

Canex goes civilian

1 Mar -- see page 4



New weapon for Weiner? --
Not really -- see 'Anker
Klankin' on page 6.



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 2 25 JANUARY 1990

1990 NEXT DEADLINE MONDAY 5 FEBRUARY 1990

COST: PRICELESS

They're back Peacekeepers return from Namibia

CALGARY--After a ten month peacekeeping mission in Namibia, the majority of the Canadian contingent serving with the United Nations Transition Assistance Group (UNTAG) will return to their home base in Calgary this Tuesday. The Minister of National Defence, the Honourable Bill McKnight, plans to be present at Currie Barracks, Canadian Forces Base Calgary, to welcome home the troops.

The return of the Canadian contingent from Namibia is a significant milestone of Canadian participation in maintaining international peace. Since the Second World War, Canada has established itself as a key contributor to UN peacekeeping missions and has become a recognized expert in the field.

The Canadian involvement with UNTAG goes back to march 1989 when Canada was asked to participate in this UN mission to assist Namibia in gaining its independence through free election. This political transaction is now well under way and the UN can now scale down the military component of UNTAG.

The logistics role undertaken by the 89 Canadian Logistics Unit will now be transferred to the Polish contingent. This has resulted in the immediate reduction of the Canadian Contingent in Namibia to approximately 25 members who will remain there until the redeployment of all UNTAG troops.

CDS to Vienna

OTTAWA--General John de Chastelain, Chief of the Defence Staff of the Canadian Forces, and other senior Canadian military officers will represent Canada at an East-West military seminar to be held in Vienna, Austria from 16 January to 5 February. The seminar will be the basis of discussions dealing with military doctrines and strategies among the 35 member states of the Conference on Security and Cooperation in Europe (CSCE). Other members of the Canadian delegation include LtGen Richard Evraire, Canadian Military Representative to the Military Committee at NATO Headquarters, Brussels, and MajGen Brian Smith, Commander Canadian Forces

Europe, Lahr, Federal Republic of Germany.

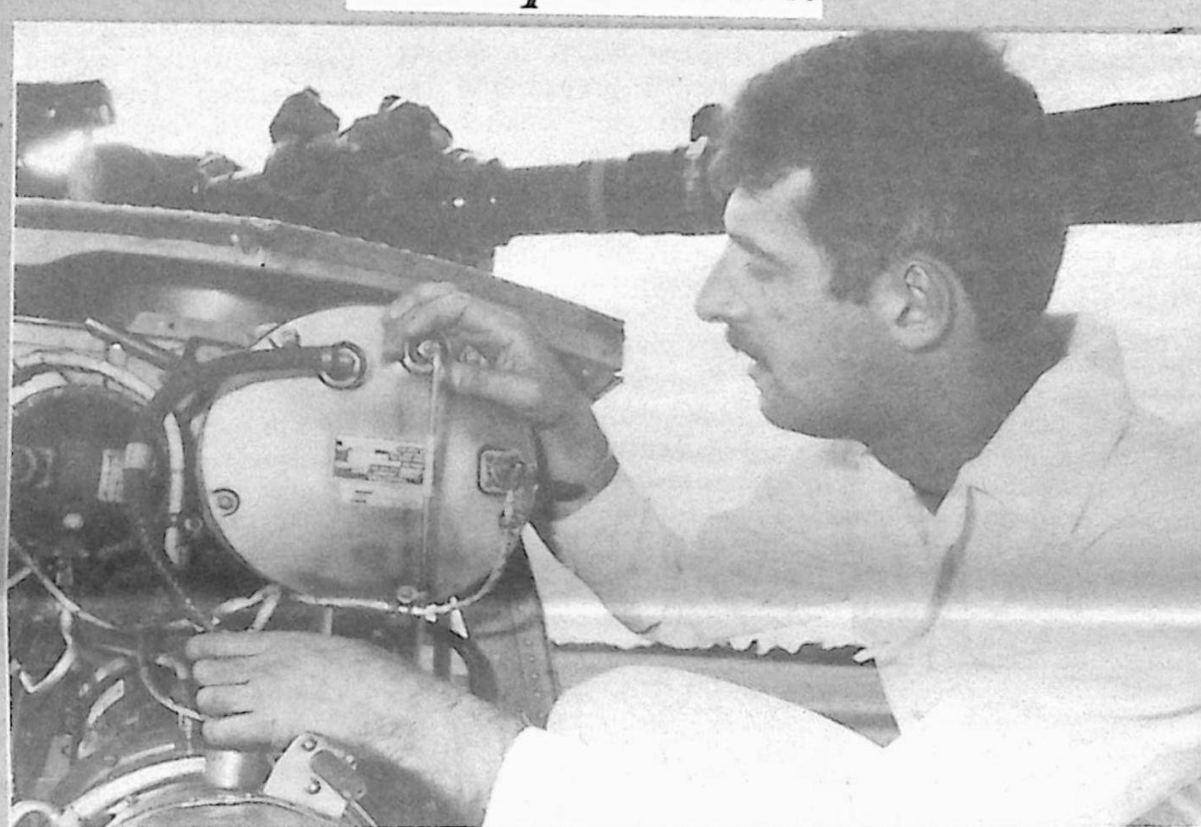
General de Chastelain will address the seminar on 17 January.

This marks the first time that the Chiefs of the Defense Staff of NATO nations, Warsaw Treaty countries and the European non-aligned nations have met for discussions.

The Vienna seminar will help to foster better understanding and increased cooperation between East and West. It comes at an opportune time, in that it will facilitate discussions concerning the recent events in Eastern Europe and the Soviet Union, and how these relate to the military strategy, doctrine and organization of the Warsaw Treaty nations.

continued on page 6

442 Sqn at work



Cpl Ray Charlebois checks out the heater on a CH113 Labrador helicopter, prior to flight

Ten Thousand Radar Approaches



VU33's Capt Greg McQuaid was the pilot for RATCON's Sgt Don McLean's 10,000th radar approach. Our congratulations to Don!

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Province

Illiteracy -- B.C. pays

by Mike Harcourt

One in six men and women in our province has trouble reading this sentence.

The number is staggering -- some 360,000 British Columbians, in urban and rural areas, have difficulty reading. In our print-oriented society, these men and women can't read bus schedules, drivers' manuals, classified ads. The daily emotional strain and frustration is enormous.

Yet the loss of opportunity isn't just a personal one. All British Columbians are hurt by illiteracy. We pay the price in unemployment, in higher government costs, and in reduced international competitiveness. In fact, the cost of illiteracy to our country is estimated to be in excess of \$10 billion.

Literacy training should be widely available. It isn't. The Social Credit government has yet to act on the recommendations of B.C.'s Literacy Advisory Committee, which tabled its report last fall. Because of this lack of leadership, British Columbians are doing without the adult education programs, increased English language training, and workplace literacy grants that are so desperately needed.

It's not a question of throwing money at illiteracy. Getting to the root of the problem means training people in order to open up new opportunities for them. In turn, we'll benefit from active citizens being integrated into the workforce with the self-esteem and skill to adapt to the new challenges of the 1990s.

This year has been designated the International Year of Literacy. New Democrats will continue speaking out in the fight against illiteracy. Our advanced education spokesperson, Barry Jones (MLA, Burnaby North), will be travelling B.C., meeting concerned groups and individuals and looking for workable solutions. And we'll push the current government in the up coming legislative session to deal seriously with the problem.

I strongly believe reading is fundamental. B.C. needs government leadership that understands all citizens must be able to read and participate fully in society. Our economy requires it. All British Columbians have a right to it.

Provincial Revue

FROM YOUR MLA

As we begin a new year, and a new decade, I would like to wish all British Columbians the best for 1990. The beginning of a new year provides us with the opportunity to reflect upon the events of the past year. There is no doubt that 1989 has been a year of unprecedented change throughout the world.

1989 will most definitely be remembered as the year that the impossible happened. Events took place in a few short months that many of us thought would perhaps never occur in our lifetimes. In turning its back on communism, Eastern Europe has demonstrated that individual freedom is a basic human right that is best protected within a democratic, free market society. The events in China and Romania, sadly, have also reminded us of the human costs that too often have gone hand in hand with the struggle for freedom. How fortunate we are to live in British Columbia.

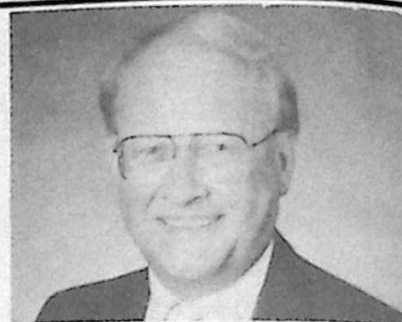
Certainly no issue was more important in 1989 than the state of our environment. The challenges we face in this regard, both locally and globally, are immense, but they must be addressed by all of us in the next decade. Governments, private citizens, groups and industries will all

have to work together to find solutions to the world's environmental problems.

Our provincial government has aggressively promoted environmentally sustainable growth with a comprehensive set of new policies that have been implemented over the past year. Together, our environmental policies will impose Canada's toughest environmental standards and penalties on industries, while also dealing with existing dilemmas such as the treatment of municipal solid wastes and hazardous wastes.

For British Columbia, perhaps the greatest success story in 1989 was our booming economy. Record levels of investment have proven that B.C. is firmly established as one of the world's most desirable business locations. We have truly been successful in strengthening and diversifying our economy. The potential for clean, value-added growth, tourism and new-age industries is staggering.

A major reason for the healthy state of our economy has been our government's prudent fiscal management. British Columbians can take pride in the knowledge that we are the only province in Canada with a balanced budget



Stan Hagen

-- and still we have managed to increase environmental expenditures by 90% over last year and education expenditures by some 26% over 1986/87 levels.

While other provinces grapple with unmanageable debt loads that have been aggravated by irresponsible spending practices, British Columbia is now realizing the benefits of a decade's worth of responsible Social Credit government policies. For example, last year, British Columbia created almost half of all the new jobs created in Canada.

Today more British Columbians are working than ever, unemployment has dropped to its lowest level in nearly a decade, and our province enjoys the highest average hourly wage in Canada. 1989 was a remarkable year, to be sure, and I am optimistic that the 1990s will enable people both at home and abroad to realize their goals and dreams. As your MLA, I wish you and your loved ones good health, prosperity and happiness in 1990.

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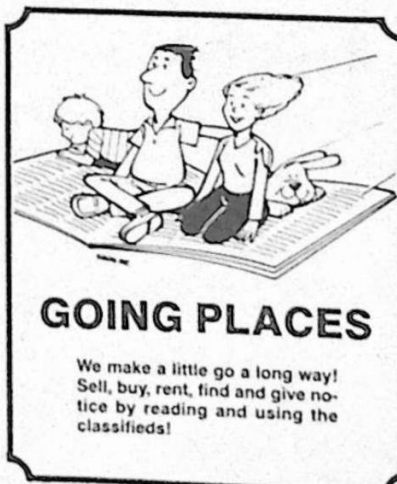
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On and off base

Scouting -- big changes coming

Scouting is about to undergo the biggest changes it has seen in more than 20 years. Change is never an easy thing to face, and those of us who have been involved for some time are entering a period of challenge, growth and opportunity, but also uncertainty and even some fear.

Sociologists tell us that young people today are more interested in relationships than in structures, and that they have lost confidence in established programs such as Scouting. Countrywide, the number of youth involved in Scouting has declined over the past decade. For example, in 1978 the Canadian Forces sponsored 53 Scout groups across Canada and in Europe; today the total is 31, and sur-

living groups have lower numbers registered. Only half of those losses can be attributed to the closure of Stations or Bases.

In response to suggestions and complaints, some long-standing, from within the movement at the grass-roots level, the National Scout Council set up several task forces in 1985 to look at needs or proposed changes in various areas. Their reports have led directly to the changes which are beginning to take place in an effort to combat the trend away from Scouting. These changes include new training programs for leaders; new uniforms for both youth and leaders in all sections except Beavers; a change in wording of the Cub Law with a resulting change of emphasis in the program, along with two new badges; and expanded age range and changes in the award scheme for Scouts; and a change of concept from 'sponsorship' to 'partnership' for those who support Scout groups. Thus members at all levels will be affected.

Every Scout group must have a sponsor, whose job is to provide meeting facilities, appoint a group committee to oversee the administration of the group, and recruit leaders and assist in providing training for them. In that respect, the sponsor is more properly the partner of the District or Regional Scout Council in providing a service to the youth in its sphere of influence. Sponsors have the final say on who may or may not join their group, and what conditions members must meet in order to join. Through the level of funding they provide, and the opportunities for sections to earn further funds that they allow, sponsors have a very direct role in the success or failure of their group and the nature of the activities that the sections can undertake. Here at CFB Comox our sponsor is the Wallace Gardens Community Council. Their support and the funding level they provide are more than generous, and provide the basis for one of the more successful groups in this District.

Group Committee is key

However, the real key to the successful functioning of any Scout group is the Group Committee. When it is strong, active and well trained, the group flourishes; when it becomes weak or inactive, the group languishes. Uniformed leaders, those working directly with the youth, are not allowed to hold executive positions on the committee, and this has been a major problem for our group in the recent past.

Training for present members and ongoing appointment or recruitment of new members are the means of keeping the committee strong. This is a formidable task in any group, but it is especially difficult in groups on military bases because of the high turnover of personnel. Right now, our committee needs two more members, specifically a Vice-Chairman and a Camping Coordinator, and come fall we will probably require a new Treasurer.

We are recruiting now

Many groups and sections find the first few weeks each fall dragging badly while new leaders learn the ropes. Having trained leaders right from the start would help to eliminate this problem, allowing time to be used more productively and making the program more interesting. By September of this year, all leaders recruited into

the group will be required to take training courses appropriate to their section before they begin to work directly with the youth. This new policy will necessitate the recruitment of leaders on an ongoing basis, or at least in the spring rather than late summer or early fall, so that training can be completed as early as possible. This may prove a difficult task in the military environment because of the uncertainties of the posting season. The committee will have to recruit actively among those who are not being posted rather than relying on new people coming in, as is usually done and which leaves little or no time for training before the new season begins. New leaders who do arrive on posting will be welcome, of course, but will not be faced with the prospect of taking immediate total responsibility for a group or section in an area they are not familiar with. We are beginning now to recruit two more Beaver leaders and one Scout leader, whom we will need this fall.

It is not necessary to have a child involved in Scouting in order to become involved yourself. Anyone who subscribes to the aims and principles of Scouting may join. Want to know more? Call me, Bonnie Cochrane at 339-4988, or drop by 46 Cedar any time.

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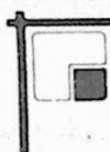
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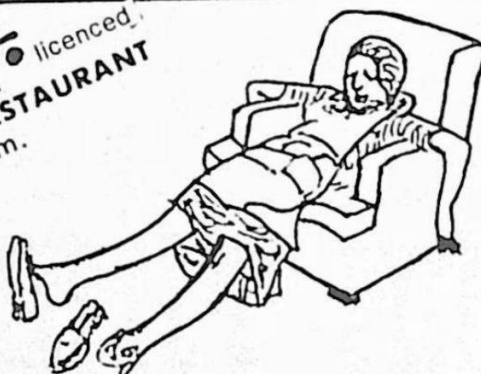
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**NEXT DEADLINE
NOON 5 FEBRUARY 1990**

Editorial

NORM BLONDEL



FRAGILE DEMOCRACIES

Knowlton Nash, premier newscaster for CBC-TV, offered a sobering thought recently, about the emergence of the democratic spirit among European nations which have been under communist rule for the past 42 years.

"Only one country among these soviet satellites has any history of democratic rule," said Nash. That history was pretty short.

He was referring to Czechoslovakia, and he is dead right. From Poland to East Germany, Hungary, Bulgaria and Romania, these nations were, prior to their take-over by the communists after world war two, either semi-feudal monarchies or the domain of Generals or totalitarian leaders. None of them has the institutions which we in the old democracies take for granted -- a head of state either elected or detached from the political process, an independent judiciary, or freely elected assemblies with both governing parties and loyal oppositions.

There is as much a possibility of intolerance among the new movements seeking to replace the communists as there was among the communists themselves. The new movements may fail to satisfy their populaces, new dictators may rise in their place or their systems may collapse into anarchy. Already the Polish coal miners - communist led -- are on strike for higher wages. The Solidarity government is insisting everybody accept the harsh medicine of economic reform. How far will the insistence go?

While opposing armies in Europe seem to be dissolving, and even blending together in some situations, it would appear premature to think of disarmament as the next step to take, except in careful, deliberate stages fully attuned to the progress of the democratic movements in Europe, and with a wary eye on the rest of the world.

If the next few years are to be full of hope for peace and freedom in the old soviet colonies, they must also be ones of caution for the old democracies.

We didn't get to be old democracies by throwing our weapons away.

The Privatization of Canex

When I first enlisted, as an RAF apprentice at Halton (England) in 1949, the centre of my existence, my retreat from the pressures of learning and drill, was the NAAFI* canteen.

There, I quaffed pop, Banbury buns and other fuel for the body and spirit, and socialized with my other military mates. For supplies and gifts, I patronized the NAAFI shop. So did most of Britain's armed forces members and their families. The NAAFI was an institution. It still is.

We had an institution, sort of. It was called the Base Gift shop, and it dispensed a wide range of goods to the RCAF, Army and Navy, pouring its profits into local Non Public Funds. And then came Canex, which was supposed to do the same. But it hasn't, and, not being party to its inner workings, I don't know why.

As BXO Capt Bill Welsh explains in his article, Canex as we know it will be virtually 'dead' on 1 March 1990.

I can't help feeling a little sad and put out that we're losing one of our institutions to a private organization. Canex, may you rest in peace.

(*Navy, Army and Airforce Institutes)

Canex going civvy by the BXO.

For those of you who haven't noticed, Canex still sells gasoline. It is true that the Service Station has reduced staff and no longer has a mechanic due to loss of business but it is still functioning as a Gas Bar. Like any other Gas Bar, it still sells oil, anti-freeze, cigarettes, and so on. Back in late 89 the Base was planning to close it down due to the horrendous losses the Service Station had incurred over the past three and a half years; however, the Canex Main Office in Ottawa undertook to cover the Service Station losses effective 1 Dec 89 to keep the facility open. Since that time the Canex Organizations representative in B.C. has been more or less in control of the Gas bar Policy and prices. Canex is going to pay the piper so they get to call the tune.

Readers of the Chief of Personnel newsletter will remem-

ber an article in it a few issues back about Perestroyka and Canex. The gist of the article was the Canex is reorganizing and everything is going to be merry and bright. All very upbeat. Effective 1 March 1990 YOUR Base Exchange will cease to exist. It will become a primarily civilian organization which will keep all the profits it makes and give Base Fund a 'royalty'. Despite their protestations to the contrary, the new Canex will be remarkably similar to the old army MLS (Maple Leaf Services) operation. Canex is even working on a new logo.

A feature on the new organization is that Canex will be taking over the Base's Canex assets, including the inventory in the outlets, without compensation. In order to get as much of Base Fund's money as possible out of your Base Exchange, some pretty good sales were put on in November

and December. There will be another whacking great 'Take-over Clearance' Sale in February. As the object of the exercise is to rescue as much of Base Fund's money as possible, the merchandise will not be given away, but there will be some pretty significant savings. Some merchandise will be sold at cost, a lot will be put on sale below cost -- so watch for the fliers and the ads in the fish-wrapper.

This is probably the last blurb from your BXO as the position disappears effective 1 March 1990. That being the case I would like to take this opportunity to publicly thank the local Canex Staff for their help, their suggestions, their forbearance (when I've been owly, and in putting up with my wacko sense of ho ho at other times) and for a job well done. Good bye, good luck, and 'Nolli illegitimi carborundum'.

Death, Taxes and Canada Post

It was an interesting marketing concept.

During the post-Christmas season when many Canadians were enjoying the benefits of Boxing Day shopping sales and bargain-basement prices, the folks at Canada Post came out with a reminder that the price of a first-class stamp was increasing by another cent.

The reminder stated that, as of 1 Jan 1990, along with the cost of a basic letter stamp rising to 39¢ within Canada, the basic letter rate to the United States will also increase by 1¢ (to 45¢), and the international rate will be increased by 2¢ to 78¢ per letter.

In Canada, it seems, the old adage that the only thing certain in life is death and taxes can now be taken one step further to include the inevitable price hikes in postal services.

And, at this time of year when the famed Goods and Services Tax is scheduled for

implementation, the Canadian public faces the prospect of paying an extra 7% on top of the cost of the basic stamp rate. Translated into numbers, the GST-included stamp will cost, for example, (at current Canada Post rates) an extra 3¢ for every first-class stamp.

And while Canada Post has taken steps to show it can improve service and deliver a profit, the Canadian public remains sceptical of its ability to deliver the goods.

For example, reports of post offices swamped with undelivered Christmas mail should not surprise anyone. And reports that huge price increases are in store for Canada's northern consumers (as a result of increased costs in Canada Post's food transportation to the Yukon and Northwest Territories) are not likely to help improve the Corporation's beleaguered image. And, of course, the possibility

of yet another postal strike is always seen by the postal user as a 'not if' but 'when' situation.

If Canada Post's trend towards annual increases continues, and if the GST is implemented, it is conceivable that by the year 2000 Canadians will be paying more than half a dollar to mail a letter within Canada. And that cost could go even higher if a worsening economy and the pressures of inflation 'force' even larger increases.

Businesses in the private sector, of course, could not afford similar price hikes -- the competition would run them out of town. But competition isn't something the post office has ever needed to worry about.

And that's a luxury those in the private sector are not able to afford.

by Terry O'Shaughnessy
CFIB Feature Service

TOTEM TIMES

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Comment

Le Coupe Stanley (with tongue in cheek)

The federal government today announced it would award the Stanley Cup to Quebec even though the Calgary Flames from Alberta won the 1989 competition.

The Cup will go instead to the Montreal Canadiens in the province of Quebec, the team which was defeated by the Flames four games to two in the best of seven series.

Prime Minister Brian Mulroney said the hockey series was "only a guideline", and not binding. He conceded that Calgary might have the best hockey team, "but we look at what's best for Canada."

Mulroney said the decision to award the Stanley cup to Montreal is based on Quebec's status as the traditional centre of hockey in Canada.

We have to support Canada's hockey industry, which is centered in Montreal, said the Prime Minister. "Montreal is in the best position to take full advantage of the Stanley Cup."

He said the decision to overrule the playoff results was "difficult and painful," but the national interest had to prevail over petty regional considerations.

Loss of the coveted trophy left most Albertans seething with rage.

"It's another example of Quebec getting the goodies and the West getting the shaft," said a spokesman for the stridently regionalist news magazine 'Western Report'.

Western Tory MPs were not so hostile. They shuffled their feet, clenched their buttocks, pursed their lips and said nothing at all. Neither did Alberta premier Don Getty, who was golfing and unavailable for comment. However, reliable sources indicated he 'seemed quite upset,' and was 'way off his game'.

Indignant Quebec MPs who lobbied long and hard for the Stanley Cup vehemently denied that the decision had anything to do with politics.

"It's not as if the West isn't getting its fair share of the federal support," sniffed Benoit Bouchard, Tory senior Quebec cabinet minister.

"We've announced that Lloydminster upgrades six or eight times. The West received the very lucrative contract for air in the CF-18s tires. And let's not forget about all that rain for Western farmers this spring."

Quebec industry minister Pierre Johnson dismissed Western complaints as 'anti-French hysteria from Alberta dinosaurs'.

Quebec absolutely deserves this, he said. "The Montreal Canadiens have extensive experience as Stanley Cup Champions, while the Calgary Flames have none at all. Sure Calgary won this particular series with a couple of saves, but the Canadiens have proven themselves over the long haul."

"If we're denied the Stanley cup now, it could only rejuvenate Quebec separatism and threaten the integrity of all Canada."

Saskatchewan's Tory Premier Grant Devine said sending the Cup to Quebec 'seems fair enough'.

Devine claimed "Ottawa had done plenty for the West. Just look at the Dundurn army base. They could have shut it down, but they didn't. They let Swift Current keep the Memorial Cup, and there's a darn good chance we'll get to keep our Via Rail service too."

Mel Hurtig blamed it all on free trade.

Quebec Premier Robert Bourassa was delighted to see the Cup go to Montreal. He said the trophy will be re-engraved with its new name:

"La Coupe Stanley," to comply with Quebec's sign laws.

This article is a spoof, but accurately reflects the concerns of Western Canada with regard to the amount of special treatment Eastern Canada has received from the Federal government. The article was written by MacPherson, and appeared in at least one Western newspaper. It was submitted to The Echo by Vancouver resident Ian Hall, and forwarded to us by Brian 'Weiner' Lavigne.

BREAK free

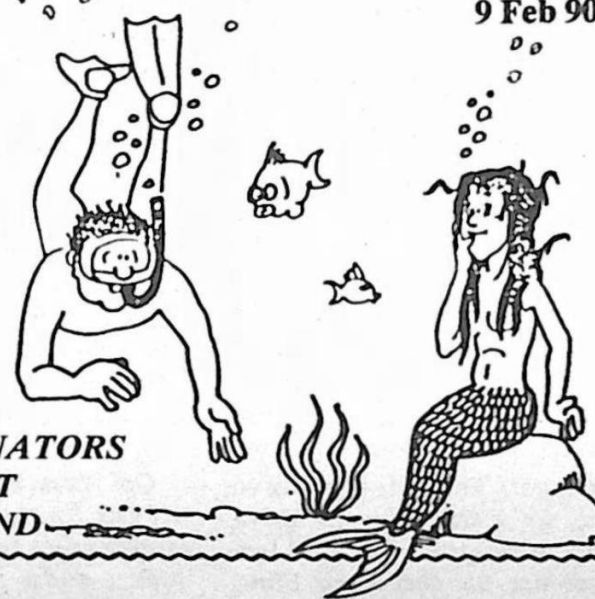
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About Trivia

Dear Editor:

Harry Bryant is correct in identifying the Fairchild FC2. Due to an error on my part I inadvertently placed the label for the Fairchild 71 on the photo of the FC2.

My only excuse for the error is that I was in too much of a hurry to satisfy your request for material for Air Force Trivia.

Since I sent the first set of photos from my collection, Harry has been right on, however, he just might blow it among those I have enclosed. Good luck to the old warhorse, even older than myself I would guess.

Sincerely
H. W. Holmes

Letters

Dear Sir:

AT a recent JR Ranks meeting it was revealed that a sum of money that could reach \$200,000 will be spent to renovate the JR Ranks Mess. It seems to be a great deal of money to spend on a mess, any mess, at a time when attendance at this club is low.

I know that the money has been allocated and the contracts have been let out, so suggestions to put that \$200,000 or a portion of it to better use are probably too late, but keeping in mind the festive season just past, you know, peace on earth, goodwill to men and consideration for those less fortunate, wouldn't it have been better to try to help feed some of the starving people of the world rather than giving ourselves a nicer looking empty building.

MCpl R.M. Verbeek
407 Squadron

Dear Sir:

I am soliciting people who have worked treeplanting to participate in an oral history of silviculture in B.C.. The project encompasses an art show and book based on peoples stories and photographs of treeplanting.

I am after stories about the everyday or extraordinary; working conditions; how treeplanting has affected people's lives; or whatever else is people's fancy. Maximum 150 words.

I am especially interested in contacting people who worked planting during the 1930s, 1940s, 1950s as well as women who planted during the war.

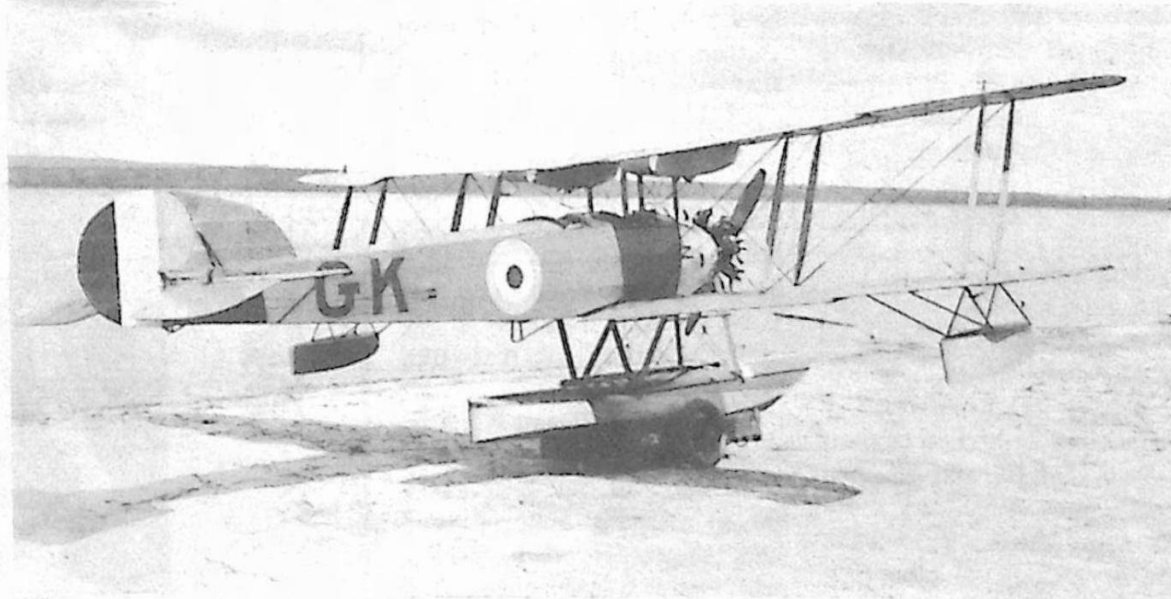
Final deadline is November 1990.

Thanks!

Zoe Lambert
Treeplanting: an oral history
Box 4
Britannia Beach, B.C.
V0N 1J0
896-2488

Air Force Trivia

What, where, when



Trivia Answer



65 years ago... where?

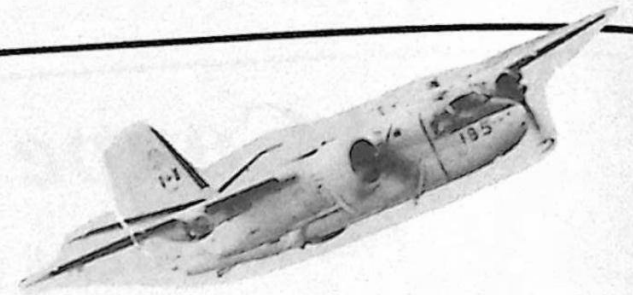
Auster AOP VI 16680 of 444
Sqn RCAF at Rivers, Man.,
1948.

(From the H.W. Holmes
Collection)

Section News



Anker Klankin'



Aircrew

This is the first occasion I have had to submit an article since mid December due to a lengthy, but still too short, Christmas hiatus to points southeast. Much has happened around the Squadron in my absence which I will attempt to bring everyone up to date on.

Our CO returned from a week long TD trip to Halifax to be presented with his totally refurbished staff truck. Due to the hard work of many of the Squadron's members, the truck received a major facelift and a totally new look. During the operation, the truck had to be completely stripped and then repainted, with the inside needing a major patch-up, also bondo stocks jumped 50% overnight. The Maj is going to have to learn how to drive again now that he can no longer use his feet Fred Flintstone style. Happy driving Maj.

The career mangler is Comox bound with our interviews scheduled for this coming Tuesday. With all the changes coming to our Squadron, rumours are running rampant. Since the career mangler might end up with this article wrapping his smoke salmon, I will refrain from spreading any stories until he is gone. More to come.

The VU33 Sqn Tracker Farewell weekend is fast approaching. The festivities are scheduled for 9 thru 11 March and tickets have been priced at \$20 per person. Tickets are now available for the Tracker painting by Geoff Bennett. Anyone from VU33 Sqn would be happy to sell any interested party a ticket. See you there!

Tech side

The Sqn curling team has won a game which spoils an otherwise unblemished record. The hockey team however is still awaiting the arrival of their 3rd victory of the season. Apparently, they were very close when in the third period Dave Sabourin put in a blistering shot off his knee -- much to the dismay of J.R. Walsh, his own goal tender. Seems JR's reflexes were no match for Dave's 'shot'?

Sales for the 50/50 draw to be held at the Tracker retirement dance are going well, but there are still tickets available, so get out there quickly and buy one. Only \$20 gets you a great chance to win a bundle. Only 300 tickets will be sold so hurry up.

John Johnson and Paul Nolan have been busy lately canvassing local merchants for donations to the newspaper that will be dedicated to the 'Tracker Retirement' which is a mere two months away. Cpl Chuck Roy has been busy lately representing the base in both broomball and hockey. Who says the military doesn't have any professional athletes? Hope your teams do great Chuck.

Now that we have some snow up in the mountains, maybe the Squadron will have a ski day soon and give we 'reporters' a bit more to write about for an upcoming article.

Cpl Yves Bernard has been off sick for the last two weeks. Hope you're feeling better and back soon Yves. Dave Sabourin has been spending a lot of time at the base pool lately. Rumour has it that he's trying to teach his keys to swim. Ron Fortin finally got to work his magic on Dave Graham. Nice haircut Dave, your Father-in-law will love it. Pam MacCallum bought a horse last week and it is rumoured that it's already had its first P.I.. Jamie Bull has his 'Escort' back on the road, but he's still pedalling back and forth to work on his bike (its faster!).

Pte Darren Herle is a little strapped for cash lately, so he'll have to buckle down. I should keep quiet or he'll belt me. Cpl Paul Sparling has a new twist on an old game of Button, Button, Whos Got The Button: its called Locker, Locker!! Pte Wayne Hartin hosted a poker party last week which was an outstanding success (from some points of view). Next time we'll have to bring chairs. See Wayne, I'm still putting in my nickel's worth -- just like Friday night!

MCpl Mark Pigeau is off to Penhold on JLO . . . I wonder if the name of that base has a hidden meaning -- like is that where they teach you to 'hold a pen'? And it only takes five weeks, imagine that! Cpl Wiener Lavigne recently discovered that drain plugs are for draining. What a novel idea . . . it was a real gas!

Our illustrious leader is soon to be Honduras bound and so he has changed his name and title from Sgt Ted Town to Generalissimo Edwardo Villa. When asked if this was true, he replied "Si." There's nothing like getting in the mood I guess.

-- ten hut!



Last week, while Maj Arsenault was out of town, a group of resourceful aircrew and groundcrew from VU33 Squadron conspired to steal the CO's truck and hide it away from the world. During this time, the vehicle underwent a transformation from a plain-Jane little truck to a unique and beautiful piece of art. What emerged at the end of the week was a really sharp little vehicle sure to catch attention in traffic and certain to be the envy of all squadron COs. FINIS CORONAT OPUS--The End Crowns the Deed.

continued from page 1

Military seminar

The confidence and security building measures (CSBMs) and CSCE process started in August 1975, in Helsinki, Finland when all European countries except Albania, plus Canada and the United States signed a concluding document

known as the Helsinki Final Act.

The signatories met again in Madrid, Spain for a follow-up meeting (1980-83), in Stockholm, Sweden (1984-89) to review implementation of

commitments undertaken in the Helsinki Final Act.

The Vienna seminar on military doctrines and strategies is a successful outcome of the CSBM negotiations.

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Halifax Chronicle Herald

11 Feb 1990 8 pm

Section News



407 Squadron

Demon doin's



Aircrew

New and startling information has come to light regarding the newly formed 'Tinkerbell Club'. It seems a local photographer captured these two daring individuals as they emerged from a cool dip on New Year's Day. The keen observer will note that these two gentlemen are not Capt Ken Westerveld and Ron Vincent.

In its never ending attempt to improve aircrew moral and appearance, 407 Sqn is planning a long range patrol to Finland. Capts Cecic, Bigelow, Schwartz, Fenton and Potts will be spending a few days undergoing the world famous 'Helsinki Hair Restoration Program'.

Capt Bob Barrett seemed to be having a few problems grasping the basics of hockey the other night. As Capt Ron Vincent explained, you shoot at *THEIR* net and keep it out of *OURS* (not the other way round)!!! The little chat seems to have worked wonders as Bob scored three goals (on the right

goalie) leading his team to victory.

This past Thursday Capts Potts, Palmer and Schwartz generously provided refreshments at the Back Bar (something much needed after a long gruelling Gound Training Day). Not unlike the Christmas party we just happened to have a UDEC briefing that very same day (Is someone trying to tell us something?). At this very same gathering a special event took place. The title of Sqn's oldest Lt has passed from now Capt Schwartz to Lt Dave Robinson. Dave now has the pleasure of enduring endless geriatric jokes.

The never-ending saga of 'Where is Crew 3 NOT GOING' continues. This past week they didn't get to go to Hawaii (Crew 4 did). They did get to go to 'that place we can never say' (oh joy, oh bliss!!).

This reporter has noticed some strange goings on in the past few days, particularly amongst the Navs. There is a great deal of moaning and

gnashing of teeth, expensive gifts are being bought certain individuals have been reduced to a quivering mass of jello by the mere mention of 'that place we can never say'. Yes it is true, the Career Managers are in town.

Finally, a brief hello to our newest Demon, OCdt Foster who has already made a name for herself perfecting the two handed pubs box carry (she claims to be in training for the hammer throw in the upcoming Olympics!).

Flt Eng

History was made on 6 Jan 1990 when the FE Section held their annual 'Lightfoot Leap'. The big difference this year was that the FEs made only one stop and that was at Herb Lightfoot's residence. It has been noted in past years that Herb and Co. were sometimes reluctant to open up their fortress to a bunch of beer swilling animals. Finally, the

beer swilling animals led by J & L Phillips successfully breached Comox's equivalent to the Noriego stronghold. After surprising Herb in his 'wreck' room; the part moved upstairs and gleefully consumed his party treats and booze. Herb was in such a good frame of mind that he let Bill MacCulloch make 2 long distance phone calls to friends in the East. All in all, everyone present enjoyed themselves immensely.

Meanwhile, back at the Sqn, many events quickly unfolded. Firstly, yours truly skated into a puck during hockey practice and as a result seven stitches on the face were the order of the day. At least these stitches were

on the face and not on the southbound butt as one ANAV can testify. Rumour has it, that it started out as a routine tooth extraction.

Crew checks are not underway and this years participants are so eager to show off their talents to the Gestapo, I mean Standards personnel. The early favourite to be the O'Brien Flt Eng is none other than our Entertainment Chairman, Bud. Just think Bud, an all expenses paid trip to *The Land before time* and if you win, another all expenses paid trip to *The Land before time*. So Bud, you got your work cut out.

by Sgt Ross Dowe

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**NEXT DEADLINE
NOON 5 FEBRUARY 1990**

Section News



442 Squadron

It appears that all the 442 Sqn Snake-Charmers have returned from Christmas leave with your BMIs a little higher and their belts a little higher.

Santa came early to the Sqn last month with the promotions going to MCpl Rob Wilson and WO Charlie Gillis. Dennis Rouleau also managed to get in on the celebration with a promotion to Sgt, effective 1 March 90.

Some recent inner-Sqn moves saw June Curtis and Al Stephens go upstairs to AM-CRO while Dave Bisskey and Ed Lorayes made the big move to 1 Crew. Ray Levigne will now be making his presence felt on 2 Crew.

The 442 Sqn Flyers are presently tied for first place with RCMP in the intersection hockey league. Keep up the great work, guys.

And speaking of working... that's something Kirk Waugh's and Cam Miller's 4 x 4 haven't been doing much of lately. It seems Kirk's truck blew a rad, while Cam's... let's just say he made a major mechanical error with his. Was that transmission fluid or brake fluid?

And finally, good luck to all ATAT candidates attempting the February exam.

FE section

We will start off 1990 by welcoming our two newest Lab engineers to 442 sqn, a flip of the lid goes out to Al Burley who made the cross country trek from 430 in Gagetown and Ken Rickard who jumped the rockies from Edmonton. Best

of luck in your tour the best is yet to come.

I believe we should extend a welcome to MWO Phil Kennedy and Sgt Larry Sovie who are here from ATGHQ in Trenton to do their own up close and personal type of yearly checkup, on the overworked souls of 442. Most of the lab engineers wrote their yearly closed book exam this past week all with high results. The buff side of the house is waiting for nicer weather.

This past week Gord Neave and Mac McGregor were crew members on rescue 312 which performed a rescue of three injured Phillipine sailors from a container ship some 200 miles out to sea. MWO JJ Landry provided top cover in the Buffalo while Joe Casey and Dan Pierson provided standby in Port Hardy. Although the engineers do not receive any radio air time of the CBC, the section has written a screenplay with a TV movie to follow. Capt Lorne Reid will be played by Dudley Moore while Danny Devito will star as Bill Shaw. Other crew members will portray themselves.

An important consideration for lab guys, we fly on the same five aircraft all the time, so a mental picture of aircraft equipment that can be removed prior to going out to sea should be a priority. Extra fuel should always be put on if possible as spare equipment will not keep your aircraft airborne.

Paul Caughey made it back in one piece from a stint in Ontario for New Year's and two weeks of recovery. The M.G. made it to the hangar parking lot with only seven or eight sets of hand prints on the rear

bumper. But don't sweat it Paul, with Kevin Moraski's shiny new red truck you will have no problems.

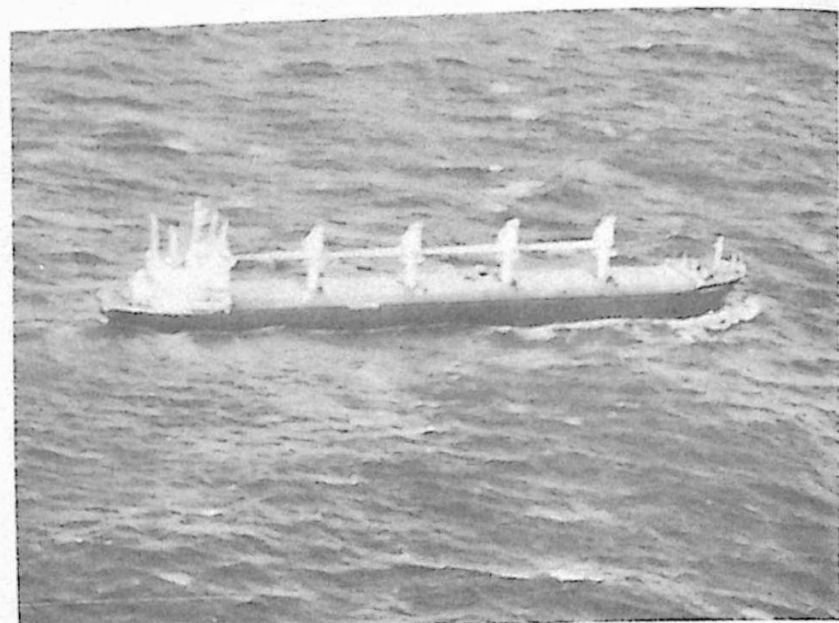
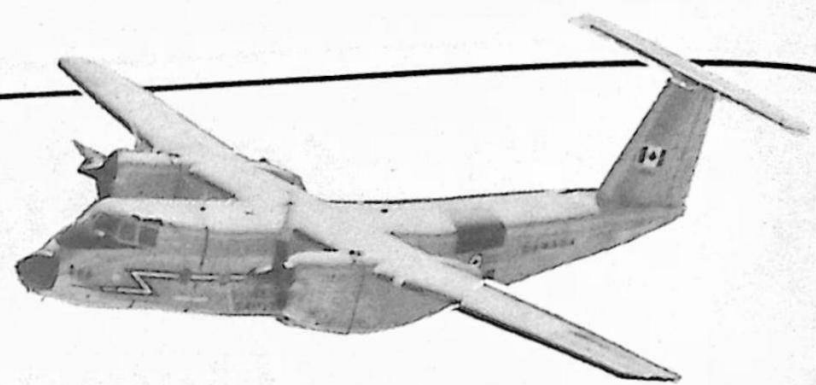
Finally, even though it may be warm, it's still January and keep your eyes on the old gauge. The 442 flyers are doing great, come out and watch sometime, and do not forget to pay your party fund dues.

Lab Flight

Capt Reid and crew had an exciting rescue. A bulk freighter on route to Japan ran into rough seas causing it's load to shift crushing 3 crewmen. R-312 was launched and proceeded 180 miles to sea, while Capt Hughes and crew pre-positioned in Port Hardy for back up. R-312 arrived at the freighter and stayed on scene, for 55 minutes carrying out three strokes litters. Due to the severity of injuries, they returned to Port Hardy's hospital, then remained overnight returning to Comox the next morning. But Capt Reid and MCpl Shaw couldn't rest yet, they had to prepare for their interview on CBC Radio that night!

The Lab also wanted to save seven people out on a raft in Comox Lake. Three people were hoisted in before the crew realized that they were picking up their own Sqn members who were doing their dinghy drill.

Just to check if there really is snow in B.C., we sent a Lab to Kamloops, then Creston. They say it's a check ride, but Creston?!



The Japanese container ship — 150 miles west of Port Hardy

Bufs

Buff Flt is active this week preparing for several interior trainers and the USA/Mexico trainer? *hay alguien aqui quien habla espanola.*

Recent taskings include: 8 Jan -- a tasking to Prince Rupert area for a boat search. The distress turned out to be a hoax. The Buff arrived in Sandspit at 0300 hrs for RON and returned on the 9 Jan.

On 15 Jan, a Buff escorted a Lab to a point 140 miles NW of Port Hardy to assist in the evacuation of 3 critically injured seamen. One of the injured men was medevaced to St Josephs' Hospital in Comox.

Lt Patrick is off to Trenton for the OTU. He should be back shortly for the flying phase.

Capt Fontaine is on an ICP refresher course in Winnipeg prior to his attendance at the OTU.

The Buff AWW (all up weight) has been increased from 41,000 to 45,000 lbs with beefed up undercarriage. This will enhance our seagoing ability, however mountain flying still dictates a light airplane.

Keep alert and watch for other aircraft at the end of the WX broadcast, the Radio Range operator always ended with that phrase.

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Labrador hoist



The Labrador crew prepares to hoist injured sailors aboard.



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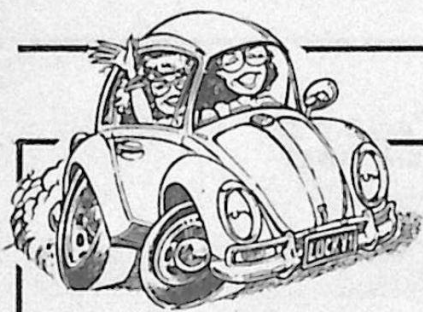
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MSE

Safety

You are driving a car and you reach an uncontrolled intersection at approximately the same time as a car from the right. Who shall yield the right-of-way?

- You
- The other driver
- You, if you are faster and blow your horn.
- If one street is much wider than the driver on the wider street has the right-of-way.

Answer -- 'a'

and the winners were:

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.

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.

TUESDAY 6 FEBRUARY—CHIEF OF DEFENCE STAFF MESS DINNER 1900 hrs for 1930 hrs. Dress Mess Kit. Through Base & Squadron PAdo.

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.

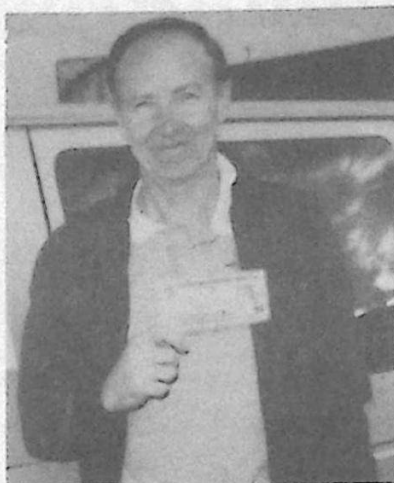
SUNDAY SCHOOL — each Sunday at 1100 hrs.

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.

Safe Driving Awards



Mr J.F. Goldie, retired



Pte B.J. Laporte, MP Section



Sgt F.M. Murray, 407 Sqn



MCpl B.T. Corrigan, BAMS0 (BArmt)



Cpl J.Y. Lamoth, 407 Torp Shop



Cpl M.H. Cote, BTN(Tfc)

Crossword

By Rick McConnell

ACROSS

- Taro
- Boxing move
- Hurry-up letters
- Love
- Pupil place
- Life base
- Beginning for bus or present
- Tiny
- Margarine
- "Strong fierce" name
- Chemise
- Lemon dagger, N.W.T.
- Theater offering
- Nursery sound
- Car part (coll.)
- Tourney abbr.
- Numeral
- Pygmy
- Diamond
- Gold tool
- Basketwork willow
- Dead lawn, Sask.
- Soft

40 Warning words

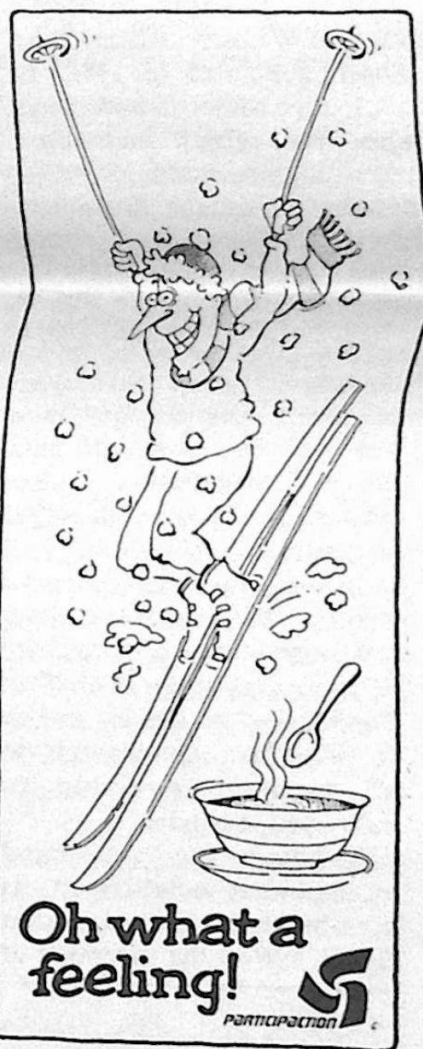
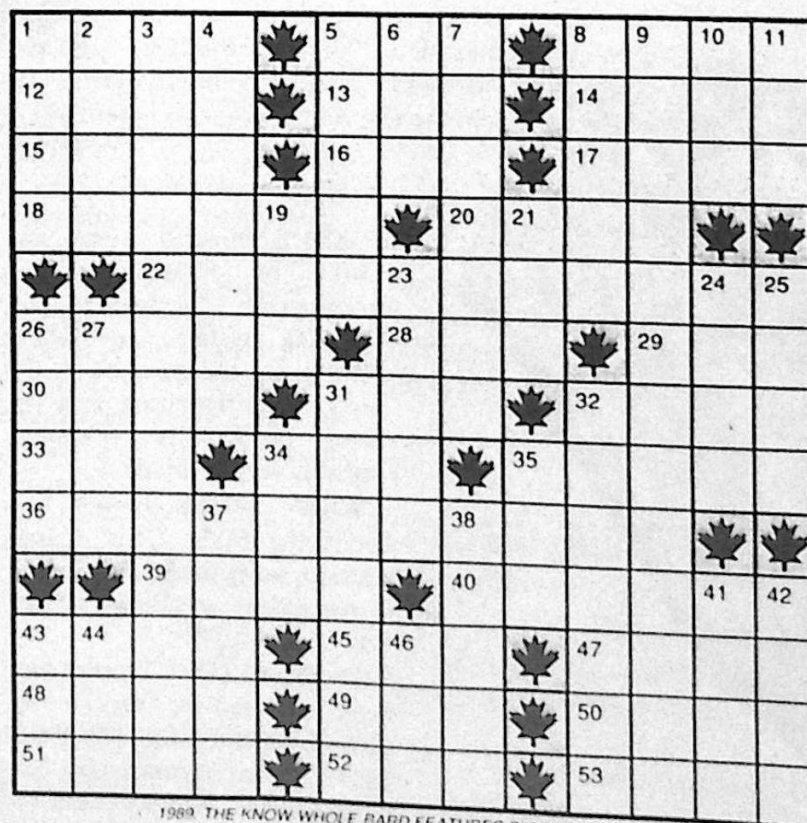
- Mixed oath
- Self
- Pace
- Water-hole
- Legal thing
- Name for "Graceful one"
- River to the North Sea
- Tennis game unit
- Object of devotion

DOWN

- Prison
- Bullets
- Prairie "Good Town"
- Leafy excrescence
- Gem
- Nautical affirmative
- Comb filler

8 Future oak

- Lake Winnipeg content
- Beer
- Blackboard letters
- a la Crosse
- Alias (abbr.)
- In the red
- Phony
- Biblical region
- Depend
- Weisel
- Wood cutters
- Zulu spear
- Battery abbr.
- Rower
- Dish out
- Perch
- China prefix
- And others
- Ram's dame
- Set
- Surprise word



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JESUS IS LORD

National news

The Air Command Pipes and Drums

Sunset. A time for romance. A time for quiet reflection. A time to listen to the ancient and magnificent music of the pipes and drums.

In Cartier Square in Ottawa, bathed in the soft glow of the sinking sun, the Air Command Pipes and Drums perform in the traditional Sunset Ceremony. Although it is only the pipe band's first year for this particular ceremony, it has the unique distinction of having the longest continuous service record for a pipe band in the history of the Canadian Forces. This fall, the band celebrates its 40th birthday.

The band was formed in 1949 as the RCAF Station Rockcliffe Pipe Band. Following a line of distinguished pipe majors, the band is currently under the direction of Pipe Major (Chief Warrant Officer) W.J. Gilmour, who was appointed to this position in 1981. He is assisted by Drum Instructor (Master Warrant Officer) John Shaw, appointed in 1984. In 1981, Pipe Major Gilmour was appointed chief instructor when the pipe band school, a detachment of the Canadian Forces School of Music, was established at CFB Ottawa. The school assumed an international dimension in 1985, when a piper from the Sixth Battalion, Royal Australian Regiment, was enrolled in a ten-week course in exchange for a Canadian Forces piper who spent an equivalent period in Australia.

In 1968, the incumbent pipe major of the band was appointed the additional responsibility of senior pipe major, Canadian Forces, responsible for advice to senior headquarters staff on all matters pertaining to military pipe bands.

Although the pipe band establishment numbers 40, its membership exceeds that figure. "With the exception of



The Air Command Pipes and Drums

two professional musician instructors, it's composed entirely of volunteers, drawn from all walks of military and civilian life in Ottawa-Carleton region, encompassing an age spread from 20 to 64 years," says Fred Aldworth, a retired air force major who has been a piper with the band for several years.

In common with the other Canadian Air Force pipe bands, the Air Command Pipes and Drums wears the tartan of the Royal Canadian Air Force. This tartan is based on a sky blue colour, incorporating shades of dark blue, white and maroon. In August 1942, it was officially approved by the Lord Lyon King of Arms of Scotland as the 'RCAF Tartan'. It was one of the very few tartans to be approved in over a century, and was unique in that it was the first military tartan to be so recognized since the adoption of Britain's centuries-old government tartan known as the 'Black Watch'.

Through its appearance in military parades, tattoos, concerts and competitions, the band is well known in Canada, the United States, the United Kingdom and parts of continental Europe. Its reputation was enhanced in 1974 by its participation in the release of 'RCAF 50', a recording sponsored by the RCAF Association, commemorating the 50th anniversary of the RCAF.

Due to its location in Canada's national capital, the band is frequently called upon to perform at official functions related to visits of royalty and heads of state according to Aldworth. He adds that during the past quarter century, some of the more memorable highlights of its engagements were performances in 1959, for President Dwight D. Eisenhower who, along with Her Majesty Queen Elizabeth II, officiated at the opening of the St. Lawrence Seaway; in 1961, at various ceremonial oc-

casions during the state visit to Canada of President John F. Kennedy, after which the band was presented a U.S. Presidential Medallion by the White House; in 1962, in the Canadian Tattoo held at Seattle's World Fair; and in 1967, as an important component of the Canadian Forces Centennial Tattoo participating in numerous performances across the country in honour of Canada's centennial.

Since 1970, the band has appeared annually in Ottawa on national television at the 11 November national Remembrance Day ceremony providing music for the Royal Canadian Legion Colour Party and its marching contingent of war veterans. At this ceremony, the solo lament for Canada's war dead is played on the steps of the National War Memorial by the band's pipe major.

"Easily the most significant event for the band in recent history was its 1981 par-

ticipation in the internationally acclaimed Edinburgh Military Tattoo in Edinburgh, Scotland," says Aldworth. In company with renowned British Army regimental pipe bands, the Air Command Pipes and Drums participated in the nightly massed bands performances. Additionally, with a group of Canadian highland dancers, it performed a feature item in the programme entitled 'Canadiana'. Aldworth claims the tattoo was viewed by approximately 260,000 European, North American and British spectators at Edinburgh Castle, and an estimated TV audience of several million.

In August 1986, the band formed a major component of the Canadian contingent, which participated in the Royal Danish Tattoo, in Fredericia and Copenhagen, Denmark.

In 1989, the band was involved in a full slate of ongoing activities. Last year for the first time it took part in Ottawa's summer Sunset Ceremony, taking over from the Cameron Highlanders who performed the previous two years. The ceremony is performed with the Governor General's Footguards and the Brass Reed Band.

The Air Command Pipes and Drums also perform annually at the Canadian National Exhibition, the annual Battle of Britain parade and various change of command ceremonies.

"Playing with the band is a wonderful experience," says Aldworth. "Since all your music is memorized, it really keeps the memory working well. It's a matter of pride."

With their long, colourful and distinguished history, the Air Command Pipes and Drums have a lot to celebrate this year.

by Capt Darlene Blakeley

the Mary Otter Trophy



Mary Otter excellence in First Aid

Air Command units and units in NDHQ, Communication Command and Training Systems are falling behind. On the other hand, the navy is participating and the army, particularly its reserve units, is very involved.

What's all this about? It's about the Mary Otter Competition, an event held annually to recognize excellence in first aid.

The Mary Otter Trophy has been awarded to regular or reserve units of the CF since 1924. It was donated by Sir Dillion Otter, vice-president of

the Canadian Branch of the St. John Ambulance Association in honour of his wife Mary. Sir Otter had a distinguished military career, commanding the Queen's Own Rifles during the Fenian raids and the North-West Rebellion, the Royal Canadian Regiment during the Boer War and Western Command in 1906. He was chief of the General Staff and Inspector General before retiring in 1920.

Over the past five years, Force Mobile Command, both regular and reserve units, entered a total of 186 first aid teams in the Mary Otter Com-

petition. By comparison, Maritime Command produced 53 teams, Training Systems seven teams, Air Command two teams, Communication Command one team and NDHQ none at all.

A lack of Forces-wide interest in the competition has people in the Surgeon General's Office concerned, and they are underlining the importance of first aid training in order to drum up renewed interest -- particularly by the air force.

"Air units are not participating," says Capt John

On and off the base

Golf: NCMs slug it out



Some of the WO & Sgt's Mess winning team



LCol Bishop presenting trophy to Sgt Shaw



Stan Lawless



LCol Bishop presents prize to Roy Downey

Once again we have successfully completed the Annual Inter-Mess Boxing Day Golf Tournament. This event has been held, weather permitting, since 1972.

Under heavily overcast skies, 21 Officers, 37 Sr NCMs, 16 Jr NCMs and 28 guests gathered at Glacier Greens to slug it out in friendly rivalry in pursuit of the Northgate Motors trophy.

To add a bit of humor and entertainment for the players and spectators, play took place on the back nine to utilize the pond on #18. A competition was held to guess the total number of balls that skipped, bounced and plummeted into the pond. This was won by Nick Mykitiuk with a guess of 30. Someone with Scuba gear could have a field day recovering these wayward balls if only they could escape the eagle eye of Jim McCaffery.

At the end of play, participants partook of food and refreshments while the organizers calculated the scores. Using the Callaway system, the Jr Ranks Mess came 3rd with a net total of 624.5, Officers Mess were runners-up with 559.5 and the WO & Sgts Mess successfully defended their crown with a total of 557. Some friendly grumbling was heard from the losers to the effect it was a fix. This was only because the organizers from the WO & Sgts Mess calculated the scores for the last two years and just happened to win both times. Volunteering?? has its advantages after all.

The trophy was presented to the WO & Sgts Mess by LCol Fred Bishop as A/BComd. He's a fair to middling duffer too, placing in the top ten of the prize list with a net score of 33.

Overall, this was an exceptional tournament. The weather co-operated, the course was in great shape for this time of year and good time was definitely had by all. (Do you remember any of it, Art?)

Major prize winners in this years tournament were: Roy Downey--low gross score of 35; Art Trto--low net with 31; Wally Berger--longest drive; and Stan Lawless--closest to the pin. In addition, prizes were presented to the next 64 golfers in order of descending net score. (Sorry Larry, we didn't have a gold cart to replace yours, but they have some great sales on in the Pro Shop.)

Special thanks to the staff at Glacier Greens who worked their buns off, (no pun intended) preparing the food and assisting the organizers, to the golfers for their patience and understanding and especially to Ken Sullivan and Jim Newhouse who were instrumental in the success of the tournament. Until next year, may your drivers fly true, the divots be shallow and keep your balls dry on 18.

Mary Otter

continued from page 10

Connors, who works at the directorate of Medical Operations and Training in the Surgeon General's Office. "This is very disappointing because first aid is a significant aspect of an air unit's ability to survive on the ground under operational conditions. As well, even in peace, the air force working environment is often hazardous and medical care cannot always be immediately available to cope with individual or mass casualty situations."

Capt Connors stresses that first aid is used every day in the Canadian Forces and that a standard of excellence should be achieved and maintained. "People who participate in the Mary Otter Competition, win or lose, greatly enhance their first aid skills. When you train for a competition it's a great learning experience."

The competition is not time consuming and it is not a medical competition. Teams of 4-6 people can be formed in any regular or reserve unit, to compete in regional competitions before advancing to the national competition. In 1990, regional competitions will be held in competing unit locations from January to March, with the national competition to be held from 17 April until 4 May.

For the national competition, a two-person team from the Surgeon General's Office visits each regional winner with a selected scenario like a terrorist attack, a national disaster, battle wounds, or an industrial or vehicle accident. The team judges the first aid techniques, teamwork and leadership as applied to the situation and available resources.

"A knowledge of first aid is very important, particularly in the military where we are engaged in a wide range of hazardous activities and where we are expected to respond to the full range of potential disasters," says Capt Connors.

The Surgeon General's Office would like to see participation from all regular and reserve units in all branches of the CF in order to stimulate interest in first aid training and to foster excellence in first aid leadership and skills.

If your unit is interested in entering a team in the Mary Otter Competition, you should refer to CFAO 9-5 and contact your base/formation surgeon for more information. The senior medical assistant in each command surgeon's office coordinates the regional competition.

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Section News



Capt Cossette, BSecurO, presenting Pte Rayburn with a well deserved accelerated promotion to Cpl, effective 14 Jan 90. Our heartfelt congratulations Chris. Many more.



Capt Cossette, BSecurO, presenting Cpl Smith with his new set of MCpl hooks. Well done Harold.



On 15 January 1990 Superintendent Phil Helfrich of Courtenay RCMP presented Capt Ray Cossette of the CFB Comox Military Police with a plaque commemorating the excellent working relationship enjoyed by the two forces. The occasion was also the first official function held in the new Military Police 'Million Dollar' Guardhouse and the presentation was followed by a small reception.

CF Video Awards

Two Canadian Forces video productions won prestigious Bronze Plaque Awards at a recent international film festival in Columbus, Ohio.

The festival, dedicated to promoting excellence in the use of motion pictures as a medium for education, is the oldest and most respected documentary film festival in North America.

In the 'Business and Industry' category, *Doctors in Uniform* won the Bronze Plaque Award (second prize) for a light drama extolling the exciting challenges of a military medical career. It was produced to assist direct entry and Medical Officer Training Plan recruitment.

In the 'Health and Medicine -- First Aid' category, *DND Presents CPR, Artificial Respiration, Choking, Wounds and Bleeding* won the Bronze Plaque Award (second prize). It is the second in a series of operationally oriented first aid training films intended to realistically represent military first aid situations and responses.

Both videos were produced in conjunction with the directorate of Medical Operations and Training in the Surgeon General's office in Ottawa.



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

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Fri 2 Feb. Music by COUNTRYMEN
Fri 9 Feb. Music by THE DUKE'S

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 am to 6 pm
MONDAYS.....Men's Dart League, Navy Room, 7:30 pm
L.A. Drop-In-Bingo, Upper Hall, 7:30 pm
TUESDAYS.....Ladies Crib League, Lounge 8 pm
Mixed Dart League, Upper Hall, 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall, 7 pm
C.V. Crib League. (Home & Away) 8 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

EVENTS

SATURDAY 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

SPORTS

SUNDAY 28 JAN--DARTS, branch playoffs for zone teams. Check with Maude Weatherly for details.
SUNDAY 4 FEB--CRIB TOURNAMENT, 1 pm, \$5 entry, Upper Hall.
SAT & SUN 17 & 18 FEB--ZONE DART PLAYOFFS in Courtenay Legion

Jr Ranks Ladies Club

The JR Rank's Ladies Club January meeting was held 18 Jan in the lounge. The attendance was good.

Our entertainment was a game of Win-Lose-or-Draw by two teams. Kelly's team won by a narrow margin. Plans were discussed for a Lingerie Party and the plans

finalized for our Valentines meeting.

Next meeting will be held at 7:30 pm, 15 Feb in the lounge. Remember--new members are always welcome. See you there.

For info please contact: Gloria 339-0592; Liz 339-4314; or Linda 339-3241.

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Section News

Supply Signals



Ripples from the beaver pond



The Beaver Cup is just around the corner, 31 Jan, 1 and 2 Feb and we have six teams committed to the tourney thus far, two from Comox, two from Chilliwack and two from Esquimalt that will be augmented with Holberg players. The Comox 'A' team will try to successfully defend their title they won last year, which should be fairly easy to do as the framework from last year's team is basically intact. For any info concerning the Beaver Cup, give a call to Kevin 'Plett' Mercer.

In other hockey news, the CE Intersection team is beginning to languish with its 5 - 3 loss to BOPs (the league's basement team) and a 3 - 1 loss to the RCMP. The RCMP game was a close, hard-fought match; the on-ice bouncer being Maj Corriveau, who had many altercations to oversee, as well as having to eject Bill

'Bruiser' Irving from the game for being a tad rowdy. These games will put our boys in a race with BOPs for the league basement.

Some personnel shifts within CE have been made. Capt Mel Clisby is now Eng O, Lt Kevin Mercer is Plan O and Capt Tom Esler is back at the Requirements desk.

Congratulations to Dale Lyne, CE Drafting on having recently picked up his Third.

There are a number of people waiting with bated breath for the posting season; those who know their number is up, waiting for that posting message to the cruddy posting they'll despise. We won't mention names, they know who they are.

That's news for now; before signing off, the 'idiot' would like to say hello to 'Blacky Rickmon'.

Chimo!

Hello again, from Base Supply.

The career managers have come and gone for another year. Everyone seems to be pleased or crying.

MPO Section is in the process of having their sprinkler system redone. So for the next month, anytime you visit Bldg 82, bring your scuba diving gear and rubber boots.

We would like to extend a warm welcome to Cpl Staples and Miss Terri Hyde to General Stores. Sgt Adams, what are you going to do with all these ladies? Also, good luck to Stan Stevens on his Haz Mat course

in Toronto. LS Strong is on his FIS Mark III course and newly wed Lonie Gillis is on her TQ5 in Borden. All the best to MCpl Husereau on his JLC.

Welcome back to Pte Allard from her TQ5 and a job well done. Congratulations goes out to Pte Kathy Edwardsen, she has won a free trip to the Golan.

Speaking of trips; Lil Davis is off to the land of sunshine, Hawaii. Bring back the sun, Lil.

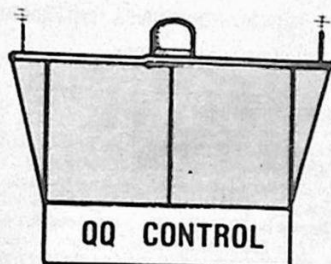
Bill Harlow and Cliff Medland are now working in 1

Supply Group. Rumour has it that they are quite happy and content to stay in 1 Supply Group.

Cpl Kim Heath has moved into her new house. We are patiently waiting to hear when the house warming party is.

Cpl Mary-Jo Vandervoort was how old of 16 January? Did PO Watt's wife have her baby on the same day?

Base Supply would like to serve fair warning to all other sections, we will be ready this year for the Base Sports Day -- **BE AWARE!**



As the beacon turns

Everyone has heard at one time or another of 'principles' or 'laws' which describe the way nature or humans are likely to behave under given conditions. Murphy's law states that when something might go wrong it will invariably go wrong. What Peter's principle deals with I'm not sure I can mention but let me tell you about a new one: Trevor's toilet paper tear lines principle...

Have you ever noticed that when you try to rip a sheet of toilet paper from its roll, it will very often rip, not along the little line of holes punched in for that effect but yes, it will tear in a messy fashion through the middle of the sheet. Therefore, according to Trevor, the most resistant parts of a roll of toilet paper would be around these lines of tear holes! Consider what this discovery could mean for aviation... why not, ask Trevor, punch lines of little holes on an aircraft where the wings are attached to the fuselage? It would make that point the strongest part of an aircraft and none will ever have to worry about wings falling off aircraft anymore! (!?..)

Some of the stuff people can come up with after a 16 hour shift!...

We never hear about our Hockey team, do we? Well, we were waiting for good news and the time has come. **THE ORCAS WON A GAME.** Indeed our brave ice pirates defeated the CE team 5-2. It was the Orcas' first win of the year and incidentally their second win of the hockey season.

John and Heather Moss are wearing happy faces these days. No wonder; they made a real estate kill last week and bought another, bigger house in Comox. Jan McQade says they are turning into real estate moguls. I hear they might even buy the IFRCC. That's good news; Peter has been putting up that 'FOR SALE' sign often enough by now.

In the New People In The Section Chronicle we wish to welcome Sgt Class 'C' Wayne Wright to our soap opera. Inventor, poet, and philanthropist, Wayne's previous posting was at AETE Cold Lake. Coming to Comox has been Wayne's main concern for several years, so we hope that he will enjoy his dream come true and still

remember to come to work every once in a while. Ocdt Guy Ouellet is here on OJT til 22 May. That's when he and Charlie and two more people we don't know yet will be going to Cornwall for phase one of the ATCO course.

Finally, (This is for those of us who find it difficult to keep track of these things...) let's recall the births in the section. First there was the Banks, then the Moss's, then the Marchs, then there was Sylvie Jones last Saturday. The Schraders are still expecting, and the Howks are currently working at it.

Yes indeed, publication after publication 'As the beacon turns' is committed to bring you all the news, true or false, shocking or boring. Remember, if you want to read about yourself or someone else in this paper, feel free to leave anonymous notes in my mail box. Every submission will be considered and destroyed.

by Cpl Alain Rheume

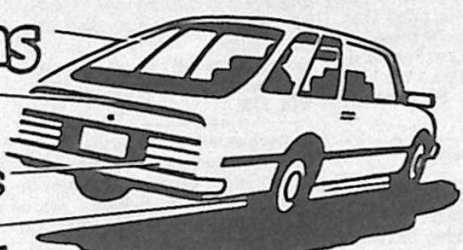


ARAF presentation



Maj Moran presents (now) Sgt Bea Millar with her CD

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Local scene

PMQ Xmas winners

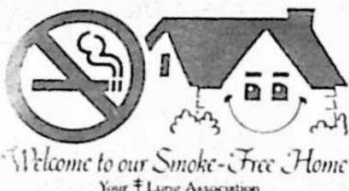
Congratulations to all PMQ residents who put so much effort into decorating their PMQ for the Xmas Season.

On 28 December 1989, Col McGee and WO Cochrane did the final judging for the Base Decorating PMQ Contest and came up with the following winners:

1st prize PMQ 50, Cpl Longpre;
2nd prize PMQ 3, MCpl Scott;
3rd prize PMQ 4, MCpl McLearn;
Multiple Dwelling, Block 103;
103.

Ward Prizes:

Ward 1, PMQ 2A, Cpl Ouellette;
Ward 2, PMQ F2, Cpl Perrault;
Ward 3, PMQ 25, Cpl Marcotte;
Ward 4, PMQ 62A, Sgt Fontaine;
Ward 5, PMQ 68, MWO Weed;
Ward 6, PMQ 96, Maj Houle;
Ward 7, PMQ 108C, MCpl Curtis;
Ward 8, PMQ 118F, Cpl Gravelle;
Ward 9, PMQ 112A, MCpl Weeds.



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ADM (Material) retires

OTTAWA--Mr. Eldon J. Healey, Assistant Deputy Minister (Material) at National Defence Headquarters, will retire from the Department of National Defence and from the Public Service at the end of February 1990. His retirement caps a 4½ year career with the Public Service and a military career of over 32 years.

Mr. Healey was appointed Assistant Deputy Minister (Material) for the Department of National Defence in September 1985. In this capacity he has also served both as

Canada's National Armaments Director in NATO and as a member of the Board of Directors for Defence Construction Canada (1951) Ltd.

Mr. Healey enrolled in the Royal Canadian Navy in 1953 and underwent engineering studies at the Royal Military College in Victoria and the Royal Navy Engineering College in England. He served in a number of ships and held staff positions at various headquarters during his military career.

Mr. Healey is a graduate of the National Defence College in Kingston, Ontario. In 1979 he was appointed Director, Maritime Engineering and Maintenance at National Defence Headquarters. He then became the project manager for the Canadian Patrol Frigate project. In 1984 he was appointed Chief, Engineering and Maintenance and promoted to the rank of rear-admiral. He retired from the Canadian Forces in August 1985.



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Health

Smoke causes most fire related deaths

Smoke causes most fire related deaths while hot flames are low on the list of killers. Smoke kills because it both contains deadly gases such as carbon monoxide and it consumes life-sustaining oxygen. Most fire victims die from these factors, frequently before they awaken. In many fires extinguished in early stages, people have been found dead of smoke inhalation without having suffered any skin burns. Smoke alarms can thus alert the occupants while conditions

are such that a safe evacuation is still possible.

Smoke alarms work by sensing the rising smoke from a fire and sounding an alarm. They can detect smoke far from the origin of the fire. Smoke alarms are most valuable at night, alerting family members to the presence of fire when they are asleep.

For minimum protection, a smoke alarm should be mounted in the escape route leading from the sleeping area. This, however, will not provide suf-

ficient protection from a fire originating in the bedroom if the door is closed. For maximum protection, particularly if you smoke, one smoke alarm should be located in each room of the house. It is recommended at the very least, that all households have one smoke alarm on each floor, including the basement.

It is important to ensure the batteries in your smoke alarm are functional. When the batteries lose their charge, an intermittent beep will be heard.

There is also a test button which, when pressed, sounds the alarm, indicating that the smoke alarm is functioning. If the alarm does not sound when the button is pressed, new batteries are needed. The test button of an electrical smoke alarm should be occasionally pressed as well, to ensure that the wiring is intact. In the event of a power failure, the electric smoke alarm is not functional. Both types of smoke alarms should be vacuumed monthly, since accumulated dust may

hinder operation.

The best fire detection equipment can only awaken you if there is a fire. Initially you may not be thinking clearly, so it is vital you practise escaping before an emergency strikes. Since normal exits from bedroom may be blocked by smoke or fire, everyone should know exactly what to do. Plan two exits from every room. Provide ropes where necessary to enable occupants to escape safely from upper storey windows. Choose a meeting place outside the home so that everyone can be accounted for.

What do I do when the alarm sounds?

1. Do not waste time getting dressed or gathering valuables.
2. Follow the pre-arranged escape plan. Stay low because smoke will be at higher levels.
3. Call the fire department from a neighbour's house.
4. Once outside go to the meeting place established in your plan.
5. Do not re-enter the house until the fire is extinguished and smoke is cleared.

What are your views of the Future of our Forests?

British Columbia is rich in land and resources, in particular our forest lands. There are many differing values and views of the forests, and many opportunities for the use of our forest and range land resources.

Views on the management of these resources are varied and often diverse because people place different values on the way they, and others, use the forest. Some of the issues regarding forest lands include:

- community economic dependency;
- timber harvesting;
- traditional aboriginal practices;
- quality and quantity of fish and wildlife;
- water quality;
- environmental quality;
- recreation and tourism;
- wilderness preservation; and
- range-forest interface.

When these activities are not compatible, difficult land and resource use decisions have to be made. The B.C. Forest Resources Commission needs to understand how the forests are viewed by the citizens of the Province and how the public can be involved, so that we can plan for the integrated use of the forests.

In the words of the Minister of Forests, "...many of the issues I must deal with are brought about because we have no clear view of exactly what the forests of British Columbia represent.... I view this to be of paramount importance because I believe that until we have a generally accepted vision, it will be extremely difficult, if not impossible, to resolve many of the other issues facing us."

The Commission wants your views on the future of British Columbia's forests through the 1990s and into the 21st century.

The Process

The Commission is currently requesting written submissions from British Columbians. This Spring, community meetings will be held in locations across the Province to hear from all those who have submitted written briefs. Based on these submissions and the community meetings, the Commission will prepare an Options Paper outlining alternatives and their implications for B.C.'s forests. A draft of the Options Paper will be distributed in the Fall, 1990 and you will be asked for your response to this Paper in a second series of meetings. Your comments and suggestions will be included in the final statement which will form the basis of future planning and decision making for the Commission.

Timing

March 16, 1990
April-May, 1990
June-August, 1990
September, 1990
Mid September to mid October, 1990
Winter, 1990-1991

Written submissions due

Community meetings to obtain input from the public
Develop Options Paper with alternatives and implications
Distribute Options Paper to the public
Community meetings to discuss Options Paper
Submission to Minister of Forests

The First Step: Write us now

Your written response must be to us by March 16, 1990 so that community meeting locations and times can be established.

How to Submit

The Commission wants to hear from British Columbians. We are asking you to write a letter or prepare a formal brief and fax or mail your submission to:

The British Columbia Forest Resources Commission
700, 747 Fort Street
Victoria, B.C. V8W 3E1
Attn: Derrick Curtis
Phone: 356-7885 Fax: 356-7888

The Commission wants the widest public input possible. We encourage you to submit your written material now. Besides hearing from those who submit written materials, there will only be limited time for others who want to make presentations during the community meetings.

The Future of Our Forests

The Commission's Mandate

The British Columbia Forest Resources Commission was established by the Minister of Forests on June 29, 1989. The Commission is an independent body reporting to the Minister with a mandate to review and make recommendations on a wide range of issues of concern. The Commission has been given four specific tasks:

- to recommend ways B.C.'s forest and range lands may be managed to protect and enhance differing values;
- to review the effectiveness of Tree Farm Licences as a form of tenure;
- to recommend ways to improve public participation in forest planning and management; and
- to review and recommend ways to improve forest harvest practices, focussing on clear-cutting and associated forest practices and their impacts.

Commission Membership

Chairman: Mr. A.L.(Sandy) Peel

Commissioners:

- Peter Burns, Q.C., dean, Faculty of Law, U.B.C.
- Roger Freeman, M.D., co-chairman, Recreation and Conservation Committee, Federation of Mountain Clubs of B.C.; Director, Outdoor Recreation Council of B.C.
- Joyce Harder, mayor of Lillooet and businesswoman
- David Haywood-Farmer, rancher
- Bob Kennedy, Ph.D., dean, Faculty of Forestry, U.B.C.
- Jack Munro, president, IWA-Canada
- Carmen Purdy, president, Kootenay Wildlife Heritage Fund; industrial relations manager, Crestbrook Forest Industries; and former president, B.C. Wildlife Federation
- The Honourable Bob Rogers, O.C., former Lieutenant Governor of British Columbia and retired forest industry executive
- Cyril Shelford, former MLA and retired businessman
- John Szauer, registered professional forester and retired manager, Cariboo Forest Region, B.C. Forest Service
- Matt Vickers, member, Tsimshian Tribal Council

Executive Director: Mr. Derrick Curtis

Gaaak!! There's smoke in my bedroom.

Would you know what to do if you woke up and found your bedroom filled with smoke? Take a tip from the Old Lady. Roll out of bed, down onto the floor. Since smoke rises, you'll be able to crawl under the smoke to safety.

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



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Health & fitness



ASK YOUR PHARMACIST

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

Tipping the scales in your favour

Canadians have an energy problem. Too many of us take more energy into our bodies than we put out. As a result, more than half our adult population needs to slim down.

That means we don't look as attractive or feel as good as we'd like to. Just as important, we're not always able to perform to the peak of our abilities.

The solution isn't a new diet. A diet reduces your measurements quickly, but only at some expense to your overall health. Chances are it isn't something you could stick with for a long time. You may revert to your old habits and the dial on the scales will slowly creep up again.

The key to being slim is not dieting, but changing your lifestyle habits as they relate to food and physical activity. Changing them not drastically, but gradually. Changing them not for a few weeks or months, but forever.

Lower your energy intake (the amount you eat) and increase your energy output (your physical activity). Use up more energy than you consume until you reach the body mass (weight) you should be. Then, get the input and output in balance so you maintain yourself at that level.

For example, to lose 1 pound, you need to consume 3,500 calories less than you use in activity or conversely, use up 3,500 calories more than you eat. That means lowering the quantity of food you eat somewhat. However, the quality of your food shouldn't suffer; in fact, the opposite is true. You need wholesome, basic food from each of the four food groups; milk and milk products, meat, fish, poultry and alternates, fruits and vegetables, breads and cereals.

Exercise, by itself, is a slow way to lose mass. For example, you would have to walk or run 2 km to burn off the energy in two cookies. However, in combination with improved eating habits, exercise is a highly effective way to get trim and stay there.

Before starting any diet and exercise program, see your doctor, or check with a registered dietician. If you have any questions after that, ask your neighbourhood pharmacist for advice. He or she has the knowledge and experience to help you help yourself.

Marriage Prep Course

The Marriage Preparation Task Force of the B.C. Council for the Family is updating the *Directory of Marriage Preparation Programs and Courses in B.C.* The first of its kind in Canada, the Directory was developed to aid engaged couples in locating appropriate marriage preparation opportunities.

The 1989 issue of the Directory listed programs available throughout the province. B.C. Council for the Family staff were able to refer couples throughout the province to programs in their areas. In addition, copies of the Directory are available in public, college and university libraries and through offices of the facilitators listed in the Directory.

Individuals or agencies who would like to list their marriage preparation program in the Directory are invited to contact Rosanne Farnden at the B.C. Council for the Family by 24 January 1990. In Vancouver, call 732-4838, in other B.C. communities call toll free 1 800-663-5638.

Engaged couples looking for a referral to a marriage preparation program are also invited to contact the Council office.

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info health

Dr. Bob Young



Facial pain

Faces, like fingers, have a high sensitivity for pain due to a rich nerve supply. Pain in the face may be severe, incapacitating and relentless, and still be difficult to track down.

Even determining whether the pain is dental pain or true facial pain may be difficult. Many patients have been shuffled back and forth between their dentist and physician before the cause of the pain is determined.

Here are three types of face pain that are not caused by injury such as a cut or a burn. While not common, all of these are encountered by the average general practitioner periodically.

The three, all associated with blood vessel disease, are cluster headaches, temporal arteritis (not arthritis!) and internal rupture of the carotid artery.

Excruciating pain around one eye and temple area which occurs perhaps several times a day, may awaken victims at night (forcing them to get up), and usually is associated with tears, a red eye, and a stuffy or discharging nose, is probably a cluster headache.

Cluster refers to time. The patient will have a series of headaches over a few days or

weeks and then may be free of them for months. They usually last less than an hour, a time that can often be shortened by breathing 100% oxygen. Some drugs help prevent attacks.

Temporal, a term one might think also referred to time, does not. Temporal arteritis is an inflammation of the superficial temporal artery at the side of the forehead. It is a dangerous condition associated with sudden permanent loss of vision. Treatment with prednisone (cortisone) over a long period helps.

The carotid arteries, at the sides of the neck, carry blood to the brain. When one blocks due to splitting of the artery wall (like delamination of an old garden hose), sudden neck and face pain occurs and a stroke is likely.

If it is not too late surgery might help. Blood thinners are also used, but their value is questioned by many.

There are many other causes of face pain — the subject is surprisingly complex. We will return to the topic in a future column.

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



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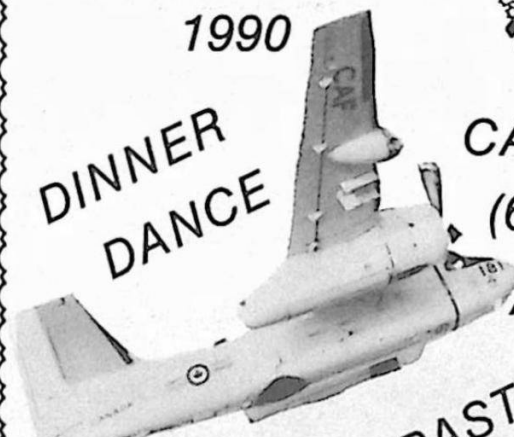
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Health & fitness

Nat. Ski Week Events

27 Jan -- lessons to teach back country and steeper terrain Cross Country Skiing at Mount Arrowsmith Ski Area, Nanaimo, B.C., contact Harriet Rueggeberg 758-0069.

21 Jan--Cross Country Ski Tour to introduce back country touring at Scottys Pond, Nanaimo, B.C., contact John Wells 758-8733 (bus.) or 759-9034 (home).

25 Jan -- Footprints in the Snow talk and slide show on B.C. Wild Life in Winter at Nanaimo, B.C. Contact Dennis Nolan, 245-2488.

27 Jan--Grouse Mountain Heritage Classic slalom race over ungroomed terrain and a Galendesprung (ski jump) at Peak Run, Grouse Mountain North Vancouver, B.C., contact David Clement 984-0661.

20 Jan--The Hills Ski-A-Thon, 3 man relay offering easy slalom and Track cross country skiing at The Hills Health and Guest Ranch, 100 Mile House B.C., contact Pat Corbett, 791-5225.

23-26 Jan--Learn to Ski at Little Mac Ski Hill, Mackenzie, B.C., contact Bill King, 997-5383 (bus) or 997-4434 (home).

Volkswalk at Chilliwack

As part of the festivities for the Canadian Military Engineer 87th Birthday Celebrations CFB Chilliwack Rainbow Country Volkssport Club will be hosting a 10/20 kilometer volksmarch. The award available is the base crest on a colorful ribbon. Individuals interested in participating are strongly encouraged to pre-register by sending five dollars (incl. medal and IVV stamp)

to: Rainbow Country Volkssport Club, MPO 612, CFB Chilliwack, Chilliwack, British Columbia, VOX 2E0.

For additional information contact the Club President: PO2 A.L. Skinner, CFB Local 858-1418.

A limited number of application forms are available at the Comox Base gym at Loc 8315.

Sports Tabloid 22-23 Feb

The BPERO staff will conduct the Annual Carnival/Sports Tabloid for all military and authorized DND employees on 22 and 23 Feb 90.

The objective of this event is to encourage increased participation in both physical recreational activities and to promote competition and 'Esprit de Corps' between Sqns/Branches/Sections. Teams are sought from BTSO, BADMO/BCompt, 407 Sqn, BOPSO, 442 Sqn, VU 33 Sqn, and will consist of 10 members as follows: 2 female (any age), 3 men (under age 30), 3 men (30-40 years), and 2 men (over 40 years).

Teams entering the carnival/Tabloid must register at the Recreation Centre indicating their team caption NLT 26 Jan 90. A briefing for ALL Team Captains and Officials will be held on Fri 16 Feb 90 at 1300 hrs in the Rec Centre.

The Young and the Smokeless

If your child is 14 years old and a non-smoker, there is a nearly 30% chance he/she will be one in the next two years.

That's not the kind of news parents like to hear, but it's a fact: 29% of 15 to 17 year olds smoke every day. As a parent -- especially if you are, or were a smoker -- you know this is the beginning of an expensive, unhealthy habit. You may feel frustrated, thinking there is nothing you can do to promote non-smoking in your family. Well here's the good news: although there's no guarantee you can convince your child not to smoke, you have a lot more influence than you may think.

This year, BC health organizations gearing up for National Non-smoking Week (22 to 28 January) want you to know you can make a difference. The organizations involved are the BC Lung Association, the Adventist Health Network, the BC Pharmacists Society, the BC

and Yukon Heart Foundation, the Canadian Cancer Society -- BC and Yukon Divisions, and the Registered Nurses Association of BC.

To start with, the struggle to prevent your children from smoking isn't all uphill. The majority of 11 to 14 year olds do not smoke, but that's the age most try tobacco for the first time.

These years, then are the optimal ones to begin a low-key, positive approach to promote non-smoking.

If you are a non-smoker, that in itself will have a direct effect on your child's attitude to smoking. Results of a study on youth and health, released by Health and Welfare Canada in 1988, found that 82% of 15 to 19 year olds said children were more likely to smoke if their parents did.

continued on page 20

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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.

Pacific Command Medical Reunion

9 June 1990
Victoria, B.C.
Serving & Retired Members
Contact:

Jim/Anne Scott
523 St. Charles St.
Victoria, B.C.
V8S 3N8
604-370-2359

Resume Writing Workshop

The Base Personnel Selection Office will conduct a Resume Writing Workshop on 26 Jan 90. Classes commence at 0800 hrs in the large classroom, BITO offices, Bldg 22. Those interested are to phone local 8469 to reserve seating; enrolment is limited to 12 persons.

WO & Sgt's Wives Club

With the holidays behind us we started off this new year on a more serious note. Our guest for our 8 Jan meeting were Harvey Sweitzman and Dave Porter, investigators with the MP section. The showed us two films and gave a very interesting, informative talk on Drug and Alcohol Abuse. For information and/or videos for every age including preschoolers contact Harvey or Dave.

The door prize was won by Pat Belanger and Debbie Parks won the 50-50 draw.

February is the month for sweethearts so bring yours to the SOCK-HOP on 12 Feb at 7 pm. Dress 50s style if you like. Food will be potluck. Please come and enjoy yourself even if your husband can't be there - you won't be the only one! The Entertainment Committee is planning a 'Spoof Fashion Show' so if you have a 'ham' for a hubby and would like to volunteer him please call Debbie at 339-2854.

Donations to the Food Bank are always gratefully accepted.

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 Rutherford 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 CFPO 5056
c/o Maj Bernie DeGagne Bellville, Ontario
409 Tactical Fighter Sqn KOK 3R0

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1 February to 9 February

beginning of the Comox Valley Winter Arts Festival, at the Sid Williams Theatre.

1 February: MODUS, a jazz quartet featuring Art Ellefson, Lee Ellefson, Russ Botten and Buff Allen. A must for jazz buffs, the evenings repertoire will feature music from their new recording, Ode to Modus. 8 pm.

3 February: CENTRE STAGE hosts a showcase of local talent. 7:30 pm.

7 February: We have opera from the Vancouver Opera Society. An evening for everyone to look forward to with their traveling productions of A LA BOHEME! 8 pm.

9 February: For all of us who are old enough to remember the Sixties, a musical that offers insights into the life and

career of a great singer. Entitled THE BALLAD OF PHIL OCHS. 8 pm.

Special Features throughout the festival are: A COUPLA WHITE CHICKS SITTING AROUND TALKING, 1-3, 8-10, 14-17 February, in Sid's Lounge and 5-23 February will be the Annual Juried Art Show at the Central Island Arts Alliance Gallery.

The winter Arts Festival is jointly sponsored by the Courtenay Youth Music Centre, The Central Arts Alliance and the Community Arts Council. For more information call either 338-7463 or 338-6211.

80th Anniversary Highlanders

There will be a reunion of all Calgary Highlanders, past and present, between 29 Jun and 01 Jul, 1990. Her Majesty Queen Elizabeth II will personally present a new Queen's colour on 30 Jun 1990.

For more information previous Calgary Highlanders, their relatives and friends may write or call:

of the Calgary Regiment

Office of the Regimental Secretary

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(403) 294-5544

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.

Mont Apica Reunion

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

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

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.

2(F) Wing Reunion

A reunion of personnel who were stationed at 2 (F) Wing, Grostenquin, France, will be held in Victoria, BC, from 31 August to 03 September 1990. For more information, please send your name and address ASAP to:
RCAF 2(F) Wing Reunion
960 Lyall Street
Victoria, BC
V9A 5E8

Canadian Forces Parachute Maintenance Depot
40th Anniversary Celebrations

Edmonton, Alberta

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for information contact: Capt D.A. Stewart (403) 457-8472
WO A. McGee (403) 457-8464

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Country Kitchen

January is Canned Veg Month

January is Canned Vegetable Month — an appropriate time of the year to enjoy the taste of ripe, summer vegetables. And thanks to the canning process, preserved summer favorites provide consumers with a supply of shelf-stable vegetables, readily available through the winter months.

Economical and convenient, canned vegetables answer the need for easy-on-the-budget dishes and vegetables that are ready to go.

This recipe for Savory Corn and Ham Pie mixes together in 15 minutes. What makes it so fast? The convenience of canned vegetables, a prepared pie crust and a simplified recipe.

For a free booklet featuring canned vegetables, write to the Canned Food Council, Dept. PRP, 162 Cumberland Street, Suite 303, Toronto, Ontario, M5R 3N5.

Savory Corn & Ham Pie

2 tbsp	butter or marg	25 ml
1 med	onion, chopped	1
1 1/2 c	sliced mushrooms or 1 can (10 oz/284 ml), drained	375 ml
1 pkg	(125 g) cream cheese, softened	1
3	eggs	3
1/2 tsp	salt	2 ml
1/4 tsp	pepper	1 ml
1/4 tsp	dried savory	1 ml
1	can (12 oz/341 ml) Canada Fancy whole kernel corn, drained	1
1/2 c	slivered, cooked ham	
1	unbaked 9-inch (1 l) refrigerated or frozen pie crust	125 ml

In frying pan, melt butter over medium-high heat. Saute onion and mushrooms for 3 minutes. In food processor or electric mixer, blend cheese until smooth. Add eggs, salt, pepper and savory; mix until smooth. Stir in onion/mushroom mixture, corn and ham. Pour into prepared pie crust. Bake at 375F (190C) for about 35 minutes or until firm and lightly browned. Makes 6 servings. Preparation Time: 15 Min Baking Time: 35 Min Good Source of Thiamin, Riboflavin, Niacin, Folate, Iron.

From farmer's growing fields to canning plants within hours of picking, ripe summer vegetables are tastefully preserved for convenient use all year long. January is Canned Vegetable Month — a timely occasion to savor the taste of Canada's seasonal favorites.

Ginger Peas and Chicken is a quick, new recipe specially developed for Canned Vegetable Month. Sweet, tender peas star in this delicious stir-fry, boosting nutrition and fibre.

For a free recipe booklet featuring canned vegetables, write to the Canned Food Council, Dept. RPR, 162 Cumberland Street, Suite 303, Toronto, Ontario, M5R 3N5.

Ginger Peas and Chicken Saute

4	chicken breasts, skinned, boned and slivered	4
1 tbsp	cornstarch	15 ml
2 tbsp	soy sauce	25 ml
2 tbsp	rice vinegar or white vinegar	25 ml
2 tbsp	water	25 ml
2 tsp	grated ginger root or 1/2 tsp/2 ml ground ginger	10 ml
1 clove	garlic, minced	1
1 tsp	liquid honey	5 ml
1/8 tsp	pepper	0.5 ml
2 tbsp	vegetable oil	25 ml
1	can (14 oz/398 ml) Canada Fancy peas, drained	1
4	green onions, cut into 1/2" x 2 cm pieces	4
4 cups	shredded cabbage (green and/or red)	1 l

Coat chicken slivers with cornstarch. Combine soy sauce, vinegar, water, ginger root, garlic, honey, and pepper to make sauce.

In frying pan, heat oil over medium-high heat. Saute chicken for about 2 minutes or until tender. Reduce heat, stir in sauce. Add peas and onions to pan and heat through, about 2 minutes. To serve, place uncooked cabbage on plates and top with chicken mixture. Makes 4 servings. Preparation Time: 8 min Cooking Time: 5 Min Excellent source of Vitamin C, Niacin, Folate. Good source of Vitamin A, Thiamin, Iron. Savory pie

Canned corn, tomatoes, peas and beans are Canada's most popular canned vegetable products. Try one of these easy recipes for Canned Vegetable Month as a delicious reminder of the taste of summer-ripe vegetables.

Jiffy Herbed Tomato Sauce:

In food processor or blender, puree 1 can (28 oz/796 ml) tomatoes and 1 clove garlic. Add to frying pan with 1/2 tsp (2 ml) each oregano, basil and thyme and 1/4 tsp each salt and pepper. Simmer, uncovered, while pasta cooks, about 15 minutes. Serve over cooked and drained pasta and sprinkle with grated Parmesan cheese, if desired.

Oriental Beans: In saucepan, melt 1 tbsp (15 ml) butter. Saute 1 stalk chopped celery and 4 sliced mushrooms for 2 minutes. Stir in 1 can (14 oz/398 ml) cut green beans, drained, 2 tsp (10 ml) soya sauce and 1/4 tsp (1 ml) ginger. Heat through.

Peas with Mustard and Ham: In saucepan, melt 1 tbsp (15 ml) butter. Add 1 can (14 oz/398 ml) peas, drained, 1 slice diced cooked ham and 1 tsp (5 ml) Dijon mustard. Heat through.

Corn and Bacon Frittata: In frying pan, brown 4 slices diced bacon. Remove from pan, reserving 1 tbsp (15 ml) fat. Stir in 1 can (12 oz/341 ml) whole kernel corn, drained and 2 sliced green onions. Combine 6 eggs, 3 tbsp (40 ml) water, 1 tsp (5 ml) prepared mustard, salt and pepper to taste. Add to pan, cook until almost set. Sprinkle with bacon and 1/2 cup (125 ml) shredded Cheddar cheese; cover until melted and set. Cut into wedges to serve.

Community Council Bursary

Wallace Gardens Community Council will award a Bursary of \$200 to financially assist eligible students in furthering their education. This will be awarded to a graduating student at Highland Secondary School.

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

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

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

The selection committee will consist of the Mayor and two members of the Wallace Gardens Community Council.

L'association francophone invite tous les francophones francophiles et amis a une

SOIREE DE JEUX

samedi 27 janvier 1990 19:30 h
au local de l'association 493 C Puntledge Rd, Courtenay
pour info: 339-7798

BIENVENUE A TOUS

Totem Inn

Junior Ranks will be holding a ski day to Mt. Washington Friday 2 Feb. Bus will leave from Mess parking lot at 7:30 and from the Washington Inn at 7:40. Bus will leave from Mt. at 1600. Cost is \$20--Ski/lesson/bus; \$14--lesson/bus; \$5--bus only; \$6--lesson only (season pass holders). Register by noon 31 Jan at the Mess office. Advance payment with registration only. After a day at the slope, come to the mess for an Apres party. Beginning at 2000 hrs with a D.J.. Cost is free.

Come out to a musical journey in time with Uncle Waldo's time machine, Friday 26 Jan. Its a night for all you rock & rollers, hippies, and yuppies to dress up in your favorite period. Cost is free. Time is 8pm to 1am.

Junior Ranks presents 'Buddy Wasiname and the Other Fellers' on Sunday 11 Feb in the lounge. This Newfoundland musical comedy trio who sing about everything from bagging moose to an operatic version of I'se the b'y will entertain you for the evening. Cost of the performance is \$10 per person. Tickets will be available at the office. Also note the performers request that there be no smoking during their performance. Performance begins at 2000 hrs.

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On and off base

Young and the Smokeless

continued from page 17

There are reasons for this: parents are the first role models children have; children will become aware of smoking early in life; smoking materials (eg lighters, cigarettes, ashtrays) may be readily available at home; older brothers and sisters are more likely to be smokers, exerting an even greater influence on younger siblings.

However, even if you do smoke (or more likely did smoke, as 70% of Canadian adults don't), there are still many things you can do to promote non-smoking in your children.

*Talk to your kids -- and listen to them; most kids overestimate the number of their peers who smoke. In fact, about 90% of 12 to 14 year olds and about 70% of 15 to 19 year olds don't smoke, yet studies show that many kids believe most of their peers do. It may be helpful to reinforce that they definitely will not be in isolation as a non-smoker.

*Discuss reasons why smoking might appeal; peer pressure is the most important factor leading to smoking. Kids think that smoking relates to maturity and independence. Talk about some constructive ways to deal with pressure from peers.

*Discuss the positive aspects of not smoking; since most kids still think smoking is 'cool', even if they have no intention of starting, talk about what's really cool: doing well in sports, having extra money, having good breath and nice looking teeth, appealing to the opposite sex -- all things that diminish with tobacco use.

*Talk about tobacco advertising's messages; counter with the truth about the addictive nature of smoking; be calm and clear, but try not to lecture.

*If you smoke, talk about your own quitting problems; be open with your kids about the difficulties you have or had, try limiting your smoking to certain areas of the house, and never give up trying to quit.

One thing most kids want is acceptance. A topic for discussion could be the problems encountered by a smoker in trying to get along in a society that has shifted away from acceptance of smoking.

Smoke free spaces are on the increase. Smoking by-laws are in place in over 40 communities in BC, designated smoking areas, or no smoking at all, is becoming increasingly prevalent in workplaces, and in schools -- the biggest arena for kids' peer pressure -- smoking areas both inside and outside are being eliminated. This means young people are growing into a world where smoking is less accepted and where not smoking is the norm.

You can help promote this trend to non-smoking in your child's environment:

- *don't ever send your kids to buy cigarettes;
- *support school, community and business efforts that promote non-smoking;
- *support efforts for stronger legislation against tobacco advertising, selling tobacco to minors and tobacco

sponsorship of sports and arts events.

The time to start non-smoking promotion in your home is now. 95% of smokers start while still in their teens, so if you can help your children avoid smoking through adolescence, they will likely never start.

There is a cascading benefit that could arise from your efforts. The behavior of older

children has always affected those younger, so your influence on the pre-teens and teenagers could in turn help the first graders of today become the smoke free class of the year 2000.

For more information on National Non-smoking Week or on smoking generally, contact any of the above named health organizations.

Back so soon Norm?



Base Commander Col J.E. McGee welcomes the first civvy editor of the Totem Times.



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