

Will this aircraft  
replace the Labrador  
in the 21st century?  
See page 3 for details.

Remember, the deadline for  
the Totem Times Christmas  
Edition is noon, 14 December.



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 31 NO 21 DECEMBER 7, 1989

NEXT DEADLINE THURSDAY, DECEMBER 14, 1989

COST: PRICELESS

## Canada brings home Fincastle Trophy

A crew from 415 (MP) Squadron at Canadian Forces Base Greenwood, led by Captain Harry Vincent and Maintenance Crew Chief Sergeant Terry Maher, has won the annual Fincastle Competition held at Royal Air Force Station St. Mawgan this year. Tactical Navigator on the aircrew was Squadron Leader Andy Fryer, a Royal Air Force Officer on exchange with 415 Squadron. Competing crews for this year's competition were from 5 Squadron Royal New Zealand Air Force (last year's winner), 201 Squadron Royal Air Force, 11 Squadron Royal Australian Air Force, as well as the 415 Squadron crew

representing Canada.

Canada won the Fincastle in 1985 when an Aurora crew from 407 (MP) Squadron, Comox won at Kinloss, Scotland. An Aurora crew from 405 (MP) Squadron last brought the trophy home to Greenwood in 1981.

The maintenance team led by Sergeant Terry Maher was put to the test in keeping the Aurora aircraft mission capable. With exceptional teamwork and professional perseverance, the maintenance crew completed their tasks in minimum time which allowed the aircrew to achieve success in the three airborne missions.

The annual Fincastle Competition, hosted in turn by competing countries, challenges the Anti-Submarine Warfare capabilities of the Commonwealth Air Forces. The Fincastle Trophy came into being in 1960 when the late Mr. and Mrs. Aird White presented the trophy in memory of their son, Sergeant Nairn Fincastle Aird white, who was killed in action in 1943 while serving as an air gunner in Royal Air Force Coastal Command. Over the years, the competition has changed from an annual bombing competition between anti-submarine crews of the British, Australian, New Zealand, and Canadian Air Forces, to one utilizing the skills and technology involved in modern anti-submarine operations.

The Competition will be hosted in 1990 by Canadian Forces Base Greenwood, where the crew representing the top performer of Canada's Maritime Anti-Submarine Warfare community will once again set their skills to work in an attempt to retain this symbol of Anti-Submarine Warfare professional excellence.



Part of the 415(MP) Sqn (CFB Greenwood) crew who won this year's Fincastle Trophy, emblematic of Commonwealth ASW supremacy, are all smiles on their return to Canada.

## We don't tan — we rust!



Cpl Don McLean, a Meteorology Tech with the Base Forecast Centre, will tell you all about it. They measured 63.4 mm of rain in the first four days of December. That is close to November's total and already one third of the normal December rainfall.

photo by MCpl Rod Cando

## The way we were

The first survey of the ways Canadian families spend their money was taken by Statistics Canada back in 1937-38. In the 50-year span from then to the latest survey in 1987, lots of things, including the sophistication of the survey itself, have changed. But while the old and new surveys are not directly comparable in a strict statistical sense, they can illustrate some telling differences. Let's look at a few.

The 1987 survey showed that personal taxes took more than a fifth (20.6%) of family spending in 1987. Fifty years earlier, the taxman's

bite—more of a nibble, really—was just 0.2%.

Putting a roof over one's head, food on the table and clothing the family uses up 37% of the family budget today. The average urban family surveyed back in 1937-38 devoted about 65% of spending to these basic necessities.

Adding the costs of furnishings and equipment tacks on another 3.7% to the household maintenance budget for today's families, bringing this to 41% of spending. Furnishings and equipment took another 5.5% fifty years ago, making the total then more

than 70% of total family spending.

Almost without exception, today's highly mobile families, transportation consumes 13% of the family budget. In the days of the first survey, before air travel and auto ownership both became commonplace, just 5.5% of family spending went towards transportation.

With universal medical and hospital care programs in place across the country today, health care takes just 1.7% of the average family budget. Fifty years ago, this cost accounted for 4.2% of the family budget.

Peace, n. In international affairs, a  
period of cheating between two  
periods of fighting.

Ambrose Bierce (1842-1914?)

# Editorial

## Cynicism or pragmatism: Do we need NATO?

As 1989 draws to a close and the end of my term as editor of this esteemed newspaper looms in sight, I find myself reflecting (briefly, you'll be relieved to hear) on a year's worth of editorials: the word 'nonsense' sums them up best. My propensity for fiction has run rampant over a fleeting desire to deal with more concrete subjects. Despite what my detractors may say, my writing, at least, has been a long journey from the land of 'socio-political journalism', though I confess (unashamedly) to straying on occasion into 'tree-hugging, bleeding-heart' territory.

So once before readers (are there any?) are rid of me, I would like to stumble into that quagmire — that is, to say something about the events shaping our world. And do not be deceived; in this age of instant worldwide telecommunications and a global economy and environment, what happens outside this town and outside of Canada will have an impact on our lives.

I have heard that a little education is worse than none at all. This editorial may be testimony to that. Being an uneducated bum, I have been taking university correspondence courses over the last few years in an effort to change that. The last two, history and logic (though I agree, human history and logic would seem to be mutually exclusive), have given me additional insight, misguided though it may be, into current events and where they may take us. I apologize in advance to those whose higher education enables them to see gaping holes in my reasoning.

Without a doubt, this decade, and particularly this year, is widely viewed as the beginning of the emancipation of Eastern Europe and Russia. We have been witness to tumultuous happenings in Hungary, Poland, East Germany, Czechoslovakia, and Russia which have resulted in previously unheard of freedoms there and the hope of truly democratic governments. "Peace is breaking out all over," people say euphorically to describe what is occurring there as well as elsewhere in the world. Perhaps, I say, but history and logic would suggest otherwise.

We are clanish creatures. In a harsh world we seek comfort from family, a group, church, culture, country, race, religion, or even language. We seek comfort in sameness — by associating with people who are as similar to ourselves as possible. Though our tolerance grows with the passing centuries, we tend to shun (or worse, regard as inferior) those who fall outside our narrow limitations on acceptable differences.

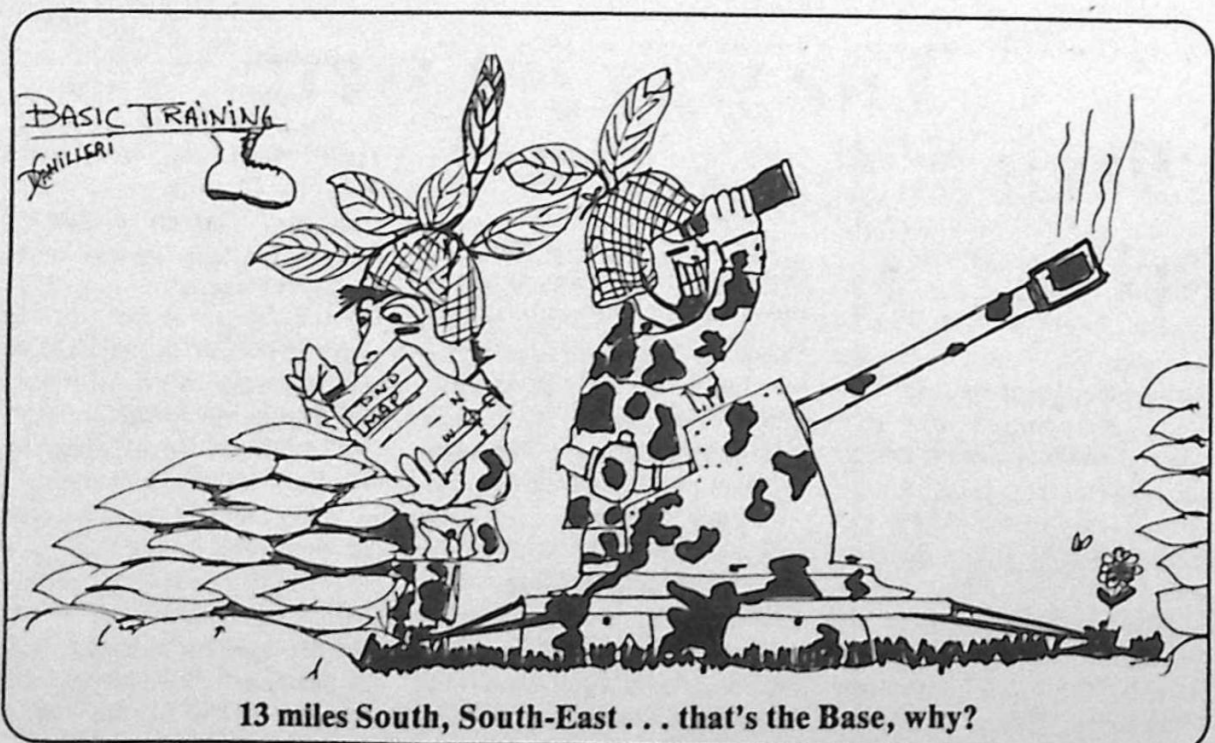
So, to me it is not surprising that along with freedom and democracy, comes ethnic unrest. Antipathy between different groups within a society will inevitably arise with the freedom to express it, especially when those feelings have only been suppressed and not assuaged under a previous system. Thus we see in the U.S.S.R. and Yugoslavia the beginning of serious unrest and growing nationalism that threatens to divide those countries. Yet most people will say, "That's fine. It's just the price you have to pay for freedom and democracy. It's worth it. It will end the Cold War and lead to real peace." But will it?

For almost forty-five years Europe has been at peace, though an uneasy one to be sure. That is unprecedented; and there are few who would argue that the two alliances, NATO and the Warsaw Pact, were not the reason for it, regardless of the fact that the Warsaw Pact is or was held together by Russian steel and NATO was formed to counter that perceived threat from the East. And now, as we observe a new dawn in Europe, those alliances face dissolution. Eastern Europe will begin to flex its new-found muscles of independence and seek a withdrawal from the Warsaw Pact. The reunification of Germany, a real possibility before the end of this century, will inevitably result in the end of NATO.

Most people would welcome these changes. Our troops could be brought home from Germany at an enormous savings to the hard-pressed taxpayer. No more would we face the possibility of a Third World War and nuclear annihilation. Peace and prosperity for all!

But this all assumes that we humans have changed fundamentally from what we were only a few years ago. That somehow, with one convulsive upheaval, people and nations have become more mature and will henceforth get on with one another. That a Europe composed entirely of free, democratic, and independent countries is less likely to go to war than one composed of armed alliances with the promise of a collective response to aggression.

You may call me cynical — I call myself pragmatic. A look at history and the simple application of logic, of common sense, tells me that however much this freedom and democracy may be desired, the cost could be another major war if we let the alliances that have worked so well in the past disappear. Man has always been in a race: technological development versus psychological development. If our increasing technology outstrips our ability to control it, then we may face an end to our species. But our psychological development is a very slow process; it will not happen overnight. And until that time arrives when all nations will willingly abrogate the use of force in international relations, we had best stick with something that has been proven to work.



A 442 Sqn tech looks over a Labrador helicopter. Now older than some of its pilots, the Lab is due to be replaced at the turn of the century — possibly by the EH 101. See article page 3. photo by MCpl Rod Cando

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6	MARCH 19	MARCH 22
7	APRIL 2	APRIL 05
8	APRIL 16	APRIL 19
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10	MAY 14	MAY 17
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15	AUGUST 27	AUGUST 30
16	SEPTEMBER 10	SEPTEMBER 13
17	SEPTEMBER 24	SEPTEMBER 27
18	OCTOBER 15	OCTOBER 18
19	NOVEMBER 5	NOVEMBER 08
20	NOVEMBER 19	NOVEMBER 22
21	DECEMBER 3	DECEMBER 06
22	DECEMBER 17	DECEMBER 20

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# CF news



## SAR in the 21st century:

## a look at a possible replacement for the aging Labrador helicopter.

The Boeing-Vertol Labrador, which has served so successfully as a Search and Rescue helicopter, is now older than some of its pilots. This milestone marks that point in an airplane's life when it must look forward to joining others of its aeronautical vintage in a museum being pointed at and talked about by young and old alike. Although the Lab has many years yet to serve, it may be interesting for some to take a look at its likely replacement.

It's probable that the successor to the Labrador will be the EH 101, which is at present undergoing developmental flight testing, and has already been chosen by the CF to replace the Sea King helicopter for the navy. A product of a consortium between Westland Helicopters in the U.K. and Agusta SpA of Italy, the EH 101 will be a truly state-of-the-art machine bringing new capabilities and challenges to SAR aircrew.

To date, five pre-production EH 101 aircraft are flying. Aircraft PP1 first flew on 9 October 1987 at the Westland facility in Yeovil, England. It was joined by PP2 at Cascina Costa, Italy on 9 November 1987. Each of the nine pre-production aircraft that are planned will be dedicated to the development of a particular variant of the multi-faceted

design. PP3 is the prototype civil variant, and is flying in England. PP4 will be used in the development of the naval variant for the Royal Navy, and PP5 will be the dedicated developmental prototype for the Italian Naval version.

The exact configuration of the next generation SAR helicopter for the CF has yet to be finalized, but it is interesting to compare the Labrador to the EH 101 in general terms. Although the Lab is fairly large and heavy by helicopter standards, the EH 101, weighing in at a gross weight of 31,500 pounds, will be about 50% heavier. In terms of performance, the EH 101 promises to alleviate some of the limitations of the Lab. With a top speed of 167 knots and an advertised range of 1000 miles, the EH 101 will be able to respond more effectively to SAR incidents. Also, the addition of planned anti-icing capability means that the EH 101 will be a truly all-weather helicopter. Further, the three engine configuration of the EH 101 will enable it to hover with one engine inoperative at 95% gross weight on a standard day.

Although the size and speed of the EH 101 make it a

superior machine, its greatest advantages will be found in the cockpit. A new generation of avionics has been developed that will make the EH 101's flight deck as foreign to Labrador pilots as the Space Shuttle's. Many of the individual round instruments will be replaced by CRT displays which will integrate the output of numerous instruments into a single graphic representation. Instead of tuning a panel full of discrete radios, pilots will use computerized navigation inputs from a number of receivers, reducing workload and simplifying cockpit management. The system will automatically tune VOR, TACAN, and Omega/VLF stations, and can include an optional GPS receiver which is accurate to 16m in three dimensions anywhere in the world. Microwave Landing System capability can also be added. The nav package, even without the MLS capability, is expected to be certified to Category II weather limits of 100' and ¼ mile. Furthermore, the computer will provide ongoing fuel management calculations, which simplifies greatly a critical factor in long range or over-water rescues.

Once on scene for a rescue electronics will again be at the heart of the SAR EH 101's capabilities. The flight management system will include a four axis autopilot with the capability to perform preprogrammed search patterns. A thermal imaging system will enhance the crew's ability to locate and rescue survivors in the water. Once located, the aircraft can automatically transition to the hover, conceivably even in instrument conditions, from which a hover trim system will allow the aircraft to precisely translate to the position of any survivors.

One facet of the EH 101's design which has generated some comment among SAR crews is the limitation of the conventional tail rotor configuration. Tail rotor helicopters must be flown with greater consideration for the wind direction so as not to exceed

their anti-torque capabilities, which can lead to control problems. This is one reason why the Labrador has proven so capable as a SAR aircraft. But, though the EH 101 may not be as forgiving as the Lab in terms of wind limitations, it should pose no serious problem. Since it's original design specification was for shipborne operations, the EH 101 is designed to hover with winds of up to 45 knots from any direction.

It may be a few years yet before the CF bids farewell to the venerable Labrador. Its distinctive appearance and creditable record of service has made it well known throughout British Columbia. When that day comes, however, a new generation of helicopter such as the EH 101 will be more than able to pick up where the Labrador leaves off.

by Lt Rob Erdos

## Tenders sought for new radios

OTTAWA — The Minister of National Defence, the Honourable Bill McKnight announced 14 November that seven Canadian companies have been requested to submit contract tenders for the Canadian Forces' IRIS radio system.

IRIS will replace obsolete communications equipment currently being used by Canadian troops.

The new radio system will provide Canadian Forces army units with highly integrated mobile tactical communications. It will be able to function effectively in a hostile electronic warfare environment, as well as in its day to day application to the Canadian Forces' numerous peacekeeping and disaster relief operations.

"Our army must have an accurate and reliable mobile communications system to transmit vital information in the field," said Mr. McKnight. "It is with this equipment that they will be able to effectively carry out their various missions."

The seven Canadian companies, who have been identified as being able to fulfil the requirements of the contract are: Rockwell Collins Canada, Harris Farinon, Northern Telecom, Computing Devices Company, Garrett Canada, General Electric Canada and Raytheon Canada.

In accordance with the government's procurement strategy for this project, a key requirement of the contract is that a substantial amount of the work be carried out in Western Canada.

The seven companies will be given six months to present their proposals. The contract will be worth approximately \$800 million and is scheduled to be awarded in June 1991.

## CFB Comox

### Fire Department

### needs your support in

## The Fireman's Toy Drive

You can drop off your new toy at the Base Fire Hall from 9 am to 5 pm Monday to Sunday. TOGETHER we can make it a special Christmas for less fortunate children.



## Section news

## Anker Klankin'



Sitting in the fallout shelter has finally given me some time to inform our faithful readers, although one is on holidays, about the recent happenings at VU 33.

The Squadron recently deployed most of its aircraft to NAS North Island in San Diego for some much needed liaising with our sister squadron VRC 30. We arrived during the US Navy's safety stand-down making much noise and waking up the tower controllers. Real Top Gun stuff. Not much more

can be said without breaking strict security regulations. For further information, contact Lt Blair 'The Rug Doctor' Roe.

On a lighter note, the VU 33 Sqn/B Tel O hockey team is doing well, losing by less goals every game. Our plus/minus is pretty well spaced but as long as we have fun, right?

With the Christmas season upon us, it is tradition for the person in my position to supply spouses and girlfriends with ideas for gifts for their loved ones. Here goes:



Sgt McFayden and MCpl Woodbeck were caught in Tijuana showing off the latest in hat attire for the CF.

Maj Roger Arsenault -- more meetings and conferences and symposiums and briefings-less flying.

Capt Greg McQuaid -- half a stripe.

Capt Orlando Bokor -- a Smurf.

Capt Pete (the ogre) Bush -- a cowboy toy and a pair of tailored combats.

Capt Ron Franklin -- more TD. Lots more.

Capt Harry Chapin -- my T-Bird slot.

Capt Dan Orr -- anything from the new hardware store.

Capt Don Fair -- an announcement of the Tracker replacement.

Lt Blair Roe -- a computer that really understands him.

Sgt Wayne Larson -- lots of Ski-Bunnies.

Sgt Rob McFayden -- that operation to work.

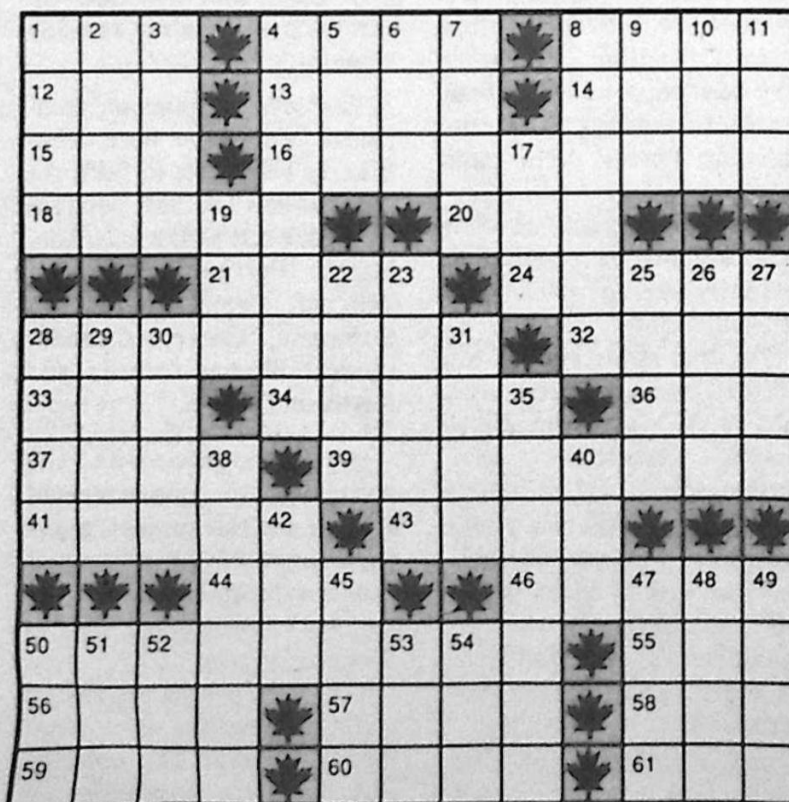
MCpl John Woodbeck -- more respect from his wife.

On a final note, I would like to get a plug in for the VU 33 Tracker phase-out celebrations coming this March. Be there!

## Crossword

By Rick McConnell

- ACROSS
- Bachelor's last words
  - Wander
  - Veer
  - Cap
  - Perry's creator
  - Prolific writer?
  - Greek letter
  - Great scenery, Man.
  - Tuesday in Terrebonne
  - Stag's date
  - Tourney abbr.
  - Welding gas
  - Great cove?, N.B.
  - Like a jaybird?
  - Over in poetry
  - Sequences
  - ami
  - Alight
  - Quebec town
  - Elan
  - European river
  - New prefix
  - Plus
- DOWN
- Article
  - Facts
  - "Prophet follower"
  - Recovers
  - Hockey's Bobby
  - mode
  - Fix
  - Public house
  - Start for cycle or verse
  - Caviar?
  - Compass pt.
  - Hosp. abbr.
  - Lair
- 22 \_\_\_ your pardon!
- 23 Wed
- 25 Worsley
- 26 Smell in a state
- 27 Hawaiian goose
- 28 Barr's game
- 29 True
- 30 Indian buffalo
- 31 Affirmatives
- 35 Runner
- 38 Meal
- 40 Med. pros
- 42 Rose
- 45 Adhere to
- 47 Owie
- 48 Level
- 49 Record
- 50 Set
- 51 Ontario
- 52 Aspirin
- 53 Beer
- 54 Knicks & Lakers org.



1989 THE KNOW WHOLE BARD FEATURES SYNDICATE GEO 009

## About trivia

Trivia Editor,

Let someone else have a go — if none turn up, the aircraft is an Armstrong Whitworth ATLAS powered by a 400 H.P. Siddeley Jaguar engine. It was designed for artillery co-op. It's vintage in the RCAF dates from 1928 and it was still in service at the outbreak of WW II.

Before the advent of aircraft radios it had a long shafted hook hinged from the centre of

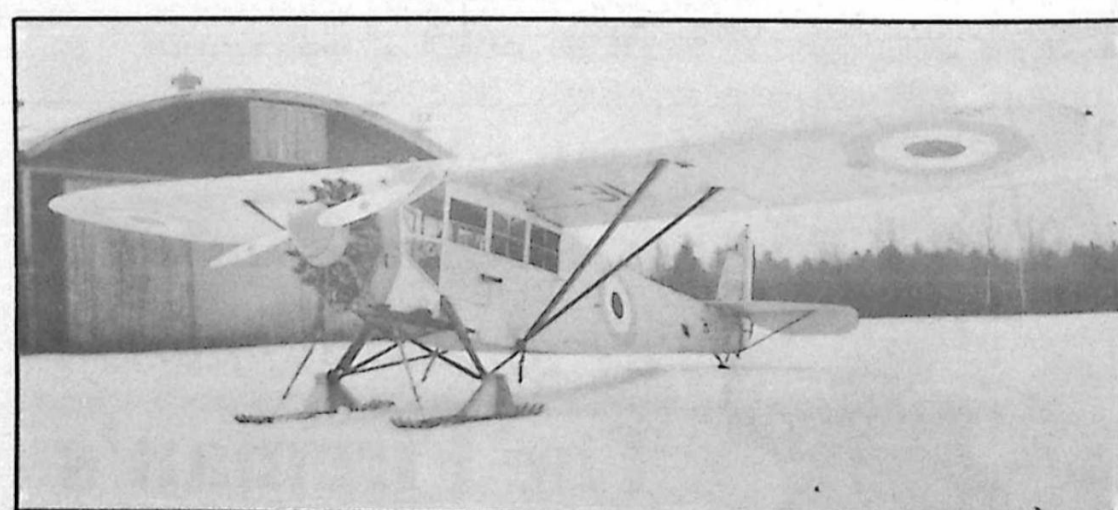
the undercarriage axle which could be raised or lowered from a hole in the floor of the observer's cockpit. To communicate with the ground troops (artillery ranging) the observer dropped corrections in ranging etc., by means of a weighted message streamer. In turn any instructions to the aircraft were passed by fastening the message to a cord strung between two rifle butts stuck in the ground by their bayonets. With the hook lowered a low

pass would catch the cord and the observer would raise the hook and thus retrieve the message. Later a 'crude' radio transmitter-receiver came into use and the observer was able to communicate by Morse code.

Despite some possible skeptics, this aircraft did not come off the 'Ark' and yes, it did fly as I can attest to from personal experience.

H.B.

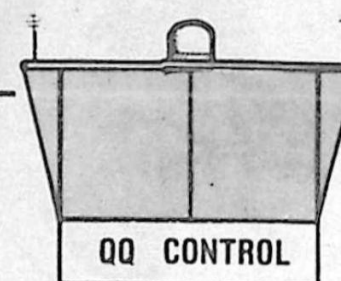
## Air Force Trivia



What, where, when, why? Just to remind us that, yes, elsewhere in Canada there is snow on the ground.

## Trivia Answer

Armstrong Whitworth Atlas G-CYAB at Camp Borden, Ont., circa 1928. From the H.W. Holmes Collection. See letter to Trivia Editor for more information. Well done, Harry!



## As the beacon turns

During the last couple of weeks there were two events that broke apart the monotony of our little world at the end of the jogging trail.

Last Wednesday night, at a moment when we should have been in town, glazed looks on our faces, an Aurora aircraft appeared out of nowhere. It didn't talk to anybody, even less acknowledge the tower's frantic calls, and landed at the base. Just like Santa might do on your roof if you've been good boys and girls; unannounced but expected. If it had been on any other night we would have laughed at it: 'Just another one of our American cousins who thinks he's in Campbell River.' But

no! This initial boo-boo signaled the beginning of exercise 'Smorgasborg'.

Since I wasn't invited for the exercise debrief, I can only relate what I witnessed, was told, or what I made up from the bits and pieces of information that came my way. On that first night, our mighty Dale Webb and his Unit Defence Force were deployed around our perimeter in order to contain the enemy. However, the enemy was already busy destroying everything at the other end of the base. Our UDF therefore failed to make contact on that first night and well before dawn reinforcements finally broke through the Base Defense Force posts

and joined the main group at the IFRCC. No contact during the day either. The acrid smoke from the burning buildings and aircraft tore at our defenders' lungs. The sounds of sirens from emergency vehicles broke through the dense fog like loon calls on a calm lake. The battle raged on across the runways. During the second night, though we suffered our first casualty. Jim Arsenault was apparently taken prisoner and sent to a re-educations camp on Air Force Beach. He somehow managed to escape and return to his post, or thereabouts. He was understandably a little mixed-up but is feeling better now. On that same night Dale Webb and his commandos finally contacted the enemy.

Bad Guys: 0, Webb's Wet Rangers: 7.

Another highlight of the exercise was 'The Great Escape'. Thanks to Butch and Paul's impersonations of exercise officials, half a dozen of us broke out of the PMQ gate and went to bed at home on Friday morning. What realism! What fun! Ok, on to another subject.

Last Friday night we held our annual ATC-Tech Christmas PARTY. Excellent buffet prepared by the Old House, speeches, lots of free wine, dancing, and singing. There was an outstanding turn-out of 94 people and at the end of the evening the staff of the WO & Sgts' Mess had to throw a dozen of us out! A lot of funny

things happened but we have to use discretion in order not to embarrass anyone important. Let's just say that Peter and Barry were seen walking together towards the washroom, hand in hand. Hmmm! Say no more! I also heard that the SRC will be going on his VFR course in May and that one of our many Sgts will be going on an American aircraft carrier in the Indian Ocean during next spring and summer.

Well, enough ugly rumours. One thing is certain: it was the social event of the season. To conclude this weeks article, we remind the dues collectors that Doug Godden, Tom Banks, and Darlene Arsenault will soon be back from Cornwall.



## Supply Signals

Hello again everyone! This edition of Supply Signals is coming to you from the little known section of Hazmat. For those of you asking what that is, I will give you a brief explanation: Hazmat (Hazardous Material) Section is responsible for all products that fall under WHMIS; ie. if it is sticky, stinky, catches fire easily, or glows in the dark, it comes here where we label it, give it a data sheet, and send it on its way to you, the customer.

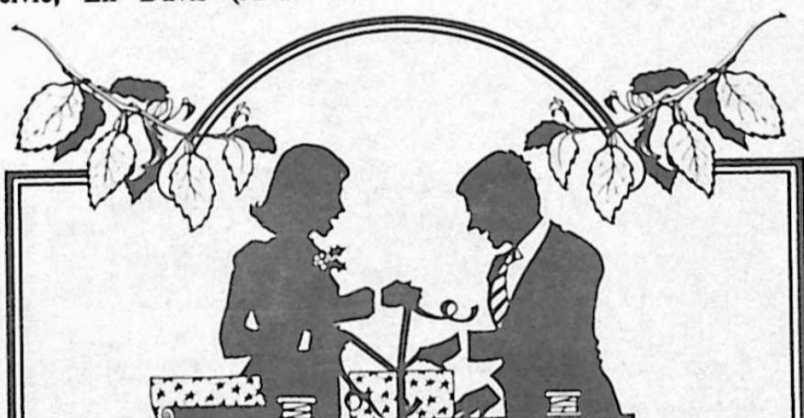
It is a bit more involved than that, but you get the idea. We are located in a secluded corner of General Stores. Our staff consists of our newly promoted civie, Lil Davis (Alias WO

Davis), and myself, Pte Loni Lowe. In our section we can tell right away if anyone is late!

In General Stores, George Orbell returned from his trip to Maui and is already planning his trip back. House hunting maybe? Sgt Adams attended the Sgts course the week of 20-24 Nov and we were glad to see it didn't change him a bit!

We are happy to report that the dust has finally settled from the rewarehousing project in #3 Supply Group. The result is a work of 'art'. Bravo Zulu to Sgt Saretsky and his crew who, by the way, are now engaged in a similar endeavor in #1 Supply Group.

continued on page 15



— GIFT SUGGESTIONS —

\*FRAME A GIFT FOR XMAS  
\*ART MATERIALS 'STAY IN SHAPE WITH ART'  
\*CHOOSE A FRAMED PICTURE FROM OUR GALLERY  
\*GIFT CERTIFICATES AVAILABLE

XMAS HOURS

HOURS

MON — SAT

9:30 — 5:30 pm

Fri:

Dec 15 9:30 - 9 pm

Dec 22 9:30 - 9 pm

Sun:

Dec 24 10 - 4 pm

480-C 6th Street

Courtenay

Lemon Tree

GALLERY

338-7855

## Aircrew

The recent base exercise caused the stressing out of a number of individuals. A classic example of work-related-try-this-decaffeinated-brand-don't-step-on-my-blue-suede-shoes-stress-syndrome (WRTTDBDSOMBSSSS for you acronym fans) could be found in CWO Jenkins, who threatened to blow up one of the Auroras if he wasn't taken to Disney World. The Chief was well equipped with the latest in banana explosives, and may have pulled the caper off if one of the pilots hadn't eaten his bomb. (The preceding message was 'Exercise Exercise Exercise' for the benefit of those suffering from the horrors of WRTTDBDSOMBSSSS.)

Call it a coincidence, but I think there's more to it than meets the eye. As soon as Lt Darren Skuja upgraded to Lead Acoustics the Soviets promised to divulge the positions of their submarines. I'm sure they must have realized that if they didn't, the Amazing Skuj would.

Congratulations to Capt Terry Doucette and wife Sandy on the arrival of their son, Sean. Sandy's delivery was a

bit delayed, which caused Terry's delivery -- of free donuts -- to be equally delayed.

Sgt Walt Carrol hit 19.2 on the Richter scale at a recent Demons hockey game. Walt annually transforms from a mild mannered AESOP to a raving lunatic bent on destruction. There's always good reason for this transformation and 1989 was no exception. Sitting in a pool of sweat after the game, Walt explained, "I didn't like the way that \$@!% looked at me." Maybe next year Walt should go after someone on the other team.

Capt Ken Westerveld celebrated his 25th birthday on the weekend. There was a small gathering at Ken's place for the occasion, which was marked by a rousing game of Pictionary. During the match Ken was accused of cheating simply because he whispered the word in his partner's ear or wrote it down when he thought nobody was watching. The funny thing is, Ken still ended up in last place because his partner couldn't read his writing or understand a word he was saying. The winner of the match turned out to be Capt Bert Fenton's team, who were far superior at the game and 10 times better at cheating.

## Flt Eng

The hot news in the FE Section lately is the 1989/90 winner of the 'Bad X' award. This prestigious award goes to none other than WO 'Fingers' Deegan. Why he got it is a highly guarded secret, but remember the incumbent has great influence in deciding next year's recipient.

The Section has been extremely busy lately with MARCOT, PACEX, and away trips to various locations. As a result, there are numerous tidbits to pass on. First of all, the six FEs tasked to PACEX survived poor weather, crazy flying schedules, and the accommodations in NAS Adak. Even though the Detachment was only there a short time, the memories will remain as a living testimony that people can wallow like animals and still get the job done. Another trip worth mentioning was the Transport run to Ottawa to take members of VPI to their annual Swine & Dine. Believe it or not, there were seven FEs on board with over 65,000 hours of flying time to their credit. They even outnumbered the other personalities that aviate in Maritime Patrol. Who says Flt Engs do not participate in Maritime activities?

With the Party Season coming up, the FEs decided to have a get together at the rookie Deputy Flt Comd's house. Everyone had a good time, especially a party crasher who goes by the name of 'Taz'. His visit was short and certain individuals ensured he was not fed. The PFET whisked him away to their secret lair to wait out his fate.

by Sgt Ross Dowe

BUYING OR SELLING YOUR HOME IN 1989?

THEN CALL ME TO DISCUSS YOUR PLANS

tom procter



RE/MAX

ocean pacific realty



282 anderton rd., comox  
off: 339-2021 res: 339-2668

# Health

## December 1st was World AIDS Day

This terrible virus continues its relentless assault on humanity. Is time running out for the world? What can you do?

## AIDS — Ten points to know

### 1. AIDS is a new world-wide problem.

Over 150,000 cases of AIDS have been reported from more than 145 countries around the world. All communities can be affected by AIDS because the human immunodeficiency virus, HIV, that can cause AIDS can cross all boundaries, geographical and social. Worldwide, an estimated 5 to 10 million people are already infected with HIV.

### 2. We know how HIV spreads.

Fortunately, HIV can only be spread in three ways:  
\*sexual intercourse  
\*blood  
\*from infected mother to infant.

### 3. To know how HIV spreads is to know how to prevent infection.

HIV can be spread by sexual intercourse — from man to woman, from woman to man and from man to man. HIV can also be spread through blood in two major ways: by receiving a transfusion of contaminated blood; or if needles or other skin-piercing instruments are used more than once without being properly cleaned and sterilized after each use. Finally, HIV can spread from infected mothers to their infants, either before, during, or after birth.

### 4. The sexual spread of HIV can be prevented.

The most effective means of preventing the sexual spread of HIV is by remaining with a faithful, uninfected partner or not having sexual intercourse at all. Otherwise, people should reduce their number of sexual partners as much as possible. People should avoid sexual in-

tercourse with prostitutes or other people who have many sexual partners. Whenever having sexual intercourse with someone who might possibly be infected with HIV, a condom should be used — properly from start to finish.

### 5. Infection through blood can be stopped in a variety of ways.

Fortunately, blood for transfusion can be tested for infection with HIV and discarded if contaminated. Needles and other skin-piercing instruments can be sterilized after each use. Drug users can — and should — stop injecting drugs; if they continue, they should use only sterile needles and not share them with anyone.

### 6. It is important to know how HIV is NOT spread.

HIV is NOT spread by casual contact at work or school, shaking hands, touching or hugging. It is NOT spread through food or water, by sharing cups or glasses, by sneezing or coughing, by insects, in swimming pools or on toilets. Knowing how HIV is NOT spread helps people to understand that there is no danger of becoming infected from casual contact.

### 7. AIDS affects us all.

There is no reason to fear people who are HIV-infected or have AIDS. They should not be discriminated against. They need our support to help them with the physical and emotional difficulties they face.

### 8. Information and education are vital.

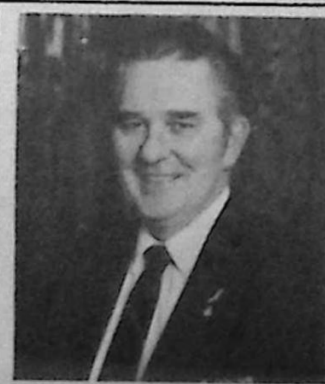
Some day, medical research may give us a drug to cure AIDS or a vaccine to prevent AIDS. Until then, we must rely on changes in personal behaviour to prevent the spread of HIV. Information and education are therefore vital in the fight against AIDS.

### 9. A global mobilization for a global threat.

National AIDS programmes already exist in nearly all countries of the world. These programmes inform and educate people about AIDS, how to avoid becoming infected and how to protect others. National AIDS programmes are linked through the Global Programme on AIDS of the World Health Organization, which directs and coordinates the Global AIDS Strategy. Because AIDS is a global problem, it can only be stopped in one country if it is stopped in all countries.

### 10. Together, we can stop AIDS.

YOU can contribute to stopping AIDS, by making sure that you understand the facts about AIDS and helping others to do the same. The risk of AIDS is not about who you are or where you are. It is about what you do. We now have the opportunity to talk about AIDS, to learn, to teach and to speak out. Join the worldwide effort to stop AIDS.

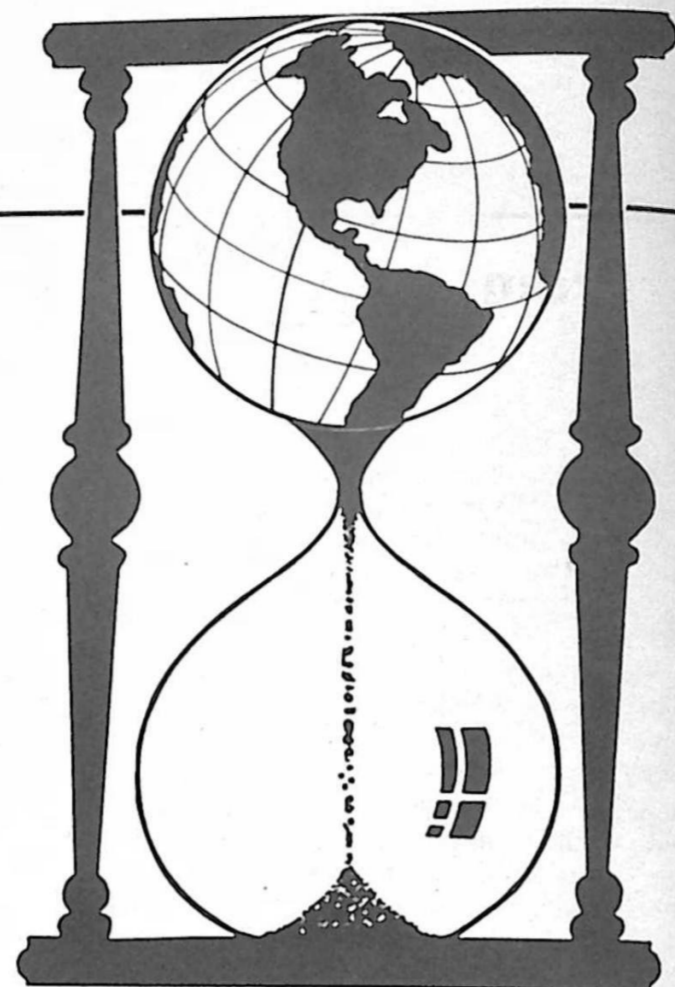


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## AIDS B.C. update

VICTORIA -- Health Minister John Jansen announced 1 December the cumulative results of the AIDS antibody tests conducted by the B.C. Centre for Disease Control during the last 48 months.

AIDS antibody testing focuses on persons at risk for infection with HIV. During the last 48-month period, 3,353 of 94,379 tests performed were positive for the virus. By category, there were 2,511 homosexuals/bisexuals, 62 intravenous drug abusers, 53 hemophiliacs, 128 heterosexual contacts, 12 prostitutes, 48 multiple blood transfusion recipients, and 539 for which the risk category was not specified. There was also one newborn infected from the parent.

The statistics also showed that there were 88 positive tests on persons younger than 20 years of age. In addition, 140 women tested positive.

Jansen stated that the number of positive test results should not be confused with actual cases of AIDS. At this point, there have been 637 cases of AIDS in British Columbia since the first case was reported in January, 1983. There have been 359 deaths in this group.

Of the 637 cases of AIDS, 578 were homosexual/bisexual males, 16 were homosexuals who had used intravenous drugs at least once, five were intravenous drug users, 10 were blood product recipients, 6 were hemophiliacs, and 13 were heterosexual transmissions. In five cases no medical history could be obtained and three patients denied any risk behaviour. One perinatal case was recorded as well.

There were 176 new cases of AIDS in 1988 as compared with 124 new cases in 1987 representing a 42% increase in new cases. If the current rate of diagnosis continues through 1989, British Columbia will record over 200 new cases of AIDS this year.

The current estimate of infected persons in the province remains between 5,000 to 8,000.

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# Local scene

## From the Mayor

In the previous couple of months, there have been numerous comments received from residents in regard to privacy. Privacy is defined as the quality or state of being apart from company or observation. The Community Council realizes that it is very hard when so many personnel are living close together. Please respect your neighbors rights!

The garbage problem has reared its ugly head again. It has been noted that residents are putting out their trash the night before pickup and also that many residents are using plastic garbage bags instead of garbage cans. The following excerpts are from PMQ orders:

1. Garbage Containers — The occupant shall supply his/her own garbage containers, metal or heavy gauge plastic only, with tight fitting lids.

2. Uncontainerized Garbage — The use of cardboard or wooden boxes and plastic disposable garbage bags is not permissible. Such containers attract domestic or stray cats and dogs, birds, insects, and rodents. However, if they are placed in authorized containers there is obviously no restriction as they no longer constitute a health hazard.

3. Garbage Collection — At no time will the practice of placing uncontainerized gar-

bage outside a PMQ be permitted. On collection days, the containers shall be placed at the designated collection points one to two hrs prior to actual pickup. Arrangements must be made by absent occupants for a neighbor or friend to place containers outside on their behalf and to return the empty containers.

Any residents failing to comply with the above regulations are subject to the Code of Service Discipline.

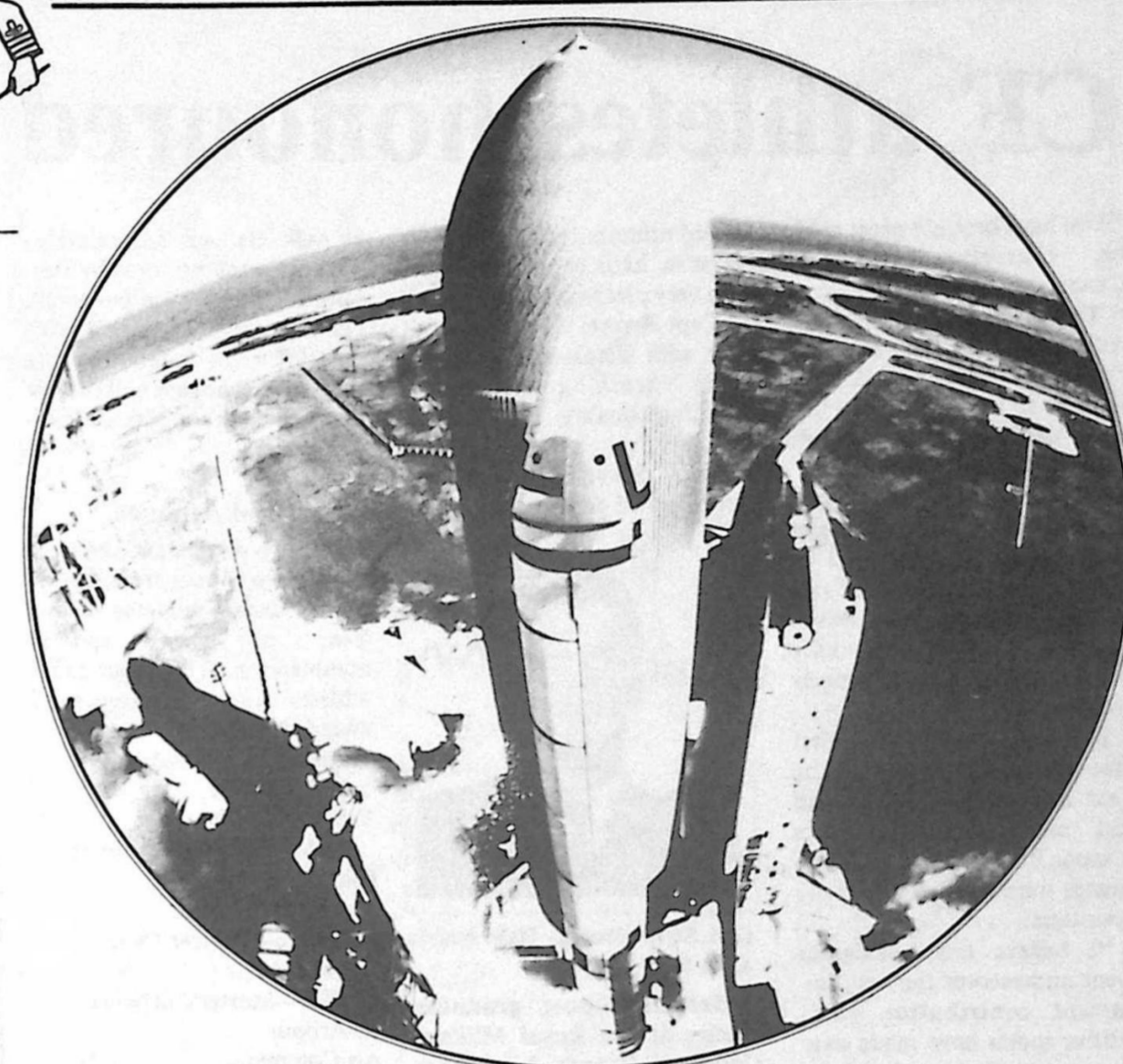
A suggestion to all residents: if you don't have the proper containers, they make a great Xmas gift.

Coming events -- On 23 December between 1700 - 1900 hrs, Santa will visit all PMQs. Candy canes will be distributed. Please have your camera ready if you want to get a photo of your child with Santa.

Once again this year, PMQs will be judged for Xmas lighting between Xmas and New Year's. So let's go residents and get some form of lighting out.

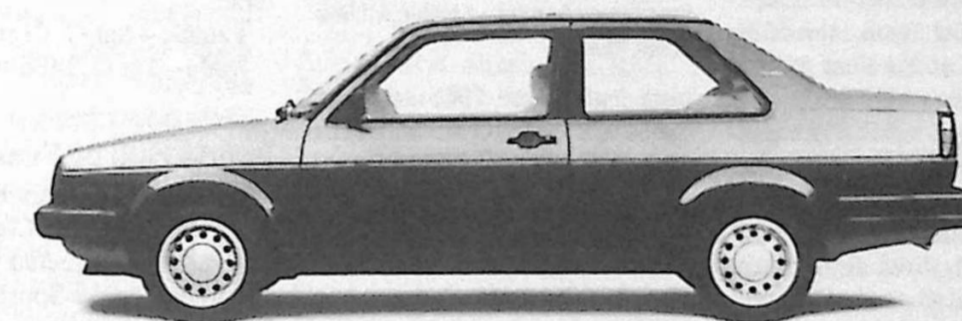
At this time, the Mayor and all councillors wish residents of Wallace Gardens a very merry Christmas and happy New Year; it has been a real pleasure to serve you during the past year.

Drive safely!!



What a blast! The awesome power of lift-off of the space shuttle is captured for The Dream is Alive from the 69-metre level (225-foot) of the launch tower. Shot from a specially engineered firebox, the entire launch-pad area is visible to the wide-angle Imax/omnimax camera. The film, which space shuttle astronauts call "the next best thing to being there," is now showing at Science World, Vancouver. Call 1-280-4444 for ticket information.

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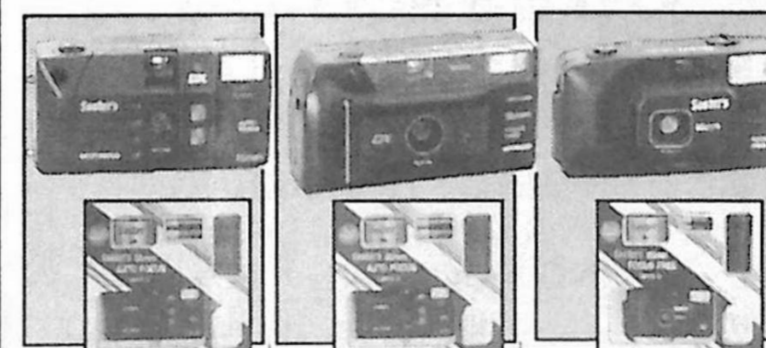
So now you can enjoy the excellent performance and innovative design of a Jetta, along with standard features that include rear stabilizer bar, power steering, plush velour upholstery,

height adjustable front seats and steering wheel, AM/FM stereo full-logic cassette and more. All for less.

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# Recreation

## CF athletes honoured

"You have brought great credit on yourselves and the Canadian Forces."

These were the words of Vice Admiral Chuck Thomas, vice chief of the defence staff, in his address to athletes at the first ever CF Sports Banquet held at CFB Trenton recently.

The banquet, which drew award-winning CF athletes from across Canada and in Europe, was the result of one of many recent initiatives designed to raise the quality and profile of the CF sports program.

The event marked the first time that CF Athlete of the Year awards (both command and national) and sports Honour Roll and Hall of Fame awards were handed out at the same time.

"I believe this prestigious event underscores the very important contribution competitive sports have made over the years to the morale of the CF, the fitness of its members and the cohesiveness and esprit de corps of its units," said General John de Chastelain, chief of the defence staff. "For these reasons competitive sports will continue to be an important part of the military service."

### Athletes of the Year

For the second consecutive year Capt Lynne Bermel captured the CF Female Athlete of the Year award while Capt Steve Howard won the CF Male Athlete of the Year award for the first time.

Capt Bermel, a public affairs officer at NDHQ, won the award for her accomplishments in running and triathlon. In 1988 she had three first place international triathlon finishes, three first place 10 km finishes and for the sixth year in a row was the first female finisher at the Canadian Forces National Running Championships.

"I'm really honoured to receive this award," Capt Bermel said. "There are so many

gifted athletes in the Forces; it must be hard to pick just one. I'm very pleased."

Capt Bermel credits her success with a balanced and sensible training program, stressing quality rather than quantity.

Capt Steve Howard, an aeronautical engineer currently

as well. He says he maintains his peak running form by running at least 110 km per week. He is currently training with the RMC cross country running team, which he says will further improve his technique and performance.

### Command Athletes

The two Athletes of the Year awards are chosen from the list of Command Athletes of the Year or from special nominations. This year those athletes who won command awards were:

Maritime Command:

Female—Sgt

V.J. Slaunwhite

Male—Petty Officer First

Class A.R. Wills

Mobile Command:

Female—Officer Cadet

L. Meloche

Male—Master Corporal

R. Arbour

Air Command:

Female—Corporal

M.S. Boudreau

Male—Master Corporal

G.D. Windrum

Communication Command:

Male—Sgt P.S. Lynch

CF Training System:

Male—Cpl M. Barnes

NDHQ:

Female—Capt. Bermel

Male—Capt M. Fabbro

DGRET:

Female—Officer Cadet

S. Donnelly

Male—Sgt J.G. Proulx

CFE:

Female—Sgt C. Comtois

Male—Sgt G. Mooney

### Sports Hall of Fame

Also at the banquet, Chief Petty Officer First Class Doug Wright was inducted into the Canadian Forces Sports Hall of Fame. He has excelled at several sports as a player, trainer, and coach. He has been associated with teams that have won championships at several levels including the 1973 National Championship St.

continued on page 9



Capt Steve Howard—Male Athlete of the Year.

undertaking post graduate studies at the Royal Military College of Canada, has been a member of the Canadian Forces CISM cross country run-



Capt Lynne Bermel—Female Athlete of the Year.

ning team since 1986 and was Canada's top competitor at the 27th CISM World Cross Country Championship in 1988. He also had four first place, five second place and two third place finishes.

"It's a bit of a surprise to me to win this award," Capt Howard said, "but it's a very nice feeling. I think it will be really motivational for me."

Capt Howard's strongest race is the 10 km road race, although he also competes in the 15 km and marathon events

## Sports Calendar

### Regional Championships

Sport	Host	Dates
Basketball	Esquimalt	26-29 Jan 90
Broomball	Comox	9-12 Jan 90
Hockey	Esquimalt/Nanaimo	15-19 Jan 90
O/T Hockey	Van Det	29 Jan-02 Feb 90
Volleyball	Comox/Nanaimo	16-18 Feb 90
Bowling	Chilliwack	TBA
Curling	Holberg	TBA

### National Championships

Sport	Host	Dates
Badminton	Greenwood	Dec 90
Basketball	Esquimalt	27 Feb-02 Mar 90
Broomball	St Jean	26 Feb-02 Mar 90
Golf	Trenton	24-28 Sep 90
Hockey	Gagetown	21 Mar-01 Apr 90
O/T Hockey	Halifax	19-25 Mar 90
Running	Borden	Sep 90
Tennis	Winnipeg	Aug 90
Volleyball M/F	Bagotville	22-28 Apr 90

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## Golf Club meeting Glacier Greens development plan discussed

A General Meeting of the Glacier Green Golf Club was held on 18 Oct. Despite a low turn out, a number of important agenda items were discussed and voted upon. The most interesting and controversial item was the introduction of a long range development plan for the course, with many changes planned over the next five years.

The priorities are:

1. plant a triple row of trees on the right side of the present #4 fairway from the tee to the corner of the dog-leg;
2. plant a group of trees on the left side of #1 fairway between the 150 yd. marker and the existing group of trees located 100 yds. from the green;
3. convert #6 hole to a par 3 and a par 4, and change #4 hole to a par 5 by extending the new green currently under construction;
4. create a new #2 hole with a small mirror pond at the left front of the green; and
5. convert the present #3 fairway to a driving range measuring 250 yds. by 50 yds.

During the General Meeting this development plan was approved by the membership and will be added as an Annex to the Club Constitution to ensure no changes are made without the approval of members. The election of a new executive was also held and the following members will serve on the GGGC Executive Committee for the next year:

President

Maj Chris Bodner

Vice President

Lt Murray Jacklin

Men's Club Capt

Capt Gerry Blais

Ladies' Club Capt

Mrs. Pat Verchere

Seniors' Rep

Mr. John Ferguson

Juniors' Rep

Pte Greg Fleet

Membership Chairman

Mr. Russ Wreggitt

Tournament Chairman

vacant

Handicap Chairman

Mr. Stu Mohler

Plans & Engineering Chairman

Mr. Doug McArthur

Course Superintendent

Mr. Steve Bailey

Social Centre Manager

Mr. Jim McCaffery

Public Relations Rep

Capt Wayne Collins

Entertainment Rep

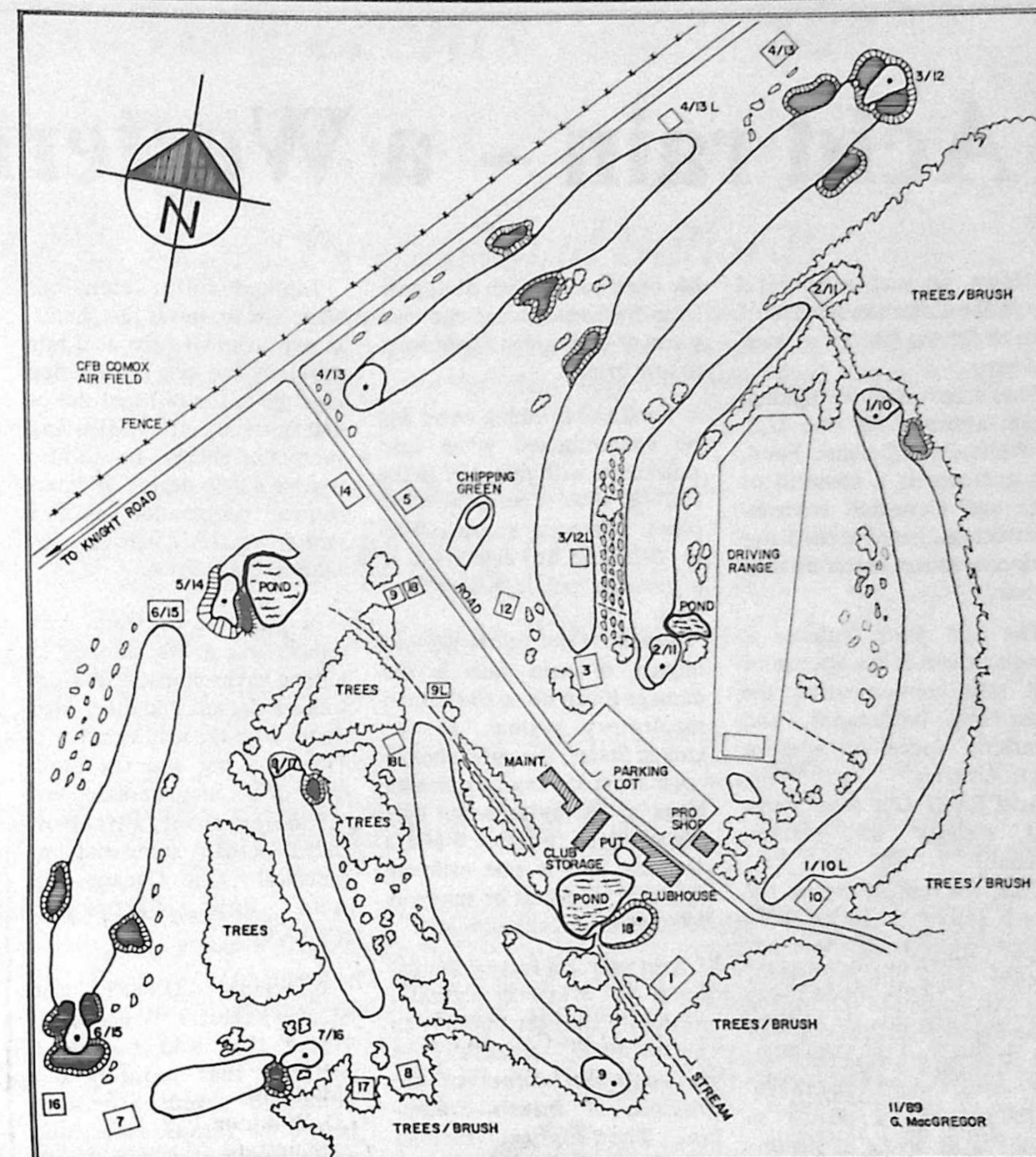
Mrs. Martha Campbell

Secretary

MWO Bruce Bellamy

The future looks very promising. The Golf Course membership is at its highest level ever with 422 members: 295 men, 127 women, and 15 junior members. Combined with the coming improvements to the course should make for a vibrant club.

Two members of the course had holes-in-one since the last article. Congratulations to Rick Salmon and Bruce Bellamy. Yes, you read it right, Bruce Bellamy.



## GLACIER GREENS GOLF CLUB DEVELOPMENT PLAN

COURSE LENGTH	
FRONT	3084 yds
BACK	2884 yds
TOTAL	5968 yds

## Athletes honoured

continued from page 8

Mary's Huskies basketball team. He was assistant coach with the 1976 Olympic Canadian Women's basketball team which competed internationally in 1975-76 and finished sixth overall. He was also the head coach for the National Wheelchair basketball team which won the silver medal at the 1982 Pan Am Games.

### Sports Honour Roll

Inducted onto the sports Honour Roll at the banquet were Maj (ret'd) Danny

McLeod, Maj (ret'd) Jim Gebhardt and Flight Sergeant Tom Deacon.

Maj McLeod served as the first athletic director at RMC from 1960-1971 and has been recognized for the development of the RMC intercollegiate representative sport program. He was also instrumental in the inauguration of the first National Intercollegiate Hockey Championship and Football Championship (Vanier Cup).

Maj Gebhardt's employment as a physical education and recreation instructor at RMC in the early 1960s was the beginning of a distinguished sports

career. He was selected to the Ontario Hockey Association All Star team in 1967 and was a member of the Kingston Aces. In 1972 he was a player-coach of the Canadian Forces Europe Selects when they won the Cup International Hockey.

Flight Sergeant Deacon was an original member of the RCAF Flyers Olympic champions and has officiated in the British Ice Hockey Association. He instructed hockey clinics at CF units in Canada and Europe and officiated the 1968 Russia-Canada hockey series in Ottawa.

by Capt Darlene Blakeley

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# Environment

## Acid rain – a Western problem too

"Here, on such a beautiful day in the Colorado Rockies, I hate to be the bearer of such bad news."

That's Bob Yuhnke talking, senior attorney for the U.S. Environmental Defense Fund. His audience is a roomful of U.S. and Canadian environmentalists gathered at the Estes Park convention center outside Denver.

The bad news Yuhnke is bringing them is the spectre of acid rain contaminating the waterways, landscapes, and breathing space of western North America.

Acid Rain? Out west? Isn't that strictly an eastern problem?

True, the rain falling on the eastern seaboard can be 30 to 40 times more acidic than unpolluted rain, but the gentle rains that bathe the rainforests of the Pacific Northwest are at least 10 times more acidic than pure rain. And southern California can produce a coastal fog as acidic as lemon juice.

Comments Canadian acid rain activist Martha Kostuch: "Many parts of western North America already are receiving heavy concentrations of acid rain – and much of the landscape is very sensitive to it. We don't know how much more it can take."

In Canada and the U.S. each year, over 52 million metric tonnes of sulfur dioxide and nitrogen oxide from industrial plants and automobiles are pumped into the air. These emissions, which take the form of gases and dust particles, combine with oxygen and water vapour to form acids. This chemical concoction can stay airborne for thousands of kilometers, ultimately falling to the earth as acid rain, acid snow or acid fog.

When soil and water become too acidic, plant and animal

life begin to die. Fish disappear from freshwater lakes and vast tracts of once green forest start to turn brown.

Food and drinking water can be contaminated when acid rain reacts with minerals in the soil – or when it corrodes water pipes. Mercury accumulation in fish due to acid rain is a growing public health concern.

Perhaps the most serious impact of acid rain is the damage it can do to the human respiratory system. In the United States, the public health costs from damage to human lungs caused by acid rain may reach \$16 billion. More dramatic still is one estimate that acid rain kills as many as 200,000 Americans annually.

Acid rain is a fact of life for much of Western Canada, previously thought immune to the problem, especially in the southwest corner of the province of British Columbia. The highest ratings typically are recorded in the vicinity of particular pulp mills, smelters, and natural gas plants.

The Canadian government has already agreed to cut sulfur emissions in half in eastern Canada by 1994, essentially by installing better emission controls on existing industrial facilities. But there is no acid rain policy for western Canada.

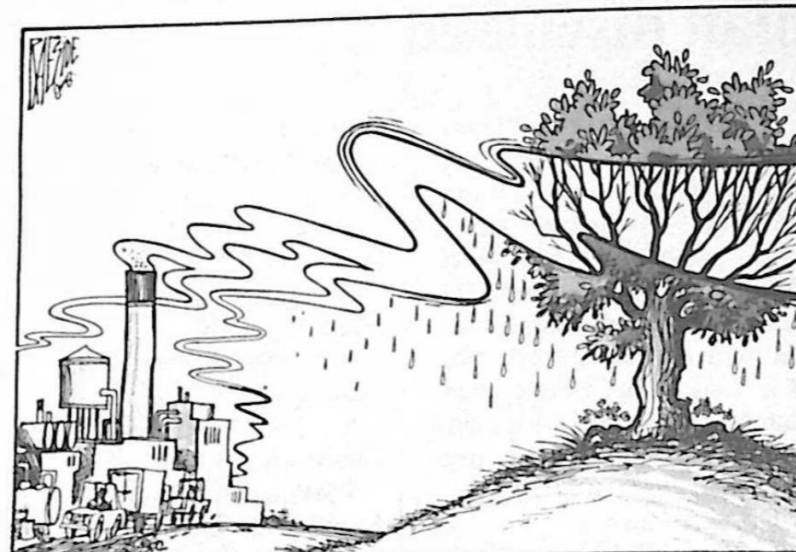
In the United States, proposed acid rain legislation may reduce sulfur emissions in half by the turn of the century, but only in the eastern states. Environmentalists on both sides of the border are watching closely as Bob Yuhnke and the Environmental Defense Fund lobby Congress to ensure that sulfur emissions in the western United States are not allowed to rise substantially to offset the emission reduction planned for the east.

Limited sulfur emissions from east to west is just the first step to solving the acid rain problem. The long run solution must lie in the efficient use of alternative, non-polluting sources of energy. It will also require a fair degree of international cooperation, as acid rain flows freely across international boundaries.

In fact, the Colorado conference was a first attempt at linking environmentalists from western Canada and the United States over the acid rain issue. The gathering was the brain child of a Canadian-based environmental organization called, perhaps somewhat optimistically, the Canada-US Acid Rain Partnership (CUSARP).

Concludes CUSARP head Martha Kostuch: "We are convinced that acid rain is a problem that requires our combined urgent attention, before the forests, lakes, and public health of western North America begin to suffer truly devastating impacts."

by Cameron Young, an environmental writer living in Victoria, British Columbia. For more information on the Canada/US Acid Rain Partnership, write: Canadian Environmental Network, P.O. Box 1289, Station B, Ottawa, Ontario, K1P 5R3, Canada.



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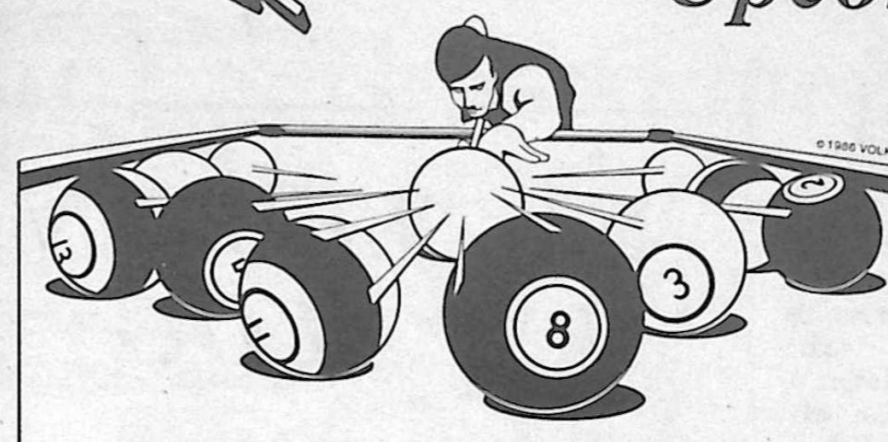
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## Junior Ranks Mess

### Upcoming events



### 9 Dec Professional Billiards

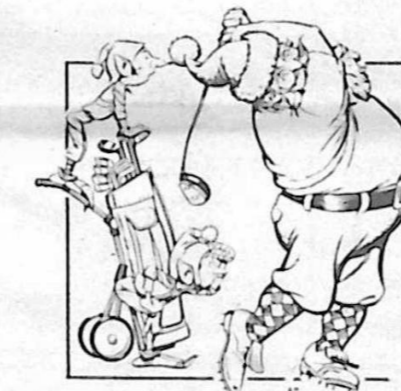
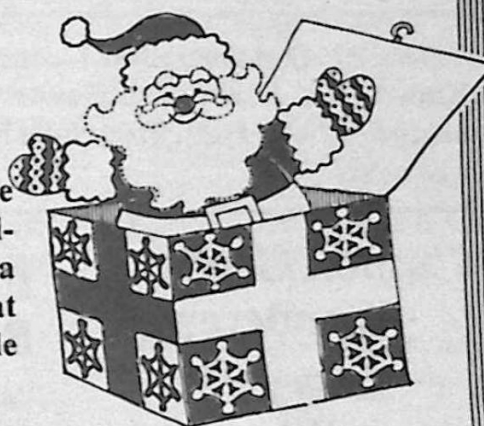
A night to remember -- Jerry Watson, a professional billiards player from Ontario, will perform at the Totem Lounge. Beginning at 1800 hrs, he will do shots you thought couldn't be done. Cost is free. Come one out and challenge him.

### 10 Dec Christmas Bingo

The Annual Jr Ranks Xmas Bingo, begins at 1900 hrs. Open to members and guests.

### 16 Dec Children's Christmas Party

This is the day when your kids get to party! There will be a 40 foot whale set up in the lounge where the 'Dancing Bear Storyteller Theatre' will perform for the children. There will be songs, storytelling, and all-round fun for all ages. Also Santa is expected to visit! Begins at 1200 hrs and goes to 1500 hrs with a variety of showtimes. Hotdogs and drinks will be available to children at 1300 hrs. Sign up your child at the Mess or at you section. Admission cost is a thought for the needy — bring some non-perishable goods for the Comox Valley Food Bank. Cut off date is 12 Dec.



### 26 Dec Boxing Day Golf Tournament

Just a reminder that there is a 1989 Boxing Day Golf Tournament. It is an annual event with all messes participating. Members of the Jr Ranks are encouraged to get out and represent their mess in this fun event. There is a charge of \$3.00. It takes place at the Glacier Greens Golf Club beginning at 0900 hrs. Participants must register by 0930 for a 1000 hrs teeoff. A 9-hole game is planned but may be reduced due to weather. There will be a sign-up sheet at the mess.

## 31 Dec

### New Year's Eve

Ring in the New Year at the mess. The New Year's Eve festivities will commence at 1900 hrs with a sitdown dinner in the dining hall. The menu for the dinner consists of roast beef with all the trimmings. A complimentary bottle of wine will be provided (with hat and noise maker). Band for the evenings entertainment will be ECHO. Cost is \$30 per member couple, \$40 per guest couple. Tickets can be purchased at the Mess Office during normal working hours. Tickets will be on sale for members only till 10 Dec after which time guests may purchase their tickets. Dress for the evening is semi-formal. NO JEANS. Purchase your ticket early as there is limited space.



1 Jan

### New Year's Levee

Bring your ticket stubs from New Year's Eve party (or it'll cost you \$2.00). Beginning at noon, there will be a light lunch available followed by entertainment by the band ECHO for your afternoon enjoyment. Dress code is casual. NO JEANS.



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# Public announcements

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visually impaired, hearing impaired, amputees, mentally handicapped, paraplegics, and most other disabilities. Improvement classes for those that already ski and race training for advanced skiers is also held. For times, costs, and information, contact:

Herb W. Bradley  
1561 Dingwall Road  
Courtenay, B.C.  
V9N 3S8  
334-3868

The PMQ Association Council will be holding a Xmas Tree Burn on 6 January at 1900 hrs just behind Gilwell Hall. Hot chocolate and donut holes will be served.

## Comox Glacier Wanderers Lets go walking

Comox Glacier Wanderers held their annual meeting on 9 November. The executive for 1990 was elected: President - Ernie Wray, Vice President - Eleanor Grant, Secretary - Vern Hurley, Treasurer - Isobel Spencer, Train Masters - Michael and Rich Kellow.

A vote of thanks was given Past President Mike Kellow.

The Comox Glacier Wanderers are members of the Canadian Volkspoint Federation, an affiliate of the International Federation of Popular Sports (IVF) which has world wide membership.

Our Yearly Walk, which can be walked for an Event Stamp, as of 19 November, is in effect until 31 December 1989. As usual, our Year Round Walk will begin as an Event as of 1 January, 1990.

Other walks are being planned for 1990: Oyster River, Campbell River, Qualicum, Forbidden Plateau, Cumberland, Comox, and Courtenay to name a few.

## PMQ Council Bursary

Wallace Gardens Community Council will award a Bursary of \$200.00 to assist eligible students in furthering their education. It will be awarded to a graduating student at Highland Secondary School.

Applicants must be continuing their education at a post-secondary institution in the current calendar year and be a dependant of a Wallace Garden resident who has resided in Wallace Gardens for at least eight months of the school year, and pays Community Council's assessment.

Awarding of the Bursary will be based on the decision of the selection committee, consisting of the Mayor and two members of the Wallace Gardens Community Council. The committee will consider an information outline showing the student's involvement in activities at CFB Comox, as well as a transcript of his/her previous school year marks.

An application and transcript of marks must be submitted to the Community Council no later than 25 May 1990.

## Mont Apica Reunion

Even though the Mont Apica domestic site will officially close on 1 August 1990, a closing reunion commemorating the station's closure, to which all ex-members are invited to participate, will be held the 13, 14 and 15 April 1990.

We are preparing, at this time, the festivities and would like to have a general idea of the number of people who have the intention to participate.

To signify your intention of attending or to obtain more information, write or call us at SFC Mont Apica, Attention Capt Migneault, Mont-Apica, Quebec G0A 2P0, 418-467-3411, local 305.

## Conversational English Course

A conversational English course will be conducted at Aripport Elementary School starting mid January.

All dependants and members interested in learning or improving their English as a second language can obtain information and submit their names to MCpl Daniel Duchesne at local 8657 or at home at 339-0952, or Al Pullin at 339-3732, by 15 Dec 89.

Un cours d'anglais axe sur la conversation sera donné à l'école Aripport Elementary et commencera vers le milieu de Janvier 90.

Tous les dépendants et membres intéressés à apprendre ou à améliorer leur anglais comme langue seconde sont invités à contacter CplC Daniel Duchesne au local 8657 ou à la maison au numéro 339-0952 ou M. Al Pullin au numéro 339-3732.

Toutes les personnes intéressées devront avoir donné leur nom avant le 15 Dec 89.

Christmas Seal  
are a hug  
on every card



THE LUNG ASSOCIATION

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## LEGION LOG

### BRANCH 17 COURTENAY

#### \*\*\*ENTERTAINMENT\*\*\*

Fri & Sat 8 & 9 Dec. .... Music by WESTWIND  
Fri & Sat 15 & 16 Dec. .... Music by PHIL BROWN  
Fri & Sat 22 & 23 Dec. .... Music by COUNTRYMEN  
Fri 29 Dec. .... Music by WESTWIND  
Sat 30 Dec. .... NO DANCE

#### \*\*\*REGULAR ACTIVITIES\*\*\*

BINGOS—Thu, Fri, Sun at 7:00 PM

MONDAY. .... FUN EUCHE  
TUESDAY. .... PUB DARTS  
WEDNESDAY. .... LEAGUE CRIB  
THURSDAY. .... FUN DARTS  
FRIDAY. .... TGIF & MONEY DRAW AT 6:30PM  
SATURDAY. .... FUN BRIDGE AT 12:30

#### \*\*\*SPORTS\*\*\*

SUNDAY 17 DEC FUN CRIB TOURNAMENT, turkeys and hams, registration 12-1pm

#### \*\*\*EVENTS\*\*\*

SUNDAY 31 DEC NEW YEAR'S DANCE, music by WESTWIND, reservations only.  
MONDAY 1 JAN NEW YEAR'S DAY MOOSEMILK 1100 until ?

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### BRANCH 160 COMOX

#### \*\*\*ENTERTAINMENT\*\*\*

Fri 8 Dec. .... Music by DUKES  
Fri 15 Dec. .... Music by VALLEYBOYS  
Fri 22 Dec. .... Music by VALLEYBOYS  
Fri 29 Dec. .... Music by COUNTRYMEN

#### \*\*\*REGULAR ACTIVITIES\*\*\*

SUNDAYS. .... Lounge 11 am to 6 pm  
MONDAYS. .... Men's Dart League, Navy Room, 7:30 pm  
TUESDAYS. .... Ladies Crib League, Lounge 7 pm  
Mixed Dart League, Upper Hall, 7:30 pm  
WEDNESDAYS. .... Navy League Drop-In Bingo  
Upper Hall, 7 pm  
THURSDAYS. .... \*1st Br. Exec. Mtg. 8 pm  
L. A. Exec. Mtg. (as req.)  
\*2nd L.A. Gen. Mtg., Upper Hall, 8 pm  
\*3rd Br. Gen. Mtg., Upper Hall, 8 pm  
FRIDAYS. .... Meat Draws, 2-6 pm  
Dance, Lounge, unless advised  
SATURDAYS. .... Meat Draws, Lounge 2-6 pm

#### \*\*\*SPORTS\*\*\*

8, 9, 10 DEC -- Legion Zone Curling Playdowns at Comox Valley Curling Club. Hosted by Comox Br. 160 together with Banquet 8 Dec at Comox Legion Hall for contestants only.

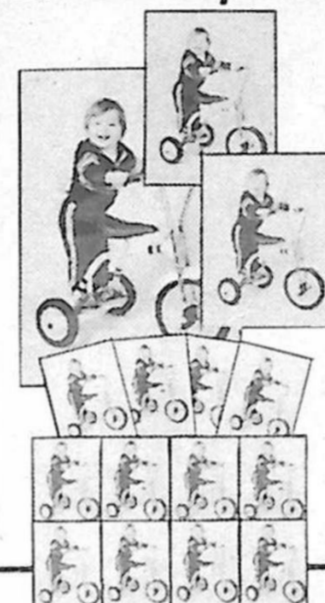
#### \*\*\*EVENTS\*\*\*

SUNDAY 31 DEC -- GALA NEW YEAR'S EVE BALL, 9 pm - 3 am. Music by the COUNTRYMEN, tickets \$35.00 per couple on sale at Office. Members only until 18 Dec, guest tickets (if available) for sale on that date. 'Come out and bring in the New Year with your friends'.

MONDAY 1 JAN -- NEW YEAR'S DAY LEVEE, 2 - 6 pm, music by COUNTRYMEN.

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## From the Fire Chief's Office Make the holiday season a safe one

Once again the festive season is upon us. The staff of the CFB Comox Fire Department wishes you all a very Merry Christmas and best wishes for the New Year. Here are twelve tips aimed at helping you have an incident free holiday season.

1. Christmas trees. If you're getting a natural tree, examine it to determine if its too dry. (A dry tree is highly combustible and sheds its needles easily.) Be

sure your stand has provisions for holding water. Cut the shaft 1" above the original cut.

2. Pick a safe spot for your tree. This location should not block any exits, doorways, or halls leading to the outside of your home. Floor vents near the tree should be closed to prevent the tree from drying out.

3. Synthetic tree lovers. Take care to ensure your tree is

safety approved and suitable for the lights of your choice. (by CSA or ULC)

4. Tree lights. Before setting up your tree, check the lights and wiring for fraying or broken sockets. Don't be a home electrician. Have them repaired by a qualified professional or replace.

5. Care should be taken when purchasing decorations. Ensure they are not placed on electrical fixtures, lamps, heating pipes, heating appliances, or in doorways.

6. Location of decorations. Ensure they are not placed on electrical fixtures, lamps, heating pipes, heating appliances, or in doorways.

7. Stockings. Should be hung to the side of your fire place and the safety screen should be closed during use.

8. When Selecting Toys. Be sure to ask for ones that are safety approved and are non-toxic.

9. Gift giving. For the safety of children, give then gifts that can be used without supervision and do not contain small parts that could be easily swallowed.

10. Smoke alarm/detectors. Check your system for the holidays and never remove the batteries to use in toys. Also, since these are life saving appliances, they make excellent gifts.

11. Entertaining. Increases during the holidays so check for smoking materials, especially in upholstered furniture. Before going to bed be sure smoking accessories are out of reach of little hands.

12. The final check. At the end of each day and before leaving home, unplug your tree lights and check for water under the tree.

Hopefully these tips will help you have a safe holiday season.

## Solution

I	D	O	R	A	M	T	U	R	N
T	A	M	E	R	L	E	A	N	O
E	T	A	G	R	A	N	D	V	I
M	A	R	D	I	D	O	E		
G	R	A	N	D	B	A	Y	N	U
O	E	R	S	E	R	E	S	M	O
L	A	N	D	G	R	A	N	D	P
F	L	A	I	R	Y	S	E	R	
G	R	A	N	D	B	A	N	K	O
E	A	S	E	L	B	E	R	E	P
L	E	A	R	Y	E	A	R	E	N

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# Church happenings

## Padre Bob speaks: of Sunday School and other things

A congregation is made of many people doing many different things so I have asked Mrs. Debbie Parks, who along with her husband Mike, holds down the position of Sunday School Superintendent, to tell of the growth in the Sunday School.

Mrs. Debbie Parks: Our Sunday School has been underway since the first of October, and although we had a slow beginning with only eight children registered, it is encouraging to see our numbers growing steadily every week. We now have about twenty children every session.

The curriculum we are using, called "The Whole People of God," is new to this church, however, it is not new to Mike and I who have taught this curriculum in the past. It is a wonderful one to work with and to teach and we are very enthusiastic about it. It was put together by the United Church of Canada because they felt that the children should be made to feel a part of the whole worshipping community.

Each Sunday the children spend a short time in worship

with the adults so they are made to feel a part of the church family. After a theme story with Padre Baker the children retire to the Sunday School where they continue to learn, on their level, the same scripture lessons their parents are learning in worship.

Classes are divided up by age groups and the curriculum is designed in such a way as to keep the children's interest and to include each of the children in group activities such as stories, songs, and discussions. Each week the children get to take home something that they have done in class to share with their parents.

The curriculum is divided into six units and at the beginning of each unit 'parents paks' are sent home to encourage parents to take an interest in the learning and work that the children are doing in Sunday School.

Our Sunday School mission project this year is the non-formal education program of Padhar Hospital, in India. Sunday Schools across Canada are working to raise money for this project.

With the Advent season upon us we are busy decorating

our classrooms and working on our Christmas pageant which will be held 17 December at 1100 hrs. Our Sunday school children, along with their teachers, Dave and Liz Basham, and Mike and I, will be conducting the service. It should be an exciting day for all of us, so make plans to join us as we celebrate Jesus's birthday.

Padre Baker:

As Debbie says, come out and join us. Our December Calendar of events is as follows:

10 Dec:

1100 hrs. regular service of worship.

1700 hrs. Annual Congregational Christmas Dinner. Please sign the list at the rear of the Chapel to show that you will attend. Thanks.

17 Dec:

0930 hrs. Holy Communion (ACC)

1100 hrs. SUNDAY SCHOOL PAGEANT/WHITE GIFT SUNDAY. We will combine the two emphases on this Sunday with gifts of food being given to the local Food Bank.

24 Dec:

1100 hrs. regular service of Worship, probably including a couple of Baptisms.

1930 hrs. CHRISTMAS EVE FAMILY CANDELIGHT SERVICE. Come out and join in our family

celebration.

2330 hrs. CHRISTMAS EVE COMMUNION SERVICE.

31 Dec:

1100 hrs regular service of Worship.

## OFFICERS MESS DECEMBER '89 CALENDAR

FRIDAYS 8, 15, & 22 DEC

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

WEDNESDAY 13 & 20 DEC

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.

WEDNESDAY 13 DECEMBER

LADIES CLUB BRIDGE 7:30 in the Lounge

SUNDAY 10 DECEMBER

CHILDREN'S CHRISTMAS PARTY bring you children to see Santa. Reservations by 30 November, must know child's name, age and sex.

SUNDAY 31 DECEMBER

NEW YEARS EVE GALA cocktails 1800, sit down dinner 1900, menu--crab/shrimp salad, julienne consomme, chateaubriand, 5 veggies, rice, khulua cheese cake, irish coffee, complimentary wine, party favours. Cost--members \$30/couple, limited guests--associates \$40/couple. RSVP 5 Dec.

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The North Island Gazette, an award winning weekly newspaper, is looking for a reporter to handle sports and other general assignment duties. This would be an ideal position for a recent journalism school graduate. Reply with resume to: North Island Gazette, Box 458, Port Hardy, B.C. V0N 2P0.

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The Langley Times has an immediate opening for a full-time general news reporter. There now exists an opportunity to join one of the fastest growing papers in the Metro Valley Newspaper group. Applicants are preferred to have at least two years experience in the reporting field, with both layout and photographic skills. General news reporting duties will include counsel and court coverage, as well as feature writing. Other editorial tasks will also be required. The successful candidate will be required to reside in the Langley area. Please reply in confidence to: Mel Kasalsky, Editor, Langley Times, P.O. Box 3097, Langley, B.C. V3A 4R3.

GOOSE NECK STOCK trailers, factory authorized sale. 16 X 6 X 6 8 1/2 \$1,195. (Farm). Other sizes also. Trailerland Sales & Service Ltd. (603) 291-3767. Sale ends Dec. 15/89.

## Supply Signals

continued from page 5

We send our best to LS Dave Spindler and Pte Lucie Allard who are presently battling the elements in Penhold and Borden respectively. Our back-up System Manager Staff, Ms Ray Bailey, LS Cathy Higdon, and Mrs Dianne Levesque are a very busy bunch who have the task of ironing out the last little quirks we have been experiencing on our new Motorola toys. Is that the reason for Ray's greying hair?

We are happy to greet Mr. Bill Harlow and Mr. Cliffe Medland, our two newest term employees. They are welcome help to CE Supply and #1 Supply Group. Our Namibia

representative, Cpl Mona Rogers, wishes to say hello to all her friends and assures us that everybody will be envious of her tan. Our over-worked admin clerk, MCpl Doreen Blouin, made a formal request to be welcomed on board just in time to say goodbye. Apparently Trenton sounds good.

In CRS, Stan and the gang heard from our old friend Clair, and she informed us she is expecting a brother or sister for daughter Patricia. We wish her all the best! Double congratulations are in order for the Hailes. They are expecting their first child in May and Norm was promoted on 29 Nov.

A good time was had by all at the recent retirement dinner held for Moe Mowbray and Karl Cameron at the Curling Club. Unfortunately, Moe was unable to attend due to ill health, but word has it Moe is making a good recovery and will be as good as gold soon. We wish you all the best in your future endeavours, Karl and Moe.

A reminder to everybody: get you ham & turkey tickets, they are going fast. Tickets for the Christmas party, 9 Dec are available from MCpl Judy Brown, local 8414.

So, from all of Base Supply, have a safe and happy Christmas and a very merry New Year!

## Aaarg!! I think there's a fire outside my door!

If you have even the slightest suspicion there's a fire on the other side of the door, don't go for it but remember this smart advice from the Old Lady. First, touch the door handle to see if it's hot. If it is, do not open the door as there could be a fire raging on the other side.

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



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# On the base

## MP promotions

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Capt Cossette, BSecurO, presents Pte McClung with a brand new set of Cpl hooks. Congratulations, Tom, from the whole MP Section.



Capt Cossette, BSecurO, presents Pte Desrochers with his accelerated promotion to Cpl. Well done, Claude. Keep up the good work and many more will come your way.

## Xmas Counterattack

Police throughout British Columbia will check more than 400,000 vehicles between December 8 and January 3 in this year's Christmas CounterAttack.

In announcing the campaign, Labour and Consumer Services Minister Norman Jacobsen said: "Individuals, communities, private businesses, and crown corporations are all helping to reduce the tragedies caused by drinking-driving over the holiday period by giving their strong support to the campaign."

"For example, groups like ICBC, BC Transit, The Canadian Legion, the Lower Mainland Taxi Association, White Spot restaurants, and the Canadian Armed Forces have joined with the police to help publicize this CounterAttack Blitz. In addition, schools, liquor stores, physicians, government agents, Autoplan Agents, and hundreds of others will be displaying CounterAttack materials."

"With this unprecedented level of support and the cooperation of the drivers of British Columbia, this holiday season could be the safest on record," concluded the Minister.

Why don't you do your part for a safer Christmas Season in the Comox Valley. **DON'T DRINK AND DRIVE.**



## DANCE

TUESDAY TO SUNDAY

to the Best in Country Rock and Hits of the 60's & 70's

NO Cover Charge

appearing for two weeks

**JERRY KING  
&  
THE RATTLERS**

ROCKIN' COUNTRY  
MUSIC



Tues Dec 5 to Sun Dec 10  
&  
Tues Dec 12 to Sun Dec 17



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**BIRTHDAY-RETIREMENT-POSTING-ETC.**

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