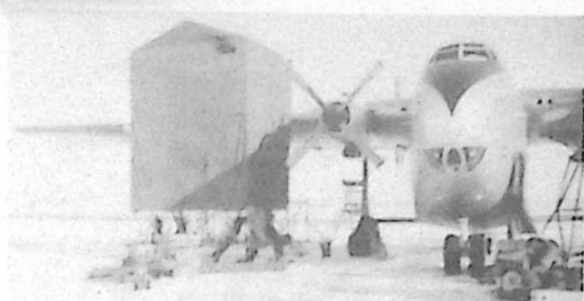
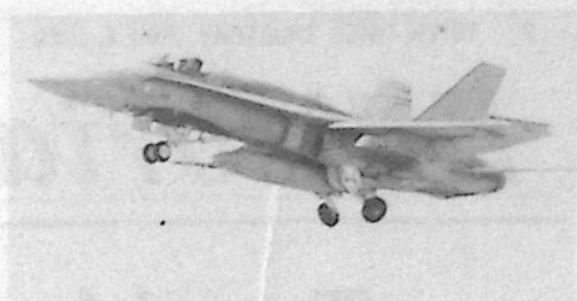


Why is this aeroplane wearing a biffy? See Air Force Trivia on page 3.



What you see is what you get. See "Juggling the Books," on page 10.



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 11 JUNE 1, 1989

NEXT DEADLINE MONDAY, JUNE 19, 1989

COST: PRICELESS



Sopwith Triplane N.5487 "Black Prince." Flown by Flt. Sub.Lt. W.M.Alexander DSC. Reproduction of a painting by R.W.Bradford, from the National Museum of Science and Technology, Ottawa...this, and much more in the Comox Air Force Museum, now open summer hours - Tues. - Sun., 10am - 4pm, til Sep 1.

Sqn battle honour overdue

It took 47 years, but 880 Squadron finally received its seventh battle honour from the Second World War.

Information recently received from the British Naval Historian points out that the Royal Navy Lists of Second World War battle honours inadvertently omitted the battle honour Malta Convoys 1942 for the wartime 880 Squadron.

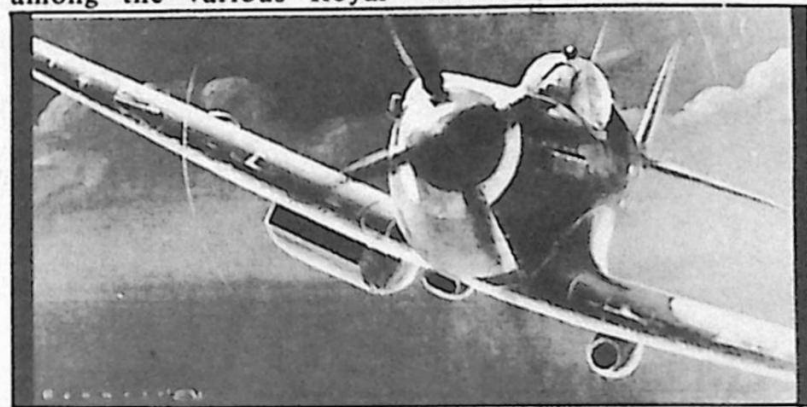
The squadron now holds seven battle honours including Diego Suarez 1942, North Africa 1942, Malta Convoys 1942, Sicily 1943, Salerno 1943, Norway 1944, and Japan 1945.

The battle honours of 880

Squadron were originally won by 880 Squadron Royal Naval Fleet Air Arm. They were inherited by 880 Squadron, Royal Canadian Navy (RCN) under Commonwealth-wide perpetuation practices in place among the various Royal

navies, and are retained by the current squadron under rights of continuous service from the RCN.

880 Squadron is planning an official ceremony later this year to celebrate the new battle honour.



Service wives- there's no life like it!

They also serve...by moving (cheerfully) into ten homes in ten years, mastering (swiftly) the difference between OCs and COs and coping (foggily) with the kids' newest school.

by Elizabeth Graham

This article is taken from a 1973 issue of Chatelaine. Over 16 years later, it is still as poignant as the day it was written. Totem Times staff apologize to the author for publishing without permission. Attempts to locate her through Chatelaine magazine were unsuccessful.

Most wives get uprooted a few times in the course of their lives and struggle with packing boxes, movers and excited children, but once moved they can look forward to staying put for a long time. Not so the long-suffering wives of Canadian servicemen, carrying on the tradition of camp followers. I am firmly of the opinion that we Armed Forces wives should also undergo basic training; or at the very least be given a survival course to prepare us for the nomadic life we have to lead—not to mention the peculiar language and social graces we have to learn.

Shortly after marriage, servicemen's wives often find to their complete surprise that they have also married the Department of National Defence and are expected to "love, honour, and cherish" the Armed Forces too. Following quickly on the heels of that revelation is the knowledge that their husbands first duty is to the DND and that the only liberation that department has heard about is during a war, and under the threat of enemy fire. (Dependants and effects written about in service publications consist of wives, children, domestic pets, furniture and other possessions of servicemen.)

It is beneficial for service wives to know which branch of the service their husbands are in. This used to be easy for

those of us who date from the army, navy, and air force days when a spade was called a spade, but since integration and unification it has become somewhat confusing for new wives. For example, a wife may know that her husband is in the Land Element, but that does not explain why he is up in the air with the Sea Element, or all at sea with the Air Element.

Woe betide the wife who thinks that because the services are integrated it doesn't matter which Element her husband is in; she will quickly learn that although outwardly the services are integrated, each branch of the service considers itself the best and describes other branch members in unflattering terms such as: Pongo, Bown-job, Fish-head, Matloe, Pigeon, or Crab-fat.

Service terminology is a language on its own. Reminiscent of spy stories, anything that can be abbreviated is, and not always sensibly. If a word cannot be confused by abbreviation, it is completely changed. Servicemen never "go on temporary duty by car," but they "proceed on TD by PMC." Many wives find they married to Topo svys, Wpmns, or Pht techs. Every wife knows that a CO is a Commanding Officer and that an OC is an Officer Commanding; what she may not know is that they are totally unrelated, and that an NCO i/c takes orders from the O i/c, who may, or may not, be the CO. If he is the CO then he is either the BC or the SC—depending on the size of the establishment.

For reasons of protocol it is necessary for service wives to learn the rank structure of the Armed Forces, and who

...continued on page 14

Editorial

Trouble in paradise?

It was a cold night. I fervently wished I'd worn warmer clothes. Of course it was too late now. Even with the layers of leather and wool in my gloves, the machinegun's metal was cold to my hands. My teeth chattered momentarily until I forced them to stop. I had no wish to be there, no sane man would, but duty was my unrelenting taskmaster. I would remain, a good soldier, until the job was done.

I ran my eyes across the open area in front of me. Nothing stirred. The cloud-shrouded moon cast a circle of pale light around me, illuminating bushes and tall grass, but beyond a hundred yards it was impenetrable darkness. My ears were attuned to the least sound; a twig breaking, the rustle of grass being carefully parted. Occasional weak gusts of wind would set the plants in motion, startling me, then silence would return and allay my fears.

My nerves were keyed to a fever pitch. I expected, nay, hoped for trouble that night. I was ready. I only hoped I would not fail when the moment came.

My leg muscles began to cramp from holding the same position, so I eased down into my foxhole and leaned against the dirt side. It was going to be a very long night. I checked over my other weapons for the hundredth time, although I knew they were in perfect order. A dozen grenades were piled in the corner; dark, menacing orbs of death they were. They gave me comfort along with the cases of ammunition and the rocket launcher. I would not be overrun easily come what may and, if I kept my courage, I was bound to prevail.

A sudden, distant scratching sound brought me swiftly to the edge of the hole. I wrapped my fingers around the machinegun and brought the butt firmly against my shoulder. I squinted down the sights and swivelled the weapon, looking for a target. I could see nothing but the sound continued. I found it impossible to determine the direction. It grew closer. Despite the cold, beads of sweat formed on my forehead and trickled into my eyes, stinging and making me blink. I could have sworn a huge centipede was snaking up and down my spine. I gritted my teeth and stared into the darkness, desperately trying to discern any movement.

They say your night sight is best at the edges of your vision and I now know they're right because as I glanced into my foxhole to gain reassurance from the arms piled there, I caught a movement to my side where I least expected it. There they were, the bastards! I screamed something—I don't know what—and fired off a long burst in their direction, the tracers lighting up the night with angry red lines. I let go of the gun to grab some grenades, and moving too quickly for conscious thought, lobbed them towards the enemy. The deafening explosions left my ears ringing but I never stopped. The rocket launcher was soon on my shoulder; a squeeze of the trigger, a roar, and the missile was instantly gone. A bright, white flash and a thunderclap signified its detonation. Then I was back to the machinegun and bullets crisscrossed the darkness until my gun fell silent and I realized I was out of ammunition.

The only sound was the air rushing in and out of my lungs and the ticking of cooling metal. Calm had returned—I could hardly believe it! Had I won so easily?

I reloaded the machinegun and returned to my vigil, not convinced of my victory. But the silence remained and my doubts faded. I climbed wearily out of the foxhole, a flashlight in my hand, and plodded towards the garden. I expected to find their bullet-riddled carcasses strewn in all directions and the ground stained red with their blood.

A sense of panic began to overwhelm me when I could find no sign of their presence, alive or dead. Surely, I thought, nothing on this earth could have survived that onslaught. I scrambled through the flowers and vegetables, on my knees, looking for evidence.

Sure enough, many of the leaves and petals were partially chewed off or completely gone. I could see the deer tracks meandering through the plants, deeper where they had stopped for a leisurely snack. I had failed miserably to stop their poaching. Apparently they had been oblivious to my heroic efforts to prevent their carnage. I stood and looked across the barbed wire, sandbags, and minefield. I wept, my bitter tears falling and soaking into the ground.

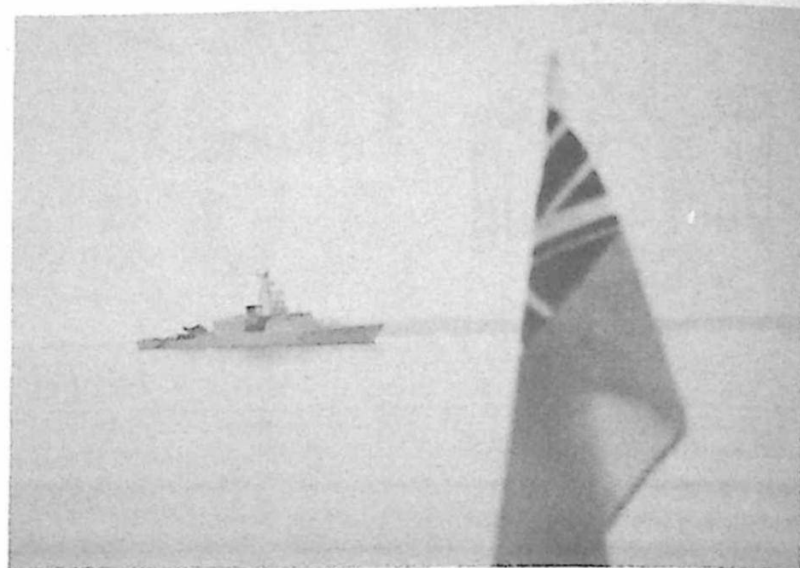
Comox can be a Garden of Eden. The west coast climate fosters amazing growth in vegetation. The rain, periodic sunshine, and most importantly, the relatively warm winters, leave the countryside lush and green. There's so much of everything, you'd think the wildlife (read deer) would be happy to graze on the naturally growing plants and avoid contact with humans. But no, they like nothing better than to nibble on painstakingly cultivated flowers, trees, and shrubs. They must think it awfully obliging of us to provide them with such an enticing array of delectable food.

"Yes, I think I'll have some of that—mmmm, delicious. Oh, there's a beautiful flower—yes, fantastic taste. Boy, that all went quickly, but I know these nice people will grow some more for us soon. We'll be back, oh yes."

I used to love deer. So cuddly, so cute—so voracious! I was tickled when I first heard how much of a nuisance they were. Where I come from it was a thrill just to see a deer. The notion that they could actually be a pest seemed ridiculous.

I have a different attitude now. Spraying the plants didn't stop them. A weekend of back-breaking labour to install a fence didn't stop them. Our backyard is beginning to resemble a concentration camp.

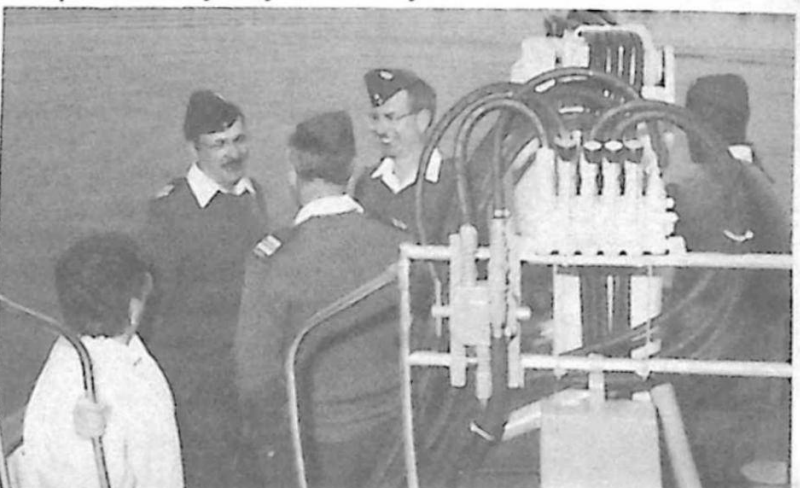
Oh dear, trouble in paradise.



On Friday, 5 May, the Base Commander and some of the Base Senior Officers were invited to sail onboard HMCS Huron as she returned to her home port at Esquimalt.

The trip was highlighted by tours and demonstrations ranging from "Man Overboard" drills to helicopter operations.

Air power ruled the waves, though, as it took eight hours to sail from Comox to Esquimalt but only thirty minutes to fly back.



From left to right: Mrs. Arsenault, Maj Sibbald, Maj Arsenault, and LCol Jay engage in lively conversation onboard the "Black Duck" enroute to HMCS Huron.



Surrounded! LCol Mack and Col Gibbon present additional stripes to Lt L.S. Gibbon.

TOTEM TIMES

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

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Comment

Letters to the Editor

Acupuncture— "We are getting shafted"

Open letter to Health
Minister Peter Dueck

Dear Mr. Dueck:

As you are aware, I have corresponded with your during the past eighteen months regarding the acupuncture issue.

The acupuncturists, their families, and patients would like acupuncture, performed by acupuncturist specialists, legalized during this session. The people of this province would like acupuncture placed on the medical plan.

Medical premiums are at a record high. Our family now pays \$744 per year. I'm sure that most British Columbians find the annual medical premium very expensive.

To legalize acupuncture, an excellent form of therapy, and place it on the medical plan, will save every person in this province money.

During the fourteen years that I have practised acupuncture in BC under the constant threat of prosecution, I have successfully treated many people for a wide variety of conditions. Virtually all have gone the full route before they see me—M.D., specialist or physiotherapist, back to M.D., back to physiotherapist or specialist, etc. These many visits along with referral fees

can amount to enormous sums of money which is why our premiums keep escalating.

I have treated many patients who have endured countless visits to the above practitioners to no avail and been able to remedy their problem in as few as two acupuncture treatments. Fast results are typical of any acupuncture specialist as the many letters that you have received from our patients can attest.

Our fee is \$30 a visit—very fair when you consider the above M.D./M.D. specialist/physiotherapist scenario can sometimes take months, costing hundreds or sometimes thousands of dollars for one patient, often yielding poor results.

We can also prevent costly surgery—many of our patients have been saved from the surgeon's knife for conditions ranging from back pain to kidney stones. (Please take note, Mr. Vander Zalm.)

Acupuncture, now modernized to include electronic techniques (no needles), can also reduce the massive and costly Pharmacare (drug) program. A few treatments a year is of great benefit to seniors and helps reduce their need for drugs. Some of the seniors that I have treated over the years have shown me literally bags of drugs that they are prescribed. The saving on this drug outlay could easily pay for acupuncture treatments—with money left over. Our seniors have paid taxes for years. They shouldn't have to

pay for acupuncture from their own pocket.

In summation, do we get the recognition that we deserve, like our colleagues in Britain, Australia and the US who practice openly and freely. No. We get our homes and businesses raided by the College of Physicians and Surgeons, a group to which all M.D.s belong. We have our equipment and records confiscated and held for months. We are dragged through arduous and expensive trials with thousands of tax dollars wasted by the College of Physicians and Surgeons who instigate the prosecution. On conviction for "practising medicine without a license" we can be jailed for six months. If the penalty is a fine, we pay the fine money NOT to the Crown (taxpayers) but to the College of Physicians and Surgeons! This is what we get for studying hard and offering our service to the people of this province.

We are getting shafted. Our families are getting shafted. The people of this province are getting shafted. We have suffered sixteen years of this abuse as each Health Minister shuffles the issue to his successor. Mr. Dueck, you are familiar with this issue. We would like acupuncture legislation enacted before the next cabinet shuffle. Following this, the people of this province want acupuncture placed on the medical plan where it belongs—and where it will save them money.

Sincerely,
Grant Smith
Past President
Acupuncture Association of
British Columbia

About Trivia

Dear Sir:

I think back many years to 1956 when I was in Namao tower for a few years and on many occasions I looked out on the tarmac and saw many aircraft being cold weather tested by C.E.P.E.

I believe the one in your latest trivia picture was a Fairey Gannet which was flown by the Royal Naval Air Arm.

The picture was probably taken by LAC Norm Blondel who at that time was not nearly as adept at writing as he has been since retirement. I was able to have a flight in many of these aircraft with the compliments of S/L "Stainless" Steele. These aircraft used to line the ramp at Namao but were many times dwarfed by USAF aircraft such as F89s enroute to Alaska via the Northwest staging route.

Keep up the excellent work with your paper.

Frank Gavin, Capt(Ret'd)

Thank you Frank—the photographer was Cpl (RAF) Norm Blondel, one member of a 49 Brit detachment consisting of 30 RAF, and 19 RN personnel. A great number of these

returned to Canada as members of the RCAF and RCN, making C.E.P.E. Namao a pretty effective recruiting unit. After working with Canucks for a 2½ year tour let's face it, we were spoiled.N.V.B.

Dear Sir:

It will be interesting to see how many recognize the Fairey Gannet. It was quite a beast. Two engines mounted one behind the other, each hooked up to a propeller on the nose. The props were counter rotating.

The individual in the cockpit is probably P.O. Jock Gammy of the Royal Navy. He was the only one with the guts to do a run up on it.

The wings folded in two places and had flexible hydraulic lines in the joints. After sitting overnight in -40° they all fractured when the wings were folded. Talk about pink snow! Only an Englishman could have designed this thing.

Yours truly,
Gerry Gerow

Now Gerry--be nice!...N.V.B.

Young Offenders Act inadequate "Sentences must reflect the crime."

Dear Editor:

As you may well be aware, there are many problems with the existing Young Offenders Act. As it stands now, murderers under the age of 18 will serve a maximum of 3 years in a youth detention centre. Only 3 years for the most heinous crime known to man!

In order to protect society from violent criminals and the devastation they propagate, we must demonstrate an adequate deterrent to violent crime. Sentences must reflect the seriousness of a crime.

A prime example of justice gone awry, is the case of Edmonton's Chantelle Hamlin. Chantelle was 2 years old when she was brutally and savagely beaten to death by her 14 year old babysitter, in October of 1988. Chantelle will never rollerskate, swim, or play baseball like other kids. She will never gossip with the other girls about boys, or go out on her first date. She will never see another sunset. Her right to life was ruthlessly snatched away, forever.

For this atrocity, the accused, if proven guilty, will be inconvenienced for 3 years maximum, at a youth detention centre.

Jim Karygiannis, MP for Scarborough—Agincourt, has put forward a Private Members Bill asking for changes to the Young Offenders Act. These changes are to include the mandatory transference of those charged with murder to adult court, and the maximum sentence raised to five years less a day. This is definitely a step in the right direction.

There will be a meeting of the Attorneys General, in Charlottetown, P.E.I., on June 15th, 1989. On the agenda will be proposed changes to the Young Offenders Act. Before this meeting takes place, however, it is important that the public shows its support for change. If you are tired of violent criminals hiding behind the law, then write to:

The Honourable Doug Lewis

MP

Justice Minister of Canada

House of Commons

Ottawa, Ontario

K1A 0A6

Yours truly,
Kari Klassen
Project Coordinator
Victims of Violence

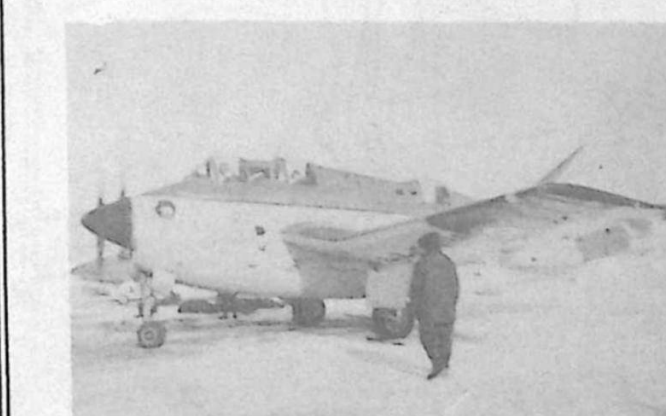
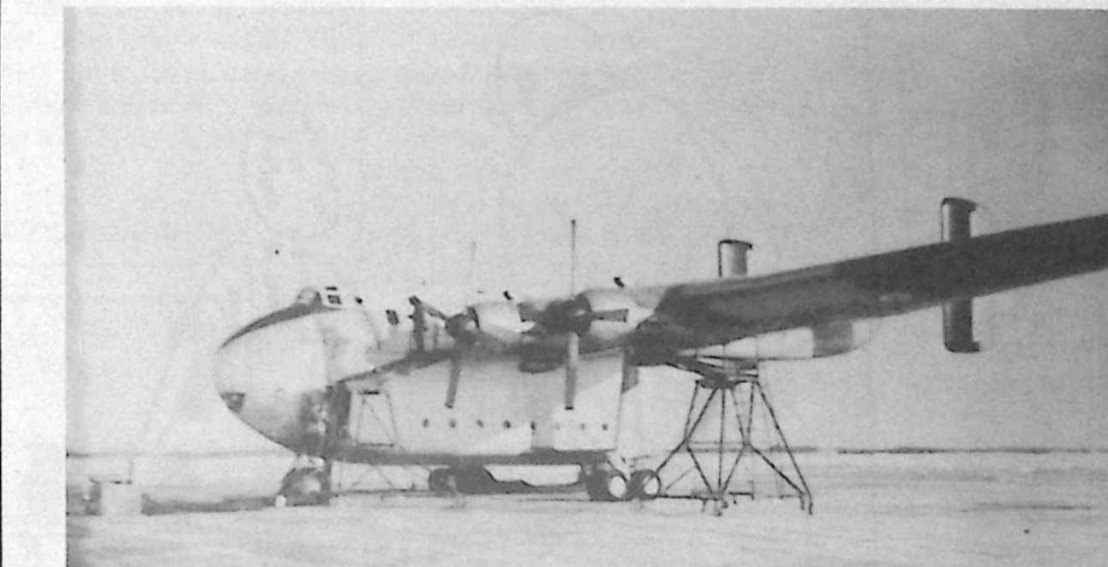


Don't Forget:

Father's Day -- June 18

Air Force Trivia

WHAT WHERE WHEN WHY



Trivia's getting its best response ever, from readers like Frank Gavin and Gerry Gerow, left. Now name this big beast, capable of transporting a company of infantry in its tail boom and a few trucks in its main fuselage.

Trivia answer

Fairey Gannet, Royal Navy, C.E.P.E. detachment, RCAF Station Namao, 1955-56.

Comment



From the top rung

Col Ted Gibbon

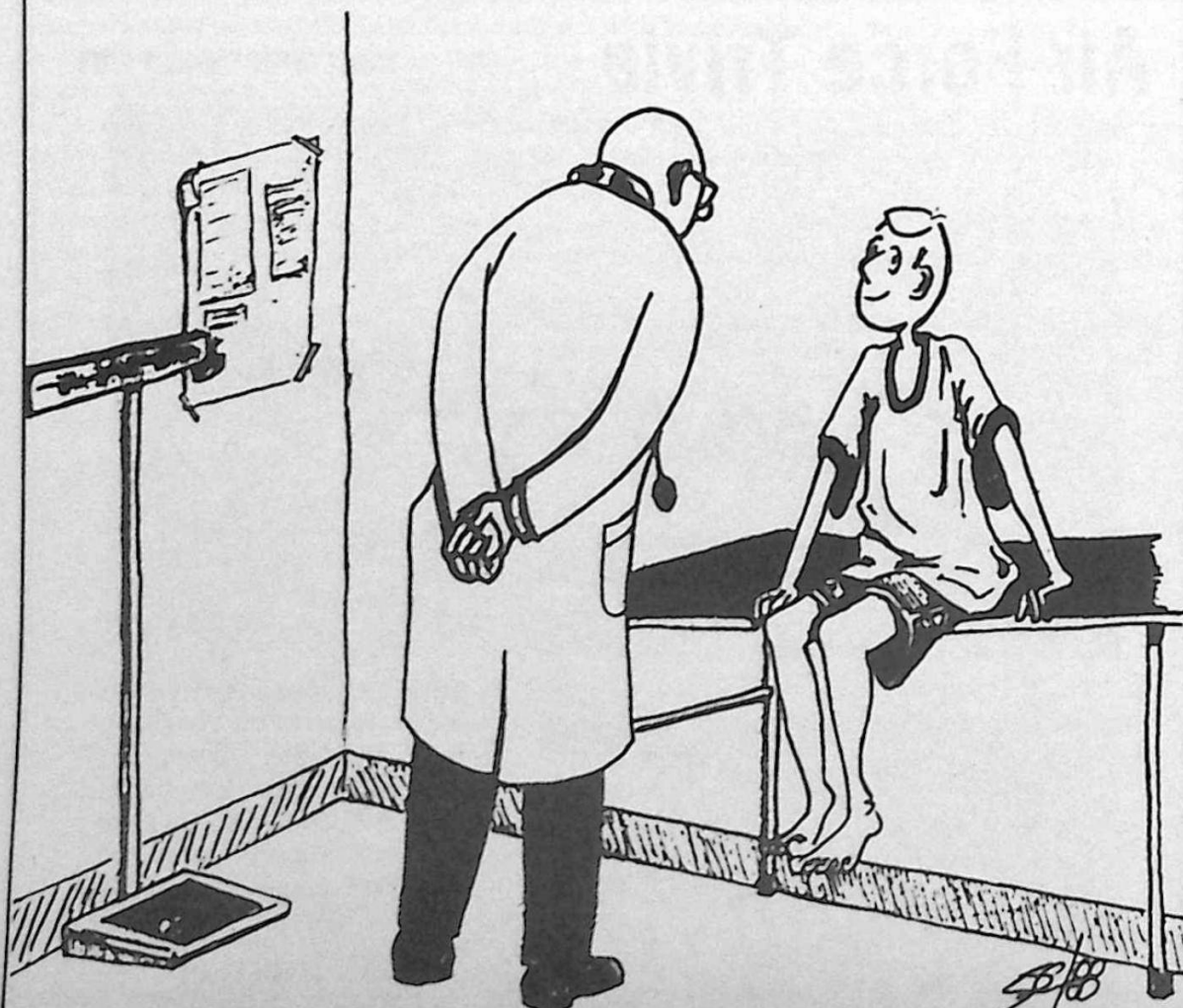
Are you having difficulty sorting out your budget so you can do all the things you want to do this summer with the equipment you need to do it all? If you are, you might have an appreciation for the problems now being faced by our leaders following the recent budget announcements on base and station closures or reductions and the shrinking of our inventories. The need to rationalize our Air Force under these new constraints and to formulate a development plan that will link our tasks with our equipment is a formidable responsibility and one that cannot be done in haste. The imperativeness imposed on this process by the budget and the many options that must be explored adds to the planning problem and leads to a lot of speculative conclusions that receive widespread publicity, but on analysis, have little merit. I have decried the lack of credible information making its way to the coalface, however, I can accept the mushroom feeling given an understanding of the magnitude of the undertaking and an appreciation for the consequence of error, knowing that an overriding consideration will be the welfare of our personnel. With that in mind I urge you to keep the faith as you await those delayed decisions on your personal involvement in the process. Some former career managers can't even engineer themselves a posting to Montreal!

If you think you have problems have some compassion for the logistics branch who are attempting to keep us running despite the presence of a new loggie who can't solve the procurement process for name tags. It always amazes me the steps some will take to accommodate their secret desires. I suppose the next thing he will do is steal his wife's "hole in one" trophy.



Maj Arsenault—otherwise known as the "stepping stone".

Eat more, drink more beer, and for Pete's sake, no more running!



A BMI Fantasy

Cartoon courtesy of Gagetown Gazette

Hire A Student Week

Partaking in Hire A Student Week, Mayors Cochrane, Moncrief and Piercy signed a proclamation declaring the city's support for students seeking summer employment. They then encouraged employers in all sectors of the Comox Valley to do their best to hire students, who need to finance their education in the fall.

"Mayors Cochrane, Moncrief, and Piercy's public declaration of support for student employment is very much appreciated during our Hire A Student Week promotions," stated Diana Patterson, Manager of the Canada Employment Centre in Courtenay.

The Canada Employment Centres for Students have large inventories of post-secondary and secondary students possessing a wide range of skills, qualifications, and levels of education. These students are willing to work for any length of time and are available on short notice.

"Employers save time and money by using the Canada Employment Centre for Students to fill their temporary and seasonal employment needs," explained Kevin Kilpatrick, Student Placement Officer. "An employer can call in his job requirements and our student staff will screen applicants according to those specifications. The employer need then only interview a limited number of well qualified candidates. It is all done within 48 hours or less for most positions. And, it is a service provided free of charge," Lisa Price, Student Placement Officer, added.

For both employers and students, the Centre is open until the end of August, from 8:30 am to 4:30 pm, Monday to Friday. So, consider hiring a student this summer—it's good for business!

For more information contact: Kevin Kilpatrick or Lisa Price Student Placement Officers Canada Employment Centre for Students 730 Grant Avenue Courtenay, B.C. V9N 2T3 Telephone: 334-3151 loc. 240 & 241.

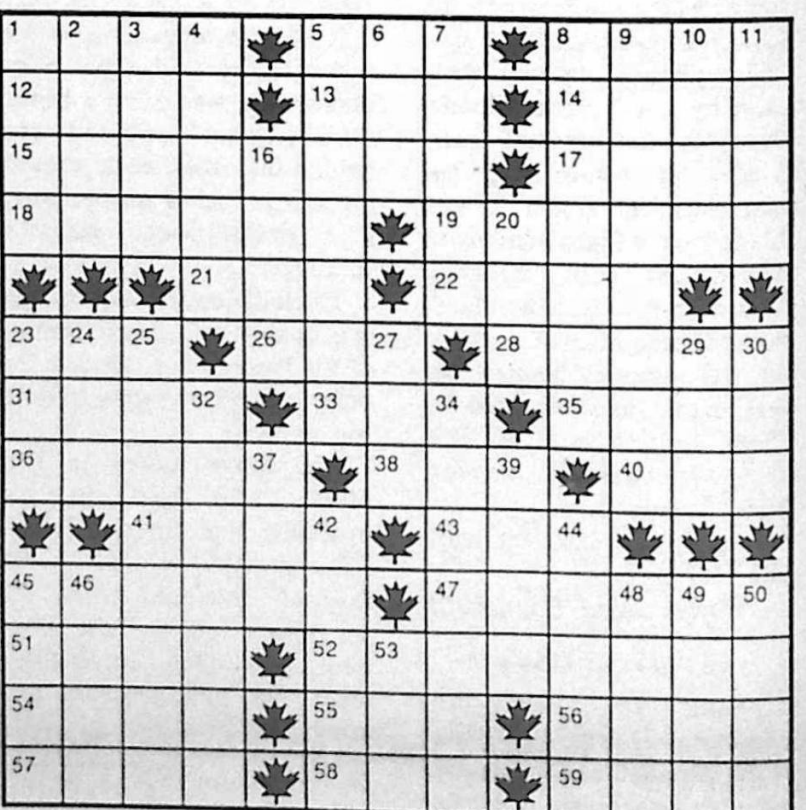


Col Gibbon prepares to board Dakota No. 944 during the Flight Into History tour much to Maj Dave Koski's amusement.

Crossword

By Rick McConnell

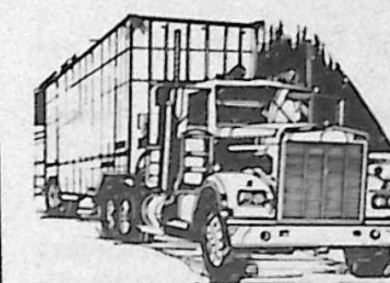
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|----------------------------|----------------------------|----------------------------------|
| ACROSS | 47 Fancy head-gear | 11 Biblical region |
| 1 Certain jets | 51 Sacred mountain | 16 Towel word |
| 5 Doctrine | 52 Optimistic | 20 Blot |
| 8 Church part | 13 Now in Scotland | 23 Miniscule measurement (abbr.) |
| 12 Roman Emperor | 14 Auctioneer's final word | 24 Tribe |
| 13 Now in Scotland | 15 Cape Breton | 25 Ninth harbour. |
| 14 Auctioneer's final word | 16 Malay boat | 26 Que. |
| 15 Cape Breton | 17 Higher-classed? | 27 Chinese chairman |
| 16 Malay boat | 18 Publishing conductor | 29 Weep |
| 17 Higher-classed? | 19 Spanish gold | 30 Schedule abbr. |
| 18 Publishing conductor | 20 Clay-lime soil | 32 Groups |
| 19 Spanish gold | 21 Young pet | 34 Trapped |
| 20 Clay-lime soil | 22 Total | 37 Souvenir |
| 21 Young pet | 23 Beauty's love | 39 Place for a loonie |
| 22 Total | 24 Stage item | 42 Reddish brown |
| 23 Beauty's love | 25 Greek letter | 44 Plant-louse |
| 24 Stage item | 26 Boor | 45 Little in music |
| 25 Greek letter | 27 Right | 46 Tree type |
| 26 Boor | 28 Harvest goddess | 48 Sharpen |
| 27 Right | 29 Sound level abbr. | 49 Copier |
| 28 Harvest goddess | 30 Very in Val D'or | 50 Abound |
| 29 Sound level abbr. | 31 ___ mode | 53 Hockey's Bobby |
| 30 Very in Val D'or | 32 Type of raid | |
| 31 ___ mode | | |
| 32 Type of raid | | |



Solution on page 19

Section news

Truckin' Tales



MSE Safety

Base Transportation recently held their first annual Car Rally/Smoker. Although the weather wasn't all that great, the turnout was more than we could ask for. Ten teams participated and all reached the finish line without too many bruises.

The first place prize was won by MCpl Dave Basham, Vehicle Tech; second prize went to Steve Ross, Traffic Tech. Our marine boys, LS Darrell MacKay, LS Stewart Jackman, LS Rob Rawn, and MS Steve Galbraith received third prize. MSE's very own Sgt John Conroy won our "Booby prize". Congratulations to everyone. An added note "for the book"; Cpl Rick Carr came in fifth overall, not bad for 3 hours 15 minutes.

Base Transportation's canteen committee did an excellent job in preparing this event. Our thanks go out to Sgt Glenn Mergaert, MCpl Ray McElhinney, MCpl Gary Casey, Cpl Steve Ross, Cpl Mike Heigl (who organized a very good rally) and Pte Mike Gallichan. Good Show!

Base Transportation would like to welcome Pte Vincent Lively, Vehicle Tech, posted here from N.S. and also Pte Josee Globensky and Pte Suzanne Sevigny, MSE Ops, attach posted to Comox until 27 November.

Coming up on the 7 Jun is the first annual BTnO Golf Tournament and another smoker is scheduled for the month of June.

Next week, the first team leaves for the ECHOS CHALLENGE adventure training. Good Luck!!!

On hearing a siren, either fire, police, or ambulance, while travelling on a two-way highway, a driver shall:

- speed up in an endeavour to stay out of the way of the emergency vehicle;
- pull to the left of the roadway in order to allow the emergency vehicle to pass on the right;
- pull over to the right side of the road as far as possible and stop, proceeding ahead only when the emergency vehicle has passed; or
- mind his own business and continue ahead as if nothing unusual is happening.

School buses - beware!

Traditionally, Canadian drivers are accustomed to the conventional method of School Bus loading and offloading of students. That is to say, normally the bus stops and displays the alternating flashing red lights warning the drivers that children are boarding or leaving the bus. Drivers would wait until the children had crossed the road safely and the bus warning lights ceased to flash before they would proceed.

Courtenay School District No.71 however utilizes the "Baltimore System" of loading school buses: the bus stops and displays flashing lights long enough for the students to get on or off. The bus then pulls away leaving the students to fend for themselves, crossing when traffic flow permits them to do so safely.

Drivers are reminded to be aware of the local method and to utilize extreme caution when approaching school buses.

Safe Driving Awards



Cpl J.J.R.C. Bonin, 407 photo.



MCpl M.J. Damien, Base Fire Hall



Mrs. M. Hills, Canex



Cpl L. Brandt, Base Transport

407 Squadron



Ground crew champs at recent ASW competition

To begin, we would like to thank everyone at 407 Sqn for their support and help in getting us off to a good start in this year's competition. We'd also like to thank Sgt VanderKoooy and her staff at clothing stores for ensuring that we all got the best they had for proper hangar-line attire. Finally, we'd like to thank all the people at the base who supported our cause through their purchase of various tickets. The winners of the draws were Maj Mazey (Easter Bouquet Flowers), Sgt Brauner (\$50 gift certificate for the Old House), and Pte LaParade (Radar Detector). The money we earned purchased our Comp Crew hats, T-shirts, patches and our Celebration dinner.

Things got off to a fairly good start when 110 left Comox for the Competition in Greenwood on the 28 April. This was its first complete flight without any major problems in a few weeks. The groundcrew went to Greenwood on the 29th and all arrived safely except for one small suitcase which decided to stay in Comox, along with the owner's uniform. The work began immediately and stopped on the 6th May, when we started our journey home.

Much hard work and many long hours were put in by everyone on the Comp Crew. Everyone was on edge wondering if something they did or didn't do would turn into a minor error or a major "faux pas". Our immaculately clean aircraft was marred only by an errant dust bunny, a few crumbs and a very large rag (which we believe was planted by 405 or 415) in our main landing gear. Our professionalism showed through with synchronized vent-checking and shock installation and removal. Everyone carried themselves with confidence and always appeared ready for the unexpected. Gaeten Parr walked the tail on a tow job carrying a 100 ft grounding cable for one of those unexpected emergencies.

With all the hassles created by the winds and from trying to follow unfamiliar AMIs, we persevered and won the Ground Crew Trophy. It was a good feeling to win knowing that the extra work and effort was recognized and rewarded. We are all anxiously anticipating our trip promised by LCol Bennett.

To close, on behalf of all the groundcrew, I would like to thank Sgt Brauner for being a totally awesome Crew Chief and pulling us all together as a team. Comp Crew members were: Sgt Brauner (Crew Chief), MCpl Tod Brooks, MCpl Brian Gowen, MCpl John Clevett (also known as CLEVE, as he kept losing his Ts), MCpl Jim Taillon (who complained enough about not having his leaf, was awarded with it when we returned to Comox), Cpl Steve Bennett, Cpl Marie Oliver, Cpl Michelle Moderie, Cpl Todd Giles, and Pte Gaeten Parr. Also, Armament Crew Sgt Ron Mulesa, MCpl Rock Blouin, and Pte Blair Kennedy.

TO QUOTE SGT BRAUNER, "IT'S BEEN A SLICE, BUT FOR NEXT YEAR NO DICE!"



Cartoon by MCpl Teresa McIsaac

Section news



Anker Klankin'

Techside

The first of many squadron mug-outs is over, we said our goodbyes to the first techs to leave the fold this year. Cpl Frank Dumoulin as reported earlier is off to Cold Lake and leaves behind quite a history. Frank was our Miss VU 33 in the Miss Gay Cup Pageant, which he won, as well as being a valued member of the Squadron. Pte "Bear" Chamberland is leaving for Bagotville at the end of May, though he was only with the Sqn for a short time, he's left his mark here. Pte Lyne Lambert is leaving the service to return to Montreal and civilian life. I for one, and others too I'm sure, will miss my "Pop Top" when she leaves. Lyne and I had a lot of laughs together. We at the Squadron wish all of the above persons well at all their future endeavours.

On the flip side is a big Squadron hello to Cpl Dwayne Veitch, our newest member. Dwayne is an Aero Engine Tech. posted in from Cold Lake, switching places with Cpl Ian Taylor. Luckily Dwayne made it here in better condition than his F & E. Seems that had an accident on the way here. Hope things improve for you here in the future.

Welcome back MWO Cameron from your Senior Air Supervisors' Course. He was last seen looking at the backs of all the men's heads, which gives us an indication of the course content.

Crew News: MCpl Mike Yaciuk and MCpl Tom Cook have gone back to their respective crews and back to working shifts. Seems strange to our

crew to only see Mike in passing now. Sgt Oscar Grubwieser recently discovered, while on a camping trip, that he's better off not near any dogs. Apparently MCpl Shackleton's dog has taken up nipping Oscar.

Meanwhile, on the sports front, our Slowpitch Team loses on. We now have an unbroken 4 lost and 0 won. Can we keep it up? Stay tuned or just come out and cheer us on.

Lastly from Techside. What is that smile on Cpl Trevor Jones' face? Could it be that Cpl Nancy Hims! (Jones) has finished her course in Trenton, Ont.? Nancy will be returning to Comox to work in her new trade of NDT and Trevor, I'm sure, will be very happy to have her back. Congratulations and welcome back to Comox, Nancy.

Aircrew

Business has been pretty much as per usual this month with the normal array of extra curricular activities filling VU 33's calendar. Capts Wayne Cuthbert and Randy Chaulk recently returned from their adventure training sailing excursion with smiles and tans on their faces, and Lt Blair Roe is making preparations to lead some of the troops through the Powell River Canoe route this coming week.

Being far sighted and adventurous himself, Capt Pete Bush managed to get loaded on the ICP course. He recently returned with a fresh green patch and is looking for unsuspecting tickets to rip up. Watch your wallets, guys!

OFFICERS MESS

JUNE 1989 CALENDAR

FRIDAYS JUNE 2, 16, 23, 30
REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

WEDNESDAYS JUNE 7, 14, 21, 28
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.

FRIDAY JUNE 9
MIXED TGIF—Come out for an evening of dancing. Check out our new Sound System. Food will be BBQ Steak with all the fixings. Cost PER PERSON:

Members—\$3
Limited Assoc. & Guests—\$4
Dress—Casual
Time—1900 hrs
Reservations by June 7

SATURDAY JUNE 10
OLC will be hosting a Farewell Tea for Mrs. Gibbon from 1400-1600 hrs.

SUNDAY JUNE 18
FATHER'S DAY CARNIVAL. See Flyer. Reservations would be appreciated by 15th June.



5 Generations of SAMEO

The recent T-33 Maintenance Review Meeting brought together the current and four preceding SAMEOs of VU 33 Sqn. From left to right: Capt Bill Snow, Maj Jim Kightley, Capt Don Irvine, Capt Dave Brown, and Maj Bob Hills.

In search of ever greater challenges, Capt Ron Franklin is off to North Bay for his T-Bird refresher course. Rumour has it Tom Cruise has been given due warning.

Having narrowly escaped the axe at CFB Summerside, MCpl McFadyen has gotten himself comfortably moved in, just in

time to start contemplating his move down the hall, as we prepare to put the loveable Tracker away.

Last on the list of action seekers, but certainly not the least adventurous, is Capt Don Fair. Don, one of our reserve force pilots, spends his summers as a fire bomber with

Conair. Here's wishing you a fine summer, Don, with not too much work.

The annual Tree Island excursion is coming right up, as well as a visit from our good friends at VRC 30 in San Diego, so should have lots to talk about in the next issue. Til then....

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adidas SPORT SOCKS SALE \$2.47 SALE	LEVI'S 532 NATURAL FIT IRREGULARS SALE \$22.97 SALE	GOLD CHAINS FOR MEN 10% OFF EVERY DAY LOW PRICE
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CF news

Defence cuts -- juggling the books

April budget announcement—what does it mean?

As a result of the budget announced by Finance Minister Michael Wilson in late April, a number of bases and stations in Canada will be closed or reorganized, and a series of acquisition programs will be scaled down, postponed, or cancelled.

Bases and stations to be closed include:
CFS Sydney, N.S.—to be closed in 1990.
CFS Barrington, N.S.—to be closed in 1990.
CFS Mont Agac, Que.—to be closed in 1990.
CFS Holberg, BC—to be closed in 1990.

CFB Summerside, PEI—Tracker squadrons operations will cease in 1990; remaining activities and personnel will be relocated over the following two years.

CFB London, Ont.—relocation of activities and personnel will be phased over two years beginning in 1990.

CFB Portage, Man.—relocation of activities and personnel will be phased over two years beginning in 1990.

Bases to be reduced include:

CFB Gander, Nfld.—reduction will take place in 1990.

CFB Chatham, NB—reduction will take place in 1990.

CFB Moncton, NB—the move to the new Supply Depot facilities and the closure of redundant base infrastructure will occur over three years beginning in 1993.

CFB Ottawa, (N), Ont.—the relocation of units to CFB Ottawa (S) will take place over four years beginning in 1990. Married quarters will be retained.

CFB North Bay, Ont.—the Electronic Warfare Sqn will be relocated to CFB Ottawa (S) in 1990. All flying activity will cease.

CFB Winnipeg (S), Man.—the Kapyong Barracks will be closed and 2 PPCLI will move to CFB Edmonton beginning in 1990.

CFB Penhold, Alta.—only 743 Communication Squadron, the Provincial Warning Centre and the Cadet Camp will remain. The Junior Leader School will be moved to another base to be designated later. The reduction will be phased over two years beginning in 1990.

In light of the need for fiscal restraint, DND and the Canadian Forces will be forced to tighten their belts.

The highlights of the defence program will now include:

Personnel

In the face of fiscal restraint, we will have to find out of personnel costs some of the money

to pay other bills and to generate money for our re-equipment program. We will abandon our plans to expand the Regular Force to 90,000 and move toward a somewhat smaller force than that of today.

The Reserves

With respect to the strength of the Primary Reserve, we will fall short of achieving our White Paper target of 65,000. We will construct fewer Militia Training Centres and cancel some planned acquisition of new equipment. We will, however, continue to develop and implement the Total Force Concept.

Defence in Europe

Canadian Forces will stay in Europe and the current level of stationed forces will be maintained. Our policy in the short term will be to pause. We will not continue with our programs to build up our military strength in Europe.

For example, we will put on hold plans to acquire a new main battle tank and other major items of equipment for our land and air forces in Europe.

With respect to NATO Northern Region, we will maintain our commitment of an infantry battalion to Northern Norway.

Peacekeeping

We will ensure that we have the resources to respond to the appropriate requests for peacekeeping forces whenever they arise and wherever they are needed. In 1988, we reached a high point in our peacekeeping history, with over 1,500 personnel so employed for part of the year.

Territorial Defence

We will continue the planning to reorganize the structure of land forces in Canada and to create a new regional command structure.

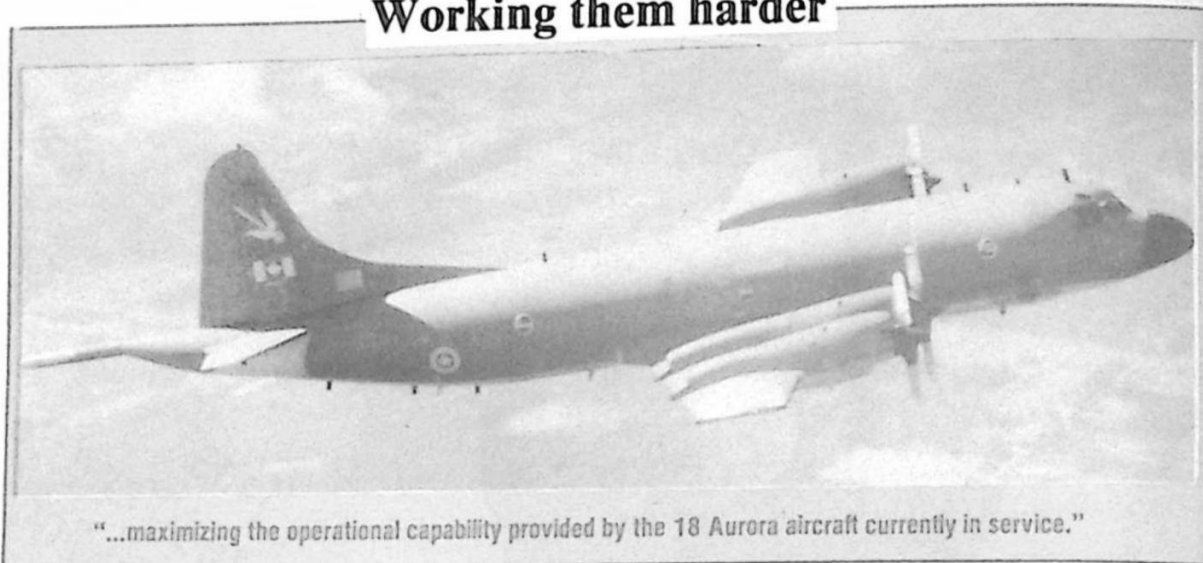
Maritime Surveillance and Defence

The two phases of the frigate replacement program and the modernization of the Tribal class destroyers will continue. We will acquire new helicopters. We will also acquire minesweepers for the Naval Reserve.

The Government remains committed to the three-ocean policy objective. It has, however, decided not to proceed with the acquisition of nuclear-propelled submarines. Nevertheless, in the immediate future the Government will examine alternatives for the continued re-building of an effective navy.

North American Aerospace Surveillance and Defence

Working them harder



"...maximizing the operational capability provided by the 18 Aurora aircraft currently in service."

The North American Air Defence Modernization Program will be implemented as currently planned. We will also continue to pursue a space-based radar system for the surveillance of Canadian territory and airspace.

Although there will be real growth in the defence budget over the next five years, it will not be sufficient to implement the White Paper as fully or as quickly as anticipated. It will be \$2.74 billion less than that given to the Department in the 1988 annual review of defence policy.

A number of capital acquisition programs have, therefore, been affected by the budget. They include the following:

Canadian Submarine Acquisition Project

In the White Paper, the government announced its intention to acquire a fleet of 10 to 12 nuclear-propelled submarines to be introduced into service between 1997 and 2010. The government has decided not to proceed with the acquisition of the nuclear-propelled submarines. Planning will now be undertaken to identify and recommend to the government the best naval fleet mix possible within the current fiscal planning scenario.

Additional Long Range Patrol Aircraft

The White Paper announced that the government would acquire at least six additional long-range patrol aircraft to carry out maritime surveillance. This project will be cancelled. Planning will now be concentrated on maximizing the operational capability

provided by the 18 Aurora long range patrol aircraft which are currently in service.

Night Observation Device—Long Range

The Department is in the process of acquiring some 233 of these devices which enable the land forces to conduct surveillance and operational activities more effectively at night, or under conditions of reduced visibility. The project to acquire an additional 197 devices will be cancelled.

Attrition CF-18 Aircraft

The Department had identified a requirement for between 13 and 28 additional aircraft to replace those lost through peacetime training accidents. The exact number would depend on the determination of an appropriate CF-18 retirement date, taking into consideration the factors of safety and cost. The Department will cancel the project to acquire additional CF-18s and, instead, will study how best to deploy the available aircraft.

CF5 Avionics Update Project

Requirement to upgrade the avionics suite of 56 CF-5 aircraft so as to provide a fully effective lead-in trainer aircraft to develop CF18 pilots. The project will now be restricted to replacing essential flight safety avionics and will forgo the sophisticated heads-up-display capability which is used on the CF18.

Militia Light Armoured Vehicles

The project to acquire some

199 wheeled light armoured vehicles plus 22 tracked vehicles for use by the Militia will be delayed. Acquisition is being rescheduled and will not commence before FY 90/91.

Main Battle Tank

The Department had intended to acquire up to 250 new main battle tanks for use in Canada and Europe. The plan was to conduct project definition beginning in 1989/90 with acquisition to follow beginning in 1991/92. The project will now be reduced in scope to enable the future replacement of only those tanks presently stationed in Europe. The project is also put on hold pending a decision to proceed with project definition at a later date.

Northern Terrain Vehicles

The Department has stated a requirement for some 820 all-weather, all-terrain vehicles for the land forces committed to both territorial defence and NATO tasks. The requirement will now be reduced to approximately 400 vehicles, and implementation will be rescheduled to commence not before 1995/96.

Electronic Support and Training Systems Project

The Department had stated a requirement for up to seven Challenger aircraft to be outfitted with electronic systems which would provide effective airborne electronic warfare training for maritime, land and air forces. This capability will now be limited to a maximum of three aircraft.

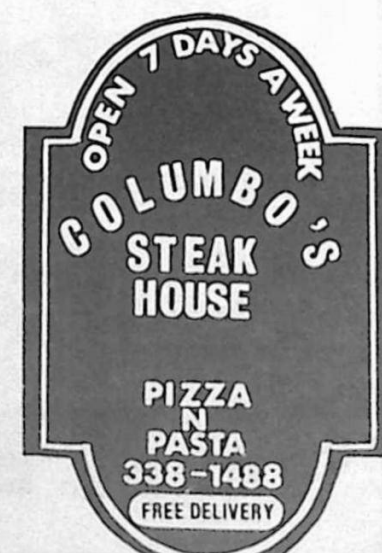
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On the road to Namibia

by 2nd Lieut. Al Bolter

Have you ever wondered what it might feel like to be going on a UN peacekeeping tour with a Canadian contingent to a distant land? What are some of the preparations involved?

It all started on 20 March when Canadian Forces members from across the nation began arriving at CFB Petawawa. With backgrounds as varied as you could possibly imagine, they all arrived with a single thought on their minds: UN peacekeeping in Namibia.

These Canadian Forces men and women had gathered to form the 89 Canadian Logistics Unit (89 CLU), a Canadian contingent of approximately 250 members, whose primary purpose will be to service in a logistical role in support of the United Nations Transition Assistance Group (UNTAG) located in Namibia.

There are many preparations involved before a contingent can be sent abroad. With a scheduled departure date of the second week of April the troops preparing for this initial six-month deployment found themselves with a hectic schedule.

During the first four days there were matters such as pay, medical, dental, passport

photos, UN identification cards, and the issuing of kit. That was only the beginning. The next four days found members of 89 CLU undergoing intensive training sessions including: first-aid, with emphasis on tropical sickness; classroom and range instruction on the C7 rifle, and nuclear-biological warfare, counter-ambush and basic mine-clearing drills.

Following this, the troops were divided into their respective platoons and were individually interviewed by their commanders. During the remaining time before departure they underwent unit cohesion training such as physical exercise and drill. The latter gave members an excellent opportunity to become acquainted with each other and also the chance to work as a team.

What were the thoughts of some of the troops as the days of preparation passed?

"I'm so excited about going they could send me tomorrow."

Master Cpl Gloria Banfield, originally from North Bay, Ont., and currently serving as a supply tech at CFB Kingston, has been in the forces for 12

years. She is married and has two daughters, four and six. This will be her first UN tour. "I wanted to go the second I found out about it. I really appreciate the fact I've been given such a great and worthwhile opportunity. I'm so excited about going they could send me tomorrow."

When asked how she felt about being away from her family for six months, Master Cpl Banfield replied, "As much as I will miss my family, I believe that it is a small price to pay for such a worthwhile goal as peacekeeping. I told my husband and children that when one considers the span of a lifetime, six months is but a small price to pay for such a worthy cause."

"... my only other concern will be not to miss the return flight to Canada."

Sgt Robert O'Brien, who has been in the military for the past 16 years, is a preventive medicine tech at CFB North Bay. What were his thoughts about going to Namibia? "For me, it will be an excellent opportunity to apply the nuts and

bolts of my trade. My job will be taking care of public health for the troops. I'll be travelling around to the various campsites, assuring that hygiene is kept to a high standard. After doing my job competently and effectively my only other concern will be not to miss the return flight to Canada."

"I've been to an Arctic desert and now I'm going to a hot desert."

Pte Ed Kirby has been in the Canadian Forces three years and is a vehicle tech at CFB Trenton. Originally from Lower Sackville, N.S., what did Pte Kirby think when he found out he was going to Africa? "This is a bonus going to Namibia! I've been to an Arctic desert and now I'm going to a hot desert. Besides being able to experience a totally different climate, I'm really looking forward to working together with the different nationalities which will compose the UN contingent there."

He added: "Of course I'll miss Canada, but then again I always miss home wherever I go. The one great thing about travelling though, is whenever I do return I appreciate home just so much more, and I'm sure that returning from Namibia will be no different."

"... we're like ambassadors representing Canada in a foreign land."

Pte Steve Boodram originally of Edmonton, Alta. is a CF-18 refueller with base transport at CFB Cold Lake and will be driving buses while in Namibia. "My job will give me a chance to see what the country consists of, both culturally and environmentally," said Pte Boodram. "Not only will we be able to see what the region has to offer, but the aspect of being able to meet a lot of other peacekeepers from different

nations is something I'm really looking forward to. In a sense you could say we're like ambassadors representing Canada in a foreign land."

"...I'm sure I'll even obtain a few exotic recipes."

Able Seaman Harold Hayes joined the CF three years ago and is a naval cook posted to his hometown of Halifax. "This is my first UN tour," said Able Seaman Hayes. "I'm really looking forward to it, especially the chance to practise my trade in a field environment, as opposed to a ship. The opportunity to work with different nationalities will be a tremendous experience and I'm sure I'll even obtain a few exotic recipes."

"I have never known a person who has served with a UN tour who has not been profoundly affected by it."

One can see that peacekeeping means different things to different people. For some, it's a chance to travel and experience the culture of a different land. For others it's a unique opportunity to apply one's trade to the fullest and also to meet and work together with people of many different nationalities. However, for all, it is a once in a lifetime opportunity to serve the noble ideal of bringing about world-wide peace.

Perhaps Capt Bill MacLennan, the padre accompanying 89 CLU to Namibia, who has served previously with the UN, summed it up best: "I have never known a person who has served with a UN tour who has not been profoundly affected by it. The effect of peacekeeping is a positive one, it is a coming together of all the people concerned. There is no doubt the UN serves peace, and I would much rather be with it than without it."

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Section news

BAMSO News



I still can't get used to these weather patterns on the Island. We had almost 6 weeks of summer with beautiful blue sky and warm temperatures. Now the weather has degenerated into spring conditions with rain and cool winds. And all of these changes have happened after I started to ride my bike into work. Just my luck!!

I wish to pass on a word of advice to all of you out there. I suggest that you purchase, as I will, one of the new telephone systems that identifies who is calling you and allows you to screen out calls from those people with whom you don't really want to speak. I found from my own bitter experience that you don't always want to answer your phone especially when it is Sherry Snow who is calling. Because of the answering of one telephone call from her I was "volunteered" to appear in a fashion show. Mind you, I was in good company with the Base Commander and other base and squadron dignitaries. But somehow that didn't make me feel any better when I had to appear in a ladies spandex aerobics suit in front of 80 screaming women! The moral to this story is that if Sherry Snow phones you, hang up!

The Officers' Mess now has a new high powered stereo system thanks to the good work of Jim Quinn and Brian Peeters. It is a state of the art system that will really get the place rockin' and rollin'. In fact, it is so loud that we can get the aircrews eardrums to touch in the middle. The only thing we have to work on now is stopping Bert the Bar manager, from tuning in the country and western channel. I don't care if a guy wants to have an affair with his horse but does he have to write a song about it?

The Military Police have graciously invited me to play in their annual golf tournament this weekend. In preparation for this event, I conned Christa Roberston and Rob Boucher into teaching me the finer points about golf. The lessons included the use of the short white wooden pointy things, why all the clubs are shaped differently, why you don't use a driver on the green, and of course, the ever popular, "Do I really have to count that as a stroke as I never actually hit the ball?". I'm not sure that MP's are really ready for me! My thanks to Christa and Rob for being seen in public with me after my disgraceful showing on the course...but now that I think about it Christa did leave the province shortly afterwards!

DIAC maint

Once again I sit handcuffed to the computer terminal until I produce a section article for the Totem Times. First, hearty congratulations to recently promoted WO Haugen. Now for the bad news, John. You're on your way to CFB Borden for your SLC and upon graduation you get to remain and teach future courses. No, it's not a bad dream. If it's any consolation, you will be missed by the gang at DIAC. Gone from the ranks, as well, is Beth Armstrong. She can be seen in Chilliwack on her basic officer course, from there its a quick stint back to Comox then off to RMC in Kingston. Good Luck Beth, you too will be missed. Our consummate athlete, Roger Skidmore, is off to a race in Bellingham May 27, Good Luck Roger! I hear part of the race is eight miles downhill, so we will have the A-535 ready. As for his posting, we are still waiting for two of the three 'W's, When and Where. We know the Why is due to the assumption that if he stays here any longer he will grow roots.

The DIAC Display and Control course will soon be completed and we will bid farewell to our Greenwood students, Jay, Les, and Ron. Ron has the distinction of being the only student to have spent five consecutive months at our school. By the way, there is absolutely no truth to the rumour that he was recoured three times. It was actually different courses.

Jim Symons is quite busy these days building his dream home. Between this, work, and fishing, it should be quite a busy summer. His other house is now up for private sale (There Jim, I got a plug in for ya!). Another of our group who is running around wishing there was ten more hours in a day is our section head, Ken Creed. I believe he is beginning to wonder if he should have stated "What's a computer" when they started looking together for a System Manager to set up the new Adam. But,

its slowly coming together with a lot of hard work. If you're out on the chuck (just about any weekend) you will probably see Dave Mofford sailing about in his new boat. All of us in the DIAC are estatic to see Dave so happy. (Also, we don't have to sit through any more descriptive Pros's and Con's of all the sailboats he's looked at.) Lt (oops, did it again) Capt Carter is also saving up for an expensive toy. His however will be able to fly over the water instead of through it. (Lets hope he keeps it that way!) Congratulations, Sir, on your recent promotion from all of us in maintenance.

The rest of our gang, Dave Ward, Della Choquette, Harvey Thibodeau, Don Vinette, and Sylvain Alarie are all more than happy to see the need of the Display and Control course and the upcoming summer break in training. Time for some fun in the sun. (But also a good time to update lesson plans!)

Base armament

Base Armament recently joined the 407 Armourers and photo techs for a fishing derby. Sgt Keays (Relic) spent numerous weeks of preparation for the day. As he was rebuilding his boat until 10 pm the night before the derby, his boat sat in one piece all day long. Could it have been all of that gun tape that held it together?

Cpl Olson won the trophy for the largest Coho. The trophy should have been awarded for the ONLY coho. The thing was only 1 pound, after cleaning, of course. That must have been quite a big feed of fish. The other trophies went to a 407 armourer for the spring salmon and the other to a photo tech for the freshwater catch. Some think that MCpl Demorest's fish should have had at least .3 more pounds to be the heaviest one.

There is a car rally planned for the armourers on the after-

noon of June 2. So everyone is prewarned to stay off of the road.

For courses: Cpl Cameron and MCpl Corrigan finished their Tracker course recently; just in time for the phasing out of the Tracker. Cpl Shannon is on his JLC in Penhold. He's just like a yo-yo. As soon as he gets back he doesn't even have to unpack as he leaves for his posting to Gagetown.

Pte Jones has gone on his HAI and has been flying all over the

place. From what everyone says they can't get him out of that flying gear. Cpl Olson has successfully returned from Borden after doing the 9L course, and he has managed to extend his posting in Comox by one month. Maybe he thought he'd be able to enjoy some of Comox's sunny weather which is yet to be seen. Cpl Cameron and her son Duncan are off to Ontario. Duncan to visit relatives while Sharon is to become one of the fearless EOD types. Good luck to her!

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At last, here it is, a sensibly priced property and liability insurance plan for homeowners, condominium owners, and tenants who live "off base".

Most of us who have occupied MQs and SQs over the past six years are familiar with CANSUREX, that property/liability plan for occupants of military controlled quarters. Periodically we've received bad press for developing programmes such as CANSUREX that cater to "on base" personnel only. Not so any longer: CANSUREX II is born.

CANSUREX II is offered by Reed Stenhouse, Ltd., Ottawa, is underwritten by the Commonwealth Insur.Co., and is administered by CANEX HQ. This plan incorporates the best features of plans offered by the majors in the industry; for example, all plans have \$1,000,000 liability coverage, sewer back-up coverage, \$150 deductible, and other enhancements. And let's not forget the published rates for CANSUREX II, at the time of this writing, are 20-50% below

the "best rate in town".

We encourage everyone to shop around for their insurance needs in much the same way as one shops around for the best RRSP rates. As far as insurance is concerned, if you are like me, you'll select the cheapest product on the market. But this may not always be the wisest path to follow. You should ascertain how fast and fair are their claims service, how stable is the company, what are the exclusions, are claims settled on replacement cost, etc..

With CANSUREX II, we at CANEX HQ have done most of the leg work for you, but check around anyway and least of all get the opinion of those who have been insured with CANSUREX (remember, that "on base" plan). CANSUREX II is an offshoot of, and will be administered in much the same way, as CANSUREX. CANSUREX II will cover the rest. If you want to know about CANSUREX II and how to apply, pick up a booklet at your Base Exchange or at other locations as advertised.

If you are paying too much for your household insurance, you may need CANSUREX II. Si vous payez beaucoup trop pour votre assurance maison, vous avez peut-être besoin de CANSUREX II.

Insurer: Commonwealth Ins Co. Vancouver, B.C. Assureur: CIE D'ASSURANCE COMMONWEALTH Vancouver, C.B.

The Personal Property and Liability Plan designed exclusively for homeowners, condominium owners & tenants (off-base). Le régime d'assurance pour les biens personnels et la responsabilité civile élaboré exclusivement pour les propriétaires de maisons, d'appartements et les locataires demeurant à l'extérieur de la base.

Pick up a booklet at the BX or BACOM, or call CANEX HQ at (613) 995-2875. Vous procurer un livret aux Economats ou au bureau de logement de la base ou téléphoner au QG des Economats au (613) 995-2875.

REALTY WORLD™ - Coast Country Realty Ltd. 516 England Avenue, Courtenay, B.C. V9N 1M7. Bus: (604) 334-3124. Res: (604) 339-4632. Telex: 044-02541. Each office is independently owned.

Win at weight loss PAC Region golf playdown

Weight loss, these days, seems almost a national pastime. Witness the constant parade of diet books that top the bestseller list, catering to our collective passion for thinness.

Successful weight loss—weight that comes off and stays off—is a long, slow process. The short term answer is to expend more calories through activity than consumed in food, and a sensible diet can help. Once your desired weight is reached, however, the long term solution to weight control is habits not diets. This means developing eating and activity habits which you can maintain comfortably throughout your life.

A lot of simple things can be done to tip the scales in your favour. Here are a few you can try.

On the food side, make gradual, modest changes in your diet—not so dramatic that they eliminate your enjoyment of meals, nor so small that they lead to little or no weight loss. The following are some calorie-wise substitutes:

- Clear soup or tomato juice for thick soup
- Meat, poultry, or fish which is roasted, grilled, or poached for battered, fried, or sautéed entrees.
- Baked potato or salad for french fries.
- Fresh fruit for pies and pastries.
- Skim milk or 2% for whole milk.

In addition:

- Limit your use of gravies, sauces, and salad dressings.
- Watch calories in cream or sugar you may add to coffee or tea as well as the calories in alcohol and mixers.
- Avoid "empty" calories in snacks. Try celery and carrots sometimes instead of cakes and cookies.

And when it comes to fitness, don't be fooled.

* Avoid gimmicks and gadgets. The case for "body wraps," vibrating belts, and the like—things you strap on and let do the work for you—lacks scientific evidence. You must expend the energy to lose weight; a machine can't do it for you.

* Don't waste time doing exercises to lose weight in certain places. Spot reduction isn't possible. Curl-ups help firm the stomach muscles, for example, but they won't necessarily "burn off" fat in that area.

* Saunas and steam baths result in a temporary fluid loss not a permanent fat loss. A rubber suit worn during exercise to help with weight loss is similarly ineffective as well as being potentially dangerous. The suit upsets the body's natural cooling mechanism, increasing body temperature, which can lead to heat stroke or heat exhaustion.

World Championships

The Victoria Pay Less Fastball Club is hosting the 44th Annual International Softball Congress World Fastpitch Championships at Royal Athletic Park in Victoria, August 10 to August 19, 1990.

This is the world series of fastball with 48 teams from all over North America, plus New Zealand, Mexico and Japan participating. All teams qualify for this 96 game tournament by winning their regional championships.

Advance tickets are now available by writing to:

Organizing Committee—1990 I.S.C. Tournament
1027 Wollaston Street
Victoria, BC
V9A 5B3

Reserved seats—\$60 (subject to availability)

Non-reserved seats—\$55
Day pass—\$12 (available at Royal Athletic Park, Aug 10-19, 1990)

Cheques or money orders should be made payable to: Organizing Committee-1990 I.S.C. Tournament and should include a stamped, self-addressed envelope.

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Recreation

Fitness for life award



MCpl Josee Descoteaux, President of the Fitness for Life Club, was pleased to present 500 pt certificates to Pte Laparde, Sgt Hilliard, Sgt Mann, and Capt Peterson, seen wearing his newly won Fitness for Life T-shirt. Anyone interested in becoming a member should contact the Rec Centre at 8315.



A Junior Leaders Seminar was conducted at CFB Comox 1-2 May 89 to provide Junior Leadership Course candidates with an overview of what might be expected when they go on their JLC. The Seminar received an informative briefing from the BOpsO, LCol Bishop and BCWO, CWO Doherty on the importance of Junior Leaders in the Canadian Forces. The candidates on the Seminar were Cpl Wild, Cpl Shelly, Cpl Hanna, Cpl Rowe, Cpl Fleet, Cpl Shannon, Cpl Penney, Cpl Nickerson, Cpl Huard and Cpl Waddell. The instructors included WO Dusick, MCpl Richmond, MCpl Williams and Cpl Kennedy.

More 442...

...continued from page 6

On the Lab side Vimy "That's MCpl" Trevors and Dan Pierson arranged for some work for Jim Bernard and Marty Maloney (It was Marty's last day). Everything from a man and his dog to 12 hoists off Cypress Bowl, long day guys.

This just in, we understand from reliable sources, Boxer Scott has decided to try Thursday night comedy routines for a little extra cash. I'd say his first experience was a little rough as the Boxman lost everything but the shirt off his back. Paul Caughy is at it again, he no sooner got his MG fixed, when, you guessed it! And finally, the man who has been scarce around here lately, one Gord Cutler, has decided to give up on his boat, put it on a pedestal, and donate to the Marine Museum as a historical exhibit.

So before we go, it's the end of the month, the money's due, Peggy has tickets for the Titanic Trip and we're outta space.

Lab news

The past two weeks have been relatively quiet for Lab Flight. Maj Cue has packed his bags and departed for Ottawa leaving behind several pilots who would like to inherit his SAR history of non-stop callouts. Also due to depart soon is Capt Paul Vanderbasch who is posted to Summerside in June. Paul was lucky enough to escape with his bank account intact after cancelling an almost complete real estate deal and deciding that life in PMQs isn't all that bad after all. Paul's last trip in the West included a SAR mission to Kootenay Country to look for Brew. Although the crew looked everywhere they were unable to locate him and feel that a return trip is necessary for further investigation. Other happenings in the flight include the annual Swiftsure yacht race in Victoria with two crews holding standby there for the weekend. The results are not in yet but some form of entertainment was probably found by the off-duty crew.

Not to be left out in the cold MCpl Ritchie and MCpl Shaw were involved in a search for an overdue aircraft near Bowser Lake. The ELT was picked up enroute and homed on by the ever vigilant crew on scene. The decision was made to penetrate by parachute and they carried out a bush/water descent with one SAR Tech in the trees and the other treading water. However due to good management and great skill they regrouped and were able to attend and evacuate the sole survivor. Unfortunately three others were deceased.

There have also been incidents involving sinking boats and hoists but we just don't have time to jump into all of those details right now so just remember to file a float plan and ensure your safety and survival equipment is up to scratch and in your vessel in the event of an emergency.

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*Full range of colours in Paton's Yarn & Wools
*New brands of Cottons, Books & Accessories
*Also Embroidery Thread
Phone 339-7788
HOURS: CLOSED MONDAY
Tuesday—Saturday 9:30—5 PM

Comment

Service wives

...continued from page 1

outranks their husbands. For the young couple in the latter case, it's usually everyone, and for the rest experience is the best teacher, as no amount of drilling will sensibly explain the following: captains outrank lieutenants, except in the case of Sea Element lieutenants who are the same as captains—with the exception of Sea Element captains who outrank all other captains. The best advice for the young wife is to be suitably deferential to everyone in uniform, but to remember that all that glitters may not be high-ranking, but the usher at the local movie house.

As they mature, service wives find that they are raising the most frustratingly blasé children who can step out of a

jet fighter, tank, or submarine after a privately conducted tour, and loudly complain that "there is nothing to do around here, when are we going to move again?" Their idea of an interesting trip is to visit a large city, ride in an inter-city bus, and go up and down all day on elevators or escalators.

These same children, who were brilliant in the last school, are considered mentally dull in the new one, and the teachers can't understand why these Armed Forces parents don't notice these things. The initial interview with the teacher at the new school is always unsatisfactory and has been known to leave the teacher with the impression that service wives as a species are a bit dull

mentally, too.

What he may not know is that that dull mother has just packed and moved across Canada with three weeks' notice, two children, a cat, a dog, and five goldfish—while her husband is away on temporary duty. She may have prepared for a posting to Vancouver, ended up in Nova Scotia and is living in a motel while her furniture is being rescued from Moose Jaw, where it was sent by the forces for some unfathomable reason.

Getting home to visit relatives poses massive problems for the average service wife. The Armed Forces try to post servicemen close to their home province, but they seldom get closer than 2,000 miles to it. This being the case,

servicemen seldom marry girls from their own province. If he is from Alberta, she may be from Newfoundland, and there they are when vacation time rolls around, posted in some outpost in northern Quebec or Ontario. With free travel in the service a civilian misconception, not only does the problem of whose relatives to visit have to be solved, but also where the finances for such a trip are to be found. With problems like these facing a couple contemplating a vacation, it is no wonder that when summer arrives so do all the relatives—from both sides of the family—and the service wife spends her vacation cooking and entertaining a small invasion force.

In spite of these, and many other problems, as I look back

from my seniority of ten years, two children, five postings, seven temporary duty tours and ten homes, I find that like most service wives, my husband's element has become mine. During the periods that I am not envying people who stay in one place, I'm feeling sorry for them. My acquaintances number in the high hundreds because I am constantly meeting new interesting people.

I'm a better Canadian now, too, because I'm learning about my country and living in new parts of it all the time. I'm not a Nova Scotian, an Albertan, or a Quebecker, I'm a Canadian, and home—wherever that location may happen to be at any particular time—is always where my husband hangs his service issue hat.

You asked for it

by Bill Welsh

With the closure of the Credit Union Branch on the Base, there have been a few suggestions that a Banking Machine be installed in the Canex Building. This has been looked into. When the Credit Union advised that they were pulling out of the Base, the Base suggested they install a Banking Machine. After all, if there was enough business to employ four people in the local Credit Union Branch, surely there must be sufficient to support a Banking Machine, right? Not according to the Credit Union there ain't. Undaunted, the Base approached one of the Chartered Banks which gets the lion's share of Base business with a view to getting a Banking Machine installed out here. After doing their number crunching, the Bank told the Base the proposal was not cost effective. All of which seems pretty callous towards what is one of the major sources of income for the Valley. Maybe the Air Force needs its own Credit Union.

The Military is not widely renowned for being a wildly democratic institution. In the Canadian Military however, the NON-Public Funds is an area which has certain democratic principles. For example, on this Base over the past few months there has been a plebiscite, of sorts, going on. The ballots were dollars and the question was "Does the Base want its own full blown Service Station?"

The answer has been a resounding "NO!". The majority of personnel prefer to pump money into the pockets of local business men. Incidentally, some of these will be the very same people who will go to Base Fund demanding large sums of money to support their own pet hobby horse and loudly ki-yi-ing if they don't get them. I forget the technical term for such people. Politician rings a bell, but so does selfish, thoughtless, "censored".

The result is that effective 9 June 89, the Service Station is being re-configured to a Gas Bar, with curtailed hours of operation. The Gas Bar will take part in both the National Shell Oil Promotions (such as Match for Cash), as well as the Canex Promotions (gasoline discounts and double discount days). Initially hours of business will be 10 AM to 4 PM Sunday to Friday and 9 AM to 5 PM on Saturdays.

SEE YOU AT THE
LEEWARD!

PUB HOURS:
Monday to Thursday
11:00 a.m. to 1:00 a.m.
Friday and Saturday
11:00 a.m. to 1:30 a.m.
Sunday
11 a.m. - 12:30 a.m.

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7-18 JUNE 89

While Quantities Last.

PLANO TACKLE BOX MODEL 757 SALE \$42.47 SALE	SCOTTY ROD HOLDERS SALE \$27.97 SALE	SCOTTY DEPTH KING DOWNRIGGERS MODEL 1060 SALE \$109.97 SALE
RAIN SUIT SALE \$7.97 SALE	APEX HOT SPOTS BUZZ BOMBS 2" TO 4" HOOTCHIES SALE \$1.97 SALE	ZINGERS 10% OFF EVERY DAY LOW PRICE
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Daiwa 'STRIKE FORCE' COMPLETE FISHING KIT SALE \$71.47 SALE REG \$83.49	GIBBS SKIPPER #1 SALE \$5.97 SALE	OMNI XL300 SPINNING REEL SALE \$21.97 SALE
KATCH KEY SHARP HOOKS FAST DEEP GET THE POINT SALE \$8.47 SALE	MITYLITE 300% MORE LIGHT AND 400% MORE LIFE SALE \$13.47 SALE	DEEP SIX REG \$8.49 SALE \$7.97 REG \$9.49 SALE \$8.97 REG \$10.49 SALE \$9.97

Local scene

Promotions



Vicki Smith, BSupply, promoted to Cpl



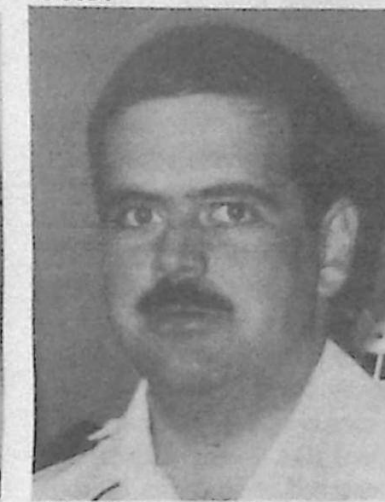
Beth Armstrong, BAMS0, promoted to OCDT



Neil Keene, Base Fire, promoted to CPL



Dan Martin, BSupply, promoted to MCpl



J.G.R. Boucher, BAMS0, promoted to Capt



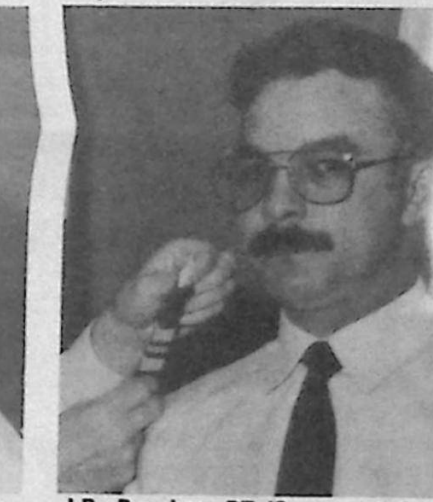
Jim Taillon, 407 Sqn, promoted to MCpl



J.P. Carter, BAMS0, promoted to Capt



Greg Labonte, Base Fire, accelerated promotion to Cpl



J.R. Boucher, BTel0, promoted to Maj



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Jun 2 & 3.....Music by LAURIE BAKER
Fri & Sat Jun 9 & 10.....Music by WESTWIND
Sat Jun 10.....HAWAIIAN NITE
Prizes for best costumes
Free Admission
Sun Jun 11.....FUN GOLF TOURNAMENT
Register at Bar to 09 June
Fri & Sat Jun 16 & 17.....Music by COUNTRYMEN
Sun Jun 18.....FATHER'S DAY BBQ
Dance to Rhapsody 3-7 PM
Cost: \$6

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM
MONDAY.....FUN EUCHE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW at 6:30PM
SATURDAY.....FUN BRIDGE at 12:30

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

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

BRANCH 160 COMOX

ENTERTAINMENT

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-recessed to Sep 11
TUESDAYS.....Ladies Crib League-Lounge-7 PM
Mixed Darts-recessed to Sep 12
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall - 7 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.....Meat Draws. Lounge-2-6 PM
Dance-downstairs unless advised-9 PM
SATURDAYS.....Meat Draws. 2-6 PM-Lounge

SPORTS

SAT JUN 17-COMOX LEGION will hold their annual SALMON DERBY. Entries with fee of \$5 will be received at the Bar up to Midnight, June 16th. Weigh-In will commence at 2 pm and will close at 5 pm Sharp, on the 17th. Open to Branch, L.A. Members and their guests.
SUN AUG 13-(advance notice) COMOX LEGION ANNUAL GOLF TOURNAMENT, at Comox Golf Club. Details will follow.

SPECIAL ADVANCE NOTICE

COMOX LEGION BR. 160 plans a 50th ANNIVERSARY CELEBRATION to commemorate 50 years of Branch Operations since the issue of its charter in 1939. The Program includes: On Aug 11th-a parade at 3 pm followed by a Wine and Cheese Party, from 7-9 pm in the Legion Upper Hall. Cocktails, 6:30 pm, Dinner at 7 pm, Dancing at 9 pm. Open to Branch & L.A. Members and their guests, and, specially invited guests. Tickets will be \$15 per person. Further information may be obtained from the Legion Office at 339-2022.



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HOBBY FARM

Older ranch style home with 4 bedrooms and open floor plan is situated on almost 5 acres. Nicely landscaped with a variety of out-buildings and trees. Well Priced at \$69,900



SEE WHAT'S NEW!

Call us to view this brand new home with 3 bedrooms, ensuite, dining room and double carport located in an area of top quality homes in Comox. To be completed approx. June 1st. \$94,400

LOOK AT THIS!

Call Rene to find out more about this comfortable 4 bedroom family home. Attractively landscaped with fenced yard and fruit trees, and is close to schools and shopping. \$78,900

Please feel free to contact us anytime to discuss your Real Estate Needs. Convenient downtown location, ample parking.
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Jim McMurdo.....338-2936
Jack Wiegnerck.....335-2009
Fred Davis.....338-5027
Bill Morneau.....285-3245



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Public announcements

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

1989 Jeux Canada Games!

In today's times of sporting events commanding premium ticket prices, the 1989 Jeux Canada Games being held in Saskatoon, Sask., 13-26 August, represents incredible value. The "Daily Pass Sport", allowing access to preliminary rounds in all sport events except swimming and diving, is free for children under six, two dollars for ages six to sixteen, and four dollars for ages seventeen and over! Guaranteed seating tickets for swimming and diving, medal rounds, and opening/closing ceremonies also reflect this policy of avoiding high cost.

Ticket information brochures will be distributed by selected Canada Post outlets and Mark's Work Warehouse

CYMC presents 'Starr Warp'

CYMC is pleased to announce that we now have our Musical Theatre production title and outline. This new musical created especially for CYMC ENTITLED, STARR WARP, by Stephen White is "A musical space oddity". The Year is 2089 and five Canadian astronauts are launched from CFB Comox. Their mission: to boldly regulate where no Canadian has regulated before! Join us, as our hapless heroes materialize in the wackiest planets in the solar system and join with the creatures that time choose to forget. Borrowing songs from your favourite musicals

this musical theatre production will result in a wild and wonderful foray into the final frontier.

For those of you who annually purchase the Summer Passes, both the CYMC Season Pass and the CYMC Mini pass are currently on sale at the CYMC office at 532b 5th Street Courtenay or for further information call 338-7463. A Seasons Pass costs \$55.00 and entitles the owner to all Summer Music Performances for the 1989 Season except Moe Koffman. A Mini Pass costs \$49.00 and entitles the holder to eight admissions.

FETE DE LA ST-JEAN BAPTISTE

samedi le 24 juin 1989

au club de golf 'Glacier Greens' de la BFC Comox, pour les francophones, francophiles et tous les autres

1700-1900 h hamburgers et hot dogs sur le grill, a bon prix
1900-2100 h jeux et musique

au coucher du soleil, le traditionnel feu de la St-Jean

info: 334-4419 ou 339-7798

1989 annual garden tour

in support of the Victoria Conservatory of Music
June 24 and 25:
10 a.m.-5 p.m.
15 Private gardens open to the public
Tour at your own leisure
Tickets available at usual outlets and the
Victoria Conservatory of Music
For further information call 386-5311

CWF book just for kids

OTTAWA—Thousands of children across Canada are asking the question, "What can I do to help wildlife and the environment?" The Canadian Wildlife Federation (CWF) now has the answer.

"YOU CAN DO IT!", a handy booklet released today by CWF is chock-full of ideas on what kids can do to help clean up the world. The booklet covers a range of topics including air and water pollution, recycling, wildlife habitat improvement, energy conservation and endangered species.

"YOU CAN DO IT!" is a great for kids who really want to do something to help clean up the environment but aren't quite sure what to do," said Julie Gelfand of CWF.

"YOU CAN DO IT!" also contains a list of organizations that children can contact for more information about the environment, wildlife, pollution, recycling, and conservation.

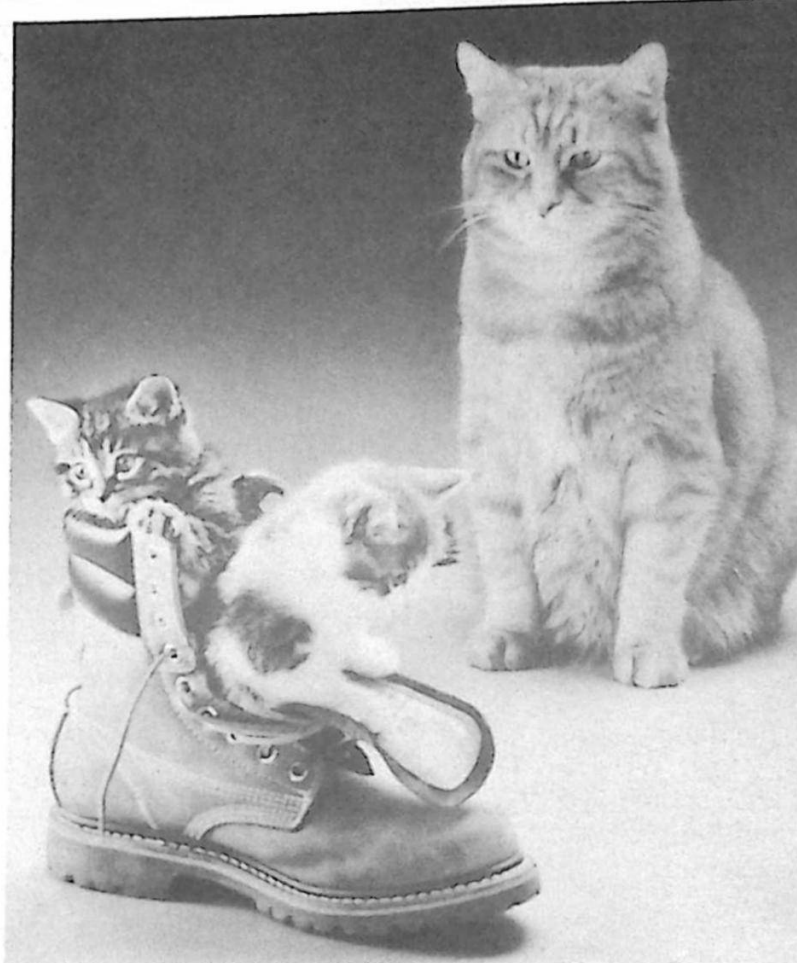
"YOU CAN DO IT!" is available by writing the Canadian Wildlife Federation, 1673 Carling Ave., Ottawa, Ont., K1A 3Z1.

429 reunion

429 Transport Squadron wishes to bring to the attention of all past members and interested parties, the upcoming Colours Presentation and Squadron Reunion. The celebration has now been rescheduled for the 27-29 April 1990 weekend in CFB Trenton Ontario pending confirmation of a Royal representative to present the colours. We will advise any change to the planned dates.

Anyone desiring more information or wishing to attend can contact our squadron administration officer (S ADM O) by telephone at: (204) 895-5401 or in writing to: 429 (T) Squadron CFB Winnipeg Westwin, Manitoba R3J 0T0
Attn: S ADM O

Come and join us in celebrating the past, present, and future of one of Canada's finest: 429 Transport Squadron.



Canada's first annual Adopt-a-Cat Month™

This June, pet lovers across the country will join Morris the 9-Lives Cat in kicking off Canada's first official Adopt-A-Cat Month™. Sponsored by 9-Lives Cat Food and the Canadian Federation of Humane Societies, the new public service program urges everyone seeking a purr-fect pet to adopt from their local animal shelter. In addition to finding a friend for life, June adopters will receive free adoption kits to boot, courtesy of the Finicky One himself. For further information, write to the Adopt-A-Cat Month Information Desk, 435 Adelaide Street East, 1st Floor, Toronto, Ontario M5A 1N5.

'Dip a toe' and further your education

If you are wondering what you can do that will be challenging and different this summer and fall, the Base Personnel Selection Officer has a suggestion to offer. How about resuming your education in preparation for the years ahead when you may want to apply for a Commission? It need not be a two footed jump, or a headlong plunge. Instead, you could dip a toe and take one

PNE crafts show

Notice to amateur artists and craftspeople: Entry forms are now available for the 1989 PNE Creative Crafts Show. Phone Roxanne at 253-2311 for entry forms and information, or write P.O. Box 69020, Vancouver, B.C. V5K 4W5.
Entry closing date: July 5, 1989.

Association of veterans in UN peacekeeping formed

Over the past few months the Canadian Forces' reputation for peacekeeping has grown considerably with the addition of UN peacekeeping missions in Iran and Iraq, Afghanistan, Pakistan and Namibia.

Already thousands of members of the Canadian Forces have served in UN peacekeeping missions, and the numbers keeping profile continues to increase.

With this in mind, the United Nations Legal Division has granted permission for the

organization of The Association of Veterans in United Nations Peacekeeping. There are already members from every province in Canada, and membership is open to any Canadian citizen whose UN peacekeeping service was terminated under any condition except dishonourable.

For those interested, contact: United Nations Peacekeeping P.O. Box 272, Station 'D' Scarborough, Ontario M1R 5B7

Public service policy on AIDS

Treasury Board President Robert de Cotret and Health and Welfare Minister Perrin Beatty today released copies of the federal government's new policy on Acquired Immunodeficiency Syndrome (AIDS) that will apply to all employees of the Public Service of Canada.

The policy states that under normal working conditions employees who have AIDS or the Human Immunodeficiency Virus (HIV) infection do not pose a health risk to others in the workplace, and that employees who have AIDS must not be harassed in any way. All work-related sick leave, medical and disability benefits must continue to be provided in accordance with existing policies and collective agreements.

The AIDS policy says that employees whose work brings them in contact with human blood or other body fluids, such as health-care and laboratory workers and rescue personnel, must be protected by well-enforced infection-control procedures recommended by Health and Welfare Canada, and by appropriate protective clothing and equipment.

Under the policy, AIDS testing is not a condition of employment in the Public Service, but can be provided for employees who travel abroad on government business.

All government records containing AIDS-related information of a personal nature must be protected and handled in accordance with the Privacy Act.

"This government's policy on AIDS in the federal workplace should serve as a model for other levels of government and for the private sector," said Mr. Beatty. "I am personally writing to major business organizations across Canada to encourage employers to develop a policy on AIDS for their workplaces. All

of us have a role to play in preventing discrimination and educating people about appropriate infection-control procedures."

The policy on AIDS is now being distributed to the personnel offices of government departments and agencies which normally answer their employees' questions on safety and health matters. All employees are to be informed by their departments of the education, counselling and evaluation services that are available to them.

TOTEM LOUNGE

ENTERTAINMENT FOR JUNE

JUNE 16

TOGA PARTY
DJ 9-1

Admission—\$2
No charge if in Toga
PRIZES PRIZES PRIZES

JUNE 22

MESS LUNCHEON IN HONOUR OF RETIREES
1230 HRS FOR 1330 HRS
Cost—\$12
Fantail Shrimp and Wine

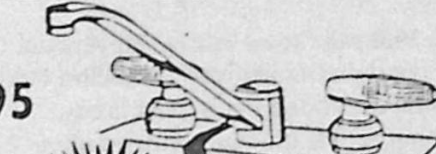
IRLY BIRD
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Comment

Do we plant enough trees?

by Dave Parker, B.C. Minister of Forests

Recently there has been considerable discussion about reforestation and the Allowable Annual Cut from provincial forest lands in BC. To clarify this issue for your readers, here are the facts:

In 1988, the total Allowable Annual Cut (AAC) for the province's regulated lands was 72 million cubic metres and that was the amount harvested from those lands.

Some people may be confused about harvesting figures which are much higher than the AAC or the numbers I have provided. The higher figures include the cut from unregulated and private lands, over which the Forest Service has no jurisdiction.

It is important that your readers understand that the harvest from private land is not under Forest Service control and is not part of the province's Allowable Annual Cut.

The AAC is set by the Chief Forester based on the sustainable annual yield from forests under our jurisdiction, given existing reforestation and forestry programs and the land base available for forest production. In determining the AAC the province's Chief Forester must also incorporate the objectives for other resources, timber inventory, utilization, and losses due to fire and pests.

I want to emphasize that the BC Forest Service does not allow companies to perpetually overcut their allocated volumes.

If a licensee exceeds the total allowable cut during a five-year cut control period, the company must reduce their cut over the next five-year period. Penalties apply for overcutting. A company is charged twice the standard rate of stumpage and, ultimately, the licence can be suspended or cancelled.

Reforestation is a critical factor in determining the province's Allowable Annual Cut and we have made a number of major changes in the past year to ensure that our forests are replaced.

The people who work on our silviculture programs deserve credit for the tremendous progress we have made in recent years. It took more than 50 years to plant the first billion trees in B.C. That record was reached in 1982. We are going to hit the two billion mark this year—just seven years later. And, by 1992, we will reach the three billion mark.

This year alone the government and forest industry will plant more than 230 million seedlings and next year that will increase to

more than 300 million trees.

This means that we are planting 65 percent of the sites that are harvested and ensuring the remaining 35 percent are naturally regenerated. That is a standard which compares favourably to countries like Sweden and Finland, against which British Columbia's reforestation efforts are often measured.

But our silviculture programs do not stop once the tree is in the ground. Our goal is to ensure that the trees survive and grow into new forests. Today, 73 percent of the trees planted will survive and only 11 percent of the plantations will need fill-in planting in future. Innovative regeneration techniques and forest tending, thinning, fertilizing, controlling competing vegetation and continual monitoring are improving the survival and growth of our future forests.

By the late forest industry is now responsible for reforesting the areas they harvest in BC. At the same time the provincial government is honouring its commitment to ensure that new forests are established on areas cleared by fire, insects, disease or harvesting over past decades and which are not satisfactorily restocked (NSR). We have also established policies to ensure that current harvesting does not create a backlog of NSR in future.

In addition to these reforestation programs, I am negotiating with the federal government to renew the federal provincial Forest Resource Development Agreement (FRDA). This five-year, \$300 million agreement has been a crucial part of our plan to reforest the backlog of not satisfactorily restocked sites in the province.

During the first three years of the agreement the backlog was reduced by 25 percent and more than 434,000 days of employment have been generated in communities throughout the province. FRDA is creating 500 full-time and 15,000 seasonal jobs.

But FRDA ends in March, 1990 and we need another, bigger investment to continue this work and the jobs generated as a result. Renewing FRDA is essential if we are to eliminate all backlog NSR on good and medium growing sites by the year 2000.

Now we are aiming at a second five-year agreement—a FRDA II—and the province is ready to commit their share of the \$700 million we need.

We are still waiting to hear Ottawa's response.



Officers Mess Ladies Club

Our Farewell Dinner held May 17 was a successful ending to a fun year. All who attended were treated to great food and even better entertainment. A strolling fashion show by Fashion Express was the dinner highlight. Dessert was accompanied by not only coffee and tea, but also men in a "fashion show" of their own! Many thanks to all those brave guys; who probably want to remain nameless. You sure livened up our evening!

Raffle prizes were generously donated by local merchants. Lucky winners are as follows: Peoples-Marthe Bernier Cousineau; His/Hers-Sue Barr; Fashion Express-Shirley Harris; Comox Bed and Bath-Margaret Vincent; Overwaitea-Donna Barr.

The new Ladies Club Executive was voted in at our May meeting. Congratulations and best wishes for a successful year.

To our past Executive we say thanks for all of your tireless work, it was a super year. A special farewell and thank you goes to our honorary President, Anne Gibbon. You've been a great friend and support to our club.

Reminder: We hope to see all of our members out to the Farewell Tea in honour of Anne Gibbon on June 10 at 2 p.m. in the Officers' Mess Lounge.

Bacteria in 19th-century bodies resist drugs

by Hugh Westrup

The frozen bodies of two Arctic explorers who were part of Sir John Franklin's doomed search for the Northwest Passage in the mid-1800s have yielded a microbiological mystery, and perhaps a clue as to how scientists can bolster the dwindling efficiency of today's arsenal of antibiotic drugs.

Bacteria samples taken from the bowels of the two explorers (William Braine and John Hattell) have proved resistant to two modern antibiotics—clindamycin and ofloxacin.

"The explorers died long before the era of antibiotics, so it was a real surprise to find that their bacteria could fight off these drugs," says Dr. Kinga Kowalewska.

Grochowska, a microbiologist at the University of Alberta Hospitals in Edmonton.

Kowalewska-Grochowska has a couple of theories as to why the bacteria resist modern antibiotics. First, perhaps the bacteria acquired their resistance through exposure to natural antibiotics. Certain fungi are known to produce natural antibiotics, and the explorers might have been exposed to these fungi during the Arctic journey.

Kowalewska-Grochowska hopes to organize a search for the fungi in the well-preserved corpses of the Franklin explorers.

The second theory is more complicated, based on the

discovery that the bodies of the Franklin explorers contained high levels of lead. Apparently, the lead was ingested from food stored in old-style tin cans soldered with lead.

Though lead-poisoning probably contributed to the explorers' deaths, it didn't kill the bacteria in their bowels. Perhaps, the bacteria survived because they possessed a natural resistance to lead poisoning.

Scientists have recently learned that bacteria acquire their resistance to lead through natural 'genetic engineering'. Bacteria possess the unique ability to exchange genetic information among themselves by passing back and forth little loops of DNA, called plasmids.

These plasmids, of which there are many varieties, carry genetic information that can change a bacterium in many ways—its appearance, its shape, even its resistance to heavy metals, such as lead.

Plasmids can also affect bacteria's resistance to antibiotics. Kowalewska-Grochowska speculates that the plasmids carried by the Franklin bacteria protect the bacteria not only against lead but also, by pure coincidence, against modern antibiotics.

Several months of work lie ahead of Kowalewska-Grochowska as she attempts to analyze the plasmids in the Franklin bacteria. Thanks to advanced medical technology, it is now possible to pick out these tiny squiggles of DNA

and determine their functions.

Kowalewska-Grochowska dismisses any *Andromeda Strain*-type fears that the Franklin bacteria pose a novel danger to human health. Many other bacteria in the world are resistant to antibiotics.

However, she recognizes that the declining efficacy of antibiotics, caused by the promiscuous use of them, has become a serious medical problem. Since the discovery of penicillin 40 years ago, many bacteria have acquired a resistance to many antibiotics through plasmid transfer.

Tetracycline, for example, was once used against almost all types of bacteria; today it is only effective against urinary infections. Penicillin is no longer effective against almost all staph germs. Ampicillin now fails to treat about one in four cases of Salmonella poisoning.

Kowalewska-Grochowska hopes that plasmid research like hers will help modern medicine find new ways of creating new antibiotics. "The old antibiotics are no longer as effective as they used to be—we're running out of weapons."

Kowalewska-Grochowska was assisted in her research by Ross McWhirter, Betty Lui and Heloise Merrill. Her research was funded by the Department of Medical Microbiology and Infectious Diseases at the University of Alberta, and by the University of Alberta Hospitals' Department of Laboratory Medicine. (Canadian Science News)

Solution

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A copy of the permit and maps are available for viewing at B.C. Hydro's offices at the following locations:

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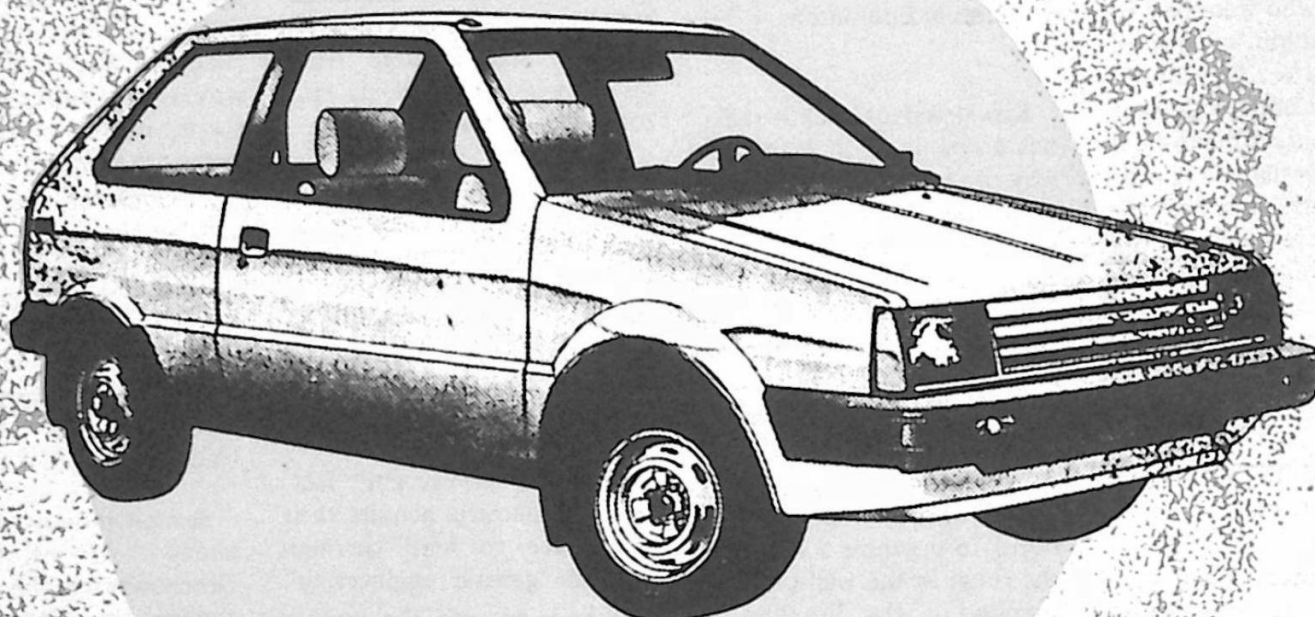
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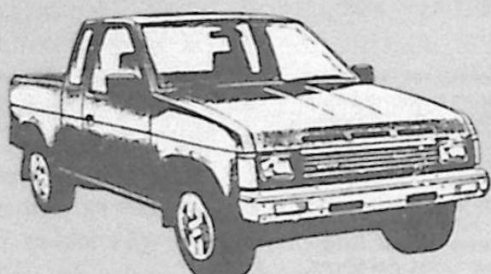


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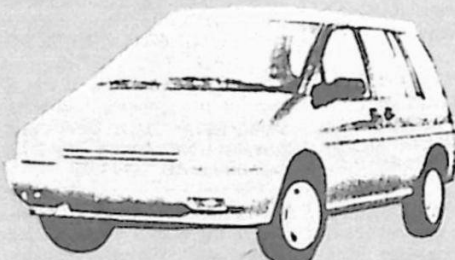


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