TOTEM TIMES

Canadian Forces Base Comox B.C.

VOL 31 NO 7 APRIL 6, 1989 | NEXT DEADLINE MONDAY, APRIL 17, 1989 | COST: PRICELESS

MAJOR AIRCRAFT SEARCH ON VANCOUVER ISLAND

442 Squadron and Civil Air Search and Rescue Association personnel were employed this week in a search for an overdue aircraft. The Piper Cub J-3 went missing after take off from Courtenay Air Park on Monday 27 March. On board the aircraft were the pilot Mr Bill Oaks of Port McNeil and his passenger Mr Doug Carrigan of Black Creek. The aircraft was presumed to be enroute to Tofino, although a flight plan was not filed.

442 Squadron commenced search operations on Tuesday morning with Capt Harold Mulder taking on the duties of Search Master. Capt Mulder and his assistants confirmed the intended flight path and tasked 2 Buffalos, 3 Labradors, 1 Twin Otter, and 5 civilian aircraft with searching the central section of Vancouver Island.

Although persistant crews were able to search large areas, search operations were restricted by poor weather throughout the week. On several days high winds and low cloud made it impossible to penetrate much of the rugged terrain.

The aircraft was finally located by a Labrador helicopter at 1540 hrs on Sunday 2 April. The aircraft had crashed in mountainous country at the head of Barkley Sound, southeast of Tofino. Sadly both the pilot and passenger were deceased. The cause of the crash is under investigation.

TWO SKIERS ESCAPE AVALANCHE ON MT. WASHINGTON

On Thursday, March 29, 1989, two young skiers from Victoria, Leona Mickelson (18) and Remy Quinter (20), narrowly escaped serious injury or possible death while (knowingly) skiing outside of the area boundaries of Mt. Washington Ski Resort.

The pair, both experienced skiers, crossed an area boundary rope just below the top of the Blue Chair at about 3:10 P.M. Their intention was to traverse to the top of a run they had skied earlier to reach some untracked powder snow. Once out of bounds they took one wrong turn and skied down a very steep slope north of the resort. From there they tried to traverse back over the ridge to return to the ski area. The going was tough, the snow deep, and progress very slow. They skied across natural slide paths, through treed areas, and natural openings, sometimes under overhanging cornices.

After a while they reached a frozen creek bed which they followed up, but the going soon got too tough and they started traversing again. As they cut across an open, windcrusted slope, the snow suddenly started moving under their skis. The avalanche carried Leona several hundred feet down the slope and left her buried up to her chest in cement like snow, unable t move. Remy, as he was slidin managed to grab and hang to a small tree. He'd lost ski but was able to find it at some searching and digging. took him some time to find and dig Leona out. She has a sore ankle but was otherwise alright. Minus three of their four ski poles, which were lost in the masses of snow, the now frightened and exhausted skiers worked their way down the slope, away from the cornices onto some flatter terrain.

After some time they reached a snow covered logging road which they followed—in the wrong direction. Luckily, the sun was still on the horizon and after a while the two oriented themselves and turned around. A long hike along the logging road took them to the Mt. Washington access road where they were picked up by

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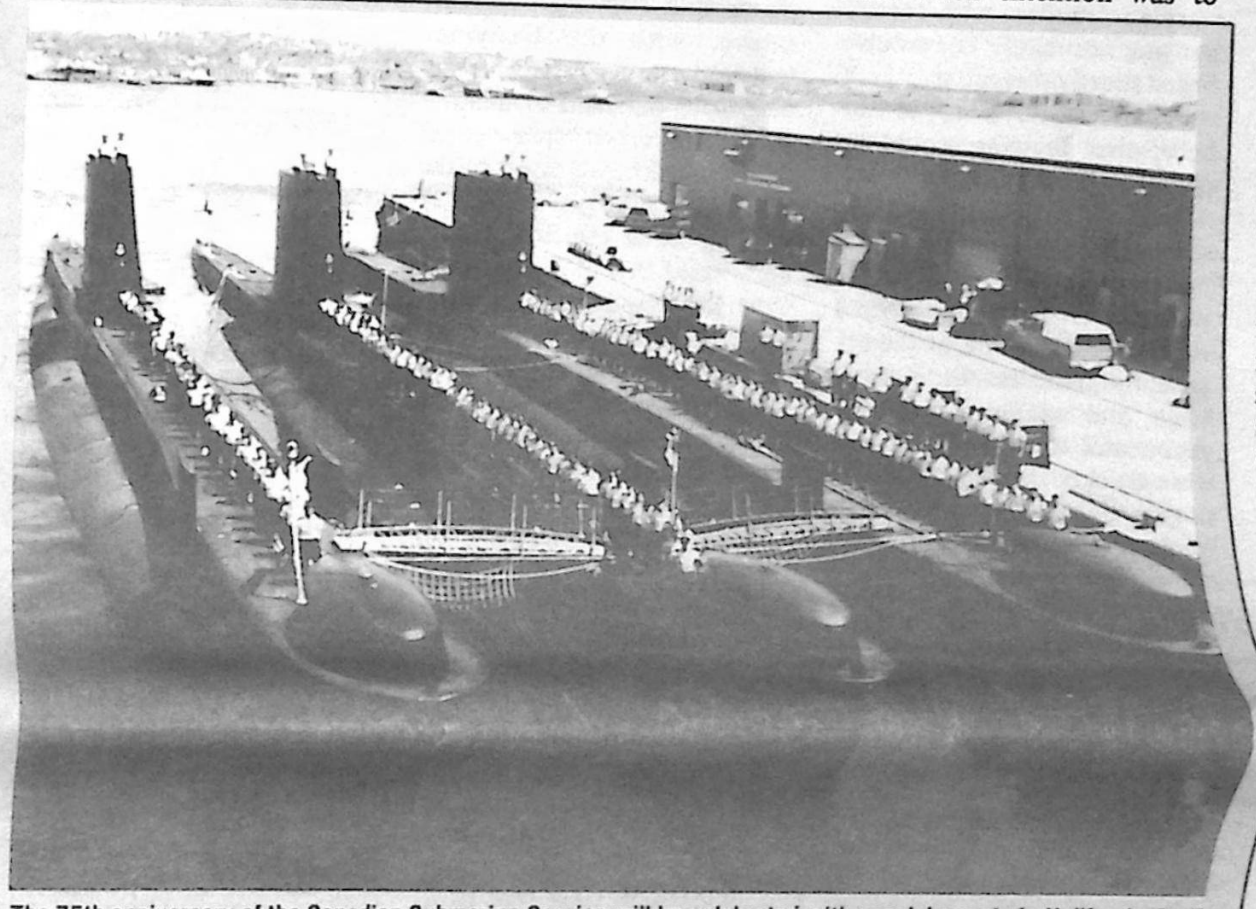

The 75th anniversary of the Canadian Submarine Service will be celebrated with special events in Halifax in April and August. Among the highlights in April are, a submarine 'open house', a reunion ball, a submarine display dedication at the Maritime Command Museum and a church parade. Separate events will be held in August to celebrate the actual anniversary date. It's rare to see all three of the navy's Oberon-class submarines operational at the same time (photo above)—one is usually in refit. This occurred in the summer of 1986 when the refit cycle was altered. From left to right are: HMCS Okanagan, HMCS Onondaga and HMCS Ojibwa.

New Negotiations on Force Reductions in Europe

The Secretary of State for External Affairs, the Right Honourable Joe Clark, announced in January Canada's agreement to participate in the new Negotiation on Conventional Armed Forces in Europe. The mandate for this negotiation provides for talks among the 23 states that are members of NATO and the Warsaw Pact. The talks will be aimed at strengthening security in Europe through the establishment of a stable balance of conventional armed forces at lower levels. Canada was an active participant to the agreement on this mandate.

Considerable progress has been made in recent years in improving East/West relations, Mr. Clark noted. He expressed the expectation that the new negotiations on conventional forces will focus on those weapons systems which are capable of mounting large-scale offensive operations and of seizing and holding territory, effectively eliminating once and for all the danger of surprise attack in Europe. Europe is today a heavily militarized region, with over five million men and women of the armed forces of two opposing military alliances facing each other.

The Negotiation on Conventional Armed Forces in Europe began in Vienna in March, within the context of the Conference on Security and Cooperation in Europe (CSCE). Mr. Clark emphasized the importance Canada attaches to the negotiation as providing a unique opportunity for furthering the cause of European security. He confirmed that every effort will be made by Canada's delegation to the negotiation to ensure its success.

RACIAL DISCRIMINATION ALIVE AND WELL

TORONTO-- Secretary of State and Minister of Multiculturalism and Citizenship Gerry Weiner said today that racism and racial discrimination are, unfortunately, facts of life in Canada as he released a government document on eliminating racial discrimination.

The Minister presented the publication at a gathering of 350 business and community leaders to mark March 21, the *International Day for the Elimination of Racial Discrimination.*

March 21 marked the 1960 Sharpeville massacre in South Africa where over 70 peaceful demonstrastors against apartheid were killed by security forces. In 1966, the United Nations decided to officially recognize the day.

Mr. Weiner said the federal government is taking action to combat racial discrimination on several fronts but that it was up to individual Canadians to strive to eliminate racism wherever it exists in communities across the country.

"Governments cannot act alone. They need the help and support of the Canadian people in all facets of their personal

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"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE, MONDAY, APRIL 17, 1989—NOON

EDITORIAL

THE THERAPEUTIC EFFECTS OF JUGGLING

Oh, no! Please, not another editorial on a ridiculous subject that nobody cares in the least about—I know that's what you're thinking. And you're absolutely right. This is exactly what this is. So if you proceed past this point I absolve myself of all responsibility for your welfare. Now tie your laces a little tighter, grit your teeth, and brace yourself for the worst and then some.

Perhaps a short explanation is in order to account for this absence of any substance in my editorials. First of all, I don't believe in taking anything too seriously. In a world where absurdities abound, it's difficult to keep a straight face. Secondly, the terms of my service at this establishment do not allow me to explore the range of subjects and issues available to most other editors. To quote my bible (the Canadian Forces Administration Orders), "editorial opinion must reflec the policies of the command...controversial subjects affecting other departments of the Public Service or pertaining to the CF or public policy shall not be included." This seems to rule out anything of interest. What else is there left to write about? Why, the therapeutic effects of juggling, of course. What a silly question.

Somewhere in the deep, dark recesses of my subconsciousness I think I have always harboured a secret desire to be able to juggle. Perhaps watching circus clowns or street performers at a very young age triggered it. Or maybe I'm just weird. At any rate, the ability to keep a multitude of objects in the air at the same time always struck me as wonderful. Useless, but wonderful. I would picture myself in a tense situation. Say, for instance, a tornado is rapidly shredding the building I'm in, with people collapsing in hysterics all around me. Casually I would whip out my handy juggling pins and with a debonair air make a modest comment like, "Perhaps you didn't know I could juggle." Then I would dazzle them with my dexterity and lightning reflexes. Captivated, entirely forgetting their desperate situation, they would throw themselves at my feet with appropriate exclamations of awe and admiration. We would all die anyway, juggling being notoriously ineffective at preventing death by tornado, but we would depart this world with dignity. Or at least I would.

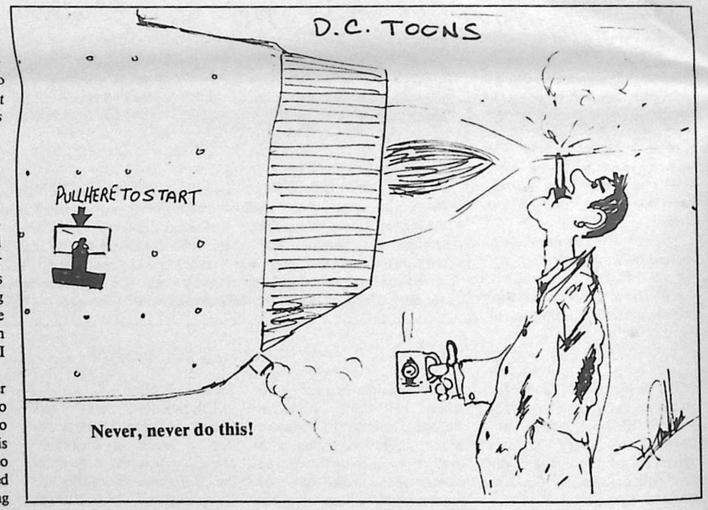
This odd preoccupation of mine would probably have never emerged into the cold light of reality if not for a friend. Perhaps sensing a long suppressed ambition, he foolishly sent along a volume entitled *Juggling For The Complete Klutz* (maybe he wasn't so foolish) with accompanying beanbags. The trouble began shortly thereafter.

I had always been of the belief that juggling would be easy, that I would be a natural. A Movie of the Week about my soon to be amazing ability did not seem out of the realm of possibilities. However, when I first hefted just one of the apparently harmless little beanbags and made a few experimental tosses, my illusions were quickly shattered. I could not throw a bag with even vague accuracy from one hand to the other. Somehow it would always end up terrifying the cat. It would land in its food dish or strike the ceiling and send down a shower of plaster particles. The cat began to develop a complex and at first sight of the dreaded beanbags would hightail it for cover. In fact my wife began to develop a similar complex. "Oh dear, I forgot to clean the toilet," she would mutter upon seeing me reach for the beanbags. I began to develop a complex. I would skulk to a remote corner of our rural property, the beanbags hidden in my coat, and casting furtive glances about me proceed to embarrass myself in front of the local wildlife. But I diverge.

Once I had failed to master "the toss" I threw caution to the wind and went directly to "the juggle." I felt certain this minor hiccup on my road to stardom would be corrected with dizzying speed by skipping all the intermediary lessons and proceeding directly to the final stage. I positioned myself in the centre of the living room. My posture was relaxed, my attitude confident. One bag followed the other into the air till all twenty-nine (actually I only had three—it just felt like twenty-nine) were in motion. Unfortunately none of the motion was in the right direction. According to the impossible to misunderstand instructions the beanbags should have been arcing smoothly above my head in a mesmerizing pattern. Instead I found I was flinging myself about the house, knocking over plants and tripping over furniture, with the beanbags inevitably out of reach of my despairing hands. Frequently I would find myself sprawled on the floor with one or all of the infernal beanbags insolently striking me or the floor with a soft "thud."

This I could have endured. My wife clutching her stomach and dissolving in helpless laughter and the cat smirking at me from under the desk I could not. Crushed, I admitted defeat.

Where exactly was the therapy in all of this, you ask? I'm seeing a doctor regularly now. Funny though, he never wants to talk about juggling. He only wants to know about my childhood—I keep saying I'll tell him about it when it's over...



Never, never do this!

TOTEM TIMES

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LETTERS TO THE EDITOR

"FORESTS FOREVER" ONLY GOOD FOR RECYCLING

Dear Editor,

The recent "Forests Forever" insert in local papers throughout BC invites criticism for its simplistic "trust us, we care too" theme.

"Forests Forever" is a catchy alliteration meant to infer that once we cut down a forest we can then reproduce another one. WE CAN NOT. We are replacing non-renewable, complex ecosystems that have evolved over tens of thousands of years with, in comparison, hectares of ecologically sterile wood fiber plantations that are forecast to be mowed down again in 50-75 years. We don't even fully undersand the blueprint of an old-growth forest, never mind trying to replicate it.

On page two outlining the economic profile of the B.C.Forest Industry there is no mention of the fact that all of the large forest companies in B.C. are now owned by gigantic multinational resource companies who have long histories of depleting resources, and then reinvesting the profits in other countries to stripmine their resources. Neither is there any mention of the fact that the B.C. lumber industry could add more than $1.7 billion annually to its revenues by producing more specialty wood products. There is little attempt to manufacture value-added products because quite simply, the greatest profit margin is in harvesting the resource as quickly and as efficiently as possible.

Nowhere in their Market Outlook is there any mention of the inevitable drop in lumber prices that will occur as we begin to mill ever increasing amounts of inferior quality second growth timber. Our current lumber prices are buoyed by milling rapidly depleting stocks of old-growth timber the produce internationally valuable mature wood lumber.

The "before and after" shots purported to justify clear cutting on page 3 were particularly deceiving. By choosing to take the 1986 photo from a camera angle and depth of field setting that has the forefront of the photo filled with sharply focused trees of healthy but indeterminate height, this photo creates a three dimensional illusion that the stature of the background trees are comparable to those in focus. Some might call that trick photography. But regardless of the illusion being created by the photography, it should also be noted that this is a picture of the White River Valley. Valley bottoms are the most exologically resilient areas in the province for tree growth. This is where the fastest growth takes place and where the biggest trees are found. The side hills of the valleys that have been clearcut have been ravaged by wind and water erosion that in many cases have totally destoryed the fragile layer of topsoil that took millenia to build up. Even on those sidehills where young seedlings have taken hold, it will be a couple of hundred years before they grown back to a marketable size due to restricted water resources, higher altitudes and increased vulnerability to wind buffeting.

Page 4 opens with the bold headline "80 million trees were harvested last year in B.C. ..and 200 million were planted." This trite bit of deception is self-addressed by the second paragraph subheading: "The figures don't tell the whole story." The 80 million trees harvested in this province last year were survivors in a complex natural selection process that resulted in some of them reaching ages in excess of 500 years. Each old-growth tree could account for several good size sawlogs for the mill. Furthermore, the 80 million only represents those trees that made it to the mills or for export. There were many more millions left in the woods because of falling breakage, yarding breakage, small diameters and what the M.O.F. calles unavoidable waste: "that component of the waster which cannot be removed with a reasonable effort because of physical impediments." The Ministry also permits the logging companies to leave 35 cubic metres/hectare; this is referred to as an avoidable waster allowance. (The average highway logging truck carries about 30 cubic metres). Each of these old-growth trees would have the potential of producing fine-grained, mature wood lumber. To draw a direct comparison between these exquisite specimens of nature's beauty and a greenhouse raised 6" seedling that has a 70% chance of properly rooting is folly of the highest order.

I could go on here about the elementary school innocence that the cute little drawings (page 5) describing forest management try to evoke or the omission from the glossary of terms such words as soil degradation, wind and water erosion, juvenile wood, off-site planting, sympathetic administration, hi-grading, x and y exemptions, die-back, sinuosity, etc.. Suffice it to say, the only redeeming quality of the "Forests Forever" insert is that you can recycle it and honestly show that "You care about B.C.'s forests....".

Jim Pine
383-9959

—I began my career in the forest industry as a chokerman in 1970. I worked summers in the industry until 1978 when I began a 5 year full-time job with B.C.F.P. in Port Renfrew. I then worked two years at a data processing firm producing reports for logging companies. This Fall I finished up four years as a log scaler and am presently working as a teacher in Victoria.

NATIVE EDUCATIONAL FUNDING TO BE REDUCED

Dear Editor,

On April 1—just days before Michael Wilson delivers his budget—the Department of Indian Affairs will enact further cuts to assistance for Native students trying to earn a post-secondary degree at a Canadian College or University.

The complex funding formula will see budgets slashed for most student living allowances which cover the costs of transportation, childcare, food, and accommodation.

It is now estimated that funding for native post-secondary education is approximately $40 million lower than for non-native students (on a national basis). These additional cuts represent a serious setback for aboriginal people who view education as a viable means to escape the cycle of poverty that is all too evident on Canadian reserves.

On the surface, the timing of this action is perfect for a Government that cringes at "bad press". Native students will be preparing for exams, student newspapers will close down for the same reason, and the Canadian media will focus on the "really big" budget announcements soon to follow.

In the native community however, the timing of these cuts could not come at a worse time.

We are constantly reminded of the dismal conditions still facing our first citizens.

Our penitentaries remain home to a disproportionate number of native people; unemployment on Canadian reserves still soars over 50 percent; substandard housing, sewage, communications, medical and social services are the rule and not the exception; over 45 aboriginal languages are in danger of extinction; and self-government is being thwarted at every turn whether on the constitutional front or through the legal maze we euphamistically call land claims "negotiations."

However, one of the very few "success stories" we can point to, is in the area of education. In high school, University, and College classrooms across Canada today, the educational prospects for native students appear brighter than ever.

Gone are the days of Indian Residential schools where young native children were taken from their families and flown to an institution—only to find themselves culturally isolated—at times even punished for attempting to speak their own language.

Despite social and economic difficulties arising from poverty, the participation rate of native students in Post Secondary institutions has risen dramatically—over 140% between 1981 and 1987.

All independent, and even partisan indicators, suggest that improved education opportunities can only help the aboriginal community.

I cite the Conservative cost conscious "Nielsen" Task Force Report which states that "there will contine to be acute need for the next 5-10 years, both in specific areas of expertise (Business administration, teaching, social services, engineering, etc..) and to provide community role models (for native students)."

The Nielsen Report also points out that the percentage of aboriginal people enrolled in post-secondary education programs is still far below the national average. The Nielsen study also notes that aboriginal students who graduate with assistance from the Federal Government, find employment more than 90% of the time—a rate much higher than the national average.

What will be the "end results" of these cuts?

First, Indian Bands faced with shrinking resources will be forced to look at short term funding decisions. They may be forced to send students to "cheaper" one or two year courses when the students' interests may lie in a four year program.

Shrinking resources will force students out of major urban centres where housing costs have soared. It is not fair that native students be financially prohibited from earning degrees at the University of Toronto or UBC simply because they reside in remote communities and cannot afford either travel or living costs.

Assistance is being limited for the number of months a student can pursue a degree. For many native students, preparation courses are required, often resulting in the need for an additional year's support for a degree or diploma. These cuts will often mean that students drop out one year short of their objective.

Aboriginal students from campuses across Canada are mobilizing to fend off this latest attack on a program that is one of the true "success stories" of the federal government.

A society that does not have sufficient access to the basic tools of higher education will continue to face an acceptable future of high unemployment and welfare dependancy.

I ask you to write to th Minister of Indian Affai (Hon. Pierre Cadieux, c House of Commons, Ottaw Ont. K1A 0A6) to express you support for continued assistance for native students.

Your support is appreciated.

Sincerely
Bob Skelly, MP
(Comox-Alberni)
New Democratic Party
Indian Affairs Critic

POST OFFICE CLOSURES NO JOKE

Dear Sir:

So Canada Post is in rural Canada to stay. Isn't that remarkable. Before we get all choked up over their benevolence let's ask them which part of rural Canada they plan to stay in.

I guess it's not Alic Arm, Coalmont, Monte Lake, Birch Island or Farmington. They, along with a dozen others in B.C., have already been closed completely (no private outlet either).

Maybe they are referring to their "under review" list which includes places like Lac la Hache, Bridge Lake and 35 others.

The fact remains that the Canadian postal system has been in rural Canada for over a hundred years and is now gradually sneaking out the back door while they are telling us it isn't.

All their high-sounding phrases won't alter the fact that a total of 59 rural post offices in B.C. are already on their hit list and more to come. So far the score is 17 closed, 5 "privatized" and 37 "under review".

Why not write a letter to the Right Honourable Brian Mulroney, House of Commons, Ottawa, K1A 0A6, telling him you object to the erosion of our brural communities. Send a copy to your local Member of Parliament, same address, no stamps required.

Once our rural amenities are gone (all the ones our parents and grandparents fought so hard to get) we won't get them back. Once we are into the green box thing and are a rural route number of a larger community, the names of our small communities will fall into disuse.

Come on folks—let's "circle the wagons"—someone is trying to steal our way of life.

Yours truly
Aline Journeay

AROUND THE BASE

From The Top Rung

COL TED GIBBON

AIR POWER—WEATHER PERMITTING

I've discovered that the quickest way to gain popularity in the military is to schedule a parade and then cancel it. For the many who were elated at the turn of weather events that led to the cancellation of the Freedom of the Town parade on April 1st there were some who were disappointed. I was one as were those who put so much effort into planning and organizing both the parade and the flypast. The opportunity to acknowledge the honour that the townspeople bestow upon a military formation by granting them the privilege of marching through their streets with banners unfurled as an important and significant demonstration of the close ties that exist between the military and civilian communities. Testimony to the strength of those ties is the number of calls I received from local citizens expressing their disappointment at our inability to exercise our right. You should be proud of the high esteem in which you are held and endeavour to ensure that none of us do anything to tarnish that reputation. I was personally disappointed because there can be no greater military honour than to lead one's command in a time honoured ceremony that demonstrates both the pride we have in our service and the pride our citizens have in their service. Yes, we missed a great day but don't despair, popularity can be a fleeting thing.

April 1st was of course the anniversary of the founding of our Air Force and it was my intention to include all ranks in the celebrations associated with our 65th birthday. Lieutenant-General Ashley and Colonel Thibault cooperated by making the CFB Moose Jaw Volunteer Band available for *our activities and all the messes contributed to the evening's entertainment. It was particularly appropriate that the Moose* Jaw band be in attendance as its personnel epitomize both the past and the future of the Air Force. They are all volunteers, they thoroughly enjoy what they are doing, they strive for perfection, their ages and enthusiasm run from youthful exuberance to mature reflection or is it youthful reflection and mature exuberance? They come in all sizes and from varied backgrounds, their individual talents support and contribute to the success of the group, they give willingly of their free time, they work for a few rewards, are always looking for more to do and do it all happily and with enthusiasm. Given their civilian and military backgrounds, they represent the total force concept. In short, they are the Air Force, now and in the future. Thank you for being with us Moose Jaw, we enjoyed having you and hope you had an enjoyable visit. Sorry it rained on my parade.

"IT'S ABOUT TIME"

Turning of the sod for new MP building. From left to right: Pte Brad Lapaorte, Lt Kevin Mercer, Eng O, Maj Fisher, A/BTSO, Dennis Guelpa, General Contractor, Capt Ray Cossette, BSecurO, L/Col Anderson, A/BComd, Mike Glenmore,DCC Proj Sup, Maj Andre Corriveau, BCEO, Maj John Stariha, A/B Ops O, MCpl Jeff Buxcey.

Canadian Cancer Society at work in the Comox Valley

Most families have been touched one way or another by cancer but not everyone knows of the services offered by the Canadian Cancer Society volunteers. I would like to acquaint the public with the services that your donations help to provide.

The Comox Valley Unit is located at 493 Fitzgerald Ave., Courtenay, (tele 338-5454). It is *provided at nominal rent by Gibson and Kelly to the Society which also* pays for basic office supplies and telephone, and supplies all the brochures, pamphlets, no smoking signs, etc. The furniture and other equipment have been donated or lent by valley people. The office, which is staffed entirely by volunteers, is open Monday to Friday from 10 a.m. to 4 p.m.

In the office we have the "Journey for Lives" Cancer Library which has books on cancer and how to deal with it, and also the Hospice Library which deals with coping with death.

The trained volunteers who run the office are good listeners. They will help in any way they can and are always willing to refer a call to one of our support services which include:

Reach to Recovery for women with breast cancer. Volunteers who have had breast cancer themselves will visit in the hospital when requested by the patient through the nurse or doctor, or in the home at the patient's request.

CanSurmount volunteers support patients and their families in all other types of cancer on a one-to-one basis. Once again, it is necessary to have medical permission to visit the hospital but home visits are made at the patient's or family's request.

Emergency Aid is available under certain circumstances to patients in financial difficulty. A call to the office (338-5454) will be referred to our emergency aid volunteers.

Volunteer Drivers will take a patient without means of transportation to and from his hospital or clinic appointment.

"Smokers Anonymous", a weekly support group for those wishing to quit smoking, is sponsored by our education committee, which supplies speakers and has numerous videos and other educational materials.

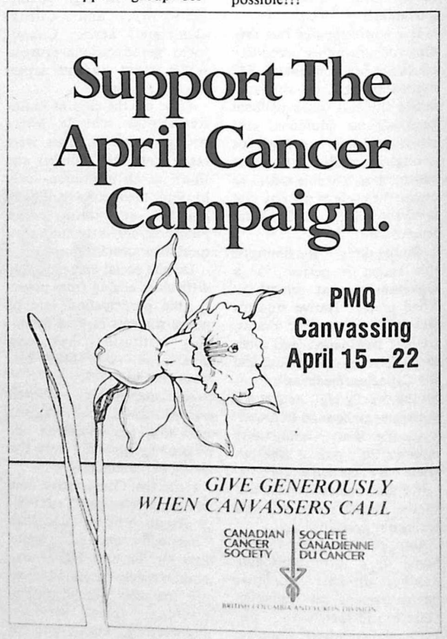
A group of dedicated nurses volunteer their time to teach women a lifesaving technique at the *Breast Self Examination Teaching Clinics* which are sponsored twice a year by the local unit.

We now have a "Living with Cancer" support group for anyone with cancer, a history of cancer or a suspicion of cancer, their family or friends, where members can share their fears, anxieties and hopes with others in similar circumstances.

Our volunteers also tell cancer patients going to Victoria to Vancouver for treatment about the Vancouver Island and Vancouver Lodges which are adjacent to the royal Jubilee and Vancouver General Hospital Cancer Clinics, respectively, which provide a warm, caring home-away-from-home for cancer patients.

The volunteers of the Canadian Cancer Society are here to help the public. Please don't hesitate to call if we can be of service.

Thank you for your part in making these services possible!!!



WANTED!

for the TOTEM TIMES

Part-Time (approx. 30 hrs bi-weekly) Typesetter/Secretary with some bookkeeping.

Must have excellent typing skills and be willing to work flexible hours.

Interested persons please contact Editor at 339-2541 or apply in person at office 17-19 April or 1-3 May.

SECTION NEWS

Demon Doins

AIRCREW

Did you ever wonder why they make the holes on those little juice cans so small that you can barely drink out of them? And why are those cans so little anyway? And while I'm at it, who ordered 5,000,000 cans of that wretched tomato juice which everyone hates? None of this has anything to do with the Doins, but I always wanted to get that off my chest and the time seemed right.

Now for some real nonsense.

The Flight Suit Formal, sponsored by that mystic fund I didn't even know I contributed to, was about as much fun as any humanoid could reasonably expect. One of the evening's greatest sources of entertainment was inhaling helium from balloons and talking like one of those loveable Disney characters that most people would dearly like to squash under foot. The winner of the funniest voice went to Capt Dave Bolton, though we later determined that it was without the benefit of helium. At one point in the proceedings, through a complicated process of condensation and fluctuations of atmospheric pressure, a balloon became filled with water and hurled itself against Capt Steve Amo's face. Steve was teary eyed for awhile, but recovered quite splendidly, and was later seen dousing numerous individuals with his solar powered laser beam water cannon.

Capt Montreal Mike Verville, that gentleman of the crud table...okay, so the guy's a wild man. During a recent match at the Officers' Mess he threw the cue ball with such velocity that it launched from the table, broke a light, and was last seen orbiting around Jupiter.

On a deployment not long ago, Capt Fred Bigelow insisted that he sleep on the top bunk. Capt Jeff Grevstad, willing to sacrifice the great jollies obtained from sleeping with your nose against the ceiling, readily agreed to this arrangement. According to Jeff there was much tossing and turning in the top bunk until three in the morning, at which point its occupant came crashing to the floor. Funny as it may seem, Fred never moved for the rest of the night.

During an OMS last week Lt Darren Skuja, a virtuoso at the acoustics station, was instructed to listen for an explosion. "What does an explosion sound like?" asked Darren. "BOOM-" replied Crew 3.

You know, it's amazing what you can do with a big sign board and a bunch of moveable letters on a busy city street. For more information concerning this family oriented sport, contact the master of ceremonies Crew 5.

407 SOR

With the FEs trying out their hand at journalism, the SOR decided to get in on the act also. Bear with us as this is my first attempt.

There have been some changes around the SOR lately with the return of Cpl Bill *Laing (Congrats on your promotion, Bill) and the addition of Pte Mears. We would* also like to welcome back Cpl Dumont from her 5's in Borden. After topping her course, she now has a few years before having to return to Camp Boredom. Our world traveller Cpl Nantel is back from her trip to Hawaii and Pte Hall is still telling us stories about his wild weekend in Halifax.

Over the past weeks we hve found that we have some pretty athletic people in our midst. First, our fearless leader Lt (N) Bertrand was in Chilliwack showing off his skills on the badminton court. He came back saying that with more practice he would be a force to reckon with next year. Sgt Al Chappin and Pte P.J.Mears (with the help of Sgt Nicki Barber and Cpl Carol St Germain from BOR) returned with the "B" event trophy from the Western Adm Curling Bonspiel in Winnipeg. Skipping a rink of three non-curlers is an obvious disadvantage, but somehow Al in all his wisdom pulled us through. We were the Cinderella team of the spiel coming back from a 9-0 deficit in the fourth end to win the final game 13-10. Our egos soared as we received a standing ovation at the banquet. The Sarge was so impressed that he went around telling everyone he was victorious because he has 3 women on his team. This week the 407 SOR sport fiends are taking on all other Admin Clks in a play to the death volleyball game.

We have a busy couple of months in front of us now, namely posting season. So if you come into our usually happy little office and we're not our normal cheery little selves—bear with us—it has to end sometime, right?

In closing off this week's little tidbits of trivia, I would like to say that being the new private in the SOR has its ad*vantages and disadvantages. When I mess something up I use the excuse of not knowing* any better. When I do something right I'd like to think its because of my training (usually luck plays a big part in this one). And lastly, when I get asked to do something (like this article) I have no choice but to hope that soon there will be a new sucker posted to the squadron!

407 (MP) SQN PHOTO

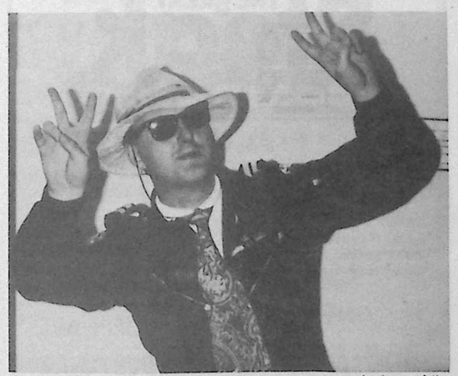
Once again it's almost posting message time and everyone is waiting to hear who is going or staying. Our career manager has kept such a tight lid on all his decisions that even the rumour mill has shut down.

The question of postings does not concern some people; MCpl Dan Mallette and Cpl Rob Granger are on their way to Kingston to explore the wonders of electronics via the POET course. Nor does it bother Cpl Gord Morrison who has just returned to work after attending the Aurora Photo Second Line Maintenance Course in Greenwood.

It does add to Cpl Jo-Ann e Parker's pre-wedding jitters though. Oh well, Jo-Anne, Cold Lake isn't that far for commuting.

Cpl Neil Lauder is too busy planning his May wedding and preparing for his June TAE to worry about such trivial things as postings.

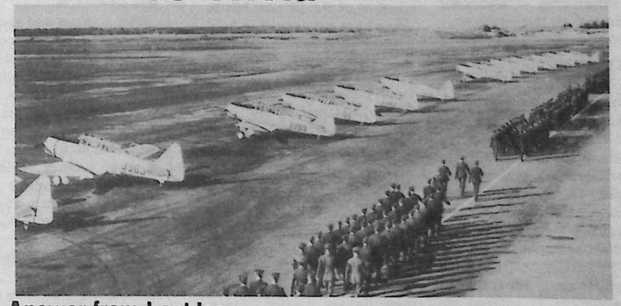
Capt Ken "Killer" Westerveld wandered away from the shooter bar long enough to show his skill with a machine pistol (water). At his mercy is Base Pharmacist Capt Joanne Gour.



Capt Bert Fenton flashes the victory sign after being named winner of the Ugliest Tie Award. The prize—three months in Greenwood.

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue

THIS WEEK'S TRIVIA:

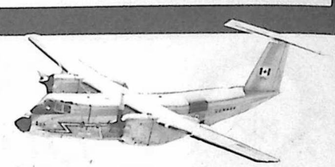
A wartime ('39-'45) photo, but when and where? Surely you know the aircraft.

LAST WEEK'S TRIVIA:

A Briston Bolingbroke at Brandon, Manitoba. It flew out of Pat Bay and in/out of Comox, WWII.

SECTION NEWS

442 SQUADRON



Cpl Kirk Steeves practises the two-step with his dancing partner. Actually he's sweeping snow from the top of a Labrador helicopter during a March Cross-Country training flight. Outstanding form, Kirk.

SNAKE PIT OPERATIONS

The Squadron has been very busy this week with SAR Oaks. The search, completed on Sunday, is detailed in a separate article. In other operations a Labrador Operational Training School crew carried out a timely rescue of two 14 year old boys lost in the woods near Comox. The boys and their faithful Golden Labrador were located on Constitution Hill by a civilian aircraft who called in the yellow Labrador. A plan was quickly devised as to how the dog could be recovered with *the rescue net and hoist. Unfortunately the dog didn't quite* agree with the plan. As Marc Reeves was lowered gently to the ground, the canine decided to test the strength of flying suit material. Colin Macdonald quickly paid out hoist cable to allow Marc the opportunity of scampering to avoid teeth marks. The dog was soon calmed down and recovered with the aid of its owner. This story shows that Buffalos are not the only "Labrador Retrievers" on this squadron.

SNAKECHARMERS

With yet another posting season upon us most of the Snakecharmers are preparing themselves for some heartfelt and emotional goodbyes.

Included in the posting routine are Mike Dunham (Shearwater), Dwight Wagner (Trenton), Jim Diamond (Penhold), Stephane Provost (St Hubert), Cal Kennedy (Gagetown), and Joe Gautreau (Moncton).

Dwight Wagner is finally at 100% again after doing his one-armed impression since February, while Chuck Ross is still doing his impression of Chester from Gunsmoke, Duane Forth has also been laid up the last few weeks with a bad back but considering his trade, it hasn't hampered his job performance in the least.

Needless to say, it has not been a healthy winter for squadron members in their athletic endeavours.

The intersection curling bonspiel on Mar 28 was another feather in the squadron's athletic cap as the Snakecharmers managed a second place finish. Congratulations to Greg Ewing, Cal Kennedy, Al Stephens and Kathie O'Brien for a job well done.

The Snakecharmers would like to suggest to the other inter-section Snow to Surf teams that they might as well stay home and rest on the day of the competition because 442 Sqn, has got the Base Commander's Trophy clinched (again).

BUFF FLIGHT

The personnel from Buff Flight have been on the move again this week.

Don McClellan came back from a week of holiday in Flin Flon, Manitoba. (Does this guy know how to have a good time or what!) But somewhere during his travels the airlines asked him to check his moustache and it still hasn't been returned. The youngest member of the flt now has to prove he is old enough to hold a driver's licence.

Marco Plasse has returned from Bangkok in one piece. This is an amazing feat considering the stories being told of his vacation in the exotic Far East. His pictures are still being developed.

Tim Leslie is off to Volleyball U in Toronto for 3 months. Tim just remember the Chicken Deli is a good place to eat out while you're there. Be sure you don't forget your computer and your white gym shorts with the crease down the front. Have fun Tim, see you in June.

And finally to finish off this week—Dave Roberts was called back to Comox from his AAC ride to Penticton to h elp out with the search. Upon landing, Dave was spouting something about recalling the most needed SAR God to help SAR God to help out where he was most needed.

NAVS

The Directional Consultants office has remained quiet and fairly uneventful the past two weeks. Marc Ouellet is apparently in love and from all appearances becoming rapidly domesticated (not by Brad). With great protestation we sent Marc for a week in Winipeg for the EW course. Lt Neal Matthews also left for the EW course plus the Herc OTU in Trenton; we'll try and remember you belong to us when you return Neal. Rudge Wilson has been taking the remainder of his annual leave and true to the standard he set on previous leave periods he was called back for operations; at least it was only the last day this time Rudge. Harold has settled back in for another year at Comox and has now got his 'wheels' operational again. As searchmaster for SAR Oaks Harold had a very busy and harried six days but handled the job with the expertise we expect from Harold on Ops and represented the Squadron well. Maj Howe has been A/CO for almost two weeks and is expecting demotion and happiness any day (effective until all Capt PERs get sent back by the first level of monitoring). Fletch is expanding his mind at NIC for two weeks, (lots of room for *expansion) and the Major hopes it's a course in tact and* diplomacy.

LAB FLIGHT

Visitors to 442 Ops may notice a change in the decor, as Louise Neil's toes peek out at them from their new location on the Ops desk. Grounded by a recent hard landing (as a result of a mid-air collision during a volleyball game) Louise is cheerfully manning Ops until she is once again declared serviceable.

In other comings and goings in chopper-land, Paul Vanderbasch keeps alive his impressive string of flying postings with a move to 413 Squadron in Summerside. Congratulations! Charlie Cue, recently promoted to major, is soon to leave us for the hallowed halls of NDHQ, where, as he proudly relates, he will be kept locked in a "SAR cell." Kirk Sunter and Wally Mackay return to us this week from their annual simulator ride in Tustin, California.

That concludes Lab news for now. One could of course include an account of a recent rescue in which a lost doggie was hoisted in a Billy Pugh net, but who'd believe that?

FE SECTION

Things have been really jumping in the Engineer Section.

Dan Daniels and Lorn Neave have been racking up the hours on the fling wing side of the house. It seems Dan wants to leave on a high note. After eight continuous years, his impending withdrawal from the Comox Valley is rapidly approaching.

Speaking of rapid movement, it didn't take Tom Furlotte long to empty his desk.The big guy was seen scurrying across the parking lot with bags in hand enroute to Trenton. Best of luck Tom. With Tom's transfer the question of who's to become the Buff grand poohpbah is now the topic of conversation.

From the believe it or not category, Boxer Scott, finally did a base duty NCO.

Lab Flt also got a thumbs up from the local Humane Society after Sgt Colin MacDonald and his OTU crew plucked a dog off the side of Constitution Hill. The big question in the section is "Does Colin actually stage these rescues?"

Everyone knows Serge Poirier is gracing the roads with a new beater and not to be outdone Paul Caughy paid a guy in a van to back into his newly refurbished MG. Smart thinking Paul; sounds like a 10 for planning to me.

The section would like to wish Brian and his wife Bev all the best.

Lastly, the FE Entertainment Chairman requests that back dues be paid. Gord needs some donations for his new ball wackers, and Kevin needs some more gel.

Some recent (and not so recent) promotions at 442 Sqn: Front Row-Maj *Mohns, Pte Mario Tremblay, Cpl Guy Letellier, Sgt Gary Kendal, MCpl Joe Gautreau, Lt O'Brien. Back Row-Cpl Yvan Levesque, MCpl Bruce Morgan and* MCpl Serge Parron.

Some 442 Sqn fitters gather to receive an award from General Electric marking the first 10,000 hours of operation of a T-64 (Buffalo) engine.

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SECTION NEWS

COMMUNITY COUNCIL

FROM THE MAYOR

Easter weekend saw a visit made to Airport Elementary of that favourite fellow/lass, the Easter Bunny. A Colouring Contest was held, followed by an Easter Egg Hunt and costume judging of Bunny costumes. Assisting the Community Council were the Base Commander, Col Gibbon, who judged the Colouring Contest, and Lt Col and Mrs Bennett, who had the difficult task of selecting the best costumes. With over a hundred children in attendance, the judges' decisions were well received, at least there were no eggs thrown at them that we saw. A well done to Debbie Roy and her committee for planning and carrying out this activity. The additional help we received in putting away the tables and chairs was greatly appreciated. Thank you to those volunteers.

Again this year the Council will be running a PMQ Beautification Contest. Residents will be judged on the following criteria:

LAWNS-General condition, colour, length, and weed control

FLOWER GARDENS-general condition, colour-coordination, symmetry, and flower health

EXTRA EFFORT- hanging baskets, plants, vegetable gardens, etc., and last but not least

YARD NEATNESS

Judging will take place from 1 May to 31 Aug 89, so let's get those Qs looking good.

It is certainly to one's self-satisfaction to keep your PMQ neat and tidy, but also the many visitors that have passed through our Community during the summer months have always commented as to the well kept houses and yards. Let's keep up the good work.

Future events - On 28 April 89 our annual Spring Clean-Up, and on 29 April 89 a PMQ Garage Sale to be held at Airport Elementary School. Also there is a Mixed Slow Pitch softball team being formed in the PMQs. If you are interested please call Bill Bailey at 339-7602 or Mark Blanchard at 339-2475.

WALLACE GARDENS COMMUNITY ASSOCIATION BURSARIES

The Community Council of Wallace Gardens had decided to award $100 Bursaries to a Male and a Female student who will graduate this year from Highland Senior Secondary School. This is open to all dependants of PMQ residents.

Following are the requirements for application for the Bursaries:

CLEAR CAREER GOALS

GOOD ACADEMIC RECORD

GOOD STUDENT

ACCEPTANCE LETTER FROM NEXT HIGHER DEGREE OF SCHOOLING (ie: UBC, UVic, North Island College, Etc..)

A 500 WORD ESSAY ON: CAREER ASPIRATIONS ON COMPLETION OF SCHOOLING

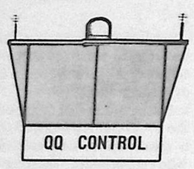
Judging of applications will be done by a panel of 3 members of the Community Council. Deadline for applications is Friday, 28 April, 89. Applications may be dropped off at the Council office in the Rec Centre between 0800-1230 hrs daily Monday to Friday.

Questions regarding the above information may be directed to the Mayor, Terry Smith at 339-8376 during working hours or 339-6899 during evenings or weekends.

TEEPEE PARK—BOAT LAUNCH PASSES

Boat Launch passes for the 89/90 f/y are now on sale at the PMQ Association Office located upstairs in the Rec Centre. Price is $20 for the year or $3 per day.

Please contact Mrs. Linda Rose (loc 8571) between 0800-1230 hrs Monday to Friday.



As The Beacon Turns

It has been said in the past that this article is merely a forum for the Section Hockey Team. I disagree. However, it matters no more as the hockey season is over. Base Ops was eliminated in semi-final play of the Base Commander's *Cup, losing 5-3 to BTSO. Steve wants all the Red Sweaters returned to him. He doesn't* want to see anyone walking around downtown in July with one on.

Capt Bob Trainor is our newest qualified terminal controller. Bob "checked out" last month, and we are all eagerly awaiting the opening of the Gravel Pit, as Bob will most surely be laying the Big Bucks on the bar.

MCpl Heather Moss has just finished her last shift on Friday as she now begins her maternity leave. Heather will return to us when her BMI is at a normal level.

Andre Lafontaine's car is in the shop again. He's only had it two months.

I'll remind you all again of the ATC Golf Tournament. Dates are Apr 23, 24 and 25. The practice round will be on the 24th and the competition will be on the 25th. The tournament is open to ATC types (past and present) both military *and civilian, and related Met and Navaids personnel. In the* words of one organizer, "This traditional get-together affords everyone the opportunity of renewing old acquaintances and nurturing new ones."

I haven't received any feedback from Steak and Lobster Luncheon last week, so I'll just say "It happened." The Steak and Lobster evening for this spring has not been officially announced so I have no info on that either.

On a final note, welcome back to OCdt Doug Godden. Doug has just graduated from Chilliwack and starts his ATCO course in October. I don't think his hair has been this short since Cornwallis.

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HOUSING PROGRAMS

BUDGET 1989

British Columbia is an attractive place to work and live.

That combination is putting pressure on the supply of housing.

The provincial government is responding: $120 million more will be spent on new and enhanced housing programs this year. That will bring total spending on housing programs to over $890 million.

- A renter's tax reduction will be introduced for renters with modest incomes.
- Non-profit societies that develop rental housing for seniors may be eligible for special start-up grants of up to $20,000.
- The shelter allowance for British Columbians receiving income assistance under the GAIN program will be increased in July.
- The SAFER program, targeted to seniors who are renters, will be significantly enhanced in July. Those most in need will receive a higher subsidy — the rent ceiling has been raised and the eligibility age has been lowered to 60 years.
- British Columbia will build more than 1,800 units of social housing as part of a cost-sharing agreement with the federal government. British Columbia will seek to significantly increase this number. There are already 51,000 units of social housing in the province.
- The eligibility age for British Columbians to defer their property taxes is being lowered from 65 to 60.
- The home owner grant is being increased by $50, to $430 for 1989. Seniors, the disabled and others entitled to the supplementary grant will receive an increase of $70, to $700 for 1989.
- The one per cent property purchase tax is being reduced for British Columbians who have only a small down payment to make against the purchase price of their home.
- The provincial government will provide incentives to stimulate private sector construction of new, affordable rental units. Developers will be eligible for interest rate assistance on these units.
- Crown land will be made available for rental housing developments. The program is targeted to areas where vacancy rates are low and land is scarce.
- The provincial government will work with municipalities and offer grants for each new unit of multiple dwelling rental housing approved for development.
- The Second Mortgage Program is being improved for qualifying home buyers. The program is being privatized and to facilitate delivery by the private sector, second mortgages will be replaced by provincial loan guarantees effective June 15, 1989. The limit for eligible houses will then increase from $85,000 to $100,000 and the maximum assistance available through the program will rise from $10,000 to $12,000.

The initiatives add up to a comprehensive package to increase the affordability and availability of rental housing and to encourage home ownership. For more information, call toll-free, 435-5656 on the Lower Mainland or 1-800-663-5656 outside of the Lower Mainland, Monday to Friday, 8:30 a.m. to 4:30 p.m.

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Minister of Social Services and Housing

The Honourable Mel Couvelier
Minister of Finance and Corporate Relations

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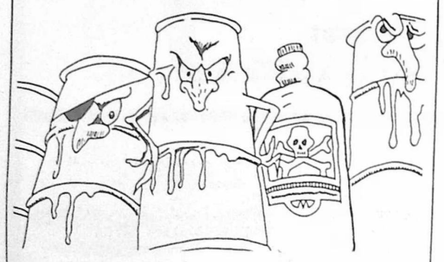

Safety Sam (Sam F. Brown, Base General Safety Officer) is a busy man these days. He's tasked with informing everybody on Base about the WHMIS policy.

WHMIS stands for Workplace Hazardous Materials Information Systems, and it came into effect in Canada-wide legislation on Oct 31, 1988 in workplaces under Federal, Provincial and Territorial jurisdiction.

WHMIS classifies and labels a great number of controlled substances used in the workplace, ensures workers are given health and safety information on these products and provides detailed worker education that is specific to the tasks performed. For example, more than 1700 hazardous materials (controlled substances) come under WHMIS classification-- cleaning agents, solvents, explosives, gases and hospital materials are a few encountered by CF and DND personnel as they work.

The key WHMIS document, where workers are concerned is the Material Safety Data Sheet (MSDS) supplied by the manufacturer of each hazardous product. From it, the worker can determine the nature of the hazard, how to handle the product and what remedial measures are available should an accident occur.

With more attention being paid to our living and working environment, WHMIS will enable us all to strive for a cleaner, safer world.

...Norm Blondel

Hazard Symbols

Classes and Divisions	Hazard Symbols
Class A - Compressed Gas	
Class B - Flammable and Combustible Material	
Class C - Oxidizing Material	
Class D - Poisonous and Infectious Materials 1. Materials Causing Immediate and Serious Toxic Effects	
2. Materials Causing Other Toxic Effects	
3. Biohazardous Infectious Material	
Class E - Corrosive Material	
Class F - Dangerously Reactive Material	

April is Dental Health Month—Oh No!

Once a year, regular force members are subjected to the dreaded annual dental checkup in order that their level of dental fitness can be determined. The following is a typical scenario at the dental clinic: as the patient lies in the dental chair, fearing the worst, the dentist calmly peers into his gaping orifice and says to the dental assistant. "Replace composite on the mesial of 23." Most people are left confused by the jargon (and sometimes bad humour) exchanged between the dentist and the dental assistant during the appointment. In the pursuit of improving dental awareness among base personnel during our national dental health month, here is a mini-lexicon of some of the terms you may overhear while in the dental chair.

Alginate—this pink-coloured gelatinous material is used with the dental trays to take impressions of the dental arches; contains algin, an extract of certain brown seaweed.

Amalgam—the most widely-used filling material; composed mainly of silver, tin, copper, and mercury. May contain varying amounts of zinc, palladium, and indium.

Buccal—the surface of the tooth that faces toward the cheek.

***Composite**—a tooth-coloured filling material used mainly in areas of the mouth where esthetics is of prime concern; composed of a polymer matrix, glass or silica fillers, and usually an accelerator that hardens the material when it is exposed to high intensity light.*

Distal—the surface of the tooth that is furthest from the dental midline.

Liner— suspension of calcium hydroxide used to protect the dental pulp in deep cavities.

Lingual–the surface of the tooth that faces toward the tongue.

Mesial—the surface of the tooth that is closest to the dental midline.

Periodontal Disease—breakdown of the supporting structures of the teeth, marked by gum inflammation and pocketing around the teeth.

PFM Crown—short for "porcelain-fused-to-metal" crown. As the name implies, this type of capping is made of firing a colour-matched porcelain onto a core of either gold alloy or base metal.

TMJ—short for "temporomandibular joint", which is the articulation between the temporal bone of the skull and the lower jaw; often a source of discomfort for some individuals, e.g. grinders.

Veneer—a facing, made either of composite or porcelain, placed on the front teeth to improve esthetics (e.g. discoloured teeth, closing minor gaps between teeth).

The most common way of identifying teeth in the mouth is by using a double-digit number system. The first number is a 1, 2, 3, or 4, representing the upper right, upper left, lower left, and lower right quadrants, respectively. The second number designates the specific tooth in the quadrant, numbered 1 to 8 from the middle incisor back to the third molar. For example, a lower right first molar would be designated "46."

With all this knowledge at hand, our confused patient who "needs a composite on the mesial of 23" quickly realizes that he needs a tooth-coloured filling on his upper left eye tooth, on the surface closest to the midline. Too easy, right?

Don't be afraid to ask questions regarding dental care to any of the clinic staff at your next appointment. We don't bite—although some of you do.

"DISCRIMINATION"

...continued from page 1

and professional lives. Only then can we achieve real change," he said.

"Canada's growing multiracial and multicultural population means we must learn now to recognize discrimination in all its forms and eliminate it," Mr. Weiner told his invited guests.

"If we succeed, we do much more than set an example for the world. We set an example for ourselves and our children which will keep this country strong, prosperous---and fair," he added.

Government commitment in this area has been underlined by new initiatives, including the forthcoming new Department of Multiculturalism and Citizenship; the recent Canadian Multiculturalism Act; new program directions and resources; and, an undertaking to set up a $24 million Canadian Race Relations Foundation.

Mr. Weiner pledged his own personal commitment to eliminating racism and said: "We can have a more competitive and a more compassionate Canada. This is a time of change and challenge for Canadians. March 21 is just the beginning."

VU 33

...continued from page 7

AIRCREW

The end of the fiscal year has come upon us once again and with it the rush to get all of our accounts up to date. Like any large organization there are a lot of accounts to settle. As a result, March has been a very busy month.

Try as we might to save up our leave, we were all forced to journey forth and enjoy ourselves. Capt McQuaid, in an attempt to increase the Squadron's strength, stayed home waiting to become a new daddy.

Speaking of adventures, we can't forget the URC 30 account. With time left for only one more trip south, bags were packed, loaded and moved out. Once again URC 30 showed us a good time and we all look forward to our next "RON"dezvous. Our money spent and our bodies tired, the trip home was long and uneventful.

Once home there was but one account left unsettled. With some much needed help from Capt Putland of VU 32 Sqn, fly ops were commenced in support of fleet workups. By the end of the month it was all over except the entries to our log books. With any luck, next year will be just as busy.

BUTT OUT

ANYONE INTERESTED IN JOINING THE BUTT OUT PROGRAM, PLEASE CONTACT MAJOR TAMMINEN AT LOCAL 8230 BEFORE APRIL 24TH.

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ON & OFF THE BASE

Barry Sweeney
music reviews and syndicated columnist

BOY GEORGE BACK AND ROCKING

Ex-Culture Club leader Boy George has put his controversial past behind him and with the release of his second solo album "High Hat" (Virgin 3056) the inimitable Mr. O'Dowd is making a musical statement. Although I enjoyed his couple years back debut solo effort "Sold," I have to admit that "High Hat" could be a monster in the making.

This album covers a wide diversity of subject material and styles while remaining in the pop/rock idiom. "Don't Take My Mind On A Trip", the album's first single release places George in a tough musical groove while "Whether They Like It Or Not" adds a funky base to a track that could probably be considered autobiographical. Songs here are thought provoking (Girl With Combination Skin), reggae flavoured (Kipsy), they border on the haunting (Don't Cry) and wrap up with soulful sensitivity (I'm Not Sleeping Anymore).

Album has already received rave reviews in the trade press and that fact alone could translate to a mega-hit. Album is solid throughout with George co-writing eight of the tracks. Top flight production and tight arrangements should carry this easily into the top twenty.

NO MORE DIRE STRAITS

David Knopfler along with his brother Mark formed Dire Straits in 1977. He played rhythm guitar and performed on the band's first two albums before departing three years later. He cut three solo albums (Release, Behind The Lines, Cut The Wire) and now his fourth, "Lips Against The Steel" (Attic CYP-907) is the first to be available in North America. The album is self-produced, digitally recorded, mixed and mastered. Knopfler wrote all the songs and it is his somewhat raspy lead vocals that carry the message of life's observances.

Knopfler is more than a singer or writer. He is a song stylist and the style he portrays in the "Lips Against Steel" LP is one *of a person who has taken the time and patience to mold each lyric line into a picture. Like a sculptor David has shaped and* molded each picture into a song that has bite. It is pop with an edge. Powerhouse ballads. Any one of the eight songs here could vault Knopfler into the spotlight and take this album straight to the top. Best bets include "Angie & Johnny", "Whispers of Gethsemane", "Heat Come Down' and "To Feel That Way Again." Superb!

HIGHLIGHTS OF THE 1988 SISIP BOARD OF TRUSTEES MEETING HELD 3 NOV 88

SISIP, the Service insurance plan that keeps on getting better, has announced several major improvements in the past year and continues to give the best possible coverage at the lowest price.

Although many improvements were discussed at the annual meeting, the following are of greatest importance to serving members:

a. The Reserve Term Insurance Plan (RTIP), launched on 15 Feb 88 and providing term insurance for primary reserves classes A and B, already has over 100 participants and is growing rapidly;

b. Effective 1 Jan 89, a new policy guaranteeing a minimum benefit for "low-salaried" employees has been adopted for Long Term Disability (LTD) and Survivor Income Benefit (SIB) claimants. This policy impacts on privates and office cadets whose pay level is less than that of a senior private in the standard pay group, since both LTD and SIB benefis are based on a percentage of income;

c. Effective 1 Jul 88, premium rates were reduced an average of 10% for SIB, 20% for Optional Group Term Insurance (OGTI) and RTIP, and 15% for Coverage After Relase (CAR). Further premium reductions are anticipated in *July, 1989;*

d. Effective 1 Jan 89, spousal dependant life coverage under SIB is increased from $10,000 to $20,000 and dependant life child coverage under SIB, OGTI, RTIP and CAR is increased from $4,000 to $7,000, all at no additional cost;

e. Effective 1 Jan 89, SISIP-LTD coverage for those who joined prior to 1 Apr 82 is no longer compulsory in order to acquire SISIP Life insurance coverage; and

f. Effective 1 Mar 89, the CAR life insurance limit has been increased fromn $150,000 to $300,000. Thus, a member who has been contributing to SISIP (SIB, OGTI, GOIP and RTIP) can, upon release, convert their existing coverage to CAR up to $300,000.

Many other improvements were also approved at the annual meeting, particularly with regard to people already receiving a SISIP benefit. The bottom line is, SISIP is still the best value for your money. If you have any questions regarding these or other SISIP topics, please call your Base SISIP Advisor at 8330 or 8577.

JOHN GELLNER ESSAY COMPETITION FOR MILITARY WRITING ANNOUNCED

The Canadian Defence Quarterly Advisory Board has established an annual essay competition to be known as the John Gellner Essay Competition. This competition is open to members of the Canadian Forces and to all students in strategic studies or military history programmes at Canadian universities which participate in the Department of National Defence Military and Strategic Studies Programme.

Three prizes will be awarded each year by the Advisory Board:

*The John Gellner Prize (First Prize)—$1000 and Certificate;

*Two 'Honourable Mention' Prizes—$250 each and Certificate.

Rules for Submission

1. The essay must be on a military defence-related topic.
2. The essay may be written in either official language.
3. The essay must be between 3000 and 4000 words in length.
4. Essays must be typewritten, double-spaced, on 8½" by 11" *or DIN A4 paper, with text on only one side of the page.*
5. Essays entered in the competition are to be submitted in two complete copies.
6. Authors are to be identified on the essay manuscript only by a 'nom de plume'. The author's rank (if applicable), name, address and a brief biological sketch are to be placed in a sealed envelope upon which only the 'nom de plume' is to be written. This sealed envelope is to be stapled to one copy of the manuscript.
7. Essays are to be sent to: The John Gellner Essay Com petition
Canadian Defence Quarterly
310 Dupont Street
Toronto, Ontario
M5R 1V9
8. Entries must be received a the above address by 31 May t be eligible for consideration i that year's competition.
9. Essays will be judged on the basis of relevance, originality of thought, style, quality of argument and presentation.
10. Essays will be judged by members of the Canadian Defence Quarterly Advisory Board. Winners will be decided at the annual meeting of the Advisory Board, and will be notified by mail. The decision of the judges is final.
11. Prize winning essays will be published in the Canadian Defence Quarterly.

SOFTBALL UMPIRE CLINIC

A Softball Umpire Clin be held on the 22-23 Apr CFB Comox in the A classroom.

Military, DND employee and dependants interested i attending are to contact th Base Rec Centre at local 8315.

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OF GENERAL INTEREST

PSYCHOPATHS & SPEECH IS THERE A LINK?

by Hugh Westrup

A Vancouver psychologist has found evidence that psycopaths' behaviour may be linked to an unusual organization of how the brain deals with language, which in turn, could account for typical peculiarities in their speech.

Popular culture generally associates psychopathic behaviour with sensational, headline-making criminal cases. But researchers in psychology have learned that psychopaths are better understood as people unable to feel compassion or the pangs of conscience. While many psycopaths are indeed prone to criminal violence, others are not violent offenders, and still others have never ended up in jail.

"Psychopaths come from every walk of life and work in all kinds of occupations, and most of them are not criminals. Nevertheless they do make up a small but distinct group whose actions are routinely callous, dishonest, impulsive, insincere," says Dr Robert Hare, a professor of psychology at University of British Columbia, who has studied psychopaths for 25 years.

"It's nearly impossible to go through life without knowing one of these individuals. You know, the guy who has something shady about him who is always doing things the easy way. The psychopath is the shyster lawyer, the physician on the verge of losing his license, the businessman with a string of deals where his partners always lose out," says Hare.

Most of the psychopaths Hare has interviewed are men. It has been estimated that 80 percent of psychopaths are male, but Hare is skeptical of this estimate, saying that the female psychopathic population has been insufficiently studied to reach such a conclusion. (Most studies have been done on male convicts.)

"Psychopaths come from good and bad families alike," adds Hare. "Family background is only significant in that wealthy or influential families are better able to keep their psychopathic relatives out of jail."

Early in his career, Hare noted what most other researchers in the field inevitably discover: psychopaths use language oddly. "There's a chronic inconsistency in what they say. They'll say one thing and then flatly contradict themselves in the next breath. For example, you might ask a psychopath if he's ever hurt another person and he'll reply, 'No, I've never hurt anybody but I did kill a guy once'."

Though a psychopath's speech is probably full of similar contradictions, the listener often has difficulty picking them out because psychopaths typically dominate a conversation with charm and charisma, says Hare. "It's only after you've talked to them that you may wonder what the hell it was they were saying."

Hare adds that psychopaths also typically pepper their conversation with highly sophisticated, technical jargon, which they use wrongly. "The psychopath may appear to be a real authority on medical matters, though it's obvious to a physician that he's using all the medical terms incorrectly."

Hare says the psychopath's facile use of language—and the way he lies and twists his words to cheat and manipulate others—occurs because words lack meaning for him.

Hare demonstrated his during an experiment in which words were flashed on a computer screen and the person sitting in front of the screen was asked to press a button as soon as he recognized the word. Sometimes the word was a real word, sometimes just a nonsense word.

Hare found that most people recognize and respond to words more quickly when the words have a strong emotional impact: words such as love or death were easier to identify than words such as tree or car. But for psychopaths, the words love and death had no more impact than tree or car.

"For the psychopath, the phrase 'I love you' carries about as much meaning as 'Have a nice day'," Hare says.

This disconnection between words and feelings may underlie the psychopath's aberrant behaviour, says Hare. "It is normal for all people to constantly talk to themselves—there is always this internal mental dialogue with oneself going on."

This talking to oneself, this 'internal speech', controls much of people's behaviour and may be involved in conscience. However, if the words lack any emotional connection then the conscience's role in controlling behaviour is probably impaired, says Hare.

Ultimately, the psychopath's inability to understand feelings may be related to an unusual pattern in the brain. Research in brain physiology has shown that for right-handed people, language is controlled by the left half of the brain. But some of Hare's experiments show that in many right-handed psychopaths, language is controlled by both the right and the left hemispheres of the brain, with the left half doing less than normal.

"The efficient use of language requires one hemisphere of the brain to do most of the work. Nature put us together that way. When both sides of the brain have equal control over language, this could diminish its effect on our behaviour," Hare says.

(Canadian Science News)

Home Tweet Home

Courtesy Canadian Wildlife Federation.

LETHBRIDGE, Alta—It wasn't the beauty of the tiny mountain bluebird that launched Duncan Mackintosh on his quest to re-establish the songbird in southern Alberta.

"It wasn't the birds I got interested in," recalls the 62-year-old Lethbridge man with a chuckle. "It was the fascination of the little boxes for the birds."

Today, those "little boxes for the birds" number more than 2,400 on the Mountain Bluebird Trail in southern Alberta. As trial operator, Mackintosh oversees a dedicated team of 35 volunteer monitors who band adult birds, record the number of bluebird eggs and fledglings, and note the number of nest boxes used by intruding English sparrows and common starlings.

The boxes are custom-designed for the mountain bluebird. They have been so successful that provincial biologist Dave Moore credits volunteers like Mackintosh with keeping the Mountain bluebird off Alberta's list of threatened wildlife.

"They're in invaluable aid in inventorying and wildlife management. You can't downplay the amount of work they're doing for wildlife."

The Mountain Bluebird Trail continues to expand, helped by *grants from the Alberta government and a fund-granting foundation of the Canadian* Wildlife Federation (CWF).

"The overwhelming success of the Mountain Bluebird Trail proves that foresight and concern can dramatically improve wildlife's chances for survival."

But the future of the Mountain bluebird in Alberta was not always too bright.

Unlike its cousin, the rare eastern bluebird, the mountain bluebird is not formally designated as threatened. It was seldom seen on the vast grasslands of the unsettled prairies until human settlement brought the fence posts and shelter-belts of trees for nesting areas. Improved fire control allowed the aspen poplar to spread throughout the northern prairies, increasing the area's attractiveness to the birds.

A guide produced as part of an Alberta-wide nest box programme says the mountain bluebird population peaked in the 1940s.

Mackintosh blames the introduction of the house sparrow and starling—which will destroy mountain bluebird nests as well as the birds and their young—for the decline of the species in the province.

The modernization of agriculture also had an effect, as the nooks and crannies of old sod houses, sheds and combines that had provided nesting cavities disappeared.

Wooden fence posts with nesting areas provided by woodpeckers were replaced by posts of steel and hard treated wood. Underground cables took the place of telephone poles.

Sightings of the bird were still uncommon as late at ten years ago. Mackintosh remembers approaching landowners in the late 1970s for permission to locate a nest box on their property and being told a bluebird hadn't been seen in the area for 30 years.

"But there was a remnant in certain areas, a small remnant," he says.

In 1974, Mackintosh was just a member of the Lethbridge naturalists' club appointed to assemble nest boxes for a bird he knew little about. By 1979, his interest had grown so great that he and three other volunteers established Mountain Bluebird Trail. They added 560 new boxes to the 140 existing ones that had been monitored by the naturalists' society.

The plan has worked. In 1978, observers could confirm only five pairs in their boxes. Only two years later, with an improved information collection system, monitors recorded that mountain bluebirds used 51 of 560 boxes and produced 247 nestlings from 263 eggs.

Last year, almost 1,000 of the boxes were used by bluebirds. A total of 4,900 fledglings were hatched.

And for the past five years, Mackintosh has been finding bluebirds nesting in areas where longtime residents report never having seen any.

"There are literally hundreds of pairs now," says Moore.

Mackintosh has transformed the original box into upscale bird housing, enlarging it, adding ventilation and improving drainage to make the boxes more sanitary.

He really admits he suffers from "bluebirds on the brain." But Mackintosh doesn't consider the condition an affliction. The hobby that's become "a great big business" pays off in satisfaction, rather than money.

His rewards, he says, are the increasing number of mountain bluebirds and the growing interest in the bird.

"Now I can see the same enthusiasm I have myself in my monitors."

It's not uncommon for a trail monitor who finds a banded bird to place an excited phone call to Mackintosh. "They read that number and they phone me at six in the morning, at twelve at night. 'Is it my bird', they ask,"Mackintosh says with a chuckle.

That's the spirit the Canadian Wildlife Federation hopes to foster through National Wildlife Week.

To mark the week each year, CWF prepares educational materials for both adults and children that show how they can help ensure that Canada's wildlife continues to have a home. CWF distributed more than 100,000 packages of information in 1988 alone to Canadians concerned about wildlife's future.

"Acid rain, massive energy projects, toxic waster, over exploitation of our natural resources—the threats to our wildlife and our environment are almost limitless," says Brynaert.

"But there are things that you can do to guarantee that wildlife, which adds so much to our quality of life, will survive. National Wildlife Week will point concerned Canadians in the right direction."

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OF GENERAL INTEREST

AIDS: We're all in it together

by David Spurgeon

"AIDS is not a poor peoples' problem, not a problem just for 'the South', but for the North, South, East, and West. We are all truly in it together. We need international collaboration because we believe not only that a worldwide effort will stop AIDS, but that AIDS cannot be stopped in any one country until it is stopped in all countries."

—Dr. Johathan M. Mann, director of the World Health Organization's Global Program on AIDS.

Incidence of AIDS: North and South

By December 1988, officially reported cases of AIDS (acquired immuno-deficiency syndrome) amounted to 127,611 worldwide, yet the real extent of the epidemic is unknown because of the many barriers to diagnosis, recognition, and reporting of AIDS in many parts of the world. WHO estimates that the actual number of AIDS cases worldwide is now over 300,000— more than twice the reported figure. The number of carriers (people infected by HIV or human immunodeficiency virus that causes AIDS) is estimated to be from 5 to 10 million. Between 500,000 and 3 million of these are expected to develop AIDS within the next five years, and most experts now believe all of them will eventually develop the syndrome.

Even in the U.S., where reporting methods are advanced, an estimated 10 percent of cases escape official recognition. In developing countries a variety of factors may impede accurate reporting,including lack of personnel and funding, and fear of jeopardizing tourist revenues and foreign investment.

In the Dominican Republic, reports Linda A. Valleroy of the U.S. Agency for International Development, "many patients fail to progress to the opportunistic infections which flag full-blown AIDS, dying instead of diarrhea. Since diarrhea is a normal cause of death in many developing countries, many AIDS cases may go undiagnosed." They may also escape detection because of "the inability of the physician to recognize symptoms, due to lack of medical training. This would tend to be the case in countries with very few cases up to this point, such as Ecuador" (45 confirmed cases as of September 1988.

Cases may also go unreported *because of the stigma attached to the disease.*

Table 1

Reported AIDS cases: December 1988

North America	83,087
Africa	19,141
Europe	15,340
Latin America and the Caribbean	8,552
Oceania	1,174
Asia	317
TOTAL	**127,611**

HIV prevalence

Blood studies show a different picture than the reported statistics. Tests indicate that between 10 and 20 percent of people may be infected in countries where HIV occurrence is high. Countries such as Zaire and Kenya probably have an urban frequency of between 5 and 10 percent but only 1 percent in most rural areas. According to Dr. Peter Piot and colleagues of Belgium's Institute of Tropical Medicine, writing in *Science:* "Whereas a tenfold increase in HIV-1 antibody prevalence was documented in pregnant women in Kinshasa, Zaire, between 1970 and 1980, HIV prevalence remained low (0.8 percent) in one rural area in Zaire between 1976 and 1986. This observation suggests that the rate of HIV transmission may remain stable in the absence of conditions that enhance its spread. However, in some rural parts of Uganda the virus has spread rapidly. social changes with disruption of traditional lifestyles may have promoted the spread of HIV infection in Africa and other parts of the Third World."

In North America, most HIV-infected persons are members of so-called high-risk groups, such as homosexuals or IV drug-users. This is not so in Africa, where it is difficult to identify high-risk groups because homosexuals and IV drug users are rare. And while the male-female ratio among those infected is 13:1 in the U.S., it is nearly always 1:1 in Africa. However, extremely high rates of infection have *been shown among prostitutes in some parts of Africa—ranging, in studies in Rwanda, Kenya, and Zaire,* from 25 to 88 percent.

The number of cases reported does not necessarily reflect the extent of AIDS in a given country. To grasp a national situation, statistics must be correlated to population size (see table 2).

The virus has spread at different rates in Latin American countries: Brazil has been hardest hit, with 4153 cases reported by September, 1988—although its infection rate per million population was much lower (30.9) than, for example, Haiti's (223.8). Asia has suffered least from HIV infection among the continents, with 317 cases reported by December, 1988.

...continued on page 19

POISONING IN BC: AN UPDATE

by Debra A Kent, Pharm.D.
Program Director,
Poison Control

Each year over 30,000 British Columbians are poisoned accidentally and intentionally. The incidence of poisoning as well as the type of poison varies in each age group.

In order for health professionals to provide effective poison prevention education targeted to each audience, the differences must be known.

POISONINGS IN CHILDREN

This age group comprises over 50% of the poisoned victims. The situations are mostly accidental and are a function of the child's developmental stage. Children under the age of five years constantly explore and investigate the world around them. The types of poisons reflect what is in their environment. These include plants, cleaners, cosmetics, OTC analgesics, cough and cold preparations, and multiple vitamins.

Poison prevention education directed at this age group must involve teaching the parent, grandparent, or babysitter how to poison-proof the house, where to lock up medications and household cleaners, what basic first aid measures can be done in a poisoning emergency, and how to contact the Poison Control Centre. Each household with a child under the age of five years old should have a bottle of ipecac syrup with instructions to phone the Poison Control Centre of physician before use.

POISONINGS IN ADOLESCENTS

The incidence of poisoning in this age group is much lower than in childhood but the situations tend to be more serious. The poisons are more likely to be pharmaceutical than non-pharmaceutical and more commonly an intentional exposure than accidental.

Poison prevention education targeted to this age group must be directed at the social situation and involve parents, teachers and community groups.

POISONINGS IN ADULTS

Adults poison themselves both accidentally and intentionally. Forty percent of the situations involve pharmaceutical poisons such as analgesics and sedative hypnotics. Sixty percent involve non-pharmaceutical poisons such as cleaners, fumes and gases, chemicals, and bacterial food poisoning.

Poison prevention education targeted to this age group must focus on an increased awareness of the potential hazards of chemicals and medications. Carelessness, forgetfulness, and confusion may all lead to an accidental overdose. Mixing ammonia and bleach can create toxic chloramine gas and when inhaled can produce burns to the respiratory tract. Some of the sedative hypnotics can cause confusion and the person may forget that medications had *already been taken and take additional ones over the next few hours. Mistakes can easily* be made when someone is in a hurry, when the label has been smeared, or when the product has been taken out of the original container. Poisonings may result from storing several prescriptions in the same bottle. If medications are stored beside household chemicals, the chemical may be accidentally taken in the middle of the night. Medicine cabinets cluttered with several vials of outdated medicine also contribute to confusion. Outdated prescription and nonprescription drug recalls may minimize some of the clutter and decrease the potential for accidental poisonings. If a poisoning or overdose occurs the person should know to contact their Poison Control Centre for further evaluation and treatment information.

CONCLUSION

Each year thousands of people are poisoned in B.C. Accidental poisonings occur in all age groups. Poison prevention must be targeted to the specific factors contributing to poisonings in each age group—environmental and developmental stages in children, social factors in adolescents, carelessness and lack of knowledge of potential hazards in adults. Health professionals can have an impact in decreasing the incidence of poisoning and minimizing the severity of poisonings which may occur.

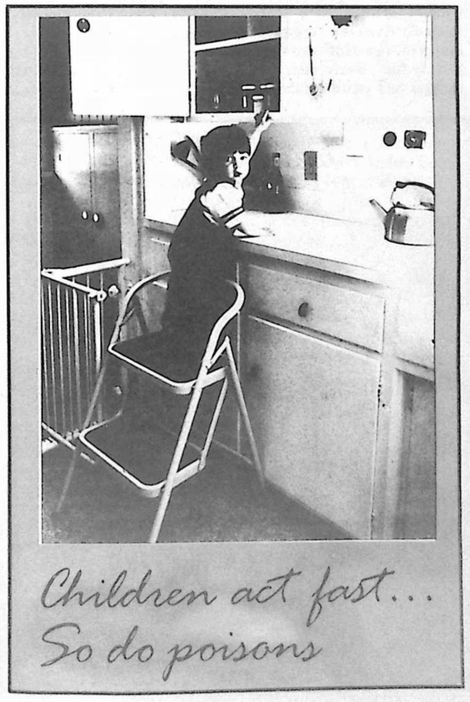


Table 2

Rate of AIDS cases (per million population)

Country	No. cases reported	Rate/MILLION POPULATION
Congo	1,250	595.2
United States	79,389	317.5
Burundi	1,408	281.6
Uganda	4,006	251.9
Central African Republic	432	160.0
Rwanda	987	145.1
Qatar	21	70.0

*Date of country report ranges from December 1987 to December 1988.

SPORTS & RECREATION

ENERGIZE ME

Do you run on "Never Ready" batteries?

Why do today what we can put off until tomorrow? And that goes for tomorrow as well. At any given moment, I can think of a dozen GOOD reasons as to why I shouldn't exercise. All of which are quite creative and sometimes very humorous. However, very rarely are any of them better than the many dozens of reasons FOR exercising. Some common excuses that you have probably used many times in the past are, "I don't have any energy to exercise" or "I'm too tired after work to exercise and I need the rest." In themselves, these are good excuses, however, we must look at "why" you are tired or lacking energy in the first place. Unfortunately, it is probably a reflection of your present level of fitness.

It would appear that we are in a rotten predicament such that we need to improve our fitness so that we have more energy, however, we don't have the energy to get started. What is the answer? Where can we find this initial bit of energy to get started?

Getting started is truly 99% of the battle. I might suggest beginning with exercising on days off (ie. weekends) and *then throw in one or two exercising days in the middle of the week. Be sure to mark these days on your calendar early or you will be amazed at both how* easily you will forget and how fast these days came up on you. Remember not to let those "not so good" reasons for not exercising distort your better judgement. Upon doing the exercise, mark what you did on your calendar as well (ie. 30 min walk, 30 min strength training, etc.) and at the end of each month, look back and compare the number of active days versus inactive ones. This acts as written proof of your achievements and progress, serves as positive reinforcement, and helps to motivate you on days you need it most.

Everyone I have talked to who has begun an exercise program says they are enjoying the benefits. That is, they feel better for it. For some the progress is slow, for others it is rapid, and for many the consequences have "snowballed" with regard to other lifestyle behaviour. Such behaviour can include eating better, eating less in between meals, smoking less or not at all, weight loss, sleeping better, feeling more alert throughout the day, being able to do more, and generally feeling great. Remember, this isn't my list of benefits, rather it comes from comments I've heard from personnel who have begun and enjoyed starting an exercise program. We cannot deny the fact that the quality of our lives improves as our physical health improves. You simply feel and look better. Your mind is clear, your body acquires a state of readiness, and your self esteem is boosted as you discover and explore new personal physical capacities.

It all depends on whether we can recognize these benefits and, if so, whether we desire them enough to take action in an effort to achieve them. Take control of your life and become the product of your actions rather than the passive result of inactivity. After starting you will be able to charge your own batteries and acquire a zest for life that others will envy.

Roger van Nieuwkerk

CAN TOO MUCH EXERCISE LEAD TO ILLNESS?

Two Ontario researchers have found that intense physical exercise has a sudden and marked effect on the human immune system—an effect that just might make people who over-exercise more vulnerable to illness.

In one of the first systematic studies of its kind, University of Waterloos Professors Laurie Hoffman—Goetz and Michael Houston studied 15 top middle-distance (5,000 metre) runners. They examined the various types of white cells (lymphocytes)—the blood cells involved in the immune response—in each runner's blood.

After the runners had exercised at near-maximum capacity for 15 minutes, there were significant changes in the balance of these immune cells. There was an increase in 'T-suppressor' cells, a decrease in 'T-helper' cells and an increase in 'natural-killer' cells.

Hoffman-Goetz says T-helper cells help with the production of antibodies and enhance the body's immunological reaction to viruses and bacteria. Conversely, T-suppressor cells *reduce* the production of antibodies and suppress the body's reaction to foreign invaders.

"It is important that these T-helper and T-suppressor cells be in balance for good health. To take an extreme example, in AIDS patients the number of T-helper cells is dramatically reduced," says Hoffman-Goetz.

The third kind of white blood cell, the natural-killer cell, plays a role in cancer surveillance.

The changes in the runners' immune systems were found immediately after they had exercised, says Hoffman-Goet. Twenty-four hours later, the changes had vanished: the immune system was back to normal.

Hoffman-Goetz cannot say whether the immune changes brought about by intense exercise put a person at greater risk of contracting disease. To answer that question, she will have to conduct further research, keeping track of each athlete's medical history.

Currenty, Hoffman-Goetz and Houston are measuring the immune response during exercise of men at various levels of physical fitness, from couch potatoes on up. They want to know if people who are not trained athletes respond immunologically in the same way to exercise.

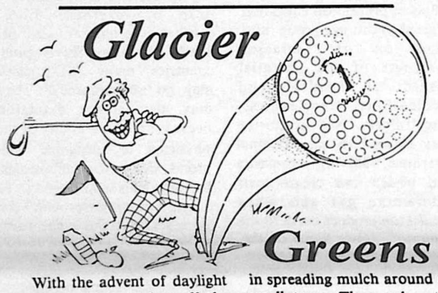
The Waterloo study is the one of the first systematic studies of the influence of physical exercise on the immune system. Hoffman-Goetz says she hopes further studies will definitely confirm or refute the implication of this one. "My own bias is that people should exercise in moderation to benefit thier cardiovascular system. However, overtraining may make people more vulnerable to illness," she says.

On the surface, Hoffman-Goetz's suspicion seems to be borne out by her study of middle-distance runners. Fifteen men were recruited for the experiment but seven had to drop out because they got sick. "Perhaps they would have gotten sick without the heavy exercise; I don't know, so I can't really conclude that the exercise made them sick," she says.

The research has been funded by the Department of National Defence and the Canadian Fitness and Lifestyle Research Institute.

by Hugh Westrup,
(Canadian Science News)

Glacier Greens



With the advent of daylight *savings time and a little cooperation from Mother Nature, the golfing season gets into the swing of things in April* with a host of tournaments. The Men's Opening starts us off Saturday, 8 Apr, with entries accepted until 1800, Thursday, 6 Apr, at the Pro Shop. Next on the agenda is the Early Bird, scheduled for Sunday, 16 Apr, followed by a "HOT DISH" pot luck supper. All participants are requested to bring along something to entice the gastronomical palates of your fellow competitors. Saturday, 22 Apr, heralds the Ladies Spring Fling while the President's Cup rounds out the month on Sunday, 30 Apr. Every Tuesday is Ladies Day with registration at 0830 and hitting the links by 0900 while on Thursday evenings the Men's Night gets underway with registration at 1630 and tee off at 1700. These weekly sorties are conducted in a spirit of fun and comradery and provide an excellent opportunity to renew acquaintances and have a few laughs.

A great big "BRAVO ZULU" goes out to John Courtemanche and Rod Verchere who have been stalwarts in spreading mulch around our *small trees. The work entails bull labour and is a massive project for two members to* tackle. Another unselfish contributor is Nick Stolarchuk who continues to donate his enthusiasm and electrical talents towards club projects. He toiled tirelessly this winter getting the new ladies' locker room in shape and deserves our gratitude. Too often we take for granted those members who go the extra mile on our behalf. So next time you see these guys let them know you appreciate their contributions.

Speaking of the Ladies' Locker Room, those ladies who have paid for a locker may now move in. The locker assignments are posted inside. What else do I have? Ah yes! Thanks to Ron Carter and Russ Wreggett for their work in getting our Beta and VHS tapes ready. Also it's nice to see Art Drager and Bill Van Ness up and around. All members wish you godspeed in returning to the club.

We'll have some tournament results for you next time around but until then "May all your lost balls be found hiding in the bottom of the cup."

BASE SOCCER TEAM MEETING

Now that spring is here and the weather bearable those who love to chase a large white ball, should plan to attend a meeting for the Base Soccer Team at 1630 hrs Monday 10 April at the Rec Centre.

The team will have a new coach in Maj Peter Howe, 442 Sqn, who comes with an excellent background in soccer at the CIAU level. Also, it is rumoured that a left-handed goalie from the old Vancouver White Caps will be coming out to support the Base Team. It is hoped that all those star players from 407, 442, VU 33, BTSO, and the Base Hospital will be back this year. Right Davis, Gary, Vince, etc.?

For new members interested in coming out please contact Maj Howe at 8672, SLt Chung at 8267, or the Rec Centre at 8542. Don't forget - 1530 hrs Monday 10 April.

GOLF FLASH!

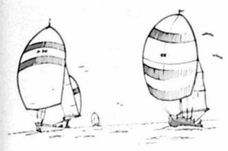
MEN'S NIGHT OPENING
Thursday, April 6th 4:30 for 5
BE THERE!

SPRING HAS SPRUNG,
THE GRASS HAS RIZ,
I WONDER WHERE THE
SKYDIVERS IS?

1st JUMP COURSE
SATURDAY APRIL 22ND
BASE SPORT PARACHUTE CLUB—BLDG 158
FOR MORE INFORMATION:
CPL WEBB 8588
MCPL SKIDMORE 8551
MR. RON DIONNE 286-6095

SPORTS & RECREATION

SAILING CLUB NEWS



"As Spring breezes quell on the horizon, we are drawn by the sea to set our sails upon its briny toss."

It's always a good idea to begin informative documents such as this with a profound and cryptic old saying. It shows the author to be credible, well read, intelligent, and pretty good looking. So with all that established, let's get on with it.

On March 22, a number of Executive Members of the CFSA (Canadian Forces Sailing Association) Comox met to discuss the upcoming sailing season. Some particulars concerning significant events were bandied about, which resulted in the following schedule:

1. Keelboat Course (Starts April 8)-Instructed by Richard Ohl. Further courses may be expected as the season progresses.
2. Keelboat Haulout (April 9-TBA)-A crazy little thing which greatly enhances the keelboat course.
3. General Meeting (April 12)-All interested persons are invited to attend the general meeting where the new Executive Members will be elected and a number of exciting topics shall undoubtedly be discussed. *If you're interested in sailing or think you* might be, we'll be congregating at 1900 hrs in the Glacier Greens Club House.
4. Dinghy Launch (April 16-1000 hrs)-Bring yourself and your muscles to engage in this wholesome and fun filled tradition.
5. Dinghy Course (April 24-30)-The dinghy courses will be instructed by Cathy Melenchuk (local 8302). Upon successful completion of the course the member will have a Canadian Yachting Association qualification of White Sail Level III, which allows one to take out the 420 dinghy. The price of the course and membership is all that's required. A second course in mid May is scheduled, and further courses are a definite possibility depending on demand and Cathy's good nature.
6. Dinghy Racing (Starts early May)-Exact days for racing will be discussed at the General Meeting, though the Executive thought that Wednesday nights and/or Sunday afternoons might be very nice.
7. Spring Keelboat Cruise (May 19-21)-A true test of seamanship and funmanship for anybody willing to get a crew together.
8. Commodore Rum Race (August)-An all out, no holds barred race for the rum.
9. Fall Dinghy Racing (we figured that the Fall would be a good time for this)-You guessed it...dinghy racing!

That's all I have to report for now, but as you can see there's much ado (ie: activity) at the Sailing Club, so come out and get involved!

Oh, by the way, you know that profound and cryptic old saying at the start-*I just made it* up on account that I don't know any real ones.

MEN'S VOLLEYBALL TEAM WINS PAC REGION CHAMPIONSHIPS

The Men's Volleyball Team travelled to CFB Esquimalt last weekend to compete in the 1989 Pac Region Volleyball Championships. The CFB Totems were undefeated in the first5 day of competition against teams from Esquimalt, The Fleet, Aldergrove, Holberg, and Nanaimo. Early in the morning of the second day, Comox lost to Chilliwack (2-1). The loss was a strategic move. In the round robin play the Totems were tied with CFB Chilliwack for first place. In the semi-finals Comox defeated CFB Esquimalt easily (15-3, 15-4, 15-4). CFB Chilliwack won their semi-final match as well, resulting in a match up between Comox and Chilliwack.

The CFB Comox Totems came out flying and shocked CFB Chilliwack with a crushing defeat (15-5, 15-6, 15-10). CFB Comox will be representing the Pac Region at the CF National Volleyball Championships at CFB Edmonton, 5-12 April.

Throughout the tournament outstanding play was demonstrated by outside hitters Bob Barrett, Jay Campbell, Ritch Bedard. The middle blockers and hitters Ritch Smedziuk, Gene Graham, Red Longval and Mike Grizpah played excellent defence and were devastating as middle hitters. Our setter, Butch March, although short, played as if he were 6'4". He was undoubtedly the class setter in the tournament.

CFB Comox has now won the last five Pac Region Volleyball Championships in a row and hopefully will follow the example of the Base Softball Team and win the 89 CF Nationals.

Pac Region Bowling

From April 10th - 14th, CFB Comox will be hosting the 1989 Pac Region Bowling Tournament. Good luck to all of those competing.

The Winning Team: Top left to right: Jim Kightley, Guy Plante, Herve Thibodeau, Bob Boucher, Dave Ward, Pierre D'Aragon, Dan Lefebvre, Wade Shannon. Bottom left to right: Jerry Wiesner, Mario Roy, George Dierickse, Yvan Breton, Claude Brochu, Russ Parker. Absent from picture Don Merpaw.

INTER-SECTION HOCKEY CHAMPIONSHIPS

The Intersection Hockey Championships were held on Sunday 19 Mar 89 with the team from BAMSO edging out 407 Devils 4-3 in a closely fought contest. This marked the fourth time in the past five years that BAMSO has won the playoffs.

All nine inter-section teams qualified for the play-offs with the teams being divided into three divisions for round-robin play. Play was close with a few upsets along the way. 407 Devils, BAMSO, BOps, 442, RCMP, and BTnO survived the round-robin with BAMSO and BOps earning by's into the semi-finals by finishing with the best records. 407 Devils and the RCMP won close games in the quarter-finals to earn berths against BOps and BAMSO respectively. The Devils pulling a major upset by beating BOps 5-3. BAMSO held off a determined RCMP team by a 6-4 score, setting up the final match of the season.

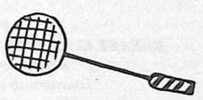
The final game was a barn-*burner from the opening face-off. 407 Devils took an early lead on a goal by Lipohar but* BAMSO responded 30 seconds later with one of their own by Wiesner. BAMSO took the lead at the end of the first period on a goal by Plante. The second period produced exciting hockey with many great scoring chances but no goals. The Devils tied the score with a goal by Commandeur but BAMSO quickly responded with two goals of their own by D'Aragon and Thibodeau. The scoring was closed out with Howland of the Devils drawing them to within one. The final five minutes resulted in many chances at both ends of the ice but BAMSO dodged the bullet *to preserve a 4-3 victory.*

The season was a great success and a tribute must be paid to Capt Butch March and his organizing commitee. The league produced entertaining hockey and was enjoyed by all concerned. Finally, the work by the on-ice and off-ice officials must not be overlooked. Without their involvement the league would not have been the success it was.

1989 PAC REGION BADMINTON CHAMPIONSHIP

The 1989 Pac Region is now over. The tournament was held at CFB Chilliwack from 17-19 Mar 89. As usual CFB Comox met this challenge with enthusiasm and very ready to crush all opponents in the process.

The players were Gary Pronk (the Old Guy), Doug Mann (Killer),Bertrand Lambert (the Kid), John Cote (Junior Senior), Gladstone Williams (OJ(, Mario Guitar (Stilt), Natalie Aube (Massuesse) and Bob Lesage (the Bear). CFB Chilliwack put on a fine and well organized tournament. Friday was the single matches which Doug Mann and Gary Pronk made their mark with no loss. OJ and Stilt were runners up in the play-off for open single. The rest were having a good time running on the court from side to side and net to back line. Saturday was the double matches—again Killer and the Old Guy really showed their stuff off by winning the



Pac Region Senior Doubles. OJ and Stilt had their work cut out against a Chilliwack team Eventually they were eliminated by the Esquimalt team much to their chagrin. The others were struggling with their own matches. On saturday morning everyone was sore not from Badminton but from Earthquake Annie night out. Sunday morning really showed how much these tournaments take their toll on the players. You could smell the A535 over the gym, some limping, others applying A535 to their shoulders or knees and our team masseusse got busy on two occasions. Sunday was the open sin[illegible] final, open double final a[illegible]n for the Pac Regi[illegible]J and Stilt pla[illegible]other for a spe[illegible]d Stilt won over OJ. Gary Pronk and Doug Mann were the senior double winners, Doug Mann was the senior single winner and Mario Guitar was the winner for the open second runner-up.

We would like to wish them good luck at the 1989 National Badminton Championships; as of now no site has been selected to hold the event.

INTERSECTION SOFTBALL MEETING

An intersection softball organizational meeting for Fast Pitch will be held on Mon 17 April at 1330 hrs in the Base Rec Centre.

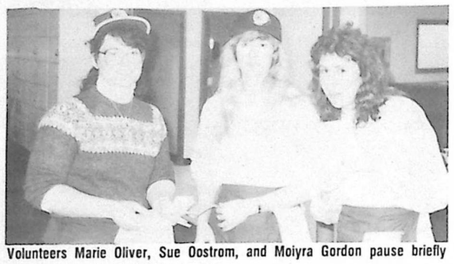
All sections interested in entering a team in the league are requested to send their representative. Any volunteers interested in filling in President, Secretarial, and Statistician positions please apply.

PROVINCIAL & LOCAL

MUSEUM MUSINGS

On Valentine's Day, the Museum launched a completely new fundraising effort: Bingo. To date, seven very successful Bingos have been run at the Courtenay Bingo Palace (located behind the Driftwood Mall). This success will go a long way towards solving the ongoing problem of financing the CAFM.

We have only succeeded thus far due to the efforts of a group of volunteers who have given of their time and effort to make it all happen. Listed below are the members of the four teams we have at present and the Base organization to which they belong:



Volunteers Marie Oliver, Sue Oostrom, and Moiyra Gordon pause briefly before returning to the action.

Base Headquarters	
Doreen Blouin	
Janet Melnychuk	
Corinna Miller	
Carol Kennedy	
Cindy Main	
442 Sqn	
Lorne Parkin	
Larry Howland	
Brad White	
Louise Meta	
Kathy O'Brien	
Tony Jones	
Marc Ouellet	
407 Sqn	
Paul Ormsby	
Amy Ormsby	
Bill Mazey	
Moira Gordon	
Marie Oliver	
Suzanne Oostrom	
BASE OPS/VU 33	
John Le Ross	
Marg Le Ross	
Janice Ray	
Greg ?	
Wayne Whorrall	

Besides these stalwarts, there have been others who have assisted during the first month—Col Gibbon (who turned out to be a star "runner" once he found out what a "streaker" was), LCol Jay, Maj and Mrs Arsenault, Maj Todd, Maj & Mrs. Sibbald and our "Bingo Boss", Capt Joe Peturson. Base Hospital and BATCO have also provided "augmenters"—Cpl Tom MacIntosh, 2Lt Shawn Sweet, 2 Lt Steve Power.

If you are interested in lending a hand, call Capt Peturson at 8485. Should you be a Bingo player, listed below are the dates and teams for upcoming Bingos—get out and support *your* people *and your* Museum.

DATE	UNIT
Apr 4	442 Sqn
Apr 11	HQ
Apr 18	407 (MP) Sqn
Apr 25	Base Ops/VU 33
May 2	442 Sqn
May 9	HQ
May 16	407 (MP) Sqn
May 23	Base Ops/VU 33
May 30	442 Sqn
June 6	HQ
June 13	407 (MP) Sqn
June 20	Base Ops/VU 33
June 27	442 Sqn
July 4	HQ
July 11	407 (MP) Sqn
July 18	Base Ops/VU 33
July 25	442 Sqn
Aug 1	HQ
Aug 8	407 (MP) Sqn
Aug 15	Base Ops/VU 33
Aug 22	442 Sqn
Aug 29	HQ

All efforts of the good folk running Bingos will be wasted if we cannot get volunteers to man the Museum itself. The Museum and Gift Shop are currently open 1000-1600 on Saturdays and Sundays. Anyone interested in helping to keep this schedule going should contact Maj Sibbald at 8332 or home 334-4451. The task is not demanding; in fact, if you enjoy meeting people who are almost all aviation buffs, the few hours we are asking for will pass quite pleasantly.

Col Gibbon, "runner" extraordinaire, slows down long enough to be captured on film for posterity.

TREE FARM LICENCE REVIEW TO TAKE TIME

VICTORIA—Due to the tremendous volume of submissions brought forward at public information sessions on the Ministry of Forests' proposed tree farm licence policy, it will be late June at the earliest before any decisions are made, Minister Dave Parker said today.

"There has been a tremendous response from the public generated by the eight public information sessions I chaired in late February and earlier this month," Parker said.

"It was a bit of an eye-opener for me, in terms of the amount of public interest and the number of ideas which were presented," he added. "People are very interested in our forest resources and these sessions have provided us with an opportunity to address some of the concerns which have been expressed."

More than 300 presentations were made during some 90 hours of information sessions, attended by more than 3,000 people.

"As of the March 17 deadline for public input, we have also received about 80 written submissions," Parker said.

"It will take some time before we take any further action because of the amount of material which must be carefully reviewed," Parker said. "I was also impressed by the obvious effort people put into providing us with input and we do not want to rush our analysis."

The proceedings from the eight sessions will be available for public viewing through B.C.Forest Service offices and Timber Harvesting Branch, Victoria, by the end of May.

The eight information sessions were held in Smithers, Fort St. John, Prince George, Williams Lake, Kamloops, Nelson, Vancouver, and Parksville on Vancouver Island.

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

TOTEM LOUNGE

ENTERTAINMENT APRIL

APRIL 15
BREAKFAST DARTS-VIRG HEAD MEMORIAL
Breakfast 0930-1100 hrs
Tournament starts at 1130 a.m.
Mens and Ladies Divisions
Entry Fee:
$30/Team
$7.30/Person

APRIL 28
BOSSES NIGHT
1530 hrs
Inter-Mess Trophy Competition
Crib, Euchre & Darts
DJ—TOTAL SOUND
COMEDIAN/IMPRESSIONIST—DON HAMBLEY

DROP-IN DARTS
Starts 1900 hrs
$2 per person
All money will go into prizes

***Watch for the band ECHO playing 26 May along with Steak & Lobster for $10*

SNACK BAR: 339-433

OFFICERS MESS

WEDNESDAYS APRIL 5, 12, 19, 26

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

FRIDAYS APRIL 7, 14, 21, 28

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

WEDNESDAYS APRIL 12, 26

LADIES BRIDGE CLUB

SATURDAY APRIL 15

DOUBLE FEATURE
CAR RALLY

NO COST—Only your gas
Place: Officers' Mess Parking Lot
Time: 1300 hrs
Sign up with Mess Manager
Trophy to be presented at
MONTE CARLO NIGHT

Reservations MANDATORY on a first come/first served basis
Cut off date: 7 April 89
See flyer for details

WEDNESDAY APRIL 19

OFFICERS' LADIES CLUB

UPCOMING EVENTS FOR MAY

27 May - Live Band **VISIBLY SHAKIN'**

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

ON AND OFF THE BASE

LEGION LOG

BRANCH 17 COURTENAY

*****ENTERTAINMENT*****

Fri & Sat Apr 7 & 8 ..... *Music by DUKES*
Fri & Sat Apr 14 & 15 ..... *Music by VALLEY BOYS*
Fri & Sat Apr 21 & 22 ..... *Music by COUNTRY CLUB*
Fri & Sat Apr 28 & 29 ..... *Music by WESTWIND*
Sat Apr 29 ..... *AUCTION-Starts 1 PM*
For Cancer Fund, etc.
Donations required
Sun Apr 30 ..... *FUN CRIB TOURNAMENT*
Registration 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*****

Apr 7 ..... *Music by WESTWIND*
Apr 14 ..... *Music by LORI BAKER BAND*
Apr 15 ..... *SATURDAY. HONOURS & AWARDS NIGHT*
Upper Hall 6:30 PM. Tickets $7.50/person
at Bar or Office. Cocktails 6:30
Dinner 7:00, Ceremonies 8:00 PM
Followed by dancing to LORI BAKER BAND
Apr 21 ..... *Music by WESTWIND*
Apr 28 ..... *Music by COUNTRYMEN*

*****REGULAR ACTIVITIES*****

SUNDAYS.....Lounge 2-6 pm
MONDAYS.....L.A.Drop-In-Bingo-7:30 pm
Men's Dart League Playoffs Apr 3-recess to Sep 11
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 Members & Bonafide Guests.

SUNDAY, APR 16 - EUCHRE TOURNAMENT. Lounge. Reg. $5 by 12:30 PM. Start 1:00 PM.

*****UPCOMING EVENT*****

SAT 27TH MAY— LEGION ANNUAL VANCOUVER ISLAND BOWLING TOURNAMENT. Start 8:00 AM at Glacier Lanes, Courtenay. Dinner will be held at Comox Legion Br. 160 Upper Hall, with Cocktails at 6:30 , Dinner at 7:00, presentation of prizes will follow. More details next log.

MUSIC SUMMER SCHOOL SOON TO BE IN SESSION

CYMC or the Courtenay Youth Music Centre is pleased to let you folks at CFB Comox know that our Summer School program for this year is now confirmed.

All the old favourites are there: Instrumental, Strings, Junior Strings, Orchestra, Concert Band, Suzuki Violin, Junior Jazz, Intermediate and Senior Jazz, Classical Guitar/Harp, Community Choir, Piano, and Musical Theatre.

There are two new programs that we are also very pleased to announce this year. They are Vocal Jazz, and Voice and Song Interpretation. Vocal Jazz students will study with well known Canadian arranger and composer, Ron Small. They will concentrate on voice, presenation and Jazz idioms. Vocal Jazz students will have an opportunity to sing with live jazz musicians during the program. Enrolment within this program is limited so get your application in quickly.

The Voice and Song Interpretation program is designed for the serious voice student that is already studying voice and wishes to have a singing career. The singers will work on developing good vocal techniques and principles; as well as interpretation and Italian and English diction.

All though CYMC is called the Courtenay Youth Music Centre, don't be misled! Many of our students are mature and come with a variety of musical backgrounds. If you have any concerns or wish more information you can call us at 338-7463 or write to us at Box 3056 Courtenay, B.C. V9N 5N3.

SEATBELTS—"NEVER SAY ALWAYS"

When people say they **always** do, chances are they don't. That's the word on safety belt wearing according to a recently published book, *Never Say Always*, written by ICBC researchers: J. Peter Rothe, Manager of Research and Evaluation; and Peter J. Cooper, Manager of Traffic Safety Planning and Research.

Never Say Always focuses on what ordinary people think about safety belts as opposed to what experts tell them they should think. Rothe and Cooper point out that this is a departure from other research, *which does not accurately reflect what's really going on out there.*

"Researchers have a tendency to oversimplify concepts like risk and habit," reports Rothe. "In doing so, they conclude that safety belt non-wearing is a deviant behaviour carried out by a certain type of person. This is not the case. They overlook the fact that there are many practical reasons why people choose not to wear them."

Some examples in the book illustrate reasons why people don't buckle up all of the time:

1. When travelling short distances or at slow speeds, people feel their exposure to risk is minimal. One person is quoted as saying—"Wearing a *safety belt on a short journey symbolizes a person who worries too much about things* that are unlikely to happen."
2. Social activities in a car often require people to not wear safety belts. For example, a parent in the front seat needing the freedom to turn around to discipline children in the back seat.
3. An obligation to "community" may necessitate the non-wearing of safety belts. An adult placed in charge of transporting children to an event may end up with more people in the car than there are safety belts. The risk of social confrontation may outweigh the risk of injury.
4. A number of people are convinced that safety belts cause injury rather than reduce it.

Rothe and Cooper explain that efforts conducted to permanently change safety belt wearing behaviour, require the alteration of human perceptions. "Components of education, communication, cooperation and support should be built into these campaigns," says Rothe. "Since it is not always the case that a certain 'type' of driver wears a safety belt while another 'type' does not, it is appropriate to direct campaign messages to all drivers.

Furthermore, the messages should be based on specific situations in which non-wearing occurs."

Copies of *Never Say Always* are available at all BC main branch libraries.

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.

LOCAL SCENE

PROPANE FUELS OVER 4 MILLION CANADIAN BARBECUES

With spring in the air, the aroma of sizzling steaks, charbroiled chicken and barbecued burgers is bound to follow. And when it comes to these backyard delights, more and more Canadians are turning on the propane and bypassing the briquets.

"Today in Canada, over four million propane barbecues are in use," report Norm Estey, Director, Market Development for ICG Propane, a national company based in Winnipeg. "Propane is so popular because it's portable, convenient and inexpensive. In fact, operating a propane barbecue costs less than 50 cents an hour. That's quite a bargain for the convenience of instant heat."

Although propane has been used in Canada for 40 yers, it is a new fuel for many barbecue owners. To help consumers properly transport and reconnect their propane tanks, Estey says ICG developed a number of convenient products.

"The government requires that propane tanks be plugged during transport, and secured upright in a ventilated space," says Estey. "Propane suppliers must provide plugs,but ICG also offers a sturdy, reusable cardboard base called the Pro-tote to help keep the tank upright, and the Latchit to keep your car trunk open for necessary ventilation."

He says properly connecting the barbecue hose to your tank is crucial. "Most barbecues have a rubber o-ring near the tip of the hose connector to help form a seal against leaks. If the o-ring is worn or damaged, ask your dealer for a replacement before reconnecting the hose."

Estey says, "Test for leaks by squirting an Ounce of Prevention solution on all the connections. Check that the burner valves are closed and turn on the tank valve. If bubbles form, your connection is leaking. Close the tank valve and retighten the connections. If the leak persists, call your propane supplier for assistance."

Approximately two million Canadians will light up their propane barbecues on a typical summer weekend,"Estey says, and suggests TEN TIPS FOR OPERATING PROPANE BARBECUES for a carefree, sizzling summer barbecue season.

TEN TIPS FOR PROPANE BARBECUING

1. Select a level location, clear from building overhangs, and away from doorways, walkways and window wells.
2. Check your tank collar for the date of manufacture. Tanks must be inspected and re-certified every ten years.
3. Fill your propane tank at an authorized propane dealer, and insist on a plug to seal the valve.
4. Transport your propane tank in the car trunk, with the lid latched open and the tank secured upright.
5. Remove the propane tank from your trunk immediately.
6. Check the connector of the o-ring on your hose connector this spring. The o-ring helps form a seal against leaks. Replace it annually.
7. Test your hose connector for leaks. An Ounce of Prevention helps detect leaks in temperatures as low as -30°C.
8. Always lift the barbecue lid before lighting.
9. Treat empty propane tanks with the same care as full ones. Avoid dropping, rough handling, and any contact with sparks or flames.
10. Always store your plugged tank outdoors or in a well-ventilated garden shed.

For more information, contact: Norm Estey (204) 934-3503.

CounterAttack—3 Rules That May Save Your Life

by Hugh Lindsay, ICBC

Boring, Boring, Boring!

Being responsible, driving safely and all that good stuff can be totally boring, especially when you're having a good time.

The alternative isn't boring at all and it's even less fun.

The people who are most *likely to wind up dead or in a wheelchair or worse, as a result of a drinking and driving crash, are the people who most enjoy having a good time. Are you one of them?*

If you are between 18 and 25 years old, you like to party, and you like to drive around with lots of friends in your car, you and your friends are likely to wind up on the list of people who are involved in alcohol related traffic crashes. In fact, in 1987, fully one-third of all the alcohol related crashes involved people like you.

We at ICBC see a lot of smashed up cars and people. We're glad to look after you if you are in a traffic crash because that's our job. But we get mad when the crash didn't have to happen. That's why we're part of CounterAttack and that's why I'm writing this to you now. We don't want to be a bunch of party poopers. We want you to have a good time without getting hurt.

So what can you do about it?

RULE NUMBER ONE is—if you've been drinking, don't drive. It looks and sounds easy to do, but believe me, it isn't. Even a little booze can mess up a really experienced driver. The less experience you have the worse it gets.

RULE NUMBER TWO is—don't ride with a drinking driver. The people who get hurt most often, after the drivers themselves, are the passengers in the cars. Don't kid yourself *that you're being responsible by saying, "I'm not going to drive—I'm going to ride with my friend," if the friend himself has been drinking.* That's just as dumb as drinking and driving yourself. Say, "Thanks, but no thanks" and try to talk your friend out of driving. If you can't let him go and make your own way home. You may not be able to save his life but you can look after yourself.

RULE NUMBER THREE is—think ahead. Try to figure out how you're going to get home before you start drinking. There's quite a few options: designated drivers; buses; taxis; spending the night. Choose the one that works best for you.

So it may sound boring, but I'd like to try it. Life can be a lot more boring when you don't have a driver's licence or you can't drive because the insurance is too expensive. It's even more boring in a hospital bed or in a wheelchair.

And one last thing, ask yourself, "Do I need to drink alcohol to have a good time?" It may seem like fun at the time but is it worth the hangover?

MP/RCMP annual pistol shoot

On Saturday 18 March 89 the Military Police Section, CFB Comox, and the Royal Canadian Mounted Police from Courtenay, B.C., held their Annual MP/RCMP Pistol Shoot (9mm and 38s). The day started with the MPs hosting a 9 AM pancake breakfast at the Military Police Lounge. MCpl Mike St.Germain did a fine job cooking the pancakes hence was invited to partake in the shoot and turned out to be not a bad shot either.

At 1100 hrs the group moved to the 25 metre range where the Military Police VIP team consisting of Col Gibbon, LCol Bishop, Capt Cossette, and MWO Weed attempted to defend the VIP Trophy which was won by the MPs last year. But it wasn't to be and after the guns were laid to rest and the smoke cleared the RCMP VIP team of Judge O'Donnel, Staff Sgt Douglas, Sgt Doll, and Cpl Wyton had easily outshot the MP VIP team and walked away with the VIP Trophy.

In the teams event, the RCMP marksmen outshot the MP team to retain the Challenge Cup Trophy for another year. Congratulations to Cst Manuel, Cst Smith, Cst Wenzel and Cst Mascotto. The individual high scores for the team event went to Cst Kachur (RCMP) and Sgt Perry (MP). Well done Wayne and Mike. The low score of the day goes to Cpl Wayne Wornes (MP) who is to report to the 25 metre range every morning for remedial shooting.

A good time was had by all. Well done to the organizers, MCpl Geoff Buxcey, Cst Wayne Kachur and Pte Brad Laporte. See you all next year.

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OF GENERAL INTEREST

AIDS: We're all in it together...continued

Third World implications

The AIDS epidemic poses serious problems for all countries, but for none is the situation so ominous as for the nations of the Third World. Already struggling against immense debts, widespread poverty, disease, illiteracy, and high population growth, they face, in AIDS, an almost unbearable additional burden. Both its social and economic implications are truly frightful.

In Africa, at least a million people are likely to die of AIDS in the next decade. One of the most afflicted countries is Uganda, where the health ministry estimates that 10 percent of the population—about 1.4 million people—are infected by HIV. Thus Uganda can expect the same number of full-blown AIDS cases as the U.S.—yet its annual national income is only $230 per capita, compared to $17,480 for the U.S.

Health budgets of many Third World countries are pitifully small. Some per capita expenditures in Africa approximate, on average, the $4 price tag of a single blood test for AIDS. In Zaire, providing treatment for ten AIDS patients (comparable to that delivered in the U.S.) could cost more than the entire budget of its largest hospital.

African countries also endure a shortage of modern medical facilities, and there is already competition for these between victims of AIDS and of other serious diseases. In one Central African Hospital, more than one-third of the patients are suffering from AIDS. They occupy beds and consume scarce resources that could be used for people with curable illnesses.

Children at risk

The threat to children in the Third World is particularly great. Medical scientists fear that the weakened immune systems of HIV-infected children may increase their susceptibility to diseases normally preventable through vaccination. Some virologists even worry that early childhood vaccination, particularly where a live vaccine is used, could actually cause in the child the very disease the inoculation is supposed to prevent—although there is no evidence that this has yet happened.

Some medical scientists also fear that vital programs, such as diarrhea control and mother-and-child health, may lose some of the advances they have made. This could happen if mothers erroneously attribute the infant diarrhea and increased infant mortality caused by HIV infection to a failure of such health programs.

Other problems

Many Third World countries lack the equipment or money needed to test blood before transfusion, yet transfusions are used more freely there than in the industrialized countries. Among the reasons are: high incidence of serious road accidents, long delays between obstetric and other bleeding and arrival at hospital, and frequent occurrence of severe anemia.

Traditional medical practices pose another danger, since they sometimes use unsterilized equipment for injections or for cutting the skin in administering folk remedies—which could transmit HIV from person to person, In Haiti, for example, literally thousands of *piquristes* could theoretically spread the virus through needle reuse.

The risk of HIV transmission is greater in developing countries for other reasons, too: migration to over-crowded and unsanitary city slums, and political insecurity, as well as famine and war all tend to separate families and displace people, thus increasing the likelihood of multiple sex partners. Unhygienic conditions may also intensify the impact of AIDS, because the effects of its virus give other infections a better chance to take hold. And the heavy Third World reliance on giving medical treatment by injection (because people there believe it to be the most efficacious route) may help to spread HIV infection. One study in Zaire noted that some children had received a total of 44 injections over a period of 9 or 10 months.

Family ties

The family is important in Africa, especially in rural areas, Ambassador Wanume Kibedi, Uganda's permanent representative to the U.N. notes, "Under the extended family system in Africa, orphans and the elderly are well cared for by a diversity of relatives, and it remains to be seen whether the system can cope with the modern scourge of AIDS. I would expect it to do so but with difficulty, due to the special problems associated with the disease." Strain on this system has already begun, as indicated by reports of family alienation from HIV-infected members.

AIDS mainly affects productive members of society, thereby increasing the number of dependents—children and elderly—relative to providers. While famine, drought, and poverty often claim the very young and the old, AIDS claims parents and seriously threatens the labor force. One result will be decreased per capita incomes as more dependents share the wages of fewer individuals.

WHO's special program

Knowing the facts is the main line of defence against AIDS. Every country needs access to the most authoritative and up-to-date information, *and needs to learn from the research and experience of* others.

Clearly a global strategy is vital. The task has fallen to the World Health Organization in Geneva. WHO designs blueprints for national AIDS programs and provides both technical and financial support. By May 1988, WHO had collaborated with 124 countries in support of national AIDS programs, while 102 short-term (6-12 month) and 34 medium-term (3-5 year) national plans had been completed. National AIDS committees have been established in 150 countries, and laboratory workshops have provided training in AIDS diagnostic methods to more than 400 laboratory workers in more than 100 countries. Major conferences have been held worldwide. WHO is also helping to organize collaborative research into sexual, injection, and other high-risk practices, as well as into information and education programs about AIDS.

Canada's role

Both the International Development Research Centre (IDRC) and CIDA are active in AIDS work. IDRC's activities are twofold. With Health and Welfare Canada and WHO, it is sponsoring the 5th International Conference on AIDS to be held in Montreal June 4-9, 1989. IDRC also funds AIDS research in developing countries.

In the pediatric field, for example, IDRC is supporting two studies in Kenya and Uganda on the risk of HIV transmission to the fetus or infant from infected mothers. Also in Uganda, an education project is examining—through personal interviews—people's knowledge of AIDS and their attitudes to it, and how these are influenced by variables such as locality, age, education, religious affiliation, sex, mobility, and economic and marital status. In addition, IDRC helps to fund a project by the non-governmental organization Program for Appropriate Technology in Health (PATH), aimed at developing and testing a simple, economical approach to AIDS diagnosis in the Third World.

CIDA has helped some developing countries, including Uganda, prepare the medium-term plans requested by WHO, budgeting $5 million for such efforts in 1987-88 and a similar amount in 1988-89 (under WHO's Global Program on AIDS). It has also supported public health education and blood safety programs in such countries as Uganda and Zimbabwe. Along with the *Centre de cooperation internationale en sante et developpmement* CIDA is assisting regional programs in francophone Africa, administering funds totalling $355,000 over six months in 1988 and $22 million over the next five years. CIDA's general policy strives to provide overall support for primary health care systems, not just for AIDS.

Global challenge

AIDS is nows recognized as an unparalleled global health challenge. It is already demanding more of medical science—and more of the combined organizational and educational skills of the worlds's governments—than has ever been asked before.

Dr. Halfdan Mahler, WHO's former director-general, once said: "Let us not underestimate the challenge before us...Yet we **can**, and we **must**, win this global war."

David Spurgeon is an Ottawa science journalist. This article is based on a report he wrote for the North-South Institute , to be published in the spring of 1989.

"ESCAPE"

...continued from page 1

skiers on the way up to the resort. The time now was 7:30 PM, almost four and a half hours since they'd left the ski area.

Meanwhile, on the mountain, their friends had become concerned when the two did not show up after skiing. Ski Patrol was informed and started a search of the mountain for the missing skiers. After a while their tracks, by now almost covered by the continuously falling snow, were found and followed across the boundary rope to the north ridge of the mountain.

With the tracks going outside of the area boundary, it became a matter for Search and Rescue. Courtenay RCMP was notified who in turn called out the COMOX VALLEY GROUND SEARCH AND RESCUE team.

Within a short time, 25 men on skis and snow shoes, two skidoos and other support equipment commenced a search of the mountain. Luckily, and to the relief of everybody, soon the message was transmitted by radio that the two lost skiers had returned to the lodge, safe and sound.

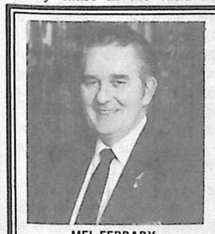
It was a very fortunate ending to an ordeal by two young people, which could have ended tragically in the opinion of all the experienced people involved in the search.

****

MESSAGE FROM LEONA AND REMY (and the Mt. Washington Ski Patrol) TO ALL SKIERS:

- Stay inside the ski area boundaries; they are there for your protection.
- There can be extreme hazards just a short distance outside the boundaries.
- The ski resort has absolutely no responsibility for your safety when you are out of bounds.
- Out of bounds skiers may be held responsible for the cost of any search initiated on their behalf.

FOR THE SAFETY OF YOURSELF AND OTHERS, PLEASE, BE AWARE—SKI WITH CARE!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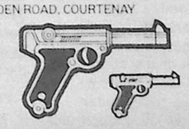

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PUBLIC ANNOUNCEMENTS

REGIMENT OF CANADIAN GUARDS REUNION

Canadian Guards Association Reunion is to be held at CFB Petawawa 11 to 13 August 1989. For further details contact: Secretary Canadian Guards Association, P.O.Box 972, Station B, Ottawa, Ontario, K1P 5R1

CANADIAN FORCES EUROPE BRIEFING TEAM VISIT

The Canadian Forces Europe Briefing Team will be visiting CFB Comox on 10 Apr 89. All CFB Comox personnel and their spouses being posted to Europe in 1989 are asked to attend the informative presentation. The briefing will be conducted in the Base Main Briefing Room, Hangar 7, at 1900 hrs, 10 Apr 89. Personnel unable to attend the briefing are to contact WO Dusick at local 8348.

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

CENTURION SMOKE ALARM A DUD

Due to unacceptable performance, Underwriters Laboratories of Canada recommends the replacement of Centurion PSD115 smoke alarms. The reason for this recommendation is that the smoke detector may be subject to deterioration and no longer provide adequate protection. The affected units were produced from 1975-1977 by Tellus Instruments Ltd and may be identified by the word "Centurion" centred on the cover of the smoke alarm.

CHATHAM HIGH SCHOOL TWENTY YEAR REUNION

If you were a 1969 graduate of C.H.S., in Chatham, New Brunswick, and haven't yet been contacted about the upcoming reunion in Chatham on July 1, we're hoping to hear from you. Write to Joan (Dealy) Russell at 131 Stothart Drive, Newcastle, N.B. E1V 3V2 or telephone (506) 622-4688.

VICTORIA AIR SHOW OFFICE OPENS

O.B.Philp, President of the Victoria Air Show Society announced "the Air Show Office, which is located in Dunsmuir Lodge will open for business on Monday, 3 April, 1989. The Victoria Air Show Society is pleased witha the progress made to date in the planning phase for the Air Show. "There are still plenty of openings for volunteer assistance," Philp said. Individuals wishing to volunteer, may do so by calling the office at 665-3670, and leaving their name with Bev Grooms. The Air Show is scheduled for August 7th.

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 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

REINCARNATION

Eckankar holds a discussion on karma and reincarnation and how they affect our life and dreams. Wednesday, April 12th, 7:30 PM, Courtenay Junior, Rm 108. FREE.

WALL MOUNTED LIGHT FIXTURES RECALLED

Toronto, Ontario, March 27, 1989: Danbel Industries and Canadian Standards Association (CSA) are warning owners of incandescent wall mounted wall fixtures catalogue number WB-43 to stop using them immediately and return the fixtures because of a potential shock hazard.

The fixture consists of a 4-inch canopy which is secured over the wall outlet box. A lampholder is secured to a "U" shaped metal bracket which also provides a mounting surface for a eight-inch diameter round shield.

There is a potential shock hazard when the fixture is being fitted with a light bulb. An insulating compound over the lead terminals located on the back of the lampholder was omitted during assembly of these units.

If you own one of these wall mounted fixtures, disconnect the power before removing, package it securely and return it to the point of sale.

For further information, contact:
Allan F. Bailey
Manager, Public Relations
Canadian Standards Assoc
178 Rexdale Boulevard
Rexdale, Ontario
M9W 1R3
(416) 747-4395

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.

CANADIAN FORCES PHOTOGRAPHY CONTEST

The Canadian Forces National Photography Contest will be held in Ottawa from 5 to 10 June 89.

Entries may be submitted by:
-members of the Regular Forces of the CF,
-members of the Reserve of the CF,
-members of other nations who are attached to or on exchange duty with the CF, but excluding those personnel of other nations who are under formal training,
-civilians employed by DND,
-dependants,
-members of the Sea Cadets, Army Cadest, and Air Cadets.

Interested Base/Station/Unit personnel should make themselves familiar with CFSO 1/89.

For additonal information, please contact the Rec Centre at local 8315.

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.

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 section 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.

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.

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

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 additon, 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.

ST SYLVESTRE REUNION

Final planning is now underway for a reunion of all personnel who served at RCAF Stn. St Sylvestre, P.Q. This event will be held on June 10 & 11, 1989 in the province of Quebec.
For further information and registration forms, please contact me at the following address:
A.L.Cantelo
P.O.Box 42
Montague, PEI
C0A 1R0
Phone: 838-3295

75th Anniversaries!

Royal 22e Regiment and Princess Patricia's Canadian Light Infantry both celebrate 75th anniversaries in 1989. A highlight of the year will be a joint parade on Parliament Hill on 9 September when officers and men of both regiments will be reviewed by the Governor General.

Many other anniversary events of these two proud Canadian regiments are scheduled throughout the year.

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).

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.

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OF GENERAL INTEREST

PROVINCIAL CRIMINAL COMPENSATION CONTINUES

Under the Criminal Injury Compensation Act, anyone who is a victim of crime in B.C. may apply for and receive compensation, bring an action against a person(s) or do both. Application forms are available at any office of the Workers' Compensation Board which administers the Act. The money to pay Criminal Injury Compensation comes from the consolidated revenue fund of B.C., through the Ministry of the Solicitor General of B.C. When the victim decides not to bring an action then, upon payment of compensation, the Board is entitled to sue the party or parties responsible for the victim's injury(s). The Act gives the Board authority to pay compensation where there has been no criminal conviction or prosecution, although the claimant is obliged to report the incident to the police as soon as possible.

One hundred and ninety (190) awards were announced recently under the Act. Twenty-three applications were disallowed. The following is a random sample of these awards and some of the disallowed applications.

A Lower Mainland woman was attacked from behind, thrown to the ground and sexually assaulted by a male assailant in an alley behind a hotel. She suffered multiple contusions and a state of mental anxiety. She was awarded $3,040.

A 28-year-old Vancouver man was attacked and beaten by a male assailant. He suffered minor contusions and was awarded $300.

Following a motor vehicle incident a 58-year-old Vancouver man was attacked and punched repeatedly in the face by an irate motorist. He suffered internal damage to his mouth and multiple contusions. For loss of wages and injuries incurred he was awarded $2,193.

During a purse snatching incident a 59-year-old Vancouver woman was attacked from behind and pushed down a flight of stairs by a male assailant. She suffered multiple contusions and a state of mental anxiety. For loss of wages and injuries incurred she was awarded $2,140.

Without warning a 26-year-old Burnaby man was attacked, punched in the face and knocked to the ground by a male assailant. He suffered a fractured nose and multiple abrasions. For loss of wages and injuries incurred he was awarded $2,408.

While riding in a car a 23-year-old Coquitlam man was struck with a rock thrown by an unknown assailant through the car window. He suffered a fractured jaw and a torn left earlobe. He was awarded $3,100.

During a purse snatching incident a 41-year-old Port Coquitlam woman was attacked, grabbed and pulled to the ground by a male assailant. She suffered multiple contusions to her buttocks, arms and right elbow. For loss of wages and injuries incurred she was awarded $2,275.

Without warning a 35-year-old Abbotsford woman was attacked, choked and abused by a male assailant. She suffered contusions to her head and neck. She was awarded $400.

During an argument a 49-year-old Nanaimo man was attacked and stabbed by a male assailant wielding a knife. He suffered multiple stab wounds to his chest, spine and left flank. He was awarded $2,100.

A 38-year-old Vancouver man claimed that he was injured when he was attacked, punched and kicked by a male assailant. A police investigation and eyewitness report gives a different version of the incident. The claim was disallowed.

A Vancouver Island man claimed that he was attacked from behind and beaten by an unknown assailant. However, hospital records give a different version of the incident. The claim was disallowed.

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

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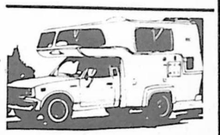

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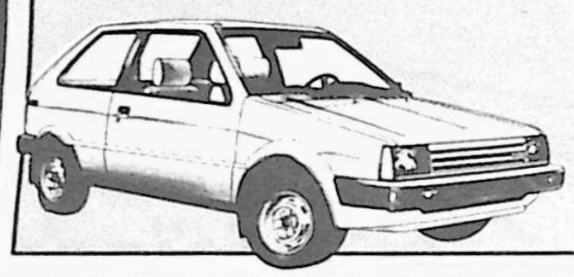
1989 MICRA



$7989

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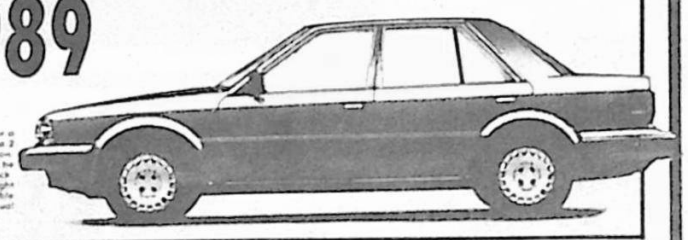
1989 STANZA

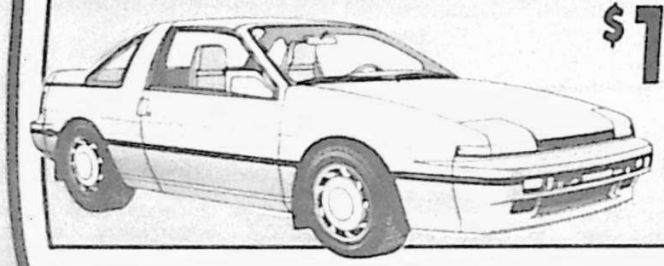
$14,989



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

1989 PULSAR

$15,989



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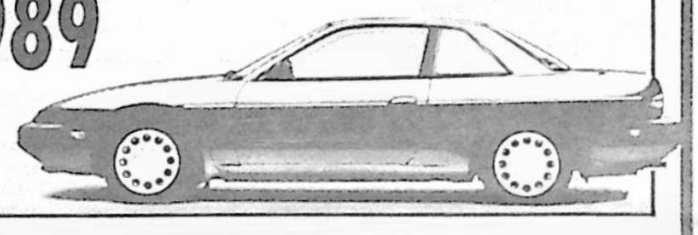
1989 240SX

$17,989



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1989 SENTRA

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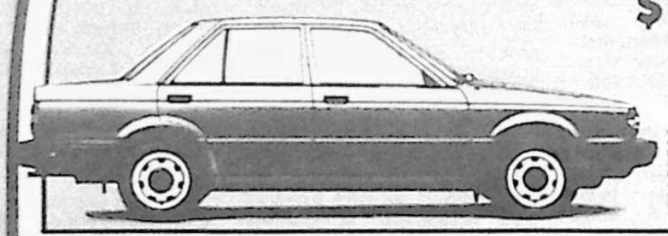
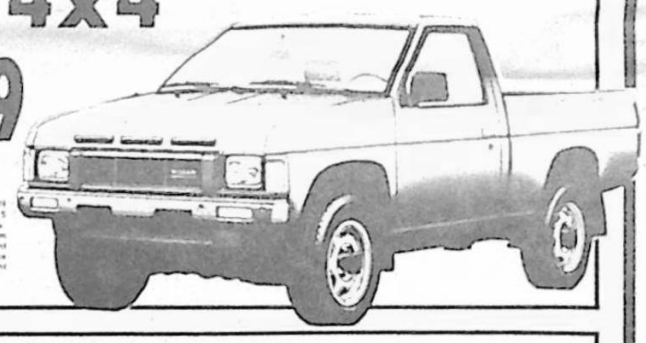


*Nissan Canada suggested retail price for a new 1989 Sentra 2 Door Sedan equipped with a 2.0 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, licence and applicable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

1989 4x4

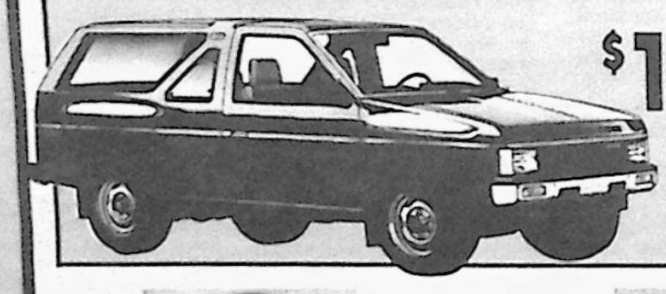
$13,989



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

1989 PATHFINDER

$19,689



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