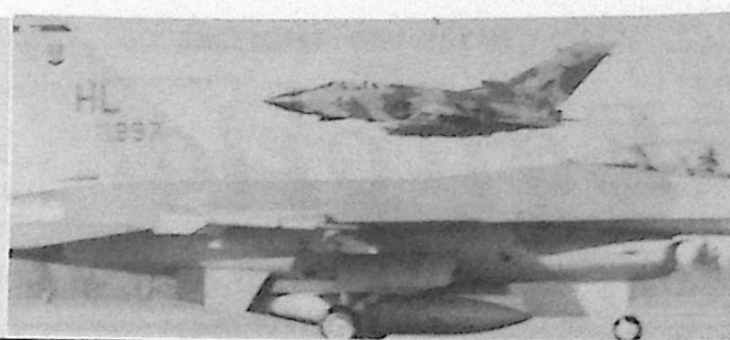


Sgt J. Bradley
Totem Times foreign
correspondent
reports from Namibia:
See page 18



Centre page
photo layout
Maple Flag 89



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 10 May 18, 1989

NEXT DEADLINE MONDAY, MAY 29, 1989

COST: PRICELESS

Taking aim: Women challenge a tradition!



Canada's first female infantry person, Pte Heather Erlexben, with the 3rd Battalion Princess Patricia's Canadian Light Infantry (3PPCLI), mans (no pun intended) a dug-in defensive position and (inset) applies camouflage makeup. 3PPCLI is based in Victoria. The photos were taken at Fort Hunter-Liggett, California, where her unit was deployed for a multinational exercise. CF photos by Sgt Ed Dixon.



Budget cut-backs NDHQ says 'steady as she goes'

Recently announced cut-backs in the Canadian Forces budget have created an air of confusion at many bases and amongst the myriad of people involved. The following message, quoted in part, is from NDHQ, Ottawa, was disseminated across Canada, and helps to clarify the situation:

The purpose of this message is to provide information on the manner in which establishment and personnel adjustments will be made as a result of the recent budget announcements.

Firstly, it must be appreciated that until force structure adjustments actually occur, we must continue to operate at assigned levels of operations and fulfill all commitments and taskings. This is

particularly important in regard to base and station activities.

Secondly, there will be no significant reduction in production of military personnel or in actual numbers in the short term. In fact, approved increases to reserves and reg forces in progress will, by and large, continue for this year.

The guiding principle in making any adjustments to personnel plans for 1989 is to avoid any unnecessary hardship to individuals and families.

In view of this, and the fact that it will take some time before the adjusted force structure and resulting establishments are approved by the Chief of the Defence Staff, it is our intention to continue with

current posting plans, but to keep changes to an absolute minimum and make changes only after consultation and consideration of all relevant factors such as career development, individual circumstances, and service requirements.

In any event, it is likely that some personnel will be misassigned on a temporary basis until revised establishments are in effect.

The department is concerned about homeowners who would be adversely affected due to budget announcements. The problem is being studied and further information will be promulgated in the very near future. It is strongly suggested that personnel involved in a

Changes to annual medicals

The Canadian Forces is introducing a new system of periodic health examinations (PHE) in 1989. Among programs affected by the change is the routine over-40 annual physical examination.

In the future, 40-year-old and older members can now look forward to a complete medical examination every two years instead of annually. The exception is personnel in specific occupations, such as

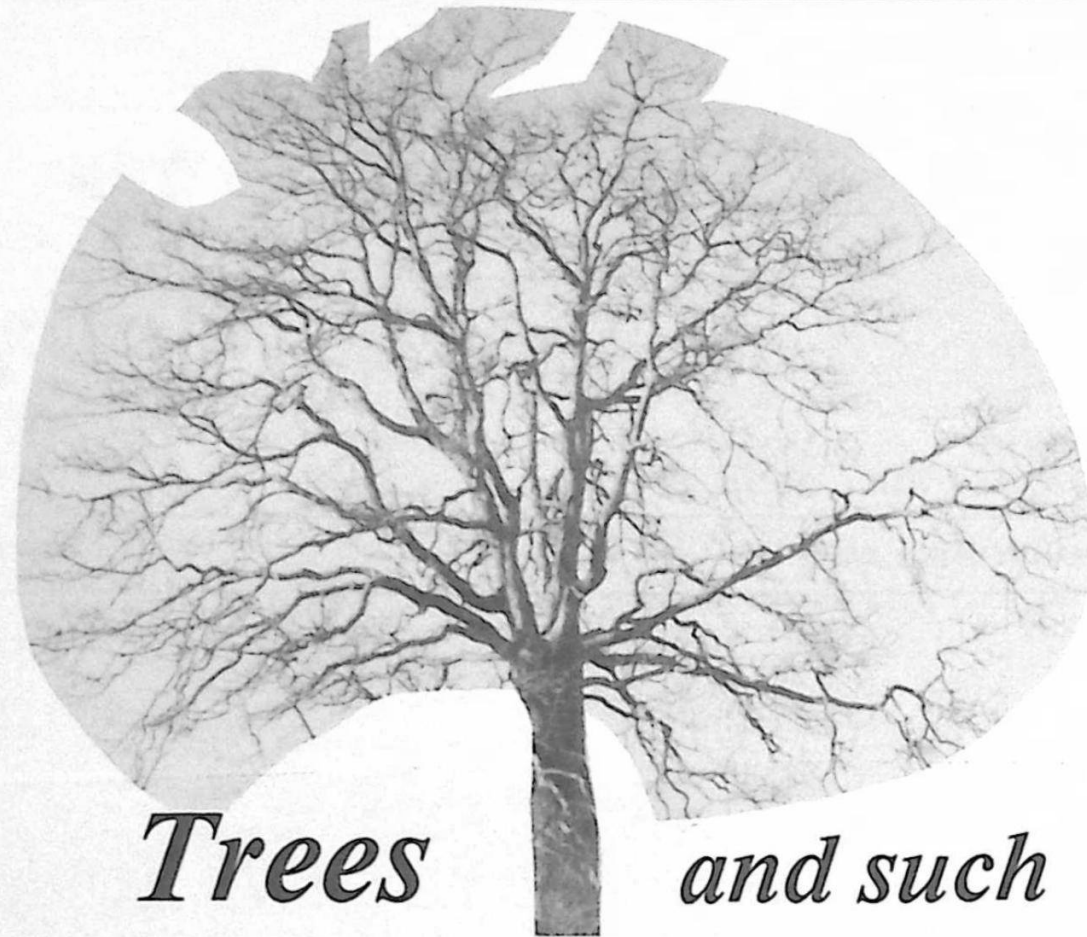
aircrew.

At the CFB Comox Hospital, MCpl Doris March says that members over 40 will be given a choice; they can continue with annual checkups or opt to have one every other year. "When they receive their notices of upcoming medicals, they should drop into the hospital Orderly Room or give me a call at 8112 and let me

...continued on page 4

...continued on page 4

Editorial



Trees and such

There was an old maple tree near where I lived when I was a kid. It was magnificent! Now maybe I'm a sucker for a big old granddaddy of a tree but this one was special to me. It seemed as high as a skyscraper and as broad as a locomotive. I would stand under its branches, close to the thick trunk, and look up into its impossible heights. I would see the clouds drifting by through breaks in the leaves and feel dizzy. It was as though the clouds were still and the maple tree was drifting, pushed by the wind I could feel on my cheek. I would have to look down to keep from falling.

Then I would look at the bark wrapped thickly around its trunk. I could almost see it moving; it was full of life. When I put my hand to the gnarled surface I was sure it was whispering to me. What it was saying I don't remember but it was probably what a young boy wanted to hear.

Then it was time for the most important part. A furtive glance around to make sure I was unobserved and I would begin to climb. The greatest thing about this tree was the location of its branches. They were positioned perfectly for a kid's reaching hands and feet. My route was well rehearsed and I would clamber up quickly until a growing fear of the height forced me to stop. I went a little further each time. The last time I climbed it I pretended I had reached the top, although I knew I hadn't. Kids can do that.

From my lofty perch in that tree I had control of the world. My tentacles were invisible, far-reaching, and omnipotent. The tiny people passing by far below might have been oblivious to the elemental force far above them but it was controlling their every movement and thought. Eventually I would grow weary of exercising such awesome power and just lean against the tree, clutching it with my grubby hands.

It was almost a physical shock to me when, on the way

home from school one day, I rounded the last corner, expecting the old maple tree to greet me, and discovered it was gone. A pile of sawed up limbs lay where it had once risen far above the street. I walked to the decapitated trunk and, numb, counted the rings exposed for the first time. One hundred and fifty-two I think. That tree, as a young sapling, had watched wagon wheels, horses, and pioneers roll by. Its fellow trees had gradually succumbed to man's voracious appetite until it alone stood to pay homage to the trickle of passing time. Now it was gone too.

They built another house there. Funny though, that old maple tree wasn't even in the way. I guess it obscured the view of the street or something.

When I fly over BC these days and see the devastation of the forests from logging and building contractors, so much greater than what is visible from the road, I think of the trees of my childhood. Each of these trees, so thoughtlessly destroyed to yield the maximum profit, took many, many years to grow and was unique. I'm not saying logging or necessary land clearing should stop. My house is constructed of lumber and I love working with wood. Only that we must take far greater care to ensure succeeding generations of kids (and other animals) have the same opportunity to see and experience the beauty, life, and plenitude of these fellow creatures sharing our world. After all, according to the latest ecological research, our future depends on it.

So the next time you think a tree is in the way and you pull out your chainsaw or axe, please stop and think of all the kids who might like to daydream in its shade or explore its upper reaches.

The above story isn't quite true by the way. It is a compilation of different times, events, and thoughts from my past. I hope this doesn't detract from its point. The feelings

behind it are real enough.

Brother to brother

Letters to the editor are few and far between at the Totem Times so I sent the above editorial to my brother to elicit his response. After he finished laughing, this is what he wrote:

I remember that tree and how we birdnapped/adopted forcefully some of its tenants who never survived the week away from their nest despite (or perhaps because of) the 2 a.m. feedings with an eye-dropper. The innocent, good intentions of children can be quite selfish and cruel. Oddly enough, as I was reading your editorial I remembered a short story I wrote years ago, and that tree was its physical and symbolic centre. I have since thrown it out but I am sure you were also in it. If memory serves correct, your character was unusually short and then, prematurely balding, with a distinct wimpiness. It was necessary that my character be heroic on an epic scale—your character provided the concomitant (editor's note: I confess I had to look that one up—it means 'existing or occurring together') foil.

As to the wise and virtuous sentiment of saving trees, perhaps the federal government ought to pass a law giving them (say those fifty years or older) a constitutional guarantee to life. You figure that any tree which has survived fifty years or more deserves to live and die at its own speed. Something to think about, anyway. Of course, it would be a completely unworkable law, the entire construction business would undergo fundamental changes. A whole new school of architecture would have to be born, one where houses, office buildings, art centres, and courthouses would have to be designed around the resident trees of the site chosen. Suddenly trees would prefigure plumbing and wiring, windows and doors. How delightful something so impractical.

IN MEMORIAM



Commissionaire Albert Warren

It is with deep regrets that we announce the death of Commissionaire Albert A. Warren at Comox, BC, on the 5 of May 1989 at the age of 66.

He leaves behind Betty Barnett of Courtenay, a second cousin and a whole lot of friends both at the Base and the Legion in Comox.

Bert, as he was fondly known to all, had been a devoted member of the WOs and SGTs Mess and a special chair was reserved for him in the games room. Pity those who dared sit in that chair without Bert's permission.

Bert was born in Comox, BC, on the 14 October 1922, joined the Army in 1941 and served in North Western Europe until discharged in 1946.

After the war he returned to the Comox Valley and worked at various Shake and Shingle Mills in Fanny Bay and Comox prior to joining the Canadian Corps of Commissionaires May the 1st 1965. Bert was assigned duties at CFB Comox and has been here ever since.

In his 24 years at the front gate Bert saw them all. He has of course gone through more BComds and BSecOs than anyone else who has served here. Bert was dedicated to the security of the Base and was well known for only admitting those who had a right to enter.

Bert will be missed by his friends and co-workers. A Memorial Service attended by some 200 was held at the Comox Legion Hall Friday the 14th of May. He will be long remembered for his energy and devotion to duty.

TOTEM TIMES

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

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Foreign Aid Cuts Solution to Deficit

Dear Sir:

Finance Minister Michael Wilson's recent budget took a long overdue step by cutting Canada's bloated foreign aid budget by \$400-million. However, at \$2.4-billion it is still far too much. Running the huge deficit we are, it is money we cannot afford.

In 1986-87, Canada gave \$170.96-million to India. Yet, India has the fourth largest army in the world. In 1987 alone, it purchased more than \$5.2-billion worth of arms. It has nuclear-powered submarines and attack aircraft capable of delivering nuclear arms. It is absurd that the Canadian taxpayers should be handing foreign aid to India. The Indian government should restrain its arms-buying frenzy and use some of its own resources to help the poor in that country.

Too often, foreign aid is simply a means to transfer wealth from the working people of Western nations to the militarists and despots of Third World countries. Third World poverty is usually the result of overpopulation or misuse of resources. Foreign aid merely cushions those responsible from having to deal with their mistakes and perhaps reforming. Aid tends to keep those who have made the disastrous decisions in power.

Instead of battling the deficit by bashing Canadians with higher taxes, Michael Wilson should consider further cuts in our foreign aid programme and in such frivolous handouts as the \$276.5-million allocated to multiculturalism programmes

which tend to create division among newcomers, rather than stressing unity and adaptation to Canadian ways.

Sincerely yours
Paul Fromm
Research Director
Citizens for Foreign Aid Reform Inc.

Editor's response

As editor, I try to maintain a certain equanimity when it comes to Letters to the Editor. For the most part I succeed. However, once in a while one gets my goat. This is one of those times.

Canada is among the wealthiest countries in the world. Our standard of living leaves us among the privileged in comparison with the vast majority of the world. The average income for Canadians is perhaps twenty times that of the average Third World family.

So there is no question we are fortunate. And it would be naive or narrow-minded to believe that the world's destitute are somehow responsible for their own plight. An honest evaluation will show otherwise. In many ways their lack of necessities is a direct consequence of our own overabundance.

The Citizens For Foreign Aid Reform would have us believe that the best (and surely easiest) way to reduce Canada's burgeoning deficit is to severely curtail foreign aid. Despite the "reform" in their title, they do not talk of it; they only talk of "cutting" the "bloated" foreign aid budget. Such an easy solution. Who cares if it's morally right as long as Canadians don't have to share

Comment

Letters to the Editor

Well Done CFB Comox!

Dear Sir:

As everyone is aware, we have an extremely high number of visits and tours of CFB Comox. Occasionally we receive a letter from an individual or group to say "thank you for your efforts." One letter received recently says it all:

"The brief given was conducted in an impressive and professional manner and from the multitude of questions generated and the discussion period afterward, it was obvious that the counsellors were very impressed. As well as having impeccable facilities, the conduct of the Officers and men under your command, were beyond reproach and displayed the professionalism,

pride, and dedication of members of the Canadian Forces.

The main goal of the Canadian Forces guidance counsellor tour is to acquaint civilians with the day to day operations of the Canadian Forces as well as to permit the counsellors a face to face contact with the personnel who make up the Canadian Forces. The base personnel were instrumental in achieving that goal. —Their dedication and professionalism is a credit to the Canadian Forces."

I would also like to add my own thank you to all base personnel for another job well done.

Yours truly,
Major D.G. Middleton
for Base Commander



BComd, Col Gibbon, at cake cutting ceremony celebrating the First Anniversary of the opening of the Family Support Centre.

Air Force Trivia

WHAT WHERE WHEN WHY



Good response from Messrs. Vincent and Gerow. Until the end of the series it will be Aircraft Recognition. You now know all the rest, except for who took these pictures. Any guesses?

LAST WEEK'S TRIVIA:

Hawker Hunter Mk2
Cold Lake, winter of 1956-57.

About Trivia

Dear Sir:

Holy Mackerel! Where did you get that trivia picture. It is, of course, a Hawker Hunter undergoing Cold Weather testing at the C.E.P.E. Climatic Detachment at Namao, Alberta. Actually the picture could have been taken at Namao or at Saskatoon, Watson Lake, Ft. St. John, Ft. Churchill or other fun spots they used to deploy us to after the coveted -40°F.

The Unit crest on the nose of the aircraft was a silhouette of a white polar bear on a black background. This was an integrated unit with aircrew and groundcrew from the RCAF, RAF, RN, and RCN.

The British aircraft didn't fare too well in the tests, having been designed for much war-

mer temperatures. I can recall not only the Hunter, but seven others being there around this time.

Oh, yes. The photo was probably taken circa 1955 or 1956.

Gerry Gerow

Dear Sir:

Re: Air Force Trivia
WHAT - RAF Hawker Hunter
WHERE - RCAF Stn Namao
WHEN - Lat 1940s or early 1950s

WHY - Probably cold weather trials conducted under the auspices of Winter Experimental Flight Namao (WEE FLT).

The crest was a polar bear on a blue background.

Bill Vincent
167 Carthew St
Comox, BC

Comment



From The Top Rung

COL TED GIBBON

Drugs: There is no doubt in my mind that every serving member of the military knows that unprescribed use of drugs is illegal. Given that we only recruit intelligent, literate personnel I am surprised that some still profess ignorance at Canadian Forces' policy on involvement with the unauthorized use of drugs. The subject is raised when you enter the Recruiting office and we are beset with reminders throughout our careers but some continue to insist the rules don't apply to them.

I am not particularly concerned about the debilitating effect drugs have on the users nor do I care about their futures. What really worries me is the impact these self-indulgent jerks can have on the destiny of the unsuspecting majority. We in the service, and particularly in the Air Force, place a special trust and confidence in our colleagues, depending on their professional integrity for our very lives. There is nobody on an Air Base, military or civilian, who is not in some way involved in the safe performance of our missions just as there is nobody who can carry out their duties without placing implicit faith in another individual's trustworthiness. More so than in any other endeavour we rely on the skills and knowledge of others to keep us alive. It is this responsibility that demands that we resist the temptations of society and reject associations that jeopardize in any way the commitment to our vocation.

I know that drugs are readily available and I realize that the majority take their responsibilities seriously but we must be ever vigilant to ferret out the witless dopeheads who would mess with our futures either in the air or on the ground. You have no greater professional duty.

Sea King Sqn goes to Victoria

OTTAWA—The Minister of National Defence, the Honourable Bill McKnight and the Associate Minister of National Defence, the Honourable Mary Collins, announced today that the remaining detachment of Sea King helicopters and headquarters of 443 Helicopter Anti-Submarine Squadron have been transferred from the Atlantic Coast to Maritime Forces Pacific (MARPAF).

Two detachments were sent to MARPAF in 1987 and were assigned to HMCS Huron and HMCS Provider. The remainder of the Squadron, two helicopters and the headquarters staff, will provide sustained operations and help balance the CF anti-submarine forces on both coasts.

NDHQ-cont. from page 1
posting to locations affected by the budget changes and who have not made a binding agreement, exercise discretion and caution until full details of compensation provisions are known. Options such as PMQs, renting, or application for imposed restriction are advised.

More information is contained in the complete text and should be read by anyone affected.

"These transfers are designed to respond to the requirement to balance our anti-submarine ability and counter the increasing presence of Soviet submarines and intelligence gathering vessels in the northeast Pacific," said Mr. McKnight.

Mrs. Collins, Member of Parliament for Capilano-Howe Sound, added, "The move of the squadron to BC will reinforce our three-ocean navy commitment. It will also increase our surveillance capability by giving the west coast the added strength of sustained operational support to the fleet."

The six Sea King helicopters will also enhance the capability of the Commander MARPAF to respond to Search and Rescue needs.

Two squadrons, composed of 29 helicopters and approximately 220 personnel, will continue to support the east coast fleet from its headquarters at CFB Shearwater.

The helicopter is an all-weather, day or night aircraft, with detection, navigation, and weapons systems that enable it to detect and destroy submarines. It has a crew of two pilots, a tactical navigator, and an airborne electronics sensor operator.

Gone, not forgotten

5 April, 1988, was not a nice day on the coast of BC. Fierce winds whipped at the ocean's surface and low, grey clouds obscured the horizon. Definitely not a day for flying. And yet at CFB Comox a flight of two CF-18's from 441 Sqn roared off the runway and quickly disappeared into the heavy rain that was drenching the airport. A fishing boat was in distress, battered by huge waves, and fearing its anchor would not hold. The weather was too poor to permit Search and Rescue to respond. The Rescue Coordination Centre hoped the sophisticated technology in the CF-18 would enable them to pinpoint the boat's location.

A few hours later only one aircraft returned. All that remained of the other was a deep, debris-filled crater in the side of a mountain. The pilot, Capt Michael "Lief" Ericson, perished in the crash.

Aircraft losses are an unavoidable reality of fighter squadrons, indeed of any other squadron as well. Risks are minimized but they remain. Sooner or later another accident will happen. The only way to ensure a perfect safety record is to keep every aircraft permanently on the ground.

Capt Graham Sinclair, a fellow pilot at 441 Sqn, finds it difficult to talk about Ericson. "The accident doesn't slow us down but it definitely affects us. It hits really close to home when something like that happens and makes everyone a little more careful." Despite an inquisitive reporter's probing, he will not say more. A superstitious fear seems to underlie his reluctance—as though not talking about it might prevent

another accident.

"It happens in our business," says Capt Serge Beaulieu, also a 441 Sqn pilot. "You get used to it." He hesitates, then goes on, "I put my life in his (Ericson's) hands...a bond develops...when you lose a friend like that it's like losing a brother." When asked about his feelings one year after Ericson's death, Capt Beaulieu adds, "We still feel a sense of loss, especially on the anniversary and when we're in Comox. When I go by the accident site, I have a talk with him. I say, 'Hi buddy, how's it going?'"

While the bond between technicians and pilots may be less than between pilots, their



Ready to go—a CF-18 pilot at the controls.

sense of loss is no less real. "He was a good man," says MWO Tom Cooper, "One of the guys—one of the better pilots. There's a sense of shock when you first hear about it. You hope there was nothing wrong with the airplane—you know there wasn't, but there's still a fear there."

One year after the accident, the painful memory of Lief Ericson has faded but an emotional scar remains on many squadron members. A lounge in the hangar has been dedicated to his name. The members of 441 Sqn, pilots and technicians alike, gather there for relaxation and conversation. Lief Ericson is still talked about and remembered.

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While the bond between technicians and pilots may be less than between pilots, their

Medicals ...continued from page 1

know." As for changes for members under 40, MCpl Marsh says, "We don't know. We've only heard speculation, no hard facts."

This change is in keeping with recommendations by Health and Welfare Canada's Task Force on Periodic Health Examination. The annual over-40 check-up was found by the task force to be unproven and also "to be non-specific and, particularly in the adult, to cast a searching net far too broad to be other than inefficient."

Instead, the task force proposed that medical examinations be more age and patient specific with the emphasis on detection and prevention. This would allow high-risk individuals to be targeted earlier than age 40.

While the new CF program is in keeping with the task force recommendations, the Surgeon General, Rear-Admiral Charles Knight, has endorsed a PHE system designed specifically to

meet the needs of military personnel.

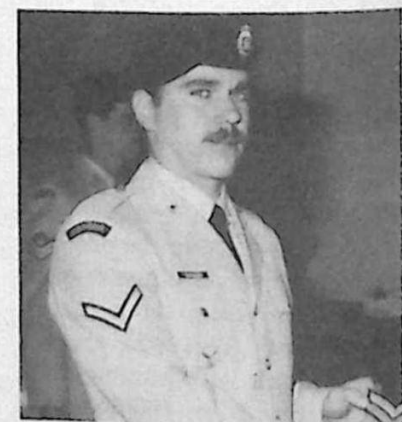
Starting with the first medical examination on enlistment, members of the forces can now expect a complete physical check-up every five years until age 40. Increased use will be made of medical questionnaires for the whole CF population. Those who are identified through this process as being at increased risk will be the object of closer follow-up, the frequency of examinations varying with the condition.

"The new five-year periodical examinations at about age 20, 25, 30, and 35 will permit us to detect at an earlier stage, conditions which are more prevalent in adults," said Cdr Pierre Ringwald of the directorate of medical treatment services. These include breast and cervical cancer, hearing loss, high cholesterol, obesity, hypertension, and visual changes.

"It is expected that by age

40, any conditions like these will have been discovered and managed accordingly."

The yearly "over-40" examination is no longer considered to be the ideal tool of prevention and treatment. A complete physical every two years after 40 for forces members will be well above the task force's suggested guidelines of a physical every two years starting at age 65 and yearly after age 75.



A belated congratulations to newly promoted Cpl Rathbone (BEME)—sorry we're late with your photo—Totem Times staff.

AIRCREW

Here's a bunch of stuff I wrote.

I'm sad to report that the Crew 5 Vikings were unable to retain the O'Brien Trophy. However, it is worthy of comment that the crew did win the All-Round-Most-Spirited-Best-Looking-Guys-With-Spiked-Hair-Loud-Hawaiian-Shirts-And-Gaudy-Make-You-Want-To-Barf-Ties Award, which, if you think about it, is what life is all about. As a footnote, that fashionable defender of DT-60 necklaces, baggy shorts, black socks, Oxfords, and baseball caps that go down to your ears, gave 407 a run for their money in the Gaudy-Make-You-Want-To-Barf-Tie category.

Speaking of Gonzoids, Baby Gonzo has returned from his astronaut training. During his first flight back, there was much speculation as to how long it would take for him to display the results of his advanced training. Congratulations to Capt Dave Bolton for his winning guess of 90 minutes.

Crew 7. I don't know where those guys are. Ask me again in June.

Rumour has it that the false rumour concerning the true rumour, which had Cpt Warren Wightman not going to recruiting in Regina, is not absolutely false—or so the rumour goes. I'm glad I could clear that up.

On a recent 10-hour patrol Capt Glen Whittall and Capt Steve Amo took a chapter out of the BMI Buster Manual and had a Knock Him Down, Sock Him Down, Shove It Down, Gross Me Out, Eatathon aboard the aircraft. Glen managed to gain 9 pounds during the flight, but it wasn't enough to overcome Steve's staggering increase of 11 pounds. The next match up is between Lts Skuja and Owen for the right to advance to the BMI finals against Steve. Check your local listings for game time.

I would like to apologize for the rookie reporter who, in the last Demon Doins, identified members of the Dead Zone as being with the Twilight Zone. We regret any embarrassment or confusion this may have caused.

Have a nice day. Really!

407 (MP) SQN SOR NEWS

I am sure it's obvious by our absent article in last week's paper that I was not able to find another sucker to write this—so here I go again.

What's new in the SOR? Bill Laing's presence here was short. He is off to Lahr for a couple of years. We wish you luck, Bill. Heads up for a

change in Bill's marital status. Mark is still doing his world wide travelling. Hawaii was his last destination and now he is trying his hardest to get back to Halifax. He hasn't told us her name yet, but we will keep trying.

Our PAO is a hard man to keep in the office these days. He has become "King of the Sea" with his new boat. We are now taking names in the SOR for "Lambert's Boat Tours."

Helene—well, what can we say about her? It's actually what she can say about us. She is working very hard on Security Clearances. She has taken up a second job—house repairs—and tells us that her own house should be finished any day now.

And our Sgt, somehow he manages to survive with us crazies. We always manage to give him a few new gray hairs come Fridays. Actually he deserves a pat on the back for his community work. He is coaching a little league team and they won their first game the other night.

Myself, I'm fine. I'm counting how many more sleeps until I go on six days leave. I believe I've managed to drive everyone crazy and have enjoyed every minute of it.

We're still dedicated to our sports and challenged all Adm Clks to a volleyball game. We obviously scared them due to their lack of presence at the game.

Well folks, that's all for this week. Until next time—Remember life would be much more difficult without your friendly SOR staff.



407 AMCR0

Life in Research has been notably quieter due to the absence of Josie. From her weekly check-in calls, we gather that Greenwood is notably more noisy, not to mention a bad influence. Our "pure as the driven snow" Josie, now knows how to PARTY HARDY with a capital P. She was even witnessed describing her wanton behaviour in explicit detail to the MWO on the phone.

Mr. Davyduck is finding out the hard way what it's like to work for Capt Edit and his notorious red pen, not to downplay the favourable efforts to his sidekick, Boots. When you mention the word UCR to



Bob, why does the sport ping pong pop into his head?

Theresa is not fat and has threatened to punch out the lights of the next insensitive clod who dares to state the obvious. Her present condition is due to the secret squirrel testing of an antinuclear biological anecdote we have been researching here in research. To this reporter, the side effects don't look so hot but the administering of it sounds great.

Lately our resident pervert, Duffy, has resorted to milder forms of derangement lately, by slipping the odd bit of pornography into our monthly reports to see if Capt Green can turn redder than his pen.



Ever since Rick has been away posing for another beach postcard, Doug has been wandering about the section with this stunned look on his face. Come to think of it, Doug looked like that before Rick went away. Now that I really think of it, Doug has always had that stunned look.

Marilyn recently took enough time away from frantically rubbing her magic postcard to qualify for the quote of the week. "Is Norm getting fatter or is Sam just getting soooooo skinny?"

Poor Carole is bored and can't find enough to keep her occupied. All those in favour of shutting down the old computer and sending her all our typing raise their right hands. No need to say thanks Carole. Anything to help.

I think that it is in my best interest to overlook any comments about the Chief since I don't know where the "??&!" I am posted yet. You are doing a find job as always, Sir.

And last but not least there is Shirley. I always like to sign off on a positive note and what could you possibly say negative about our sweet Shirley? Besides my parents always taught me to respect my elders. Eh Granny Ladret?

Section news

407 Squadron

407 MAINT/ENG BAY

To start things off, I'd like to congratulate 407 Competition Ground Crew on their victory in the O'Brien Cup Competition down in Greenwood. From our section, MCpl Ted Brooks and Cpl Steve Bennett represented 407 along with the rest of the Competition Crew technicians selected from various crews in servicing. Good Show!!! We're all proud and happy for everyone on the crew.

On the subject of Greenwood, Cpl Glenn Awalt has just returned from our favourite vacation spot where he was learning the fine art of running up an Aurora, welcome home to the real

left behind to keep the "E" Bay ticking and to work hard shining the Argus up to a high polish finish, the old girl never looked so good!!

On a final note I'd like to congratulate our slo pitch team on their first victory of the season, looks like we're in for a fun season.

407 ARMAMENT/PHOTO

The world of ARMO is turning slowly as personnel are anxiously awaiting the posting rumours both in and out. In the photo side of the house, Joanne Parker has found a way around the mystery of waiting, as her call to the altar has ensured her a posting to Cold Lake to join her husband of 4 weeks, Jocelyn Verreault.

Wedding bells were also ringing for Dave Hooper and Alisa Locke, with Neil Lauder and Cheryl Taylor rounding out the list with photo's third wedding in a row. Everyone seems to be heading to Alberta. Bob Davidson is out polaying in the field at RV89 in Wainwright and Dawn Nickerson has won a 6-week all-expense-paid trip to CFB Penhold for her Junior Leadership course. Reil Denchaud has been seen getting his bike ready for his return to the east coast and Laurie Roy has made his way back down to the sun in servicing.

Martine Morin has just arrived off her TQ3 photo course where her new skills will be added to Processing's arsenal of expertise. Jean Cote and Stan Lawless have been spending their Saturday...and Sunday...mornings battling it out on the golf course. We sure will miss his lively outlook on life and look forward to seeing him at the coffee table (or should I say "on" the coffee table) real soon.

No sooner does Maintenance get a break with no inspection for a couple of weeks and everyone takes off on TD.

MCpl Bob Gueb, MCpl Duane York and Sgt Willy Rivett are in Trenton discussing our new inspection cards. Last I heard Bob Gueb was trying to get money from claims and they took one look at him and said "NO". Finally Bob convinced them that he really is going to rent a car for the guys but promises never, never, never to let Duane drive and they allowed him the money.

Cpl Bill Rickard and Sgt Jean Menard heard about this and figured they should go away too, so they're off to Toronto on an APU seminar at Garrett, with the slogan "Be a fitter...Get a jammy trip!!!!"

Meanwhile the rest of us are

Section news

442 Squadron



Snakecharmers

It seems the MIR are getting their share of Snakecharmers and broken legs. Thanks to Dewey Numan's last battle with a garden rake and a railroad tie, he becomes the third fitter since January to break a leg. Rumour has it he had the accident while trying to improve his gardening skills. I guess Dewey's only fastball outings this season will be as a scorekeeper or bat boy.

And speaking of fastball, the Sqn's intersection team is in the losing way so far this season. On Tuesday, the team lost 17-14 to a strong BOPS team, and on Thursday night, facing the Comox Old Timers, the team lost by default due to a lack of players. If you're interested in playing fastball and supporting the Sqn contact Cam Miller of 1 Crew for dates and times.

Chuck Ross, Kirk Waugh, John Raine and Glenn Jones managed a 2-day MRP to Victoria last week to rescue a Lab and Joe Casey (again). Servicing personnel are now accepting donations for an MRP pool anytime Joe goes flying. Be sure to include location of MRP and reason for unserviceability. Good luck to all participants.

The personnel of 1 Crew held their second beach party of the year at Air Force Beach. Fortunately, the weather cooperated (thanks to Gary Boyd and Al Stephens, who filed weather requests in triplicate weeks prior to the event). The crew is now ready for any football frisbee challenges that may come their way. A reliable source tells me they're unbeatable.

Until next time, here's hoping all Snakecharmers, especially fitters, "take it easy" and not break anymore legs!



Golden Eye Ball Awards were recently presented to Maj Peter Have, Cpl Vimy Trevors, and Sgt Gord Cutler. The award is presented to the member of a crew credited with first spotting a search object or crash site.



Sgt Joe Casey, Capt Tom Hughes, and Maj Charlie "Res-Cue" were recent recipients of Boeing Rescue Citations. The citations were presented by LCol Jay on behalf of Boeing of Canada Limited for these three Lab crewmembers' participation in a rescue operation 230 miles out to sea.

Lab news

Lab pilots have not been seen around the squadron very much lately due to several members being away on courses. Capt Myrah and Lt Kruis returned from California absolutely exhausted after spending two hours a day in the simulator for a week and a half. Maj "DeskCue" was passing on his SAR knowledge to the searchmaster course in Cornwall. His captive audience included Capt Neil who is now applying for a ground job on the next search. Also away was Capt Sunter who was learning how to be an editor after doing the job for a few months. This is his first paper since returning from the course. Can you see the difference? Capt CASARA was away for another series of training lectures, this time in Kelowna. Capt Reid disappeared to Hawaii for his second honeymoon and Lt Erdos thought that if everyone else was gone he would go on leave.

During this time Capt Bryant was filling in as the flight commander as well as trying out her new job as the Deputy SOPS. With only four pilots left in the flight all would appear to be under control until Capt Mackay took his standby crew to Victoria for lunch on Tuesday. They liked it so much that they thought they would stay a while. Three days, three MRPs, and five techs later they returned only to be u/s on shutdown. Many thanks to Maj Kippel, Capt Bolduc, and Capt Kleemann for contributing their services during the shortage and condolences are extended to Capt Kleemann who still hasn't been called out.

FE section

With baseball underway, basketball and hockey in their respective playoffs and football preseason about to begin who



MCpl Paul D'Amours (left) and Sgt Pat Callaghan (right) display the recently completed painting by Carrie Friend. She is a local area artist who was commissioned by the CAF, as part of the Civilian Artists Program, to do a series of paintings. She has completed three on 442 Squadron and five on the Dakota close-out. "I used to paint orchids," Carrie says, "Now I'm considered an aviation artist, although I like to paint people more than airplanes." Carrie makes it clear that she asked to paint 442 Sqn. "There's a public interest in Search and Rescue...I thought it was time we were all educated on what the Armed Forces do."

would think the FE Section would have time to work? Well don't worry both Buff and Lab flights are busy keeping the west coast and interior a safer place to play. Speaking of play; the FE team settled comfortably into the middle third of the pack at the recent Snow to Surf and took the occasion to wave ta-ta to three Lab engineers who have decided to shuffle off to greener pastures. Gary Kane got caught in the mag-net and was towed bodily down to 407 Sqn. Larry Brown trades the cool, wet winters for the sunny cold skies of Edmonton while the man with two first names Dan Daniels, makes the big trek across to Gander. Best of luck guys and a big thanks goes to Colin MacDonald and Mother Mary for hosting the shindig. Time once again to give a flip of the old lid and some big congrats to Vinny Trevors who makes that all important step up to MCpl; (wait till you see your pay cheque Vim, then we can discuss how impressed you REALLY are!)

MCpl Bert Howard takes over Tom Furlotte's job as Buff Grand Poh-Bah. When Bert heard he was getting more responsibility he told the WO he thought he was going back to being a rotor-head. Nice try Bert. Last, but not least Wayne Webster had a recent addition to his family, a little 6 lb 13 oz bouncin' baby girl. According to Wayne it was no problem, he didn't feel a thing. I'm sure wife Carol readily agrees. Gord Neave is finally back to the Lab fold after a thrilling week in the dunker simulator and then a couple of shiny weeks in Tustin California flying the H-46 simulator. "Tell us Gord, did you really enjoy Dartmouth over sunny LA?"



MCpl Mark Reeves completes his safety check prior to a hoisting exercise on the Labrador.

It's good to see the FE Section taking an active part in physical fitness, between wacking golf balls Curly Cutler, Larry Caughy and Moe Morawski have been faithfully glued to Curly's TV set as they single handedly try to bring the cup to Calgary with some superb armchair coaching. Look out Terry Crisp these guys seriously want your job. FLASH! Attention Boaters and all SAR Personnel—Joe Casey and Paul Caughy are officially qualified sea kayakers. We'll try to keep you up to date. Remember, pay your party fund dues, it's a new month, until next time....go Flames.

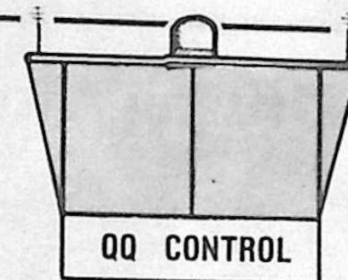
Buff Flight

The Aviation Gods from Buff Flight have been busy again this week. The power crew of Maj Allott and Capt Griffith returned victorious from Calgary with 456 in a week. A feat that's taken lightly. Grant Griffith while "m"



MCpl Reeves on his way down to the ground far below.

Capt Newbold returned from assisting as Directing Staff on the Searchmaster course in Cornwall.



As you avidly scan this sheet, I can sense you are secretly hoping to find yourself the innocent victim of some misleading and ridiculously embarrassing gossip. So behold and hide your reddening ears as your name finally makes the Totem Times.

When asked for input Trevor "Two Turns" Jones said, "You can't write anything about me; I'm always the same, I never change. There's nothing to write about." Now, exactly what does he mean by: "I never change?"

"By" Norris (again?) confided to me that he thinks all our Terminal controllers are party animals in disguise. In his opinion, The Great Tom McQuade is the worst of them all with Murray "Grandpa" Turnbull a close second.

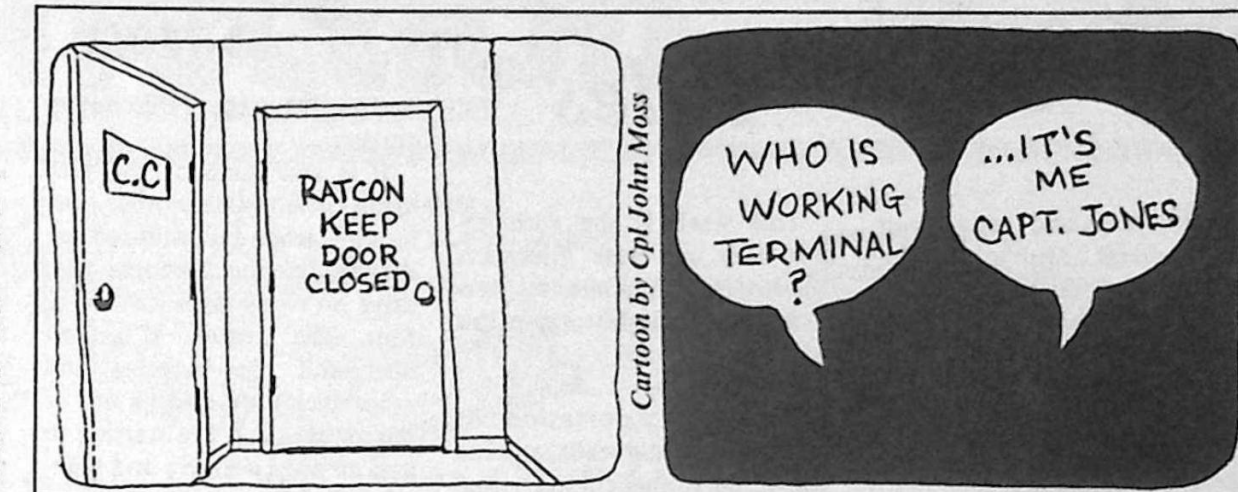
Rumour has it that Marie-Claude went to visit the BATCO at the hospital and thought that he looked good in his pyjamas. Thanks to Harold McKay of the Tower for the

tip. Indeed the major is spending a few days on vacation and we wish him a quick recovery.

On a more disturbing subject now. Peter "Bunker" Wooldridge left his BBQ's side for a couple of mornings to give all willing and unwilling section personnel weapons training. He and Steve Knox promised each one of us a good kick in the shin for when we will be at the firing range. See! I was paying attention! Butch March was not paying attention, neither was Al Munday; they were laughing at Pat "Flat Top" Farrell's mistakes behind his back.

Jim Houston is still looking for a boat. The hunt for this elusive fishing machine has taken him all over the Island. Being the president of our Grand Comox Valley Skins men's association, he usually made time to sample the local ballet dancers. Did you know that Jim was once hit on the side of the head by one of those stiletto shoes? When asked

As the beacon turns



about this anecdote he proudly replies: "Hein? euh...hm."

During the Sergeants and WOs mess dinner Pat Farrell volunteered to go on a three week arctic survival course while Don McLean haggled for arctic gear with a supply

sergeant. Now there is a lot more to this but it became difficult to get more details once I started asking questions.

Finally, last Friday we celebrated many happy events at the Gravel Pit: We mugged out Steve Tinker, monies were

owed by Bob Trainor, Martin Gagnon, Marie-Claude Carre and Barry Norris for their check-outs and Sandra Vermeulen for her promotion. The beer was literally flowing freely when surprise, surprise Marie-Claude got promoted!

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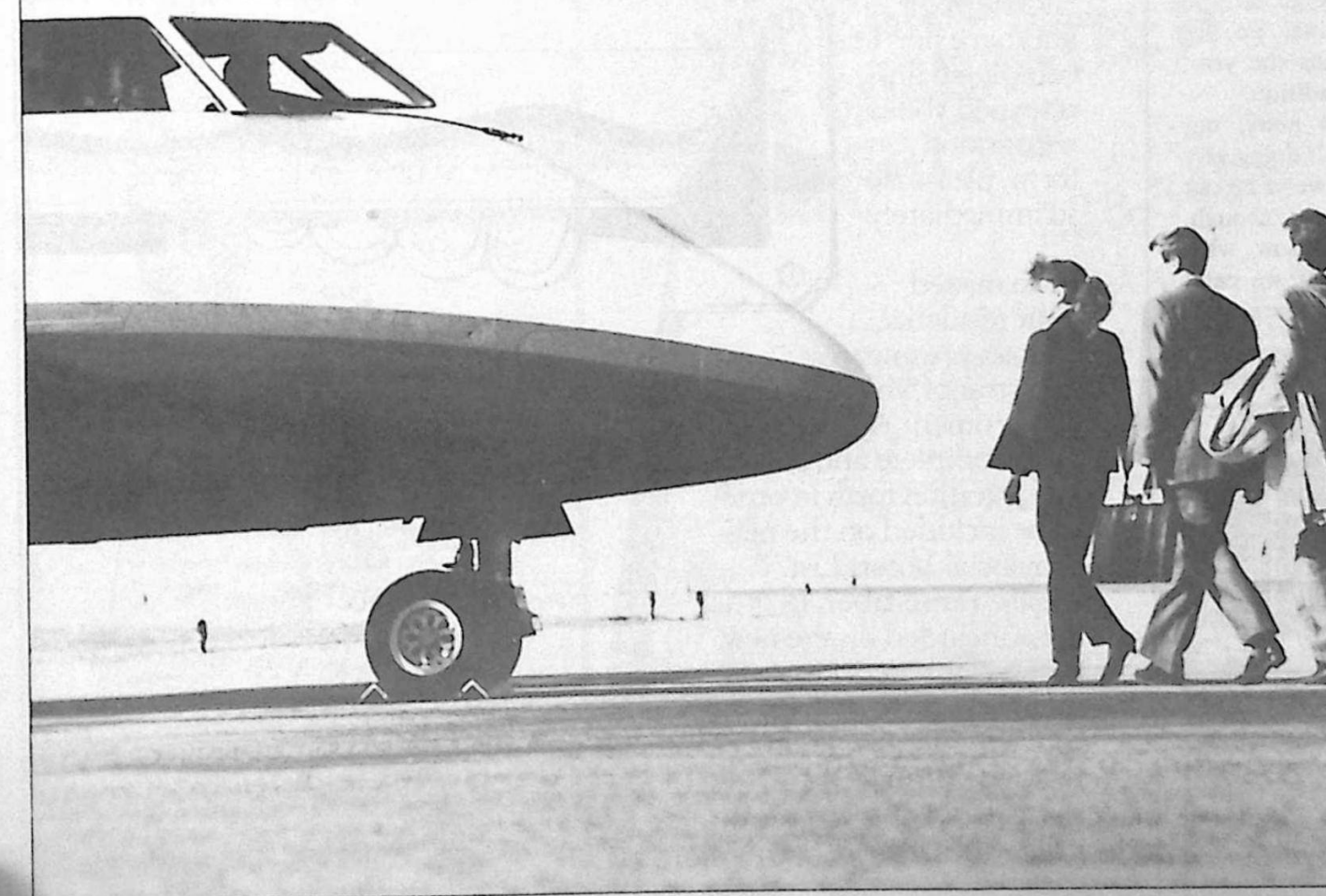
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Section news



Truckin' Tales

This weekend our four desperados (Lt Murray Jacklin, TFCO, Sgt Glen Mergaert, BEME, Sgt Mario Levesque, F & E and MCpl Roy Coolem, AMS) are testing the ground for our upcoming Adventure Training ECHO's CHALLENGE 1 & 2.

Murray and Mario are participating in this 4 day event for the pleasure, relaxation and maybe a little fishing (with the right fishing pole) and naturally Glen and Roy are there for their Army expertise.

We would like to welcome to the Base Transport/BEME organization, Pte Paul Uhrn, vehicle tech and congratulations go out to MCpl Ray McElhinney and his wife Shauna on the arrival of their beautiful baby boy Tyrell Kenneth born on 3rd May and also to PO2 Dermot Meade and wife Cheryl for their new addition, a gorgeous baby girl named Marissa.

This week is the 45th anniversary of Base Electrical Mechanical Engineering section, read their history in this edition.

Base Transportation is organizing a car rally/smoker for all personnel (military and civilian) of the Base Traffic, Base Maintenance, Marine and Base Transport/Safety subsections. This event will take place on the 27 May 89 and will start at 1330 hrs in the Canex parking lot. So come on and join the fun. Cash prizes are at stake. The car rally will end at Quadra with a smoker for all members being posted out this year. And let's not forget personnel posted in. What a great way to say hello and goodbye. We'll have a few barbecue pits, and lots of beverages. Supper is pot luck. The kids are welcome. All you have to do is call your canteen rep and tell him/her you'll be there.



MSE Safety

Now from the MSE Safety corner.

It is that time of the year again when we should start looking around us while we are driving for those people who drive on two wheels instead of four. The weather is getting nice and the bicycles and motorcycles are coming out of the garages and are starting to pop up on the streets and highways. It is our responsibility as good defensive drivers to ensure we are aware of these fellow users of our highways and streets and remember that they have the same rights on the road as we do.

On the other side of the coin, all you two-wheel brothers of the by-ways remember that you are expected to follow all the rules of the road just as we four wheelers. If we both cooperate with each other and drive defensively we can enjoy this beautiful BC spring and summer sunshine.

— Safe Driving Awards —



Mr. B. Gagnon, CE Contracts



Cpl D. Cusson, Base Transport



Mrs. S. Medonca, CE



MCpl G. Beazley, Base Fire Hall

This week's safety question is:
The driver of a military emergency vehicle:

- need not concern himself with traffic laws or police;
- is not responsible for any

traffic accidents caused by him; c. has immediate traffic right-of-way; or d. must conform to all rules of the road.

Answer: d. must conform to all rules of the road.



Have We Missed You?

The new Provincial Voters List is currently being compiled as required by the Provincial Election Act. By now you should have received a visit from the enumerator in your area. If you weren't at home, a registration form was left for you to complete and return. If you're an eligible voter and have not completed and returned your registration form, please do so immediately.

If we missed your residence, contact your nearest Registrar of Voters or Government Agent. You must complete and submit a registration form in order to be included on the new Provincial Voters List. Please remember, in order to be included on the new Provincial Voters List, you must complete and return your Voter Registration Form. Enumeration '89. For further information, call 1-800-742-VOTE.



Chief Electoral Office
Province of
British Columbia

Registrar
of
Voters
420 Cumberland Road
Courtenay, B.C. V9N 5M6
Tel: 334-1381

ENUMERATION '89



Anker Klankin'

Techside

The Bowling season is over and so is the final banquet. Apparently it was a forum for more coming laste and leaving early excuses. Attending the meal were Harry and Della Weeds, Oscar and Linda Grubwieser, Wayne and Sharon Nester, Tom Cook, Glen and Millie Caslake and Clint Mooney. Seems Neil and Trudy Black didn't make it. Now, try to match the excuses with the attendees. We were late because the brakes in my car didn't work, the pub name was spelled wrong in the memo

so we were looking for the Griffith, sorry we have to leave early to go to a ball game, and, last but not least, since they got the bill, we have to go early so we can shoot nine. So the Bowling Team ends the year, keeping up with tradition.

In other sports news, our slowpitch team isn't doing very well. I don't think we've hit our stride yet. Watch out, though, cause you never know what we're capable of. If we can't beat them fair and square, we'll kill them with laughter.

...continued on page 11

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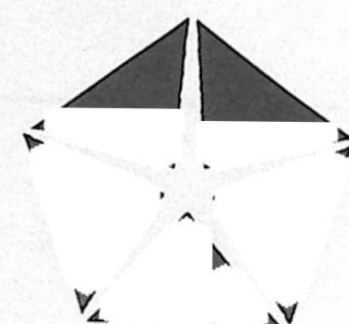
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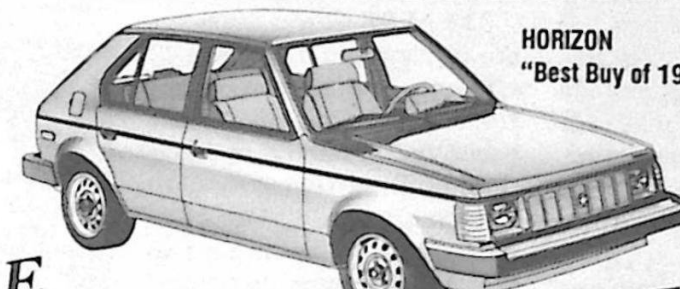
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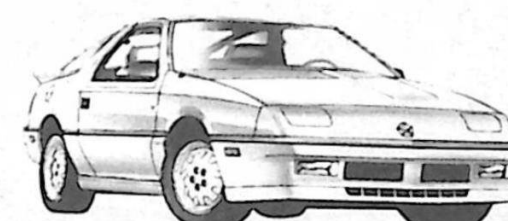
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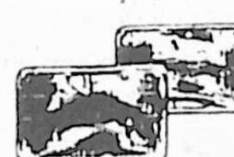
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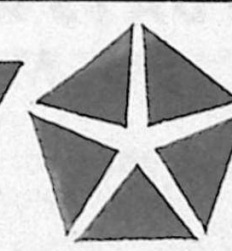
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Section news



BAMSO News

As I tried to think of new and interesting things about which to write, two things came immediately to mind, the promotions recently received and the BAMEO/SAMEO conference in Winnipeg. Both were a source of good and bad news but life being what it is, there is very little we can do about any of it.

First the promotions and the explanation of why I said they were a combination of good and bad news. With each promotion comes the recognition of a job well done and an increase in responsibilities. Unfortunately these new responsibilities are often located somewhere else and we lose good friends. Rob Boucher is now a Captain and we are losing him to 407 Sqn ASO. Albeit he is not moving too far, he is moving to a different Sqn and he will become one of "Them" and not one of "us." My only wish with his passing is that he takes his string of bad luck with him and inflict it upon Wayne Clarke! Paul Carter is also now a Captain and he is remaining in BAMSO for two reasons; firstly we just finally got him trained, and secondly, no one else wanted him!!!! I must admit I was a

trifle upset that these two fine upstanding new Captains would hold their promotion party and buy drinks for everyone while I was away. After all, who wrote the 4 PERs which got them their Promotions?

Bill Oliver in Workshops was promoted to Master Warrant Officer and is off to Moose Jaw. I spoke with a friend in Moose Jaw last week and they were having 100 KPH winds and duststorms up to 2000 ft above ground level. In Bill's case I'm not sure we should congratulate him or issue him with a miner's lamp and a breathing mask.

And our very own MCpl Beth Armstrong lost everyone's total respect last week and was "promoted" to Officer Cadet. She left last Monday for BOTC in Chilliwack and will then be attending RMC in Computer Engineering. So as we sit here in the beautiful Comox Valley enjoying a "cold one", Beth will be slogging her way up and down the mountains in Sillywack saying, "Yes Sir, No Sir, Three Bags Full, Sir." And to think we'll look back on these days as the "good old days."

The AERE Career Managers are displaying a rare form of efficiency seldom seen coming from Ottawa as they have issued the promotion message for Lin d'Entremont from Lt to Capt effective 12 Dec 89. It does give Lin lots of time to plan his promotion party but I just hope we remember to congratulate him in 7 months time!

As much as I'd like to say that we learned all sorts of new and interesting things in Winnipeg last week, we didn't. The impact of the latest budget was still reverberating around the Billy Bishop Building and no one was really sure of what was going on. We were given briefings, that had been overaken by events and were no longer applicable. It was an interesting time to be around a Command headquarters and I'm sure glad I'm not posted there! The one bright spot out of all of this is that we still have challenging and interesting jobs and that our senior leaders are trying very hard to make the best out of a political decision. Remember, we are here to defend democracy—not practice it.

In a late breaking (so to speak) development, our own Cpl Loukrie was viciously attacked by a door step which was laying in wait outside her front door. After being put in a cast and given crutches for her enlarged ankle, she was heard to say that she had lived in that house for 5 years and she had never noticed that step before. Lorry is planning on suing CE for installing a step 30 years ago in the correct location. It confused her and was the direct cause of the accident.

Safety Systems

A thought for those personnel, civilian and military, who utilize the roadway on the west and south sides of the liquid

oxygen storage compound as a "short-cut" when driving DND vehicles and equipment...Have you ever wondered what would happen (though of course it's an absurd notion and it would never happen to you!) if, somehow, you managed (accidentally, of course) to plow into one (or both) of the 1500 gallon tanks on that southwest corner of building No.115??? If you're going to wonder, you'll need an awfully large imagination to cover the scope of such an incident. But don't worry, because it could never happen to you. But even if it did, still...no worries. In fact, in all likelihood, you'll probably never have to worry about anything again. EVER...nuff said..

Presentations



A/BTSO Maj T.H.Fisher with Branch recipients of CDs. L-R: Cpl Johnson, MCpl Boloue, MCpl Patinaude, Maj Fisher, Cpl Carr, Cpl Gordon, Cpl Brochu.



BTSO Suggestion Award presentations. L-R: Cpl Davies, Maj Fisher, Cpl Glanville, Cpl Sutton.

Ladies golf tournament

Glacier Greens Ladies would like to thank the Bank of Commerce for their continued support in sponsoring the PRESIDENT'S CUP GOLF TOURNAMENT. A good turnout and superb weather helped to make the Ladies' President's Cup Golf Tournament at the Glacier Greens a huge success. Following golf everyone enjoyed B.B.Q. hamburgers.

Ladies prizes as follows:
FIELD LOW GROSS:
Christa Robertson
1st L.G.-Inge McArthur
1st L.N.-Marg Wreggitt
2nd L.G.-Millie Hudson
2nd L.N.-Lorraine Courtemar-
che
3rd L.G.-Trudy Berger
3rd L.N.-Rose McCliesh
Marg Wreggitt was also presented with a pin day award.



Supply Signals

I'd like to take an interlude from our Supply ramblings to talk about a man who has been with CFB Comox Base Supply for over 20 years.

Walter Grant Mowbray was born on 30 Mar 23 in Moncton, New Brunswick. At age 12, he met his childhood sweetheart, Ruth, and six years later they were married. Moe, as he is affectionately known around the base, served in the Canadian Army Medical Corps during WW II (on our side of course).

He left the military in 1946 to pursue bigger and better things at an enamel and heating products company, working as a time-keeper and enamel dipper??? Sounds interesting, Moe. This, though, was not fulfilling enough as Moe

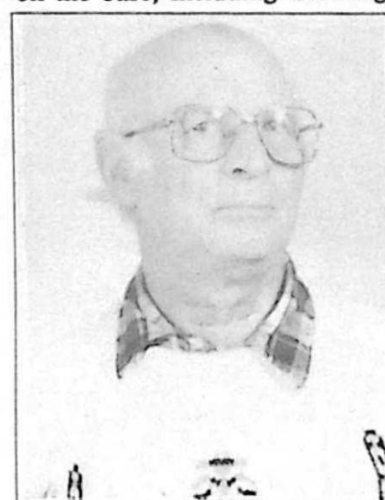
signed back up in the RCAF in 1954 and served as a Supply Tech until 1973, at which time he took his release and became a civilian and has been working with Base Supply ever since. He has worked in several sections on the base, including Clothing

Stores in the old 2 Supply Group and until the present he has been in publications.

Moe's absence during his recent illness and recuperation period has been noticed by many persons throughout all branches on base. The numerous inquiries and well wishes from base personnel are testimony to the excellent service they have received over the years from Moe.

It is with a heavy heart that we say goodbye to Moe this year as he will be greatly missed and impossible to replace.

Moe has decided to take his retirement and just relax and work on his computer. Moe, from all of us at Base Supply, have a long and happy retirement.



"Moe" Mowbray

Hello again from the world of Base Supply. A few people are leaving us this summer. Mitch Scott is off for a six month, all expense paid trip to the Middle East. Debra Burns and her hubby are posted to Lahr.

Claire Gagnon is leaving us for sunny Bagotville. Matt Snet-singer is taking a long move to CFB Esquimalt. We hope you aren't too tired from your long journey, Matt. Joan Cook takes flight for the bright lights of Ottawa. And, Dan Martin and Gary Maude are going to Calgary. We wish you all the best and hope you are all happy in your new postings.

Claire Gagnon and her hubby are currently on their house hunting trip and as luck would have it, they found a house adjacent to a golf course! Word has it, Stan has asked to move in with them!!

In other news, Clothing Stores has their new counters finished; they now look like Zellers and are planning to give out Club C points.

Over in 3 Supply Group, we see Jack Picard has taken over for Mitch as the new supervisor and Ken Verge has taken over as Petty Cash clerk in 5 Supply Group.

In 6 Supply Group they're rewarehousing, putting everything in Vidmar cabinets. Nothing new there.

Everybody in Headquarters is busy. Caroline Anderson is teaching aerobics every lunch hour. Mona Rogers finished her civilian jump course on Saturday with a final leap...it's a long way down isn't it, Mona. Judy Kitchen and Sue Gougeon have just recently completed their FIS courses.

There are a few upcoming events in Base Supply—a golf tournament on 17 May 89 and a fishing derby on 10 Jun 89.

Anker Klankin' ...continued from page 8

In the news from the crews, firstly, from 1 Crew Serv., those of you who watch Channel 10 on TV may have watched my rather nervous interview by North Island College. What a shock to see myself on TV. Totally unrelated to that is my promotion on June 1, it will officially be MCpl McGrath then. MCpl Greg Zoopkow is absent from the crew these days, he's on his T-Bird course in good old Shearwater. Also going on

course, JLC that is, is Cpl Scott Hanna and new father again Cpl Chris Shelly. Yes, Chris and Jackie had a baby girl weighing in at 7 lbs 1 1/2 oz on 9 May 89 and they named her Rebecca Ann. Congratulations to all of you Shellys.

Pte Pierre Boivin is back to work after partaking in a sailing trip, looking fit and tanned I must say. Meanwhile on 2 Crew Cpl Trevor Jones is off to Ontario again on his

POL course in Borden.

Cpl Ian Taylor is taking some much needed leave at this time before heading to Cold Lake on his house hunting trip. Maybe he'll look for a place there for me.

Finally from Techside. Our first Squadron Mug Out is slated for 18 May 89, so come out and say farewell to Pte Chamberland and Cpl Dumoulin. See ya there.

Presentations



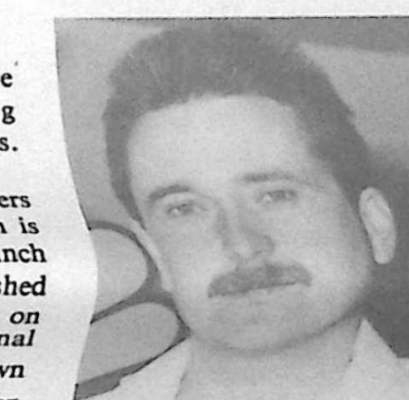
Capt Fisher (CD2) Cpl Bernard (CD1) WO Francis (CD2) Sgt Hay (CD1) Sgt Rollman (CD2) Col Gibbon BComd Sgt Floyd (CD1)



New Capt Jones, Base Supply



New MWO Oliver, BAMSO



New Cpl Manczuk, Fire Hall



MCpl Merpan, Aerobics

Chapel Chimes

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BASE CHAPLAIN (RC) - Maj G. Veilleux
CHAPEL - Our Lady of the Sacred Heart (on Base)
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MASS SCHEDULE:
Saturday 1900 hrs
Sunday 1000 hrs
Daily Masses As announced in the Bulletin, usually at 0900 hrs, except during Lent & Advent at 1900 hrs.

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

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

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

CATECHISM CLASSES - September - May in the PMO School at 1830 hrs. every Wednesday. Religious Education Co-ordinator Mr. Fred Chasson, 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.

THE OFFICERS' MESS PRESENTS



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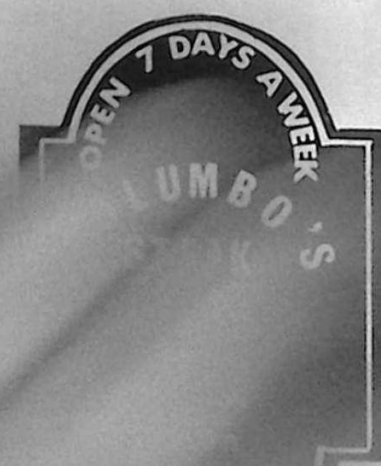
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Sgt Gerry Fairbrother, NCO i/c Base Photo, went on a recent course in Edmonton to learn the art of news photography. Part of the curriculum involved a visit to CFB Cold Lake during Exercise Maple Flag where his camera never stopped clicking. He captured many memorable images during his day there, some of which are shown here.

A day in the life...

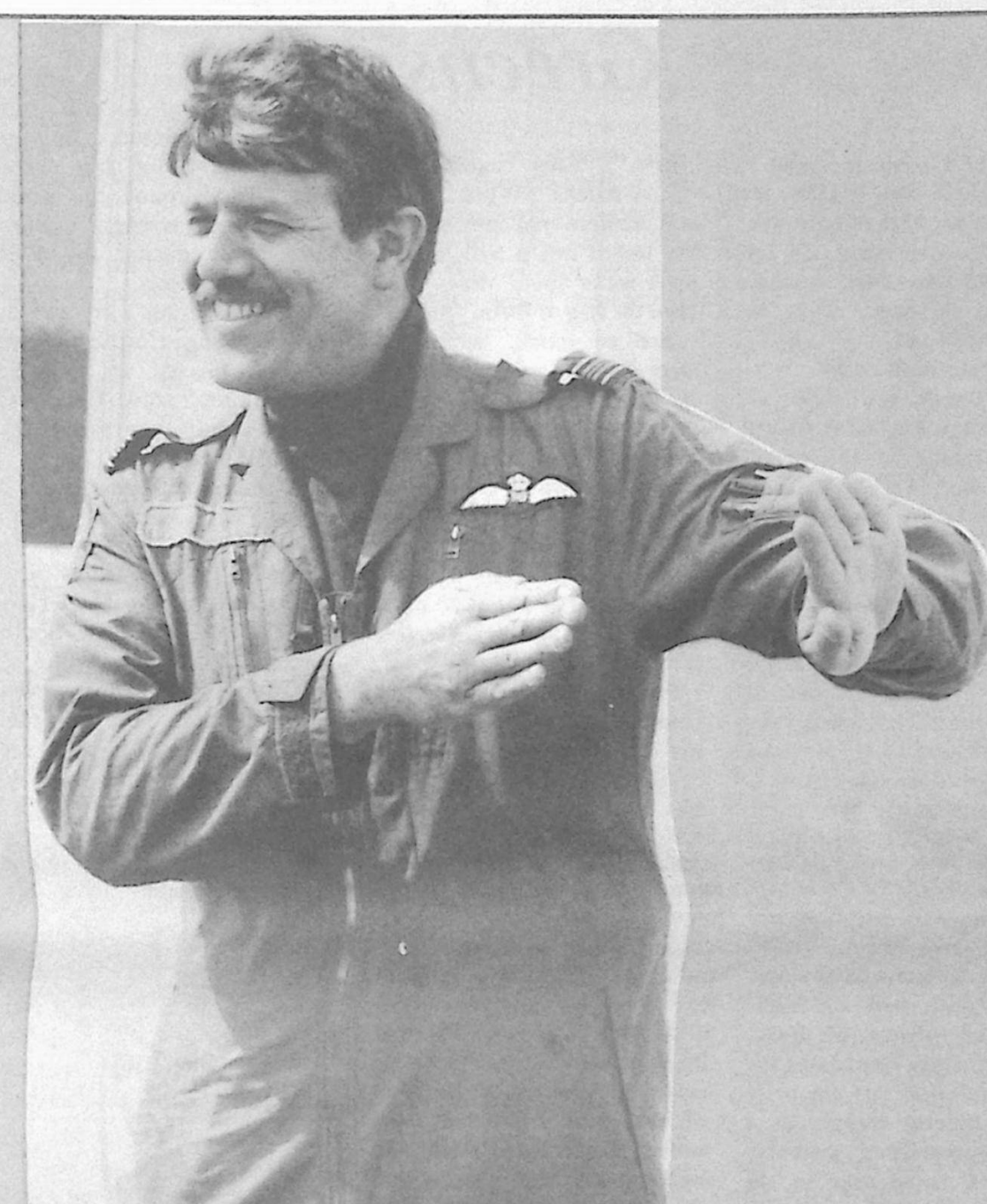


A practise bomb is loaded onto an RAF Tornado for an afternoon mission.



A groundcrew member from 9 Squadron, RAF, practises a favourite pastime between Maple Flag launches.

An F-16 is marshalled out for an afternoon launch.

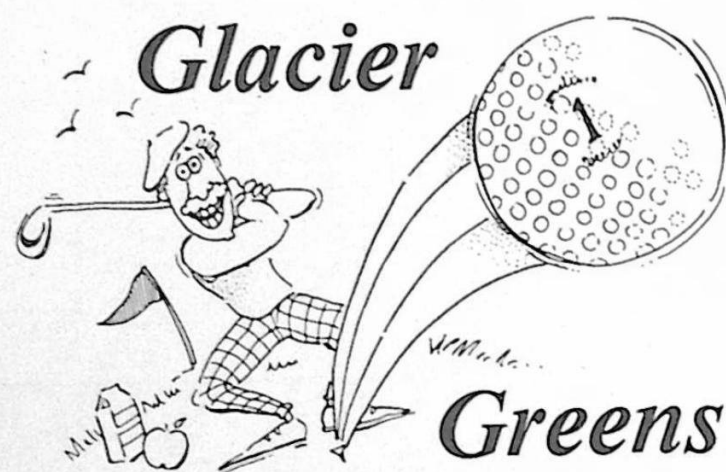


Squadron Leader Dick Lotinga of 9 Squadron, RAF, tells an amazing but 'true' tale of how he shot down another aircraft.



Heat waves shimmer up from the tarmac behind a line of U.S. Airforce F-4 Phantoms.

Recreation



Glacier Greens recorded its first hole-in-one of the year Saturday the 13th of May when Jack Hawkins aced the 181 yard 11th hole. Jack slashed a perfect 4 iron for his monumental eagle. Congratulations, Jack.

The President's Cup was held Sunday April 30th with 79 entries taking in the action. When the dust had settled Doug McArthur carried off the Comox Men's Wear plaque with a fine 75 gross. Low Net went to Bob Pridmore with a 63.

The course is really beginning to come around in preparation of the open being held 3rd and 4th of June. That's due to the fine efforts of our greenskeeper Mr. Steve Bailey. Glacier Greens presently has the best greens in the area bar none.

That's about it for club news this time around, however Jack's ace leads us to the sad tale of come hell or high water—and plenty of both. Chivalry forbids identifying the lady in question but the prize for the biggest bungle in a serious competition probably goes to a competitor in the qualifying round of a women's tournament at the Shawnee Club. As it happened the number of entrants was exactly the same as the number of qualifying places but it was decided to hold the qualifying round anyway since prizes had been put up for it. The decision was to provide a bleak footnote in the annals of golf.

Our anonymous heroine was probably not in line for one of the special prizes when she came to a short hole with a stream running in front of the green. And she was certainly out of the running for a silver spoon to commemorate finishing as top qualifier a few minutes later when she plopped her tee shot into the water.

Do not tell me that she could have dropped another ball short of the water and pitched into the hole to save her par. This was a player brought up in the stern tradition of playing the ball as it lies, no matter what. Come hell or high water she would get a club to the ball without recourse to effete legal concessions. She and her husband climbed into a boat and rowed out to the floating ball. She stood in the prow, her club raised like a harpoon, and called navigational instructions to her spouse. "Port your

helm," "Stop engines," and "Slow Astern." When the craft was manoeuvred into position she lashed at the ball, sending up a water spout which drenched the two of them.

Sad to relate, her efforts were shabbily rewarded. As the frantic pursuit continued she gritted her teeth and became, if truth were known, slightly obsessive. She would get that ball out of the water if she died in the attempt. Most of us lesser mortals would surely have cut our losses after about 20 or 30 attempts but here was the true frontier spirit in action.

She had to complete the course in order to qualify—and she was going to complete the course her way, come what may. Pedants may argue that technically the ball was out of bounds after the first hundred strokes, because by now the boat had progressed a mile and a quarter downstream, and then, in triumphant vindication of the exhortation that if at first you don't succeed then you should try, try and try again, she cracked the problem of how to hit a golf ball from water. She cracked it all too well, for her mighty swipe sent the ball deep into a wood.

The mariners made landfall and continued the chase on foot. As pedestrians they got on much better and she eventually holed out on her 166th stroke. At something in excess of 3500 yards it had been quite a par three.

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Red Cross picks Olympic hero for spokesperson

This summer, Olympic sailor Lawrence Lemieux will be helping the Canadian Red Cross Society encourage Canadians to learn more about water safety.

The recipient of a special Sportsmanship Award from the International Olympic Committee, he has been recognized around the world for his daring rescue of a fellow competitor during the 1988 summer Olympics.

In presenting the award, former King Constantine of Greece, himself an Olympic yachtsman, told Lemieux, "You truly represent the Olympic ideal."

A sailing enthusiast from a young age, Lemieux didn't have to think twice when he elected to rescue a fellow competitor during the Finn class competition in Seoul, South Korea. Capsizing is a fact of life for most sailors—even Olympic ones. "The first rule of sailing is, if you see somebody in trouble, you help him," said Lemieux.

Lemieux heard shouts for help from a sailor who'd become separated from his

boat and who was struggling in heavy seas. "We pass capsized boats all the time," he said. "Usually you look over and everyone's okay. I'm just glad the one time someone wasn't okay, I stopped."

He gave up his own chance of victory by changing tack and taking the floundering sailor aboard.

At the time of the rescue, Lemieux was in second place, but he couldn't make up the 15 minutes he'd lost during his life-saving detour, and finished in 21st place.

The International Yacht Racing Union later awarded Lemieux second place. It was the fifth race out of seven in the Finn Class, and Lemieux eventually finished the Olympics in 10th place overall.

Lemieux, 33, lives in Edmonton, but travels the world as an Olympic athlete, racing his one-man Finn class sailboat. This was his second Olympic games. Although Olympic sailing takes place on the ocean, he learned to sail on Lake Wabamum, north of Edmonton.

He's the youngest of a family of six boys and two girls, all of whom sailed on Lake Wabamum. He gained his knowledge through years of "watching and doing". His message: preparation is the best prevention. By being prepared, someone who falls unexpectedly in the water can avoid panicking—which often leads to drowning.

Since 1946, The Canadian Red Cross Society has been promoting safe, enjoyable aquatics. Red Cross water safety programs aim to reduce the incidences of drowning and water-related accidents by teaching Canadians how to be safe in and around the water. For more information, contact the Red Cross at 338-1443.

Windsurfing club

The windsurfing club would like to thank everyone who attended our last meeting. We had fantastic weather for our first course and would like to invite anyone interested in learning how to windsurf to attend one of our upcoming

courses. They will be held on the 22nd and 28th of May.

There will also be a fun day held at the windsurfing club on the 3rd of June. For more information contact Capt Plasse or Lt McClellan at 8437.

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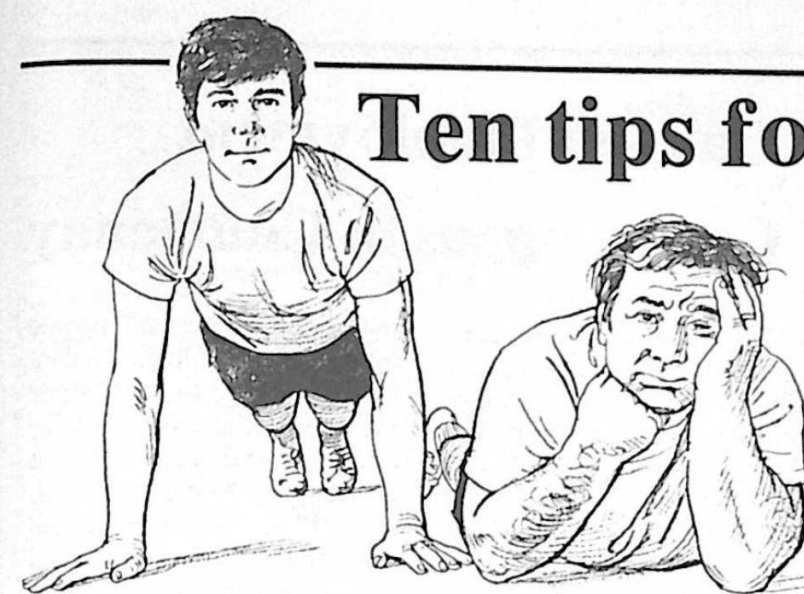
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Ten tips for getting fit

Loss weight, not heart

If you're trying to lose weight, don't lose heart. Activity increases muscle tone, and muscle tone is more dense than fat. That is, a kilogram of muscle is *smaller* than a kilogram of fat. You may be gaining muscle, losing fat, and losing inches. The scale may show you barely lighter even though your clothes feel loose. Don't dwell on the scale. Consult your mirror for moral support.

Avoid boredom

Routines are good, but when you get into a rut it's time for a change. Remember that boredom is self-inflicted. Don't be a slave to any program. Make some changes in your routine and soon fitness will be fun again.

Seek moral support

Join a class if it will help you stick with your program. If you'd like to have company but you'd rather not go to a class, exercise with a neighbour or friend. You can pull each other along on days you don't feel

quite up to it.

Record your activity sessions

Get into the habit of writing down what you do. Use a little book or calendar. Recording your sessions offers a tangible record of progress (positive reinforcement) and also reminds you of days missed.

Don't overdo it

Signs of overdoing it include a feeling of tiredness that lingers after your session, difficulty in sleeping, a build up of fatigue, or constant injuries. Your activity shouldn't feel more difficult as time goes on. You should recover completely between sessions.

Be patient

Don't rush or force fitness. Like anything of great consequence, fitness is not easily or quickly won. Push too hard and the body rebels. Treat it sensibly and with respect and it will perform remarkably well.

Have fun

Choose activities which suit your disposition and bring you some enjoyment and satisfaction.

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Col Gibbon officially opens the 10th annual Comox National Air Traffic Control Golf Tournament. This is Col Gibbon's second attempt at murdering that poor ball with the No.1 wood of his original set.

CF members in civilian competitions

Military personnel interested in participating in civilian competition must inform the Base Rec Centre 40 days prior in order to receive approval from Air Command.

Ball hockey players, please

A CFB Comox Ball Hockey Team will be formed to represent the base at the Pac Region Tournament in CFB Chilliwack 23-25 Jun 89. Anyone interested in playing or coaching are urged to call the Rec Centre at local 8315. NOTE: Qualified officials are also needed for the tournament.

Windsurfing Championships

The CF Invitational Windsurfing Championships are being held this year at Kingston Military College from 10-14 Aug 89. Individuals interested in competing should contact the Rec Centre at 8315 prior to 30 Jun 89.

Province

MLA protests light sentences for child abusers

Victoria—Light sentences for child abusers outrage citizens in British Columbia and it is time to remind the judicial system of what the community is thinking on this issue, says Grace McCarthy, MLC for Vancouver Little Mountain.

She prefaced her recent comments on the topic by recognizing the independence of the judiciary and stating that the remarks should "not in any way reflect upon (their) independence that we all observe, appreciate, and know is a necessity."

Speaking during estimates debate for the Attorney General, Mrs. McCarthy then quoted from a summary of recent provincial trial decisions

between January 1984 and September 1988 compiled by the University of British Columbia.

"The preponderance of these sentences is captured by the suspended-sentence category and the one-to-two year category," she said.

She raised the statistics and the subject of child abuse sentencing "To get the feeling of the House (the Legislature)...on this light sentencing for murder."

"It's incumbent upon all of us (in the Legislature) to make sure that those offenders receive the kind of sentencing they deserve," she said.

Mrs. McCarthy explained she was speaking "for all of the

people in the community who are, quite frankly, outraged by every case they read about."

"Sometimes I think we have to remind the people in the judiciary, whom we entrust to do that balance of compassion and responsibility of what the community is thinking," she concluded.

She then quoted from a newspaper story telling about one death of an infant child. The report said: "There is no justification for anyone to shake or assault a tiny baby," said a Supreme Court judge, who then handed the accused a sentence of two years less a day for killing a seven week old infant!

"This is light sentencing for murder," says McCarthy.

Dry weather—fire danger

VICTORIA—Warm, dry weather conditions throughout the province have raised forest fire danger ratings to moderate in most areas.

There were 77 new fires reported during the last week. Most of these occurred in the Cariboo and Prince George regions of the province.

"In most parts of the province forest fire activity is normal for this time of year," said Forests Minister Dave Parker. "We have increased our level of readiness in response to the rising number

of fires, most of which are caused by people at this time of year."

"Many of these are grass fires in the interior of the province," said Steve Grimaldi, Provincial Fire Control Officer. "Usually grass fires are easily controlled but they can spread quickly and cause considerable damage before Forest Service initial attack crews arrive."

The most recent fire in standing timber burned 96 hectares in an area 30 kilometres west of

the community of Anaheim Lake, near Williams Lake. It was controlled by three helicopters and 23 fire fighters.

"We are urging the public to be careful with all fires," Grimaldi added.

Burning permits are required by law, and may be obtained from local fire chiefs, municipal authorities, or the nearest BC Forest Service office, depending on the area.

If you see a fire, please report it by dialing Zenith 5555.

Canada Employment Centre opens in Courtenay

The Canada Employment Centre for Students opened with a bang on the evening of Thursday, May 11th at The Florence Filberg Centre, between five and six p.m. Mike McLoughlin, president of the Courtenay Chamber of Commerce, officially opened the centre by unrolling a huge advertisement which proclaimed "Employment Wanted for Students."

Diana Patterson, Manager of the Canada Employment, spoke about the importance of education now as compared to twenty-five years ago when the majority of employers present were of University age. She stated that a university education in 1964 was considered a "luxury", particularly for women, which now in 1989 is a prerequisite to any career. At this point, Karen Evans from North Island College gave a short presentation in which she emphasized how necessary education and

re-training is to all people throughout their lives. Student Placement officers Lisa Price and Kevin Kilpatrick were introduced and each gave a summary of their background. In addition Marcus Handman from the CYMC commented on how helpful the centre has been for finding students to fill many of CYMC's positions. Two students, Jan Bucher and Greg Rivett, who have found summer jobs with the Centre's assistance, spoke about how effective the Canada Employment Centre for Students has been in the past and present for them. The event was well-attended by both students and employers. Canada Employment Centre for Students wishes to thank everyone who participated in making the Grand Opening successful. Just remember "Hire a Student, for a day, a week, or several months" by calling the Canada Employment Centre for Students at 334-3151.

The stings of summer

Stinging insects are undoubtedly our most unwelcome guests each summer. We're forced to tolerate them, but we shouldn't take their company for granted.

When an insect bites, it releases saliva to which everyone reacts differently. The reaction may be merely a temporary nuisance or very dangerous.

The sting of a wasp, bee or hornet may mean only a day or two of mild discomfort to most people, but for perhaps one percent of the population, it can be fatal without prompt medical attention.

The normal reaction is a red, itchy bump. It can be minimized, in the case of a bee sting, by scraping out—not pulling—the barbed stinger. Wasps and hornets withdraw their stingers.

In contrast to a harmless local reaction, there may be a systemic or generalized one. Symptoms include difficult breathing, palpitations, cold skin, listlessness, or fever.

If any of these occur, the person affected should go to a doctor or hospital immediately. Anyone with a history of such reactions should consult a doctor about medication to have on hand in case of emergency.

While bees, wasps and hornets are the most common summer stingers, don't overlook mosquitoes, blackflies, spiders, fleas, and ticks. Watch out for infection on bites that have been scratched and remember to keep your hands clean and have disinfectants handy. Bites on children are best kept covered with a light gauze until the irritation subsides.

Immigration to BC

British Columbia attracted 14.3 percent of all immigrants who landed in Canada during 1988—up from 12.4 percent in 1987 and in line with the average experienced over the past 25 years.

B.C. attracted relatively higher proportions of the en-

trepreneurs (25.8 percent), investors (50.2 percent) and retired classes (39.4 percent), and relatively lower proportions of the self-employed (10.6 percent) and selected workers classes (13.4 percent). This trend has been consistent for the past three years.

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music reviews and syndicated columnist

SING SOUNDS

Without having seen the movie it's difficult to tell how the music fits the soundtrack of "Sing" (Columbia 45086). However, the music for the most part has the ability to stand on its own and that is usually the sign of a hit soundtrack. Mickey Thomas opens the set with a rousing workout on the title track and Johnny Kemp puts a beat-solid "Birthday Suit" into play. But it is the romantic and lushly beautiful soaring vocals of Paul Carrack and Terri Nunn on "Romance" (love theme from Sing) that is one of the true highlights.

Nia Peeples adds an up-tempo "You Don't Have To Ask Me Twice" while Michael Bolton shifts the sound into a mid-tempo delivery with "One More Time" which is an odds-on favourite for singles release. This track uses a Zulu chant that fits nicely into the overall theme. Set wraps up with Patti LaBelle's "Total Concentration", Kevin Cronin, of REO Speedwagon, "Everybody's Gotta Face The Music"; Bill Champlin adds "Somthin' To Believe In"; Art Garfunkel's silken vocals carry "We'll Never Say Goodbye"; and Laurnea Wilkerson closes the set with "What's The Matter With Love?"

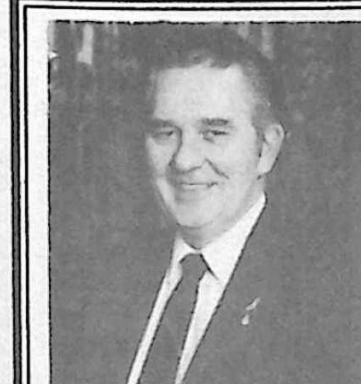


A Royal Return

Back in the early-to-mid sixties Atlanta, George percolated with the sound of Billie Joe Royal, Tommy Roe, Joe South and numerous others. Royal became a chart mainstay with tracks like "Down In The Boondocks", "I Knew You When" and "I've Got To Be Somebody". He was a teen-idol who successfully took his sound to the stages of Vegas but, by the mid-seventies had faded from the spotlight's glow. Royal re-emerged in the eighties as a country singer and has charged eight singles since '86.

Columbia has recently released Billie Joe Royal's "Greatest Hits" (FC-45063) a ten-track outing that harkens back to the chanter's brightest chart moments. Kicking it off with his top ten "Boondocks", Royal continues with "King of Fools", "Cherry Hill Park" and "Hush". His version of "Yo-Yo" (remember the Osmonds version) is worthy of mention as is "Steal Away" (which was originally the B-side of "I Knew You When") and "Heartaches & Teardrops".

Filled with musical memories and with Royal's country star rising like a rocket this is a good time to recall the fluid pop sound and silky vocals that helped set Atlanta to burning. (I don't believe I said that!)



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Leisure

Middle-aged men are couch potatoes



BY Hugh Westrup

Middle-aged Canadian men need more exercise.

That's one conclusion in a report on the exercise habits of Canadians prepared for Health and Welfare Canada.

The researchers also say middle-aged men should be made more aware that any exercise, however irregular, is better than none. And Canadians generally don't realize the psychological benefits of exercise, they add.

A total of 10,000 adults were interviewed by phone for the survey, and the results show that men aged 45 to 54 are the least active people in the country, followed closely by men aged 55 to 64.

Special attention should be paid to educating this group about the benefits of exercise, since their risk of getting sick is higher than for most other groups, says Dr. Thomas Stephens, author of the report and a private consultant in social epidemiology in Ottawa.

"Middle-aged men smoke more, and they are often at a point in their lives where they are experiencing more stress—two factors that make them more susceptible to disease," says Stevens.

The report used a scale in which someone who engages in "vigorous exercise" three times a week, with each exercise

period lasting at least 15 minutes, is an 'active' person. 'Occasional' exercisers are those who work out 1 to 2 times a week. 'Sedentary' adults exercise less than once a week.

"Vigorous exercise" includes a number of activities ranging from jogging, racquet sports and team sports to dance classes, calisthenics, and brisk walking.

By this definition, slightly over half—54 percent—of adult Canadians can be described as active exercisers. About one-quarter are sedentary and the balance, 18 percent, are occasional exercisers, says the report.

Canadian men in the age categories 45 to 54 and 55 to 64 fall well below the national average—only 46 percent and 47 percent respectively are regular exercisers.

"We should be telling these men that you can expect some benefits without moving straight into being a regular exerciser. You don't have to be wearing sweatpants and out of breath. Just getting off the couch is a good move. Even modest activity can do good things for your health," he says.

In general, young people exercise more than older people, says Stephens. However, the number of senior citizens who have gotten off the

couch in the last decade has jumped significantly. Men over 65 are now among the most active people in the country. 59 percent are regular exercisers. (The most active Canadians are males aged 15 to 24, of whom 69 percent are regular exercisers, and females aged 15 to 24, of whom 63 percent exercise regularly.)

"Groups such as the YMCA have put a serious effort into promoting physical activity among seniors and the effort seems to be paying off," says Stephens.

The survey also uncovered Canadians' ignorance of the psychological benefits of exercise. "About 60 percent of us believe that exercise is good for physical health. Only 17 percent believe that exercise promotes mental health. It doesn't occur to most of us that exercise is an effective way to cope with stress," says Stephens.

Finally, the survey revealed that people in the Yukon and the western provinces exercise more regularly than people in the east. "Westerners live closer to the outdoors, so there is more inducement to be active. Also, national trends like the health and fitness craze tend to come from California by way of British Columbia," says Stephens.

(Canadian Science News)

Province of British Columbia

NOTICE TO B.C. CONSULTANT ENGINEERS

The Ministry of Transportation and Highways is establishing a register of consultant engineering companies, firms and individuals capable of delivering professional engineering services to the Ministry under contract.

Services typically required include:

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- Highway Planning

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Application packages will be mailed upon request.

This is a call for expressions of interest only. Eligibility for future contracts will be based upon completed application packages received by May 31, 1989.

CF news

Canadian Forces help democracy in Africa

The Totem Times presents the first of an exclusive series of articles by Sgt John Bradley about Canadian (and more particularly CFB Comox) participation in UN operations in Namibia.

The bright morning sun crept in through the open window. The calls of unfamiliar birds drifted in with the sun. In the distance could be heard the strange and exotic calls of the native people...AIRBORNE, AIRBORNE. What a ...oh damn!-we're still in Petawawa.

The main body of 89 Canadian Logistic Unit (89 CLU) began forming at CFB Petawawa on the weekend of 18 March. Personnel from a number of units at Petawawa as well as most Bases and Stations in Canada were brought together in response to Canada's latest UN operation.

This endeavour is called United Nations Transition Advisory Group and is more commonly known as UNTAG. The purpose of UNTAG is to assist in the transition of rule by South Africa to the freely elected government by the people of Namibia, whatever party that might be. Within UNTAG, Canada is, as hinted by the name, responsible for Logistic support.

Within the contingent are five separate platoons. They are, in no special order of importance, Supply, Maintenance, Transport, Administration, and National Support Element, more commonly known as NSE. The duties of the first four platoons are rather self evident but the last, NSE, requires a little explanation.

Within NSE lies the support to the remainder of the 89 CLU. Services provided include Pay, Postal, Welfare, Long Range Communications back to Canada, Messes, AMU, and temporarily MP. More on that later.

Within 89 CLU are four members from CFB Comox. We are Pte Normand Rouette with Main Pl, Cpl Allison Randall with Supply Pl, Sgt Dave Hodgess with NSE, and Sgt John Bradley also with NSE.

Driving on the left

After three weeks of training that included weapons handling (with a full day on the ranges with the new C7 rifle), gas chamber, finding, probing, and detecting of land mines, tropical first aid, and most fun of all, driving on the left side of the road. This was conducted on the Matawa Plain Militia area with North American cars.

Try to imagine ten of our style of cars on the opposite side of the road going hell bent for leather with the odd DND vehicle slipping into the restricted training area. More than a few drivers slammed on the brakes. Luck was on our side and there were no accidents.

Deployment

After a large number of rumours and false starts, the official announcement was made. We were leaving on Wednesday 12 April. The majority of the group, 170 personnel, would depart CFB Ottawa via the venerable old Boeing. 31 additional personnel would have the extreme pleasure of travelling from CFB Trenton by a Hercules. They departed in the very early morning hours of that same day.

After a short speech by the Minister of National Defence, the Boeing group were broken off to say farewell to family and friends. Included in the official party sending us off, in addition to the MND, were both the CDS and the VCDS. Also on hand were a large number of both the electronic and print media. After final telephone calls home and tearful farewells to those seeing loved ones off we departed Ottawa at 6 PM.

After a flight of about 8 hours we landed at Dakar in Senegal. Time there was 0530. As we were pulling up to our parking spot we could see the Hercules with the other 31 people starting up and pulling out for their next stage which was to be Kinshasa in the Congo where they would remain overnight. The remainder of us, however, had 2½ hours in the terminal in Dakar where native shopowners, forewarned of our imminent arrival, were laying in wait with all kinds of 'bargains'. After the aircraft was refuelled and after much haggling on the ground with the shopkeepers, we were off on the next seven hour stage straight into the airport at Windhoek, Namibia.

In spite of the fact that the second part of the flight was almost as long as the first, it

went by much more quickly as everybody slept for most of the leg. Before we knew it we were on the ground and after a two hour delay for customs, etc., we were packed onto a number of buses and driven to our new home in the city of Windhoek. We are living, for the time being, at the Show Grounds which is a permanent fairground with a number of buildings that have been opened up for our use. Definitely different accommodations than we are example, Sgt Hodgess and I are living with a number of other Snr NCOs in a fast food stand!

Living out of duffel bags

The bulk of our equipment was placed on a container ship that was not expected to arrive until the 2nd of May so we are literally living out of our duffel bags. Without equipment we can't do any work so most of us are working on our suitcases or walking downtown to buy just about everything in sight. The only ones who have really had any work to do from the Comox group are Cpl Randall and Sgt Hodgess. Cpl Randall has been assisting with the setting up of the supply warehouse and Sgt Hodgess has met the one aircraft that has come into the local airport. It arrived empty but went out with a large load that consisted of three bags of mail and 50 cases of soft drinks.

In spite of the apparent lack of work, things are being done to clean up the area, make conditions better, and in general give people a purpose in life. We all know that with the arrival of the ship we will all be working long and hard hours supporting UNTAG. At the moment we all look forward to this and hope that it comes sooner than later. Once we start, 89 CLU will be providing a valuable service to all of UNTAG. It is the type of job that Canadians do well within the UN, and as usual, many people from the other 52 contingents are counting on us.

Til next time, hello and goodbye from Allison, Normand, Dave, and John.

CF provides mine awareness training to Afghan refugees

ISLAMABAD, PAKISTAN--Canadian Forces' engineers have arrived in Pakistan to begin instructing Afghanistan refugees in mine awareness and recognition.

Lt Jané Thelwell filed the following report from the Canadian operations area in Peshawar:

On March 5th, after waiting several months for the required approval, Operation Decima began. Fifteen military engineers from various regiments and bases across Canada assembled at CFB Chilliwack, B.C., the home of the Engineers, for two weeks of refresher training. Their mission—to teach Afghan refugees to recognize and clear mines.

Many of the towns, farms, and mountain passes of Afghanistan are littered with mines laid by both Soviet and Afghanistan soldiers as well as the Mujahadeen. Approximately five million people (one third of the total population of Afghanistan) have fled the country since the Soviet invasion in 1979. Three and a half million of them are presently in refugee camps in Pakistan and will eventually return to these mine infested areas.

Under the aegis of the United Nations Humanitarian Aid Program for Afghanistan, called "Operation Salaam", Canada, the United States, France, Italy, Turkey, New

Zealand, Egypt, and Norway volunteered contingents to train refugees in mine awareness and clearance techniques.

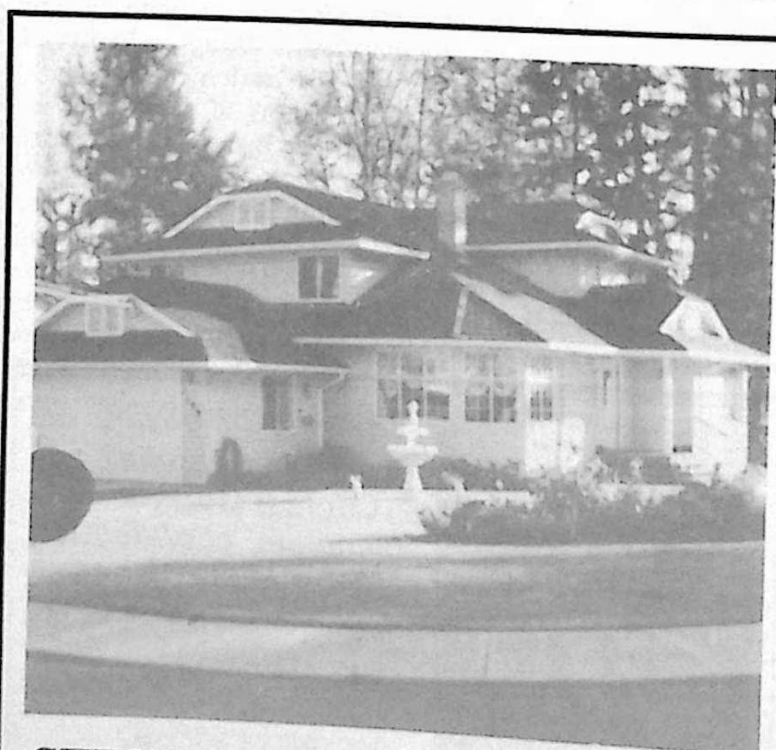
Following the 14-day refresher training in Chilliwack, the 12 member primary team left Vancouver on the 20th of March for Islamabad, the capital of Pakistan. Canadian Embassy staff met them at the airport and the trip to the frontier town of Peshawar continued by bus.

The American contingent had its team established in Pakistan two months prior to the arrival of the Canadians and so provided an in-country orientation briefing. Two individual programs had been established and approved by the UN. The first was a three day "mine awareness" package which was being taught to classes of both men and women, and the second was a "demining program", which included emergency first-aid, and was taught to men only. The students were selected from various regions and political parties. The male students were being taught at a camp that the Pakistani Army had set up at Risalpur and the women were instructed in their refugee camps.

At the time of this first report from Lt Thelwell, the Canadian team had just begun their first sessions in both programs.

British Columbia Lung Association

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LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat May 19 & 20.....Music by **DUKES**
Fri & Sat May 26 & 27.....Music by **COUNTRYMEN**
Sun May 28.....**FUN CRIB TOURNAMENT**
Registration 12—1 PM
Fri & Sat Jun 2 & 3.....Music by **LAURIE BAKER**

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

MONDAY.....Fun Euchre
TUESDAY.....Pub Darts
WEDNESDAY.....League Crib
THURSDAY.....Fun Darts
FRIDAY.....TGIF & Money Draw at 6:30
SATURDAY.....Fun Bridge at 12:30

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BRANCH 160 COMOX

ENTERTAINMENT

May 19.....Music by **VARIETY**
May 26.....Music by **WESTWIND**
Jun 2.....Music by **VALLEY BOYS**
Jun 9.....Music by **LORI BAKER BAND**
Jun 16.....Music by **THE DUKES**
Jun 23.....Music by **ALLEY CATS**
Jun 30.....Music by **THE DUKES**

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 7 pm
Mixed Darts-recessed to Sept 12
WEDNESDAYS.....Navy League Drop-In-Bingo
Upper Hall - 7:00 pm
THURSDAYS.....*1st* Br.Exec.Mtg. 8 PM

2nd L.A. Gen.Mtg.-Upper Hall 8 PM

3rd Br.Gen. Mtg.-Upper Hall 8 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

SPORTS

REPORT—Bernie Gagnon, representing Br. 160 & North Central Vancouver Island Zone of the Legion, took second place in the Provincial Finals and returned with two trophies. Congratulations!
SAT JUNE 17—legion annual salmon derby. Entry fee \$5 by midnight at BAR. All Day Fishing on 17th. Weigh-In Deadline-5 PM on 17th.

UPCOMING EVENTS

THU AUG. 3—50TH ANNIVERSARY CELEBRATION. Wine & Cheese Party. Upper Hall. Dress—Semi-Formal 7—9 PM Open to Legion & L.A. Members & their Guests.
FRI AUG. 11—PARADE (From Port Augusta Motel to Saluting Base at Legion Hall-3 PM.
SAT AUG. 12—BANQUET & DANCE. Legion Upper Hall. Starts 6:30 pm with Cocktails, Dinner at 7PM Dancing at 9 PM
Sun Aug. 13—COMOX LEGION ANNUAL GOLF TOURNAMENT. Comox Golf Club. (Details to follow)



From the Fire Chief's office

Checking Your Electrical Panel

Most of us take our household electrical system for granted. This is because electricity is invisible, but, if misused it can kill.

The most effective warning device in your home against the tragedy of electrical fires is the panelboard. Find out where your panelboard is and become familiar with its operation. It will contain either circuit breakers or fuses (fuse box). If an electric circuit is overloaded or becomes too hot, fuses will "blow" or breakers will "trip". Find out why and rectify the problem. A blown fuse must be replaced and a circuit breaker reset.

Let's look at fuses. There are two kinds of fuses—plug (screw type), and cartridge (the cylinder shaped fuse). The fuse box is likely located where electric service enters the home. It will usually contain fuses of each kind.

You should know what circuits protect what parts of the home. If this information isn't written on the panelboard, do some of your own testing. Unscrew a fuse and have someone in the home tell you what light went off or which appliance shut down. This way you can tell what circuits are protected by which fuses.

The ampere size of the fuse is very important. Fifteen amp fuses are used to protect circuits which power lights and wall outlets. These are plug fuses. For circuits which have

"heavy-load" appliances such as water heaters, ranges, dryers, baseboard heaters and some air conditioners, fuses of 20 to 40 amps are needed.

These higher rated appliances may be protected by cartridge or plug fuses and are usually found in pairs mounted in a "pull out" contained in the fuse box so that both fuses must be removed together. The appliance they protect will not work unless both fuses are in place.

If in doubt about the proper size of these fuses, consult the manufacturer of the appliance or a qualified electrician.

Fuses used with heating circuits (water heater, range, dryer, baseboard heater) must bear the letter "D" or "P".

This means the fuses are heat sensitive and will disconnect circuits if they become too hot for any reason. A good rule to follow is to make sure all "pull-out" fuses are marked "D" or "P".

Follow these five steps to fuse box safety:

- 1) Each fuse has the proper amp rating and has the CSA mark on it.
- 2) Fuses protecting lighting circuits or wallplugs bare marked "15".
- 3) Each fuse protecting a heating type circuit is marked "D" or "P".
- 4) Plug fuses are firmly screwed in.
- 5) All "pull-outs" are completely pushed "home".



WOs & SGTs

Wives Club

Our election and penny auction had a good turnout. The auction was a huge success. It sure was a surprise to find out what was in the packages. Lynn Hume won the door prize and Edna Blais won the 50/50 Draw. All proceeds from the auction went to the Courtenay Food Bank.

Our Wind-Up Dinner will be at Columbo's Restaurant on June 12, 6:30 for 7 PM. Please let's have everyone out. This is a good chance to say goodbye to the ladies who will be transferring this summer.

Our next executive meeting will be June 4th at 12 noon, mess lounge. Old and new executive are asked to attend. For more information please contact:

Rea.....339-7157
Jackie.....339-3909

OFFICERS MESS

MAY 1989 CALENDAR

WEDNESDAYS MAY 24

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 MAY 26

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

WEDNESDAYS MAY 24 LADIES BRIDGE CLUB

SATURDAY MAY 27

LIVE BAND—VISIBLY SHAKIN'
Food will be served 1900-2100 hours

Dress—Casual

Concert—2100 hrs

"SURF & TURF"

Reservations mandatory by 19 April
See flyer for more details

UPCOMING EVENTS FOR JUNE

TBA—FAMILY CARNIVAL DAY

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 the service you expect, and which we wish to provide.

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Public announcements

Moe Koffman plays at Courtenay Theatre

Moe Koffman is one of Canada's finest and best known jazz players. An accomplished composer, flutist, saxophonist, and innovator, early in his career he played in big bands led by Jimmy Dorsey and Charlie Barnet. He has been a featured soloist with the Toronto Symphony Orchestra, and with the bands of Benny Goodman, Quincy Jones and Woody Herman at the Canadian National Exhibition.

If any Canadian jazz band deserves to be called "world-class" then the MOE KOFFMAN QUINTET is it. Everywhere the band plays—whether in Europe, Canada, the US, South America or Australia—it is acclaimed for its dynamic and distinctive brand of music. Individually, guitarist Ed Bicker, bassist Patrick Collins, keyboard player Bernie Senesky, drummer Barry Elmes,

and leader Moe Koffman are consummate professionals, at home in a broad range of jazz styles. On record, or in person, Koffman, surrounded by his quintet always turns out his version of gutsy, fluid jazz that is both satisfying and inimitable. Prepare yourself for a treat! MOE KOFFMAN AND HIS QUINTET will be at the Sid William Theatre on July 15 for a one night performance beginning at 8 PM.

Tickets are available at Blue Heron Books, Comox, Woodlands Pharmasave, Courtenay and the CYMC Office 532-b 5th Street, Courtenay. The cost is \$15 each. The Moe Koffman Quintet is the opening performance for the CYMC festival 89—Summer Music from the Comox Valley. For additional information contact 338-7463.

Pitch in to Strike Out Bowel Disease

May is kick off month for Strike Out Ileitis and Colitis, the national pledge campaign of the Canadian Foundation for Ileitis and Colitis in cooperation with pitchers from the Toronto Blue Jays and the Montreal Expos, Canada's two major league baseball teams.

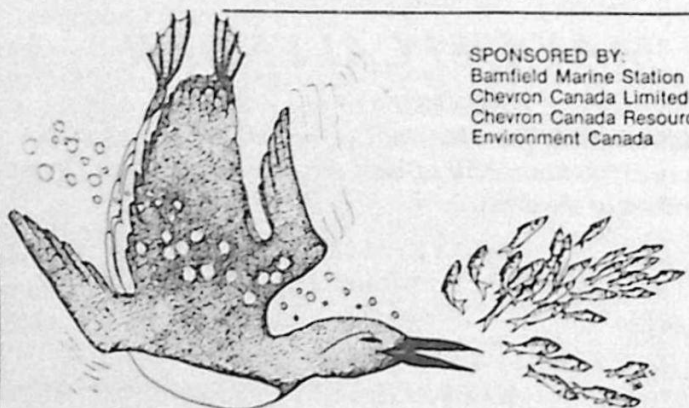
Everyone can participate in the excitement of baseball fever while contributing to research to find a cure for Crohn's Disease and Ulcerative Colitis. These two forms of inflammatory bowel disease (IBD), which are painful, chronic, and incurable, affect an estimated 200,000 Canadians, 20 percent to 30 percent of whom are children.

Individuals and companies can pledge any amount they wish for each strike out achieved by the pitching staff of the baseball team they have chosen to sponsor for the season (approximately 900 to 1000 strike outs are achieved per team per season).

CTV and TSN, have already committed hundreds of thousands of dollars' worth of air time on all regular season ball games to this worthy cause.

Across the country, the Foundation's 75 chapters will be collecting pledges through special events and activities to Strike Out Ileitis and Colitis. For more information call toll free 1-800-387-1479.

CELEBRATE ENVIRONMENT WEEK 1989!
SUBMIT YOUR ART FOR INCLUSION IN A
MARINE LIFE CALENDAR FOR 1990.



WIN A MARINE BIOLOGY FIELD TRIP AT THE BAMFIELD MARINE STATION

Our theme is "DIVE INTO THE UNDERWATER FUTURE." Illustrations should relate to this theme and depict some aspects of the marine environment of B.C.

Suggested Topics: Common or commercial species of seaweeds, invertebrates, fish, marine birds or marine mammals, Seasonal marine events like the Grey Whale migration and Herring spawn, Ecological processes such as food webs or pollution.

Rules: 1. Open to all B.C. and ALTA residents. Selections will be made in youth and adult categories. 2. Drawings should be originals, no larger than 25 x 30 cm in size and reproduce well in black and white. 3. Submit entries before June 14, 1989 to Marine Life Contest, Bamfield Marine Station, Bamfield, B.C., V0R 1B0. Include your name, address, telephone number and age.

WINNERS WILL BE ANNOUNCED JUNE 29, 1989.

Prizes: Twelve winners will receive a free 3-day trip to the Bamfield Marine Station for a unique Marine Biology experience. For further information please call the Bamfield Marine Station at 728-3301.

Garage Door Can Kill

Canadian Standards Association (CSA) is warning owners of Lynx Automatic Dorman, Models 455 and 460 garage door openers to immediately check them to ensure that the safety reversing feature is functioning properly.

An investigation has revealed that if the actuator arm of the safety reversing switch is bent, or oriented differently to that of factory setting, the door may not reverse if an obstruction is encountered during the closing cycle.

This situation contributed to the death of a five-year-old child who was trapped under the leading edge of the door.

As a result, CSA is also warning owners to keep children away from areas where these units have been installed, and not allow them to play with the operating controls.

Should the door not reverse, do not attempt to make any adjustments. For service, contact the manufacturer at the following address or telephone number and arrange for authorized service.

Lynx Industries Incorporated
175 Upper Edison Avenue
St. Lambert, Quebec
J4R 2R3
(514) 866-1068

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.

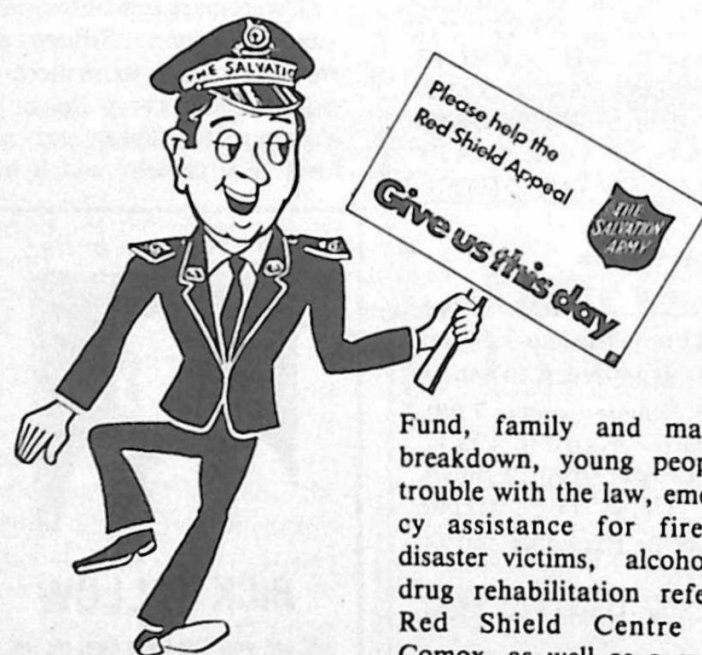
Join in the fun and winnings, as well as support your Comox Air Force Museum. Questions may be directed to the Committee Chairman, R.I. Sabbald, at 339-8332.

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.

National Red Shield Appeal



Dear Friend:

The Salvation Army's 1989 Red Shield Appeal Campaign will be held in the Comox Valley throughout the month of May. Our objective this year is to raise \$18,000 and we are asking for your generous support in helping us reach this goal.

In difficult times such as these, The Salvation Army's role in assisting the less fortunate people in our midst is an ever increasing one. Their work provides invaluable services to our community in many areas, some of which include assistance to families in need, the Christmas Hamper

Fund, family and marriage breakdown, young people in trouble with the law, emergency assistance for fire and disaster victims, alcohol and drug rehabilitation referrals, Red Shield Centre CFB Comox, as well as a summer camp for those children who otherwise might not experience the joys of the great outdoors.

Here are some of ministries and services supported through your contribution to the National Red Shield Appeal:

- * Sheltered Workshops
- * Ministry to Shut-ins
- * Missing Persons Bureau
- * Services to Handicapped Adults
- * Community & Residential Services throughout Criminal Justice
- * Support Services for New Canadians
- * Senior Citizens' Residences & Related Programs
- * Children's Villages
- * Community Centres
- * Emergency Welfare Programs

- * Services to Single Mothers
- * Day-Care Centres
- * Family Services
- * Camping Programs
- * Alcoholism Recovery Programs
- * Suicide Prevention Services
- * Hospitals
- * Hostels & Rehabilitation Centres

Last year, The Salvation Army sent over \$60,000 to aid the work in the Comox Valley while only \$15,000 was raised locally in last year's Red Shield Campaign. In other words, your contribution will be more than tripled.

The Salvation Army's tireless efforts in their humanitarian work can only result in making the Comox Valley a better place in which to live, so we sincerely hope that your donation will be a generous one. We would also urge you to send us this contribution by May 12, 1989.

Thank you for your kind assistance. Donations can be sent to: The Salvation Army National Red Shield Appeal Box 3433 Courtenay, BC V9N 5N5

Yours very sincerely,
Marty Douglas
Chairman, Business Div
Comox

Motorcycle Seminar Compulsory

All motorcyclists are advised that in accordance with the Base Commander's policy, attendance on the Motorcycle Safety Seminar is compulsory if they wish to continue to park or ride their motorcycle on DND property. The only exceptions are those motorcyclists who have previously completed a Canada Safety Council course.

The seminar will be held in the MSE Safety Classroom, Bldg 22, from 0800-1530 hrs on 23 May 89.

Change of Plans for 429

The Colours Presentation for 429 Sqn had been tentatively scheduled for 21-23 July in Winnipeg. Unfortunately, due to the proposed move of the squadron from Winnipeg to Trenton this year, the ceremony will be re-scheduled for April-June 1990.

Medical Remuneration?

Members posted to CFB Comox during 1988 may be eligible to claim a Medical Remuneration Supplement. Please report to the BOR to initiate the claim. The final date for submission is 30 Jun 89. For more information contact the BOR, loc 8217.

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.

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

75th Anniversaries

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

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

RCAFA national convention

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to
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by

Lieutenant Colonel J. S. Cameron

at
1300 Hrs, 28 May 1989
HMCS Quadra

RSVP
Captain Olsen 1-757-9892
Mrs. Lamb 334-4568
Mrs. Bradley 339-0249

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THE OFFICERS' MESS LADIES CLUB

invites

Ladies of the Officers' Mess & Guests

to a

Farewell Tea

in honour of Mrs. Anne Gibbon

at 2 p.m.

Saturday, June 10th

in the Officers' Mess Lounge

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334-4845

Health

Better care for deaf Canadian kids

by Lorraine Brown

There is a critical need for better medical and professional management of deafness in young children, say researchers at McGill University in Montreal.

Dr. James MacDougall, a professor in the Psychology Department at McGill, recently completed a comprehensive survey of deaf children in Canada.

His report's main recommendation is the development of a standardized procedure for dealing with hearing impairment early in the child's life. This would not only ensure the best possible services for these children but also fill the gap in knowledge about the causes of deafness in children.

"The fact that the cause of deafness is unknown in 50 per cent of cases is probably due to poor early medical management of deaf children," says MacDougall. "We're making recommendations to improve it."

The incidence of deafness in early childhood is about one in 1000, and the condition is very difficult to diagnose. "It is well known that deaf babies babble just like hearing babies until the age of six months. After that, their vocalizations decrease, and this is one of the first absolute signs of deafness," says MacDougall. "At

18 months to two years, if a child isn't starting to speak, then deafness is a strong possibility."

About 50 per cent of such cases are caused by Down's syndrome and other genetic disorders. Other causes include maternal rubella (German Measles) during the last three months of pregnancy, high fever in the child, meningitis, measles, mumps, herpes virus, and fetal alcohol syndrome.

MacDougall's survey found that there are about 6000 deaf children in Canada, that in about 50 per cent of the cases the cause of deafness is unknown, and that roughly 35 per cent of deaf children have other associated neurological problems, such as minor brain damage and damage to the retina of the eye.

Deafness is usually noticed first by a parent. The child then goes to a pediatrician, who refers him or her to an ear, nose and throat specialist. If the latter detects a hearing impairment, the child then goes to an audiologist. At that point there are often no further tests, unless the child has a very serious hearing problem.

MacDougall thinks that the problem should not be dropped at that point but further tests should be done. His proposed procedure includes having the child seen by a geneticist, who

would test for genetic disorders that could cause problems with the inner ear.

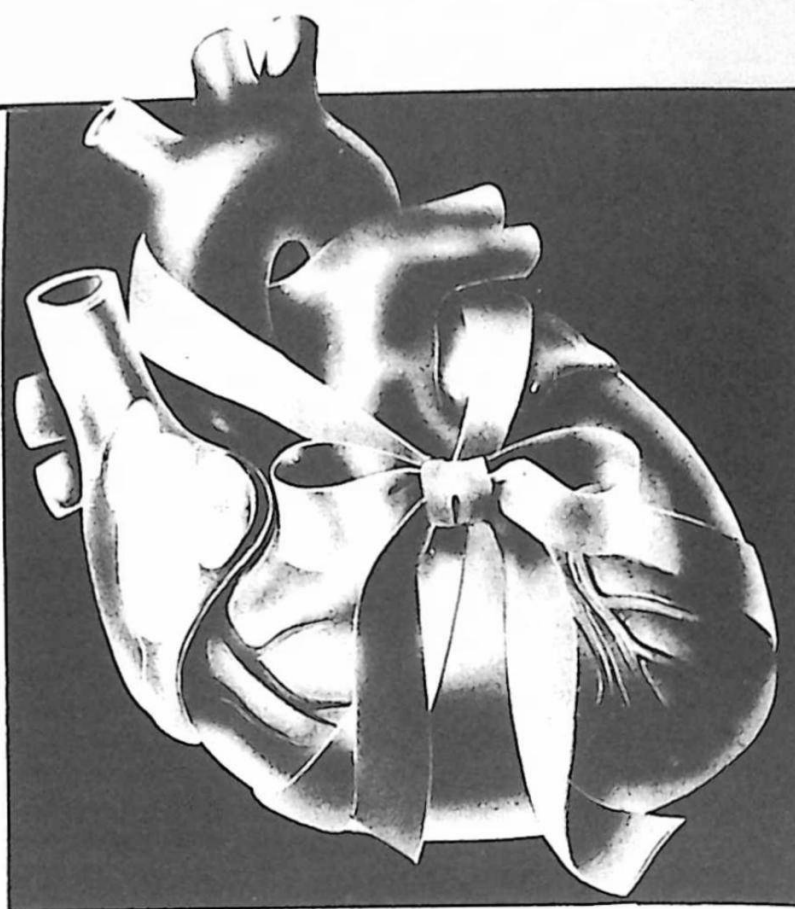
MacDougall recommends genetic counselling for the parents of deaf children. If a child's deafness is genetic, the parents may think twice about having another child. As an adult, the deaf child might also want to know whether he or she would pass the deafness on.

Children with hearing impairment should see a neurologist, MacDougall also recommends. Since the inner ear, like the retina of the eye, is part of the brain and hence of the nervous system, inner ear problems may be best dealt with by neurologists.

He stresses the importance of public awareness in influencing the quality of life for deaf children. "I really believe that the public is ready for more information about deafness," he says. "We have to get across the real characteristics of deafness, how it affects thinking, and its connection to other psychological processes."

MacDougall hopes to establish a deafness research and training institute in Montreal, to continue to collect information on deafness. His survey was funded by Health and Welfare Canada and the Donner Canadian Foundation.

(Canadian Science News)



Organ donor shortage

Organ transplantation is accepted treatment for those facing severe disability or death due to single organ failure, and success rates are high. Eighty per cent of kidney, 70 per cent of liver and heart, and 90 per cent of corneal transplant patients recover their health.

The real problem is a donor shortage. Health and Welfare Canada's health services and promotion branch confirms hospitals retrieve organs from slightly more than 12 per cent of their dying patients. In 1987, there were 764 kidney transplant operations performed in Canada—but 1,097 more people were still waiting for donated kidneys by the year's end. Cornea transplant statistics paint a similar picture: 1,956 operations performed in 1987 and 922 people awaiting corneal transplants.

As the population ages, studies show the need for organ transplants will increase, adds program and liaison officer Nancy Le Pitre of the health services and promotion branch. "The gap between the supply and the need will grow."

For more information, contact Transplant International (Canada), 339 Windermere Rd., London, Ont. N6A 5A5.

Fair play movement—the time has come

At a time when professional player suspensions are in the news more often than weather reports, amateur leagues from Newfoundland to British Columbia are applauding the recent comments by hockey greats Wayne Gretzky, Mario Lemieux, Mike Bossy and Bobby Orr.

"Whenever there is an outburst in baseball, basketball or soccer, it is referred to as 'A hockey game broke out,'" Gretzky told a Toronto Sun reporter. "Fighting has to be banned."



In a 1977 report commissioned by the Quebec government, Gilles E. Neron, who now chairs the national Commission for Fair Play, made several recommendations for eliminating excess violence and promoting the principles of fair play in hockey.

"I love the sport so much, but sometimes we destroy it through ignorance, just because we want to win at all costs," Neron says.

Neron's recommendations, and others put forth by former Ontario attorney-general Roy McMurtry in a similar report, were used in the creation of a fair play hockey program in

Quebec.

The SCORE program (Scoring Calculated On the basis of Recognition of Ethics) is used in Quebec's Atom, Pee Wee and Bantam leagues through to the College AA-level teams.

It rewards not only goals, but also a player's and a team's positive behaviour with respect to the rules and opponents. Victory no longer goes necessarily to the team that registers more goals but to the one that scores more while respecting the standard rules of the sport.

Points are tabulated at the end of each period. While teams are given points for winning the period by score, they have points taken away for poor conduct.

In London, Ontario, they borrowed the principles of the Quebec program and took them a step further. Not only has a fair play league been implemented at the recreational level, but in the high schools as

well.

The London Secondary School Athletic Association requires all hockey players and coaches to sign a code of fair play and every team uniform features a fair play symbol.

At the end of the season, the Fair Play Trophy goes to the team with the least amount of penalties.

Many people and organizations believe that an overemphasis on winning at any cost is one cause of many of the problems in sport today. These groups are striving to promote sports as an enjoyable opportunity for everyone involved to develop and improve.

For this reason, the Rivtow Hockey Awareness Program in B.C. and the CAHA 1989 Minor Hockey Week used "Learning the skills and having fun" as their theme.

In Prince Edward Island, the principles of fair play are enforced not only in hockey, but in all 14 junior and senior high school sports.

The PEI School Athletic Association, and others like it across Canada, stress they are not trying to take the competition out of sport, just the excessive violence. They are trying to make the distinction between legitimately aggressive plays and the cheap shot.

"Contact sports played within the rules are okay," says Lyall Huggan, executive secretary of the athletic association.

Recreation directors, sports administrators and concerned citizens can promote fair play in their leagues by developing programs which encourage respect for the athlete, the officials and the opponents by all participants. Parents, spectators, coaches and officials must recognize their responsibility of teaching and demonstrating fair play.

Coaches, by taking National Coaching Certification Program courses, learn not only how to teach the skills, but how to demonstrate fair play.

Developing a fair play pledge to be signed by all participants in a league or sport will encourage them to commit themselves to playing fairly.

Mayors and city councils can proclaim their city a Fair Play City to encourage everyone involved in sport to make the effort to "Get back in the game."

By developing strong ethical standards in today's young athletes, Canada is paving the way not only for future sporting excellence, but for a better society, too.

For more information on the fair play campaign, please contact:

Joy Harrison
Manager
Fair Play Program
365 Laurier Ave West
11th Floor
Ottawa, Ontario K1A 0X6
(613) 992-9234
or Donna Oates
Sportcom International Inc.
402-2187 Riverside Drive
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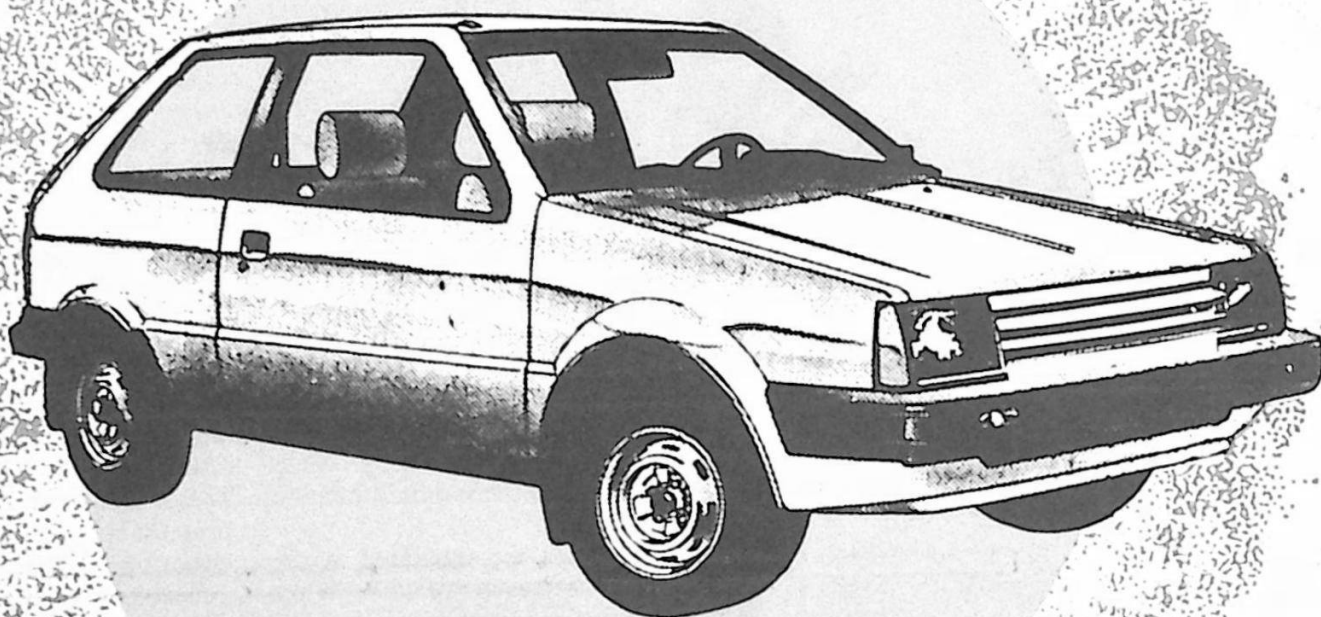
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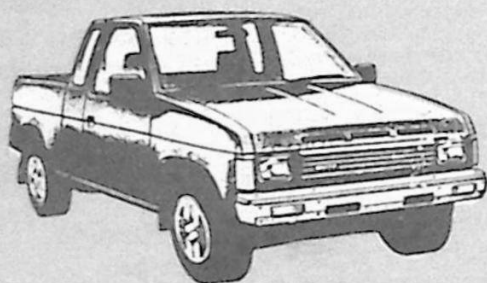


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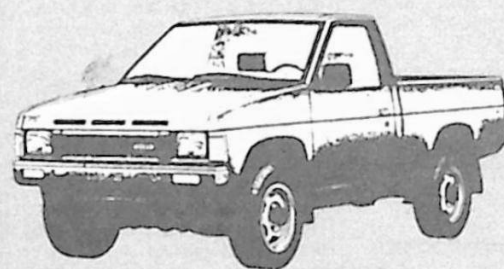


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