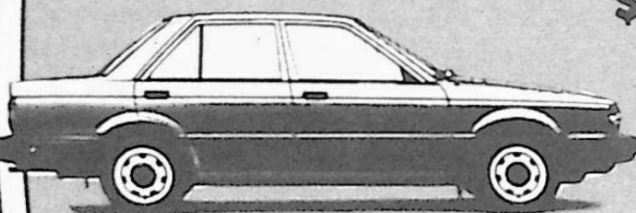
\$17,989



*Nissan Canada suggested retail price for a new 1989 240SX 2 Door equipped with a 2.4 liter 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

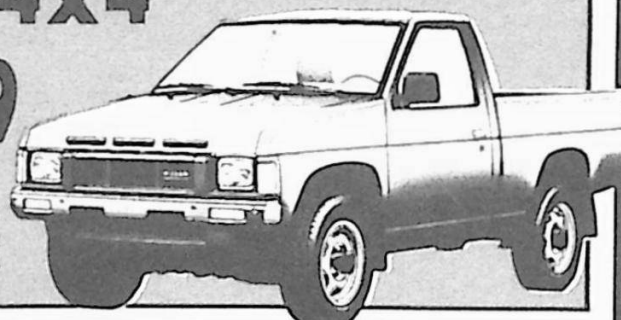
\$9989



*Nissan Canada suggested retail price for a new 1989 Sentra 2 Door Sedan equipped with a 2.0 liter 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 4x4

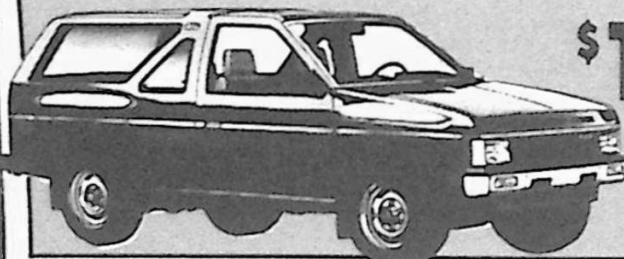
\$13,989



*Nissan Canada suggested retail price for a new 1989 4x4 2 Door equipped with a 2.4 liter 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

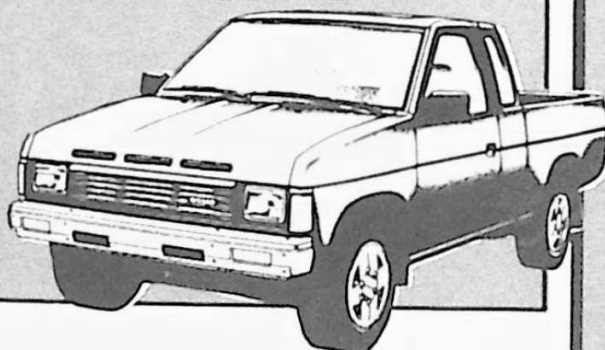


*Nissan Canada suggested retail price for a new 1989 Pathfinder 4 Door equipped with a 2.4 liter engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales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

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**Includes: jump seats,
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