

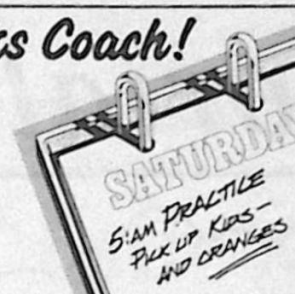
Canada's last
WWI Victoria
Cross winner dies
see page 8



Simulator for
tank gunners
may help them
win competition
see page 18

Thanks Coach!

For waking
up early all
those
mornings
you could
have slept in.



For
details
see page
12 and 13



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 13 JULY 13, 1989

NEXT DEADLINE MONDAY, JULY 31, 1989

COST: PRICELESS

442 Sqn helps couple Ex-military man with 20 year quest wins Terry Fox gold medal

The whisper of rushing water and rustling leaves was overlaid by the distant cries of birds and the hum of winged insects. Sunlight penetrated in shafts to the forest floor beneath the gently swaying trees, and illuminated a tarnished brass plaque laid in a small cement block. The words engraved on it were still clear despite the many years that had passed since it was first laid: "KIP-PEN CREEK, named after Sgt Claremont D. Kippan, R-106840 RCAF, Killed in Action July 18, 1944".

A young man stood over it, reading again and again the simple inscription. He was on a hiking trip in a remote region of the British Columbia coastline, and while searching for a good fishing spot along a beautiful stretch of a quiet creek, stumbled upon the ancient monument. The year 1944 seemed vaguely familiar to him but he could not place its significance. The short message, however, touched him deeply, for reasons he could not fathom. He was determined to discover its origin when he returned home. The year is 2058.

The memorial was laid to rest on the evening of June 16, 1989, thanks to the help of 442 Squadron. Loaded onboard a Labrador helicopter in Comox, it was flown over a hundred miles northwest to where Kippen Creek flows into the Wakeman River which in turn empties itself into the Pacific Ocean. Sgt Ed Mattison, MCpl Mark Reeves, and Cpl Don Peters were dropped off on a lonely sandbar in the Wakeman



The Kippan Creek memorial, put in place by 442 Sqn, lies nestled in a forest clearing.

River and made their way towards Kippan Creek, to an opening in the trees along a logging road, where the memorial was lowered to them by the hovering helicopter. A search revealed a small opening in the trees near the creek and the memorial was carried over and put in place. A few minutes of reflection, a photograph or two, and the swelling staccato beat of the approaching helicopter told them it was time to leave. When the sound of the helicopter had faded, the serenity of the forest returned and the light reflected from the memorial faded with the approaching sunset.

With the Kippan Creek memorial in its proper place at last, Joe Anderson could con-

centrate on the final memorial, to Pte Harry Laughington, which was to be flown to the peak of Mount Laughington, east of Vancouver, on the following Sunday. This would complete a twenty year undertaking by Joe and his wife, Louise: to pay tribute to the men of Semans, Saskatchewan, who died in World War II, by having lakes, streams, and mountains named after them, with each location bearing a memorial to the fallen servicemen.

"The idea came to us about twenty years ago," recalls Louise. "At the time we didn't know how to go about it, let alone how far it would go. When our daughter, Anne, was 12, she talked to the mother of a boy who lost his life in WW II. She was touched and so were we when we heard a place had been named after him."

Joe Anderson enlisted in 1941, after lying three times about his age, and spent the war working in supply depots in England. "I feel guilty that. I was physically

Bob Barraclough was a military man with the Canadian Armed Forces in Alberta when his life changed three years ago.

A late-night single car accident, the cause of which is still unknown, left Barraclough a quadriplegic and narrowed his future directions.

Barraclough spent a year in hospital recovering and set his sights on what he could do. Deciding that wheelchairs and prairie snow don't mix, he turned to the milder temperatures of B.C.. Once here, a keen interest in international politics led him to Simon Fraser University's political science department, where new doors have been opened to future teaching and research prospects.

It hasn't been an easy climb for the wheelchair-bound student, now 28, whose determination and achievement in the face of those difficulties has earned him this year's Terry Fox gold medal and prize.

Barraclough, known in the department for his sense of humour and willingness to assist fellow students, says the terms of reference of the award, which recognizes courage and excellence, are "a tall order".

"From my perspective, I'm doing what every other student here is doing," he says, "But this comes at an opportune moment, considering I'm making progress in what has been a long process".

That progress has been impressive--two of his four semesters of work have resulted in grade point averages of 3.83 and above. His cumulative GPA is 3.83, one of the highest in the department.

During the spring semester, Barraclough had a serious infection in his leg, which was treated with antibiotics and hospitalization. He continued his studies during his recovery.



Bob Barraclough was with the Canadian Armed Forces until a tragic accident left him a quadriplegic.

tained high grades.

Barraclough drives himself to school in a dodge van that has been fitted with more than \$4,000 worth of special equipment, including a power ramp. Ironically, transportation has posed no problem, but parking has. Even though he's been given a designated space, he's often arrived to find it occupied by drivers who've given as excuses everything from late classes to ignorance.

Awareness of problems faced by the handicapped is improving, says Barraclough. He says SFU's wheelchair accessibility initially attracted him to the university and has enabled him to get to classes without a problem.

Since coming to the west coast, Barraclough has had a house built for himself and wife Rhona in Port Coquitlam. The future holds plans of pursuing graduate studies once he's finished his degree.

"There's also a notion in the back of my head that I'd like to try law school," he says, "I'm still at the point of considering it, but I've used to getting things done. It's not things at all."

Work is of two kinds: first, altering the position of matter at or near the earth's surface relative to other matter; second, telling other people to do so.

Bertrand Russell (1872-1970)

continued on p

Editorial

SAR dreamin'

I awoke from a deep sleep to the incessant ringing of the telephone. I fumbled around in the dark, only half conscious, until my fingers tripped over the receiver. I yanked it from the cradle and put it to my ear.

"Hello," I mumbled automatically.
"We've got a boat on fire off Tofino. Get airborne as quickly as you can," a voice said matter-of-factly. Below the cool professionalism, however, I'm sure I detected a hint of glee; as though to say, "If I'm up at this godforsaken hour, you should be too."

It was the Rescue Co-ordination Centre (RCC), I concluded, and the adrenalin that began pumping through my veins cleared the last wisps of fog from my befuddled brain.

"Right-oh, I'm on my way!" I shouted into the receiver, as though I was dealing with a school for the deaf. I leapt out of bed, tripped over a pile of clothes, and fell headlong into the closet. Scrambling back to my feet, I spit out a shoe, and groped for the light switch. A picture went crashing to the floor on the first attempt, but the second succeeded and the room was flooded with light.

My wife was sitting up in bed, clutching the blankets to her chest and, quite unreasonably, looking alarmed.

"What is it?" she croaked.

Dashing out of the room, I barked over my shoulder, trying to sound casual, "Nothing really. Just a boat in flames...lives in imminent peril...a howling wind!"

Now, you ask, how did I know there was a howling wind or that lives were in peril? I didn't, of course, but there might have been; besides, it sounded more dramatic. I threw on a coat, grabbed my keys, and was out the door and into the car in a flash. Only then did I realize I was completely naked except for my coat. I flew back into the house, put on my wife, and kissed my clothes - well something like that. A lot of burned rubber and a few sonic booms later, I was at the hangar, panting and prepared for action.

The rest of the crew was getting the helicopter ready so I took the opportunity to get some more information.

"Lives are in imminent peril and the wind is howling," said the controller at RCC. "The boat was transporting forty-three pregnant women to a conference on birth control in Victoria when it caught fire. It's thirty miles off the coast and they don't have any lifeboats, so you're their only hope." My chest began to swell and my face was transfixed by a grim smile. At last, the mission I had been waiting for! I was soon in the airplane with my trusty crew and on the way to glory.

The wind continually buffeted the chopper and the low clouds were peeing rain; we could hardly see where we were going. But we never hesitated - this was our heroic purpose in life and nothing would stop us.

We reached the coast in record time and pointed the helicopter out into the impenetrable darkness, towards the stricken vessel. I tried to radio the boat but only received static broken by unintelligible transmissions full of awful screams and crying voices.

Our radar picked up a target ahead, and soon we could see a light emerging from the black. As we got closer, we realized it was flames licking at the masts and cabin of a fifty foot boat; the stern was completely engulfed. Crowded in the bow were a large group of women, curiously still and unemotional, as though they knew they had only moments to live and wished to die with dignity. They looked up into our searchlight with pleading eyes. I put the helicopter into a hover over the wildly gyrating deck and told the crew to start hoisting them onboard.

Again and again the cable from the hoist snaked down into the boat and each time a precious form was lifted up to the safety of the chopper. "There's no more room back here!" yelled the engineer, desperation in his voice, after twenty minutes of this nerve-racking work. The flames were moving forward and there was little room left.

"Stack them like cordwood," I said coolly. "But gently."

The controls were a blur in my hands, as I deftly manipulated them to keep the aircraft in precise position; but I was tiring. I didn't know how much longer I could keep it up. Below me I could see the vessel was getting lower in the water. The waves were breaking over the whole side but only partially subduing the fire. We had mere seconds left.

Finally, as I was nearing the limit of my endurance, I heard, "That's the last one," and I looked down to see the boat sinking beneath the pounding waves, the fire forever quenched by their hungry onslaught. I moved the helicopter away and headed towards the shore and the dawn's welcoming light.

After we landed in Tofino and I stepped out of the cockpit, the rescued women swarmed forward to throw themselves at me, begging to be allowed to show their eternal gratitude. I yelled at the rest of the crew to hold them back but they only smirked at me. I fell beneath the crushing weight of their bodies. I could not breathe. Consciousness began to slip away...

I woke up in a death struggle with the covers on the bed; breathless, unable to speak. My wife was leaning over and shaking me saying, "Wake up, it's only a bad dream."

I released the covers and lay back, exhausted.

Things have been slow at 442 Squadron. The nearest we've been to drama at work lately is the daytime soaps Servicing likes to watch. That's not exactly what I signed up for. Probably like most of the people in the squadron, I dream of action, of heart-stopping thrills, of heroic deeds; of an end to paperwork, red tape, and rules.

There's nothing like an emergency to clear out the cobwebs of inactivity and pedantry. The old-timers tell us they came fast and furious in days gone by. Then, you could count on seven boats a-burning, six climbers falling, five planes a-crashing (and a partridge in a pear tree), all before lunch on Monday. Ah, the good ol' days.

So what's happened to the legions of crazies who used to regularly get themselves into trouble across the province? We depended on them; now they seem to have become as scarce as virgins in a brothel.

The problem, I've realized, is people have become too safety conscious. Every day we're bombarded by messages imploring us to be careful, to plan our every move so as to reduce any risks to the absolute minimum possible. Our lives, our health is precious, they tell us. It's enough to make you sick.

What we really need is a good old-fashioned disaster - of biblical proportions! I'm taking fire and brimstone, hail and hurricane. Maybe then I could stop dreaming and start doing.



Canadian Forces Photo by Sgt Ed Dixon

CFB Esquimalt--Manfred Woerner, Secretary General of NATO visited HMCS Huron, on Sunday, June 4, during his visit to the Vancouver area. Mr. Woerner was flown to HMCS Huron, which was conducting military exercises off the west coast, by a Sea King helicopter from HS 443 Squadron. While on Huron for his brief visit, Mr. Woerner was transferred to HMCS Provider and returned to Huron via a jack-stay transfer procedure.



At a special ceremony on Sunday, 18 Jun 89, the Base Commander, Col J.E.H. Gibbon, presented a plaque to the Protestant Chapel on behalf of CFB Comox. Accepted by Maj G.A. Milne, the plaque commemorates the dedication of the stained-glass memorial windows by the Lord Archbishop of Canterbury on 10 September 1954. The windows were presented to the Chapel by Colonel The Honourable Clarence E. Wallace, Lieutenant Governor of British Columbia, in memory of his son F/O Clarence Alfred Blake Wallace, RCAF, who died in action 27 October 1941.

TOTEM TIMES

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Rediscovering Canada

by Ann M. Smith

Perhaps one of the most obvious spin-offs of living in a nation as prosperous as ours are the opportunities that this comparative wealth is seen to provide. As a result, Canada continues to be one of the most attractive immigration points in the world. However, aside from the far-reaching sociological implications of this new Canada, many areas of our society are still in a process of playing catch-up with the realities of the demographic shifts which continue in such dramatic fashion.

Canada's business community, for example, has much to gain from "re-discovering" this ever-changing country. A recent report published by the federal secretary of state entitled "Good Race Relations is Good Business" gives not only an overview of the demographic landscape in the late 1980's, but it also raises some interesting questions about the market and workforce implications of an ever-changing Canada.

For starters, the report says that the most recent ethnocultural breakdown (based on a total population of 25 million in 1986) shows the combined British and French element in this country has shrunk to 63% while non-British and non-French citizens now account for 37% of all Canadians. In terms of business dollars, that 37% market slice - 9.3 million men, women and children - is worth approximately \$60-billion per year. Canada's immigration policy, therefore, will continue to have a profound effect on business activity from coast to coast.

Another important demographic pattern outlined in this report is Canada's aging population. Like most western countries, the report says, more Canadians are living longer. In 1971, 14 elderly Canadians (65 years and older) were supported by 100 working-age Canadians, 18-64 years old. Estimates conclude that by 2011, that number will have doubled as long as immigration levels remain at the current level. A simple read between the lines contains a somewhat more ominous message: as the number of pension recipients increases, so too does the burden on our social system. The big questions then become, "will there be an adequate number of people in the workforce?" and if not, "who will pay for our enormously expensive old-age security system?"

Increasingly low fertility rates are also playing an important role in the way Canadians business is planning for the future. Canada currently requires 2.1 children per woman just to keep pace with the existing population. The current fertility rate, however is 1.6. The report concludes that as long as this trend continues, Canada's population will decline in the early part of the next century unless immigration quotas are raised. The federal government estimates that approximately 200,000 immigrants per year are required in order to prevent a further decline in population and, from a business point of view, to sustain a moderate-to-high level of economic growth.

Although the majority of recent immigrants have chosen Toronto, Montreal and Vancouver as the main centres to begin their new life, the reverberations are being felt across the country. Canadians as a whole, including those in the business community, stand to gain a great deal from a greater understanding of our newest citizens.

Courtesy Mainstream Canada

About Trivia

Dear Trivia Editor

I believe this aircraft is a Supermarine Swift, tested at CEPE Namao, 1956-57. I first saw it flight-tested at the Farnborough Air Show in the early 50's, by Mike Lithgow.

Incidentally, I served with 105 C & R flight and later 435 Sqn at Namao from 1957 to 1962.

Yours sincerely,
John Novak

Your trivia series did not show two other aircraft tested by CEPE, the Gloster Javelin, a twin-jet interceptor, and the Westland Wyvern, a Royal Navy turboprop fighter.

The Swift performed as "Prometheus" in the British film, "Sound Barrier", with Ralph Richardson and Ann Todd.

Thank you John. "Trivia" serves to remind us of men and machines from times when flight was not as ho-hum as it seems today. "Trivia" is more than an exercise in aircraft recognition -- there are a few human stories to tell too. Lend us your photos, and tell your stories. We'll take good care of both...NVB.

A host of followers behind every leader

For every leader there is a host of courageous followers whose contributions are often left in the shadow of a purely selfish superior intent on furthering his own career, says a professor at Carnegie-Mellon University in Pittsburgh, Penn.

Robert E. Kelly contends that most organizations spend an inordinate amount of time and money attempting to foster and develop leadership. But what tends to be forgotten is that a leader cannot be effective without followers; that for every committee leader, there are several followers.

And followers, says Kelly, are not one dimensional. Effective ones are enthusiastic, intelligent, self-relevant, motivated and ambitious. Some view their follower status as permanent, while many others see it as temporary -- pending recognition, reward and promotion.

Kelly classifies followers according to five patterns:

1. *Sheep* -- are passive, uncritical followers lacking in initiative. They do what they are told and no more.
2. *Yes People* -- are dependent on a leader for inspiration. They can be aggressive, but it is usually in a servile nonproductive manner.
3. *Alienated followers* -- are critical and independent in their thinking. Their slogan is "better safe than sorry." They are survivors and adapt to change.
4. *Survivors* -- are perpetually sampling the wind and

going with the flow. They can succeed without good leadership or in spite of bad leadership. They are particularly valuable in flat organizations that rely on teamwork.

spite of bad leadership in some cases. Like survivors, they are valuable in organizations requiring a high degree of teamwork.

Kelly contends that organizations should strive to develop effective followers who can accept delegated authority and use it wisely and with discretion.

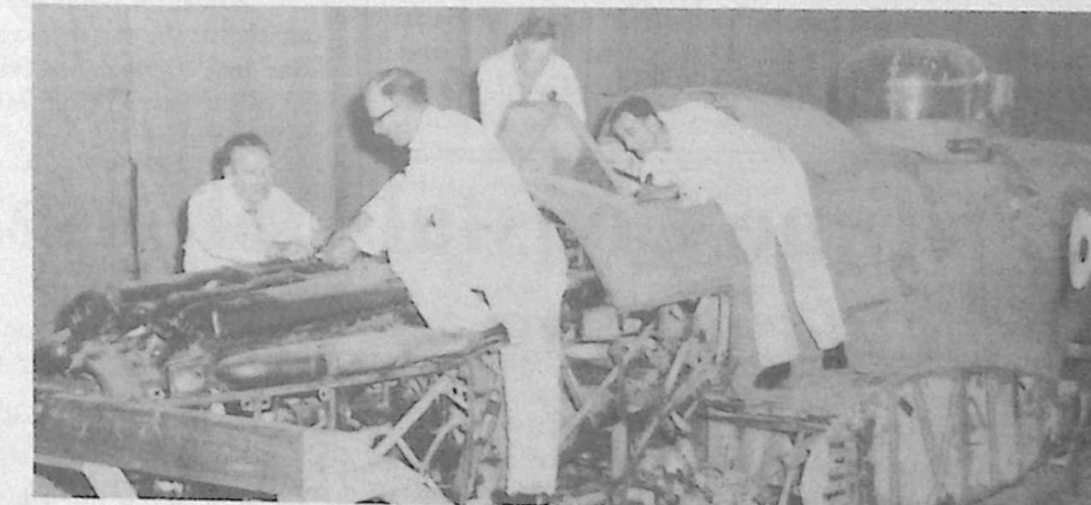
Courtesy Education Leader



Oops! While the staff at the Totem Times were pondering possible news for this edition, right outside their door, unbeknownst to them, this car strayed from the straight and narrow and ended up in this unusual parking place. No one was hurt, however, and it was soon rescued by a tow vehicle.

Air Force Trivia

WHAT WHERE WHEN WHY



Answer from Last Issue

These gentlemen are restoring an old warrior. Clue: Its contemporaries fought -- and lost -- over the Albert Canal in the opening battles of WWII in Europe.

TRIVIA ANSWER

The Supermarine Swift starred in the film "Sound Barrier", with Sir Ralph Richardson. It never lived up to the reputation of its illustrious predecessor, the Spitfire, but then it fought no battles either.

Local scene



From the
top rung

Col
Ted Gibbon

In this, my penultimate contribution to the column it seems appropriate to review what has transpired during the past three years and subconsciously reflect on how many things I had hoped to achieve and didn't. It is a good thing that military people set goals that are unachievable during their own tours because the energy expended invariably helps to overcome inertia and push some mud so that eventually the aims are achieved. Recognizable changes most frequently reflect the effort of one's predecessors whereas my legacy depends on future developments and affords me an ideal opportunity to be history before I can be accountable. Not a bad concept!

Despite the disclaimer some things were accomplished since 1986, other than the very rapid passage of time, and are worthy of note. The most significant were the opening of the Family Support Centre which reflects a new enlightened attitude towards our servicemen, their families and the resolution of their problems and, the opening of the Comox Air Force Museum which depicts the history of our Air Force in the Comox Valley and visibly demonstrates the contribution of our predecessors to the country we now serve in their stead. The arrival of the Dakota is a significant contribution to our heritage air park and represents the very beginnings of the Air Force in Comox, complementing the establishment of 441 Squadron Detachment with the most modern equipment in our inventory.

The contributing requirement to upgrade our facilities proceeds unabated as you will note from the re-siding work in progress and the new military police building taking shape near the main gate. Barrack Block 22 was completely renovated and considerable work has been done on our Married Quarters which has led to a rejuvenation of occupant interest in their yards. The community has improved every year and looks great summer and winter. Thank you all for that. I would be coating this with honey if I didn't mention the new security fence. Enough said.

The Squadrons continue to thrive with the unstinting support of all personnel who make this establishment tick 24/7. They are the focal point of our endeavours and we all share in their achievements. Under the guise of progress they continue to reorganize internally thanks to a responsive CE section. Our relations with the local communities are exceptional recognizing both the economic and social impact we have in the Valley. You have earned and deserve their respect because of the citizens you are.

I know I've missed a few things but I would be remiss if I didn't acknowledge the considerable effort of a lot of people which culminated in the opening of the 18th Green at Glacier Greens Golf Course last week. Dick, it was a seven iron, slightly open stance with a good weight shift. Thanks for the opportunity.

Maritime Coastal Defense Vessels coming

The Minister of National Defence, the Honourable Bill McKnight and the Minister of Supply and Services, the Honourable Paul Dick, announced today that the Government had selected two prime contractors to conduct a one-year competitive project definition for the construction of 12 Maritime Coastal Defence Vessels (MCDVs).

Subject to Treasury Board approval of the two contracts for \$4.5 million each, Canadian Shipbuilding & Engineering Ltd., and Fenco Engineers Inc., have been selected as prime contractors to conduct project definition

which will include the design and development of all plans necessary to deliver 12 fully equipped and supported MCDVs.

The project was announced in July 1988 and confirmed by the recent Budget. It addresses a well-known and serious deficiency, that has existed for some years, in the ability of the Canadian naval forces to control Canadian ports and coastal waters.

"These Maritime Coastal Defence Vessels will help a great deal in controlling our coasts. There is no doubt that they are economical, even at a time of fiscal restraint," said

Mr. McKnight. "They will also enhance the expertise of Canadian industry and, once operational, enable our naval reserve forces to make a major contribution to Canada's security."

The 12 MCDVs will provide patrol and surveillance capabilities, in addition to a mine countermeasures capability. They will be operated primarily by Canada's naval reserve.

The vessels will be designed and built in Canada, resulting in regional and industrial benefits as well as employment opportunities throughout the major regions of the country.

What is your limit?

There are two theories on how best to avoid driving under the influence of alcohol.

Some hold that the safest way to avoid getting charged for drunk driving is to nominate one of your group as the designated driver. That person sticks to nonalcoholic beverages during the evening, while others in the group are free to order what they wish from the bar.

Others still try to manage with the know your limits strategy. With this technique, a person has to count the number of drinks consumed, figure the time it took from the first to the last drink, and then relate all this to body weight.

Unfortunately, most of the advice on know your limits is aimed at helping drinkers stay under the legal limit for drinking driving, which is .08% in B.C.

Actually, a person's chances of causing an accident are doubled when the blood alcohol content reaches .06%.

ICBC update

At the mid-year point, Tom Holmes, President of the Insurance Corporation of B.C. reports that the claims picture, "could be worse".

"The number of claims is about 50,000 higher than at the same time last year -- 362,000 vs 312,500," he said. "However, this increase is mainly as a result of claims for damage to cars where the cost is much lower than the cost of claims for injuries to people."

As a result the prospect for 1990 is that while a premium increase is almost certain, it may not have to be substantial.

"I am encouraged by this situation at the end of June and hope that it continues for the rest of the year," Holmes concluded.

The first impact of alcohol on the brain, even in very small amounts, is on one's judgement.

Another problem with the know your limits approach is that not all martinis are created equal. We have all been taught that alcoholic beverages are more or less standard when it comes to alcohol content.

For example, the 1987 issue of Jobson's Liquor Handbook said that the "average bar/restaurant servings" of liquor contain a half-ounce of alcohol.

That may be true for averages, but alcohol content does not vary only from establishment to establishment. It can vary within the same bar

or restaurant, depending on the time of day.

The influence of very small amounts of alcohol on judgement and the variation in strength of drinks are two reasons why we question the effectiveness of the know your limits approach.

Still another reason for questioning the effectiveness of this approach is the difficulty most people have in counting drinks.

Most people can count up to two, but have difficulty beyond that point. Have you ever heard of anyone stopped for drunk driving admitting to the police officer that he had more than two drinks? Courtesy of

The Bottom Line

Crossword

By Rick McConnell

ACROSS

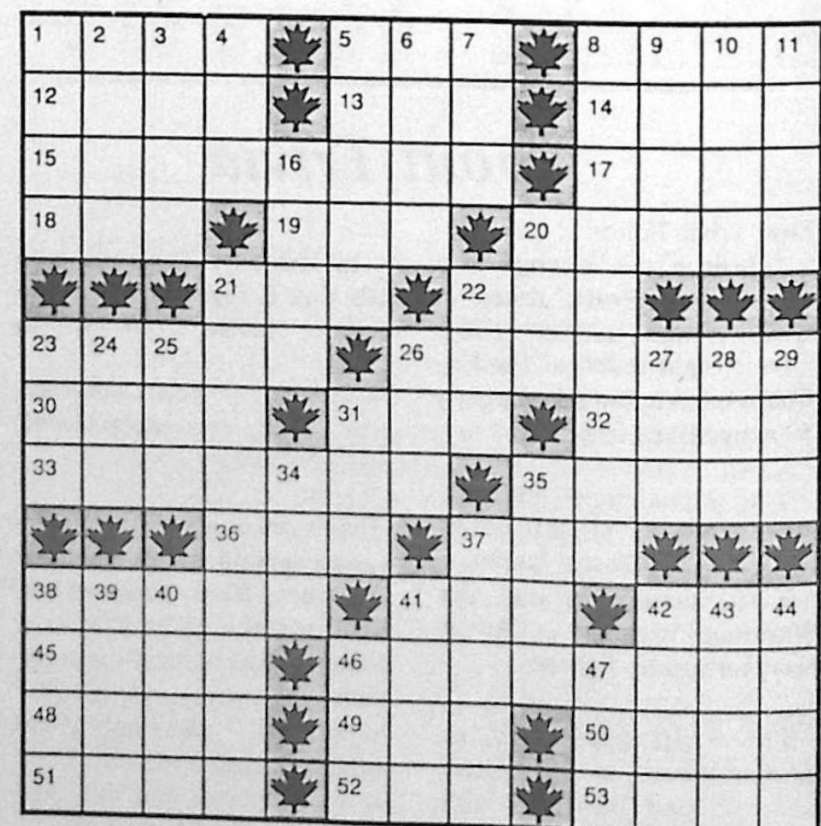
- 1 Fizzy drink
- 5 Pig's digs
- 8 Young horse
- 12 Decorate
- 13 Shade
- 14 "And _____ Amen"
- 15 Sharp, mature acorn, Man.
- 17 Palm fruit
- 18 Beer
- 19 Genetic stuff
- 20 Wrong
- 21 _____ Hill, Ont.
- 22 And not
- 23 Change
- 26 Edgy
- 30 Plant
- 31 Seam
- 32 Part of A.D.
- 33 Flair
- 35 Nap
- 36 Future fish
- 37 _____ a la Crosse, Sask.
- 38 Goofy

- 41 Bikini half
- 42 Watering hole
- 45 Opera high-light
- 46 Large acorn town, Ont.
- 48 Music type
- 49 Employ
- 50 Wine type
- 51 Arrow poison
- 52 _____ Sucker Lake, Man.
- 53 Envir. study

- 11 "... lovely as a _____"
- 16 Southern smell
- 20 Behind
- 21 Algonquin
- 22 Fresh
- 23 Snake
- 24 Meadow
- 25 Decimal base
- 26 Born
- 27 Loner (Eng.)
- 28 Loner (Fr.)
- 29 Bribe
- 31 He's mate
- 34 Shy
- 35 E. European
- 37 Bothered
- 38 Hindu dress
- 39 Press
- 40 Head bugs
- 41 Bottom
- 42 Group
- 43 As well
- 44 Its held by a rod
- 46 "_____ house"
- 47 Anger

DOWN

- 1 Column
- 2 Spoken
- 3 Dam
- 4 Elect. unit
- 5 Home-made drink?
- 6 Subject of a Tainted Affair
- 7 Still
- 8 Coniferous valley in B.C.
- 9 Egg-shaped
- 10 Allows



Solution on page 24



BAMSO News

As leave and TD will take me away from Comox for the majority of the summer, this will be my last column until the fall. I often wonder if anyone actually reads the important news' which I write and I now know that some people actually do. Two lawsuits, a wack to the side of the head from a 'friend', and a slap from a very pretty young lady tends to give me that confidence.

It has now been over three months since the Toronto Maple Leafs lost a game and I suspect that I can count on another two months before they lose again! The Blue Jays are finally playing like I knew they could and I am sure they will be in first place by the All Star Break. And the Argonauts have opened their training camp and should be in the Grey Cup come October. So as far as my favourite sports teams are concerned, all is right with the world.

We have recently been graced with the presence of our new Administration Sergeant, Sgt Ray MacNeil. I am not sure that BAMSO or even the Base will ever be the same, as Ray and I have the same sense of humour and outlook on life. I do feel sorry for Cpl Lourie as she is stuck with both of us for the next year. So if you call the BAMSO OR, please give Lorry some words of sympathy as I think she's going to need them.

As interesting discussion was held in the BAMSO Secretary's office concerning the advantages and disadvantages of waterbeds. I learned that it is unsafe to smoke in a waterbed; you won't die from smoke inhalation but you could drown. I was also made aware that a gentleman should not sit on the edge of a bed while someone else jumps onto the other side. The wave could cause serious injury to dangling objects as it collides with the side. As well, I was told that the best way to be 'friendly' in a waterbed is to 'catch the wave'. Sounds like very sound advice to me! 'Til September: drive safe, play safe, and keep cheering for those Toronto Teams.

Workshops

Welcome once again from the thunder down under (under 7 hangar that is).

Since our last communique, quite a lot has changed within our hierarchy. Our beloved leader, WO Oliver has moved

on to greener pastures. Not only did he win an all expense paid trip to the fabulous resort of CFB Moosejaw, but he also managed to walk away with his MWO's.

We also lost another member of our little club when MCpl John MacDonald was packed off to his new home in Greenwood N.S. This was upsetting news for him as he had finally located a spot where he could work undisturbed.

Not all is lost on the home front, however, as we have acquired Pte Denise Arnold, who is here on OJT learning the valued skills needed to propel her to success as a metal basher. She even went as far as to change her car licence plates to WFA (We Fix Airframes). Before joining us, Denise was attending the gruelling battle school at Wainwright as one of Canada's first women infants. Unfortunately she sustained a back injury and was remustered into the world of metal manufacturing. She says she is glad of the change because it beats the world of metal polishing (rifles and garbage cans). Good luck in your new trade, Denise.

On the sports front, Cpl Russ Armitage is still trying to upset the Workshop's Pickleball Champion, Cpl Rull

On the sports front, Cpl Russ Armitage is still trying to upset the Workshop's Pickleball Champion, Cpl Claude Brochu. The question that I have is: "How do they keep the pickle from getting stuck in the holes on the net?" Until next time, so long and don't forget to keep sending in your aluminum cans as we have an upcoming MOD on a T-31!

by Scott Johnson

NDT

Dear Mom

Hi from the world of NDT. That's Non Destructive Testing in case you don't remember. We've been pretty busy so far this summer. Yea mom, we're still working out of that tiny shop on the ground floor of 7 hangar. I've heard that the shop up on the third floor is supposed to be finished by the end of October. Sounds pretty believable this time and it should be outstanding considering the time that's been put into planning it.

This summer has brought a few personnel changes to our shop. Sandy VanTassel was

posted to Gagetown in late April. She called the other day to say Hello and that they're doing fine on the East Coast. She also mentioned that the CAF has loaned her a whole new set of camping gear, all in green, plus free Huey rides to the campsites. Blake Beyers just returned from leave. I guess he needed the time to relax after his recent marriage. Blake was promoted to MCpl on the first of June and has turned into such a tyrant that the rest of us got together to get him out of here and on his way to CFB Edmonton in the middle of July. To fill the vacancies, Nancy Himsl arrived the second week in June fresh off the NDT course in Trenton and formerly from VU33 Squadron. She was greeted with three consecutive sixteen hour shifts in her first week in the shop. Welcome to NDT Nancy. Filling the second vacancy, Danny Duchesne from CFB Shearwater will be arriving at the beginning of August. He'll be assuming the two 1/C position, I hope that he's not as mean and grouchy as our Sgt in charge, Bert Pelletier.

by Rick Franke

AMSE

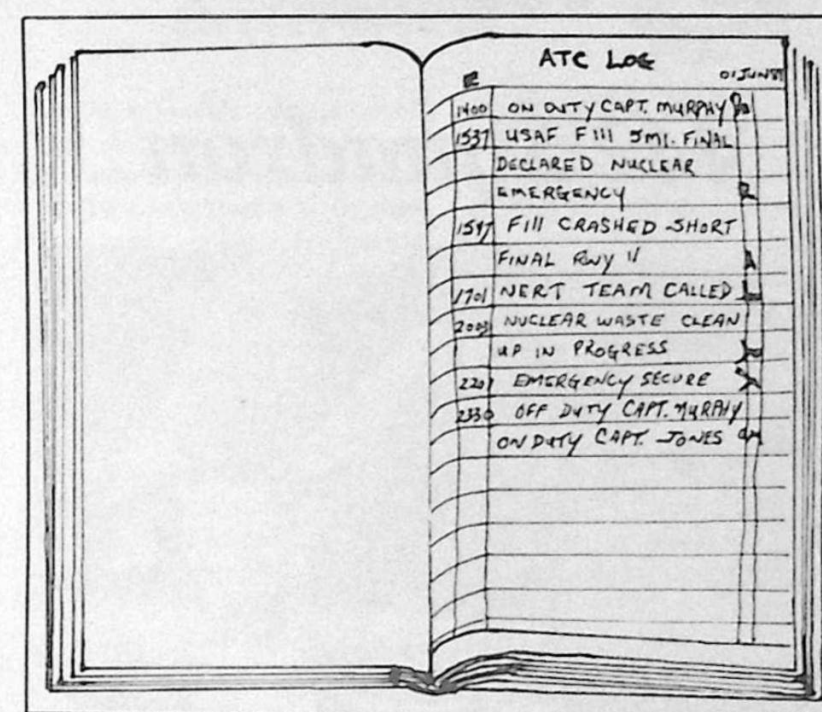
As time goes by the people go bye-bye; we all wish the best of luck to MCpl Johnson on his posting to 407 Squadron.

AMSE's Cpl Damery has just ordered a new mountain bike with a frame made of a special steel and iron alloy guaranteed not to collapse. Speaking of collapsing, MCpl Levy had a tremendous adventure with his boat trailer when it too collapsed last week, but not for the same reason as Cpl Damery's bike (the boat doesn't have a BMI). On the Refinishing side, Cpl Bourassa is enjoying himself so much here he is thinking about another remuster. Cpl Rodger is looking for parking space to put his two boats, two cars, one truck, one motorcycle, camper and tent trailer in -- we are trying to talk him into holding a garage sale. At our last combined AMSE & Refinishing party some of our more elderly members went for a swim with the ducks at the golf club pond. This worked out well as we haven't even had time for a shower lately. We've been too busy slaving away on the Dakota.

Section news

As the
beacon turns

QQ CONTROL



Anything happening Bernie?
No, quiet day really Treavor...
sign me off will ya...G'night.

This edition is full of surprises. It makes me proud to be part of this group of phenomenal characters. By keeping our ears and eyes open we find that there is always someone goofing up or saying something worth writing about.

For starters, I heard that Bernie Murphy was stopped at the base main gate and told by the commissioner that he was too old to wear a uniform. Bernie celebrated his 55th birthday recently, but we think he is still good for another few years. (He claims that he was orderly corporal at the Last Supper). By the way, Bernie is not our oldest controller; our elder was seen controlling in the nude one morning by the duty DSC. Someone tried to explain how that really happened, but we stick to the facts in this column.

Eric Howk finally qualified as a precision Radar Controller. His first three runs were on Argues according to the traffic sheet. Nobody thought of making a fuss about controlling extinct birds. Since our chief controller still tries to hand-off Voodoos to GCI, I guess that makes it alright. Eric is still 'feeling the place' he says. He is referring, of course, to the observation of what is acceptable behaviour in this section. We know he is itching to loosen-up because when he thinks that no one is watching, he dances by himself and sings. What is he going to do when he finds out that everybody does that here? He will fit right in, whatever he does.

Darlene Arsenault checked out in Data last week and is already catching VR ACC's mistakes to the great pleasure of Two Turns Jones. One thing

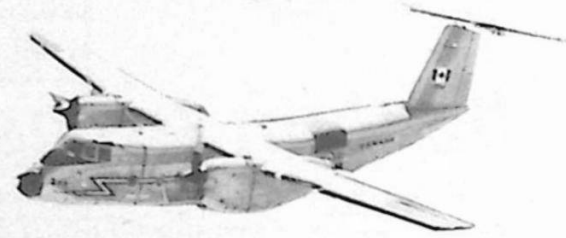
has to be clarified about Darlene: she transferred from Chatham, not Summerside.

These check-outs and the upcoming posting of Kim Pruden called for a party at the Gravel Pit. The turn-out was remarkable since there was such short notice and CB's were rumbling overhead. There were still half a dozen people left at seven o'clock, including Andre Lafontaine. Andre did the responsible thing that night: he locked his only set of keys inside his car so that he wouldn't be tempted to drive it home. Good idea Andre! The next day, he came back to force his way into his car and the Military Police came to help him. Jim Houston saw that from the tower cab and misunderstood the policemen's intentions. He came down the tower with a broom and tried to scare away the MP's who he thought, were giving trouble to his friend. What a story! I love it.

On a more social issue, remember to send you RSVP cards to Sylvie. Her wedding should be the social event of the year.

Dave Tack is 'history', gone to SW; Tom Schrder and Steve Knox are back from course. I bet they learned something. There are a few new people in the section: Shani Cochran is the new private whose hair style rivals that of Pat Farrell's; Darlene MacDonald is the friendly blonde in the tower; Greg Huber is the new 2Lt who walks aimlessly around the unit and Gilles Belley is the stranger that sits at the arrival scope. Go up to them and introduce yourself. It will make them very happy to see friendly people in their new work place.

Section news



442 Squadron



"I've got that sinking feeling" - When a Buffalo landed at Anahim Lake, B.C., in June, it promptly began sinking into the soft surface. One tow truck, a front-end loader, and a great deal of hard work went into rescuing it. Lt Tony Johns (left) and Maj 'Smoke' Blair take a moment to rest from their labours.

Buff Flight

On the Buffalo side, everybody on the crew had a good time at the Yakima Airshow. Everyone, that is, except MCpl Bert Howard. Seems Bert's Buff wasn't exactly cooperative. He spent more time fixing it than flying. Boxer Scott went on a little roadshow in aid of the Skyhawks Jump Team. Boxer was seen discreetly loading cases of quill shafts, bleed air valves, gun tape, and bailing wire. Good luck, Boxer.

And before we go, the continuing saga of Viny Trevors and Lab 307 goes on and on...one more thing Viny: the section has one request - send Kevin Nmorawski to Kamloops, one more day of Kev's whining, and we will all retire. buff

Buff was issued with a new leader this week, having worn the old one out. Bet this one is bigger so he will probably stand up to more wear and tear. All joking aside, we would like to welcome Maj Hanna and his family to 442 Sqn.

Capt Plasse and his travelling side show returned in one piece from their whirlwind tour of the Northwest. Butte, Montana, appears to be the hit of the season with love'm and leave'm Plasse working his magic as usual.

Maj Blair was mugged off this week, as he heads off to Edmonton soon. We all enjoyed working with him and with him the best in his new posting.

We also say goodbye to the

CO LCol Jay, this week, as he heads off to Belgium.

FE section

The section would like to begin by offering congratulations to MCpl Harve Kellner and his wife, Eileen on the arrival of their new baby daughter. Daddy informs us that he had no problems and that mom and baby are resting comfortably at home.

Other news from the OTU has the latest group of baby Lab FE's away on their check ride. Those rides are every engineer's favorite, as they find out the intricate details of operating out of hot spots like Port Hardy and Sandspit. Back on the operative side, MCpl Bruce Richmond returns after successfully completing his land and sea survival course. Meanwhile, Paul Caughy was busy giving Dan Peirson a detailed, guided tour of all the local body shops. It seems Paul is on a first name basis with these gentlemen. Although his MG only needed one visit these past two weeks, Paul got the itch, and decided to deliver Gord Cutler's delapidated pickup for a few mods.

Serge Poirier and Dan Pierson got some rescue work done this past weekend, as the two participated in a 170 ft hoist, at dusk through high trees, outside of BellaBella. Thanks to some excellent flying by Capt Lorne Reid and Lt Paul Krus, and fast work on the ground by sar techs Bob Ritchie and Don Peters the patient was stabilized and evacuated.

Aircrew

Those teen idols of Crew 5 were recently tasked to take several members of the media to film the Exxon Valdez. The crew was informed they should be on their best behaviour for the trip, to which Capt Ron (you can call me... 'joker') Vincent replied, "Cameras? Media?...Wait'll they get a load of me!" During the course of the day Lt Mike Perrault shamelessly mugged for the camera at every opportunity, and may soon be starring in his very own television series tentatively entitled 'Navcom From Hell'.

In a few short days Capt Pete Lipohar will be known as Jodi's husband. A stag, organized in the tasteful tradition of Capt Pete Holst, has been arranged for the lucky groom. Of course, we all remember what a good time the Holster had. My only advice to you, Lips, is to stay away from shopping carts during the evening's festivities. If you do happen to ride in a shopping cart, don't let Biff push it around. On the off chance you end up in a shopping cart being pushed by Biff - for God's sake wear a helmet!

Capt Mike Baumert and Lt Tom Norris have returned from an intense oceanography course in Victoria. Tom said the course was filled with numerous egghead equations, all of which have unlimited applications in the real world. Tom went on to say that he didn't know how he had survived so long without those egghead equations. Mike had nothing to say on the subject - partly because of his modesty toward the press, but mostly because nobody asked him.

After fraying the nerves of Nav Standard icons, Bunny Larocque, Spike Lavigne and Neil Kinley, Capt Mike Savard finally passed his acoustic check ride. This filled Mike with great joy, since it gives him a chance to shape up before the imminent arrival of his good friend Capt Jamie Hooper.

MCpl Walt Carroll did a very fine job in cleaning up his crew room last week, and should be commended for his fierce dedication in fighting dirt. (Walt was complaining about his lack of exposure in the 'Doins' again.)

Crew 4 is off on leave, but Capt Scott Geunther has sacrificed his holidays to hold continuous 2 hour standby at Glacier Greys Golf Course. I'm sure the entire country will

sleep better knowing Scott is out there defending freedom, democracy, and the right to a better handicap.

Recently the FE's said good bye to the members who are departing Comox for points East. This all happened at the watering spot at the threshold to Runway 11; namely the Griffin Pub. As usual the grub was first rate The FE's wish to thank the owner and staff of the Griffin for their hospitality, especially our serving wench. As the medical authorities say these days: "Canadians should eat more fibre in their diet". Does that include muffins? A surprise award was handed out at this function; the *top bunk award*. The winner of this prestigious title went to none other than WO Rob 'Pokie Dot' for accumulating 1000 hours of bunk time in the CP140. Everyone enjoyed themselves and the highlight of the evening was Bobby Knox's stories. He certainly had a captive audience, especially his wife Lois who was hearing the stories for the first time. Rumour has it that the next 'soiree' will be held in early August. Stay tuned for firmer details.

In other news, the Boeing Service Flight made it in to Comox. Rumour has it that Sgt MacCulloch's wife needed a free ride to Trenton so 437 Sqn deemed the Service Flight a higher priority than the Economic Conference in France and scheduled it accordingly. Who says Sgt FE's had no pull. July is shaping up to be a busy month for the Sqn and the FE's in particular, with summer leave and postings in full swing. Another unconfirmed rumour has it that there is

a Flt Eng 'Symposium and Shopping Spree' in the state of 'Smog and Price Clubs'. I don't know if the higher ups will authorize four Flt Eng's on one A/C. The final outcome will be interesting, indeed.



2 crew

These last few shifts have seen quite a few horseshoes flying. This session's overall winners were Jim Taillon in singles and John Baurner and Paul Tehonchuk in doubles. We also got into a crew ball game which ended up being a real thriller, but in the end, the best team won! There's been talk of a rematch, but we know its all in vain, right gang?

We must bid a fond farewell to Sgt Helard who is off to Esquimalt (once a sailor, always a sailor), Sgt McKinnon (the jaw), MCpl Dufour (that other aurora base), Cpl M. Penny (to wind chill Winnipeg), Cpl Tehonchuk (to the 'bay' in Trenton), Cpl Parker (to cool pool), Cpl Gordon (bagtown), and last, but not least, MCpl Davidson who shifted to 3 crew. Good Luck to all!

If anybody happens to notice any 2 crew personnel acting strange and walking funny, it only because we've been "Bushwacked". This syndrome may pass, we hope.

Lastly, congratulations to Sgt McKinnon for his recent promotion to WO.

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AUGUST 4, 5, 6, 7, 1989



32 Years -- and a Commendation



740 Comm Sqn's Capt Joe Peturson received his certificate of Service and a Base Commander's Commendation recently. "As Commander of 740 Comm Det he has provided exemplary service to the Base and resident Squadrons...as Chairman of the Drug Education Committee he showed genuine concern for people...that generated respect and gratitude from all involved." Presented by Col Gibbon, Mrs Peturson attending.

After 20 years



Mrs. Gerry Clarke, BCPO office receives her retirement certificate after 20 years in the Public Service, Col Gibbon presenting.



RETIRING-LCol Mack (BTSO) presents retirement certificates to Mr. Tapp, Mrs. Stephenson, Mr McDonald and Mr. Slykova.

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Section news

Anker Klankin'



Contrary to popular belief, VU33 Sqn is still operating out of 7 Hangar as usual. The official word is in and we are going to keep operating our Trackers until the end of next March. After that, things are still fairly hazy but it looks like our T33s should be wearing Squadron colours for many more years. Maj Arsenault is trying to convince the people that control his career that it would be in the best interests of the CAF if he was kept on for another year to ensure a smooth transition. Good luck, Maj.

Congratulations to our newest Sergeant, Rob McFadyen. Rob spent an entire week figuring out his pay raise and just when he had it all budgeted, he got promoted. I guess he'll be confused for another week or so. Rumour has it that his wife has already applied to get their Visa limit increased. Congratulations also go to Capt Dan Orr who received his Class C contract to fly with us for the next while. Dan's decades of flying experience add very valuable experience to the Squadron and we are happy to have him. The Squadron would also like to welcome Capt Harry Chapin to the fold. Harry comes to us from CFB Cold Lake and I know he must be thrilled to be coming here.

The VU33 Family Day was held a few weeks back, with everyone who wanted to, going

up for a Tracker ride. It seems that 407 was having a family day also and a certain 407 Sqn Major's wife (don't worry Maj Cousineau, our lips are sealed) ended up in the back of one of our Trackers. She thoroughly enjoyed herself but kept asking everyone where the other 27 people sat and could she please have her filet mignon, medium rare. The aircrew trowned the groundcrew in a friendly game of beach volleyball and won bragging rights until next year's game. Not wishing to pour salt into an open wound, that is all that will be said. Probably not!

Techside

To start off this edition, we give congratulations to our SAMO, Capt Snow, on the acquisition of a couch for his office. He finally caught up to the SWO.

We lost our AMCRO staff; Sgt Alberding has gone to 442 Sqn Servicing. Good Luck Jim. Cpl Paul Nolan is gone...somewhere - the SWO is still looking for him.

A recent rotation of personnel has MCpl Greg Zoopkow working with Cpl Duane Veitch in Eng Bay. With both these fitters being 'Cold Lake Trained', we are waiting to see if they meet the high standards of VU33 Maintenance.

MCpl Al Nantel came to 1 Crew Serv just in time to meet our newest arrival, Cpl Glen Arsenault, an Engin Tech from Summerside who is actually Tracker qualified.

MCpl Erine McAlpine and Cpl 'Weiner' Lavigne are happy to see all the new personnel coming into the Sqn. They are on their short-time calendar with a countdown on their last year. This is an advance warning to civy street -- be prepared.

On the recreation side of things, our Slow Pitch Team actually won a double header last week. I don't know who was more surprised, we or the opposition. VU33 is attempting the West Coast Trail and with a few of the boys being over 40, the Sar Techs are rumoured to be on full alert for the occasion.

MCpl Gene Meyer is on a reverse diet to try and get his BMI into double digits. If you need some pointers Gene, come and see me - I'm not hard to find! The Electricians in Maintenance have been kept busy. MCpl Boyd Russell spent a few days out at Goose Spit getting the place 'ship shape'. Cpl Luc Lauzon is now functional with a high speed limp and Pte Jay Cumberland has started his release countdown and if he is as good as he says, the grizzly bears in the Swan Hills area should go into hiding.

Last, but not least, MCpl Harry Weeds has almost finished the tool boards in Servicing. The ASO, WO Lyle McManus, has been with him on this one, to ensure that they were ready for next year's AMIT.

Medical Association proposes 'rescue' of AIDS film from Vander Zalm government

A proposal to rescue the anti-AIDS video for teens shelved by Premier Bill Vander Zalm will be presented to the British Columbia Medical Association Board of Directors, says BCMA President Dr. David Blair.

"I hope that BCMA will find a way to pick up the funding for this video and make sure that young people get to see it."

Dr. Blair said that the video has been acclaimed by AIDS experts and health educators because it is realistic and packaged to appeal to the target audience. "Young people are sexually active, whether we like it or not," said Dr. Blair. "We have to acknowledge what's really

going on, and tell our young people that while condoms aren't perfect protection against sexually transmitted diseases, they're better than unprotected sex."

"The BCMA was the first organization in Canada to run ads promoting condoms to help stop the spread of AIDS," he noted. The 1987 newspaper ad "Your first aid against AIDS" showed a generic box of condoms with a brief message that acknowledged condoms were only one small step in the fight against AIDS, but could still save lives.

"I will be presenting the request that we fund distribution of this video to BCMA Board of Directors," said Dr. Blair. "I am optimistic that my colleagues will agree that an ounce of prevention is the only cure for AIDS right now."

Buckle Up BC!

...non-belted occupants have been killed in crashes at speeds as low as 19 km/h.

CF news

WW I Victoria Cross winner dies at 97

Canada's last Victoria Cross winner from the First World War, who single-handedly captured 45 enemy soldiers, died in Ottawa on 11 June, aged 97.

Charles Smith Rutherford not only won Britain's top military award for valor, he also held two other British medals — the Military Cross and the Military Medal.

Clipsheet had visited Rutherford at the Rideau Veterans Home only a few days before his death. He'd been smartly dressed in his blue blazer with its Canadian Legion crest, Legion tie and grey flannel trousers. One of his four children, Rosemary Gormley, was on his side.

Rutherford's death was described by Bruce Beatty, technical officer at Government House's Chancellery of Canadian Orders and Decoration, as "the end of an era". "Canada's military

heritage is slipping away with the passing of these men," he said.

He remembers Rutherford as being modest about his conduct. "He was like most of them (the Victoria Cross winners). He didn't make a big thing about it. He felt he had just been doing his bit."

On 26 August 1918, the 26-year-old Rutherford, a lieutenant with the 5th Battalion of the Canadian Mounted Rifles, was advancing with his men on Monchy-le-Preux on the Arras front in France. It was the middle of the night and pouring rain.

Three miles up they ran into four field guns. They captured about 20 men who came out of their dugout and surrendered. Then they went on to Monchy-le-Preux.

While the artillery was shelling the town, Rutherford went over to A company to see



how they were doing. He was gone about 10 minutes. When he returned he couldn't see his men. He thought they'd gone on into the town as the barrage had lifted. He ran as fast as he could to catch up with them.

Unbeknown to him his men had entered some woods.

"When I was within 100 yards of the town all I could see

were Germans. So I decided to go and do the best that I could with them.

"All I had was my loaded revolver. I walked up to the Germans and demanded they surrender. They were my prisoners. One German who spoke English said, 'no prisoners. No you prisoner'. They asked me to go to their dugout but I wouldn't."

"He went in and when he came out, he gave an order for the others to drop their rifles. They did. Boy, was I in a fix! I didn't know what to do next."

"Then one of their machine guns opened fire on A company. I said 'your machine gun is firing at my men'. I was afraid that my men might start firing back." So I said, 'you go and stop your machine gun and I'll stop mine...'

"I ran back. When I was out of sight of the Germans I took my hat off and waved my men

to come on. They were soon there and I sent two men back with 45 prisoners. Then we went over to the other machine gun and got 30 prisoners there."

"The records show that the 3rd Canadian Division took Monchy-le-Preux that day. I was the 3rd Canadian Division."

According to the Victoria Cross citation in the *London Gazette* 15 November 1918, Rutherford's action was a "masterly bluff".

"He persuaded the enemy that they were surrounded and the whole party of 45, including two officers and three machine gun (crews) surrendered to him."

"Having bagged the German officer, Lieutenant Rutherford further employed his wiles to the extent of inducing the captive to stop the fire of a hostile

continued on page 23



CFB Esquimalt — The Honourable Mary Collins, Associate Minister of National Defence, is briefed by A/Sgt Francois Lavigne on the operation and role of HMCS Oriole. Mrs. Collins was onboard the Oriole as part of her June 2 visit to Maritime Forces Pacific units. (Canadian Forces Photo by Sgt Ed Dixon)



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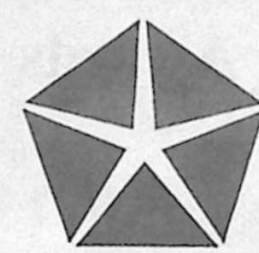
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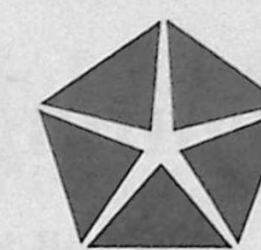
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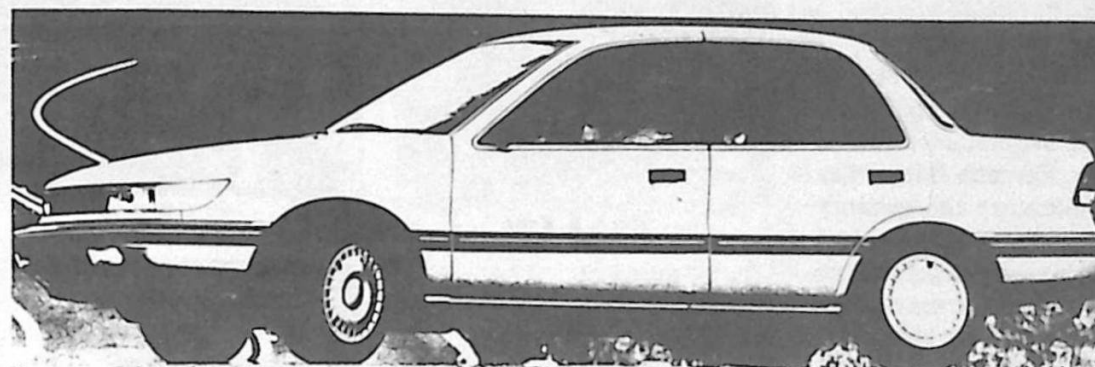
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That's the most often heard excuse from drivers involved in automobile collisions -- if they're lucky enough to survive.

Faulty perception -- the failure to see an oncoming vehicle clearly and soon enough -- has been cited in some studies as the cause of nearly half of all road accidents.

That's why the federal government has decided that all cars, buses and trucks sold in Canada, starting with the 1990 models, must be equipped with automatic daytime running light (DRL) systems.

These lights will be activated whenever a vehicle is operated without its regular headlights on. They'll go out when the headlights are turned on or the motor turned off.

Some carmakers have already installed DRLs in a few of their 1989 models, but they won't become mandatory until next year's cars come on the market.

Ottawa's decision to amend the Motor Vehicle Safety Regulations was not made lightly. It came only after extensive research by Transport Canada and successful experiments with daytime lights in Finland, Sweden and Norway.

The success of DRL use in the northern European countries had a strong influence on Canadian road safety experts, because Canada's climate and

light conditions are very similar. Tests in Canada have also been conclusive. One study by Transport Canada of Department of Defense vehicles fitted with automated daytime lights found they were involved in 20% fewer accidents than were the unmodified vehicles.

Grant Smith, Transport Canada's chief of road safety promotion, predicts that the introduction of mandatory DRLs in Canada will prevent as many as 38,000 multi-vehicle accidents each year.

"Such a reduction," he says, "means that at least 120 lives will be saved annually, there'll be 11,000 fewer injuries and a \$200-million savings in medical costs. These benefits greatly outweigh the estimated purchase and operating costs of daytime running lights."

Publicity campaigns in various parts of Canada in recent years have promoted the merits of daytime lights use. About one in five drivers is already following this practice on a voluntary basis. So far, however, the Yukon is the only jurisdiction to actually pass a law (in July 1987) that compels all cars to have their lights on at all times when being driven.

"The use of low-beam headlights during the day, whether voluntary or compulsory, is seen as an important adjunct to the new federal DRL regulation," says Jim White, a crash avoidance engineer with Transport

Canada. "But for several reasons, conventional headlights are not as effective as DRLs. For one thing, they are dependent on the memory and behaviour of individual drivers, who may forget to turn them on, or who may leave them on after parking and drain the battery."

Continual use of headlights also entails use of the parking, tail and instrument panel lights, increasing fuel consumption and bulb replacement costs by more than \$40 a year, compared with the few dollars DRLs will cost.

Headlights can also produce a bothersome glare effect because they are sharply focused, whereas DRLs are omnidirectional and have much less intensity. DRLs will also preclude the daytime use of the high beams (either intentionally or by mistake), which increase the glare to potentially dangerous levels.

For all these reasons, the crash avoidance officials at Transport Canada are hoping that most car owners who aren't planning to buy a 1990 model will buy suitable DRL kits to retrofit their older vehicles.

"It will be the best and cheapest investment in driving safety that any motorist can make today," says White. "It will prove cheaper in the long run -- as well as more reliable -- than leaving the headlights on during daytime driving."

Such kits are now available at most automotive supply outlets for about \$40 to \$50. But buyers should make sure that any DRL kit they buy meets new Canadian Standards Association specifications.

Another compelling reason to light up your car in some fashion during the day, even with the low-beam headlights, is that unit cars will become relatively harder to detect as more and more cars convert to daytime lighting.

"If you're not using DRLs or some other form of daytime lights, and everyone else is," says White, "you may not be noticed by other drivers who will be expecting to see lights that aren't there."

Safe Driving Awards



Sgt. G.A. Kane



MCPi R. Geub



Mrs. Barbara Gariepy



Mrs. Susan Meyer

Coping with driver stress

Anyone who drives -- whether professionally or not -- can list dozens of situations that cause what we call 'driver stress'.

Stress is your body's reaction to external events or experiences in your environment. That reaction can be physical, mental or both. It may cause increased heart rate, a rise in blood pressure, nervousness, irritability, headache, etc. Stress may also affect your ability to think or behave in a rational or appropriate way -- and it's that part that gets many drivers into trouble.

Drivers who are 'running late', for example, frequently speed or take chances to gain a little time. The driver who is angry also frequently speeds and may deliberately antagonize other drivers. And depressed drivers may be so preoccupied that they are oblivious to others and exhibit an erratic style of driving. Such types of behaviors, of course, frequently result in accidents.

The sources of driver stress may be caused by or related to the actual task of driving, or it may be the result of other job-related problems or personal experiences.

So what can we do to reduce the stress level? Planning ahead helps. Prepare for the weather conditions by making sure your tires, brakes, windshield wipers and washers are all in top working order. Check your lighting system, air conditioning.

Listen to traffic reports, and, if necessary, choose alternate routes. Allow plenty of time to reach your destination.

If, in spite of your good planning, you end up in a stressful situation, stay calm. Realize that you have a limited control over the situation and do what you can. Getting upset or angry will only make you feel bad and won't solve the problem.

Stress imposed by driving on long trips can be reduced with frequent stops for stretching, exercise, and coffee or food. Isometric exercises can be done while sitting in a traffic jam. Such exercises relieve your tight muscles and give you something else to think about -- tackling both the physical and mental effects of stress at once.

Your personal health status (both physical and mental), can also be a factor causing added stress during driving. Physical illness, emotional upset, fatigue, boredom and drowsiness after long hours behind the wheel can all cause stress...even when the driving conditions are good.

Many methods of dealing with stress have been written about in books, magazines, and newspapers, including exercise, progressive relaxation, biofeedback, and meditation. No one way is right for everyone. Try some of them out. Choose the one that's right for you and use it for coping with your stress from driving and from other life experiences.



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Terminal-in-a-briefcase: just dial the nearest satellite

You're caught in an emergency with no telephone available for miles and miles. What to do? Just open your portable terminal-in-a-briefcase and dial up the nearest orbiting communications satellite.

Such a scenario has now been made possible by a Canadian electronics company which has designed a portable satellite terminal so small that

it can be stowed under the seat of an airplane.

The compact terminal was designed and built by Skywave Electronics Ltd. of Kanata, Ontario. Weighing 18 kilos and measuring 48 by 38 by 17 centimetres, it runs on rechargeable batteries, takes less than two minutes to set up and can be used for either voice or data transmissions.

For data transmission, the terminal can interface with a

number of different computers. It's possible, for example, to use a Tandy 102 laptop computer to transmit the data and a Macintosh personal computer to retrieve it.

The unit should be particularly useful to journalists, peacekeeping personnel and emergency service workers who want to transmit voice or data from areas not serviced by telephone.

Canadian Science News

Summer fire precautions from the fire chief's office



Cooking outdoors

When cooking outdoors, flammable liquids near live coals can cause explosions and burns. In addition, the following precautions should be taken:

--the safest starters are chemicals in cake form or a charcoal electric starter (approved by a nationally recognized testing agency); never use gasoline, naphtha or other such flammable materials.

--never add starter after you have started your barbecue; to speed a slow fire or rekindle a dying one, tuck dry kindling under the charcoal.

--keep small children away from the barbecue.

--make sure the barbecue is level and steady and keep a container of water handy.

--after cooking soak the coals. Coals that seem "dead" can re-ignite a day later.

--the use of barbecues on apartment balconies is a most dangerous practice due to the confined space and the hazards involved in the use of starting fluids. They can also produce poisonous carbon monoxide gas in the apartment as well as a smoke nuisance to your

neighbours and to yourself.

--also charcoal-burning barbecues should never be brought inside the house or a tent or a recreational vehicle because of the danger of carbon monoxide poisoning in sealed or confined areas.

--never keep damp or wet charcoal in an unventilated area due to the dangers of spontaneous combustion which can result from the drying process.

Camping out

When camping out or in the backyard, exercise special care with flammable liquids and open flame near tents. Take the following steps:

--buy a tent made of flame-retardant fabric. A paraffin coated cotton tent can burn up in a few minutes with someone trapped inside. If possible purchase a tent with two exits -- or with a window sufficiently large to serve as a second exit. It is also a good idea to have a sharp instrument in the tent. In case fire obstructs the only exit, it can be used to cut out an exit in the walls.

--never use candles or matches in or near a tent. Use flashlights.

--extra care should be exercised when using electricity and lighting in or near tents. When using heaters, keep them well away from walls, pillows, camping chairs, in fact, all contents of the tent.

--build your fire downwind, far away from your tent. Make sure it's out before you go to sleep.

--a fire extinguisher is a must in every camper's equipment, for it could well be a lifesaver. It is also recommended that a portable smoke alarm (detector) be part of every holidayer's equipment. A minimum of one of these devices properly located in a recreational vehicle or a tent, a motel or hotel room, can detect the presence of smoke and may provide those precious extra moments that can mean survival.

--campers who carry fuel for propane or gasoline type camp stoves in the trunk of the car should never leave the fuel in the trunk over the weekend or any longer than needed to transport it. If you are planning a full day's drive to a campsite, take the precaution of opening the trunk periodically to ventilate the compartment.

--never freshen a fire with a liquid starter. Explosions can result. Keep liquid fuels away from your tent and children.

--all fire laws, ordinances and regulations should be strictly observed.

--children are burned in their own backyards experimenting with campfires, candles, tents, gasoline. Supervise learning and play. Make sure your children are safe. A little extra caution is an item well worth taking on any camping trip--whether it be the backyard or the open woods variety.

Human Rights Act means protection for you

The B.C. Human Rights Act is the provincial law aimed at protecting us from discrimination. The general rule is that you can't discriminate (or be discriminated against) on the basis of race, colour, ancestry, place of origin, religion, marital status, physical or mental disability or sex.

The Act includes protection from discrimination when buying real estate, renting accommodation, using public facilities, in signs and public notices, and in the workplace.

For example, a hotel manager or landlord can't refuse to rent a room to Native Indians, nor can they charge them a higher rate or rent. A restaurant can't refuse service to blacks or to a person with a disability. But the rule applies only to services offered to the public. Private groups or clubs can restrict membership in any way they choose.

What can you do if you feel you've been discriminated against?

Our Human Rights Act is quite new. (It used to be the Human Rights Code.) But the procedure to make a complaint remains much the same as before. You make your complaint to the Council of Human Rights -- this is new. But you still do it through the Ministry of Labour, just as before.

You can go, in person, to the Ministry of Labour Office near you, or you can write or call them, collect. You can even have another person make a complaint on your behalf.

Whatever procedure you use to make your complaint, do it promptly. If you wait more than six months your complaint may be tossed out, unless there is good reason for the delay.

If the Council decides that a complaint is frivolous, conceived from improper motives, or outside its jurisdiction, it can decide to dismiss the complaint immediately.

If the complaint is dismissed or discontinued, you're notified in writing. Although the Act gives you no right to challenge this decision, other laws may assist you. If you're still determined to pursue your complaint after the Council dismisses it, you should see a lawyer.

If the complaint is not dismissed or discontinued, it is sent to a hearing by a Tribunal appointed by the Council under the Act. The hearing is usually conducted by a member of the Human Rights Council.

If an inquiry is held, both you and the person you have complained about may present evidence. All of the facts are reviewed. The Tribunal then rules whether there has been a violation of the Act and, if so, what type of order should be made. The Tribunal can award damages for any expenses caused by the discrimination.

So if you think you're the victim of discrimination, contact the Council of Human Rights through the provincial Ministry of Labour. Those offices are listed in the blue pages of your phone book.

Are you 60 years of age or over? and... Do you rent your accommodation?

You may be eligible for Shelter Aid for Elderly Renters (SAFER).

As part of a \$120 million package of new housing initiatives, the provincial government is enhancing the SAFER program by:

- lowering the eligibility age to 60 from 65;
- increasing the allowable rent ceiling; and,
- adjusting the assistance formula to help those most in need.

If you or someone you know may be eligible for SAFER, find out more by calling:

Victoria: 387-4331
Lower Mainland: 682-0391
Rest of Province: contact the operator and ask for Zenith 2656

or Write to:

SAFER
Ministry of Social Services and Housing
PO Box 2500 Victoria, B.C. V8W 3A1



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Ministry of Social Services and Housing
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Recreation



Saturday the 8th of July celebrated the grand opening of the new 18th hole at Glacier Greens. Seventy-six golfers, including Col Gibbon, teed off to mark the occasion. A recap of the results will be available for the next edition but suffice it to say that the CO made the first shot to the new green and only a dreaded yip prevented a deserved birdie.

Congratulations to Doug MacArthur who ached the 7th hole during the tournament. On July 23rd a His and Hers Tournament will be held. Sign up by the 21st. This will be another hot dish pot luck event which was well received previously this season. Looks like a good time to try those new recipes on a captive audience.

Ladies Golf



Catching up on the Glacier Greens Ladies' Golf activities, on June 13th a special competition was played, namely, the Dorothy Franklin Memorial. A nominal fee was collected which was donated to promote Junior tournaments in

various districts. There was a 3-way tie for the Net Differential including Ann Blake, Lorraine Courtemanche, and Ann Patterson. On a countback, Jackie Wilkie came in with 1st Low Gross, and also on a CB Lorraine Courtemanche won 1st Low Net and Least Putts was achieved by Kay Banks.

On June 20th another trophy was challenged, the Powerhouse, an annual event supported by Stu Mohler. Congratulations to Kay Banks who came in with a net 69 (CB). It was another CLGA Pin Day so Kay did very well for herself. Inge McArthur came in with Low Gross, scoring a 91, and Millie Hudson won a ball for the least putts. On Tuesday, June 27th, 14 of the ladies journeyed down Island to compete with the ladies at Eaglecrest golf course. In spite of the wet, wet, rainy downpours, the ladies forged on to a final finish. Thanks to our hosts for a fun day and a super lunch.

July 4th, another Pin Day and also the qualifying round for the upcoming B.M.W. Tournament (entry fee \$5.). Play-Off to be held in Quebec. May the best 'man' win - Enjoy the trip! July 11th is laid down for the 2 Ball best Ball Qualifying Round. Still time to practise and get 'it' up and in - not 'back and beyond'. Results to come later.

In the meantime, remember, it's a fun relaxing game! Oh yeah?

by Vi Wilander

Early Bird Swim

The base pool will be open for military and casual swim from 0630 to 0730 hrs, Monday to Friday.



Choosing the right coach

Remarkably few children no matter how much a parent or coach pushes or encourages, ever develop into professional athletes. Many more, but still proportionately few, earn university athletic scholarships.

Sports will never be much more than a past time for most, but taking part can have a major impact on helping to shape a young persons mind and body.

If your child gets involved in organized sport, take a close look at how things work. The following represent a series of points parents should look for in a coach.

★ Is your child's coach properly trained in the art of

coaching? The National Coaching Certification Program offers courses to help coaches develop their abilities.

★ Does the coach make the sport enjoyable for their children? Up to about age 11, children participate in sport mainly to have fun. Competition is least important at this stage.

★ Does the coach treat each child as an individual? It's the coach's duty to make sure each child participates equally in activities and that each player is treated with respect and dignity.

★ Does the coach act in a mature, adult manner? Children only learn what they

are taught. If the coach has temper tantrums or screams at players or officials, children will believe this is acceptable behavior.

★ Does the coach respect the rules of the game, the officials and the opponents? They are all essential parts of every game and without them, the game couldn't happen.

Parents--don't be afraid to talk to your child's coach about his or her attitude toward sport. Share with them the reasons you have enrolled your child in sport and make sure both you and the coach have the same outlook on the experience.

Int'l military sailing competition

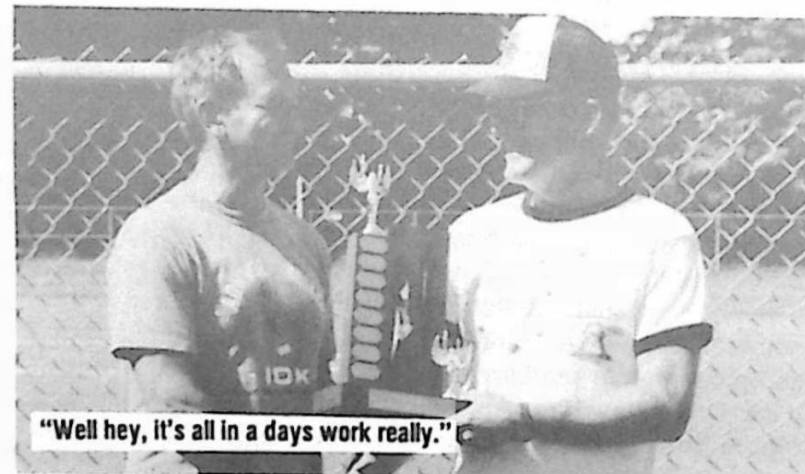
Halifax--Members of the Canadian Forces with sailing experience and an interest in international competition are encouraged to try out for the Canadian Forces entry in the Conseil International du Sport Militaire (CISM) competition to be held in Argentina 26 Nov - 5 Dec.

Maritime Command will select and train a sailing team to participate in the competition for the first time. Last year, 18 countries took part in the competition held in the Netherlands.

To be eligible, members of

the Canadian Forces (Regular or Reserve) must meet the following criteria: teams only will be considered, to consist of one skipper and two crew, demonstrate a detailed knowledge of IYRU rules/Olympic scoring rules; and be available during the period 10 Oct - 5 Dec.

Team entries are to forward their sailing resume to Maritime Command Headquarters, FMO Halifax, Attention: CPERO, no later than 1 Sept. MARCOM OPI is Lieutenant-Commander J. Thibault, (902) 427-2339.



"Well hey, it's all in a days work really."



"That's amazing! It's just hanging there. Do I get extra points?"

1989 is the Year of the Coach

For most, the coach is someone recalled with fond memories.

Nearly everyone has a favorite story about the coach who made them run in the rain or the one they threw in the showers after the big win.

It is estimated that virtually every Canadian has experienced coaching at some point in their life, either as a coach or as an athlete. That contact contributed a great deal to the values and habits employed throughout life.

In Canada, 1989 has been declared "The Year of the Coach" in recognition of the contribution these individuals have made to sport and society. The theme of this special year is "Someone to look up to".

Studies have shown that a coach is one of the most influential people in a child's life -- often more so than parents. Coaches teach not only the skill

s of the game, but the skill of life. The coach guides not only the physical growth, but the emotional, social and moral development, too.

This influence, combined with increasing sophistication in sports and sports science, makes it no longer acceptable for a coach to be someone with just a whistle and a love of sport.

Athletes and parents desire a coach with good skills, who is knowledgeable about the latest technical developments in their field and whose attitude toward competition and sport is one that has a positive influence on the athletes as a whole person.

The right coach can take an individual with an interest in sport and turn them into an athlete with the physical and mental skills necessary to perform at their best.

A grassroots or recreational coach's job is to develop these kids. As national basketball

coach Jack Donohue once said to a recreational level coach: "Your job is to develop these kids. It's my job with the national team to win."

A coach with the wrong approach can turn a child off sports or seriously damage their self-esteem.

Larry D. Brooks quit football after playing in his freshman year. His coach convinced him he did not have what it took, he wasn't tough enough.

By the time he was a senior, Brooks had sprouted to 6'5", weighed in at 220 pounds and could throw a baseball harder than anyone in his home state. He was drafted and signed by a major league baseball team.

"Looking back, I really regret not playing football. It would have been a lot of fun. But thanks to you, I turned against the game before I ever really got into it," he wrote in a letter to his coach.

Some children are slower to develop and may not appear to have the physical skills necessary for a high level of athletic success. Young people like this are far too often discouraged from sport participation or belittled out by better players. This is no longer acceptable.

Today's coaches must be leaders, guiding their athletes through the latest drills to enhance performance while remaining conscious of their safety. They must balance the desire to win with the need to give each participant a fair share of the playing time to develop basic skills.

A coach must assume the responsibility of knowing that every comment and action has the potential to affect a child or teen's sense of self-worth, not just as a player, but as an individual.

So let's hear it for the coach during this time of tribute. "The Year of the Coach" is a chance to look back and say "Thanks, Coach" and to look forward to the future of the coaching profession.

Spring Sports Tabloid

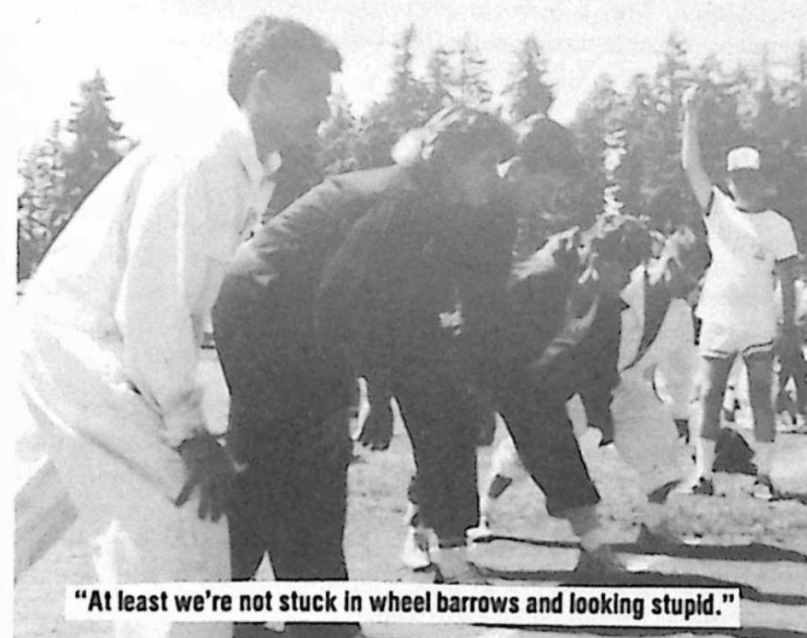
Many moons ago, on 31 May to be exact, CFB Comox hosted a Spring Sports Tabloid in conjunction with National Fitness Week.

Zany Competition events, some of which are shown here, included a Chain-of-Command race, tug-of-war,

soccer kick, sack race, and golf putt.

The overall winner was BATCO, with 442 Sqn a close second.

Special thanks to officials and the organization staff, in particular, MCpl Anne Davey and MCpl Wayne Marsh.



"At least we're not stuck in wheel barrows and looking stupid."



"Which way to the funny farm."

Recreation

Summer fun at CFB Comox Rec Centre

Get registered for fun and excitement by taking Red Cross swimming lessons and/or attending Day Camp. Session II of Day Camp will include a Sports Day with two local Rec Centers, a field trip, and our annual Nickel Carnival.

Session Dates

Session II July 17 - July 28
Session III July 31 - 11 August
Session IV August 14 - August 25

Registration Dates

Registration will be held in the Community Council Office at the Rec Centre from 0800 to 1230 hrs on the following days:

Session II July 10 - July 13
Session III July 24 - July 27
Session IV August 7 - August 10

Fees

		Community Council Members	Non-Members
One Program	per child	\$15.00	\$20.00
Both Programs	per child	\$22.50	\$30.00
Family: One Program	1st child	\$15.00	\$20.00
	2nd child	\$12.00	\$16.00
	others	\$ 9.00	\$12.00
Family: Both Programs	1st child	\$22.50	\$30.00
	2nd child	\$19.50	\$26.00
	others	\$16.50	\$22.00

Other Special Events:

Golf Clinic: A two day golf clinic is being offered to CFB Comox personnel and DND dependants, from 10 to 16 years of age. Day one will consist of a one hour lesson from instructor Lawry Willis. On Day two, the golfers will do 9 holes at Longlands Par Three Golf Course.

Day One:

Date: July 25
Time: 0900 - 1000 hrs
Place: Base Sports Field

Day Two:

Date: July 26
Time: 0900 - 1030 hrs
Place: Longlands Golf Course
Cost: \$8.00

Equipment: If possible bring a set of clubs. Some clubs will be supplied for Day One; rentals are available from the golf course for Day Two, at 35¢ a club.

Registration: Registration will be held in the Community Council Office at the Rec Centre on July 20 - 21, from 0800 to 1230 hrs.

Nickel Carnival: Carnival fun for everyone - activities include a variety of games, face painting, popcorn, and much more.

Date: July 28

Time: 1230 to 1500 hrs
Cost: \$1.25/person and you receive 50¢ back in nickels to spend as you like
Place: Glacier Garden Arena

*Everyone is Welcome!

Casual Swim: To correspond with National Water Safety Week, we will be having a Personal Flotation Device Day (PFD).

Date: July 18

Time: 1400 - 1600 hrs
Place: Base Pool

Cost: Get in for FREE if you bring your own PFD! 50¢ without a PFD.

For more information contact Andrea Hutchings at local 8315

Glacier Greens Ladies' Club

wishes to thank the following merchants for their donations to the 1989 - 17th Annual Ladies' Invitational Golf Tournament:

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Leisure



Mr. Phil Johnstone receives his retirement certificate from the Base Commander after 36 years on the Public Service.



The outgoing President of the Officers Mess Ladies Club, Mrs. Kathy Marquis, presented a farewell gift to Mrs. Anne Gibbon, during a tea held in her honour at the Officers Mess on 10 June 1989.

Book review

by Gerry Gerow
The MacMillan Illustrated Encyclopedia of Birds, by Dr. Phillip Whitfield, Collier MacMillan, Canada, Inc., Don Mills, Ont. \$27.95.

This book is a 9x11 inch paperback containing 222 pages of information on birds of every type. Half of the pages are full colour plates with the description on the opposite page; a very nice feature, as practically all the birds covered are pictured in full colour for easy identification.

Dr. Whitfield, of the Zoology department, King's College, University of London, and his American consultant, Professor Edward S. Ayensu, of the Smithsonian Institute, have done a tremendous job of putting this material together in a manner that makes it easy to locate a particular bird. It is certainly a worthwhile book to own and would make an exceptional gift to anyone interested in the fascinating world of birds. It should be in your favourite book shop, or they can order it for you from the publishers.

CBC Radio Special:

It's a matter of survival

What if you could look into the future and see your children's world....and what if that world were beyond your worst nightmare. That is the world that scientists say could exist if we continue with business as usual on this planet.

CBC Radio presents an unprecedented, five-part series on the global environment that states bluntly: "It's a Matter of Survival."

The series will air in the last hour of the radio current affairs program *Sunday Morning* from July 16 to August 13, at 11:05am. The impressive production team included host David Suzuki of CBC television's *The Nature of Things*, and executive producer Anita Gordon from CBC Radio's award-winning *Quirks and Quarks* series.

July 16

Part one begins with a nightmarish look at a world 50 years into the future....a world that scientists say could occur if we don't take action now.

Lester Brown of Worldwatch Institute in Washington, D.C., warns: "Each year the forests are shrinking; the deserts are expanding; the ozone layer is being depleted. Civilization as we know it cannot continue much longer if these trends continue."

In the worst case scenario, 18 to 30 million environmental refugees could be displaced by rising sea levels in Bangladesh....the breadbaskets of North America could turn into dust bowls....cities like Toronto would be swollen with populations forced out of the American and Canadian west....forests fighting to live in a rapidly changing climate....and losing the battle.

July 23

Part two looks at today's world, a world that has no fences against pollution, where acid rain from the United States kills sugar maples in Quebec and Inuit in the Canadian north eat food polluted with air-borne chemicals from South America and the Soviet Union. This is a world where governments must tackle environmental problems that will affect future generations.

July 30

In this episode, a hard look is taken at developing nations. Even if the West were to get its environmental house in order, the sleeping giants could still wreak environmental havoc. China sits on one-third of the world's coal reserves, coal that it plans to burn and could increase global warming. What will it take to prevent the third world from going down the same disastrous road to industrialization that the West has taken?

August 6

Do we stand back as helpless onlookers as our climate warms up, our drinking water becomes undrinkable, our air becomes unbreathable, and our garbage increases, is the question posed in part four. People are starting to challenge authorities. They are refusing to continue along this calamitous course and are demanding changes. This is the Power of One, and the message is that we can do something, we can make a difference.

August 13

We have lost our sense of place on the earth say scientists in part five, who put the blame squarely on our economic system, a system that encourages infinite growth in a finite world. The message is that we will have to change the way we live: *It's a Matter of Survival*.

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Harry Sweeney

music reviews and syndicated columnist



Tom Petty's Full Moon Fever

Throughout "Full Moon Fever" (MCA-6253) Tom Petty is both subtle and powerful. His statements are as visual as aural and the overall effect is an album that is destined to stand as Petty's shining moment in rock history. Backed by such talents as Heartbreakers Mike Campbell and Benmont Tench and Wilburys George Harrison, Roy Orbison and Jeff Lynne with Phil Jones.

"I Won't Back Down" has already cracked the top 15 and is heading to the top five but there is enough potential here to see another four or possibly even five single releases. The easy paced "Free Fallin'", the straight ahead popster "Running Down a Dream", the rhythmic "Feel A Whole Lot Better" and the insightful "Zombie Zoo" all have the necessary ingredients to capture radio.

There is a lot of acoustic guitars here and Petty has never sounded better. Tom wrote, or co-wrote, most of the album (collaborating with Jeff Lynne on a half dozen tracks) and Mike Campbell on a pair of tunes. It was Gene Clark that penned the knockout "Feel A Whole Lot Better". I will definitely be a hot summer of sales for Petty. This is superb!

Going In Circles

When The Nitty Gritty Dirt Band assembled some of the top names in music to record "Will The Circle Be Unbroken" no one ever thought that it would become a classic recording and sell in the millions. It broadened the horizons of country music and set a new standard. That was almost two full decades ago. It has taken that long for history to repeat itself in "Volume Two" (MCA/UNI-12500) a two-record set that includes everyone from Emmylou Harris and Bruce Hornsby to John Denver and Rosanne Cash.

With over forty performers and 20 songs this set stands to reap even greater rewards than the original. Music covers a wide variety of country tastes that range from gospel and traditional to country blues and honkytonk and cajun. There are so many potentials here and so many highlights that it would be difficult to list anything more than my own personal preferences which include "Lost River", "Amazing Grace", "Mary Danced With Soldiers" and "Little Mountain Church House".

Thinking of buying or selling a home? Contact Mel NOW for complete, confidential information. Most important for first time buyers.

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Leisure

Double your iron, your fun

Popeye was nutritionally naive. He understood the importance of dietary iron for energy and vitality. But he should have been enjoying a steak instead of gulping back spinach.

Your body absorbs more iron from a 3 1/2-ounce (100 gram) serving of lean beef than from an entire 8-ounce bag of spinach. According to nutrient tables, spinach appears to have more iron than beef. But not all iron is created equal. Iron in foods is available in two forms, heme iron found in meat sources, and non-heme iron, a form more easily utilized by the body. Heme iron absorption rates can be as high as 25% whereas non-heme rates range between 3% and 10%. So while the nutrient tables indicate the iron content of spinach is high than beef, most goes unabsorbed.

The presence of heme iron in the diet improves the absorption of non-heme iron. Therefore the logical course, nutritionally, is to combine beef with spinach for an iron clad meal.

Iron is an essential nutrient, especially for women, because it is a component of hemoglobin. Hemoglobin is responsible for picking up oxygen in the lungs and carrying it through the blood-

stream to all body cells. This oxygen is used in the cells to release energy from the food that we eat.

Lack of iron results in less energy being produced in your cells, causing fatigue, irritability and listlessness. Iron deficiencies can lead to anemia and ultimately to depressed growth in children.

Studies at the State University of New York have shown that babies deficient in iron smile less often than non-deficient counterparts. Smiling babies with sparkling eyes were more often found to have normal levels of iron than a child managing only one or two smiles an hour. A week of treatment helped these iron deficient babies to put on a happy face.

Here is a salad guaranteed to put a smile on your face.

Spinach salad with steak and strawberries



*1 lb (500g) top or eye of round steak

- *2 tbsp (25ml) white wine vinegar
- *1 tbsp (15ml) Worcestershire sauce
- *1 tbsp (15ml) finely chopped onion
- *1 tbsp (15ml) sesame seeds
- *1 tsp (5ml) sugar
- *1 clove garlic
- *1/2 tsp (2ml) chili powder
- *1/4 tsp (1ml) white pepper
- *1 tbsp (15ml) vegetable oil
- *1 bunch fresh spinach leaves, cleaned and stemmed
- *2 medium oranges, peeled, and sectioned
- *1 cups (500ml) sliced fresh strawberries

--Barbecue steak over medium hot coals, 5-6 minutes per side for rare, or until desired doneness. Slice across grain into thin slices; place in glass dish.

--To prepare marinade, combine vinegar, Worcestershire sauce, onion, sesame seeds, sugar, garlic, chili powder and pepper. Beat well with wire whisk or use blender. Gradually add oil, blending until smooth. Pour over steaks, cover and refrigerate 3 hours or more.

--Place spinach on serving plate. Arrange beef slices, oranges and strawberries on spinach. Drizzle with remaining marinade. Makes 4 servings.



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On June 1 British Columbia business got a new export partner, the British Columbia Trade Development Corporation.

As a new Crown corporation under the Ministry of International Business and Immigration, B.C. Trade works closely with companies to ensure they are getting the export advice they need, and that every B.C. company begins to put exporting into their business plans.

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Honourable John Jansen
Chairman

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CF news

Operation Salaam Digging up the Mines

ISAMABAD, PAKISTAN -- This is the second in a series of reports by Lt Jane Thelwell from the Canadian operations area in the Peshawar area of Pakistan.

After a month in Pakistan, we are gradually becoming accustomed to the food and water. It's a good thing that we brought beer with us or we would all weigh about 90lbs. The summer heat has begun already. The winters in Pakistan are warm and dry. The summers bring intense heat with high humidity.

Upon arrival, we had a one week in-country indoctrination briefing and classes began shortly thereafter. The training camp for de-mining classes is at a Pakistani Air Force and Engineering Base called Risalpur. The area is a tented camp which was established and is administered by the Pakistani Army Engineers. The students are selected from the various refugee camps by the International Red Cross and the classes are divided up by tribal party. The refugees are not one homogeneous body but rather a combination of several different political, religious, and cultural groups. Most of the men undergoing training have seen combat.

Some of the students are boys of 14 or 15 and they too have seen combat conditions. Although their country has been war-torn for a decade, the Afghans still seem to be friendly, fun-loving people. Humour and practical jokes keep us on our toes. Translators are provided by the Pakistani Army. Sometimes more than one translation is required because the students do not all speak the same language. Afghanistan is a very culturally diverse country. Although most of the population practice the religion of Islam, there are a multitude of different languages: Persian, Pushto, Farsi, Dari, Urdu and Turkish, just to name a few.

Another aspect of Operation Salaam is the Mine Awareness Program. These classes concentrate on mine recognition with a large emphasis on safety. The target audience is made up of medical aid workers and teachers who have daily contact with the refugees and will help to disseminate the information. A large percentage of these workers as well as the refugees themselves are women. This fact poses a problem in a Muslim dominated culture. Canadian soldiers are not advised and certainly not welcomed to speak with the women. The women wear veils or "chardas" and to speak to them is an insult to their men. Although

this concept is foreign to most western people, it is a definite reality in Pakistan. Canada is the only country to have sent female soldiers to teach mine safety, probably due to the fact that Canada has one of the few armies that trains women as military engineers.

Initially, small logistical problems seemed insurmountable. There is no sense of urgency at all in Pakistan. If you want a training aid and ask headquarters, for example, for 20 PFM'S (anti-personnel mines), the answer will be something like: "Yes, Tuesday. Inshallah (Allah willing)". Unfortunately Allah does not always move as fast as we would like him to.



MCpl Tom Nicholas, 1 Combat Engineer Unit, CFB Chilliwack, demonstrates mine recognition to an Afghan refugee.

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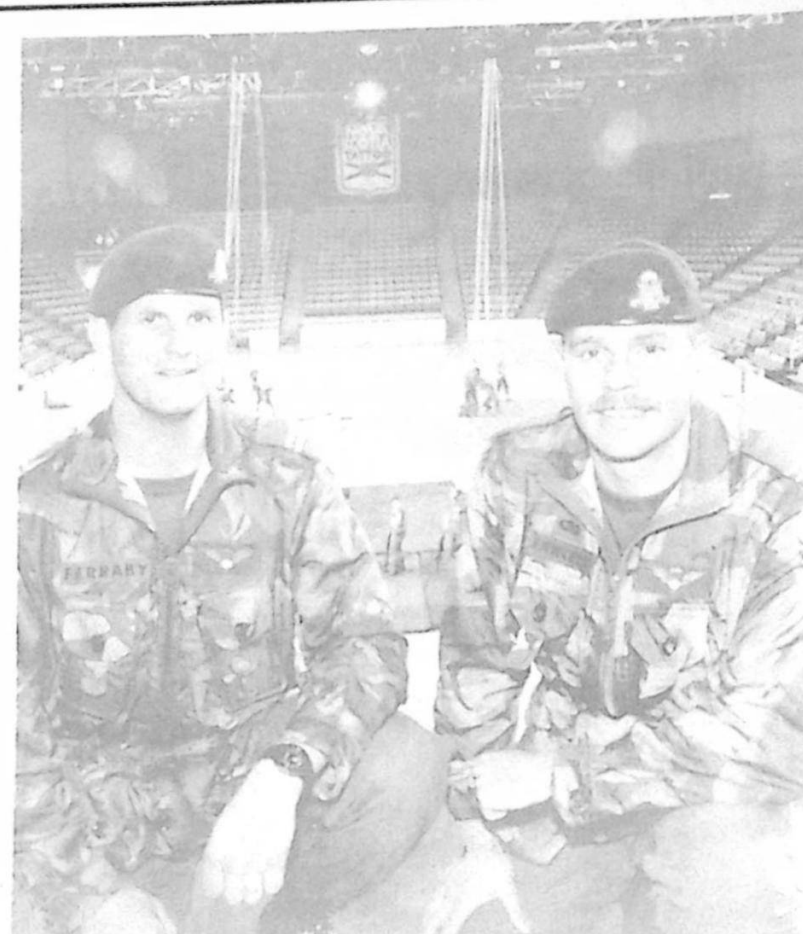
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Capt Jonathan Ferraby (left), son of Mel and Heather Ferraby, of Comox, and Capt Michael Fawcett were two of more than 400 members of the CF who participated in the Nova Scotia International Tattoo held June 28-July 4 in Halifax.

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New CF policy: family associations recognized

OTTAWA -- The Honourable Mary Collins, Associate Minister of National Defence, announced today that independent family associations initiated by civilian spouses of Canadian Forces members, are now formally recognized. Mrs. Collins said this new policy is meant to encourage the formation of family associations and the development of a consultative, co-operative relationship between the Canadian Forces and the families of military personnel.

"We acknowledge the right of civilian spouses and family members to associate, specifically, we support the concept of independent family associations, initiated and run by civilian spouses, as an important means of being involved in community life," the minister said in a speech to a

group of military spouses at Canadian Forces Base Esquimalt, B.C. today. "The ultimate aim, which we all share, is to improve the quality of family life in the military

local and national military family matters and community issues, associations will have direct access to the military command to express their views.

"...the forces will work harder to consider the needs of military spouses and their families."

Mrs. Collins stressed that the forthcoming policy will recognize the autonomy of such organizations. She added that, aside from playing an important consultative role in

In 1987 the Department of National Defence established the Family Support Program Project (FSPP) under the auspices of the Director General Personnel Services. The FSPP is mandated to make recommendations and develop policy on military family support matters. The new policy on family associations represents the first policy initiative implemented by the FSPP.

"I am determined that, in the future, the Forces will work harder to consider the needs of military spouses and their families," Mrs. Collins concluded.

Woman "crack shot" goes to Bisley, England

For the first time ever, a servicewoman will be a member of the team representing the Canadian Forces at the National Rifle Association military shooting competition at Bisley, England, from the 28th of June until the 14th of July. Cpl Shannon Wills, 21, a driver with 12 Service Battalion in Vancouver, B.C., assured herself a berth on the Canadian Forces Bisley Service Rifle Team when she won The Queen's Medal at the 1988 Canadian Forces Small Arms Competition (CFSAC 88).

Cpl Wills, believed to be the first woman ever to win the medal, earned the honour by shooting the top rifle score among Reservists competing in The Queen's Medal event. Ten of the medals are awarded each year in the Commonwealth. Canadian servicemen and women have competed for The Queen's Medal, which dates back to 1869, since 1923.

On the eve of her departure for Great Britain Cpl Wills was congratulated by Defence Minister Bill McKnight. "Cpl

Wills's exemplary skills will be put to the test at Bisley this summer. I wish her and all the other Canadian Forces team members the best of luck during this competition," he commented.

Cpl Wills won't lack for moral support at Bisley. Also competing will be her husband, Pte Steve Wills, a member of the nine-men team representing the Third Battalion Princess Patricia's Canadian Light Infantry based at Esquimalt, B.C. The "Patricias" placed first among Regular Force rifle teams at CFSAC 88, winning the Letson Trophy and the opportunity to compete at Bisley this year.

Also representing the Canadian Forces at Bisley will be Capt Steve Tibbets, The Royal Canadian Regiment, winner of The Queen's Medal awarded to the top Regular Force rifle shot. Five members of the Second Battalion The Royal Canadian Regiment, based at Gagetown, N.B., who won honours as top individual shots at CFSAC 88, will also attend.



Capt Steve Tibbets tests his C7 rifle for the military shooting competition in Bisley, England. Also going to Bisley, for the first time, will be a servicewoman, Cpl Shannon Wills.

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CF news

Need financial assistance?



Who can military personnel or their dependents turn to if they suddenly find themselves in a financially disastrous situation? Fortunately there's a CF assistance fund and two trust funds that will make small grants and loans to personnel, helping them in their time of need.

The Canadian Forces Personnel Assistance Fund was established pursuant to Section 38 of The National Defence Act. The objectives of the fund are to provide financial assistance to serving or former members of the Canadian Forces (Regular) and their dependents when warranted by distress or other deserving circumstances. These objectives are achieved by means of counselling and financial assistance in the form of preventive loans, distress loans, education loans and grants.

Next, there's the "Corporal Ronald MacDonald Memorial Trust Fund". This fund was established by Mrs. Isabel MacDonald in memory of her son, the late Corporal Alexander Ronald MacDonald, who died on December 10, 1975 while serving with the Canadian Forces in West Germany. The purpose of this trust fund is to assist in alleviating financial problems incurred by CF members and their families under stressful circumstances. Such circumstances warranting assistance might be the death of a serving member's spouse or child, insufficient insurance coverage on a home in the event of a fire, or much needed orthodontal treatment for dependent children of service personnel. Grants up to a maximum of \$500 per case can be paid out by this trust fund.

Another trust fund which is available to service personnel in time of financial need is the "Col. John Gardam Trust Fund". This trust fund was established by Col. John Gardam and is based upon the profits from his book "Seventy Years After 1914-1918".

The book was first published in 1983 and contains a series of interesting personal narratives about World War I. To date the fund contains over \$3,200 from the proceeds of the sale of this book. This is expected to grow however, as Colonel Gardam's second book, "The

Legacy", is expected to go to print this summer and should be ready for distribution by late summer or early fall. "The Legacy", will be an expose of various military topics and will be available through Base Supply across the nation.

The proceeds of this fund are in the form of \$50 disbursements and go towards alleviating financial problems incurred by present serving CF service personnel and their families. Although \$50 may not sound like a lot, in times of financial crunch, it can certainly go a long way. As Col. Gardam, who retired in 1984 after 37 years of military duty and presently works with the War Graves Commission, puts it: "...for the stoker or soldier who needs that little added bit to provide for the family in a time of need."

How does one go about applying for financial assistance from any of these funds?

Well, it's really quite simple. If you feel you have a serious financial problem and might qualify for assistance, all you have to do is talk to your base financial counsellor. On most bases this is usually a secondary duty, however, on some it's a primary one. They will be able to provide you with the required details and information.

Often the best route to your base financial counsellor is through your commanding officer, as he may be able to provide you with extra guidance. All applications for assistance are forwarded by your base financial counsellor to the main office of the Army Benevolent Fund in Ottawa. It is here that all three funds are administered, and it is here that each application is evaluated on a case by case basis in order to determine whether assistance is required, and if so, how much.

So if you think you might qualify for assistance under any of the above funds, don't hesitate to discuss your situation with your base financial counsellor. They are there for you and will be more than happy to provide you with the required information and guidance to get you back on track. "In time of need, they're your friends indeed."

Simulator for gunners

by Lieut Darlene Blakeley



The camera pans across the bleak landscape of Bergen-Hohne in northern West Germany, highlighting the dusty, rolling hills and the deeply grooved runs, muddled by tons of NATO tanks.

Suddenly, the orange target flashes and the tank gunner prepares to engage. When the dust has settled, a computer printout appears, telling the gunner exactly how he did and what he needs to practise in order to improve.

This is the world of tank simulation, where Canadian tank crews training for the Canadian Army Trophy (CAT) this year can get high quality practice time without expending huge amounts of ammunition rounds or scrambling for available ranges.

This year, for the first time ever, members of the 8th Canadian Hussars are using actual video footage of the range at Bergen-Hohne in their simulation practices. On the simulator they are able to travel down all four runs on the range, scout every position and memorize the landscape for the competition which runs from June 19-23.

"Simulation will really enhance their performance," says Maj Richard Round of the Director of Armour in Ottawa. "It gives the gunners repetition and conditioning usually denied because of the limited and expensive use of ranges. We can see how they're doing by looking for trends and training them not to repeat their mistakes."

Simulation has proven to be a very effective training tool, largely because it enables gunners to hone their skills without being limited by training budgets where ammunition is at a premium. As well, there is often difficulty in using appropriate range where gunners can get a feel for the lay of the land and become a little more familiar with the competition ranges.

This year's new video disc, created by Tier One Communications in Ottawa, not only shows every dusty bump and hollow in the landscape at Bergen-Hohne, it also simulates fog and rain and allows the instructors to pick the time and

Trooper Matthew Wright of the Royal Canadian Dragoons operates the gun turret of a Leopard tank during the Canadian Army trophy competition in 1987, an annual event for NATO armoured units held in the Federal Republic of Germany.

place for targets to appear.

"Psychologically, it's a real edge," says Allan Joyner of Tier One Communications. "They can prepare themselves for the topography."

New technological developments in simulators which includes the addition of a shutter in the video camera, now enable the gunners to actually freeze the image and engage a target. The image is very sharp, in contrast to the blurring the used to take place before the shutters were installed.

"...it works well because most of the gunners are young and video game literate."

The simulator is like a large video game; the technology is exactly the same," explains Joyner. "It works well because most of the gunners are young and video game literate. They're not uncomfortable with it."

In the past, the simulator images were cartoon-like, but now, with the actual footage of the range at Bergen-Hohne, the Canadians have more of a psychological edge. And, according to Maj Round, every little bit helps when you consider that the Canadian gunners are facing competitors equipped with more advanced tanks.

This simulator is definitely a step in the right direction," adds Maj Round. "It is certainly going to improve the gunners' performance."

Promotions and Awards



B.S. Lourie promoted to Sgt



Cpl N.R. Luzley receives CD



Capt B.T. Murphy receives CD2



Noddie MacKinnon promoted to WO



P.J. Adams promoted to Sgt



MWO F. Kraft receives CD1



MCpl G.W. Casey receives CD1



Sgt J.F. DeChamplain receives CD1



Cpl Gord Nichol receives CD



Ron Mulesa promoted to WO-1 Aug



MCpl Cecile Blanchette receives CD



Rick Verbeck promoted to MCpl



J.D.R. Corbin promoted to Sgt



Sgt J.J. Menard receives CD1



G. Maude promoted to MWO

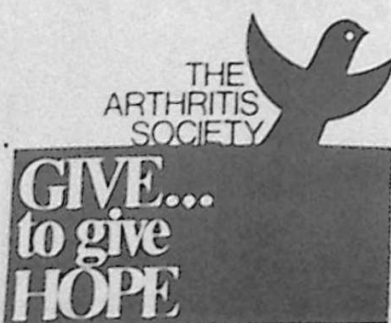


MCpl P.A. Hughes receives CD1



Bill Gawdun, newly promoted to MCpl, checks the dials on a pumper at the firehall.

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Public announcements

It's Filberg Festival time again!

Filberg Festival time is almost here again. August 4, 5, 6, and 7 from 11am to 8pm, the grounds of the Filberg Lodge of Comox become transformed -- the best in crafts, music, and food come together to make an exciting place to spend a day, or two.

Now in its seventh year the Festival continues to grow. More crafts, more food, and more music. If you've never been before, this is the year to experience Filberg. The Festival is more than just a crafts fair, it is a pleasurable experience. Amble through the gardens; sit beneath a shady tree; stop for a snack and gaze across the bay; or listen to music, all surrounded by friendly faces and beautiful crafts. Sounds like a lazy time but it is the underlying energy that

makes it so special and keeps you coming back for more.

Excellence is paramount at Filberg, and it is this dedication to providing the finest crafts which has made this among the foremost craft fairs in B.C. Over 80 craftsmen selected from more than 150 applications present an incredible range of crafts. Pottery doesn't mean pots, pots, and more pots -- it ranges from the utilitarian to the fanciful, from high glazed to raku or gold inlay, from thrown to sculpted. Glass is stained, fused, slumped, blown, or etched. Jewelry ranges from finest gold and silver to enamels and fish leather. Woods are crafted into toys, furniture, boards and boxes. Filberg is the place to expect the unusual, to find the unique and special for yourself

or a friend.

Lots of food too -- from ethnic to decadently caloric. A great place to have supper while you listen to the eclectic range of entertainment on the main stage. The children certainly aren't forgotten either with clowns, puppet shows, storytelling, free face-painting, and even a hands-on farm.

Crafts, music, food, fun and entertainment -- put it all together and you have a very special day. But don't count on just one, you'll probably want to come back at least once. It's a place to meet old friends and to make new ones; a place to relax and enjoy. What better way to spend a long weekend.

Admission is just \$2 for adults, \$1 for children between 6 and 11, and tots 5 and under are free.

Moe Koffman plays at Courtenay Theatre

If any Canadian jazz band deserves to be called "world-class" then the MOE KOFFMAN QUINTET is it. Everywhere the band plays--whether in Europe, Canada, the US, South America or Australia--it is acclaimed for its dynamic and distinctive brand of music. Individually, guitarist Ed Bicker, bassist Patrick Collins, keyboard player Bernie Senen-sky, drummer Barry Elmes, and leader Moe Koffman are consummate professionals, at home in a broad range of jazz styles. On record, or in person, Koffman, surrounded by his

quintet always turns out his version of gutsy, fluid jazz that is both satisfying and inimitable. Prepare yourself for a treat! MOE KOFFMAN AND HIS QUINTET will be at the Sid William Theatre on July 15 for a one night performance beginning at 8 PM.

Moe Koffman is one of Canada's finest and best known jazz players. An accomplished composer, flutist, saxophonist, and innovator, early in his career he played in big bands led by Jimmy Dorsey and Charlie Barnet. He has

been a featured soloist with the Toronto Symphony Orchestra, and with the bands of Benny Goodman, Quincy Jones and Woody Herman at the Canadian National Exhibition. Tickets are available at Blue Heron Books, Comox, Woodlands Pharmasave, Courtenay and the CYMC Office 532-b 5th Street, Courtenay. The cost is \$15 each. The Moe Koffman Quintet is the opening performance for the CYMC festival 89--Summer Music from the Comox Valley. For additional information contact 338-7463.

Host families required -- welcome a teenager from France

Eleven boys 17-18 years old, would love to visit the Comox-Courtenay area to experience family life in Canada and improve their English. Arrangements are made with NACEL, a non-profit cultural exchange organization founded by teachers.

Students are matched with host families according to their interests, wishes, and backgrounds. They come with medical coverage, emergency

return airfare, liability insurance, and about \$200 spending money. All travel is supervised by chaperones who are fluent in both languages and who call from time to time to ensure that all is well.

It is not necessary for host families to have teenagers at home, as long as their guests are able to meet other young people among neighbours and friends.

Canadian teenagers may also

apply for 4-week home-stays in France or Germany either this summer, July 24 to August 22, or sometime in the future.

Making exchanges possible for young people is rewarding, and can be an exciting project for the summer. Anyone wishing to host a teenager from France, July 27 - August 26 should immediately contact Mrs. Gaye Lefavre, P.O. Box 91824, West Vancouver B.C., V7V 4S1. Telephone 922-2159.

Museum Weekly Bingo

Comox Air Force

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

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

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

Summer hours for Air Force Museum

Your Comox Air Force Museum is now operating on summer hours. The doors are open from 10 a.m. to 4 p.m. Tuesday through Sunday and extends from May 23rd to September 1st.

You and your guests are invited to view and enjoy the items and artifacts of our rich Air Force Heritage.

For the unaware, your Air Force Museum is located outside the entrance to CFB Comox. See you there! "Per Ardua ad Astra".



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat Jul 14 & 15.....Music by ALLEY CATS
Fri Jul 21.....Music by WESTWIND
Sat Jul 22.....Music by ALLEY CATS
Fri & Sat Jul 28 & 29.....Music by WESTWIND

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MONDAY.....FUN EUCHE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
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ENTERTAINMENT

Fri Jul 14.....Music by WESTWIND
Fri Jul 21.....Music by ALLEYCATS
Fri Jul 28.....Music by THE DUKES
Fri Aug 4.....TBA
Fri Aug 11.....Music by VALLEY BOYS
Fri Aug 18.....Music by THE DUKES
Fri Aug 25.....Music by THE DUKES

REGULAR ACTIVITIES

SUNDAYS.....Lounge & Billiards
MONDAYS.....L.A. Drop-In (beginners)
TUESDAYS.....Men's Dart League (beginners)
WEDNESDAYS.....Ladies Crib & Cards
THURSDAYS.....Ladies Crib & Cards
FRIDAYS.....Ladies Crib & Cards
SATURDAYS.....Ladies Crib & Cards

Soccer clinic

CFB Esquimalt will be conducting a Soccer Clinic for children from 23 to 28 years old. The clinic will be held on July 23rd and 24th from 10:00 AM to 4:00 PM. A sufficient number of spots are available for interested players.

For more information, contact the Esquimalt Soccer Club at 339-8332.

Victoria Cross

continued from page 8

machine gun close by, after which the victor was smart enough to hasten the advance of his men to his support."

After the war, Rutherford went back to being a farmer in

Colborne, a village near Trenton, Ont. For 27 years he farmed and raised purebred cattle.

His daughter Rosemary said, "he was a good father". "He was always open-handed and generous and affectionate with us." She remembered thinking as a child that he did have a bit of a "daring spirit". "The cattle he raised were purebred

Angus. He was proud of his farm and his purebred cattle. He was a good father. He was always open-handed and generous and affectionate with us. She remembered thinking as a child that he did have a bit of a "daring spirit". The cattle he raised were purebred Angus.

OFFICERS MESS JULY '89 CALENDAR

FRIDAY JULY 14

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

WEDNESDAYS JULY 19, 26

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

FRIDAY JULY 21

MIXED TGIF: Come out for an evening of dancing to our new sound system. Food will be BBQ steak with all the fixings. Cost PER PERSON: Members \$3.00-Limited Associates & Guests \$4.00--Dress-Casual--Time: 19:00hrs. Reservations would be appreciated by 19 July.

FRIDAY JULY 28

BASE COMMANDER'S FAREWELL

A Mixed Candlelight Dinner will be held in the Officers Mess to bid fond adieu to Colonel and Mrs. Gibbon. Time: 1830 for 1900 hrs.

Dress: Formal

Reservations through Section PAdO

There will be seats for 10 couples (Associates)

first come, first served basis, Contact Mess Manager 8324

A dance will follow the dinner to the music of California Air National Guard.

Reservations before 23 July 89.

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National news

Products of environment -- species endangered

by Tom Mitchell

Ottawa -- The Vancouver Island marmot, the sea otter, the piping plover, the leatherback turtle, the gravel chub, the small white lady slipper and the water pennywort all have something in common. They are endangered species in Canada and, should they disappear, each and every one of us can take the blame.

The description of "endangered" leaves no room for doubt about either the seriousness of the threat or where the responsibility rests. It appears the term to "any indigenous (native) species of fauna or flora whose existence in Canada is threatened through all or a significant portion of its range, owing to the action of man."

The Statistics Canada publication *Human Activity and the Environment* reports that seven mammals, six birds, one reptile (the leatherback turtle), two fish and 10 plant varieties were on the Canadian Wildlife Service endangered list in 1985. Another 18 species of animals or plants were listed as threatened—likely to be on the endangered list soon unless factors making them vulnerable are not just halted but reversed. Included among these were the *Prairie long-tailed weasel*, *burrowing owl*, *shorthead sculpin* and the blue ash.

The actions by man that have put survival of these species in jeopardy in most cases were not deliberately designed to

achieve that result. They are the side effects of our expanding economic and agricultural activities which have used up or polluted the habitat in which these species once flourished.

The sea otter was an exception. Hunting was a main reason for its disappearance from Canadian waters by the 1930's. It was reintroduced to Vancouver Island coastal waters later and has managed a tenuous existence since. In years past, hunting was also a reason for the threat to existence of the piping plover, a bird that inhabits sea beaches and inland sloughs and marshes. But human disturbance of its habitat is the main threat today.

Our destruction or disturbance of the environment that they need to survive poses the main threat to the Vancouver Island marmot, the small white lady slipper, the gravel chub and the water pennywort. Natural predators are the main immediate threat for the leatherback, and ocean turtle

in danger of extinction throughout the world, but this is due in part to human actions that have limited its nesting areas and thus made it more vulnerable. Just how do we disrupt the environment for these plants and animals?

Look at the American water willow, an aquatic plant once abundant through the stream valleys of Quebec and Ontario. Industrial pollutants and contaminants, loss of habitat and land development have put it on the threatened list. The burrowing owl is threatened because of human disturbance, pollution and contaminants including pesticides and insecticides, and loss of habitat because of land development.

How we rapidly change the environmental conditions imposed on our plants and animals without really weighing the impact can be illustrated by a look at our farming practices. Back in 1941, we had about 70 million hectares under cultivation and we used some 289,000 tonnes of

fertilizers of all types. Four decades later, land under cultivation was down to 66 million hectares. But we spread a whopping 3.5 million tonnes of chemical and other fertilizers on it to produce our crops.

Most likely this is anything but good news for those plants and animals already suffering because of pollutants and contaminant invading their environment.

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Orange Julius franchise in prime shopping mall in thriving Chilliwack, B.C. (1 1/4 hrs. from Vancouver). Asking \$225,000, realistically gives \$63,000 profit/income. Chris Brittain, Walsten-croft, (604) 530-0231.

EDUCATION

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

GET THE TRAINING THAT GETS THE JOB. FT Professional Cooks Training Program. Full Gov't funding. Classes start Sept. 5, Oct. 23/89. PIERRE DUBRILLE CULINARY SCHOOL, 1522 W. 8th Avenue, Vancouver, B.C., V6J 4R8, (604) 738-3155.

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SKILLED EMPLOYEES AVAILABLE IMMEDIATELY! Due to closure of the Fletcher Challenge Canada Ltd. Victoria Sawmill June 30, 1989. Available Skills: Administrative, Tradesmen, Mobile Equipment Operators, Machine Operators and other skills. Sponsored incentive programs for employee upgrading and on-the-job training are available to employers. For information on available skills and incentive programs call: Gordon Hooper, (604) 385-3331 local 246 or Brian Walmsley, (604) 385-3331 local 238. FLETCHER CHALLENGE CANADA.

FOR SALE MISC.

Lighting fixtures. Western Canada's largest display. Wholesale and retail. Free catalogue available. Norburn Lighting Centre, 4600 East Hastings Street, Burnaby, BC V5C 2K5. Phone (604) 299-0666.

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1989 GOVERNMENT CASH GRANTS NOW AVAILABLE!! 1989 Edition listing provincial/federal grants for businesses, farmers, students, seniors. \$24.95 cheque, credit card, C.O.D. Oakdale Publishing, #200, 4505-101 St. Edmonton, AB T6C 5G6. (403) 434-4444.

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"Order by Mail" -- Lovers' Toys, Sexy Novelties -- \$4 color catalogue. Love Nest, 161 East 1st Street, North Vancouver, B.C., V7L 1B2, (604) 967-1175.

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Daily Masses

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

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

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

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

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

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OFFICE - Headquarters, Bldg 45, Rm 48, Telephone 8273
SUNDAY WORSHIP - Each Sunday at 1100 hrs
HOLY COMMUNION - First Sunday of the month
SUNDAY SCHOOL:

0945 hrs for school aged children (Sep/May)
1100 hrs for pre-schoolers

NURSERY SERVICES - Provided during Divine Worship for children up to three years of age.

SENIOR CHOIR - Practices 1830 hrs - Tuesdays at 612 Pritchard Rd., Comox.

CHAPEL GUILD - Regular meetings first Monday of the month.

President: D.M. Milne - Phone 339-3710.

Victoria Cross

continued from page 8

machine gun close by, after which the victor was smart enough to hasten the advance of his men to his support."

After the war, Rutherford went back to being a farmer in

Colborne, a village near Trenton, Ont. For 27 years he farmed and raised purebred cattle.

His daughter Rosemary said, "he was a good father". "He was always open-handed and generous and affectionate with us." She remembered thinking as a child that he did have a bit of a "daring spirit". "The cattle he raised were purebred

Ayrshire. He was on of the first in Northumberland County to have those. They were highly strung beasts with long horns. I clearly remember the day he was gored by a bull. It just missed his heart. He was undaunted by the experience."

When war came again in 1939, Rutherford, at 47, volunteered for the military, joining the Veterans' Guard, which supervised German prisoners of war at POW camps in Canada. Later he served for a year as a guard to the Duke of Windsor when he was governor of the Bahamas.

After the Second World War he worked for many years as the Colborne postmaster before moving to the town of Keswick, north of Toronto, to open a dry goods store with his wife Helen. He retired at the age of 70.

In 1979, he and his wife went to live with daughter, Dora Grant, in Colborne. His wife died a year later. He continued living with his daughter until he moved to the Rideau Veterans Home in June 1988.

He received excellent care at the veterans home, Rosemary said.

Rutherford is also survived by a son, Andrew, of Portage La Prairie, Man., another daughter Isabel Reid, of Scarborough, Ont., 13 grandchildren and 21 great-grandchildren. The funeral took place in Colborne.

OFFICERS MESS

JULY '89 CALENDAR

FRIDAY JULY 14

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

WEDNESDAYS JULY 19, 26

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

FRIDAY JULY 21

MIXED TGIF: Come out for an evening of dancing to our new sound system. Food will be BBQ steak with all the fixings. Cost PER PERSON: Members \$3.00-Limited Associates & Guests \$4.00 - Dress-Casual - Time: 19:00hrs. Reservations would be appreciated by 19 July.

FRIDAY JULY 28

BASE COMMANDER'S FAREWELL

A Mixed Candlelight Dinner will be held in the Officers Mess to bid fond adieu to Colonel and Mrs. Gibbon. Time: 1830 for 1900 hrs.

Dress: Formal

Reservations through Section PA/O

There will be seats for 10 couples (Associates)

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A dance will follow the dinner to the music of California Air National Guard.

Reservations before 23 July 89.

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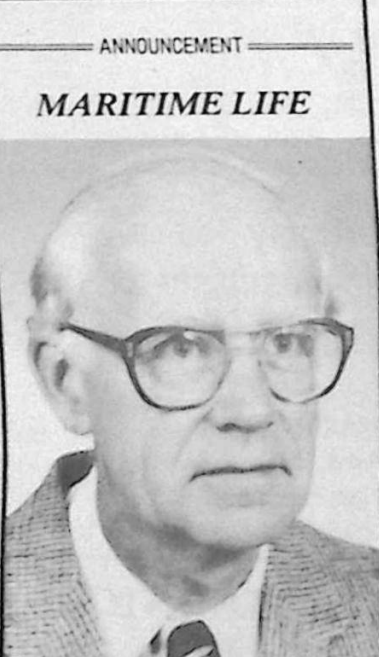
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Local scene



The gate at HMCS Quadra is missing a familiar face with the recent retirement of Commissionaire Charles Slein.

Commander Ron Hinshaw, seen presenting Chuck with a plaque commemorating his service to HMCS Quadra, noted that "Mr. Slein not only provided security for our facilities year round, but, especially during the summer, his friendly presence at our gate was noted by staff, cadets, and visitors alike. We appreciate that nine of his thirteen years in the Corps were shared with us".

Chuck first donned a uniform as a sea cadet in Owen Sound, Ontario, then joined the Navy at 17 and saw service in WW II. After ten years as a miner, the lure of military life again proved irresistible, and Chuck spent over 20 years in the Air Force.

Capt R. Cassette, Base Sec O, and WO G. Wedge, Quadra Sec O, joined Chuck's fellow commissionaires at the Captain's luncheon to wish him well as he enjoys his retirement among his friends in the Comox Valley.

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S	I	L	L	B	R	A	B	A	R	I
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