



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 8 APRIL 20, 1989

NEXT DEADLINE MONDAY, MAY 1, 1989

COST: PRICELESS

CFB Member Makes Citizen's Arrest

To Master Corporal Ross Brown of 442 Sqn, Wednesday, 12 April, was not just another day. Instead, it was the day his mouth was awash with the sweet taste of justice—thanks to his quick thinking, cool head, and copious quantities of adrenalin pumping through his veins.

The story began the day before when he was sitting in one of the malls and noticed a teenager stroll by with familiar looking cycling jersey on. He pointed out the youth to his wife, surprised that someone else in Comox also owned a pair of these specially ordered and expensive shorts. The incident passed from their minds and they returned home unconcerned. There, to MCpl Brown's consternation, he discovered that his cycling shorts and top were missing from the clothesline where they had been hung to dry.

He instantly put two and two together and drove back quickly to the mall with his wife where an intensive store to store search revealed no trace of the nefarious shorts stealer. However, thanks to one shop owner who recognized MCpl Brown's description of the purported purloiner, he uncovered his name. With this crucial piece of evidence in hand he went to the police who were very familiar with the in-

dividual and promised to check his known haunts in hopes of an apprehension. Satisfied he had done all he could, Ross returned home with little hope of recovering his elusive attire.

The next day, returning from Campbell River, he was driving along the Island Highway approaching the outskirts of Courtenay and, not surprisingly, thinking of his prized shorts and shirt wrapped around someone else's body. He imagined himself coming across the loutish larcener cycling along the road and thought of how he would promptly run him into the ditch as partial payment for his crime.

Well someone smiled on MCpl Brown at this moment; directly ahead perched on a bicycle seat was his pilfered apparel. Wisely he did not enact his daydream. With adrenalin flooding his body he kept control of his anger and driving past the luckless individual he pulled to the side of the road and got out. He was happy to see a steady stream of traffic would prevent the cyclist from getting around him. He stood on the side of the road, spread his arms, and prepared to do battle. Our thoughtless thief realized by this time that something was wrong and swerved to one side. Ross moved with him. He swerved to the other side. Again Ross moved to block him. Left with no alternative he plowed right into Ross who was so keyed up he "didn't feel a thing."

Amazingly enough MCpl Brown stayed upright and, with a decided lack of tenderness, grabbed the fallen and desperately struggling youth. Relieved to see his stolen clothes were undamaged, MCpl Brown promptly proceeded to remove his shirt and pants. However, realizing the boy was bare-assed beneath his shorts, prudently left those on.

By this time the plunderous poacher had confessed and promised to turn himself in to the police if Ross let him go. Having reason to doubt his integrity, MCpl Brown declined his generous offer and, tossing his bicycle into the back of his truck, escorted him to the local authorities.

Needless to say Ross, well done. Hi yo Silver!

CANADA MARKS NATO'S 40TH ANNIVERSARY

OTTAWA—The Honourable Bill McKnight, Minister of National Defence, and the Honourable Mary Collins, Associate Minister of National Defence marked NATO's 40th anniversary recently, praising the Alliance's contribution to world peace and the value of Canada's membership.

"The Western Alliance today provides for the common defence of over 600 million

people and 16 nations on both sides of the Atlantic," said Mr. McKnight. "Moreover, it has been successful in ensuring the longest continuous period of peace and stability in Europe in nearly two centuries. This peace has been possible through the Alliance's two goals: maintaining a deterrent against hostilities through a strong defence and promoting arms control."

Being a member of NATO is of great benefit to Canada. NATO membership provides national security at far less cost than an independent or neutral policy. It also provides Canada with an equal voice in collective decisions taken by the Alliance, while allowing the pursuit of an independent foreign policy.

"NATO is not only a military alliance. It is also a forum for the exchange of ideas on political, economic, and social issues," said Mrs. Collins. "There remains, however, a need for continued re-examination and renewal to improve its ability to fulfill its tasks, particularly in this new era of rapidly evolving East-West relations."

The Alliance's anniversary will be commemorated in all member countries. Canada is planning a series of events throughout the year including public displays, ceremonies, and speaking engagements.

THE SNOWBIRDS ARE IN TOWN



As if you didn't know. But if you've been wondering who the gaggles of pilots are swaggering down CFB Comox roads, now you know. Their twice daily shows continue to 20 April.

WEEKLY CHUCKLE

List of instructions for flight attendants from a 1930 manual:

- 1-Keep the clock and altimeter wound up
- 2-Carry a railroad timetable in case the plane is grounded
- 3-Warn passengers not to throw their cigars and cigarettes out the windows
- 4-Keep an eye on passengers when they go to the lavatory and make sure that they don't mistakenly go out the emergency exit.

Canadians Value A Quality Environment

Public opinion surveys conducted over the last two years have shown that Canadians place a high value on their environment. In a talk at the Federal-Provincial Wildlife Conference in Victoria last June, Ian McKinnon, President of Decima Research said that 83 percent of Canadians feel a clean environment is impor-

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"FISHWRAPPER" EXPOSED

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OUR NEXT DEADLINE
MONDAY, MAY 1, 1989—NOON



MCpl Brown poses on his bicycle, his jersey and shorts freshly laundered and back where they belong.

EDITORIAL

Cancer—it can be beaten!

Cancer—for me it conjures up awful images. My aunt lying in a hospital ward, her body emaciated; emerging for brief lucid moments from her cocoon of painkilling drugs. Only weeks before she had been sharp, vital, full of life. She faced cancer with courage for more than ten years. Its progress, though interrupted for long periods, was remorseless.

Similar experiences have been shared by millions. Cancer is now the most common cause of death in BC. The chances of dying from cancer are one in four. The odds of developing cancer are worse: one in three. So even in this day of high technology medicine cancer can bring forth a feeling of helplessness. Its destructive march through the human body is too often inexorable despite modern drugs and machines. Man's search for understanding of the incredibly complex structures of living tissue has produced amazing results but also many more questions than answers. Few areas in the race for knowledge are more enigmatic or important than the causes and cures of the many forms of cancer.

To be informed that you have cancer is to come face to face with your own mortality. Even an excellent prognosis can leave you a changed person; a lot less likely to take life, with all its pleasures and sorrows, for granted. Ask Captain Gord Currie of 442 Sqn. In November, 1986, he was told that he had leukemia—that is—blood cancer.

"I had no idea there was a serious problem...I thought I was having a gallstone attack...that's why I went to see the doctor." After an initial physical and blood tests Capt Currie was back in the doctor's office at CFB Comox for another physical. "That's when he told me. I was sitting on the examination table and he said, 'There's only one way to tell you this. You have leukemia.' I cried for three minutes. I couldn't help myself. After the shock wore off, I was ready for details."

Leukemia causes bone marrow to produce immature white blood cells. The body attempts to correct for this by producing more white blood cells which are likewise immature. This cyclical reaction eventually begins to crowd out the red blood cells which are crucial to sustaining life. Leukemia is not hereditary and its cause is unknown.

"At this point, although I trusted the doctor, I still had hopes that it was all a mistake...by the third doctor's diagnosis confirming the initial one, I couldn't deny it any longer...I stayed in control, I think, partly because when my grandmother died the year before and I viewed her body at the funeral, I saw a smile on her face. I lost all fear of death."

The next day Capt Currie went to St. Joseph's Hospital for a bone marrow biopsy. During this procedure a long needle was inserted into his hip bone so that bone marrow could be removed for examination. "They anaesthetized the skin where they made the puncture but, you know, you can't freeze bone. I could hear the bone grating as they searched for the right spot. The pain comes when they suck out the marrow. I have never felt pain like that. I think I bent the bars on the bed." Five attempts were necessary to get the requisite three samples. Capt Currie was to undergo this operation four more times during the course of his illness.

In January Capt Currie travelled to Vancouver (the first of many such trips) where a specialist presented him with three options for treatment. He could continue on the drugs he had been taking since December; they would control the cancer for a time. Prognosis—3-5 years. He could opt for a bone marrow transplant if a suitable donor could be found, but there was a catch. There was a 50% chance of his body rejecting the new bone marrow. If that happened then his body would have no immune system and his life would

be in acute danger until another donor could be found. The third option was the "miracle drug" Interferon.

"There was never any doubt in my mind about which choice to go for...I wanted a normal life again even if there was a chance of it being cut short...I opted for the transplant." For a successful transplant the donor's blood must closely

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match the recipient's. Thus, immediate family are the obvious choice. "I wrote my family a letter in December once I was sure I had cancer. I couldn't talk to them on the phone then, I was too emotional. They never hesitated about being possible donors later. They went for blood samples as soon as they

knew."

Matching Capt Currie with the donor was a complicated process. The technology enabling bone marrow matching has only come along in the last ten years. "If I had developed this cancer before then I very probably wouldn't have survived it." It took till June to confirm that his older sister was a suitable candidate. "Helen and I were always close. When I first talked to her about my illness she told me what she thought my reaction was when I was first told I had cancer and she was absolutely right."

In November a room became available in the hospital in Vancouver. After four days of chemotherapy and three days of radiation treatments, which killed off his own bone marrow, Capt Currie was ready for the transplant. "I puked out my guts from the drugs used in the chemotherapy...my vomiting was so violent that I damaged my esophagus, which caused me problems later...I was continually nauseous. Because I couldn't eat I was fed for three or four weeks through a tube in my neck. I always had a strong desire to chew during this period." His sister had flown in from Ontario a few days before and underwent an operation which removed two pints of her bone marrow. "Her bone marrow was put in a plastic bag and dripped into the same tube used to feed me. Just like a blood transfusion. It only took about thirty minutes."

His initial recovery took two months. Throughout this time, due to his weakened immune system, he was kept in a special, sterile room designed to seal out germs. All visitors wore gowns and masks. "I was only partially aware of my surroundings during most of this period because of the drugs. They kept me on morphine for about three weeks until I asked them to take me off it. I didn't like what it was doing to me. I was also very weak from the chemotherapy and radiation and could only manage to walk

a few steps at a time. Mostly I just lay in bed. I was frustrated at the slowness of my recovery. I wanted to be out for Christmas. But it was the middle of January before they released me."

Unfortunately Capt Currie was back in hospital in February after recurring nausea saw his weight fall by twenty pounds in ten days. "I was so weak I needed help just to walk. I spent six more weeks in the hospital. I was mostly out of it...I didn't care what happened to me...my world was my sickness. When I got better I had to learn to walk again. My leg muscles had shrunk and I had lost my coordination...I used a cane."

That was a year ago. Since then Capt Currie has steadily improved. He hopes to be completely off drugs in six months. I asked him if he had changed as a result of his experiences. He hesitated, unsure of the answer. "I have changed. I'm not sure how much. I was always the type of person to take life with a smile. Now I have a reason for that smile. When I get up in the morning I put two feet on the floor and say, 'Thank God I'm alive—it's going to be a good day.'"

Capt Currie has advice for cancer sufferers. "Don't hold back your emotions. Talk about it. Other people shouldn't be afraid to bring up cancer and death either. I let people around me know I wasn't afraid to discuss it and a lot of them did. Attitude is also very important. I'm the type of person with a positive attitude. From the day of my transplant I've had absolute faith in my cure."

There was an important plus to Gord's sickness. He met his wife Chris in October, 1987, just before he went into hospital the first time. A short while later, never doubting she was the right woman for him, he asked her to marry him. They married in September last year. Her unfailing support was crucial to his recovery and they are looking forward to a long life together.



TOTEM TIMES

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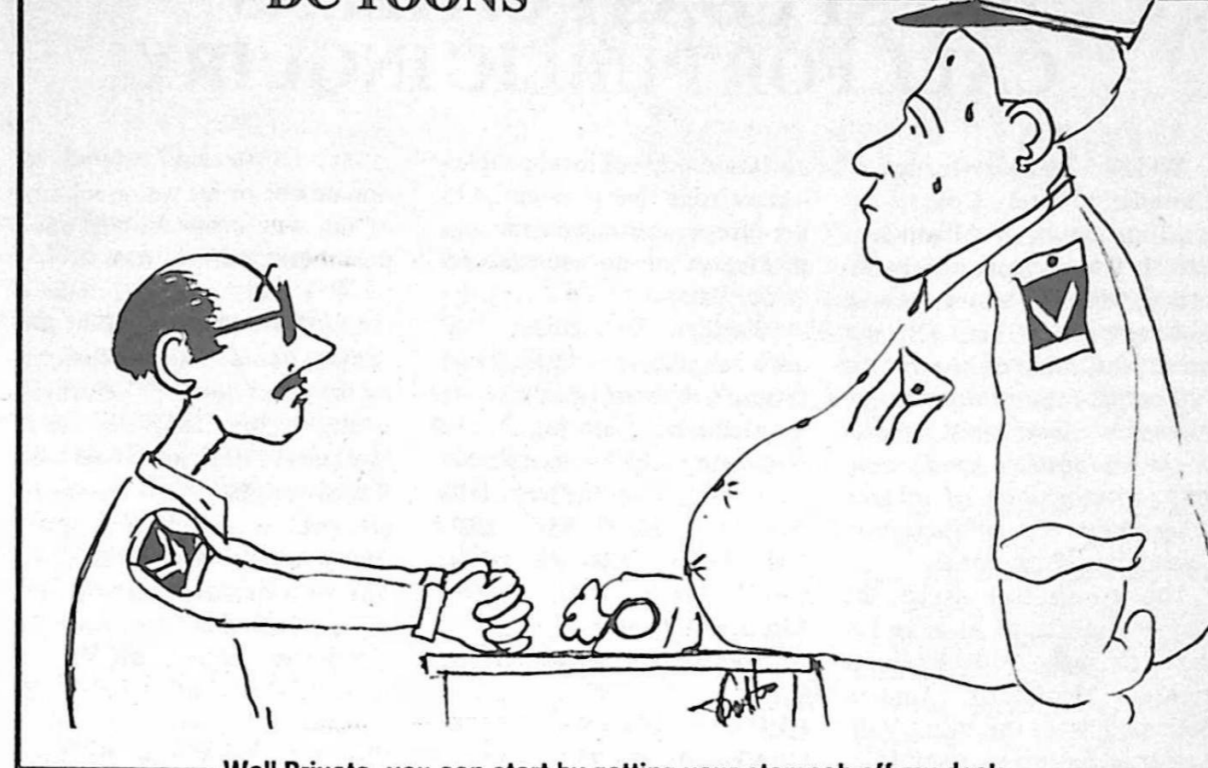
EDITOR.....Capt Kirk Sunter
ASSISTANT EDITOR.....Norm Blondel
EDITORIAL STAFF....Kelly Sunter, Mark Forseille, Roger van Nieuwerkerk
SECRETARY.....Judi Hooze
CIRCULATION.....Brad & Helaine Shipley 339-4680



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OF GENERAL INTEREST

DC TOONS



Well Private, you can start by getting your stomach off my desk.

LETTER TO THE EDITOR

The Last Post For Canada Post!

Dear Editor

Have you seen the new Canada Post logo—"a mark of our commitment? Soon it will be on our products, trucks, signs and letterboxes".

There are two observations we can make about this logo:

1. Canada Post has taken the CANADA out of Canada Post.
2. Service is being reduced. The symbol tells us that. The expression a b means b is less than or of lesser value than a. With Canada Post we go, in this logo, from more to less!

Many small towns, villages and communities across Canada have experienced closure and privatization of their needed post office as well as the loss of those postal jobs. They already know Canada Post is selling out. Many of us have thought it wouldn't happen to us...the government wouldn't do THAT. Ha! But, everytime you see one of those "products, trucks, signs and letterboxes" you'll notice that it is true: Canada is out of Canada Post and service is less.

Canada Post received the Double-Speak Award last year from the Canadian Council of English Teachers. Who would dream that this year Canada Post is spending millions of dollars on a new media blitz with a logo that advertises what Rural Dignity of Canada has been saying all along.

We should be so lucky!
Mary Otto Grieshaber
Agassiz, B.C.
Barb Boneau
Newbrook, Alta
Rural Dignity of Canada

CANCER SOCIETY SAYS—KNOW WHERE YOUR MONEY IS GOING

April is the month of our annual appeal, when our volunteers go from door-to-door asking for donations. Many of our canvassers are questioned about other organizations asking for money for cancer-related activities.

Sometimes, we feel, people have the impression that by giving to these other agencies, their money will indeed go to the Canadian Cancer Society. That is not so.

Thus we wish to remind your readers to "Look for the daf-

fodil", our symbol of hope for over fifty years.

The Canadian Cancer Society is the oldest and most respected cancer-related national volunteer agency in Canada. We fund over 60% of all cancer research in Canada; we make available the most comprehensive educational material on prevention and early detection; and our patient services program brings concrete help to individuals needing financial or emotional support. The progress in cancer research has been very real as the chart below shows.

Our symbol is the daffodil. The Society would like to remind everyone that when you are asked to donate to the fight against cancer, know whom and what you are donating to.

Remember to ask how your donation will be used. And remember the daffodil!

PROGRESS

| | |
|-------------------------------------|-----|
| Children's Leukemia survival rate: | |
| 1960 | 4% |
| 1980 | 61% |
| Hodgkins Disease survival rate: | |
| 1950 | 30% |
| 1987 | 85% |
| Non-Hodgkins Disease survival rate: | |
| 1950 | 8% |
| 1987 | 40% |
| Bone Cancer survival rate: | |
| 1970 | 18% |
| 1980 | 60% |
| Ovarian Cancer survival rate: | |
| 1970 (all stages) | 36% |
| 1980 (stage one) | 86% |
| Testicular Cancer survival rate: | |
| 1950 | 57% |
| 1980 | 94% |

ENVIRONMENT

...continued from page 1

tant, while 86 percent are highly concerned about the quality of our environment.

Decima Research has also found that Canadians place higher value on their environment than do Americans. Only 52 percent of U.S. citizens understand that a clean environment is important and only 62 percent of Americans surveyed said they were concerned about environmental quality.

Canadians generally believe that a sound economy cannot be sustained at the expense of the environment. Nearly three-quarters of Canadians feel they must make sacrifices to preserve a quality environment, and 93 percent would choose protecting the environment over economic growth, while 89 percent would opt for a quality environment over having lower prices for goods. If the choice were a clean environment or jobs, 69 percent would prefer to have a clean environment.

Canadians also regard environmental problems as serious. The majority of Canadians (78%) recognize that their health depends upon a clean environment, and that penalties for polluters are not severe enough.

Become a
UNICEF Volunteer

Support The April Cancer Campaign.



PMQ
Canvassing
April 15-22

GIVE GENEROUSLY
WHEN CANVASSERS CALL



TEACHING CLINIC

Breast Self-Examination
PROTECT YOUR HEALTH

Date:MAY 2, 1989
Time:7 PM
Place:BASE HOSPITAL
CFB COMOX

ON & OFF THE BASE

From The
Top Rung

COL TED GIBBON

Your new Editor seems to have trouble with numbers if his recent editorials are any indication. He hasn't mastered the art of keeping twenty-nine or even three bean bags in the air and couldn't fathom the logic in the building identification system used at Air Force bases since Orville and Willbur first launched a Kitty Hawk. (Their airplane was in Hangar 2 but they lived in room 304 of BB 16 which was a 1 storey shed adjacent to the hangar line.) Now I admit the numbering of CFB Comox's buildings may be a bit confusing but the method makes sense once you've been in a while. The hangars: The first hangar the Base Commander saw when he looked out his office window was designated 1 Hangar. Since he had previously served in the naval Air Service and remembered that all numbers on the starboard side were odd the next one over had to be 3 Hangar. That should have made the one on the other side 2 Hangar and it may have been however, a subsequent Base Commander felt so lucky to have any money spent on the base by Command that he decided the new hangar should be designated 7 Hangar. To keep the fighter fraternity happy four hangars were constructed in a semi-isolated environment and numbered 8, 9, 10 and 11. The first known example of the KISS principle. Make sense so far? As for the base buildings: They were assigned numbers sequentially as the site plan developed. There now is no number 1. In fact number 2 no longer exists either and the lowest number still in use is number 3, the Officers' Mess, which gives you an idea of how old that building is. In comparison the Combined Mess is number 105 out of 191 sites. Building numbering is essentially a CE plot to enhance the mystique of their profession and allow them to indulge in highly articulate conversation that the rest of us cannot understand—just like we do to them. Why else would 96 be the Sewage Treatment Plant and 97 the Control Tower? I won't attempt to explain Barrack Block room numbering systems but I will offer a little advice. Travel with only one suitcase and leave it in the foyer until you've located your room. Chances are you are in the wrong building anyway or the key won't fit.

I related to Capt Sunter's comments on juggling although I disagree with his hypothesis that there is a therapeutic effect to the art or that nobody cares about the subject. A colleague of mine once described a successful Base Commander as a juggler who could keep five balls in the air all the time and ensure none were personally associated. There is nothing therapeutic about that kind of pressure and I do care.

THANKS ROGER



The staff at the Totem Times is sorry to say goodbye to Roger van Nieuwkerk, who has been lending a much welcomed hand at the paper for the last four months. Roger is a University of Victoria student on term employment at the Rec Centre. He is off to Kelowna at the end of April to work and chase women in the sunny Okanagan Valley. (not necessarily in that order.) Good Luck Roger and thanks from all of us.

WEST COAST CITIZENS
CALL FOR PUBLIC INQUIRY

Today, 158 citizens of Canada's West Coast, including many prominent British Columbians and members of First Nations, sent a statement to Prime Minister Brian Mulroney calling for "a full public inquiry into the environmental and social impacts of the exploration, production, and transportation of oil and other dangerous substances in Canadian coastal waters."

The group has asked the Prime Minister to arrange for them to meet with Environment Minister Lucien Bouchard when he visits Vancouver on Saturday, April 15.

"We have all been shocked and disturbed by the oil spills on the Pacific Coast this winter," said Dr. Andrew Thompson, former Commissioner of the West Coast Oil Ports Inquiry, speaking on behalf of the signatories. "We are deeply worried about the future of our coastal environment."

"As we say in our statement, 'The events this winter have revealed an ominous truth: we are woefully ill-prepared for spills off the open coast. Despite the best efforts of all agencies and individuals we simply cannot contain oil spills at sea and we have much to learn about cleaning them off our shores.'"

The group has called for a public inquiry because, according to Dr. Thompson, "We believe it is the best way to learn from this year's terrible experiences. The problems and delays experienced in Canadian clean-up efforts on the west coast of Vancouver Island in January can teach us valuable lessons."

"A public inquiry can also draw on the particular expertise

and knowledge of local people - knowledge that is essential to the proper management and protection of our coastal environments.

"Further, we believe that only a public inquiry can restore public confidence."

Included among the statement's signatories are: -scientists, including DR. DAVID SUZUKI, DR. CHARLES KREBS, DR. PAUL SPONG, DR. GEOFFREY SCUDDER;

-native leaders, including Chief SAUL TERRY, Chief GEORGE WATTS, ERNIE CRAY and CHARLES BELIS; -labour leaders, including KEN GEORGETTI, ELSIE MCMURPHY, JACK NICOL, and JOHN SHIELDS;

-writers, among them PETER C. NEWMAN, DOROTHY LIVESAY, MAYOR MOORE, AUDREY THOMAS;

-religious leaders, including the VERY REVEREND ROBERT SMITH;

-musicians, including PAUL HORN and ANN MORTIFEE; -artists, among them BILL REID, JACK SHADBOLT, ROBERT BATEMAN and TONI ONLEY;

-lawyers, business people, mayors, environmentalists and many others.

Mr. Onley has offered to donate one of his water colours of the west coast to help support these efforts.

"The dangers to Canada's coasts have been graphically demonstrated," the statement by the group reads. "Yet, these events, particularly the spill that tarred the west coast of Vancouver Island in January, also offer an important opportunity to learn and to improve our capabilities and our regulations. It is an opportunity we cannot afford to ignore. Further spills are neither 'possible' nor 'likely'. They are certain. How catastrophic they will be depends on us."

Dr. Thompson called on other individuals and organizations who share the group's concern to contact their Members of Parliament to call for a public inquiry.

"We have been pleased to hear again, in the Speech from the Throne, that the Prime Minister and the government are committed to protecting the environment," said Dr. Thompson. "We hope they will demonstrate their commitment in this case, where there is both an urgent need and great opportunity."



Cpl G.T. Johnson was presented with a CFB Trenton Base Commander's Commendation for outstanding service to CFB Trenton and the Quinte Region in the field of soccer.

WANTED!

for the TOTEM TIMES

Part-Time (approx. 30 hrs bi-weekly) Typesetter/Secretary with some bookkeeping. Employment starts 29 May. Hourly wage - \$7.75.

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 1-3 May.

Courtesy G.S. Christianson, Hinton, Alberta.

407 SQUADRON
Demon Doins

NAVCOM LABS

This posting season has been kind to several members of the lab, with everyone in the lab getting exactly what they asked for (with the usual number of minor exceptions). Perry Johnson and Steve Walters are off to bolster the ranks of CF Europe; Perry is undergoing training to become a CF-18 tech and Steve is going back to find his combat arms roots in the wild and wacky world of Tac 'Hell'.

Another 'Perfectly Pleased Posted Person' is Anne Davey who is going to 442 Sqn. in late May. Anne would like to go on record as saying that she is most definitely looking forward to taking on the mantle of Squadron Sports and Entertainment Boss as soon as she gets there.

Warren Sutton is also posted to a squadron, well sort of. It's Delta Squadron CFSCE, CFB Kingston. It's what he asked for but the fact that they have started calling the different training blocks 'troops' has got him a little intimidated.

Everyone else is stuck right where they are, however some of our techs are on so many courses that they might think they're here on TD. Dan Julien has just returned from a triumphant tour Begotville, Shearwater and Greenwood.

Shiela Tanner and Jamie Benoit are going to Trenton for an HF radio course and Norm Ruby and Gerry Wiesner are off for long tours in Greenwood. Norm is on the DATS

Maintenance course and Gerry is on the two month long FLIR mind buster. Nancy Wild has been the picture of military bearing and deportment for the past while as she prepares body and mind for her JLC in May/June. Clive has just returned from the latest in his comm cross training courses, another VOR/ILS taught in beautiful Borden.

The top floor of 7 Hangar has recently been officially designated as the 3rd floor just to keep all the stair-climbers sane (there used to be a 4th floor but that's another story).

Lastly, Ron Davies has completely awed the rest of the shop with utter brilliance in his new capacity as Base Test Equipment Coordinator. It would have been easy to let the legend performances of the past immortals of Test Equipment lore overshadow him. Names like Carl Charko, Cliff Perry and Perry Johnson have taken on an almost mythic status and soon Ron Davies will be just like them. From the whole shop, thanks Ron.

IE(IS) Labs (subsection of Battery Shops)

- Postings out this summer (stop your blubbing!)

Cpl Dan LeFebvre to BFC Bagotville (and he deserves every bit of it). MCpl Steve Lazar to CFB Borden (no comment necessary). Pte Prasad to CFB Winnipeg.

Postings in this summer: Cpl John Doe (alias Salman Rushie-what better place to hide).

Our lab will not be continuing the long standing tradition (twice) of entering a team in the Snow to Surf Race as the Australian Ironman triathlon is slated for the same weekend and most of us were already committed.

The "Illustrious BAMSO Hockey Team" has finally managed not to win something. Congratulations to the winners of the Base Commander's Cup. The team representing CE, Firehall, BTNO, Supply, and everyone else who were dying to see BAMSO lose but couldn't do it on their own (and we still almost managed to take it!)

All Battery Shops personnel have grown thick membranes over their eyes so that when they emerge from their now windowless shops the extreme brightness of the beautiful, clear, summer day doesn't bother us (whoever made that decision, thanks!)

As evident by these news items, things have been pretty routine (stagnant) around here lately so before I bury myself too deep in trouble I'll leave you with this thought:

Without the IE(IS) Labs (subsection of battery shops)...I'd be on the golf course! (let's work on it.)

2 CREW SERVICING

The Talkative-voice of 2 Crew is no longer on 2 Crew; so, the Not-So-Talkative Voice has taken over writing this short article. Soon you'll be hearing from the Talkative Voice of Maintenance and you will probably notice an increase in the size of their article. All in

all, we will miss Sue. She was also our Party Fund Rep and at a recent crew party at the Beach House, the Handing over of the Spatula Ceremony took place. The honour of Party Fund Rep was given to Todd Wallace, who, we hope, will be planning more parties soon.

Also, recently leaving the crew was MCpl Theresa McIsaac to Research and then Maternity leave; Cpl Gravel to 1 Crew, and Cpl Beresford to Quadra. Good luck to each of you. You will be missed. To replace our departing techs are Cpl MacLaren, Cpl Frizzell, Pte Ross, Cpl LaBrie, Pte Howland, and Pte Young. Welcome to the crew.

On the happy side of life, two recent birthdays were celebrated, much to the embarrassment of the guys. Mark Penney, 26 and Craig Howland, 28, we hope you enjoyed your cake. There are two weddings; 15 April-Mike Ouellette and 22 April-JoAnne Parker. Congratulations to you both and happiness always.

On TD in Hawaii are Sgt Helpard, Cpl MacLaren, Cpl Mary Penney and Cpl LaRoche. Hope all is going well, especially for Mark as he will be returning only to enter the Hospital for a long awaited operation. We hope that you are better soon.

With all the excitement on crew this month, we can hardly contain ourselves.

It should be mentioned that Sgt Brauner, Cpl Taillon, and Cpl Oliver have been selected from our crew to represent our Sqn in the upcoming O'Brien Cup Competition. Has anyone noticed that 7 of 9 people on the primary crew are either on or were recently on 2 Crew? Is this a coincidence or is this indicative of the calibre of work from 2 Crew? Either way, the best of luck to the Comp Crew.

On the horizon are many postings. We'll wait to say goodbye when everything is official. In the meantime, Paul would like to know, "Where, the &?%*", is my Posting Message?"

407 ARMAMENT

The month of April was a very busy one for everyone in the world of armament. Competition Crew practices, promotions, trips, and shop renovations have made life a little more hectic than usual, and with the posting season in the offing, it would seem the pace will quicken.

Our lads the loaders have been putting in their fair share of hours. The Fab Four, Sgt Ron Mulesa, MCpl Rocky Blouin, Cpl Todd Giles, and a last minute substitution, Pte Blair Kennedy, have all shown signs of the first hard labour

done by them since their last Express Test. For those not in the know, Blair had to sub for Brad Halstead because it was felt that he sweats enough at work.

Our congratulations go out to newly promoted WO George Kutcher and MCpl Steve Redgewell. Both are now qualified to wreak even more havoc.

Tony Wells was extremely disappointed about the cancellation of his Adak trip. He likes it up there, and when the weather gets warmer around Comox, he longs for the cool winds of the wilderness. (That would also explain his posting to Greenwood.)

In the meantime, Richard Lamothe got his chance to "hula in Hawaii" but everyone feels an LRP is a strange way to go on vacation.

Here's one to read careful. Dan Booth becomes the latest "Booey Boy" replacing Ray Michell, who is replacing Bob Davyduck in the Torp Shop, who is replacing Anne Warren in Research, who is replacing

Rocky Blouin on 2 Crew who is on the Comp Crew.

As well as his promotion, George Kuchler finally saw the light when a window was installed in his office as part of shop renovations. Now that that's happened, he'll be moving to Trenton to try his hand at getting other windows installed there. These renovations also include vinyl siding to match the vinyl chairs in the canteen.

One final note. We're hoping that Steve Watts will once again take over the canteen. His burgers are known throughout the Comox Valley as being a good way to keep one's BMI down. "Nuff said.

AIRCREW

The last couple of weeks have seen a lot of action around 407, both in the air and on the ground. All crews have been busy flying, and Crews 3, 4, and 5 have each been treated to a few days in the Annapolis Ditch.

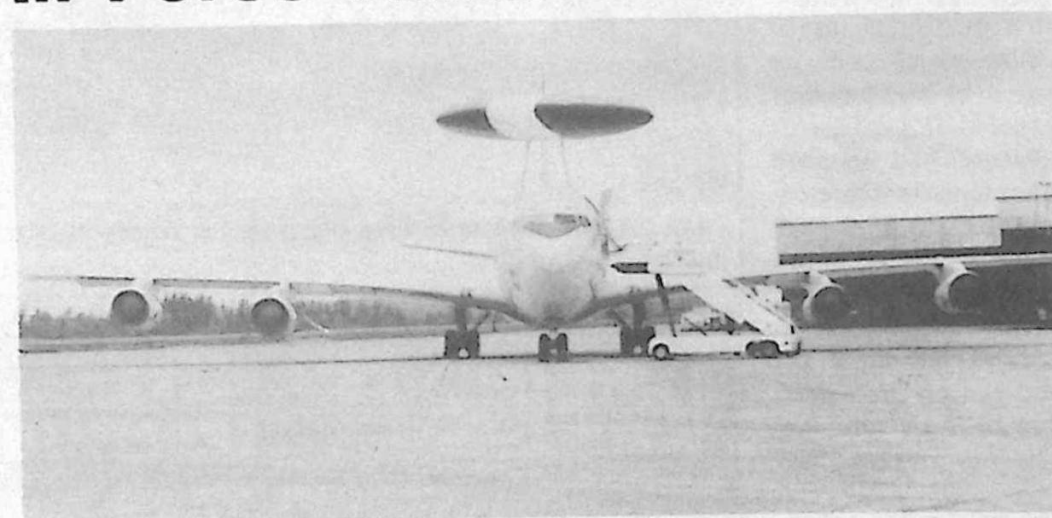
On a high note, a few Demons have recently had promotions announced.

Promoted to Captain, or soon to be, are Scott Guenther and Tim Campbell. Demoted, sort of, is MCpl Gord Mearns. Accepted for UTPM, Gord will soon become OCdt Mearns. It won't be long until Gord departs for BOTC at Chilliwack and then the University of Manitoba. Congratulations and good luck, Gord.

...continued on page 18

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue



THIS WEEK'S TRIVIA:

This funny-looking 707 is an occasional visitor to Comox. What is it?

LAST WEEK'S TRIVIA:

We know they are Harvards, but the rest is a mystery. We're running short of Trivia photos. Can we borrow yours?

SECTION NEWS



442 SQUADRON



SNAKE PIT

Ah, springtime in the Rockies; there's nothing like it! The sound of limbs snapping on the ski slopes and golf balls cracking against trees. Let's face it, this is what being in Comox is all about. While the rest of Canada is still waiting to see if summer is going to occur this year, the personnel of 442 Sqn are already enjoying it. We survived the longest, coldest, snowiest winter in a long time and we're glad it's over.

People are wringing out their winter clothes and hanging them up to dry for the last time. Some keen people even cut their lawns this week!

All winter the Sqn drove to work in the dark. The only mountains we saw were those created by paper on our desks. Numerous trips were cancelled due to weather and morale seemed to slip. Everyone seemed to forget that this not only SHOULD be but IS the best posting in Canada. Sometimes a little liquid sunshine on the brain makes us forget where we are.

When you're finished reading this take a look around at the people and scenery and remind yourself how lucky you really are! Just think, you're you and it's springtime in Comox. You could be someone else and it could still be winter in Moose Jaw. Scary thought, eh? Even worse you could enter the Cal Kennedy, Louise Neil, cast of many colours look alike contest. Ah, the signs of spring!

SNAKECHARMERS

With an additional number of Snakecharmers receiving their posting messages last week, we find that Brad Kneller will soon be off to Baden, John McKenzie will be on his way to Shearwater, Yvan Cote is heading for "down home" country in Greenwood while Al Marshall packs up for Cold Lake.

As well as postings out, 442 Sqn has also seen a few inter-Squadron moves. Maurice Leger, Dewey Numan and Bruce Wilson, formerly of maintenance, can now be found doing time in servicing.

Dave Bisskey and Louis Limoges have also managed to squeeze in on some moves.

Dave is now taking Louis' position in AMCRO while Louis spends some time in Dave's old hole in the wall in AVSO.

Cal Kennedy has been seen sporting a nice little cast since he broke his ankle trying to hunt the hard way.

It seems a resident deer didn't like Cal using his road. We're not sure how the deer fared in the battle but rumour has it that the motorcycle and Cal are repairable and the deer wasn't. Heads up out there folks, Cal got away extremely lucky but a lot of these little critters are around and they don't stop for traffic.

LAB FLIGHT

Well it's safe to say that lab fit has had a fairly slow couple of weeks. Maj Res Cue and Crew were called upon to assist in a medevac from Mt Washington. Capt MacKay and team assisted a downed aircraft in Big Bay; while Capt Myrah's group handled a medevac from Quadra to Campbell River.

In other news, rumour has it that Louise navigated a navigator to a first place finish in the car rally, (not thinking of reclassifying are you Louise?). Mary Bryant is scheduled to step into Charlie (soon to be) "Desk Cue's" shoes as D/SopsO. A pilot working for a navigator! What next?

The flight would like to welcome Tony Edwards and family to Comox. Tony, who taught some present Lab pilots to fly in Portage la Prairie, is handling being a student himself very nicely. Also waiting in the in basket are John Purdy and Ron Greenaway. John, who is presently at CFANS in Winnipeg, and Ron, who only left Comox 3 years ago, will join the fit and OTF respectively. Ron and wife Claudia dropped by last week to ensure their favourite places and people are still here! Welcome home you two!

Speaking of visits, ATG launched a sneak attack in the form of Maj Alex Thompson. No one knows for sure when he showed up but rumour has it that a few check rides have been mixed in with a number of rounds of golf.

NAVS

The Maj has been up to his ears in the normal aircraft problems. Every week though, he and Jane turn into Fred Astaire and Ginger Rogers at their ballroom dancing class.

This was his estimation by the way, so we will have to watch closely at the next dance function to see if he doesn't have two left feet. Fletch is just back from attending a two week industrial first aid course from NIC. SAR Techs beware, he may try to practice his newly acquired knowledge on one of your patients! Rudge has been hogging most of the away trips so the nav training exam still is not on the street. He has been heard to mutter items like "shooting the upper limb" and "sidereal star fix" giving the rest of the navs some concern for the degree of difficulty on this exam. Harold has been doing some real navigation by directing the "Teutonic Battle Maiden" in speed and acceleration; or was it the other way around. Anyway it was a winning combination as Harold and Louise won the car rally on Saturday. All is quiet with Brad and Mark as we haven't heard Mark complain about Brad's vegetarian pizza.

Gord's smiling answering service is going great, he does throw in the odd snarl to keep everyone on their toes.

BUFF FLIGHT

It's been a quiet couple of weeks in Buff Flt.

Capt Barr and Capt Strocel have headed off their separate ways with a rousing send off last Thursday night. Capt Strocel presented the Officers' Mess with a beautiful picture of the Buffalo which will be highly prized by the members of 442.

Capt Bedard had returned from Edmonton after representing Comox in the Volleyball Championships but he hasn't said much about his trip yet.

Capt Newbold finally got his most excellent adventure off the ground and on the way to Edmonton to drop the Sky Hawks. He was only 48 hours late but the jumpers were still patiently waiting for he and his crew. (That's what happens when you land on your head too much.)

FROM THE SAR TECH SHOP

442 Sqn has been a busy place in recent weeks. We have all been involved in a full scale search for a light aircraft which culminated in a find on the 2nd of April. We have also carried several boat and land hoists as well as a few confined area landings all to give assistance wherever it is needed.

The section has recently received our section boat back from MSE and we are extremely pleased with the excellent work they carried out on our behalf. Many minor glitches have been cleared up as well as major work being completed on the hull and motors. It looks good, runs well and should serve as well throughout the coming year. It is a pleasure to know that the people who laboured on this vessel took pride in their work.

We have also been notified by message about several people posted in during the APS. Sgt Beattie, wife and family from Goose Bay; Sgt Kelly (single) from Halifax; MCpl Denninger, wife and family from Gander; and MCpl Buxton from Edmonton. These gentlemen and their families are all looking forward to sunny B.C. regardless of the weather. In fact one of them

has already sent a message requesting an extension "Talk about eager".

The SAR Tech Shop is planning a spring fling in May as a going away party for the guys and the theme is Ali Baba and the Forty Thieves. We know who the 40 thieves are but we are looking for Ali Baba. So, if a SAR Tech comes up to you asking if you would like to join a party just remember what happened to the leader and keep a grip on your head. So long for now and remember, flying solo doesn't mean you don't have to flight plan.

SAR OPS

The Sqn was involved in evacuating a skier from Mt Washington on 10 Apr. Unfortunately the 50 year old man was pronounced dead before the evacuation.

On the 13th the Buff and Lab crews assisted at the scene of a ditched aircraft in Big Bay. Capt Mackay's and Capt Bedard's crews determined all on board were okay and handled comms before returning to Base.

On the 14th the Lab carried out a medevac from Quadra Island to Campbell River Hospital. The injured man had been struck by a large weight, suffering fatal injuries.

SQUEEZIN'



442 Labrador practices confined area landing in Texada Island rock quarry.

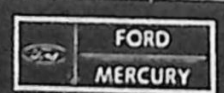


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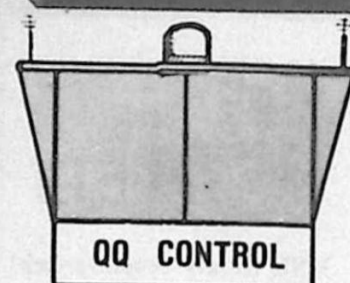
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SECTION NEWS



As The Beacon Turns

This is the article you've all been waiting for, my last. After this edition, the job of "Beacon Journalist" will be left in the hands of someone new. No longer will I have to sneak around the halls of the IFRCC, poking my head into offices to collect all the "Facts".

Nathalie "Rouge" Aube took in the final week of skiing at Mt Washington. She came to work the next day sporting a face resembling a red hot coal out of a BBQ. My brake lights aren't even that bright!

"Rouge", or shall I translate, "Red", claims she used sunscreen.

The face of this section will undergo some changes this summer. Steve Tinker is off to Germany to pursue his favourite pastime of sampling cuisine. Pat Wolfe-Milner can be seen in the Canex looking for his Canex Parka as he is heading to Winnipeg. Kim Pruden is busy conjugating verbs preparing for Bagotville, and Gerry MacLellan is actually excited about his posting to Goose Bay.

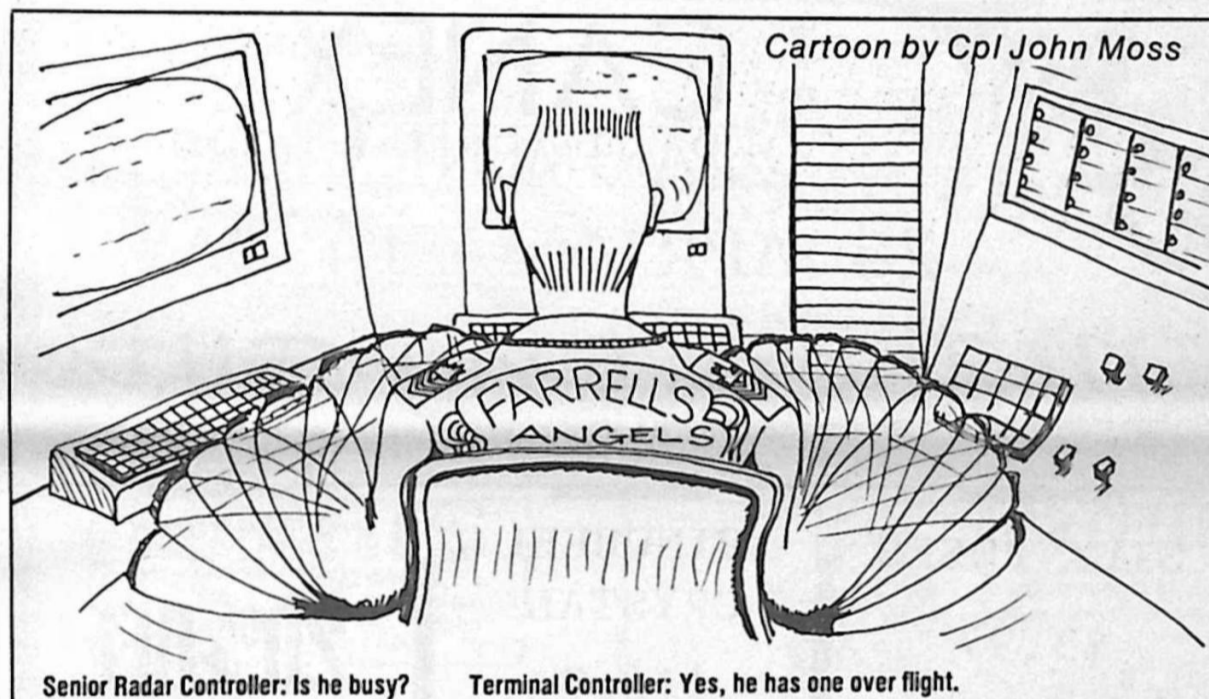
Congrats to Jacques Maillee who recently qualified in the Tower Assistant position.

Jacques replaces Barry Norris who has made the quantum leap downstairs to RATCON.

No one can complain about the massive overdose of sporting news this time. There isn't any.

There has been such a lack of newsworthy items this week that I've even resorted to asking folks if they would like their name in the paper. Don McLean's reply was, "No, I don't think so." Someone suggested writing about John Moss, but I vetoed it.

Once again, this is my last article so a big thanks to all those people who've allowed me to slander their names over the last year. And thanks to John Moss for the accompanying sketch. (John did get his name in after all.)



Senior Radar Controller: Is he busy?

Terminal Controller: Yes, he has one over flight.

ANKER KLANKIN'

Beatrice McQuaid on their new baby girl. Lauren Elizabeth weighed in at 6 lbs 15 ozs and is doing fine. Greg's adjustment to fatherhood seems to be going smoothly except for those dark circles under his eyes all the time. Only five or six more weeks Greg and then she will sleep almost all night. We would also like to extend a welcome to Capt Dan Orr who just signed a Class C contract to fly with the squadron for a year or so. 420 Sqn's loss is our gain.

The first airshow of the season has been booked for Castle AFB, Ca for the last

weekend in Apr. Competition for seats has been fierce and so far only the OpsO, Capt Bokor is going. He is spending a week in sunny Winnipeg on the Flying Supervisor's Course contemplating who is going to go. Capt Bush is still in Winnipeg for a few more weeks on the ICP Course. Hopefully he can help Orlando make the right choice.

Capt Franklin, Lt Roe and Sgt Alberding attended a Soviet Seapower briefing in Victoria on 11 Apr which proved to be quite an interesting day. The briefing was given by a US Naval Intelligence team from Norfolk, VA. I wonder if they need exchange officers down there????

VU 33 TECHSIDE

It's been a busy couple of weeks for 33 servicing, with two Trackers coming in back to back for inspections. It turned out well though both being done in almost record breaking time.

1 Crew has had a few people on leave lately. Cpl Scott Hanna took a week off for some R&R, as well as getting ready for his JLC. Pte Wayne Hartin is on leave while his family is out to visit. They couldn't have come at a better time, what weather we're having. Myself, I'm just returning from a week's leave and a short trip to Whistler, skiing. Of course now I'm easy to spot, I'm the one with racoon eyes and snake skin. A little too much sun and fun.

Cpl Dave Sabourin was skiing also last week, I hear his

face was pretty red as well. Sunshine and ski hills can be pretty deceiving as far as sunning oneself goes. Dave is also in charge of moving all the power units around on 2 Crew, since Pte Boivin was witness to Dave's incredible driving skills. The Cool Pool is snatching up another VU 33 tech, as Cpl Frank Dumoulin will be going to F-18 simulator up there. See ya there Frank. Finally, 2 Crew would like to welcome Pte Eric Rheame to their ranks. Eric has moved there from maintenance and Pte Cumberland has taken his place there.

Lastly but not least, for sure, MWO Cameron and Capt Snow have returned from Shearwater. They were on the T-33 Maintenance Manager's Course there. So, till next time keep those snitches coming.



WO B.A. Pelletier of 80ps is congratulated on his recent promotion.

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SECTION NEWS



RIPPLES FROM THE BEAVER POND

SUE IS PREGNANT!

Yes, sports fans, you heard it here first. Sue has determined it to be a boy already, but will have to wait till Nov 18 or so for a verdict. Until then, she would really appreciate suggestions on what to name the baby, so drop by her desk anytime to pass on your helpful hints.

Spring has not only brought us nicer weather but with it comes a flurry of activity around the base. The retrofitting of Base Telecom, Clothing Stores and Roads & Grounds will soon be complete, the security fence contract is well underway and the new MP building has had the ground-work started. Some upcoming projects will be the replacement of old signs for the airfield starting late April, joint and crack sealing for the apron areas in June and repaving between 1 and 7 Hangar in May. Also, all summer long there will be some asphalt repair work to base roads, so expect some traffic delays from time to time.

The hockey season has ended for good with the return of the top end of CE from the national Oldtimers tournament—a team coached by our own Capt Tom Esler. The team came out of the tournament with an impressive record and a good time was had by all. In other sports news, there is a proposed intersection golf league to commence in May. Interested persons contact Rob Bouchard in the Fridge Shop, local 8540.

Very soon we will be extending a warm welcome to our southern neighbours as CE will have two officers and thirteen men attached to various sections for a week or so in May. These people are in support of an undisclosed number of their counterparts coming to Comox on exercise. How's that for a non-committal paragraph?

The 1 April rollover went

well this year according to front office staff as Lt Cook wasn't there to screw up the computer. Isn't it great to pick on people who aren't here right now!

The summer ebb and flow of personnel will see MWO Ron Buck retiring to Terrace, BC, 29 May to take up his new job as Administration Officer of the Skeena Health Unit. His replacement, WO Shannon, will be due on 5 July. We will also be saying goodbye to Cpl Janine Cyr who is off to Holberg, 3 May and Sgt Jack Bosse who is off to CFSME, 2 Aug—postings I'm sure they'll both enjoy.

Come early May, MCpl Ray Jones will be fishing for Arctic char in Alert for six months and Cpl Don Longpre has an upcoming tentative tour of the world's hot spots this summer, but a decision has to be made as to where he will be visiting for six months. Last but not least, is the posting of MWO Jim Howe to Chatham and coming in as a replacement will be MWO Buckham from Petawawa 12 July.

On the lighter side, Rick Finney has had to upsize his pant and waist size as that soft life in Engineering is beginning to show and Cpl Dan Dupuis is considering a remuster to carpenter as he has been building an awful lot of garden sheds lately.

It has been a while since we have had a roundabout look at "Mother Sowe" and this seems to be as good a time as any. "Mother Sowe" along with a close facsimile, "Big Al" Donovan took an emergency trip to CFS Holberg to render professional help with regards to asbestos. Whilst enjoying the superb night life of San Josef, our foreign correspondent reports that "Big Al" somehow misplaced the keys to the staff car which were so neatly placed in his jacket (he

lost that, too). Well, at this time these circumstances warranted the "call up" of the "Holberg Hound" (aka The Piglet) who retrieved the keys and jacket shortly after being dispatched on the call out. Rumour has it they were found at a local eatery known as the Scarlet IBIS.

Before signing off for this issue I'd like to wish a speedy recovery to Russ Burns from the Plumbing Shop who is laid up with a neck injury. Get well soon, Russ.

Remember, bring all rumours, half truths and downright lies to Cpl Scott at the water pump house and we'll see if we can get them printed.

CHIMO!



MSE SAFETY

The MSE Safety Defensive Driver "Silver Dollar Award" is ongoing. Sgt John Conroy performed his last official act with MSE Safety by patrolling and apprehending four more drivers who were displaying defensive driving techniques.

(see pictures page 10)

Sgt Conroy is transferred internally and will be working at the Main Transport Bldg 101. John will be missed in the MSE Safety classroom and while on Safety Patrol around the base area.

MCpl Gary Casey is the new MSE Safety Supervisor, transferring from Chief Despatch. He will be a welcome addition at Safety. Welcome aboard Gary, we'll be seeing you on patrol.

MSE Safety recently held a Forklift course (Sgt Levesque instructor) and a liquid propane gas refuelling course (MCpl Saikaly instructor).

MSE SAFETY QUIZ

The answer to the last published question:

Q—Unless otherwise posted, the maximum speed limit allowed in cities, towns, villages and built-up areas is:

A—50 Km/h.

This issue's question:

Q—Upper headlight beams should be used

a. for city driving
b. for highway driving
c. in fog
d. while meeting other motorist vehicles

A—b. for highway driving

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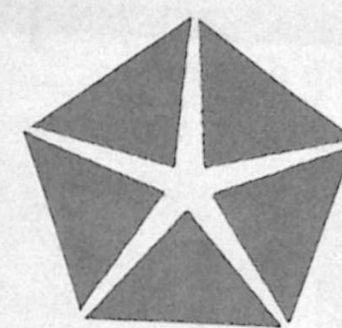
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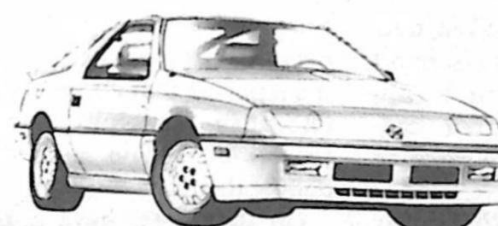
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AROUND THE BASE



From The Fire Chief's Office

Space Heater Starts Fire

In Michigan a 19-year old man was critically burned and his 25-year old brother suffered smoke inhalation when a fire involving a portable heating unit ripped through their apartment on the second floor of a two-story, wood-frame, two-family house.

The younger man was asleep in his bedroom when his brother went into the apartment hallway to start the portable kerosene heater. The elder man then went to sleep, but he awoke later to see a wall on fire. He woke his sleeping brother, but the burning heater was directly in the 19-year old's only path of escape. He literally had to run through the flames to get out of the room.

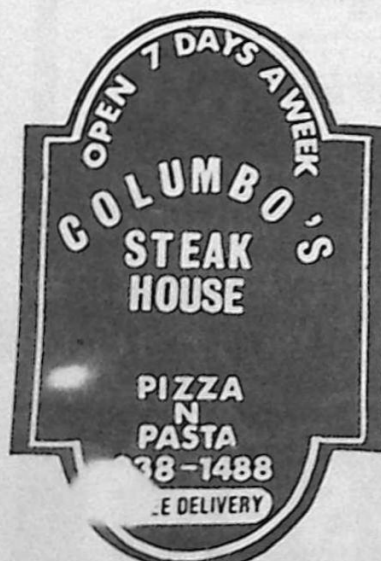
The older brother used a telephone on the first floor to report the fire, and the fire department was notified at 5:34 pm. Firefighters were on the scene within four minutes and extinguished the blaze within half an hour.

The younger brother was taken to a local hospital, stabilized, and air-lifted to another medical facility. His condition was listed as critical, with burns over 60 percent of his body. Forty percent of the burns were third degree burns.

Investigators found that gasoline had been introduced accidentally into the portable kerosene heater. Evidently, the younger brother had recently bought gasoline instead of kerosene at the service station from which he normally bought the heater fuel. His mother stated in an interview that she had noticed a different odour emanating from the fuel when her son filled the heater's fuel tank earlier on the day of the fire.

Much of the apartment and its contents were destroyed in a loss estimated at \$30,000. The family's dog was killed, as well.

Courtesy of the Fire Journal.



Supply Signals

This week's edition of Supply Signals comes to you from the Ration Supply Group, located in Bldg 18. The staff consists of one person, LSST Dave Spindler. In the summer months when HMCS Quadra (Cadet Camp) opens, another person is hired to help with the heavy workload of keeping on top of all the orders from Quadra. The Ration Supply Group (RSG) supports the Combined Mess and Flight Feeding with non-perishable goods ordered weekly by the RSG and delivered directly by the companies to the Mess Hall. On top of it all comes Between Meal Supplements (BMS) on a monthly basis from the squadrons, then comes the continuous flow of paper work with WO Pearce getting writer's cramp approving DSS 942 forms and certifying invoices.

Other news around Base Supply. We hope MWO Smith had a lovely vacation touring the interior of BC with his in-laws, showing them how beautiful BC really is. The LPO Section has Brad Lourie on his 6A course and Judy Kitchen and Sue Gougeon on a FIS course and who knows

where Cpl Luther and Lt Jones disappear to. Jim Wilson reports that his bird sanctuary is starting to get back into full swing with the return of the hummingbirds. Everywhere Jim looks, he sees contractors; installing a new drum ramp, repaving the high speed compound and even replacing the old valves in his pipe line.

At coffee break, George Seykora reported that someone is keeping him busy making plaques and picture frames before he retires in May. By the way, don't forget about the Retirement Party on 3 May at the Curling Rink, beginning at 1230 hrs for WO Ron Pearce, Sgt Jim Sulek and George Seykora. I'm sure they will be missed by all. PO2 Bill Watts is sure glad to get MCpl Jack Picard back to 5 Supply Group. He was loaned to Stocktaking for a few months, where he did a superb job on a backlog of stocktakings.

MSST Bailey and Sgt Dick Hillard (of Customer Services) spent a few days in Gold River closing out one of the cadet accounts.

Kevin Luther has handed over the job of Treasurer of the party fund to Ray Bailey and

Darrell Strong has taken over the plaque fund. Your support would be very much appreciated when Darrell canvasses your section re catching up on back dues.

Word has it that our illustrious MCO came to work one Monday with rosy red cheeks. No one knows if it was from skiing or if he gave up trying to ski and decided to catch some of that wonderful sun-

shine. After the big move of personnel to various sections, it's reported that all are settling into their new jobs with no reports of section supervisors pulling their hair out, yet.

On that note, have a good sailing. PS—A late news flash! A strange aroma was detected emanating from the LPO office. Is the place going to the dogs? Ask Jim S.

FOR SAFE DRIVING



Mary Lynn MacIsaac



Cpl Cook



MCpl Beaudry



PO2 Meade

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THE GATLINS—PURE 'N SIMPLE

After a career of high charting singles and best selling albums with Columbia, Larry Gatlin along with his brothers (and back-up singers) Steve & Rudy have moved on to the newly revitalized Universal label and released their debut elpee under the banner of "Pure 'n Simple" (UVL 42277).

This set, recorded under the watchful eye of producer Jimmy Bowen, is in a similar vein to their previous product. Although their debut single, "When She Holds Me", didn't fare all that well on the charts it is an emotion laden track and could well have done considerably better. If that track was a chart disappointment, there is enough strong material to overcome the chart numbers that "hold" failed to generate.

"Rain" is probably the singularly most potent track that Larry, Steve & Rudy have ever recorded. This song builds in intensity and the lyric line unfolds into one of the most compelling stories that the group have put their collective vocal talents toward. Set against a keyboard background the Gatlins open with counter-point harmonies and as the vocals climb and break toward solo and meet in harmony a story of bitter-sweet and sadly haunting and often true ballad. This one song totally dominates the album and all other songs pale by comparison. If this isn't released as a single then some will miss the obvious built-in hit potential.

The various styles that lead vocalist (Larry) uses throughout this album gives each individual track a fresh and invigorating appeal. While "Rain" is the obvious spotlight cut other highlights include "Go Or Stay", "Needless To Say" and "Goin' Around In Circles".

KAREL FIALKA

In "Human Animal" (IRS 42252) Fialka has put together a 10-song set that should quickly bring him to international attention. Characterized by rock steady beat and superbly crafted instrumentation and production this is one of those sets that is great to dance to and excellent to just listen to. Top tracks include "Sun In My Eyes", "Matthew", "Undercurrents", "Human Animal" and "L'Etoile D'Or". Great grooves!

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WOS & SGTS WIVES CLUB



Our Spring Fashion Show on April 10th was a tremendous success due to the combined efforts of many people.

Ladies fashions were from D.D.'s, Scotch 'n Soda, Unique Petites. They were modelled by Sandra Tack, Debbie Parks, Ilona Dube, Diane McDonald, Jackie Symes, Marlene Maniak, Linda Grubweiser, Sue Campbell, Gail Newhouse, Lorraine Barner.

Men's fashions were from Rickson's Men's Wear and modelled by Terry Doherty, Byron McDonald, Cal Jefford, Mike Symes, and Mike Barner.

Shoes were from Maher Shoes Courtenay. Hair was done by Makarios Hair Design. Make-up was by Merle Norman Cosmetic Studio. The MC for the evening was Penny Barker.

Laurie Tinker Dancers did a fine job performing for us during intermission.

There were many door prizes won during the evening. The winners were: Peggy Falkner, Ida Watts, Donna Chappin, Bev Wittall, Cindy Kinley, Nancy Carelton, Marilyn Gray, Catherine Berkland, Karen Howard, Geraldine Del Fabro and Marion McKinnon. Prizes were donated by the Wise Owl, Arbutus Hotel, Columbo's and Griffin Pub.

Many of our club members worked hard to make it a special evening.

Our executive and entertainment committee are grateful to all who helped in any way.

Our next regular meeting will be held on Monday, May 15.

We will be electing our new executive for the 1989-1990 season. Following the election a penny auction will be held. So let's have a good turnout. See you May 15 at 8 PM in the Mess Lounge.

CD1 PRESENTATIONS



Sgt J.L. Lauzon-442 Sqn



WO G.H. MacDonald-407 Sqn



MCpl J.C. Jamieson-BTel0



Sgt E.W. Tilley-BAMS0



COMOX AIR TRADES ADVANCEMENT TRAINING APPRENTICES DO IT AGAIN!

The past February's Trade Advancement examination was the source of a pile of awards for these aircraft technicians who all got 90 % and better on their QL-4 and QL-5 exams. With 6.5% of the apprentices writing, these techs amassed the top mark in the CF, two tops in trade, and two second awards for Comox. From the left: Pte Lorayes, Cpl Charpentier (second award), Pte Benoit, Pte Breton (first in trade QL-4), Pte Lloyd, Pte Boutet (first in forces, first in trade, second award). The other successful apprentices can be justifiably proud of their accomplishments as their average overall was higher than at many other bases betokening a lot of hard work on their part. The progress review monitors who assisted in the learning process also deserve thanks and praise. Take a bow and crack a smile, then get back to work. Next TAE is in 62 days.

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OF GENERAL INTEREST

HAVE A NICE
(STATISTICAL)
DAY

by Tom Mitchell

OTTAWA—You're a Canadian, 15 years of age or older, and I know what you did over the past 24 hours:

—you spent just over 11 hours sleeping or involved in personal activities

—you devoted 5½ hours to leisure activities

—for four hours and 20 minutes of the day you were working or in school

—and domestic chores, minding children or shopping took up the other three hours and a bit of your day.

You say that doesn't sound like any 24 hours you spent recently? You're absolutely right, of course. At the same time, it really is, collectively, an accurate description of how we all spend our days.

The list of activities and times spent on each of them comes from the General Social Survey conducted by Statistics Canada. It gives one of those composite pictures that emerges when large groups of people asked how they spend their time, the answers are all added up and averaged out, and the results are then set against the day's 24-hour clock.

No individual will have a day just like the one depicted above. That day is like the 1.8 children that only a statistical family can have. But it has validity all the same. Over time, most of us will spend the hours in ways that tally pretty closely with the survey results.

Part of the reason this particular 24-hour breakdown seems way out of whack at first glance is that it is based on a full seven-day week. So it includes the weekends or other days off as well as the school or

work days. Separate breakdowns of how time is spent on a school or work day as compared to a holiday would certainly show sharply differing patterns.

Bearing all that in mind, here are some other interesting statistical snippets from the time use section of the survey: —on any given day in an average week, an adult Canadian spends 4.4 hours alone, excluding time spent asleep or on other personal activities. Women average 4.6 hours alone, men 4.1 hours.

—both sexes spend an average 2.4 hours a day with friends. —males aged 65 and over are the least likely to spend time with friends.

—whether we drive or use public transportation, we spend about the same amount of time moving from one place to another—78 minutes a day for those who use autos and 75 minutes for those using public transit.

—men aged 35 to 44 are most likely to be found in a car on any given day, women 65 or over the least likely.

—for the 75% of Canadians who reported watching television, the average time spent in this activity was 3.1 hours a day.

—when watching TV is combined as a leisure activity with listening to radio and reading newspapers or books, 87% of Canadians spent an average of 3.7 hours a day in this way.

—about 30% of Canadians engage in a sport or hobby on an average day. Retired persons have the highest participation rate in these activities (46%) and paid workers the lowest (23%).

Courtesy of Statistics Canada.

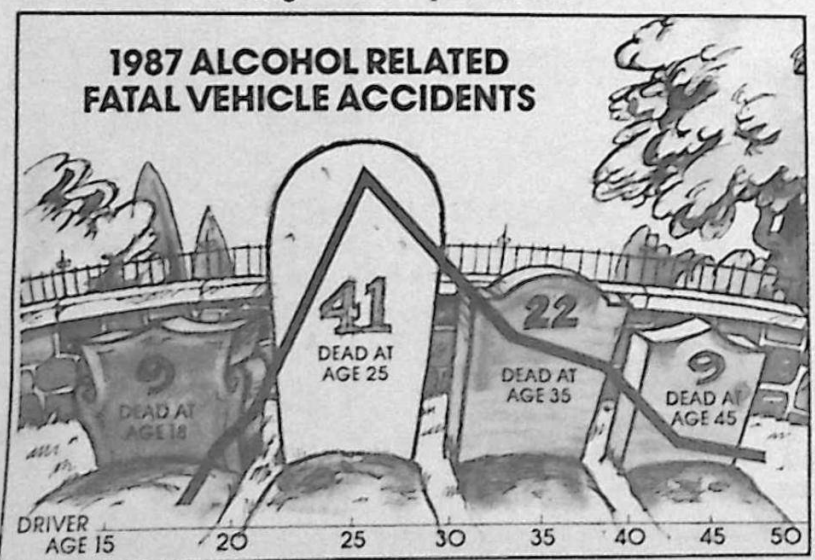
Spring CounterAttack Roadchecks Continue

Police throughout BC will stop approximately 200,000 motorists in this year's Spring CounterAttack drinking driving roadcheck blitz, April 13-May 4, Labour and Consumer Services Minister Lyall Hanson predicted today.

Hanson, Minister responsible for CounterAttack, said, "Not only will motorists who drink and drive be caught—but

they will face more severe penalties than ever."

Last month, Hanson and Solicitor General Angus Ree announced that convicted impaired drivers now face a one-year prohibition from driving—up from six months—and an automatic jail sentence for violating the prohibition.



Ambulance plane is a flying operating room

by Carolyn Hoskins

An air ambulance described as "absolutely the most sophisticated in the world" has been designed and equipped for use by the Quebec government's EVAQ (Service Aerien Evacuation Medicale du Quebec).

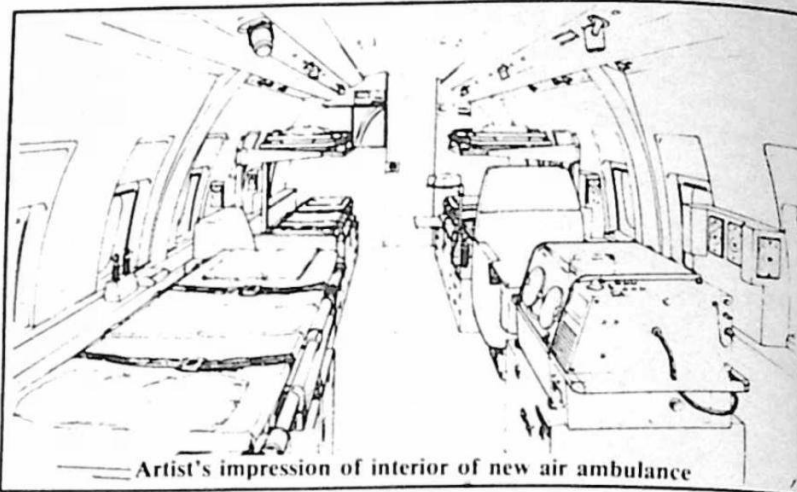
Because it has a wide-bodied fuselage and is equipped with an operating table and sophisticated monitoring equipment, the \$3.6 million "flying operating room" can be used for active treatment during flight. In contrast, conventional ambulance aircraft are generally designed only to stabilize and maintain a patient enroute to hospital.

The plane would primarily serve seriously injured or ill patients; it is in effect a flying Intensive Care Unit. Patients in remote areas where there is no runway to accommodate the plane would be airlifted by helicopter to the nearest runway where the plane could pick them up. The plane itself is based in Quebec City.

The Canadair CL-601 Challenger business jet is the latest in a series designed by Innotech Aviation of Montreal in collaboration with the Quebec government and Dr. Pierre Frechette, coordinator of aeromedical service for EVAQ.

The Challenger's normal configuration can accommodate three adult stretchers and one infant incubator. However, within 5 minutes it can be modified to allow two more stretchers, and the incubator can be replaced to expand the capacity to seven patients, plus attendants.

Older EVAQ jets held only three stretchers and treatment was sometimes impeded because only one side of a stretcher was accessible. Now treatment can occur from any side; the stretcher can also be



Artist's impression of interior of new air ambulance

tilted with a pneumatic device, to life a patient's head without bending the body.

Sophisticated modifications include three different, non-invasive monitoring systems for electrocardiogram, pulse, and blood pressure, an unusually large supply of oxygen, a halogen-based lighting system, a device to read x-rays in flight, and a display of exact altitude with the ability to adjust the cabin's air to adjust for critical pressure changes. (Sudden changes of air pressure, especially drops in pressure, can be catastrophic for injuries such as ruptured lungs or other damaged internal organs.)

The aircraft is also equipped with two types of pacemakers, an advanced temperature monitor that measures the rate of temperature loss, and an

electronically-controlled breathing system for use on premature babies as well as adults.

Surgical procedures such as tying or clamping off blood vessels, treating broken bones, and inserting chest tubes can be performed in flight.

Quebec's EVAQ has been a pioneer in the use of business aircraft for medical emergencies. In the last six years, its smaller HS-125 air ambulance has carried more than 3,000 patients.

Frechette feels strongly that today's aeroplanes must be used for as many things as possible. Many Canadian government V.I.P. planes, including the Prime Minister's, have 'convertible' fronts and can be transformed for rescue work in about one hour.

(Canadian Science News)

ODD BITS

by Bill Welsh

People who were stationed at Comox, or otherwise lived here several years ago, will remember how you could always tell when it was Air Force pay day—The prices in the stores in town bounced up about 10% and didn't return to normal until the following Monday. There may have been similar situations at other Bases across the country but your BXO grew up in the Comox Valley and remembers it at first hand. It doesn't seem to happen any more, but when you think about it, it's the best argument possible for having a Canex Operation.

There are about four hundred people who use the Base Service Station each month. This includes retired service personnel. The Military Police tell me that there are about twelve hundred vehicles registered with them—that's for people who work on the base. As you can see, less than a third of base personnel buy gas at the Base Service Station.

Now we know that on any given base at any given time, between 20% and 30% of the personnel have such a hate on for Canex that they wouldn't use a Canex facility to save their lives. Let's be generous and say that takes care of another third of the vehicles registered with the M.P.s. That leaves the remaining third.

As has been explained in these pages before, gasoline on the Island is pretty much the

same regardless of the name on the pump. As has also been explained before, profits from the Base Service Station go to Base Fund to support the social and recreational programs on the Base. When you buy gas downtown, the profits go into the pockets of the gas station operator and the oil company shareholders. Which raises the question—do the owners of a third of the cars registered with the M.P.s also own shares in oil companies? If not, buying gas elsewhere doesn't help you, your family or your comrades in arms. To quote the Prime Minister in a different but similar context "Use it or lose it".

Things are not always what they seem and this includes sales. Some time back your BXO's number one son needed a new jacket for winter. Mrs. BXO took the son shopping and at a store in town found exactly what he wanted and it was on sale at half price. Naturally the jacket was bought. As the jacket was identical (same manufacturer, pattern and colour) to some that were on sale at Canex, at one third off the "Canex regular low price" the BXO asked Mrs. BXO if she had purchased it at Canex. To cut the story short, buying the jacket at half price, cost \$18 more than it would have cost, had it been bought at one third off the Canex regular price. Think about it.

OF GENERAL INTEREST

WILDERNESS GROUP OPPOSES
PLANS FOR CARMANAH VALLEY

Until a few short months ago, only a handful of people knew about majestic Carmanah Valley. The Nitinat Indians, who lay aboriginal claim to Carmanah, call the place Khrowbodewah -- *The Beginning*.

Protecting this narrow watershed on the southwest coast of Vancouver Island is a rugged canyon which begins about two kilometres from the open ocean. The canyon blocked early loggers from taking out the valley's prime spruce during the heyday of wooden airplane construction.

Unfortunately, the canyon could not protect Carmanah forever.

In March of 1988 the great spruces of Carmanah came under imminent threat of logging. Two environmentalists, members of the Western Canada Wilderness Committee, on a weekend trip to explore the valley, discovered massive clearcuts on the edge of Carmanah and a road surveyed into the valley's best spruce groves. The road construction crew was at work, heading into the heart of the valley.



25 storey tall Sitka spruce in Carmanah Valley threatened by logging. Photo by Martin Roland for The Western Canada Wilderness Committee.

shocked. Logging, without advance public notice or input, had suddenly been pushed 15 years ahead of schedule.

The race was on to save Canada's tallest trees. At that time no one had any idea of the passion and resources which the logging company would invest in the fight to assert its right to log Carmanah Valley.

Sitka spruce, the biggest and the tallest trees in Carmanah, grow in the flat alluvial bottom-lands in the lower third of the valley. According to forest inventory statistics, the spruce contribute less than two percent of the wood volume of the entire watershed.

Other species include hemlock at 44 percent; cedar, 30 percent; and balsam fir, 20 percent. Some grow to spectacular proportions, but because Carmanah Valley is still largely unexplored, no one knows for sure whether or not there are record-sized trees of these species there.

While the Carmanah Giant, at 97 metres, is the tallest known tree in Canada and the tallest known Sitka spruce in the world, it is not the oldest living tree in the valley. The giant is estimated to be less than 400 years old. The biggest of the spruce (not as tall as the giant but much bigger around) are estimated to be somewhere between 700 to 800 years old.

Even these spruces are not the oldest living trees in the valley. Gnarled cedars, relics from an ancient time, cling to

the side hills. Annual growth rings on cedar stumps in adjacent clear-cut valleys indicate that many of the Carmanah cedars must be well over 1,000 years old. It is conceivable that one of these cedars might be nearly twice as old as the oldest living spruce in Carmanah.

Initially MacMillan Bloedel plans for the Carmanah Valley for over 98% of the valley to be clearcut. Under mounting public pressure they have reduced this to 92% leaving just 8% to form a narrow "reserve" along the valley floor. But...it is naive to expect that anyone can place a reserve around the giant spruces in Carmanah's valley bottom and log 92 percent of the watershed without the spruce ecosystem experiencing drastic changes.

To suggest that a 70-year old second-growth forest can have all of the hydrological and soil-holding functions of an old-growth forest which has taken thousands of years to evolve, is the product of wishful thinking. It is not based on experience gained elsewhere in similar situations.

Carnation Creek, further up the coast on Vancouver Island, is the most extensively studied watershed on the Canadian Pacific. Recent reports indicate that soil erosion and sedimentation caused by logging continues for decades after loggers depart.

Elsewhere on the coast, trees have blown down within the "reserves" created to protect

them. Tiny sanctuaries and leave-strips inevitably fail to protect gene pools and ecosystems. Only real boundaries, like a watershed's height-of-land, work.

The fact that MacMillan Bloedel proposes to log Carmanah at a slow rate is irrelevant. Any clear-cut logging will inevitably release Carmanah Valley's "hydrological brakes." Catastrophic floods typically occur when the mantle of old-growth forest is removed from shallow-soiled, steep-sloped, west coast rainforest watersheds.

Carmanah's spruce flats will be inundated with gravel to a depth of perhaps one to two metres. This will have the effect of suffocating many of the great spruces. As the flooding frequency and intensity increases, the width of the river will grow, washing out the side banks and undermining the great spruces which grow beside the stream.

The increased erosion will also wash away the spruce giants of the future—the smaller spruces growing on the gravel bars that have formed in the last few centuries.

In short, MacMillan Bloedel does not provide the proof that its small reserve would work. Its proposed "sanctuary" for Carmanah's giants, if adopted, will become their tomb.

The above article is Courtesy of the Western Canada Wilderness Committee.

Rendezvous 89
gears up

Canada's army is preparing for its fifth large-scale springtime manoeuvre known as *Rendezvous*. This division-level exercise has taken place every two years since the beginning of the 80s and, including deployment and redeployment, lasts approximately eight weeks.

Commencing mid-April, most of Canada's land forces, as well as elements of the air force, will travel from across the country to Wainwright, Alta., to participate in *Rendezvous 89*. The exercise is scheduled for 1 to 30 May; however, deployment and redeployment will cover the period from 14 April to 12 June.

"*Rendezvous 89* is the culmination of two years of land force training and, therefore, the exercise aim is to orchestrate all the means that we have at our disposal to retain our general purpose combat capability," said Lt. Gen. James A. Fox, commander Mobile Command. Lt. Gen. Fox has overall responsibility for the exercise, while Maj. Gen. Kent A. Foster will be the division commander at Wainwright.

More than 15,000 military personnel and 5,000 vehicles and large pieces of equipment from over 40 units will meet in the eastern hills of Alberta for training in a Central Europe war scenario.

The total number of personnel includes approximately 600 individual augmentees drawn from land, air and communication Reserve units. In addition, the US Army will provide an armored task force of about 1,800 soldiers and three helicopter squadrons. One fighter squadron from the US Air Force will also participate.

All parts of Canada

Units and individuals participating in *Rendezvous 89* will come from all parts of Canada. A total of 87 Hercules and Boeing 707 flights will airlift personnel to Wainwright from assembly points at 11 different airports, including: Fredericton and Saint John, N.B.; Quebec City, St. Hubert and Dorval, Que.; Trenton and London,

Ont.; Winnipeg and Brandon, Man.; and Vancouver and Victoria, B.C.

Vehicles and heavy equipment will be moved by rail. It is anticipated that 1,300 flatcars will be required for the move. Vehicles will be loaded onto trains at 11 military bases across Canada, including: Chatham and Gagetown, N.B.; Valcartier, Que.; Kingston, London and Petawawa, Ont.; Shilo and Winnipeg, Man.; Calgary, Alta.; and Chilliwack and Esquimalt, B.C.

A similar move, but on a smaller scale, will be arranged by the American army travelling from Fort Knox, Ky.

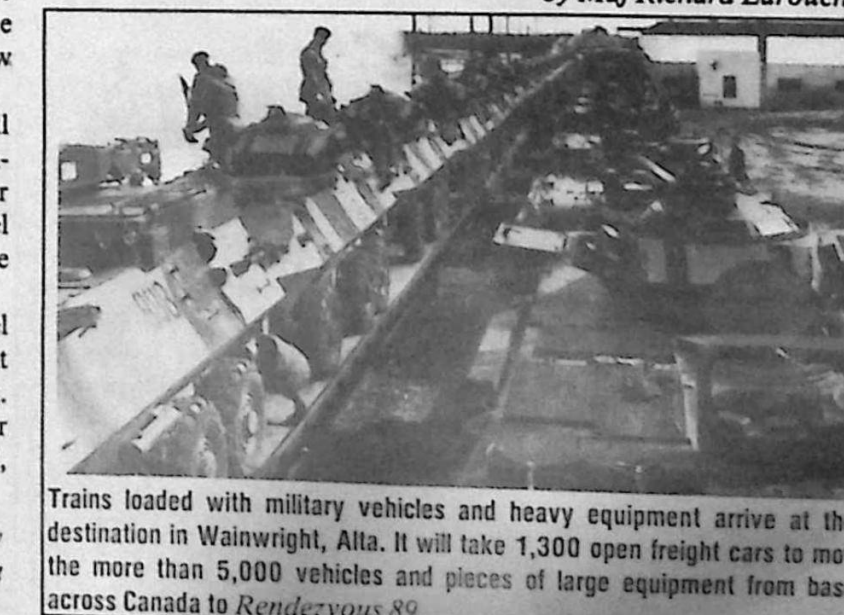
In all, the exercise will cost \$24 million with about half of the funds being used to pay for the railway moves. In order to finance this exercise, the conducting of various annual brigade concentrations is cancelled during the *Rendezvous* years.

Rendezvous 89 will encompass many training activities that will allow all commanders and troops to confirm their mastery of basic and collective battle skills. Combat service support units, stretched to the limit, will obtain the real life experience of providing all of the logistic support and administrative services required by the entire division for the full period.

While *Rendezvous* is primarily an army activity, it is also a joint/combined services exercise. It will allow staffs and formations, as well as other commands and national agencies, to practise and test the current procedures in place for combined and joint operations.

This concentration is the largest and the last in the series of *Rendezvous* exercises that began at CFB Gagetown in 1981. All others have occurred at Camp Wainwright. Future field exercises of a similar scope will focus on 1st Canadian Division and the Task Force operational roles. This is part of the restructuring of the army that started after the Defence White Paper was published in 1987 and will carry the land forces into the 21st century.

by Maj Richard Larouche



Trains loaded with military vehicles and heavy equipment arrive at their destination in Wainwright, Alta. It will take 1,300 open freight cars to move the more than 5,000 vehicles and pieces of large equipment from bases across Canada to *Rendezvous 89*.

SPORTS & RECREATION

I'M UP TO WEIGHT!

The following people are obviously up to weight. Or rather, enjoying training as a whole. Cpl Christine Carrigan is seen doing her warm up on the stationary cycle and Capt Cossette is obviously bursting with energy at the leg machine.

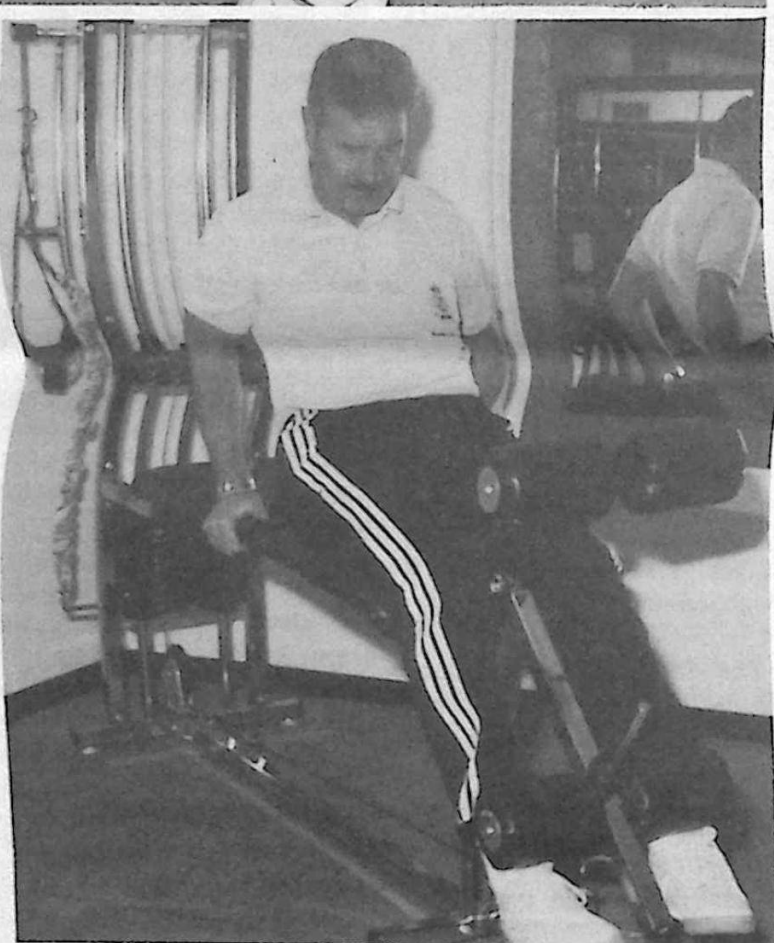
These are but a few of the exercises taking place daily at the Rec Centre's newly renovated weight room. With wall-to-wall mirrors and new carpet, it's easy to see why one can easily be motivated for a strenuous workout while enjoying it at the same time!

The official opening took place Thursday, 30 March with the Base Commander cutting the ribbon. Hours of operation are now from 0730 to 2200 hours Mon-Fri and 1300-1600 hrs and 1800-2200 hrs weekends. Only persons 16 years of age or older are allowed to use the weight room. (Unless accompanied by their parents.)

As the weight room is frequented by many, it is important for everyone to place their own weights away after use. This not only lets you cool down between sets of exercises, but improves safety and easy accessibility for others as well. As every sport has its own form of etiquette, the ritual of returning your own weights after use is courteous as well as the known etiquette of weightlifting.

Anyone interested in seeing the new facility should drop in at the Rec Centre and perhaps participate in a short workout. Should you require assistance please approach anyone of the PERI staff.

So please come in, have a boo and perhaps you too may one day come "up to weight." Hope to see you there.



B.C. CHILDREN'S HOSPITAL MIRACLE SPORTATHON

In the Comox Valley—Weekend of May 5, 6, and 7th.

This event ties in nicely with the BC Children's Hospital Miracle Telethon being held on June 3 and 4 on CKVU on channel 13. All of the proceeds from the Sportathon are going to the BC Children's Hospital in Vancouver.

Area residents will participate in various sports over the weekend. For an entry fee of \$10 (which again goes to the BC Children's Hospital) they will receive entry to a danceathon on Saturday evening, May 6th in addition to the fun-filled active weekend in the sports of their choosing.

SPORTS BEING CONSIDERED

1. Darts
2. Bowling
3. Jogging
4. Squash
5. Golf
6. Floor hockey
7. Volleyball
8. Walley ball
9. Racquet ball
10. Horseshoes
11. Ping pong
12. Tennis
13. Cycling
14. Any other suggestions!!

WHAT IS NEEDED?

Contact persons for the individual sports are needed to:

1. Organize team and/or individuals
2. Coordinate tournament type events throughout the weekend
3. Collect names and entry fees ASAP so that we can start publishing team names, participants in paper in efforts to generate more interest
4. Attend a few meetings with fellow coordinators.

If you can help or are willing to lend your support—please contact:

Comox Valley Financial Services—Randy Kerr-338-8713
Brian McLean Chevrolet Oldsmobile Ltd.—Bob Melnuk—334-2425

Additional info is available through the Rec Centre at loc 8542.

PARTICIPATION CHALLENGE

A national challenge where communities across Canada challenge each other to see who can involve the highest percentage of their population in 15 minutes of physical activity in a one day period. (1988-322 communities were involved with a total participation of 4,014,857 people.)

In the Comox Valley, Courtenay, Comox and the Base participated for the past five years with Cumberland joining in 1988. This year the Valley has agreed to enter as one and is challenging Fredricton, New Brunswick.

Goals:

1. To involve the greatest possible number of Comox Valley residents in 15 minutes of physical activity on Wednesday, May 31st and record their participation.
2. To reach a higher percentage of participation than Fredricton. (Based on 1988 results we will have to have over 20,000 participants.)
3. To promote exercise as an important factor in healthy lifestyles.

Some of the activities included are bowling, swimming, walk-a-thon, jogging, cycling, golf, pickleball, etc..

Get ready to flaunt your flag! Wednesday 31 May 89, participate for 15 minutes.

Additional info on the suggested activities to follow. Individuals wishing to be involved in the organization or for more info please contact the Rec Centre at loc 8542.

VOLLEYBALL COACHING CLINIC

Level I - Technical
April 28, 1989

Highland Secondary School
For more information call:
Pat Lewis—339-5525

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

PIONEER OLYMPICS

The annual Pioneer Olympics will be held on Thursday 20 Apr 89 in the Base Gym. Some 300 or more people will be attending the function.

The coordinator for the event is Liz Fletcher of the Glacier View Lodge (338-1451). The Base OPI is the BPERO, Capt H.G.Pronk, loc 8542.

Exercise
Today

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

COMOX ATC
TENTH
ANNUAL GOLF
TOURNAMENT
23-25 APRIL 89

Comox Air Traffic Control will again be hosting the always prestigious 10th Annual ATC Golf Tournament 23-25 Apr 89. 70 ATC personnel from Vancouver Area Control Centre, Campbell River Flight Services, Victoria, and Abbotsford Towers, and military ATC personnel from across Canada will be participating.

BUTT OUT

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

SOFTBALL
UMPIRE
CLINIC

Level: New Level I Instruction
CASA
Where: AFIS Classroom
When: 22-23 April

Why: Could use more umpires for IS league. Great opportunity to earn money, i.e. \$14.60 per game!

Cost:
\$15 for the course
\$20 for registration
Any interested in umpiring and making extra money may join this informative course.



SPORTS & RECREATION

The
FIT
Principle

A total fitness program improves your stamina, suppleness, and strength. For the Stamina part of your routine, follow the *FIT Principle*. It offers a safe and simple guide for getting fit.

F is for Frequency

Plan for a three-times-a-week (or every-other-day) routine when you start. Fitness cannot be stored so don't leave too many days between sessions. But *avoid* a daily routine from the beginning as well. As the body adapts to activity, it needs rest days along with the exercise.

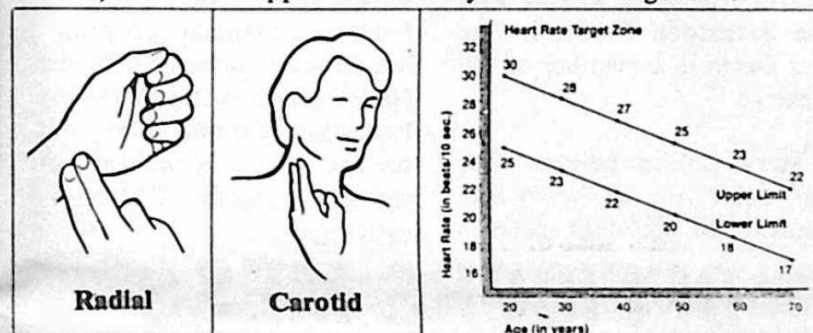
I is for Intensity

You shouldn't be huffing, puffing, and out of breath when you exercise. If you wish, use the "talk test" to make sure you're not overdoing it: if you can't talk while you're exercising, you're working harder than you need to.

Pulse counting—monitoring your heart rate—is a more formal way of checking your body's response to exercise.

To count your pulse accurately:

- Use your index and middle fingers
- Count your pulse using the radial or carotid artery as shown.
- Count for 10 seconds, beginning five seconds after you stop exercising. Count the first beat as '0', i.e. count 0, 1, 2, 3... Use the accompanying chart as your guide. Beginners should be in the heart rate target zone but near the lower limit. If you're already active and fit, aim for the upper limit but stay within the target zone.



T is for Time

Fifteen minutes of aerobic activity, keeping the heart rate within the target zone, is a minimum requirement to significantly improve your stamina.

For vigorous activities like running and swimming, follow the *work-rest* principle. Begin by alternating exercise with rest whenever you need it. As you progress you'll be exercising more and resting less. When you reach 15 minutes of non-stop activity, gradually increase the length of your session. A half-hour of continuous exercise is a good goal to aim for.

Finally, choose the right activity so the *FIT Principle* can work for you.

Participating in aerobic activities like walking, running, cycling, and swimming are excellent ways to develop your stamina. They allow you to work at a moderate level and sustain the effort for a period of time. Canoeing, rowing, hiking, and backpacking are great, too. So are cross-country skiing, snowshoeing, and skating.

Racquet sports are lots of fun and great conditioners if your skill level is high enough and similar to your partner's. Demanding games like basketball and hockey require fast stops and starts, so be ready for them.

Other activities like bowling and curling are fun, social affairs, and can help with weight control, but they don't do much for your stamina. Choose your activities wisely if cardiorespiratory fitness is your goal.

GOLF GOLF GOLF
SPRING SALE

GLACIER GREENS GOLF CLUB PRO SHOP

Sale continues to months end

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| * GOLF CLUBS | 30-50 % OFF |
| * PUTTERS | 20 % OFF |
| * CLOTHING: | |
| Jackets | 20 % OFF |
| Mens & Ladies Sweaters | 50 % OFF |
| Mens Slacks | 50 % OFF |
| * SHOES: | |
| Tourstar—Etonic—Footjoy | 30-50%OFF |

You don't have to be a golfer to appreciate a huge saving in top line sportswear

The Commission for Fair Play asks

"Where's the Sport?"

"Nice guys finish last," said baseball's Leo Durocher.

The philosophies of the Lombardis and the Durochers of this world have become self-fulfilling prophecies, not only for the professional athletes they were originally intended to motivate, but for all levels of sport.

"The fear of losing has become a stronger motivator than the sense of accomplishment," an editorial in *Squash Life Magazines* pointed out. "Certainly fun has become irrelevant."

The sports pages used to carry stories celebrating athletic accomplishments and offering a behind-the-scenes look at the game itself. But, more and more, the modern sporting arena seems to generate endless tales of temper tantrums, disrespect for officials, violence, drug abuse, unruly spectators, injuries and even the occasional fatality.

It is the Commission's belief that sport is an ethical pursuit and that competition means a contest of equals. It should not include any form of cheating in an effort to win.

In many cases, cheating may be motivated by material greed. For sprinter Johnson, the difference between first and second place meant millions of dollars in corporate sponsorship.

His disqualification from the Seoul Olympics brought what is believed to be a wide-spread problem into the spotlight. Performance-enhancing drugs are the greatest current threat to the integrity of sports.

"We have created a society where if you win, you are a hero, even a god. But, if you lose, you are much more than a

non-winner, you are a loser," Commission Chairman Neron says. "The whole idea is if you can get away with it, then do it."

Research for a New York Times series on drugs in sport estimated that as many as 50 percent of the 9,000 athletes in Seoul may have used steroids during training.

The increased use of drugs by athletes is a by-product of the win-at-all-costs philosophy. A philosophy promoted and encouraged by some coaches, sponsors and athletes themselves.

In today's society, personal achievement has taken a back seat to getting your face on a cereal box. Success is measured in endorsement dollars.

For some athletes, the potential rewards outweigh the risks, the least of which is getting caught. Studies show that prolonged use of steroids can cause serious health problems and possibly death.

The Commission for Fair Play is trying to encourage everyone to recognize the difference between desire to win and win at all costs. The pursuit of excellence is a healthy goal and the achievement of excellence should be a bonus, not an obligation.

Competition should be used to enhance and develop personal performance, not to simply measure it. The lessons learned along the way are far more important than winning.

As Andy Higgins, president of the Canadian Association of National Coaches says, "The medals should never be the ultimate goal because in the end, the only thing you take away from sport that's of any real value is yourself."



Thank you Mother Nature for the glorious warming weather you have bestowed upon our venerable golf links these past two weeks. With the able assistance of our course superintendent, Steve Bailey, you have allowed us to open all our greens and tees so that we may pursue that illusive dream of every fanatic, a lower handicap! That's right fellow bladesmen, all those career rounds now must be tabulated and duly entered upon thy differential card lest our bags retain more sand than the bunkers on the course.

The Spring 4 Ball-Mixed was held on the 2nd of April attract-

ing 38 participants who had the uncanny ability to remember to advance their clocks by an hour the previous evening. Personally I was not one of those intellectual souls, however, I did arrive in time for the 3rd end of the World Curling Championships prompting my demeanour to improve somewhat by the time the teams came home. First place went to the team of Ted Sauve, Glen Caselake, Andy Anderson and Pat Black with a gross of 65. Next at 67 were Wally Berger, Trevor Jones, Pat Anderson and Rejeanne Ar-

continued on page 17

CANADIAN FORCES UPDATE

History in the making

When Robert Collins volunteers his mother to speak to his Ottawa high school class, his fellow students are more than enthusiastic.

That's understandable...because, among other things, Robert's mother has just addressed the Vienna East-West arms talks, appeared on CBC television's *The Journal*, toured a submarine in Halifax Harbor, and been the keynote speaker at major conferences across Canada.

For "Mother" is Mary Collins, who, as she makes history as Canada's first woman associate minister of national defence, doesn't neglect another role, that of single parent to three teenagers.

The weeks since 30 January when Collins, 48, was appointed to the Cabinet (reporting to new Defence Minister Bill McKnight, also 48), have been hectic with intense briefings, speeches, travel, and at least one major policy decision—the announcement at the beginning of March that the Canadian Forces would comply with the historic Human Rights Commission ruling that women be integrated into combat units.

Then it was off to the conventional arms control talks in Vienna's majestic Hofburg palace, where Collins addressed the conference and met with ministers from NATO, Warsaw Pact and neutral and non-aligned European nations.

In Canada she has toured CFB Chilliwack; spoken to the joint conference of the Atlantic Council of Canada and the Canadian Institute for International Affairs in Toronto; flown to Halifax to tour a submarine as guest of Canada's navy and addressed the *True North Strong and Free* conference in Edmonton attended by some 2,000 delegates.

Busy schedule

It's a busy schedule, but one that leaves Collins, the member of Parliament for Capilano-Howe Sound in British Columbia, undaunted and her enthusiasm undiminished.

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

Being the first woman associate minister of defence doesn't faze her either—she's been breaking ground as the "first woman" in various government and business jobs since she graduated from Queen's University with a degree in political science in the early 60s.

Born in Vancouver, she attended the University of British Columbia, but moved to Queen's to finish her BA. "A lot of women were studying political science then. Some of us wanted to go into politics but it was hard to know where to start. There was a huge wave of women following in our footsteps but we were in the forefront of the women's movement and it was more difficult for us."

For 11 years, from 1961, Collins held various executive and management positions with the Government of Ontario. She was only 24 when she was appointed the first director of personnel in the new department of energy and resource management. At that time "being a woman and also young it was a challenge to be taken seriously," said Collins. Eyebrows were again raised when she became the first female executive officer to the cabinet and the premier (formerly an all-male domain).

In 1973, she established her own consulting firm in communications, specializing in industry/government relations and, the socio-economic impact of resource and industry activities especially on northern Canada. Based in Calgary, Collins' work took her on frequent trips to the Arctic.



The Honourable Mary Collins, Canada's first woman Associate Minister of National Defence.

One of her projects was the first-ever socio-economic assessment of offshore drilling in the Beaufort Sea for Dome Petroleum. Her work on that project is described in *Financial Post* journalist Jim Lyon's best-selling book, *Dome—The Rise and Fall of the House That Jack Built*, about Dome's founder Jack Gallagher.

She accepted a job as director of public affairs for Brinco Ltd. in 1981 and, prior to being elected to the House of Commons in 1984, her work took her to both Toronto and Vancouver. Collins' life has mirrored a military existence—always on the move. Her three children, David, 19, Robert 17 and Sarah, 16, have experienced several different schools and educational systems. Currently, David and Robert go to school in Ottawa, while Sarah attends high school in Vancouver.

It's because of her own experiences that Collins will be taking a personal interest in matters concerning "the family in the forces", in the months and years ahead. "I want to ensure that our policies are up-to-

date in our dealings with the needs of military families," she said.

She was also quite happy about the Human Rights Commission's women-in-combat ruling. Quite simply she feels that women, "should not be precluded by law from any employment opportunities in the forces."

Collins stresses that the military can still maintain strict physical requirements to ensure only women strong and fit enough take on combat duty, but: "There shouldn't be legal barriers against women having choices."

Several close relatives of Collins have been members of Canada's forces. Her father, Fred Wilkins, came to Canada from England during the First World War in order to join the Royal Flying Corps, and her uncle, Percy Copp, a well-known figure in B.C., won the Military Cross in the First World War while serving with the Saskatoon Fusiliers. Her son David is a member of the Reserve.

Mary Collins believes that her selection as associate minister of national defence

was a "good choice" and her confidence is endorsed by a senior member of the Canadian Forces who was quoted in the *Vancouver Sun* as saying: "There's a general feeling of delight in the department over the appointment of McKnight and Collins."

Collins has earned the junior defence portfolio, after only four years as an MP, through hard work. She says that she has always liked to feel she is "being stretched fully" in her work and, rather than just being ambitious, she says that being "a bit of a risk-taker" has helped her in her chosen careers.

Since 1984, Collins has served on the Justice and Legal Affairs Committee, the Finance Committee and the Consumer and Corporate Affairs Committee (as vice-chairman and then chairman). She is the minister responsible for Asia-Pacific Initiative, a federal-provincial program; has served as a member of the National Committee on Pacific Economic Co-operation and for two years was chairman of the B.C. Progressive Conservative caucus.

OFFICERS MESS

WEDNESDAYS APRIL 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 21, 28

REGULAR TGIF: Food as indicated 1700-1800 hrs.
Free taxi. Ask at Bar.
APRIL 21—Fish & Chips
APRIL 28—Sandwiches

WEDNESDAYS APRIL 26

LADIES BRIDGE CLUB

UPCOMING EVENTS FOR MAY

MOTHER'S DAY BRUNCH
Details TBA

14 MAY:

BAND—VISIBLY SHAKIN'
with SURF & TURF NIGHT



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

"GLACIER GREENS"

...continued from page 15

senault. This tournament was sponsored by Harry and Joan Lavoie of the Trophy Den and their participation in this endeavour is greatly appreciated.

The Men's Opening sponsored by Comox Building Supplies got off to a roaring start April 8th with 62 entrants. Doug McArthur came away with the low gross prize with a 72 while Hank Fortin carded a 63 to take the low net. Mr. Peter Benedictson was on hand to present the trophies and even won a prize, which he graciously donated to our junior golf program. Thanks a heap, Pete!

Men's Nite opened this past Thursday, and by all indications, should be bigger and better than ever. The opening function was well attended as 48 gentlemen took part in the festivities. Remember, every Thursday night 5:00 for 5:30. Upcoming tournaments include the Ladies Spring Fling the 22nd of April and the President's Cup, Sunday the 30th of April. Sign up by 6:00 PM the Friday before at the Pro Shop.

From time to time we'll offer you a few anecdotes and asides from the world of golf. For instance, how many times have you superficially consoled an opponent after a particularly gruesome shot while inwardly cackling with glee? Beware the warped sense of humour of the golfing fates! Reference this story, 'George Burns was in bad trouble when he shanked

his second shot and watched in dismay as the ball soared over a perimeter fence, headed over a railway line and was clearly destined to finish in a distant factory premises. Golf is a gentlemen's game and its conventions demand expressions of sympathy for the misfortunes of an opponent. However, golfers are human and no vestige of blame can attach to Burns' opponent if he experienced a purely reflex surge of gratitude at the unexpected gift and remarked: 'Bad luck, George.'

But wait. The powerfully struck ball hits a telephone wire. The wire stretches, just as the bow strings of the archers at Agincourt stretched to swing the fortunes of battle. Under the inexorable laws propounded by Sir Isaac Newton, a telephone wire stretched under tension by a golf ball must in due course recoil. This it did, with a loud 'twang!', and the ball's direction was abruptly reversed from west to east. The kinetic energy imparted into the wire by the impact of the ball was just enough to propel the errant missile back to the green, where it rolled to a lazy halt six feet from the hole.

Burns' opponent collapsed in a heap. When he eventually regained a semblance of composure he entered into the surreal spirit of the incident by 12-putting. George won the tournament, his opponent hasn't been heard of since.

Until next issue, happy slashing!

FROM THE BFSO



Maj V.V. Kippel

A long cold winter is over. It feels great to be flying on such a beautiful spring day. But let's be careful not to become hypnotized into a sense of complacency. It happens each year when your thoughts turn to more pleasant things such as beaches, picnics, barbecues and swimming. When you least expect it, you are suddenly jarred back to reality by something. Perhaps it was only a minor emergency, something you could cope with easily, but maybe it could have been more, and required all your attention immediately. Let's be professionals and give it 100% until we are on the beach or at the golf course!

Speaking of professionalism, Cpl Dave Brown of VU 33 was awarded a *Flight Safety Good Show Award* for his keen eyesight and devotion to duty. He discovered a nut, washer and split pin missing from a bolt on a T-33 engine combustion chamber. Upon further investigation it was discovered that two more bolts were in the same condition and furthermore, one of the high pressure cooling lines was totally detached.

Cpl Brown's total professionalism and alertness very likely prevented a very serious aircraft accident. From all of us at Comox, well done!

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.



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Apr 21 & 22.....Music by COUNTRY CLUB
Fri & Sat Apr 28 & 29.....Music by PHIL BROWN
Sat Apr 29.....AUCTION-Starts 1 PM
For Cancer Fund, etc.

Sun Apr 30.....FUN CRIB TOURNAMENT

Registration 12-1 PM
Fri May 5.....Music by COUNTRY MEN
Sat May 6.....SPRING BALL
Music by CAMPA BAND
Supper 7 PM—\$10/person

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 21.....Music by WESTWIND
Apr 28.....Music by COUNTRYMEN
May 5.....Music by VALLEY BOYS
May 12.....Music by LORI BAKER BAND
May 19.....Music by VARIETY
May 26.....Music by WESTWIND

REGULAR ACTIVITIES

SUNDAYS.....Lounge 2-6 pm
MONDAYS.....L.A. Drop-In-Bingo-7:30 pm
Men's Dart League - recess to Sep 11
TUESDAYS.....Ladies Crib League-Lounge-8 PM
Mixed Darts-recessed to Sept 12
WEDNESDAYS.....Navy League Drop-In-Bingo
Upper Hall - 7:00 pm
Men's Crib League (home or away)-Lounge-8 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.....TGIF in the Lounge
Meat Draws-2 to 6 PM-Lounge
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws - 2 to 6 PM - Lounge

NOTE: MAY BR. EXEC. Meeting is changed from May 4 to May 11

UPCOMING EVENT

SAT 27th MAY—ANNUAL LEGION VANCOUVER ISLAND BOWLING TOURNAMENT. Entries already closed with 24 Vancouver Island Legion Branches involved. Will be held at Glacier Lanes Courtenay starting at 8 AM. Dinner for entrants and invited guests will be held at Comox Legion Upper Hall starting at 6:30 PM with cocktails. Dinner at 7 PM followed by presentation of prizes.

TOTEM LOUNGE

ENTERTAINMENT
APRIL

APRIL 28

BOSSSES 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: 339-4333

ON & OFF THE BASE

...more Demon Doins

continued from page 5

On a low note, Crew 2 has been practicing safe sex. On a couple of recent patrols condoms kept appearing in the damndest places—on Capt John Melson's mike boom and in CWO Paul Jenkin's gloves. The culprit remains at large. However, some naves weren't too impressed with this horseplay. In fact, Lt Kevin Beaulne was heard to comment, "Gee, aren't those two guys kind of old to play with balloons."

Crew 3 has announced that their Astronaut Training Program is coming along nicely. Lt Tom Norris is the most recent recruit to the Program after he was selected

from the Crew 7 Moosemen. Lt Dave "Baby Gonzo" Owen has been loaned by the Sub Busters to CFB Moose Jaw for a couple of weeks of Advanced Astronaut Training.

Anyone who's ever flown with, roomed with, or for that matter, stood beside Capt Bunny Larocque, knows his reputation for gastric distress is well deserved. On a recent HAI chamber ride Bunny maintained his legendary standard. In the descent from 18,000 ft, suffice it to say, there was an ill wind a blowin'! This not only caused most of the others in the chamber to go on to 100% oxygen, but it caused his ears to pop, possibly due to

the sudden and large change of pressure in his body. Bunny's ears, although somewhat inflamed, were alright. However, some of his Squadron mates are not so sure about his stomach.

Crew 7 Moosemen have been busy flying but without Sgt Bob Racine. Bob, who is in the middle of four weeks of leave, must really be missing work, as he calls almost every day. We just can't seem to figure out why, after his calls, a few Demons are seen going for Tee. As well, the Head Moose, Capt Richard Szegidewicz, has announced that the Shag School of Water Skiing will open soon. We figure he needs the extra money to purchase a bigger car to, at last, pull his new boat that has been sitting in his driveway for the last two months.

At this time Maj Bill Mazey is bouncing off walls

he's so full of energy. Reports from Standards have him very excited over his first posting in ten years. Maj Mazey will make the big move this summer, from Nav Standards to Base Ops. Claims have asked us to tell him that the answer to his question is, "no you are not eligible for the high mileage rate."

The Demon Driver of the month has been awarded to Capt John Allcott. Frequently heard defending his driving skills, John finally showed his stuff while driving an RV around Whistler. John's only to Captains Steve Amo and Ken Westerveld, Paige kept having to fend off numerous kindhearted folks offering him their assistance.

Lt Bob Schwartz recently volunteered to conduct a tour of 407 by several nursing students from North Island College. Unfortunately, due to

comments after were, "well, you should have seen the people, and the parked car, and the street sign..."

John was with several Demons who were celebrating the upcoming end of singleness of Capt Paige Cutland. Forced to ski with the word HELP painted on his forehead (thanks circumstances beyond his control, they bypassed the squadron, leaving Bob devastated and the CO asking how a young (?), single guy could miss several nurses.

Several Demons have been able to get rides with the Snowbirds and all have come back with huge smiles on their faces. One Nav, who has suffered the odd time from motion sickness, promised himself that he would not get sick on his trip with the Snowbirds. For a colourful description of the trip see Capt Pete Holst. Enough said.

ONE LAST WINTER PHOTO



Shown above is ten year old Andrew Wigglesworth of Squamish, B.C. making his first solo attempt down the slopes of Whistler Mountain. Wigglesworth was one of 20 amputees who tried skiing for the first time during the 1988 Amputee Learn-To-Ski Clinic sponsored by 7-Eleven Stores and the Disabled Skiers Association of B.C. He plans to return for the 1989 clinic to be held March 20th to 24th, 1989.

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GANDER EDMONTON OTTAWA HALIFAX

tom procter

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| SCUFF GUARD FOR YOUR SHOE PROTECTION WHILE DRIVING SALE \$4.97 SALE | KITCHEN CENTER BY SUNBEAM 1 ONLY SALE \$199.97 SALE | TYPEWRITER CLEARANCE XL2500 \$246.47 XL6000 \$382.47 XE5100 \$314.47 XL1500 \$212.49 |

Don't Forget
MOTHER'S DAY

OF GENERAL INTEREST

Why worry about teenagers and suicide?

Suicide is the second leading cause of death among Canadian teenagers aged 15 to 19 years. We lose more young people to suicide than to any disease, according to Marion Crook, author of *Every Parent's Guide to Understanding Teenagers and Suicide*.

Many adults today don't understand teenagers' views on suicide. When these adults were teenagers, the suicide rate was relatively low. They did not grow up hearing about the suicidal thoughts of their friends and most of them weren't subject to thoughts of suicide themselves. They dealt with boyfriends, girlfriends, tobacco, and alcohol. Some dealt with drugs. But most didn't even consider suicide as a final escape. They developed no philosophy, defenses or coping skills to deal with suicide.

Now children are growing up in a teen culture that considers

suicide an escape from stress, a way of dealing with lack of acceptance or lack of ability to cope, and their parents are unprepared. Parents have a hard time even thinking about it.

It is vitally important to understand that teens are vulnerable to suicide, that suicide is more socially acceptable to teens than it is to parents, and that it is more likely to occur than parents may have previously believed. Suicide is a definite threat to any teenager and parents need to understand it and to recognize its signs and symptoms.

Every Parent's Guide to Understanding Teenagers and Suicide is published by Self-Counsel Press. For a free catalogue, write Dept NC, Self-Counsel Press, 1481 Charlotte Road, North Vancouver, B.C., V7J 1H.



Cpl Dan Baker of 442 Sqn poses proudly beside his newly won wheelbarrow. Thanks to his experience as an Airframe Technician, Cpl Baker came the closest to guessing the correct number of screws in a large jar during a contest at Central Builders in Courtenay. There were 3,210—he guessed 3,217. He also won, coincidentally, a jar containing 3,210 screws.

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

South Africa and its neighbours—Beyond the turning point

ECHOES of Cuban president Fidel Castro's claim that the history of Africa will be divided into the period before and after the battle of Cuito Cuanavale dominated a conference on war and peace in the frontline states held in Harare last week.

A serious setback suffered by South Africa's soldiers in Angola—which included the entrapment, at one stage, of at least 3,000 troops and the decimation of up to 20 percent of the South African Air Force—was seen by participants as the major factor that could end 30 years of continuous war in some parts of southern Africa.

However, speakers from Mozambique, Angola and Namibia stressed that although defeat at Cuito had forced Pretoria to reassess its policy of overt military aggression in the sub-region, it had not abandoned its covert destabilisation strategies.

Some 70 journalists and church workers from South Africa and the frontline states, as well as representatives of the African National Congress, the Pan Africanist Congress and Swapo, attended the week-long conference organised by the Ecumenical Documentation and Information Centre of Southern Africa (Edicesa).

In the last two years such aggression has included a conventional military invasion of Angola; increased covert aid to Renamo rebels in Mozambique; acknowledged South African Defence Force raids on private homes in Gaborone, Lusaka and Livingstone; assassinations of ANC personnel in Swaziland, Lesotho and Mozambique; a handgrenade attack by a "suspected South African agent" on Botswana President Quett Masire; and a coup ploy, allegedly by South African agents, in Zambia.

"In July 1987 the Southern African Development Coordination Conference (SADCC) calculated the losses to the region's economy were US\$2000-million greater than the entire foreign aid received by the nine SADCC countries," said Sergio Vieira, former security minister in Mozambique and member of Frelimo's central committee.

Yet within a few months all this began to change. Intense international negotiations in a 10-month period since May last year—described by one newspaper as "days of miracle and wonder"—have produced

agreements over the withdrawal of South African troops from Angola; an end to South African aid for Unita; a revival of the non-aggression accord with Mozambique and peace trips by President PW Botha to Malawi and Zaire.

"The development of this situation, with the South African military setbacks at Cuito Cuanavale, and ...the relaxation in international tension have provided an atmosphere for the recent tripartite agreement (over peace in Angola and independence for Namibia)," said Vieira.

The battle at Cuito Cuanavale had smashed the myth of SADF invincibility, said Rob Davies, lecturer at the Institute for African Studies at Eduardo Mondlane University in Maputo.

It also exposed Pretoria's political sensitivity to war situations that cost large numbers of white lives (a planned SADF assault on Cuito was apparently turned down after it was estimated that the lives of 300 white conscripts would be lost); and highlighted the R4-billion drain that the war, in 1988, was imposing on an economy running out of steam.

"The period between the first and second quarters of 1988 can, in short, be identified as a turning point in the regional struggle. It inaugurated a new conjuncture in which Pretoria's strategists appeared once again to place greater emphasis on diplomacy and economic action in the mix of 'incentives' and 'disincentives' through which they sought to advance their regional policy objectives."

A desperate need to counter the effects of sanctions and a realization that South African industry would never be able to compete in the markets of the industrialised world had driven businessmen to seek trade and investment in its neighbouring states.

In Mozambique, for example, Anglo American has expressed interest pouring R200-million into a natural gas field; Premier International is already running a series of chicken farms; Sappi is interested in buying a large plantation near the border town of Namaacha; and Samancor has sent large shipments of ferro-alloys for export through the port of Maputo. Said Davies, "These powerful economic interests are capable of exercising restraint on the forces in favour

of destabilisation and for this reason are being encouraged by Mozambican government."

But he warned this pressure may not be sufficient to cause elements of the SADF to end their alleged support for Renamo. Attacks, involving the use of sophisticated military equipment, had been stepped up in Mozambique's southern provinces and have apparently been aimed at sabotaging the growing economic links between the two countries.

Mozambican refugees, arrested near the border the Mozambican and deported back to Maputo early this year, have reported they were held at a Renamo base in the Kruger National Park and put under pressure to join the rebel movement. Although these allegations have consistently been denied by the SADF, Davies believes they indicate a reorganisation of the known networks of South African support for Renamo.

This may include relocation from a Renamo base at Phalaborwa in the north-eastern Transvaal, from where Zimbabwe intelligence networks have monitored radio communication with Renamo, to new and more hidden camps, he said.

Suspicion that South Africa has not completely abandoned its destabilisation strategies found resonance among delegates from Mozambique.

Immanuel Shihwameni, secretary general of the Namibian National Students Organisation (Nanso), alleged that the Unita rebels had been infiltrated into Namibia near Oshikango where they could be used as the nucleus of a Renamo-type movement after independence.

"And despite the military withdrawal at least 2,000 young Namibians have been recruited into the South West African Territorial Force."

Dave Smuts, a human-rights lawyer from Windhoek, noted that despite the demobilisation of the notorious Koevoet counter-insurgency unit South Africa was keeping its 32 Battalion, a unit of mercenaries and Angolan dissidents that spear-headed SADF operations in Angola, intact and moving it back to South African soil. South Africa was also keeping control over the harbour enclave of Walvis Bay where a large military base was already in existence.

Pretoria may not have completely abandoned its military options in favour of diplomatic and economic overtures towards its neighbours.

But there was general agreement among delegates to the Edicesa conference that the ghosts of Cuito Cuanavale will severely curtail the kind of overt South African aggression that has devastated the sub-continent over the past decade.



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PUBLIC ANNOUNCEMENTS

SISIP TOLL-FREE LINE

In our continuing efforts to improve customer service, effective immediately this HQ will have a SISIP Toll-Free line in operation.

The purpose of the line is to provide CF members with ready toll-free access to SISIP information irrespective of their location in Canada.

The 800 line will be manned during normal business hours with a telephone answering machine functioning in the off-hours.

The Toll-Free SISIP Number is 1-800-267-6681.

Upper Island Community Concert Association

The Community Concert Association is a non-profit society which brings musical artists to the Courtenay area. The organization has been in existence for some time and we are now looking forward to the 1989-1990 season. All concerts are held at the Courtenay Civic Theatre and admission is by season ticket membership only. In the upcoming season we will be sponsoring four concerts by international artists in varied areas of music.

The membership cost for the upcoming season will be \$30 if purchased prior to September 1, 1989, and \$35 thereafter.

Membership information can be obtained from Jason or Nancy Law, 338-0466.

Help Fill A Dream

Help Fill A Dream is a non-profit organization which is solely dedicated to fulfilling the dreams of terminally ill children.

All funds collected in your community, through shopping malls, rallies, telephone solicitations, bingos, and casinos as well as through personal contacts, go towards making dreams come true for terminally ill children within your community. So what you contribute may provide an unforgettable experience for a special child living near you.

To date, forty-four Vancouver Island children, nineteen and under, have been the beneficiaries of this wonderful program. Like Mathew, 8, who wanted to meet Hulk Hogan, or Chrystel, 5, who wanted her Dad to be with her at a Seattle Hospital.

If you would like to help, contact: Help Fill A Dream Foundation of Canada P.O. BOX 3728 Courtenay, B.C. V9N 7P1 Phone: 339-2210

FRIENDSHIP BIBLE COFFEE

Over a friendly cup of coffee, an informal study group discusses the Word of God to discover its relevancy to life today. Here is your opportunity to increase your knowledge of the Bible in very pleasant surroundings and a friendly atmosphere.

For more information please contact: Marjorie at 339-3028 or Sue at 337-8374.

GIRLS

Girls between 12 - 18.

Have you found yourself with nothing to do? How about giving the ARMY CADETS a try. Yes we are open to female entrants despite any words to the contrary.

Enjoy such activities as canoeing, wilderness hiking, or an afternoon walk with a map and compass. On the Cadet discipline side, there's a bit of drill and learning about the Corps and Army Cadets in general.

If you want something challenging to do and a chance at going on various outings, contact us.

1726 Canadian Scottish Army Cadets - 339-4515, Wed evening - 6:30 to 9:30 or Administrative Officer M. Lamb 334-4568.

EDUCATION ASSISTANCE LOAN PROGRAM

For the past two years the CF have offered the Education Assistance Loan Program to assist serving and former members with dependent tuition costs for post secondary institutions. This program offers low interest loans up to \$1,500.00 per dependant with two dependants per family the maximum (\$3,000).

Changes made for 1989 include removing the age restriction; therefore, spouses and graduate studies are now eligible. Funding for 1989 has been increased to \$600,000 and loan levels raised to reflect increased tuition costs.

Applicants may be serving or former members of the CF, with a minimum of ten years Service. The selection of recipients will be made by the CFPAP Executive Committee, based upon factors of years of Service, number of children, family income and individual circumstances.

Application forms are available from Base Financial Counsellors, offices of Veterans Affairs Canada, Royal Canadian Legion branches and university/college loan offices. They may also be obtained by writing to the Manager, Canadian Forces Personnel Assistance Fund, Box 2443, Station D, 340 Laurier Avenue West, Ottawa, Ontario, K1P 5W5.

Deadline for submissions for this year is 30 Jun 1989. No late submissions or appeals will be considered.

COMOX AIR FORCE MUSEUM WEEKLY BINGO

The Committee of the Comox Air Force Museum is pleased to announce a continuing series of weekly cash Bingos. All profits gained from these bingos will be used to support the Comox Air Force Museum. Interested bingo players are invited to participate at the Courtenay

Bingo Palace on Tuesdays from 4:00 PM to 6:30 PM.

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

2(F) Wing Reunion

A reunion of personnel who were stationed at 2 (F) Wing, Grostenquin, France, will be held in Victoria, BC, from 31 August to 03 September 1990. For more information, please send your name and address ASAP to: RCAF 2(F) Wing Reunion 960 Lyall Street Victoria, BC V9A 5E8

CFB ESQUIMALT TRIATHLON

Date: 0730 Sunday 28 May 89

Course:

1 KM Swim (pool)
18 Km bicycle route
5 km run

Entry Fee: \$20 max entries
Deadline for entries is 1630 Mon 22 May 89
For further info contact Base Gym Esquimalt - 4069.



Pam Sherwin, one of last year's winners in the British Columbia Lung Association's Fresh Air Photo Contest, took this photo of five year old Davena Kucher, an entry in the "Kids" category. Contest details and entry forms are available at any London Drugs location, or by contacting the British Columbia Lung Association, 906 West Broadway, Vancouver, BC, V5Z 1K7, 731-4961.

PHOTO CONTEST PROMOTES FRESH AIR

Preserving the quality of the air we breathe is one of the best ways to protect our lungs, says BC Lung Association president Maurice Cownden. "And protecting the air quality in BC begins with public awareness. That's why the Lung Association has developed an awareness campaign beginning this week with the launching of the Fresh Air Photo Contest."

Organized in conjunction with the Alberta Lung Association and London Drugs, the Fresh Air Photo Contest is expected to attract more than 10,000 entries from BC and Alberta. The contest, which runs from April 15 to June 1, 1989, offers amateur photographers in both provinces to photographically express their thoughts on fresh air, and stimulates public interest in air

quality management.

Entries must carry a "fresh air" theme in the categories of sports and leisure, animals, scenery, or kids. Prizes include a state-of-the-art Pentax SF10 Autofocus 35mm camera with 35-70mm zoom lens, four Norco Mountaineer Mountain bikes, four complete Daiwa fishing equipment outfits, four Sony Walkmans, dozens of Fujicolor Quick Snap disposable 35mm cameras with flash, and hundreds of rolls of Fujicolor Super HR 35mm film.

Contest details and entry forms are available at any London Drugs location, or by contacting the BC Lung Association, 906 West Broadway, Vancouver, BC, V5Z 1K7, 731-4961.

THANKS!

The Educational Foundation for Foreign Study would like to thank Jean and Richard Hicks for bringing international understanding to the Comox area. These members of your community are part of a national team of volunteers who increase cultural awareness by bringing foreign teenagers from 22 countries to spend a year living with a Canadian family while attending a local high school. During their stay in Canada, the students help influence their Canadian counterparts by providing a living example of the benefits of student exchange and the opportunities open to them.

We would also like to thank the volunteer host families who have made a dream come true for international students who wish to experience the truly Canadian way of life.

If you, or someone you know, would be interested in hosting an exchange student for the upcoming school year, or would like more information about study abroad programs for Canadian students, please contact Joan or Richard Hicks at 339-0603, or Elizabeth Frederick at 1-800-263-2825.

Exploding zucchinis, tame tornados and musical steps—ALL AT Science World opening May 6.

Step right up and discover the most curious place on earth!!! SCIENCE WORLD, B.C.'s new science centre, is opening May 6!

The celebration starts with opening ceremonies at 10:00 a.m. and continues through the weekend with some of Vancouver's top musical entertainment performing outside SCIENCE WORLD. Inside, dozens of brand new, hands-on exhibits and science demonstrations will be waiting to dazzle you!

Create a tune a la Fred Astaire by dancing on the keys of a giant synthesizer, crawl through a beaver lodge, touch a tornado, or step inside a camera. These are only a few of the experiences waiting for you at SCIENCE WORLD.

The Laser Show, one of two presentations developed for the specially equipped science theatre, will dazzle you with special effects while presenting facts from the cutting edge of laser technology. The Electricity Show, an exploration into the "shocking" nature of static and current electricity will feature the awesome exploding zucchini!

SCIENCE WORLD, located in the former Expo Centre, will open 10:00 a.m. to 5:00 p.m. every day beginning May 6. Group rates are available by appointment. For 24 hour information call (604) 687-7832.

PUBLIC ANNOUNCEMENTS

MAKE YOUR MUSIC AT SHAWNIGAN LAKE

Of interest to amateur musicians of all ages or levels of ability, the Shawnigan Lake Music Holiday, from July 23-30, offers an exciting week of out-of-the-ordinary musical activities, such as playing Swiss handbells. "It is an ideal opportunity to study classical music by enrolling in courses like vocal singing, madrigals, orchestra, early music, recorder, piano class, chamber music ensembles, woodwind ensembles, and music appreciation," says Jack Downs, Director. "New courses this year will be offered for classical and folk guitar and music theory using computers," he added. All in all, it is a chance to learn more about how music works and how to improve your musical skills.

It is also a unique event in that it brings together musicians from all around this province and Alberta as well as the U.S. Each summer a major work for chorus and orchestra

is chosen to become the focus for the week and it is performed at the Saturday evening student concert. Other evening concerts are performed by the faculty and attract many local residents.

The children's program, for 6-12 years olds, includes drama, music, arts and crafts, and swimming. This program enables parents to enrol in the adult courses. Afternoons are free for hiking, swimming in the lake, tennis, canoeing, informal music-making, or exploring scenic Vancouver Island.

The music camp is sponsored by West Coast Amateur Musicians Society, which provides some bursaries and family discounts. For a free brochure, write to SHAWNIGAN LAKE MUSIC HOLIDAY, 943 Clements Avenue, North Vancouver, B.C. V7R 2K8 or call (604) 980-5341. Special rates for day students available.

THE 11TH ANNUAL MILK RUN

BC School Sports and the B.C. Dairy Foundation are supporting The British Columbia Lions Society for Crippled Children in the 11th Annual Milk Run.

On Wednesday, April 26th, thousands of high school students from throughout the province will be running, walking or wheeling 3 km as well as contributing to the disabled children who cannot.

At the end of the run each student receives a carton of cool milk.

Help to celebrate this year's theme "Every 1 helping 1 another", with a donation to your local secondary school or student.

For further information call: The BC Lions Society for Crippled Children 873-1865 or your local Secondary School.

CANADIAN MUSEUM OF FLIGHT "WINGS AND WHEELS '89"

A real family outing, the Canadian Museum of Flight and Transportation's 8th Annual "Wings and Wheels '89" promises to be better than ever. There will be static displays of rare and vintage aircraft of Canada as well as Great Britain and the U.S. Of special interest is a Bristol Bolingbroke (aka Blenheim).

Many of CMFT's exhibits are "works-in-progress" of special value to anyone interested in restorations or modelling. There will be plenty of volunteers on hand to answer your questions.

Exhibits provided by other collection groups will include vintage autos, trucks, motor-



More than 10,000 visitors enjoy CMFT's Annual Open House in June.

cycles, military vehicles, models and much more.

The gift shop will be open as well as on-site concessions, and there are activities for the children. Parking is free.

Hot dogs and hamburgers,

music and flybys all lend a Country Fair atmosphere with something for everyone.

The museum is located at 13527 Crescent Road, Surrey, B.C. For further information call (604) 531-3744.

419 COLOURS PRESENTATION

419 Squadron will receive its Colours after 25 years of distinguished service. The presentation will be made at CFB Cold Lake during a combination Colours/Reunion Weekend 23-25 Jun.

Special events include Colours Presentation by the LTGov of Alberta, a flypast of the Mynarski Memorial Lancaster, and the presentation of a pedestal CF-5 to CFB Cold Lake.

All ex-Moosemen are invited to attend. For further information contact the Colours Committee at Autovon 520-8805/8806.

THANK YOU VANCOUVER ISLAND!!! FOR YOUR SUPPORT OF THE 15TH ANNUAL "TIMMY'S SPRINGTIME TELETHON"

Our final total was \$295,000...and it's still growing! The support of communities from all over Vancouver Island has been overwhelming, and so deeply appreciated. You attended the car washes and the bake sales, your children collected change for their penny drives and you phoned in your pledges. You, together with your friends and neighbours-helped to make the 1989 Telethon THE MOST SUCCESSFUL TELETHON YET!

If you made a pledge during the Telethon, and you can't remember the mailing address: B.C. Lions Society Box 4055 Postal Station "A" Victoria, BC V8X 4J3
Thank you, one and all, on behalf of the children we serve. This was your Telethon, Vancouver Island, and your support will ensure that the B.C. lions will continue to provide so many services to the disabled children of our Island communities.

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MONEY MATTERS

The importance of writing a will by Carol Robbins

Almost no one likes to discuss the topic, but making a will is one of the most important elements of personal financial planning. If you have worked hard to accumulate your assets, then you should take care that they are distributed according to your wishes when you pass away.

When you die, an estate is automatically created in your name. All your possessions are placed in it. The exceptions are any assets that are owned jointly with another person. These automatically pass to him or her upon your death.

If you neglect to make a will you could leave a financial mess that could take your survivors months or even years to settle. In addition, if you die intestate (the legal term for someone who dies without a will), your possessions could be distributed without any regard for your wishes. In most provinces, your possessions will be distributed according to established laws.

A will is a legal document that specifies how you wish to distribute your assets and possessions to your beneficiaries. Generally, you must sign the document in the presence of two witnesses, who, in turn, also must sign it in your presence and in each other's presence.

A lawyer usually drafts a

will, but you can buy do-it-yourself kits. However, unless you are sure of yourself, it is best to get professional advice. Among other things, a lawyer should be able to tell you whether your document can be easily contested by unhappy survivors.

Almost everyone who is of legal age should have a will. It is not a requirement only for the wealthy. Drafting a will is especially important if you have young children who will still need a guardian to look after them if both you and your spouse die unexpectedly. A will provides the opportunity to make arrangements for your children's education and to specify how and when they are to receive their inheritance. It also provides you with the opportunity to state your wishes regarding your children's guardianship and other matters such as your funeral arrangements. Keep in mind, however, that these wishes are not legally binding but are subject to the discretion of the courts and your executor.

Before the document is drawn up there are several factors you must clarify. You should know your exact financial position. How much are your assets worth? How much debt do you have? Bring a complete list of your assets, along with instructions for

locating them, to your lawyer before the will is drafted.

Decide whom you want as your executor. An executor does not need to be an accountant or lawyer, but he or she should be someone you trust and consider to be responsible. It will be his or her job to ensure that your wishes, as expressed in the will, are carried out. You can, if you choose, designate your beneficiary as your executor. This is common practice if the bulk of the estate is left to a surviving spouse. Such an arrangement allows the survivor to authorize bill payments and any other outflow of money from the estate, including money he or she may need for personal use.

In your will you may make any provisions you choose regarding the division of your property. You may, for example, earmark money that is to be used strictly for a university education.

Think of any special provisions for personal belongings such as cars, jewellery, family heirlooms or any other possession you want to leave to a particular individual. You may make special provisions for the distribution of cash. Perhaps you do not want your children to receive any cash until they are well past the legal age. Or you may decide that they

should receive a yearly allowance.

When your will is prepared it may be wise to give your executor a copy of it. You may ask that he or she not read it until after you die. Also, it may be wise to tell your family members the names of both your lawyer and your executor so they may begin settling your estate without undue difficulties.

Lastly, remember that as your financial situation changes, or as your young family grows up, you should

amend your will or draft a new one. Also, if you marry, separate or divorce, make sure you review your will. In some provinces, a will may be invalidated by such changes.

Carol Robbins is Legal Counsel for the Canadian Cooperative Credit Society. For more information regarding wills write to Credit Union Financial Counsellor, CCCS, 300 The East Mall, Ste. 500, Islington, Ontario, M9B 6B7.

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ON & OFF THE BASE

Co-operative Housing for Seniors

The aging of Canada's population is proceeding at an ever increasing, some would say frightening rate. By the turn of the century one quarter of the population, parents of the baby boom generation, will be seniors.

The pressures the aging process will create already are starting to be felt in many sectors of the economy, including housing. Many seniors are living on fixed incomes and can only afford modest accommodation.

Co-operative housing is becoming a popular way of satisfying their needs. It

provides for user participation, permits them to choose their community and neighbourhood, and the type of housing to fit their lifestyles. In addition it provides non-profit, cost-efficient housing, lending itself to volunteer and community social support services.

"Co-operative housing projects can be designed to accommodate seniors' changing needs," says Allan McIntosh, Manager of Anglophone Co-operative Services for the federal government's Co-operatives Secretariat. "Two have been completed in BC with wide hallways, wheelchair

ramps and other amenities to ease access. In this way people are able to stay out of institutions longer."

In 1980 there were only six co-op housing projects for seniors in Canada. By 1986 there were 15 and today there are 45 offering over 2,000 units. In addition there are about 1,000 more seniors' units in 90 other co-op housing projects.

"Seniors are as varied as the rest of the population," said Mr. McIntosh. "Some like to be with other members of their own age group while others like to be in mixed communities. Their co-op housing projects reflect this diversity, most are 100 percent senior, while some are mixed, with up to 40 percent non-senior."

Canada is not the only country with an aging population but Canada's network of co-op housing projects for seniors is considered to be a world leader. The Secretariat has met with international delegations here to see how our system works. It also acts as a liaison between the Co-operative Housing Foundation of Canada and other federal government bodies to make sure the system continues to work well.

POPULATION
AGING IN
CANADA

Population aging is a term which refers to changes over time in the proportion of a country's population considered to be old. At the turn of the century, Canada was considered to be a "young" country, with approximately five out of every one hundred people aged sixty-five and over. The population aging process was gradual till about 1950, when eight percent of the total had reached this age, but the baby boom and post-war immigration in the 1950s and 1960s held the proportion more or less constant over that period. Since the 1970s, there has been a marked increase in both the real numbers and the percentage of people aged sixty-five and over in Canada, to a present rate of nearly eleven percent. As the baby boom generation reaches retirement age, there will be a dramatic escalation unless trends in the birth rates or immigration policies change before then. Based on current trends, social scientists predict that by 2025, close to nineteen percent of the Canadian population will be aged sixty-five and over.

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Certified planer/miller required. Must be able to millwright. Shift work. Union rates and benefits. Resume to Skeena Sawmills, P.O. Box 10, Terrace, B.C. V8G 4A3. Attn: Wallace T. Schmidt, Planer Superintendent.

Experienced electrician required by small commercial and industrial contractor. Top wages and benefits. Resume: P.O. Box 3397, Courtenay, B.C. V9N 5N5. Wanted experienced machine operator for excavation company. Must be proficient in small cut and excavation work. Resumes and references to: 120 Redonda Way, Campbell River, B.C. V9W 5T7.

Sports/news reporter/photographer for twice-weekly newspaper in southeastern B.C. Experience preferred but will consider recent journalism graduate. Darkroom experience required. Must have valid driver's license. Salary per union agreement. Rush resume and recent clippings to: Simon Birch, Editor, Castlegar News, Box 3007, Castlegar, B.C. V1N 3H4.

Experienced editor wanted for twice-weekly newspaper in Yellowknife, N.W.T. Apply to: Annelies Pool, Managing Editor, Northern News Service, Box 2820, Yellowknife, N.W.T., X1A 2R1 (403) 873-4031.

25 words for \$159.00
(\$3.00 each additional word)
Phone: 339-2541

HELP WANTED

Project planner for Packing Plant, Caverton, B.C. Knowledge of organic and natural foods and understanding of co-op concept are assets. Apply in writing to Wild West Organic Co-op, 2471 Simpson Rd., Richmond, B.C. 276-2411, Fax 276-8583, April 21/89.

PERSONAL

Calling former Williams Lake residents! Come meet your friends of yesterday at the city's 60th Birthday and Homecoming Party, June 29th. Phone 392-5036 for information.

Body? Mind? Spirit? Who are you? Call 1-800-FOR-TRUTH, 1-800-367-8788.

RELIABLE CANADIAN AND ORIENTAL LADIES (all ages) seek housekeeping opportunity, exchange for shared accommodation, new locations, companionship, etc. Request further information 1-547-2020 anytime (7 days).

PETS & LIVESTOCK

New carriages/wagons, restorations, parts and accessories. Wheel repairs, coach rentals. Consignments. Dispositions for clubs and organizations. Cariboo Carriage Works, Box 1017, 100 Mile House, BC, V0K 2E0. Phone (604)395-4111.

REAL ESTATE

Large independent real estate firm is looking for licensed salespeople for expansion in the residential I.C.I. and property management departments. Relocation help available. Many new innovative tools in place to earn to extra edge. Resume to: Sales Manager, Inland Realty, 322 Seymour St., Kamloops, B.C. V2C 2G2. Business: 374-3022, Fax 828-2866.

REAL ESTATE

Okanagan Lake recreational properties: 65 lots remaining, water, paved roads, 1,300 feet common lakefront, \$28,000, terms, Ranch acreages, 23 little 20 to 840 acres, from \$30,000. Mike Gook, Parkwood Realty, Kamloops, 374-1221, 372-8556.

Game bird farm on Mt. Lehman, Abbotsford. Potential commercial zoned, 4.1 acres. Remodelled residence, barns, including federally inspected hatchery, and huge workshop. By owner. \$210,000. 850-0698.

Free booklet. Concrete or wood for your basement? Before you decide get all the facts. Write: Foundation focus, 201-1155 W. Pender St., Vancouver, BC V6E 2P4 1-800-663-7774.

Tod Mountain Ski Resort, Kamloops. 21 recreational lots remaining at ski hill base, \$29,500 until May. Mike Gook, Parkwood Realty, Kamloops, 374-1221, 372-8556.

SERVICES

ICBC Injury Claims? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law 0-689-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

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339-3090

BY OWNER

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FOR SALE—Home in Comox \$92,500. 5 BR, 3 Bath, Farm, Rm, Garage, 2 woodstoves, large lot. Close to all schools, shopping, hospital. Excellent location. Phone for appoint. after 7PM. 339-2755.

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

1989 MICRA

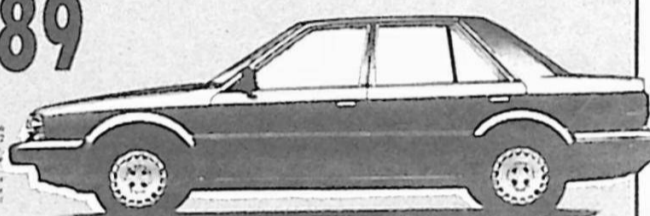
\$7989



*Nissan Canada suggested retail price for a new 1989 Micra 4 Door Sedan equipped with a 1.6 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 STANZA

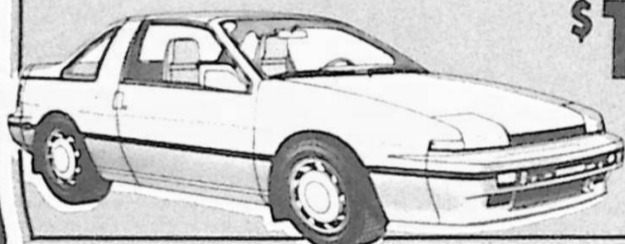
\$14,989



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

1989 PULSAR

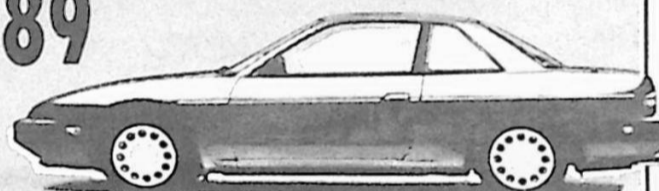
\$15,989



*Nissan Canada suggested retail price for a new 1989 Pulsar 3 Door equipped with a 1.6 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 240SX

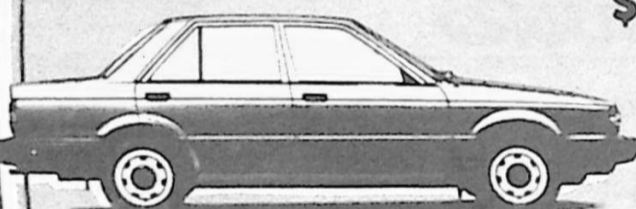
\$17,989



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

1989 SENTRA

\$9989



*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, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 4x4

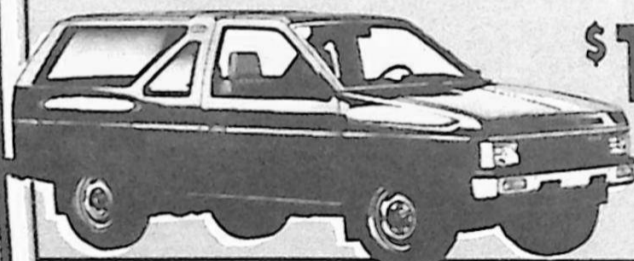
\$13,989



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

1989 PATHFINDER

\$19,689

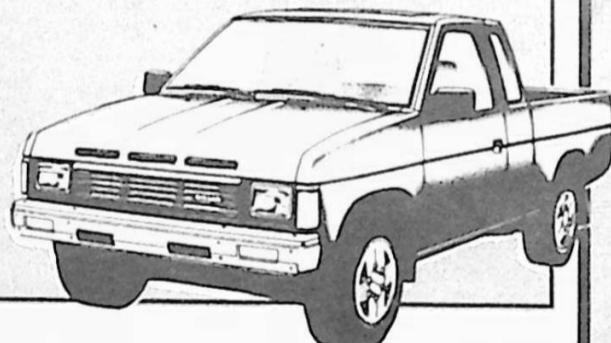


*Nissan Canada suggested retail price for a new 1989 Pathfinder 3 Door equipped with a 2.4 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.

1989 KING CAB

\$11,489

**Includes: jump seats,
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*Nissan Canada suggested retail price for a new 1989 Nissan King Cab #12, Dlx. equipped with a 2.4 litre engine and a 5 speed transmission. Dealer may sell for less. Vehicles may not be immediately available from dealer stock. Dealer order may be required. Freight charges, insurance, license and applicable sales tax not included. See your individual dealer for freight charges and full details.



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