

New Editor
-- Old Face
see page 2



Happy New Year Everyone!



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 1 11 JANUARY 1990

NEXT DEADLINE MONDAY 22 JANUARY

COST: PRICELESS

1989 in review

1989 was a year in which DND and the CF continued to face the ever increasing challenges of meeting Canada's defence commitments and assisting the international community.

At the same time, the CF continued to replace equipment and prepare for the future, keeping in mind the need for fiscal restraints as a result of April's federal budget.

Peacekeeping activities

The CF are Canada's largest peace movement and have participated in almost every UN peacekeeping operation since 1948. Over 80,000 Canadian men and women have worn the blue beret as peacekeepers, with over 1,000 involved in nine peacekeeping missions this past year alone.

Canada's largest peacekeeping task continues to be in Cyprus where Canadian soldiers have served since 1964. In March of 1989, the Royal Canadian Dragoons, from Petawawa, Ont., took over the Canadian sector. In the fall, they were replaced by the 2nd Battalion, Princess Patricia's Canadian Light Infantry based at Winnipeg.

Earlier in the year, the Canadian Government accepted a request from the United Nations to appoint a Canadian as commander of the UN forces in Cyprus. In April, MajGen Clive Milner took command of the 2,300 British, Canadian, Austrian, and Danish troops on the island. It's the first time in 30 years that a Canadian has command that a Canadian has commanded a UN force.

With the withdrawal of Soviet forces from Afghanistan, refugees returning to their homes in the Afghan countryside face countless land mines and booby traps, a legacy of their country's struggle.

In an effort to help those refugees prepare for the future, the first 12-member team of Canadian Forces explosives experts was sent to Peshawar, Pakistan, in late March. The team instructed Afghan refugees on mine awareness, safety measures, and simple methods of clearing mines.

By the end of 1989, three teams of Canadians will have helped teach the Afghans this vital knowledge.

In April, 250 Canadians arrived in Namibia as part of the newly-created UN Transition Assistance Group (UNTAG). UNTAG's role is to assist Namibia's transition to independent nationhood.

The Canadian contingent's largest element in 89 Canadian Logistics Unit. It provides transportation, maintenance, and supply platoons to the UN's Logistics Support Group which in turn supports the 4,700 member UNTAG force.

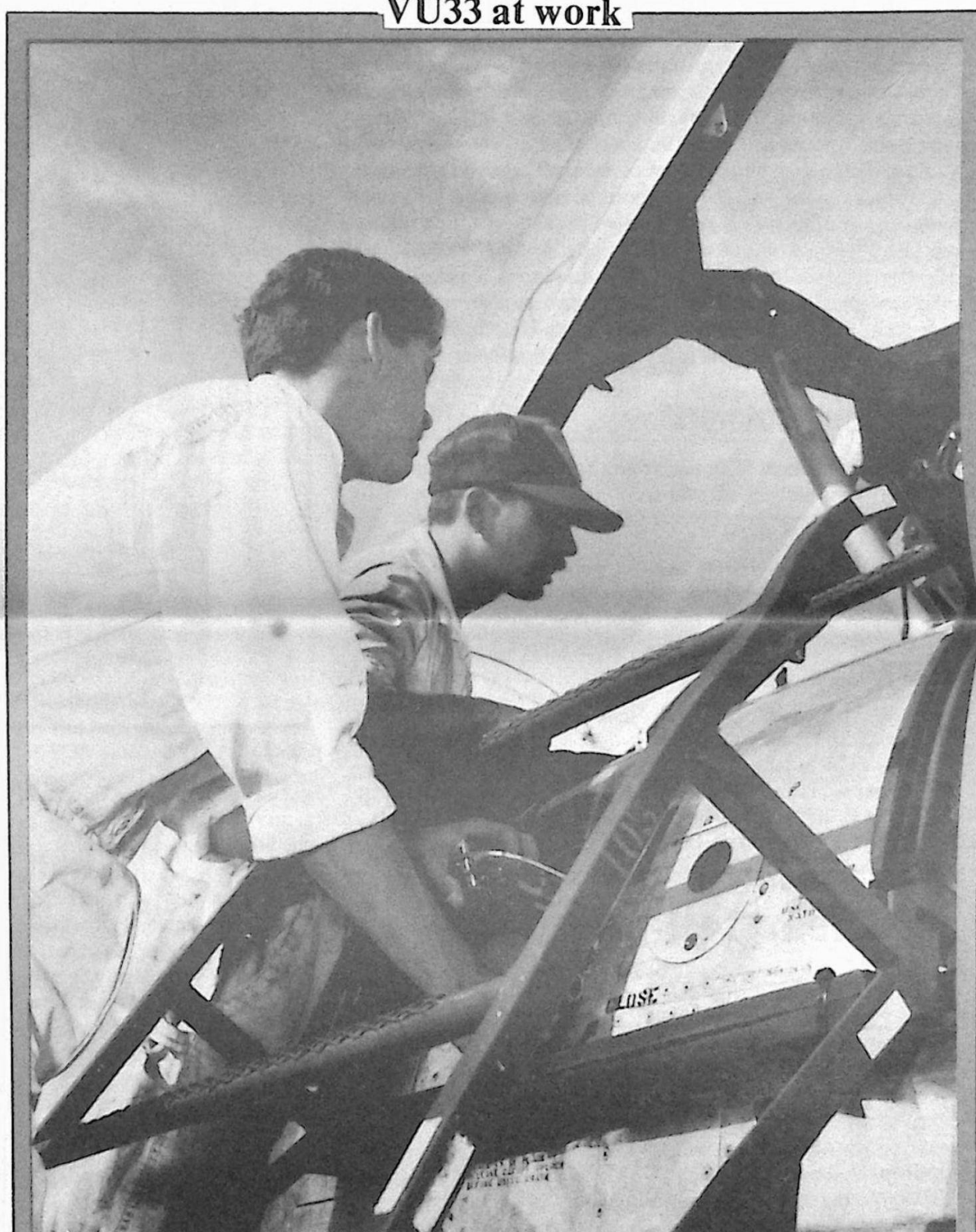
And in December, CF personnel found themselves involved in another new and challenging peacekeeping situation. A large group of observers accompanied by a helicopter squadron were deployed to Central America, a region where five nations are trying to put an end to years of conflict in their region.

About 160 reservists were among those who served with peacekeeping missions outside Canada in 1989. This further demonstrates that the Total Force concept can work since they stand alongside their regular force partners not only in training but also on operational duty.

When it comes to reducing tension among the world's nations, peacekeeping operations are the department's most visible actions. But there are many other less visible efforts that are just as important.

continued on page 10

VU33 at work



Technicians Cpls Marc Pilon and Luc Lauzon prepare a T-33 for yet another sortie.

CF in Honduras

OTTAWA -- The Minister of National Defence, and the Secretary of State for External Affairs, announced that Canada will send 12 members of the Canadian Forces to Honduras as peacekeepers to augment Canada's advance party in the United Nations Observer Group in Central America (ONUCA).

The 12 peacekeepers will join the advance party at ONUCA headquarters in Tegucigalpa, Honduras by January 4, 1990. They will subsequently be

deployed at liaison offices located in the five Central American capitals. It is expected that additional Canadian observers, as well as eight light observation helicopters with crews and maintenance support, will go to Central America at a later date when requested by the United Nations.

"Canadian professionalism in peacekeeping is held in high esteem by the international community. Canada's willingness to continue to contribute to United Nations

peacekeeping missions, such as ONUCA, is based on the conviction that conflicts can be resolved through peaceful means," says the MND.

"This deployment of 12 Canadian Forces members at this time is particularly important because of the request made to the United Nations Secretary General by the Central American Presidents on 12 December that the work of ONUCA be expedited. Canada remains committed to supporting the peace process in Central America," stated the Secretary of State.

Editorial

Fulfilling a Dream

NORM BLONDEL

This has to be the fastest resurrection since either you-know-who, or Pierre Trudeau, but the chance for me to live a thirty-year-old dream overrode other, more mundane matters. The Totem Times and I began parallel 'careers' in the same year, 1959. I was Library columnist for 'Wings over Greenwood', and the fishwrapper a brash little broadsheet, soon to make a name for itself as a bold voice among its quieter cousins in military journalism. As (later) a staff writer with the Greenwood 'Argus', I was always impressed with both the content and quality of writing emanating from the West Coast, and remember remarking to Wife:

"One day, I'm going to work on that newspaper, and maybe ..."

So here we are, hoping to fill the shoes of my illustrious predecessors, and feeling particularly indebted to former Editors Gord Kruger and Kirk Sunter for their help.

Gord Kruger made the first major change in this newspaper's appearance and content by switching to a tabloid format, and by reaching out to the considerable numbers of retired military people in this area, with articles that were useful and interesting to them. His editorials ran the gamut from sports to religion and everything in between, and his was a respected voice in the Comox Valley. From him I learned what I needed to know about the editing and production of a newspaper. Kirk Sunter developed the clean, crisp format and style of today's fishwrapper (now used in part by two of our local newspapers), and provided that extra bit of support needed when I applied for the job. Thank you gentlemen.

To our contributors:

This paper is dedicated to publishing as much local material as we can get, especially from the sections. We're not looking for literary tours du force; just give us your news. And gossip? -- love it; send it in.

Observe some basic rules: Write (type) your articles in good taste, avoid personal denegation and axe-grinding. Sign your stuff and include a telephone number where we can reach you.

Help wanted

We need production staff. Proofreading, correcting, paste-up, camera work and ad work are all available for interested volunteers, civilians included.

Newspaper work can be an outlet for your creative energies, and it can be rewarding. I'll testify to that. Give me a call at 339-2541 or 338-0259 if you'd like to join the team.

Heartfelt Thanks

by Kirk Sunter

The 'winds of change' have blown through the office of the Totem Times and sent the old editor, yours truly, scurrying back to his home at 442 Squadron to begin training budding young (and not so young) pilots in the ways of the world according to Search and Rescue. My year at the controls of the paper has been rewarding, frustrating, and exhausting, but never boring. I tried to make the Totem Times better and livelier. Perhaps I succeeded -- at least I'd like to think so.

But regardless of the results, I would be a sorry excuse for a human being if I did not thank the people who have slaved over the paper with me: those who have patiently watched me pace back and forth in front of the half completed pages, wearing a path in the tiles and accomplishing very little else; those who have watched me tearing my hair out on Wednesday afternoon and kept their snickering to a minimum as, yet again, I have left the front page to the last minute;

those who have refrained from punching me after I have told them, indirectly, that they'll have to pull off all their carefully aligned articles from the layout sheets and start again -- due to my exacting, but inconsistent standards.

Sherry Snow, the typesetter and office manager, brought her wacky sense of humour to the paper last summer; showhow, amidst the piles of tedious stories waiting for her attention, she maintains it. When I found myself losing mine, she would none-too-subtly remind me. She's also a goldmine of information on base activities and personnel. I'm convinced she's forgotten (and she doesn't forget much) more than I ever knew about the running of the base.

Shelly Bankhead was a volunteer at the paper who specialized in laying out ads. When the rest of us would turn our backs on and studiously ignore the finicky work of completing advertisements, she

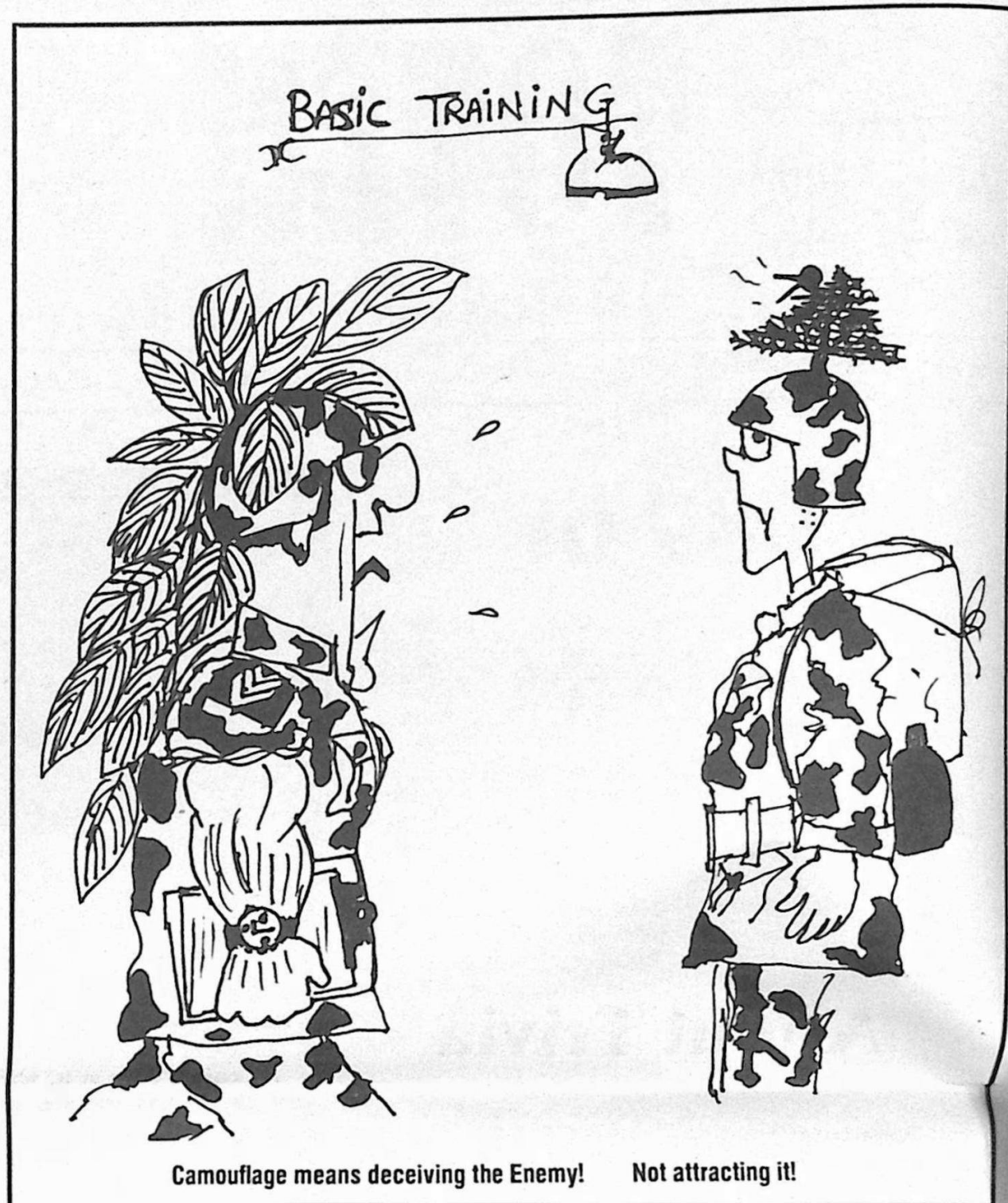
would pick up the bits and pieces with a smile and, hunched over a table for hours at a time, produce immaculate work. Like all our volunteers, her only reward (besides unlimited cookies and coffee generously supplied free of charge by the paper and the undying gratitude of the editor) was the satisfaction in a job well done.

Mark Forseille, a sometimes volunteer at the paper, had a habit of showing up to lend a hand just when we needed it most. With apparent relish, he would speedily and carefully attack whatever I gave him to do.

Kelly Sunter (now the last name sounds familiar) was a tireless volunteer. With absolutely no coercion from her husband, she matched him hour for hour at the paper -- often far into the night (could it have had anything to do with his hiding the car keys). So great was her dedication, that only a short while after giving birth to a bouncing baby boy in August, she was back hunched over the tables at the Totem Times, proofreading endless copy and doing a lion's share of the layout between nursings and diaper changes -- the editor, her liberated husband, always seemed to be busy when

the telltale odour wafted across the office. Without her willing participation, I'm not sure we would have made any of the publication deadlines.

So *THANKS*, guys. I really mean it. If not for you, I'd either be dead or in an asylum. And as I dance out the door to the office the last time I only have one more thing to say: YEEEEEE -- HAAAAAAA!



Next

deadline

22 Jan 90

TOTEM TIMES

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

EDITOR.....Norm Blondel

PRODUCTION STAFF.....Mark Forseille

OFFICE MANAGER.....Sherry Snow

CIRCULATION.....Brad & Helaine Shipley 339-4680

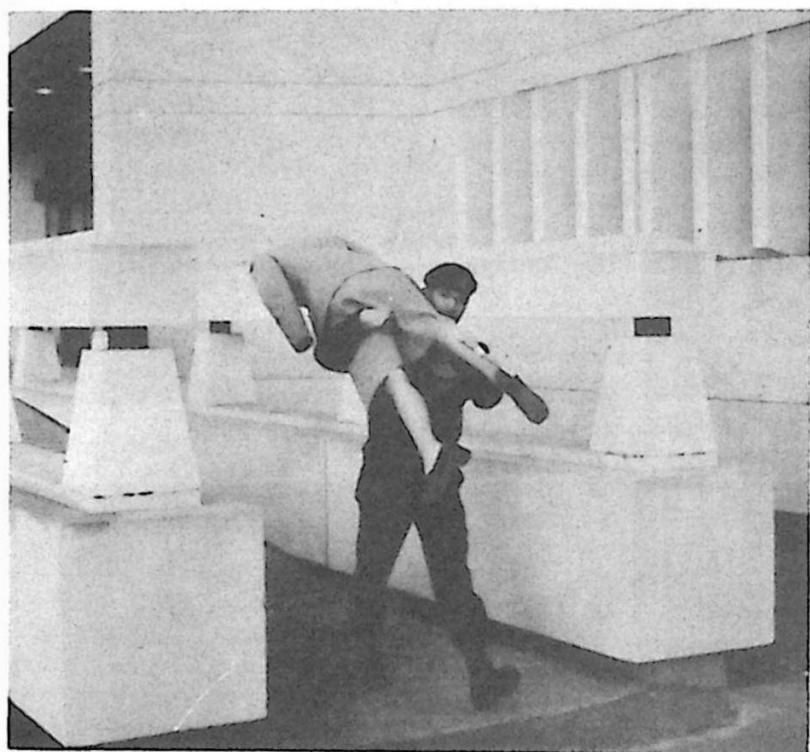
The **TOTEM TIMES** is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, DF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. Address correspondence to the Editor, Totem Times, CFB Comox, Lazo, BC V0R 2K0. Subscription rate: \$6.50 per year.

Published every second Thursday, with the permission of the Base Commander, CFB Comox. Second Class mail registration 4098.

Office Phone: 339-2541

Comment

Well, really!



Bombardier Chris L. Bentley of the Royal Canadian Artillery Museum at Canadian Forces Base Shilo removes a mannequin from the Western Manitoba Centennial Auditorium. The mannequin was part of a display that was installed by the RCA Museum as part of the 10 November ceremonies that unveiled a new stamp honouring the 50th Anniversary of the WW II British Commonwealth Air Training Plan.

DND photo by Sgt Bob Thompson.

A Beaver standing on its head

by Ann M. Smith

It used to be that the only time we ever heard from the good folks at Canada Post Corporation was when they wanted more money from the beleaguered, taxpaying Canadian postal-user. For most of us that was often enough, thank you very much.

Back in 1983, you'll recall, the Corporation garnered an awful lot of public attention with its now-famous quantum leap of faith that catapulted the cost of mailing a letter from 17 cents to 32 cents. Then just two years later the price of stamps rose again... this time 2 cents to 34 cents. And again in 1987... another 2 cents to 36 cents. And again in 1988... this time the cost went up a penny to bring the grand total to 37 cents. And, of course, the most recent hike came at the beginning of this year... (what the heck?) another one cent increase. At 38 cents per first-class letter, Canadians are very likely the proud owners of the most expensive stamp in the world.

Hold the applause.

As long as we're at it, why not also remind ourselves of the umpteen postal disruptions during the same, shall we say, 'inflationary' period? With approximately 60 disruptions since 1965 (including the 42-day full-scale walkout in 1981), the Canadian postal system holds a world record worthy of dopestesting. In short, we pay through our nose for a strike-prone, unreliable system of postal delivery.

A recent series of television and newspaper ads running across the country, however, would obviously have us believe differently. "Some time ago," read the enormously expensive, full-scale print ads, "Canada Post made a commitment to all Canadians. We promised you better, more reliable postal service. We're not there yet, but we're getting there."

"We're happy to report our progress with some recent records that might surprise you. According to a report published in January of this year, properly prepared mail is delivered within major cities in 2 days or less 92 % of the time."

The ad campaign running on television pictures the popular, all Canadian beaver stamp standing on its head and, as the commercial messages is delivered ("...92% is good. But it's not good enough."), the beaver begins to turn itself figuratively and literally around.

In the midst of this glitzy and expensive approach to the new 'Let's Pat Ourselves on the Back' campaign, it seems that Canada Post has missed the point: no business deserves congratulations for providing the services it is paid to provide — especially at our expense. As taxpayers and postal users, Canadians from coast to coast will pick up the tab for this largely self-congratulatory campaign. What's even more galling is that many postal ob-

servers are calling the ads a prelude to another rate hike.

Presumably the rationale for this approach is to tell us they're finally doing the job adequately and then hope that no one will object to paying even more for doing business with this monopoly-controlled system.

It isn't enough to simply highgloss a largely tarnished image with expensive words and pictures. If Canada Post is serious about building a long term, dependable postal system, they'll need more than a good advertising campaign. They obviously have the latter but as for the former, we'll just have to wait and see.



About Trivia

Sir:

A few issues ago someone tried to pawn off a Cessna Crane as an Anson in your Trivia Quiz. Well I'll be danged if you ain't done gone and doed it again in your last issue. Trying to pawn off a Fairchild F/C2 as a Fairchild 71. Despite the fact that I took the 'pain' and trouble to give an accurate description of the aircraft pictured and it's introduction into the RCAF. Woe is me! It appears to have been an exercise in futility. So I will reiterate the F/C2 pictured had a triangular emphenage (if anybody out there know what part of an aircraft that is) and it was known in the trade as a 'Razor Back'.

Futhermore I spent many, many hours flying in an F/C2 as a crewman not to recognize the 'dog' from the photo. As a pilot I flew the Fairchild 71 for nigh on four years on behalf of the RCMP, chasing 'rum runners' in the Gulf of St. Lawrence the whole of the coastline of Nova Scotia and P.E.I., including the Bay of Funday the Cabot Strait and anumber of other water areas. So I can state without fear of contradiction that I know what I am talking about. Incidentally the 'rum running' bit commenced in 1933.

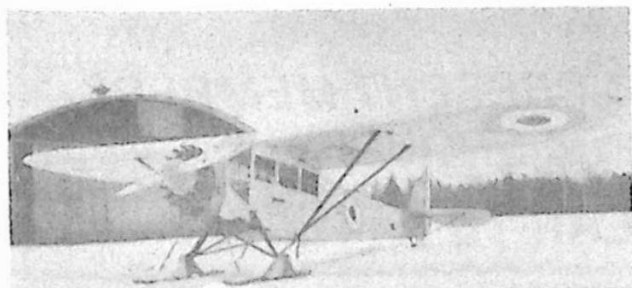
Someone out there has their recognition somewhat confused and it isn't yours truly. Anyone with far less than 20/20 vision could immediately recognize the difference in the size, shape and other features between the two aircraft under discussion. The whole purpose this tirade being that you just can't lead your readers up the garden path by publishing such mis-information. Anyway this is just friendly criticism to set the record straight and so press on 'rewardless'.

Harry Bryant

Editor replies:

Sometimes, Harry, I think of Airforce Trivia as an exercise in self-flagellation. Make a mistake, and there's Harry, waiting with his Flagel. But we're innocent this time: the information was printed verbatim from the photo supplied by H.W. Holmes. You two old war-horses can fight this one out. And Harry... enough already about the Cessna Crane. We're sorrysorrysorrysorry... JEESH!

P.S. Keep writing Harry... Norm



?

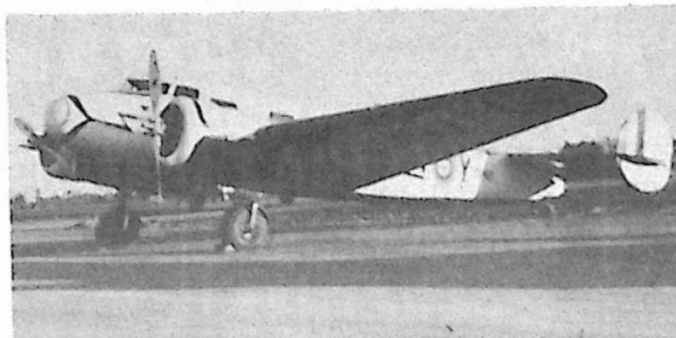
Air Force Trivia

What, where, when



..... something light.

Trivia Answer



Lockheed 10B 7648 of 13 Sqn RCAF at Pat Bay, B.C., Dec. 1941.

(From the H.W. Holmes Collection)

Section News

VU-33 Squadron

Anker Klankin'

Tech side

HAPPY NEW YEAR!

Well, another holiday season has come and gone. With few exceptions everyone is back to work and all appear to be in good health and spirit. Welcome back everyone. A special welcome to Harry Weeds who is now back among us. We wish you good luck and good health in 1990 Harry and we're anxious to see your smiling face back in the supply section.

Congratulations to Cpl Paul Sparling on receiving his Canadian Forces Decoration. Also to Cpl Pam MacCallum on receipt of the Tech of the Quarter award for Oct-Dec 89.

Cpl Marty Lavigne has a new addition to his family -- a baby boy born on 15 Dec 89 (Joseph Alain Maxime) and due in no

small part to the excellent efforts of his wife Marlaine. Well done Marlaine.

With the new year beginning, there are many events facing us between now and the end of the APS. In Jan, we have a Flt Safety Survey, annual visit to career managers, and hopefully for some of us a trip to Whistler for some skiing. The CDS is visiting the base in Feb while Mar will include an OP EVAL and the phase out of the Tracker aircraft. VU33 Tracker Phase-Out Reunion will also take place during 9 - 11 Mar 90.

Apr will begin the Active Posting Season (APS) and should see the last flight of the Tracker aircraft to storage at Mountainview. May, June and July for many of us will be

busy preparing for House Hunting Trips and subsequent postings to various locations.

While some people are preparing for life on a new base, several Squadron members will be preparing for a new way of life as a civilian. Retiring in 1990 are MCpl Fred Kay (Jan 90), WO Lyle McManus (Feb 90) and MCpl Ernie MacAlpine (Apr 90). These members are retiring after completion of a full and productive military career and we wish them the very best in their new vocations and Good Luck for the future. Keep in touch.



Cpl Paul Sparling receives Canadian Forces Decoration from Maj Arsenault, CO VU33 Sqn



Pictured above is Cpl Pam MacCallum receiving her award for Tech of the Quarter from SAMEO Capt Bill Snow



FIGHT THE
LUNG
CRIPPLERS

DARN!
I COULD HAVE
ADVERTISED
IN THIS SPACE!



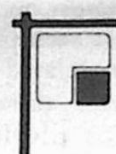
OPEN 7 DAYS A WEEK

COLUMBO'S
STEAK HOUSE
PIZZA
N
PASTA

338-1488
FREE DELIVERY

COMOX VALLEY REALTY

333 FIFTH STREET, COURTENAY, B.C. V9N 1J9



A. Victor Simonson
Realtor

Bus. (604) 338-7777
Res. (604) 339-7684
Fax. (604) 338-5410

Independent member of
the Canada Trust Franchise

RETIRING SOON?

Tremendous opportunity to own and operate a family business. Established 12 years in same location in Courtenay, with a steady clientele and great expansion possibilities. Owner wishes to retire due to poor health but will spend time to train you. Asking price is less than cost of equipment. For details call Victor Simonson 336-7684 or 338-7777

OFFICERS MESS JANUARY 90 CALENDAR

FRIDAYS 12, 19, 26 JANUARY

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

WEDNESDAYS 17, 24, 31 JANUARY

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 24 JANUARY
LADIES CLUB BRIDGE 7:30 in the Lounge

WEDNESDAY 17 JANUARY
OMLC 'Win, Lose or Draw' night 7 for 7:30

SATURDAY 27 JANUARY—OLD UNIFORM NIGHT
will feature comedy cabaret, 'Alouf & Trett', food will be roast beef. time 1830 for 1900 hrs. Cost per PERSON—members \$10, limited Associates & guests \$12. RSVP 24 January.

HITEC SCREEN
PRINTING

Ski Comox Valley Tops

5 Fabulous Designs on Quality Fleecewear
Neon T-shirts & Hats too!

Also Aircraft, Boating
& Wildlife Designs

334-3656
830F (upstairs) Cliffe Avenue

THE END OF AN ERA

VU 33 TRACKER
FAREWELL

CFB COMOX

9, 10, 11 MARCH

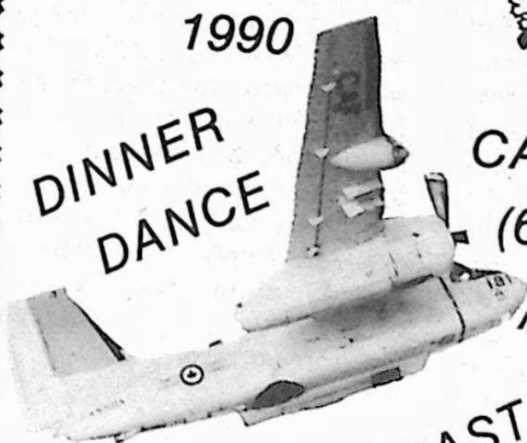
1990

DINNER
DANCE

CALL:

(604) 339-8117

AV. 252-8117



FLYPAST
BEERCALL

PAST & PRESENT MEMBERS
& SPOUSES
PLAN TO ATTEND!



Ripples from the beaver pond



The boys are back

We welcome the return of all the boys on their TQ5s, just in time for Christmas. Returning are Josh Lachapelle, Dan Dupuis, Joe Huard and Jeff Joyce. All are happy to be home; after all, CFSME is such a fun place to stay for a few months. Also back in town is WO Chester Lewis from his six months as one of the 'frozen chozen'. He's not going to unpack though, since he will soon be off on his SLC (Charm School) course in Borden, as will WO Rick Fisher.

All these returning members should bolster our ranks on the CE intersection hockey team, which recently halted its three game slide with a 7-6 win over Base Ops. Under other sports news, we have the CME Beaverspiel at CFB Chilliwack 22 to 25 March. All interested pers contact Rob Bouchard in Fridge Shop and start your long-range planning now. Also, coming up is the Beaver Cup here in Comox from 31 Jan to 2 Feb. Interested pers contact Kevin (Schultz) Mercer

or Rob Bouchard so we can tally up some numbers and see if we can field a couple of teams for this event. Coaching the team will be WO Guy Thibault, since he did such a good job last year leading our troops to victory.

We offer our congratulations to Sue and Louis Limoges who had a new arrival on 22 Nov: a boy — 7lb 9oz Matthew, and Dan and Perron Aubertin who recently had a baby girl.

The CE Parade on 15 Dec was a success; events including Brian Hofman receiving his crown, MCpl Denis Cote and Cpl Dan McGowan receiving their CD first clasps and the BFC receiving instructions on how to say grace. Congratulations to all receiving awards and presentations and to the members on parade on the excellent turnout.

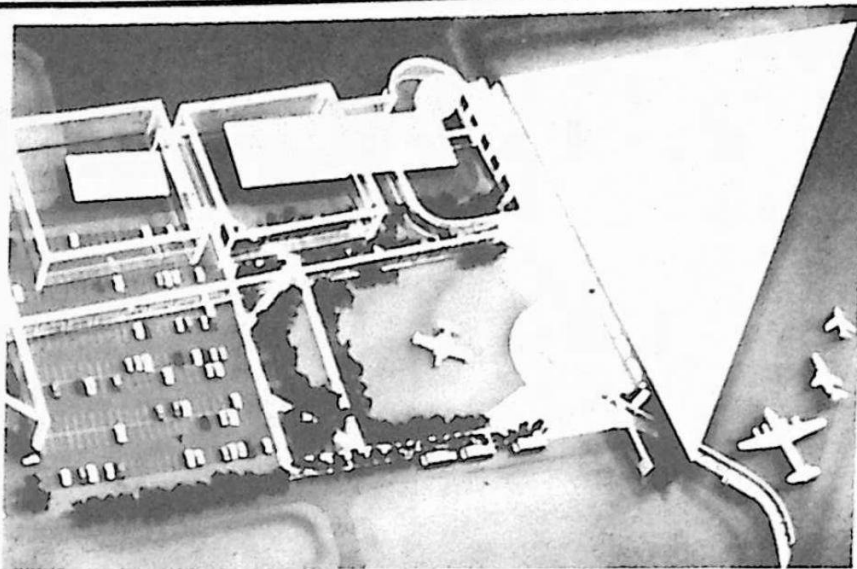
Leaving us soon will be MWO Al Buckham, off to be Boss Beaver in Alert come March, Cpl Ben Rave who will

be off to Cyprus in Jan and MCpl Rob Bouchard, also going to Cyprus in the new year. Postings are now starting to float in as MWO Paul McAloon has his screening for Goose Bay, a choice both Paul and Carol are happy with. We would like to say goodbye to MCpl Ken Wood from the Production Office, who has recently slipped into retirement.

Congratulations to the people in CE Engineering cell on their recent 649 windfall of \$2,300 ushering in the 90s with a bit of luck. This will give Rick Finney a little extra; he needs it, off on a Caribbean cruise first week of Jan. Have a good time Rick!

Finally, Wayne Erhardt wonders why he has to carry all the rejects in CE during the coffee break Euchre matches: he is beginning to think he is daft for doing so.

To all members of CE, we hope Santa was good to you and wish you happiness and prosperity in the new decade. CHIMO!



Model of the new National Aviation Museum

Aerodrome for democracy

They called us 'The Aerodrome for Democracy'.

And little wonder. During the Second World War, Canada trained more than 130,000 aircrew for service with the Canadian, British, Australian and New Zealand air forces.

The legacy of those remarkable years is still evident in the hundreds of airfields and wooden hangars that dot our landscape, and in the aircraft industry that continued to flourish after the war had ended.

The 'BCATP'

With war was declared in the Fall of 1939, it quickly became apparent that Canada — centrally located and immune from attack — was in the best position to support a large-scale aviation training program.

So, three months after the outbreak of war, the British Commonwealth Air Training

Program (BCATP) was created under Canadian direction.

The job of organizing and administering the plan fell to the fledgling Royal Canadian Air Force.

With fewer than 4,000 officers and airmen and a handful of firstline aircraft, nothing short of a revolution was required. Within a few months, the RCAF grew to ten times its pre-war strength in order to cope with initial plans to build 74 training schools and associated facilities. Eventually, as astonishing 360 BCATP schools and ancillary units were established.

Canada was well suited for the challenge. Not only had the Department of Transport built a system of civilian airports across Canada during the 1930s but it had also supported the creation of numerous flying clubs. Consequently, an infrastructure of good airfields,

Next deadline 22 Jan 90

An important announcement about Unemployment Insurance

The Government of Canada recently presented to Parliament a series of amendments to the Unemployment Insurance Act (UIA). The purpose of the proposed amendments is to improve existing legislation and to provide additional funds for programs and job training in areas critical to Canada's economic future. Major improvements include additional maternity/parental benefits and the extension of coverage to people who choose to work beyond age 65.

Although passed by the House of Commons on November 6th, 1989, Bill C-21 is still under consideration by the Senate and will not become law on December 31.

Under one section of the current law, workers may qualify for regular UI benefits with at least 10 to 14 weeks of work during the previous year. That section of the law expires January 6th, 1990 and until amendments to the Act are adopted the following interim rule applies:

Anyone making a claim for regular UI benefits that would have started on or after January 7, 1990, must have worked a minimum of 14 weeks during the last year to qualify.

For more information contact your local Canada Employment Centre (CEC). There are more than 500 CECs across Canada; phone numbers are listed in the Federal Government section of your phone book.



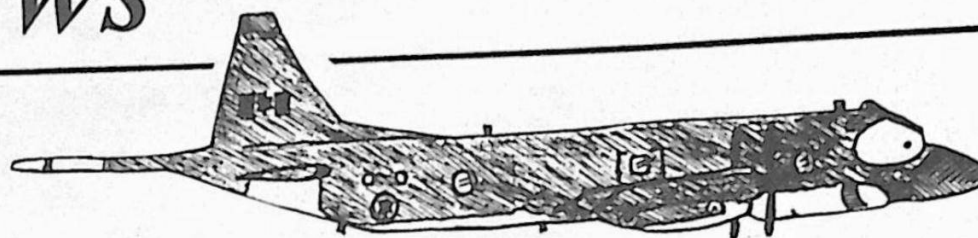
Employment and
Immigration Canada

Emploi et
Immigration Canada

Canada

Section News

407 Squadron



Aircrew

Contrary to propaganda being circulated throughout the squadron concerning the 'Tinkerbelle Club' (Capt Bert Fenton presiding), Capts Ken Westerveld and Ron Vincent have no association with this radical group. The 'Club' was formed to bond certain persons who did not go swimming in the ocean on New Year's day.

To this end, it must be noted that on 1 January 1990, Capts Westerveld and Vincent were spotted by several Denman Island residents during their annual swim to Tree Island, while Capt Fenton (founding member of said club) discovered much comfort in a hot tub.

Capt Mark Wisted was given an early Christmas present which consisted of a posting to 404 Sqn in well, you know where. Of course, Mark was very happy about this occurrence since, as everyone knows, 404 is the spring board to success. (This has been a paid political announcement.)

The Society of Prevention of Cruelty to Seagulls was camped on the doorstep of Lt(N) Kendall Kelly and Lt(no 'N') Steve McLennan, after those gentlemen put several of the species through an engine during a recent take off. It took

some fancy explaining, but the society members were finally convinced that the ensuing carnage was purely accidental and not a source of pleasure or scientific experimentation. Unfortunately, the Society of Prevention of Cruelty to Ross Potts was not so easily persuaded by the smooth talking pilots. The group maintains that the incident was an evil plot to keep Pottsy from doing his Navcom checkride.

There are wedding bells on the horizon for two members of the vaunted Crew 5 Vikings. Congratulations to Capt Ross Potts and Lt Steve McLennan. Details are sketchy, but rumours are quite substantial that Ross is hooking up with somebody called Joanne, while Steve is marrying some girl from New Brunswick. (That's hard hitting journalism at its finest!)

There were some Lt to Capt promotions on squadron as of 1 Jan. It would probably be easier just to mention the guys who didn't get promoted, but here it goes: Skuja, Norris, Schwartz, Beaulne, Potts, Perrault, Palmer, and a partridge in a pear tree.

There was a New Year's Eve party at Capt Mike Savard's. Everyone had a good time, but

none better than Capt Scott Geunther, who was a real crowd pleaser with his can of silly string. By spraying the gooey concoction into people's hair, faces, drinks, and down various dresses, Scott was an instant hit* at the party. (*Note: Other adjectives, somewhat stronger than 'hit', were also used to describe Scott.)

Oh yeah, **HAPPY NEW YEAR!**

Groundcrew

Most of the personnel changes from the active posting season are over and done with. New to the 1 crew is Mike Lebrun a much needed IS Tech.

A thorn in everyone's side is drawing to a close with the recent park job on the VIP spot. It will be pleasant to have the use of our hanger again without having to play musical airplanes to find hangar space.

Presently most techs are tip toeing around the section to avoid the dynamic and exciting job of tool crib. This job ranks up there with watching paint dry, so it's understandable that we are trying to avoid this like the plague.

As for deployments, the crew has just come back from Barbers Pt and Keflavik. On the Barbers Pt trip Cpl Romans broke the longest continuous sleeping record on patrol previously held by a TACNAV.

Ken McMahon receives the dubious brillo pad award for his unique hairstyle and Alfalfa sprout earned while on TD. Keep up that standard Ken and everyone will be safe on our hanger parades. The Keflavik crew seemed to have an interesting time. The NATO barracks 'held' the groundcrew. I say held because as sources say one of the rooms resembled a cross between a jail cell and a stable. We won't mention whose room it was, Doug or Vince but luckily those Icelandic lady cleaners liked Canadians.

Ski season is almost upon us: Keep an eye out for Ken "I didn't know I could slide on my face to a stop McMahon," and try to stay out of his way. Also keep an eye out for some 3 crew ski days all are welcome.



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.




Fireprecan. Fire Prevention Canada and your Fire Department.

SERVICE DIRECTORY

BAYVIEW  
International 
COLOR CENTRE
PAINTS • WALLPAPER • DECORATING SUPPLIES
BAPCO PAINTS OLYMPIC STAINS
CIL PAINTS CABOTS STAINS
SHERWIN WILLIAMS PAINTS SIKKENS STAINS
INTERNATIONAL GENERAL PAINTS
MARINE PAINTS
3080 COMOX ROAD 339-3711 COURTENAY, B.C.

COMOX MINI WAREHOUSE
"BEST LITTLE WAREHOUSE IN THE WEST"
U
Store It
Lock It
Keep the Key
CLOSE TO THE BASE & TOWN
* Safety * Security * Supervision
Knight Rd & Pritchard Rd 339-3424
Comox, B.C.

 Courtenay
Chrysler * Mitsubishi
Sales * Service * Parts
7 days wk Mon-Sat 8-5
ICBC approved collision shop
Mon-Fri 8-5
Top of Mission Hill Courtenay 338-5451

 Tel. 336-2700
Comox Valley Auction Sales Ltd.
"PICK UP SERVICE AVAILABLE"
2691 DUNSMUIR AVENUE DAVID STEVENS
CUMBERLAND, B.C. V0R 1S0 AUCTIONEER AND APPRAISER

HARTMAN AUTO SUPPLY 338-7261
367 Sixth St., Courtenay, B.C.

BRANCHES IN
CAMPBELL RIVER
& PORT ALBERNI


* DRIFTWOOD MALL 338-8318
* COMOX MALL 339-7774
* DOWNTOWN COURTENAY 334-3443
HOME OWNERS & AUTO PLAN INSURANCE

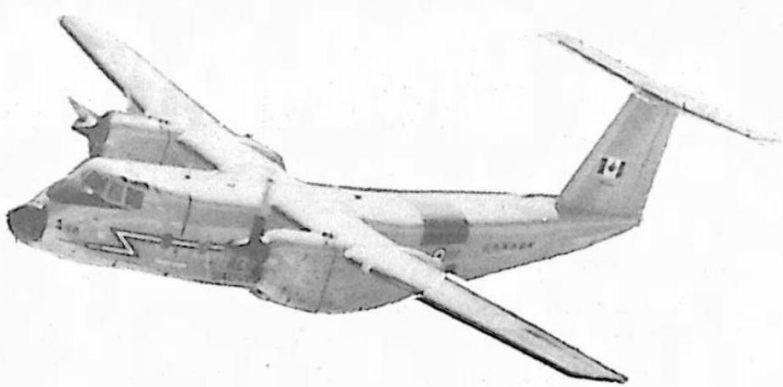
MARKET TRAVEL WORLDWIDE
PROFESSIONAL TRAVEL ARRANGEMENTS
(Area Code 604) **338-1474**
OR B.C. TOLL FREE 1-800-232-9294
549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2
ACROSS FROM THE BANK OF NOVA SCOTIA

THE GREAT Steak COMPANY
Bill & Edie Duchak
Owners/Operators
lon of Jn
Seafood • Ribs • Steak
"And a whole lot more"
2270 Cliffe Ave.
Courtenay, B.C. V9N 2L4 338-5251


Bicycles, Tricycles
and lots of accessories
Full repair service
PEDAL PUSHER
NOW OPEN AT OUR NEW LOCATION
137 - 9th St.
BELOW THE MAIN CIVIC PARKING LOT
334-4845

Section News

442 Squadron



Lab news

The holiday season is over, and everyone in Lab flight is getting back into the gruelling task of waiting for good weather to go flying. It's been a slow Christmas season for the chopper. Capt Hughes and his crew had to fight their way to the rough and tumble town of Port Alberni to medevac a gunshot patient. Besides that adventure we've been patiently waiting for the phone to ring from RCC.

Lt Grant Mills is off to CFB Gagetown for a CH135 Huey course prior to Sinai duties. Good luck Grant and don't forget your suntan lotion.

Lab flight welcomes Lt 'Gab' Ringuette and Capt George Dowler to 442 Sqn. They will both be on the 8 Jan Lab OTU.

Capt's Erdos and Kruis are brandishing their new rank as of 1 Jan 90. What a Christmas present heh boys. Congratulations from all your co-workers.

Nav section

After the yuletide season, the Nav section is back, albeit a few pounds heavier, fewer RECCE missions are required by Ops. Also in the news, an

upcoming Southern Trainer -- hopefully, more southern than Nanaimo -- has Capt Brad White rummaging for old passport photos. Talking about Capts, Marc Ouellet is now carrying a little extra gold -- congrats Marc! In the offing for February, Lt Matthews is preparing for the Arctic Survival Course -- Does Resolute Bay get Chinooks? As for the senior Navs, Rudge Wilson was rumoured to be in his office -- still waiting for confirmation.

SAR tech shop

The new decade has arrived and all is well in the Comox Valley. The SAR Tech shop is struggling to recover from a great holiday season; the highlight being the SAR Tech/FE Christmas party.

Santa Claus and his little helpers were in attendance and a good time was had by all. A few of the more memorable gifts were: uplifting boots for our CO, a new cougar meat menu for Jim and Mark's restaurant, sleazy garments for Bob, a new nose for Fred, a dress for Bill, a smaller belly for Ron, a green suit for Kirk, and a six month reprieve for all the new guys. Santa and his helpers simply did a fantastic job and it's going to be difficult for the FEs to top it next year.

The New year is well under way with everyone busy and seemingly happy. January will see Fred Denninger on the RHIOT course that's 'Rigid

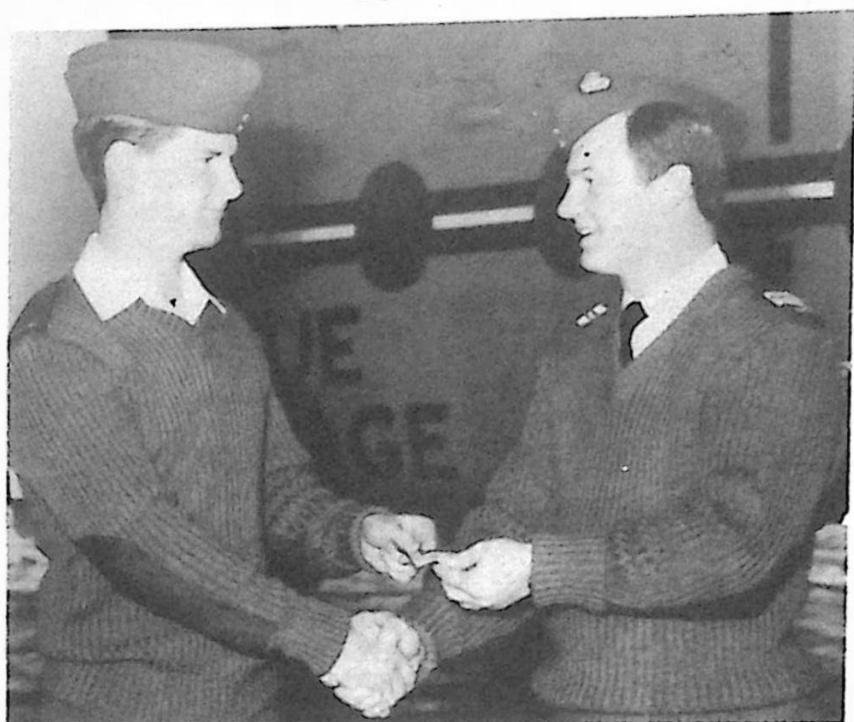
Hull Inflatable Overwater Training', several scheduled trips, Dave Sheppard on CASARA and all the remaining SAR Techs busy with standby and training. So happy New Year to all of you and remember to keep the whole decade accident free.

Bufs

The Christmas season has kept Buff Flight fairly quiet.

Capt Plasse has headed for the wide open spaces of Moose Jaw Sask. He was last seen in Comox pre-flying his long underwear and mukluks. Don't worry Marco we're sure you'll find some way of keeping warm during those cold winter nights.

Capt Muldoon and Capt Jones were busy saving lives Christmas day with a medevac from Campbell River to Vancouver. After Consuming something referred to as a Christmas dinner at the Discovery Inn, they headed off with their two patients. Upon arrival in Vancouver one patient remarked that was the smoothest landing she had ever felt, it was apparently her first time flying. This will most likely be Capt Muldoon's last operational flight with the Squadron. As he will be leaving 442 to fly VIP with 412 Sqn in Ottawa. We wish Dave and Tina all the best in their new posting.



Pte Peid (left), a 442 Sqn IS Tech, receives his first hook from SAMEO, Maj Houle.



Cpls Al Burley top and Ken Richard bottom are seen being presented their hard won Flight Engineer wings from LCol Cloutier, the CO of 442 Sqn. Both Al and Ken will be joining 442 Sqn -- Flight Engineer section.



Free Film!

Free Replacement Roll of Sooter's Supreme Quality Color Film with every Roll processed at Sooter's.

Super Savings. on Econo Color Film Developing and Printing*

Three Picture Sizes to Choose From!

3 1/2 X 5 Size:

12 Exposures	\$5.98*
15 Exposures	\$6.98*
24 Exposures	\$9.98*
36 Exposures	\$12.98*

4X6 \$2.00 more than 3 1/2 X 5 Size.

5X7 \$4.00 more than 3 1/2 X 5 Size.

*ECONO COLOUR FILM DEVELOPING AND PRINTING (FLAT RATE). PRE-PAID SERVICE ON ALL C-41 110 126 135 AND DISC FILM (FULL FRAMES ONLY).

Save \$1.00

WITH THIS COUPON ON YOUR NEXT FILM DEVELOPED AND PRINTED AT...

Sooter's

685 Cliffe Avenue
Beside B.C. Tel.
Courtenay 334-3333

Stressed out ? Need a vacation?

- SKIING • HELI-SKIING
- FISHING • MOUNTAIN HIKING
- BIKING • GOLFING • TENNIS

We have affordable classic ski-in & ski-out condos for rent on Blackcomb Mountain near the lifts, the golf course, the tennis courts and the exciting Whistler village.



AT WHISTLER

BOOK NOW!

Call: Shawn or Jay
(604)932-3252

PO BOX 604, Whistler, BC, VON 1B0

LIFETIME SERVICE GUARANTEE

SERVICE DEPARTMENT

NEW HOURS:
FOR YOUR CONVENIENCE
6 DAYS A WEEK SERVICE
7 A.M. — 7 P.M.

Drop your car or truck off and we will drive you to work.

FORD MERCURY

COMOX VALLEY FORD SALES
(1964) Ltd.
360 Island Highway, Courtenay
Dealer No. 04629

334-3161

Section News

441 Sqn presentation



Maj Bob Wade 441 Sqn Detco presenting WO Larry Sawyer with a memento on his retirement from the service. Larry joined the RCAF 34 years ago as an air defence tech (fighter cop) over the years Larry has trained from coast to coast in almost every province including a year on the Dew line (a great place to spend Christmas). For the past 10 years he has served with 407, 409, and recently retired from 441 TFS Det/coc all here in Comox. Personnel at 441 Sqn/coc wish Larry and his better half, Ann, all the best on their retirement.

solution on page 14

Crossword

By Rick McConnell

ACROSS

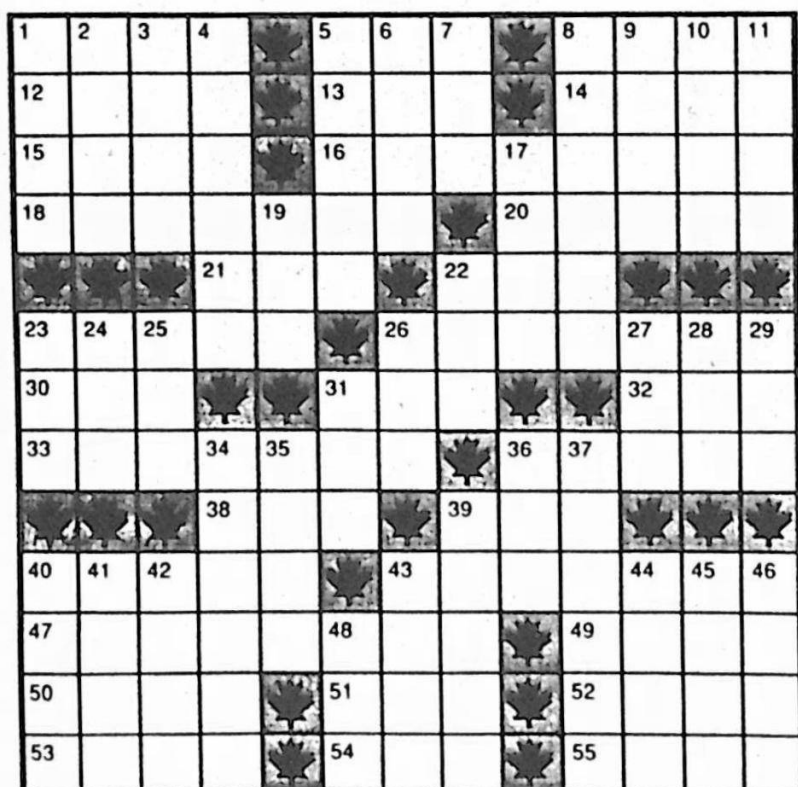
- 1 Cover
- 5 Offer
- 8 Service Tree
- 12 Botanical Healer
- 13 Numero
- 14 Brainstorm
- 15 Hockey Tough
- 16 Best
- 18 Dishonourable
- 20 Start
- 21 Regret
- 22 ___ a la Crosse
- 23 Map Book
- 26 Smoke Brand
- 30 Spring Month
- 31 Stir-Fry Pan
- 32 Jem's Boyfriend
- 33 Ironed
- 36 Strike-Breakers
- 38 Still
- 39 Freedom Fighters
- 40 Home
- 43 Wolfsbane
- 47 Quebec Town

DOWN

- 1 Verbal
- 5 Demolish
- 51 Flightless Bird
- 52 Vex
- 53 ___ Bitty
- 54 Raw Deal
- 55 Beginning for Room or Lope
- 1 Wisemen
- 2 Bump on
- 3 Shortly
- 4 Town on Lake of the Woods
- 5 Horn
- 6 Regarding
- 7 Emerg. Rm. Term
- 8 Town on Saanich Penn.
- 9 Poems
- 10 Rage
- 11 Insulation Unit
- 17 Small Bell

19 Transporter

- 22 Sort
- 23 Elect. Unit
- 24 Asphalt
- 25 Soap
- 26 Pea Container
- 27 Age
- 28 Adam's
- 29 Distress Signal
- 31 Moist
- 34 Cape Breton City
- 35 Sow
- 36 Sold Out Sign
- 37 Toilet of Gold?, Sask.
- 39 Freeze
- 40 Farm Prefix
- 41 Bad Kid
- 42 Kiln
- 43 Force
- 44 Golf Club
- 45 Marsupial
- 46 She in Shawinigan
- 48 Score in Crib



© 1989 THE KNOW WHOLE BARD FEATURES SYNDICATE GEO-005

Next deadline 22 Jan 90

Pay allotment changes

Changes have been made in the pay allotment service available to members of the Canadian Forces. From now on when you want to fill out a pay allotment, you will have to do so earlier in the month preceding the effective month.

The directorate of Pay Services (DPS) in Ottawa is preparing on many fronts for the coming implementation of the new, automated pay system. As part of this preparation, DPS is changing the processing schedule for the existing system starting in January 1990. By processing schedule we mean the time period it takes for all pay transactions sent by units to DPS to be processed, or input electronically, to members' Master Pay Records (MPRs).

This change will implement what is called Concurrent Month Processing (CMP) which means, simply, that pay processing will be done within the confines of each calendar month. In other words, the process month will be the calendar month, unlike the present system in which the processing schedule spans a period within two calendar months. While the CMP calendar month schedule will streamline the pay system, it will have an immediate impact on each pay office.

At present, your unit pay office must submit completed allotments to DPS by the 25th of each month, if the allotments are to be in effect in the following month. With mailing time taken into account, the present target date allows members to complete pay allotments up to, possibly, the 20th of the month. Under CMP, units will have to submit allotments to DPS by approximately the middle of each month. The new submission dates are variable, however, and will be publicized by your pay office.

For you, the customer, these new variable cut-off dates mean that you will have to complete your allotments no later than the first week of the month preceding the month you want the allotment effective in. For example, in January 1990 unit allotments must be received at DPS by 16 January, if the allotments are

to start in February 1990. With the mailing dates in mind, the unit cut-off as far as the customer is concerned will likely be 8 or 9 January, but check with your pay office!

In addition, the new target dates for the submissions of split pay allotments to DPS are

continued on page 14

Northwest Industries Limited, a major aircraft repair and overhaul company in Edmonton has the following openings:

Sheet Metal Technicians

Required for both permanent positions in Edmonton and on short term assignment (20 weeks) in three locations: Cold Lake, Alberta; Bagotville, Quebec and Baden, West Germany. The term project will offer approximately 20 hours of overtime/week and per diem expenses, including paid accommodation. Travel between sites is provided by the Company. Upon completion of the assignment, employees may be offered a permanent position at the Edmonton site.

Aircraft Technicians/Inspectors

Required on a permanent basis at the Edmonton site. Applicants must have several years airframe, aero-engine or avionics experience. Applicants will also be considered for current openings in our Quality Control Department if they meet requirements for Inspector positions. CC-130 Hercules background is not essential, but is an asset.

These positions may be of interest to retired CF personnel

Interested applicants may call collect (403) 890-6395 for more information or send resume to:

NORTHWEST INDUSTRIES LIMITED
P. O. BOX 9864
EDMONTON INTERNATIONAL AIRPORT
EDMONTON, ALBERTA
T5J 2T2

RE/MAX
Above the Crowd!

Relocating to Ottawa/area?

You will be pleased if you call me first!

- *Relocating Specialist
- *Fluently bilingual
- *Member of RE/MAX 100% club
- *You will receive a free relocation and information kit as well as top professional service.

... specializing in satisfied clients ...

PAT DURIEZ
Sales Representative
RE/MAX Metro City Realty Ltd., Realtor
118-210 Centrum Blvd.
Orleans (Ottawa) Ont. K1E 3V7

Bus: (613) 837-0000
Res: (613) 837-8695

PAT DURIEZ

COMOX'S NEWEST WATERFRONT VIEW

Monday
Wing ding Night
25¢ a wing

Tuesday*
Steamed Clams
1lb serving \$4.95

Wednesday
Shooter Nights
you call the shot \$2.95

Live Entertainment
THUR, FRI, SAT

Clayton Carrigan & friend

Bring in your Base I.D. for
draft beer at discount prices!

*as available

The BLACK FIN PUB
A MARINE PUBLIC HOUSE

339-5030

Health & fitness

Trying to Quit?

Your friends have quit. Your doctor asks you if you're still smoking. Non-smoking areas are mushrooming around you. The price of cigarettes has skyrocketed. And you may recall, somewhat sadly, the days when having a cigarette was an undisturbed pleasure. But now you are being asked to 'step outside' to smoke.

Patterns both of smoking and quitting the habit are changing. More teenage girls than boys are taking up the habit. Twenty-two percent of the general population continues to smoke, but the highest rate is found among women in their 20s, with 35 to 40% of this group smoking.

Quitting patterns have also changed. There is a continued interest in new ways to quit, especially in methods that promise to work quickly, comfortably and effectively. The popularity of stop-smoking group programs has decreased.

Instead, smokers are more likely to seek individual help and try new techniques, such as laser therapy.

Many smokers have tried to quit on one to six occasions. Although 90% of former smokers report quitting on their own, they are frequently utilizing the skills and experience they acquired during previous attempts.

Nurses understand quitting -- and making it stick -- is a long-term process that occurs in stages. The majority of smokers start the habit in their teens and are regular smokers by their early 20s. By the time they set out to quit, on average in their early 30s, they are trying to break a long-term habit.

Quitting smoking involves three stages. First there is the period of getting ready for the change. Smokers in this stage are wanting clarification about their need to quit, information

on the effectiveness of new cessation techniques and the necessary motivation and commitment to change. In stage one, nurses urge you to weigh the pros and cons of quitting, be honest about the problems you foresee and be committed to learning as you go.

Check new cessation techniques for their long-term success rates, the cost and availability of follow-up and the qualifications of those providing the service.

Call B.C. Lung Association for information on new books, programs and videos that may be interesting and helpful. If you've tried to quit before, review your previous plans and attempts. Remember that the number of problems encountered is not a reflection on your potential for success.

Nurses recommend having a good quitting strategy, which

may include counselling, hypnosis, or a variety of other techniques available in the community. This will prove helpful in the second stage, in which smokers have stopped smoking and are learning to cope without cigarettes.

Stop-smoking strategies must include setting a date for quitting and then cutting down in stages or going 'cold turkey' that day. As well, analyze and avoid situations that put you at great risk of smoking again, break familiar routines that are linked with smoking, and divert intense urges to smoke with pleasant, interesting and relaxing activities.

If you experience an increased cough, excessive hunger, constipation, increased perspiration, itchy hands or feet, occasional dizziness, insomnia or sleepiness, you are feeling the effect of nicotine withdrawal. These effects will recede within a few days as you stay away from cigarettes.

The final stage involves staying off the cigarettes. Acknowledge your day-to-day successes and enjoy a reward for your efforts. Anticipate when you might slip back into smoking. The best way to predict future behavior is by remembering past behavior, so be alert to the old high-risk situations.

If you do have a cigarette, whether by choice or chance, count it as ONE cigarette. Smoking a single cigarette does not make you a smoker. Continuing to smoke and re-establishing a pattern does. So stop after the one, recall your new habits and carry on again as a non-smoker.

Nurses understand and have seen the health benefits in those who have ended their smoking habit. They encourage you to act now. This is the time to call it quits. — from the Nurses Association of B.C.

info health

Dr. Bob Young



To be down in the dumps is to be depressed, or out of spirits. Shakespeare used the term in the Taming of the Shrew, and the phrase was probably used more in his day than it is now.

Today's term is 'depressive disorder', and it is a common diagnosis. It undoubtedly occurs much more often than it is spotted as it can masquerade in many disguises.

In reality there is a spectrum of depressive disorders that range from mild to severe. The latter are frequently difficult and sometimes life-threatening problems (due to the danger of suicide).

Common depressions include adjustment disorders, defined as mild depressive symptoms lasting two weeks or more in response to a loss (of a job, lover, money). A more severe form is termed a major depression, triggered by a more significant loss (death, or divorce of a spouse, discovery of cancer in oneself).

A dysthymic disorder is a prolonged depression that imprints a pessimistic and negative personality on the patient.

Seldom do patients volunteer that they are depressed when they consult a physician.

Often they do not realize that is the problem. Even more frequently the doctor will discover that the bodily symptoms the patient does complain of are the result of a depressed reaction.

And the reverse is true. Many non-psychiatric illnesses lead, understandably, to depression. No one is happy about being sick.

Depression is often diagnosed by the way a patient talks, looks, and acts, rather than by what is said. You do not have to be a doctor to spot some of these people.

Occasionally depressions are severe but may be shrouded in physical symptoms and divert the doctor's attention. Suicides have occurred while lab tests and x-ray are awaited.

Signs and symptoms of depression must be sought in most patients. When asked, many will admit they do feel 'down in the dumps' and ask, even beg, for help.

And help is available through a variety of psychotherapeutic measures and other counselling, often supplemented with antidepressant medications.

Info/Health is brought to you by the British Columbia Medical Association and this newspaper.

People judge looks

People who are not attractive are more likely to be judged as potential criminals than are attractive people, a University of Manitoba study reveals.

Psychologist Dr. Lawrence Breen says people who are unattractive tend to be considered more likely than attractive people to commit crimes of armed robbery and murder.

Looks can also affect how people are treated at school, jobs and even in the courtroom. Breen says that stereotyping by looks is a part of our culture. The portrayal of good guys and bad guys on television is an example -- good guys are usually more attractive.

The role of "attractiveness operates from a very early age", says Breen. "Young school children who are seen as attractive are seen as having fewer behavioural problems." He says studies show that "children who are attractive are seen as having a transient problem. If they are unattractive, then it's seen as a behavioural problem".

In the U of M study, participants were undergraduate psychology students who were asked to judge colour, head-and-shoulder photographs of other people. Two groups of students participated.

The first group rated the people in the photos as attractive or unattractive. Then a second group of participants were asked to pick out the people who they thought were most likely to have committed armed robbery or murder. The two lists were then correlated.

"The unattractive people were seen as more likely to do murder and robbery", Breen says.

People in the photographs were volunteers "from a department of psychology subject pool", Breen says. They were all males between the ages of 20 and 26, who wore white lab coats and "were in a normal, relaxed pose without smiling".

Participants in the study weren't allowed to make judgements of people they knew.

Attractiveness can be a combination of grooming and actual physique. "Someone who is overweight, obese, is not generally seen as attractive. Grubby is not seen as attractive", Breen says.

In a courtroom situation, being attractive can either help or make things worse for a person on trial depending on the crime committed and the situation.

If someone uses his or her attractiveness to commit a crime, the jury may be more likely to impose a stiff sentence, Breen says. For example, an attractive female might use her attractiveness to get past somebody's front door in order to steal things. She might say that her car has broken down, but while she is inside the house she might steal a wallet.

The jury might react quite differently if the attractive female were a bank teller who had been embezzling money from the bank, Breen says. In this case she wouldn't be using her attractiveness to commit the crime.

"I would speculate there would be a very sympathetic ear from the jury at her trial", Breen says. Because of her attractiveness, "She'll be perceived as more worthwhile, someone who needed the money".

Studies based on simulations of trials show that this type of attitude is not uncommon -- that court decisions can be biased by stereotypes of attractive and unattractive people.

Michael Saladin, a graduate student at the University of Manitoba, was a key author of the study.

Courtesy of Canadian Science News

Next deadline 22 Jan 90

National news

1989 in review -- continued from page 1

International Relations

One such contribution was highlighted in January with the hiring of a full-time defence science counsellor for chemical arms control negotiations. He is part of Canada's permanent mission to the Geneva Disarmament Conference.

This move significantly strengthens our country's commitment to the goal of banning chemical weapons and enhances our contribution to the conclusion of an effective and comprehensive ban of chemical weapons.

Another way to help increase trust among nations is to carry out diplomacy in more personal terms.

In January, DND announced that Canada would undertake a series of measures aimed at improving military relations with the Soviet Union. These included reciprocal ships' visits to Soviet ports, talks at a senior level between Soviet and Canadian military staffs, and an invitation for Soviet officials to visit the Defence Research Establishment at CFB Suffield, Alta.

In July, a Soviet delegation observed the chemical agent destruction process being used in Canada. Later in the year, a delegation of senior Canadian military officers visited the Soviet Union.

NATO's 40th Anniversary

Canada remains committed to peace, security and sovereignty through collective defence. Canada's security is ensured through membership in NORAD and NATO.

4 April marked the 40th anniversary of NATO. The alliance is now made up of 16 nations -- 600 million people united in their quest for maintaining peace by means of a common defence.

The bulk of our military contribution to NATO in Europe consists of a land division and an air division. That land division was officially dedicated to a Central European role on 30 November during a ceremony held at CFB Lahr and in a similar ceremony at CFB Valcartier, Que on 6 Dec.



The CF sent three teams of engineers to Pakistan in 1989. Master Cpl. Mick McMichael of CFB Chilliwack, B.C., lights a safety fuse.

Canada's 4 Mechanized Brigade is located in Germany

and makes up half the land division, while the other half is the 5e Groupe-Brigade du Canada. It would be sent overseas from its base in Valcartier, Que. in times of increased tension.

In October, DND published its Environmental Impact Statement (EIS) regarding the proposed site of a NATO Tactical Fighter Centre at CFB Goose Bay. The statement indicated that any adverse impacts on the natural and human environment in the area would be more than offset by benefits to the local area, the province and Canada as a whole.

Canada's Navy

Canada's traditional ties to Europe continue as a cornerstone of Canada's defence commitments. But our country continues to increase its social and economic ties with the Pacific Rim nations. Changes to Canada's navy reflect this fact.

In 1989, 443 Helicopter Squadron was moved to the West Coast, along with the helicopter-carrying destroyer, HMCS Annapolis. HMCS Huron, a destroyer also capable of carrying Sea King helicopters, had been transferred from Halifax to CFB Esquimalt, B.C. along with two helicopters in 1987.

Before these moves, Canada had no anti-submarine helicopters on the west coast. These transfers help balance our anti-submarine capability on both coasts and enhances the CFs' ability to respond to search and rescue needs on the Pacific Coast.

In 1989 the navy continued to move forward with the replacement of some of its older destroyers. At year's end, seven new frigates were at various stages of construction. These ships are part of a program that will add 12 new frigates to the navy's inventory.

At the same time, other navy ships are undergoing major modifications.

Canada's four Tribal class destroyers, built in the early

1970s, are being updated and modernized, greatly enhancing their capabilities. New air defence weapons, improved engines, and more effective command and control facilities will ensure the destroyers remain operationally fit for the future.

The first ships to be modernized were HMCS Algonquin and HMCS Iroquois. They are due to rejoin the fleet this year.

In September, Canada's naval reserves commissioned two mine countermeasures vessels at a ceremony held in Halifax. The *Moreseby* and the *Anticosti* will provide the Reserves with valuable mine-warfare training experience.

The expansion of the Naval Reserve as part of the Total Force Concept continued in October when a new unit was commissioned in Sept-Îles, Que. HMCS Jolliet is the fourth such unit established in Quebec in the last three years in an attempt to increase the presence of the navy in that province.

Canada's Army

Meanwhile, the government announced plans for the purchase of 221 light armoured vehicles for Canada's Militia regiments. The purchase of these vehicles will continue the modernization and re-equipping of the Militia. Delivery will begin in the summer of 1990.

The modernization of the land forces' military pattern truck fleet continued in 1989. In June, defence officials attended the rollout ceremony of the first of the army's new 10-tonne trucks. By the time delivery is completed in 1991, Canada's land forces will have received 1,200 of the heavy trucks.

Canada's Air Force

In June, the government purchased three Arctic and maritime surveillance aircraft. The planes are called *Arcturus*, and are similar to CP-140 *Auroras* but do not have an anti-submarine capability. The *Arcturus* will be used, for military, environmental, maritime, and Arctic surveillance. They will also increase Canada's ability to effectively patrol its coastline and enforce sovereignty.

While it has now taken delivery of all its new CF-18s, the air force said goodbye to an old friend in 1989. After nearly 50 years of service, the C-47

Dakota made its final flights and retired from military service in Canada.

75th Anniversaries

Two of Canada's regular infantry regiments celebrated history of their own in 1989 by celebrating their 75th anniversaries. The Royal 22e Regiment and the Princess Patricia's Canadian Light Infantry were formed at the outbreak of the First World War. In the past 75 years, Van Doos and Patricias have served in both world wars, Korea, with NATO and in many peacekeeping operations.

The regiments marked their years of proud service to Canada with a series of celebrations across the country and by a ceremonial parade on Parliament Hill.

Humanitarian Aid

Canada's military have often been called upon to come to the aid of people caught in the path of nature's fury, and in 1989, that tradition continued.

Hit by some of the worst forest fires on record, Manitobans fought a fierce and sometimes desperate battle to save several towns and villages.

The CF helped fly residents of 22 northern communities to safety. Eight fixed-wing aircraft and four helicopters flew 125 missions and moved supplies and nearly 6,000 people.

In late September, Hurricane *Hugo* swept through the Caribbean and on some islands left almost total devastation in its wake. The next day, a CF *Hercules* delivered civil authorities, food and relief supplies from Barbados to Montserrat, St. Kitts and Antigua. But there was more to be done.

After consultation with international relief agencies, it was decided that CFs' aid could best be used to relieve the disaster situation on Montserrat. That tiny island was without doubt the worst hit by *Hugo*.

Engineers from Petawawa set about assisting the local authorities in restoring power and water facilities. They also repaired Montserrat's control tower and airport facilities.

New Defence Minister

In January, Prime Minister Brian Mulroney selected a new federal cabinet and named two new ministers to the defence portfolio. Bill McKnight of Wartime, Sask. was appointed minister and Mary Collins of Vancouver took over as associate minister.

The role of women in Canadian society and in the

military continues to expand. Associate Defence Minister Mary Collins announced in March that the Department would begin implementing the decision of the Canadian Human Rights Tribunal concerning the role of women in the Armed Forces. Nearly all occupations, units and positions are now open to women. This also means that women are no longer excluded from the most senior appointments in the Forces.

New CDS

General Paul Manson, chief of the defence staff for the past three years, retired as Canada's top military man in September.

A few days later he said his farewell to the soldiers, sailors and airmen who served him as he handed over command of the Canadian Forces to General John de Chastelain during a parade held in Ottawa.

General de Chastelain takes command of Canada's military in challenging times.

In 1989, the world has evolved in ways impossible to have imagined just a few short years ago. New roles and priorities are being determined in order to maintain a credible level of defence, especially in light of new budgetary realities.

Through it all, the men and women of the Canadian Forces and the 35,000 civilian members of the DND continue to meet the challenges head on.

courtesy Canadian Forces
Clipsheet



Support literacy and education in the Third World

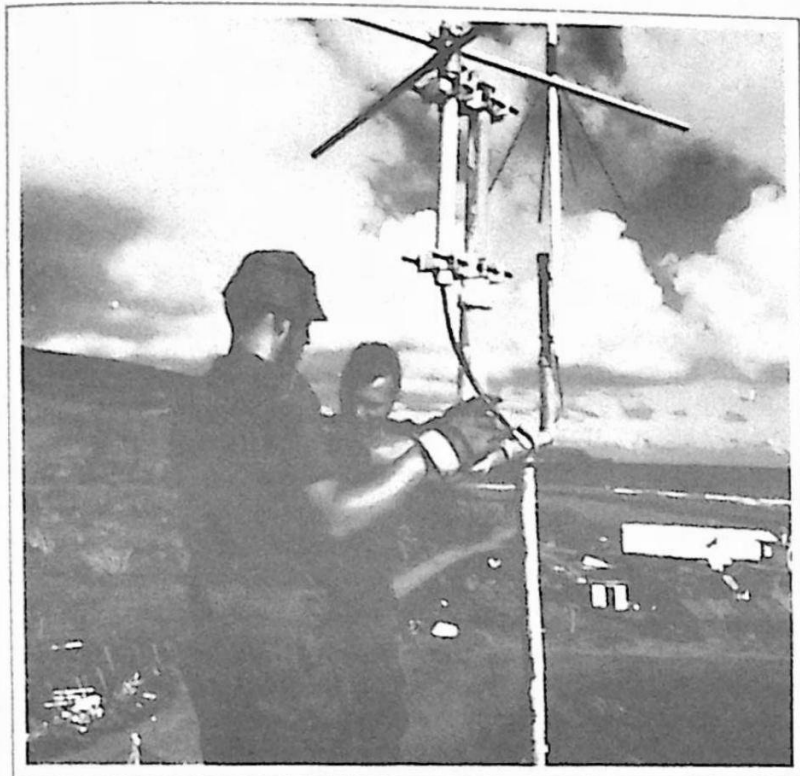
To make a donation or for more information, call toll free, 1-800-268-1121

All donations are tax deductible

CODE Canadian Organization for Development Through Education

On and off the base

Hurricane help



Sappers Kent Gulleford and Darren McCable work on a control tower antenna in Montserrat. The CF was on the Caribbean island to relieve the disaster situation caused by Hurricane Hugo. (Photo by WO Jean Blouin)

He built his own helicopter!

One can buy assemble-it-yourself kits to create everything from a garden shed to a high-fi cabinet, but there's a kit assembly going on in a Clementsport, N. S., garage that really takes the cake — although it's owner and builder expects it to take to the air!

Ricky Berry of Clementsport near CFB Cornwallis took to the air himself with a helicopter ride over the Tall Ships when they cruised into Halifax. He had such a good time he never misses another opportunity to be a passenger in a helicopter, but thought he could go one better by building his own flying machine.

About two years ago, after much research through aircraft magazines and talking to helicopter buffs, Ricky wrote a manufacturing firm in Arizona and took his first tentative steps towards building his own helicopter by purchasing the plans for a do-it-yourself kit. A machine welder used to reading plans, it didn't take Ricky long to realize that he could indeed follow them and put together the parts that would be sent.

His orders to the manufacturer go in stages starting, obviously, from the bottom up with the landing skids. When he's ready for the next stage, off goes another order and a cheque, and the helicopter starts to take shape.

Ricky's not telling how much the completed machine will cost, but admits that it is "a lot

of money", made easier by the installment plan. The manufactureres suggested it would take 600 hours to build the finished helicopter, but Ricky expects it to be closer to 1,000 hours. He mostly does the work in winter and doesn't really anticipate flight for another two years.

The helicopter body is now in place, as are the controls, but the rotor blade will wait until he's provided a home for his hobby — a hanger he intends to build in the back garden.

Completed, the helicopter will weigh 830 pounds and will fly with 1285 pounds gross weight. Its 152 horse-power engine will allow him to reach a cruising height of 9,500 feet at the rate of 1,200 feet per minute. The bird has a maximum speed of 152 m.p.h. and will cruise at 95 m.p.h. 152 m.p.h.

Ricky looks forward to using these speeds on trips to St. John, N. B., and Halifax, but he'll have to watch what he buys because package room is limited.

Before he takes to the air Ricky Berry will go to Arizona for flying lessons and his pilot's license, all part of the do-it-yourself kit. Meanwhile, he'll spend his spare time fitting together those thousands of bolts and panels of fibre glass that make up his very own helicopter.

by Anne Wanstall, Editor
CFB Cornwallis Ensign

and the children sang . .



Airport Elementary School Christmas Concert



Mr. Taynen



During the evenings of 19 and 20 December the, parents and friends of Airport School students assembled in the School gymnasium for this year's Christmas concert titled 'Coming Home for Christmas'. The concert was presented in both official languages on 20 December. All grades participated with either songs or short plays. The concert was a great success, thanks to the students, the staff, and to the parents who provided assistance. A special thanks to Mr. Taynen, the music teacher who organized the concert.



Le spectacle de Noel de l'école airport

Les 19 et 20 décembre durant la soirée, de nombreux parents et amis se sont rassemblés dans le gymnase de l'école Airport pour voir et entendre le spectacle de Noël présenté par les élèves de l'école. Le spectacle était composé de chansons, cantiques et saynetes. 11 convient de souligner que le format de la soirée du 20 décembre était bilingue, avec la participation des élèves du programme cadre avec ceux du programme anglais. Un gros merci à tous les élèves qui ont participé, aux professeurs ainsi qu'aux parents qui ont aidé lors de la préparation. Un merci spécial à M. Taynen, professeur de musique, qui a organisé le spectacle.



MajGen Russell Norman Senior will become Colonel Commandant of the Communications and Electronics Branch on 1 Jan 1990. His term will run until 31 Dec 1992.

MajGen Senior was chief of engineering and maintenance at NDHQ from 1978-1982. He was responsible for the life cycle materiel management of all Canadian Forces equipment from acquisition to disposal. In 1982 he became assistant deputy minister (materiel) responsible for support of all CF materiel. In the same year he was appointed to the order of Military Merit in the grade of Commander, in recognition of conspicuous merit and exceptional military service.

MajGen Senior is currently a partner with CFN Consultants in Ottawa. He is married with three children.

Local scene

Child safety at home

Child safety in the home is the responsibility of parents or guardians. Education and supervision will prevent unnecessary accidents involving children.

Children should never be left unattended in the bathtub. Lowering the temperature of the thermostat on the hot water tank will prevent serious burns.

Electrical outlets and worn/frayed extension cords can lead to serious burns and electrical shocks. Children should never be allowed to play with outlets or lamp and appliance cords. Unused outlets should be protected with safety plugs and appliances should be disconnected when practical if not in use.

At one time or another, all children express an interest in fires. Children should be made aware of the use and function of matches and fire. The match should be presented as a tool having a specific function (lighting candles, starting a camp fire, etc.) and the use of a match for purposes other than for those for which it was designed should be presented as being improper use of the tool.

The greatest single cause of burns is a hot liquid. Such burns occur most frequently in the kitchen and the most commonly injured person is a child. They may, for example, reach up and pull the pot of boiling liquid or the pan of cooking food on themselves. Always ensure that pot handles are turned inward on the stove, away from the reach of children.

Children should be taught the *stop, drop and roll* rule: if their clothes, hair or skin should catch fire, they should quickly lie down; stretch out full length; and then roll over and over until the flames are out.

Above all, child safety will be heightened by a fire safe home. Such a home has a fire plan, smoke alarms, approved safety containers for flammable liquids, hot water tested to ensure that it is an acceptable temperature at the bathtub faucet or shower head, 15 amp fuses in all but utility circuits, fire extinguishers on each floor, and family members who know the dangers of fire and are aware of how to prevent fires and burns.

Whiz-Kid grads

Do you know any computer whiz kids? Are they your own daughters or sons? Well, if you're impressed by what teenagers can do with bits and bytes, wait till you find out what they have learned about cars and parties. Their discoveries make a timely point.

Alcohol and graduation parties used to go together. For many years the risk of mishaps, especially on the road, was part of the price that underage drivers expected to pay. Then came the era of the 'safe grad', when students or parents arranged transportation home in advance of drinking parties. Either way, students got the message that irresponsible drinking coincided with adulthood. At graduation or later, far too many young people paid with their lives in drinking driving accidents.

Those were the bad old days. This year in British Columbia thousands of students decided on a new tradition -- a 'dry grad' celebration. Over eighty communities pitched in to create a unique dusk-to-dawn experience that had something special in it for everyone.

Months of work and generosity went into creating all-night fun that nobody wanted to miss: dancing to live music, lots of free food and pop, great door prizes, and non-stop activities such as casino games, mechanical bronco riding, wallyball,

swimming, or first-run movies - with a choice of sharing a quiet space with someone you want to talk to.

After having breakfast together, the grads rode home with volunteer drivers. Nobody wanted to fall asleep at the wheel.

So -- what's the point? These are kids, right? Kids aren't supposed to drink anyway, right?

Most grads are not legally old enough to drink, but they like to get together for the same reasons that adults do. What they are learning about parties is that they don't need to drink in order to have fun. And if they have fun without drinking, they have far fewer worries about getting home safely. Fewer worries for themselves. Fewer worries about their friends.

Whatever your age, making an advance decision about drinking shows that you care about you friends. Designating a non-drinking driver, carrying taxi coupons, limiting your drinks to fewer than one per hour -- all these are thoughtful decisions that leave room for all the fun you want.

Take it from the whiz kids!

by Bill Hubbard
Manager ICBC Traffic
Safety Education Department

Addiction can begin innocently

Pharmacists share a deep concern about accidental or intentional abuse of prescription and non-prescription drugs. People often become addicted to otherwise health-giving medications. These tragedies can be prevented by following a few simple rules.

Use medications only as directed by your doctor, nurse or pharmacist. Monitor the rate they are used even if they seem relatively harmless.

Dispose of all outdated medications promptly.

Don't even start to rely on chemical 'crutches' to cope with periods of emotional stress without continuing professional advice from your doctor. Finally, seek your doctor's advice immediately if any member of your family seems to be developing a dependence on any medication.

Medical experts on addiction believe the process of becoming dependent is often not recognized by the person misusing a drug. To him or her its use seems normal, even essential. Your doctor or pharmacist can outline the symptoms of addiction.

Drugs should only be used on the advice of a health professional in your community. This is the best way to avoid a frightening ride on the merry-go-round of addiction.

Dependency can be treated with the help of your doctor or a specialist. If you have any doubts about yourself or any member of your family, seek help right away.

Officer's Mess Ladies Club

All the best in the New Year. We hope you haven't already broken too many of those New Year's resolutions!

On Wednesday 17 January OMLC will start this year's activities with a 'Win, Lose or Draw' night, 7pm for 7:30pm. Join us for an evening that promises to be lots of fun.

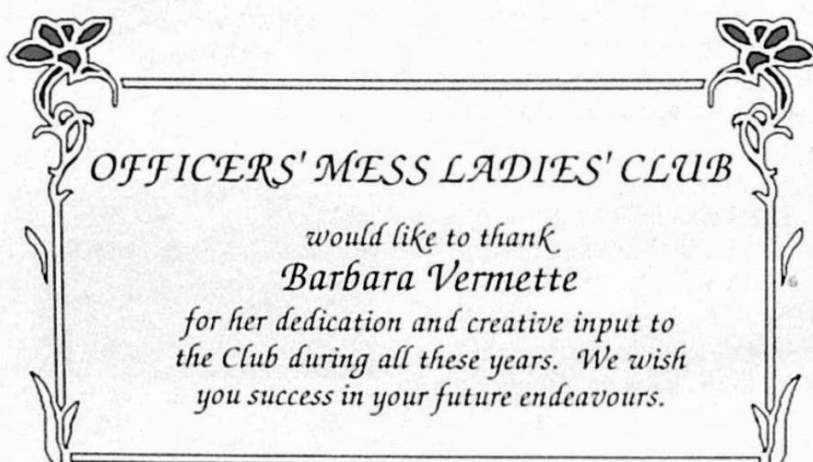
Some of our upcoming functions are:

Feb -- Lingerie/Romance Bingo

March -- Fashion Show

April -- Penny Auction.

We look forward to seeing you there.



Igor Dod

Is your child trying to tell you something?

Writing backwards or mixing up words like 'pashetti', 'hospitals', and 'animals' could be clues that your child has a learning disability. There are many other signs and symptoms that can indicate learning disabilities. For more information, call toll free, 1-800-663-7469.

OR 339-3357

after 5 pm

LEARNING DISABILITIES ASSOCIATION OF BRITISH COLUMBIA

The Invisible Handicap

Baby Days at Sooter's...

Buy 2 Packages... Get 1 FREE...



19 Professional Color Portraits...

- 3 Different Sizes.
- 3 Packages to choose from.
- Photos taken in the privacy of our studios any Tuesday.
- \$5 Camera Fee Credited to order.

Only

1498 • 1-8x10
• 2-5x7
• 16-Gift Size

For appointment, call your nearest Sooter Studio today.

Excellence in Photography by Sooter Studios

685 Cliffe Avenue
Beside B.C. Tel.
Courtenay
334-3333

59466

THAT'S HOW MANY CANADIANS ARE SQUASH PLAYERS

Way to go, Canada!

PARTICIPATION

Our 1990 Jetta is better value.

But did we add more features or lower the price?

(Yes)

The 1990 Jetta accentuates the positive with more standard features than last year's model, and a new lower price.

We've added power steering, height adjustable front seats and steering wheel, rear stabilizer bar, plush velour upholstery.

AM/FM stereo full-logic cassette and more -- for less.

Why not take a positive step and test drive a 1990 Jetta soon.

VW Jetta \$13,400*

*Based on manufacturer's suggested retail price for 2-door model with 5-speed manual transmission. Options, freight and pre-delivery inspection extra. Dealer may sell for less.

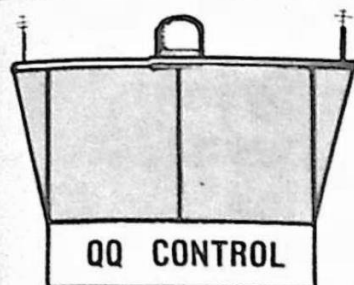
Sunwest Auto Centre

401 Ryan Rd.
COURTENAY, B.C.

Dealer No. 8162

TOLL FREE PHONE 1-800-663-5595
PHONE 338-1221

Section News



As the beacon turns

As we began the new decade, this reporter went on vacation and at this moment still is growing his nails back. Many of you, faithful readers, may wonder what writers do while on vacation . . . Not much really; I went to Panama and almost made a million bucks, climbed Mt. Everest twice, watched a lot of TV, drank a couple thousand beers and thought about our next Skin-smen meeting on Tuesday.

After New Year's day, there was the ritual of 'throwing out the Christmas tree'. Taking the balls and the star off is nothing, but what really gets to me is taking off every icicle from the dumb tree with Jim and Peter ragging behind me. Three hours later, the guys got bored, so I sneaked the tree (and the few hundred icicles left on it) out the door and put it top of my pile of garbage. Next year, watch it; I'm throwing everything out; tree, icicles, balls, star and stand. There!

I could not help myself from listening to Peter's rap on the ATC soap opera though, and I was really looking forward to ruin a few reputations when time came to write up this informative column. After cross checking that doubtful source though, I am left with only a few news worthy items. Well, here goes anyway . . .

Sandy March gave birth to the March's second kid during the holidays. Congratulations to Butch and Sandy from all of us. Sylvie was back to work for a week before she proceeded on maternity leave. Tom Banks topped his QL5 Radar course and it presently back to work in DATA and is waiting for his DSC course at the end of January. Darlene Arsenault is also back to work in DATA after her Radar course. I haven't had the opportunity to talk to Darlene yet but as soon as I do, we'll put an end to those ugly rumours I've heard. She will also attend the DSC course in a couple weeks. Meanwhile, she terrorizes the Tower B'Stands the way only she knows how.

Martin Gagnon and Marie-Claude Carre are now officially Capt's; we ask everyone to play along and show them some respect. Way back in December, Nick Van Berkle and Stephane Gregoire completed the most quiet Tower check-outs I've ever heard of. Belated congratulations guys! We understand that you'll be buying at the same time as Martin, Marie-Claude, Annie and Gilles . . .

On to something completely different now, I heard that Steve Knox had himself a flak jacket tailored. Steve is ap-

parently off to Honduras with a U.S. peacekeeping detachment of helicopters. What can I say? Keep your head down Steve! There will be a shuffle of Sergeants once Steve hits the bush; Tom Schrader will take over the Tower NCO i/c job and Erik Hawk will become Nco i/c Standards and Training.

What can ATC Comox expect for the 1990s? The experts agree that there will be more airplanes in a shrinking sky. (There are rumours of expansion CFB Comox into the 'International Airport of the Recreational Capital of the World'.) On the other hand, the purpose of military ATC it-

self will certainly be questioned even more often as every year passes and that technological advances steadily replace the 'human factor' on which we currently rely to provide air traffic services. During the 90s some of us may find ourselves working for DOT or doing something completely different. But then again; we may still be here, doing the same thing as we're doing right now. Imagine Annie as CC MYCU .

. . . Andre as ATC MWO . . .

Whoee! Imagine what I, Alien, might become. Hmm! Yes . . .

Think about that for a moment.

Supply Signals



Happy New Year to you all from all of us at Base Supply.

The annual Christmas party was held on 9 Dec at the Courtenay Rod and Gun Club. Congratulations to all those who won turkeys and hams. Many thanks to all who made it such a success.

Over the holiday we said goodbye to Cpl Jo-Anne Wheeler who is off to CFB Petawawa. Farewell to LS Dave Spindler and family who are off to the balmy east coast, having just completed his JLC course.

There have been several changes within Base Supply. The number one change has been NAMES. Congrats to Pte

Lone (Lowe) Gillis and Mrs. Sue (MacKenzie) Gibbs.

We have also seen the change in the skin colour of our travellers of exotic lands. Welcome back to MS Mitch Scott (from the Golan) and Cpl Mona Rogers (from Namibia).

On 22 Dec we had many visitors to Base Supply for the Christmas Open House. The most memorable visitors came in from the North. Thanks to Mr & Mrs Claus for all the nice gifts.

At this time all are awaiting the final outcome from the career managers. Look for details in the next issue of the Total Times.

INSURANCE CORPORATION OF BRITISH COLUMBIA

If you're a careless driver, don't read this.

It's bad news about your next Autoplan premium.

If you've caused a number of accidents in recent years, you don't need a reminder that your last Autoplan premium was bad news. And that's just the beginning. If you make another chargeable claim (or worse, more than one), your next premium could be a real shock. Where does it end? That's up to you. There's no limit to how much you could pay.

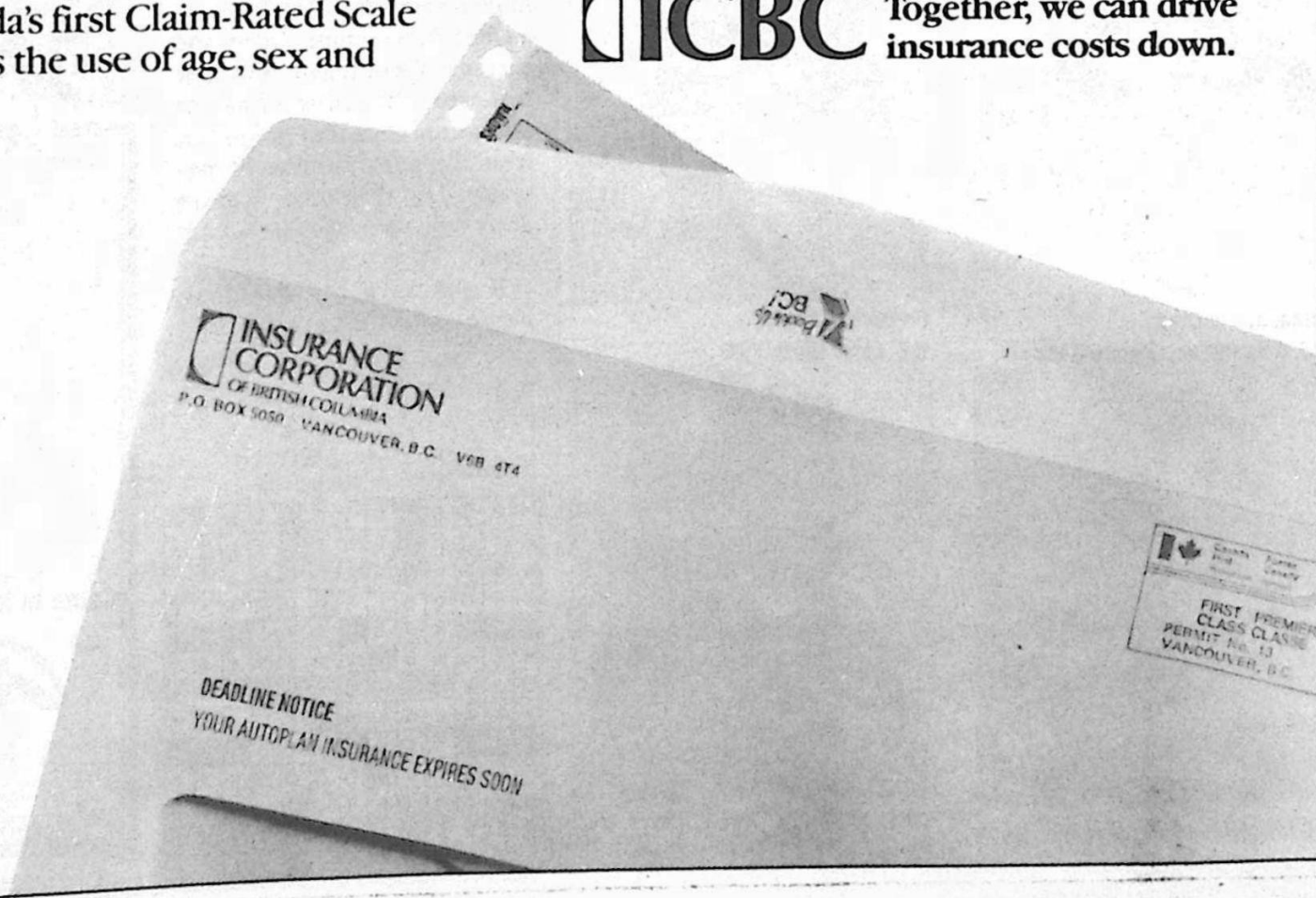
That's what ICBC's Claim-Rated Scale is all about: placing a greater burden where it belongs—on those who cause accidents.

Canada's first Claim-Rated Scale eliminates the use of age, sex and

marital status in determining premiums and concentrates on the only real issue: individual driving performance.

If you've had a four-year claim-free driving record, start reading here. As long as you have no chargeable claims, you'll continue to enjoy a 40% discount—and one of the lowest total auto insurance premiums in the country for motorists in your category.

ICBC Together, we can drive insurance costs down.



Section News

Moe retires



BTSO LCol Mack presented Mr. Walter (Moe) Mowbray, Base Supply, with his service certificate, representing 39 years of dedication to the CF. Moe's many friends on the base and in the Comox Valley will wish him all the best on his retirement.

CF Photo Contest



MCpl R. Cando (Base Photo) received an Honourable Mention certificate from BTSO LCol Mack.

LCol Mack

also

presented



Promotion to WO: Wayne Hay (QA Section)



Promotion to Capt: L.J. d'Entremont (Base a/c Maint)



Promotion to WO: R.E. Lloyd (Base Tpt)



CD to Cpl J. Kitchin (Base Supply)



CD to MCpl J.M. Hamel (Base a/c Maint)

Allotments

continued from page 8

the same dates as standard allotments, hence remain much the same as the present 15th of the month date.

CMP will also affect the allotment side of unit release procedures. Under *current* release policy, unit requests to stop all allotments for a member on release must be made to DPS by the 25th of each month. If this date is met, Supply and Services Canada, who are the people who actually produce and mail all allotment cheques, can stop a member's allotment payments the following month. If the target date is not met, the allotments cannot be stopped until the second month after the target date month.

With the implementation of CMP, the release stop allotments cut-off date will also be variable, with the earliest date being 19 January 1990. The other dates range from 19 to 22 Jan. Again, these dates will be available through your unit pay office. It is important to note again that if this release cut-off date cannot be made, Supply and Services Canada cannot cease the allotments in the following month. In such cases, the pay office will protect the member's pay account for the amount of allotments concerned, and the member will be advised by his unit pay office to contact the financial institutions concerned.

While there is an obvious change in the level of pay allotment service previously available to members, there will be positive gains for pay offices, hence members, as a result of Concurrent Month Processing. As an example, with the vast improvement in the currency of information available on members' pay records at the beginning of each month, pay offices will be able to better answer members' queries with updated information. In the meantime, however, keep in mind that the implementation of CMP is only an interim measure. Units and customers will regain any time lost for the processing of allotments once they go on-line with the new, automated pay system. At that time, mailing dates will no longer be a concern.

If you have any questions, please contact your pay office.

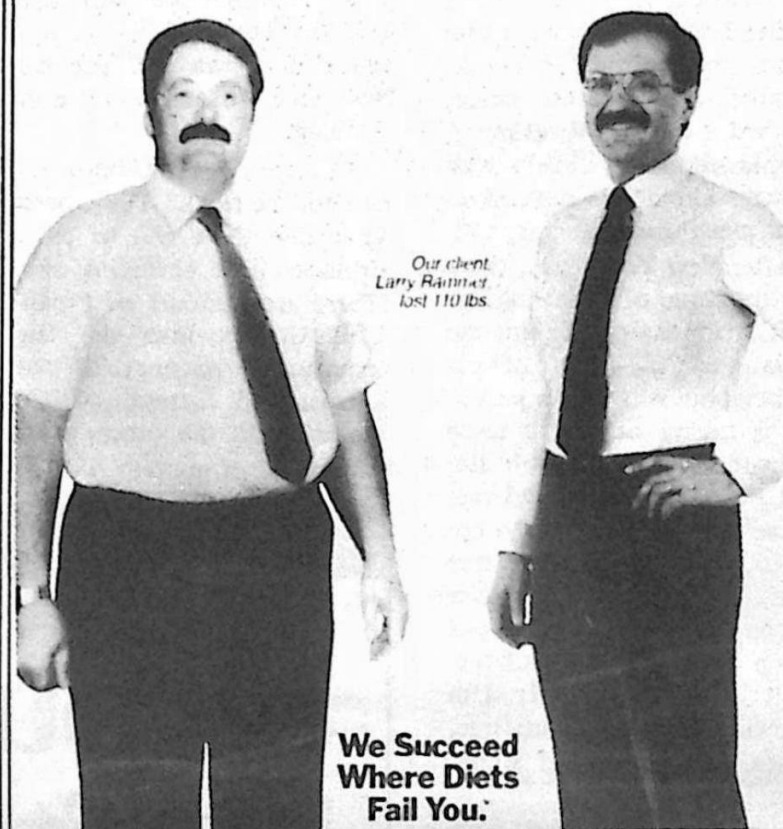
Solution

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

"Thanks to Nutri/System, a great weight has been lifted from me—110 lbs."

Nutri/System's Comprehensive Weight Loss Program includes:

- *Quick, safe, easy and permanent weight loss
- *professional supervision
- *no calorie counting
- *no gimmicks



Our client
Larry Rammert
lost 110 lbs.

**We Succeed
Where Diets
Fail You.**

nutri/system
weight loss centres

LOSE 15 POUNDS FREE*

Call today for a FREE no obligation consultation

334-4600

9-2401 Cliffe Avenue
Courtenay

nutri/system
weight loss centers

*MINIMUM 30LB PROGRAMME TO QUALIFY. SPECIAL OFFER DOES NOT INCLUDE COST OF EXCLUSIVE NUTRI/SYSTEM FOOD. OFFER VALID AT PARTICIPATING CENTRES. NEW CLIENTS ONLY.

STAY IN SHAPE

WITH ART

EXERCISING THE MIND FOR TOTAL FITNESS

namita

Come in for a FREE

Art Workout

Card

480-C 6th Street
Courtenay

Lemon Tree
GALLERY

338-7855

Volksmarching in the Comox Valley

The Comox Glacier Wanderers held their annual New Year's Walk on 1 Jan 90 and it was super successful both in terms of weather and in participation. The weather was ideal for walking, at least in the morning before the clouds, rain and wet snow appeared in

the late afternoon. Seventy-eight people did the walk, a 10 km stroll through Comox, and all seemed to enjoy it. Why don't you join us next time for our March March, 1000 to 1200 hrs, 25 March, at the Fisherman's Lodge on the Oyster River?

Rejoice Veteran Volksmarchers from Baden-Soellingen, Lahr, Geilenkirchen; from Global Volksmarches around the world, or wherever you had the pleasure of indulging in the Peoples' Sport. There is an active IVV—CVF club here in the Comox Valley. This means you and your family can walk, jog, or run again -- just like you used to. All events are IVV/CVF sanctioned of course. The Club is: The Comox Glacier Wanderers, P. O. Box 1415, Comox, B.C. V9N 8A2.

Actual participation in any Volkssport event is very simple. Participants register with the Club, and walk (or jog/run if they wish) along either a 10 km or 20 km route. They begin their walk along the predesignated trail from a predetermined start point anytime during the applicable hours. Along the trail, walkers (Volksmarchers) have their start cards stamped at the control points, and enjoy the beauty of the scenery which normally characterizes the route. At the finish point, participants who had registered receive an award (generally a commemorative medal) for their efforts. Volkssporters who have IVV Event and —or Distance books will have them annotated. The credits earned in these books lead to IVV

achievement awards (pins, patches and certificates). At most Volkssport events (other than Year Round Events), recognition in form of a plaque etc. is being given to the oldest or youngest pre-registered participant, the pre-registered participant who travelled the farthest to attend the event, and the largest registered group to participate.

A Volksmarch is not a race. In fact, it is often more enjoyable to take one's time to appreciate the scenery or historical interest points typically found along the trails. Any type of Volkssporting is an excellent form of physical fitness and is well suited for participation by the entire family. It is also a great place to meet new friends who share a common interest.

Whether you are a veteran Volksmarcher, or an absolute novice here are your chances to get 'in the groove' (again). Should you have any questions regarding more active participation, please contact the following: Rick 339-3861, or Michael (after 1800 hrs) 338-5363.

There you have it, friends. See you on the trails, or as we say in this business -- Happy Wandering.

by W.H. Schlegel

964, 964, 964

THAT'S HOW MANY CANADIANS ARE SQUASH PLAYERS

Way to go, Canada!

PARTICIPATION

AEROBICS

High energy/low impact

9:30 — 10:30 am
Base Rec Centre
babysitting available

REQUIRED
babysitter for base
aerobics class
mon-wed-fri (9:15-10:45)
if interested call
tracy 339-2543

Next deadline

22 Jan 90

ST. PETER'S
Anglican/Episcopal Church

218 CHURCH ST., COMOX

HOLY EUCHARIST
8:00 a.m. and 10:00 a.m.
Fr. John Paetkau - 339-2925

JESUS IS LORD

ATTENTION!!

ALL EX-MEMBERS OF THE CANADIAN PROVOST CORPS!!

The Canadian Provost Corps will celebrate its 50th (Golden) Anniversary in Ottawa, 15 - 17 June 1990. All ex-members of the Canadian Provost Corps, widows of ex-members, members of other Corps who served with any element of the Canadian Provost Corps, families and friends are invited to attend. Please write:

The Canadian Provost Corps Association, P.O. Box 3145, Station "D", Ottawa, K1P 6H7 or telephone (613) 829-4312 or (819) 568-9606.

Become a
UNICEF Volunteer

SEE YOU AT THE
LEEWARD!

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

THE LEEWARD NEIGHBOURHOOD PUB & BREWERY

good food!
KITCHEN HOURS
11 AM - 10 PM

good times!

- country cooking
- rural hospitality
- reasonable prices
- clean air system
- brewing our own natural Leeward lager

RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

Recreation



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 12 & 13 Jan. Music by VALLEYBOYS
Fri & Sat 19 & 20 JAN Music by DUKES
Fri & Sat 26 & 27 Jan. Music by WESTWIND

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

SPORTS

SUNDAY 28 JAN FUN CRIB TOURNAMENT, registration 12-1pm.

EVENTS

SATURDAY 13 JAN ROBBIE BURN'S NITE, upper hall \$15/ticket, open to all
SATURDAY 20 JAN BRANCH & L.A. INSTALLATION OF OFFICERS \$5/ticket

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12—7 PM

BRANCH 160 COMOX

ENTERTAINMENT

Fri 12 Jan. Music by ALLEYCATS
Fri 19 Jan. Music by VALLEYBOYS
Fri 26 Jan. Music by ALLEYCATS

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

NOTICE: TO ALL MEMBERS, MEMBERSHIPS AND DOORCARDS EXPIRED 31 DEC 89. BOTH ARE DUE AND PAYABLE 1 JAN 90.

EVENTS

SATURDAY 20 JAN ANNUAL ROBBIE BURNS DINNER, upper hall 6:30pm. Tickets \$15/person, available now at office or bar. Music by GREY POWER.

SUNDAY 10 FEB JOINT BRANCH & L.A. INSTALLATION OF 1990 OFFICERS & EXECUTIVES. Upper hall, 6:30pm, dinner 7 pm, ceremonies 8 pm, dancing to music by COUNTRYMEN tickets \$7.50/person available at bar or office

Public announcements

Babysitting Course

A babysitters course will be held 27 Jan 90 0900 hrs in the base Fire Hall. Minimum age for the course is twelve (12). Course loading maximum is twenty (20) students. Applications are available at the Fire Hall. They must be completed and returned to the base Fire Department two (2) days prior to the course.

Men's broomball

CFB Comox will be hosting the 1990 Pac Region Men's Broomball Championships. Teams participating are CFB Comox, CFB Chilliwack, CFB Esquimalt, PPCLI, Pacific Fleet and CFS Holberg. Game times are from 0830 hrs until 1430 hrs on 9, 10 and 11 Jan 90, with the playoff game at 0900 on 12 Jan 90. Spectators are needed to provide incentive and support for the Base team.

Pac Region Curling

Want to throw a rock, push a broom or possibly be a skip? The Pac Region Championship is fast approaching. Personnel interested in entering a team for the playdowns are to contact the Rec Centre at local 8315. Playdown Regional host and dates have not been promulgated as yet.

Women's Volleyball

Ladies if you are interested in playing volleyball, the Base needs you!

Experience is not essential. Practices are every Tuesday/Thursday 1600 - 1800 hrs. For more information, please contact Cpl Curtis (coach) at local 8285 or MCpl Ruthmond at local 8315.

Regional competition will be held at Nanaimo Det 16 - 18 Feb 90.

Men's Volleyball

Presently there is a Men's Intersection Volleyball League consisting of five teams, with a game every Tuesday at 1145 hrs. We are not searching for a Base team. For further information or entry, please contact Rec Centre at local 8315.



'The Nighthawks' reunion

409 Tactical Fighter Sqn 'The Nighthawks' will be hosting a five year reunion from 31 May 1990 to 3 June 1990 at CFB Soellingen.

All former Sqn members, their spouses, and anyone else who has had an association with 409 Sqn are invited to attend.

We are excited with the prospect of the traditional 5 year reunion in Germany. Time is short and we require your support if we are to make this event happen. If you are interested in attending or want further information, please contact:

Nighthawk Reunion Committee
c/o Maj Bernie DeGagne
409 Tactical Fighter Sqn
CFB Baden Soellingen
CFPO 5056
Bellville, Ontario
K0K 3R0
Tel: 07229-67-8798

Reunion

Canadian Forces Parachute Maintenance Depot
40th Anniversary Celebrations
Edmonton, Alberta
29/30 June 1990

Featuring: anniversary jump, displays, dinner/dance
Former members urged to attend
for information contact: Capt D.A. Stewart (403) 457-8472
WO A. McGee (403) 457-8464

Album for Mont Apica

To commemorate the closure of CFS Mont Apica, a souvenir album is on preparation. This album will record 38 years of existence with photos and anecdotes.

All military and civilian personnel interested in having a copy of this book, please call Capt C. Rochette, local 365, or WO J. Germain, local 360.

The price of this book will be determined by demand. An answer is required before 1 February 1990.

A La Boheme 7 Feb

The Vancouver Opera Touring Ensemble will present *A La Boheme* in the Sid Williams Theatre on Wednesday, 7 February 1990 at 8 pm. This event is sponsored by the Comox Valley Community Arts Council and is another Winter Arts Festival presentation. Tickets will be available at: Pharmasave in Courtenay, Blue Heron Books in Comox or by phoning 334-3013.

Girls between 12 - 18 try cadets

Girls between 12 - 18.

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

Enjoy such activities as canoeing, wilderness hiking, or an afternoon walk with a map and compass. On the Cadet discipline side, there's a bit of

drill and learning about the Corps and Army Cadets in general.

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

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

BCATP

Plans are underway for a reunion for all employees of 19 EFTS Virden. The reunion will take place in Virden on 22 June 1990 commemorating 50 years since the opening of the Station. This invitation is for all the Hanger Crew, Administration Staff, Maintenance Staff, Flying Instructors, Kitchen Staff, Transportation, Timekeepers, Firemen, Caretakers and anybody who had been employed during the operation of the school. This invitation also includes your spouse.

Please contact Mrs. Alvin Sararas, Box 93, Virden, Manitoba R0M 2C0 as soon as possible if you plan on coming, deadline 15 April.

Metropolitan
Financial Advisors Limited



John Hackett,
C.D., B.Sc.

Financial Representative

Specializing in:

- *Severance Pay management
- *Education plans
- *Retirement planning

Phone:

Bus. (604) 338-5155
Res. (604) 339-5016



Network Classifieds

USE OUR COMMUNITY NEWSPAPER NETWORK CLASSIFIEDS.

87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON.

CIRCULATION TO OVER 1 MILLION HOMES.

2.4 MILLION READERS.

25 words for \$159.00

(\$3.00 each additional word)

Phone: 339-2541

AUTOMOTIVE

Active Auto Brokers, disposal agent for Active Bailiff Services. Repossessions, estate, legal, cars, trucks, motorhomes, boats. Call Mr. Price (only), (604) 434-1819. D5476.

BUSINESS OPPORTUNITIES

START YOUR OWN IMPORT/EXPORT business, even spare time. No money or experience. Since 1946. Free brochure: Wade World Trade, c/o Cdn. Small Business Inst. Dept W1, 1140 Bellamy Rd. N. #1, Scarborough, Ontario. M1H 1H4.

EXCLUSIVE-PATENTED ITEM. No Competition. Part or full-time, all cash HUGE profits, no selling. Proven money maker. Deal direct with manufacturer. \$16,000 investment, secured. Phone: (604) 576-1322 OR 1-800-663-4171. 24 Hrs.

BUSINESS PERSONALS

Divorce? No consent of spouse or court appearance. Just 5-15 weeks. \$69.95 plus costs. Free literature. Same system since 1970. As heard on CKNW. Divorcercise, 201-1252 Burrard, Vancouver, 1-887-2900. Franchises available.

FOR SALE MISC

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

EDMONTON MOBILE home manufacturer and reconitioner has an overstock of ready for sale mobile homes. Excellent prices. Deliver anywhere. Phone: (403) 447-2333.

Arthritic pain? Aching back? Stiff joints? Sleeping hands? "Beulah Oil" helps!! Brochure/Information \$2: Beulah Land, Box 1086, Portage La Prairie, Man. R1N 3C5

1984 Kenworth Logging truck, 3500 hrs. on Cummins rebuild 456+13 speed rebuilt same time. 1988 2 axle Par-Pac trailer. \$70,000 complete radio & accessories. Safety inspected. Phone: (604) 344-6459.

GARDENING

THE ULTIMATE GARDENER'S STORE 1,000's of products for all types of gardening including greenhouse and hydroponic. Huge book selection. 64 page catalogue \$4. Hundreds of Dollars in money saving coupons. Write or Phone: Western Water Farms, 20120-64th Ave., Langley, B.C., V3A 4P7. 1-800-663-5619.

HELP WANTED

ATTENTION! Make \$300+ per month at home. Turn TRASH into CASH. Become a Refunder. Send self-addressed stamped envelope: Refund Specialist, Box 108, Horsely, B.C., V0L 1L0.

Singles/Couples. Complete government-approved Building Managers Correspondence Certificate course for apts/condos/rhss/mini-storage. Guaranteed Placement Assistance. RMTI, 901-700 W. Pender, Vancouver, B.C., V6C 1G8 (604) 681-5456.

IMMEDIATE OPENINGS in all areas of telephone, clerical, mailing, addressing and general duties. All training provided. No need to leave present job. No experience needed. Choose hours, work from home or our office. Housewives and students welcome. For application write: Research & Development, #84, 738 Marine Drive, North Vancouver, B.C., V7M 1H3.

REAL ESTATE

LAND FOR SALE - Vancouver Island, Nanaimo, Courtenay, Victoria - \$2,500-\$9,500. Hot list 100 unknown properties guaranteed. Finder's fee of \$25. Will go fast. Landlindens, Box 291, New Westminster, B.C., V3L 4Y6.

REAL ESTATE

PRIME ALBERTA land for grain, cattle, vegetable, hay. Machine sheds, graineries, silage tower, large equipment, feedlot. Accommodation/3 hired families. Bargain \$800,000. Machinery extra. (403) 349-4264, (403) 498-2500.

SERVICES

Major ICBC and injury claims. Joel A. Wener, trial lawyer for 21 years. Call collect, (604) 736-5500, Vancouver. If no recovery, no fee. No Yukon enquiries.

ICBC INJURY CLAIMS? Call Dale Carr-Harris - 20 years a trial lawyer with five years medical school before law. 0-669-4922 (Vancouver). Experienced in head injury and other major claims. Percentage fees available.

DIVORCE & ICBC INJURY. Our objective for 18 years: Getting fair settlements out of Court. Law Offices of Carey Linde, Vancouver 684-7798. Quality & Confidential service no matter where you live.

Air brakes course \$60. Truck, bus, van training. Full course or hourly rentals. Enquire about our new certification program. Burnaby, B.C. 291-2255, Surrey, B.C., 581-7594.

TRAVEL

**** VICTORIA B.C. - The ADMIRAL MOTEL **** Fine Accommodation overlooking the beautiful Harbour. Housekeeping Units, reasonable rates and friendly, personal attention from family owners. CAA recommended. 257 Belleville St., Victoria, B.C., V8V 1X1, (604) 388-6267.

WANTED

MOORCROFT - MOORCROFT - MOORCROFT. Serious collector wishes to purchase good quality early Moorcroft or MacIntyre pottery. Call collect (Vic) (604) 658-2895.

BLANKET ADVERTISING:

Reaches 1.5 million homes for just \$165!

An advertising "Best Buy!"

Health & fitness

Cough Syrups

by Capt Jo Anne Gour

It always amazes me every-time I enter a pharmacy to see the myriad of 'cough' preparations available on the market. If the numbers of brands and variety of ingredients confuses me, imagine how you the consumer must feel. In this article I will try and simplify what seems to be a complex variety of products.

Firstly, when deciding on a product you should determine beforehand what type of cough you're trying to treat. A productive cough that you'd like to make more productive requires an 'expectorant'. A dry non-productive, seemingly uncontrollable cough requires an 'anti-tussive', ie cough suppressant. Once this is determined, it is fairly simple to choose a product. The best over-the-counter expectorant is guaifenesin (eg Robitussin plain). The best over-the-counter cough suppressant is dextromethorphan (DM). When looking for a cough syrup, look for one of those ingredients on the label, they'll be your best bet.

It is always advisable to avoid those preparations that claim to cure all cold symptoms. Generally speaking people don't require most of the medication since they don't have these symptoms, and in many cases the doses available are subtherapeutic (ie there's not enough of the active ingredient to relieve the symptoms in question). A common ingredient in most cough preparations which is completely unnecessary is antihistamines. Antihistamines are useful for allergies, but not for symptoms of the common cold or cough, the other negative aspect of antihistamines is that they cause drowsiness. Essentially if it is a cough that you wish to treat, the fewer ingredients the better.

The effectiveness of all expectorants is somewhat questionable. Some apparently work by decreasing the viscosity of the mucous in the lungs hence making it easier to move, studies to prove this however have been questionable; others work by irritating the stomach which in turn increases the secretions into the lungs, obviously this wouldn't be great if your stomach is already upset. Guaifenesin however is the least irritating, most innocuous of all the expectorants available on the market. There can be some side-effects to this medication, the most common being nausea; also it shouldn't be used in children under 5 years old without a physician's recommendation. The recommended dosages of guaifenesin are as follows:

14 yrs and over: 200 mg every 4 - 6 hrs;

10 - 14 yrs: 100 mg every 4 - 6 hrs;
5 - 9 yrs: 50 mg every 4 - 6 hrs.

Dextromethorphan is a very effective antihistamine, and it has not been associated with any major side effects. The dosage is as follows:

12 yrs and over: 10 - 20 mg every 4 - 6 hrs;
6 - 11 yrs: 5 - 10 mg every 4 - 6 hrs;
2 - 5 yrs: 2.5 - 5 mg every 4 - 6 hrs.

note: some DM preparations are formulated so that they work for a longer period of time and hence only have to be taken every 12 hrs ... read the label!

If DM doesn't seem to be working, it may be advisable to try an over-the-counter codeine preparation. These are available without a prescription by asking the pharmacist. Once again, most products contain many other unnecessary ingredients, but by asking the pharmacist you should be able to get the best product for your cough. The dose for codeine is the same (mg per mg) as DM. Another useful codeine product(s) is 222s or Tylenol no 1; these combination products (ASA & codeine, or acetaminophen & codeine) can potentially help both aches, pain and fever and cough due to colds. Codeine does have some drawbacks, it can cause drowsiness, nausea, and constipation. Also as with any narcotic there is some potential for addiction.

These are a few points you should remember when dealing with coughs:

1. If sputum of a productive cough changes from clear to coloured, it may be advisable to see a physician;
2. If the cough persists for more than 5 - 7 days it may be advisable to see a physician;

3. If neither DM or codeine seem to be helping suppress your cough, your physician may be able to prescribe something stronger.

Remember to read all labels carefully and 'cure-alls' are not always the best product for your money.

Band-aids

Info-Health

I remember, as a depression-years toddler, the Watkins man (or the Fuller Brush representative) showing my mother a new product. She bought it -- a dozen short strips of adhesive, each of which had a Mercurchrome-laced gauze pad in its center.

These were the precursors of the now universal (and trademarked) Band-Aid, as useful for the cuts and scratches of today as they were 50 years ago.

Even such things as bandages have gone high-tech. The skills learned in Scouts and Guides and at St John's Ambulance courses are still very useful, but some of the materials have changed.

The heavy-duty zinc-oxide adhesive is still around -- the kind that takes time and courage to strip off, and which leaves a satisfying grubby black mark that takes a week to remove. Newer adhesive sticks better, comes off painlessly, and is much easier to tear to length.

Non-allergic versions are available for the surprisingly large number of people who react to regular adhesive.

And thin strips of clear adhesive tape are used instead of stitches to close small wounds. A similar glue, less sticky, is used to attach large vinyl sheets to parts of the body that are going to be operated on. They adhere closely, act as a second skin, and are incised with the skin as the surgeon makes the first cut.

Smaller pieces of adhesive-backed vinyl are used to cover abrasions, leg ulcers, and other injured parts. In all cases the aim is to prevent infection.

Soft contour-conforming cloth bandages are much more comfortable than old-fashioned gauze and flannel. Others are produced in tube form, and can be pulled over the limb or skull like a stocking.

And materials are available that cope with secretions from a wound much more effectively than the old wartime field dressings.

So if you haven't opened your first-aid kit for years, it's probably time to upgrade its contents.



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,
Community Pharmacist, Vancouver
Shoppers Drug Mart

Understanding acetaminophen

Acetaminophen is a common, non-ASA pain reliever available in nearly every drugstore and supermarket in Canada. It can also be found in the medicine cabinet of more and more homes.

As a pain reliever and fever reducer, acetaminophen is equivalent to ASA. It does not, however, have the anti-inflammatory quality of ASA but it is generally less likely to cause side effects.

Products containing acetaminophen are equally effective in capsule or tablet form, and are available under a number of brand names. Most can be purchased without a prescription.

Acetaminophen comes in standard or extra-strength formula, or in combination with caffeine or other substances. Some, like codeine, are narcotics, so be sure to read the list of 'active ingredients' printed on the package. Ask your Shoppers Drug Mart pharmacist should you have any questions.

Like ASA, acetaminophen is generally less expensive when bought in the generic or 'house brand' forms. Your best bet is to shop around and check for the best buy. If you're unsure, check with your doctor or pharmacist.

Acetaminophen is relatively mild on the overall scale of drugs, but it is still a drug and should never be taken in excess amounts, mixed with other drugs, or added to your treatment program without the prior approval of your doctor or pharmacist. As is the case with any drug, always store it well out of the reach of children.

TOTEM TIMES 1990 PRINTING SCHEDULE VOLUME 32

NUMBER	DEADLINE (1200 HRS)	PUBLICATION DATE
1	JANUARY 8	JANUARY 11
2	JANUARY 22	JANUARY 25
3	FEBRUARY 5	FEBRUARY 8
4	FEBRUARY 19	FEBRUARY 22
5	MARCH 5	MARCH 8
6	MARCH 19	MARCH 22
7	APRIL 2	APRIL 5
8	APRIL 23	APRIL 26
9	MAY 7	MAY 10
10	MAY 28	MAY 31
11	JUNE 11	JUNE 14
12	JUNE 25	JUNE 28
13	JULY 9	JULY 12
14	JULY 30	AUGUST 2
15	AUGUST 20	AUGUST 23
16	SEPTEMBER 10	SEPTEMBER 13
17	SEPTEMBER 24	SEPTEMBER 27
18	OCTOBER 15	OCTOBER 18
19	NOVEMBER 5	NOVEMBER 8
20	NOVEMBER 19	NOVEMBER 22
21	DECEMBER 3	DECEMBER 6
22	DECEMBER 17	DECEMBER 20



Next deadline 22 Jan 90

Tri-City Boot Repair & Sales

(formerly COMOX SHOE REPAIR)
1836 Comox Avenue
(Across from Legion)
Tuesday to Saturday—9:00-5:30

TOP QUALITY
SHOE AND LEATHER REPAIRS



BUYING OR SELLING YOUR HOME IN 1990?

THEN CALL ME TO DISCUSS
YOUR PLANS
tom procter



RE/MAX
ocean pacific realty

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



On the base

Survey mini-copter

To boldly to where no man -- or woman -- dares to go. That's the mission that lies ahead for a new miniature helicopter designed by a team of Ottawa engineers.

Piloted by remote control, the helicopter contains seven kilos of high-tech equipment capable of measuring chemical concentrations and sampling gas and smoke at any disaster site. Meanwhile, a video camera on board provides a closeup view of the scene below.

Built by engineers at S.L. Ross Environmental Research Ltd., the helicopter's prototype was based on a kit purchased at the local hobby shop. The engineers replaced the clutch, carburetor and rotor mechanisms with heavier parts and then added a larger engine. The final product has a wingspan of about 2.1 metres, and its blades can be folded to squeeze into the trunk of a car.

Scientists from the U.S. Environmental Protection Agency have already expressed interest in the chemically-sensitive chopper. At the same time, Environment Canada plans to train its own, cross-country network of remote-control helicopter pilots, drawn from its employees who normally work on chemical spills.

courtesy Canadian Science News



Mini-copter with fuselage covering instruments. Environment Canada.

MSE Safety

Safety quiz

The left arm is held straight out to signal for:

- a. a left turn
- b. a right turn
- c. stopping
- d. slowing down

Answer "a"

Safe drivers



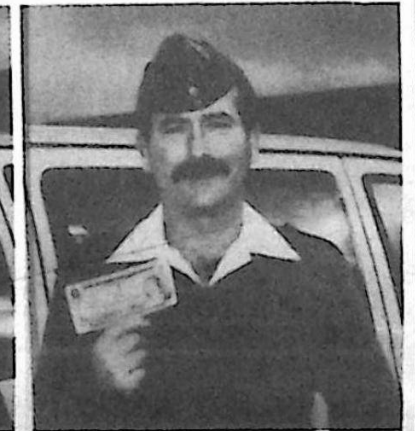
Cpl Poulin BTNO



Mr. Andrews BPeriO



Lt Schwartz 407 Sqn



MCpl Blouin 407 ARMT

Smitty's licensed
FAMILY RESTAURANT
open til 8 p.m.

FAMILY TIME...

a time to treasure

DINNER SPECIALS	
Veal Pot Pie	Veal Schnitzel Oscar
Breaded Turkey Cutlets	Chicken Neptune
Polynesian Roast Pork	Sirloin Steak Oscar
All dinners include Greek Salad or Tarragon Chicken Soup, vegetables, your choice of potatoes or rice pilaf and dessert.	
\$7.95 - \$8.95	

SUNDAYS - Prime Rib and Yorkshire Pudding, soup or salad & dessert **\$9.95**

MONDAY & TUESDAY
- Oodles of Noodles
Adults \$5.95 Seniors \$4.95

Ask about your special card

\$1000 Gift Certificate

Smitty's
1747 Comox Ave., Comox
339-3971
7 a.m. - 8:00 p.m. Daily

CLASSIFIED

RATES

ALL insertions will be \$3.50 per column inch.



LOST

GOLD MEDICAL ALERT BRACELET AT JR RANKS' CHILDRENS' XMAS PARTY.

REWARD

339-3847 or loc 8217

BUSINESS OPPORTUNITY
Stuff envelopes at home. Earn \$600 weekly. Free supplies. Rush self-addressed, stamped envelope to H & H Enterprises, Dept A-A-26, 171 Rink Street, Suite #263, Peterborough, Ontario. K9J 2J6.

HELP WANTED

The Individual we seek is probably doing well at present job, yet somewhat impatient with progress. The applicant need not have financial planning experience; ambition, determination & desire to serve others as well as self are required. This person is probably a local resident for a number of years and between 25 & 50. To this person we offer a permanent position, unlimited earning potential, full pension, & preferred company mortgage. We supply full training & provide proven methods to become successful in this community. For interview send a resume to Daryl Clegg at Prudential Assurance, suite 330, 1555 McKenzie Avenue, Victoria, B.C. V8N 1A4, or call collect 477-7711 8:30 to 4:30.

MOVING TO GREENWOOD?

For Real Estate Information Contact
GREENWOOD ns REALTY LTD
Canada Trust Representatives
P. O. Box 1422
Greenwood, N.S.
B0P 1N0
(902) 765-4243
FAX (902) 765-8550

*Fitness:
What it does
for your body
it does
for your mind.*

PARTICIPATION
The Canadian movement for personal fitness

URGENTLY NEED DEPENDABLE PERSON who can work without supervision for a Canadian oil company in Comox Valley. We train. Write A.D. Dickerson, Pres., Southwestern Petroleum, 87 West Drive, Brampton, Ontario L6T 2J6

BUILDING MATERIALS

Lumber & Plywood
Panelling - Arborite
Doors & Windows
Builders Hardware - Tools, etc
Electrical & Plumbing Supplies
Paints & Finishes
Roofing - Siding
Cement Department
Truck Delivery
Customer Financing

CENTRAL BUILDERS

610 Anderton Avenue
Phone: 334-4416

Kallima ALOE VERA

SKIN/HEALTH CARE PRODUCTS

call Sherry 339-3525
or
Maureen 338-7105

POSTED TO EDMONTON?
I specialize in Military relocation. Call me collect for a package of area, mortgage and real estate information.
Val Heuman
457-2424 456-6919

GOING PLACES

We make a little go a long way!
Sell, buy, rent, find and give notice by reading and using the classifieds!



**THE BRITISH COLUMBIA
HEART FOUNDATION**



IT'S YOUR GAIN

LET'S GET TOGETHER AND SELL YOU RV UNIT. IF WE CAN'T SELL IT, WE'LL BUY IT. FREE APPRAISAL AND PICK-UP ANYWHERE.

Call Toll Free:
1-800-663-4234

**LANTZVILLE
RECREATION
CENTRE LTD.**

On and off base

Canada Pension Plan increase Family Allowance increase

OTTAWA -- Over 2.4 million Canada Pension Plan recipients will have their benefits increased effective 1 January 1990, the Minister of National Health and Welfare announced today. The annual adjustment, which this year is 4.8%, is based on changes in the Consumer Price Index, Statistics Canada's cost-of-living measure.

The Minister also announced increases for people who became eligible for Canada Pension Plan benefits in 1990. Here, too, rates are increased each year to keep the benefits in line with general increases in salaries and wages.

For those who became eligible for benefits in 1990 the maximum monthly retirement pension at age 65 will be \$577.08. A contributor can begin receiving a retirement pension as early as age 60 and as late as age 70. The amount will be reduced for pensions beginning before age 65 and will be increased for those beginning after age 65.

The maximum amount for a pension becoming eligible for a disability pension in 1990 will be \$709.52 per month while benefits for disabled contributors' children and orphans of deceased contributors will be \$107.96 per month per child.

Maximum benefits paid on behalf of contributors who die in 1990 will be \$324.37 for surviving spouses under age 65 and \$346.25 for surviving spouses aged 65 and over. Survivor benefits are no longer discontinued on remarriage. Those whose benefits were discontinued on remarriage can apply to have their benefits reinstated.

There is also a lump sum death benefit payable under the Canada Pension Plan; the maximum payable in respect of contributors who die in 1990 will be \$2,890.

Canada Pension Plan benefits are based on a person's actual earnings and contributions for the period during which that person could have contributed to the Plan. There are yearly minimum and maximum earnings levels between which persons contribute. For 1990 these levels are \$2,800 and \$28,900 respectively. The maximum contributions are \$574.20 for employees during 1990.

OTTAWA -- Family Allowances, paid to over 3.7 million Canadian families on behalf of 6.6 million children, will increase.

The Minister of National Health and Welfare announced today that effective January, 1990, the federal government Family Allowances, paid monthly for children under age 18, will rise to \$33.33 from \$32.74 in most provinces and in the territories. The increase is based on changes in the Consumer Price Index, Statistics Canada's cost-of-living measure, in excess of three per cent.

Under a provision in the

Family Allowance Act, a provincial government may ask the federal government to vary rates payable in that province according to the age or number of children in a family, or both, providing that the average monthly payment in that province equals the federal rate. This option has been chosen by Alberta and Quebec.

The refundable Child Tax Credit for the 1989 taxation year will provide up to \$565 per child based on family income. Also, parents who qualify can claim an additional \$200 on their return for each child age six and under for whom no child care expenses were claimed.

WELCOME TO CFB COMOX FAMILY SUPPORT CENTRE

119 Little River Road
LAZO, B.C. V0R 2K0

PHONE: 339-8654

HOURS: 9 a.m. to 3:30 p.m. Mon to Fri

SERVICES AVAILABLE:

Financial Counsellors Referral Volunteer Information
Practical Problem Solving Safe House
Babysitters List - Adult & Trained Teenagers
Bilingual Services Available

ALL SERVICES ARE CONFIDENTIAL DROP IN ANY TIME.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) — Maj J.G.A. Veilleux

CHAPEL — Our Lady of the Sacred Heart (on Base)

OFFICE — Headquarters, Bldg 45, Rm 48, Telephone 8274

MASS SCHEDULE:

Saturday..... 1900 hrs
Sunday..... 1000 hrs
Daily Masses..... As announced in the Bulletin,
usually at 0900 hrs, except during
Lent & Advent at 1900 hrs.

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

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

CATHOLIC WOMEN'S LEAGUE — Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Mary Kerr, Phone 339-2552.

CATECHISM CLASSES — September - May in the PMQ School at 1830 hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and John LeRoss, 339-4388.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker

CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP — Each Sunday at 1100 hrs.

HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL — each Sunday at 1100 hrs.

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

CHOIR — Practices 1830 hrs, Tuesdays at the Chapel.

CHAPEL GUILD — Meets once a month, usually the first Monday.
President: Elizabeth Basham, phone 339-4314.

with me tiller in me hand

With me tiller in me hand as the trees begin to sigh
And me little fourteen-footer points her bow towards the sky
As I swings around the headland where she's blowin' up a gale
And me skiff she starts a plungin' and a spoutin' like a whale
Now the wind just whips the wavetops till the frothy foam balls soar
And we're slicin' through white water runnin' for the sheltered shore.
But I'd not trade places with the Queen or envy any man
With me life-vest snugly fastened and me tiller in me hand.

With me tiller in me hand now the lake is turnin' surly
But I've got her bow into the wind so there's not need to worry
I knows the lake, I knows the rocks, I knows each shoal and sound
I know there's not a chance that I will run me boat around
So I opens up the throttle and quite joyfully I'm blessin'
The spray that comes in buckets-full with every wave we're crestin'
But just in case I swamps her I keeps right close to the land
So I could crawl ashore to safety with me tiller in me hand.

With me tiller in me hand in a trough we're slidin' down
And me poor wife is a screechin' that she doesn't want to drown
She's clingin' to both gunwales with her knuckles turnin' white
And I'm grinnin' like a fool to show her everything's all right
Then as we bottom-out the old boat shudders with a slap that scares
me poor old dog so bad he jumps up in me lap
The joy of poundin' through these waves he doesn't understand
So I tries to stop his whinin' with me tiller in me hand.

With me tiller in me hand how its startin' to subside
It's kind of sad to have to end this rollercoaster ride
But we've reached a sheltered harbour where I ease into the sand
And me poor wife and me dog both jump ashore and kiss the land
Then I gaze downwind in wonderment where whitecaps surge and break
And give thanks to Him who sends up windy days to churn the lake
Bless the folks who love calm water but Dear Lord I feels so grand
When the waves are breakin' round me with me tiller in me hand.

CFB Greenwood Aurora



MEL FERRABY



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

MEL FERRABY
Bus 334-3124 Res 339-4692

REALTY WORLD™ - Coast Country Realty Ltd.
576 England Avenue, Courtenay, B.C. V9N 5M7
Bus (604) 334-3124 Res (604) 339-4692 Telex 044-62541
Each office is independently owned

PMS

Do you suffer from PMS or know someone who does? If you do here's some good news. The Self Help PMS Group which met last year is starting up again. It will be meeting on

Self Help

the last Wednesday of each month at 7 pm at the family support centre. C'mon out and sit in with the group, we'll be glad to see you.

Yipe!! My smoke alarm's screeching!

It makes you jump! It wakes you up! And lets you know there's smoke and probably fire around. Take a tip from the Old Lady. While smoke alarms can't prevent or extinguish fires, they can save your life and prevent injuries - yours and your family's. A reliable, well-installed and maintained smoke detector is a life-saver!

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.



On and off base

Tradition of innovation

Since the earliest days of heavier-than-air-flight, Canadians have been fascinated by flying machines.

Beginning with John McCurdy's historic flight aboard the Silver Dart on 23 February 1909, numerous inventors and entrepreneurs have helped to make Canada a leading source of aircraft and aviation equipment.

Today, that heritage is evident in Canada's pre-eminence in the design and manufacture of specialized aircraft for assignments as varied as forest fire protection and operations from short landing strips.

Canada's First Flight

Canada's first flight was the product of a dynamic partnership lead by Alexander Graham Bell. In the Spring of 1907 -- at the suggestion of Mrs. Bell -- the Aerial Experiment Association (AEA) was formed with the explicit intention of

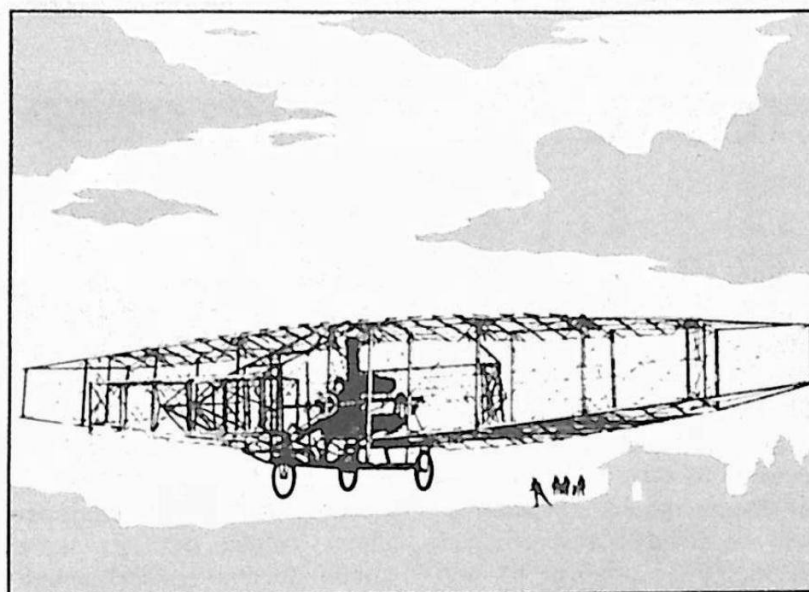
building a heavier-than-air machine able to sustain a man in controlled flight.

The consortium had four members: Bell; two of his young Canadian engineering associates, Frederick Baldwin and John McCurdy; and an American, Glenn Curtiss, who was then known chiefly as an expert builder of gasoline engines. A fifth man, Lieutenant Thomas Selfridge of the United States Army, joined the group as an observer.

In 1907, the AEA experimented with man-carrying kites launched from pontoons on Bras d'Or Lake, close to Bell's summer home at Baddeck, Nova Scotia.

The following year, the group moved to Hammondsport, New York, the location of the Curtiss machine shop. There, the group would build four heavier-than-air machines in rapid succession.

The first machine, called the *Red Wing*, flew 319 feet on 12 March, 1908, piloted by F.W.



A.E.A. Silver Dart

(Casey) Baldwin -- the first Canadian ever to fly a powered aircraft. In May, the second aircraft, the *White Wing*, more than tripled that distance with the help of several improvements including ailerons used for the first time to provide lateral control.

In August, the *June Bug* became the first aircraft in the western hemisphere to officially record a one kilometre flight.

But it was the AEA's fourth aircraft that would win the most attention. Built and tested in Hammondsport in December, 1908, the *Silver Dart* was then shipped to Bell's home at Baddeck for further testing.

On 23 February 1909, with J.A.D. McCurdy at the controls, the *Silver Dart* lifted off from the frozen surface of Bras d'Or Lake to record Canada's first heavier-than-air flight. A modest half-mile in length, it was followed 18 days later by a spectacular twenty-mile flight.

On the fiftieth anniversary of that historic flight, a full-scale replica of the *Silver Dart* again flew at Bras d'Or Lake. The replica of the *Silver Dart* -- and many other vintage aircraft -- are now on display at the National Aviation Museum in Ottawa.

courtesy National Aviation Museum

Aerodrome

continued from page 5

instructors and pilots was already in place.

By mid-1943, at the height of the training program, more than 3,000 trained aircrew graduated each month. These included pilots, air observers, bombardiers, gunners, navigators and communications specialists.

More than half of the students were Canadian, but classes contained British, Australian, New Zealand, Czech, Polish, Norwegian, Belgian and Free French flyers. **Triangular Field**

New airfields sprang up in every region of Canada. Most were built according to a common plan: three runways formed the sides of a massive triangle -- each facing a different compass heading to permit safe takeoffs and landings into the prevailing winds.

In honour of that characteristic pattern, the building soon to house the new National Aviation Museum in Ottawa has a triangular shape.

courtesy National Aviation Museum



**PUB GRUB and Good Times
are our Specialties
PARTY TIME**

BIRTHDAY-RETIREMENT-POSTING-ETC.

Having a party? Give us 48 hours notice and we will supply the balloons, cake, etc. Call 338-7741
NO reservations after 8:00 p.m.

SUNDAY SPECIAL

All Star Jam 7 pm to 11 pm

PRIZES

Located in

The Westerly Hotel

1590 Cliffe Ave.

Courtenay B.C. 338-7741

DANCE

TUESDAY TO SUNDAY

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

NO Cover Charge

Tues 9 Jan to Sun 14 Jan



Tues 16 Jan to Sun 21 Jan

"New Frontier"