



## The T-BIRD gets a new coat

... page 8



# TOTEM TIMES



Canadian Forces Base Comox B.C.

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## Baden-Powell Week

### SCOUT-GUIDE WEEK

This week, 18 - 25 Feb marks the 83rd anniversary of the founding of Scouting by Lord Baden-Powell. Guiding, our sister movement, was started by Lady Baden-Powell at B-P's request, for young women who had indicated their desire to be Scouts also. In recognition of Scout-Guide Week, 1st Lazo Beavers and Cubs participated in the District Church Parade on Sunday 18 Feb in conjunction with members of Girl Guides.

The boys and girls marched from Lewis Park to St. George's United Church where a special service was held. The focal point of this service was the renewal of promises by each section of both organizations. Throughout the week, a collection of craft

items and photographs of various activities will be on display at Canex. In addition, on Thursday 22 Feb, Bonnie Cochrane, Chairman of Group Committee, will be on hand to answer questions, hand out pamphlets, and provide any additional information about Scouting you may require. For many, the highlight of the week will be the family banquet on 25 Feb at the Glacier Greens Golf Club. This will provide an opportunity for the boys and their families to join together in a celebration of Scouting.

As with any organization, success or failure depends largely on the people involved.

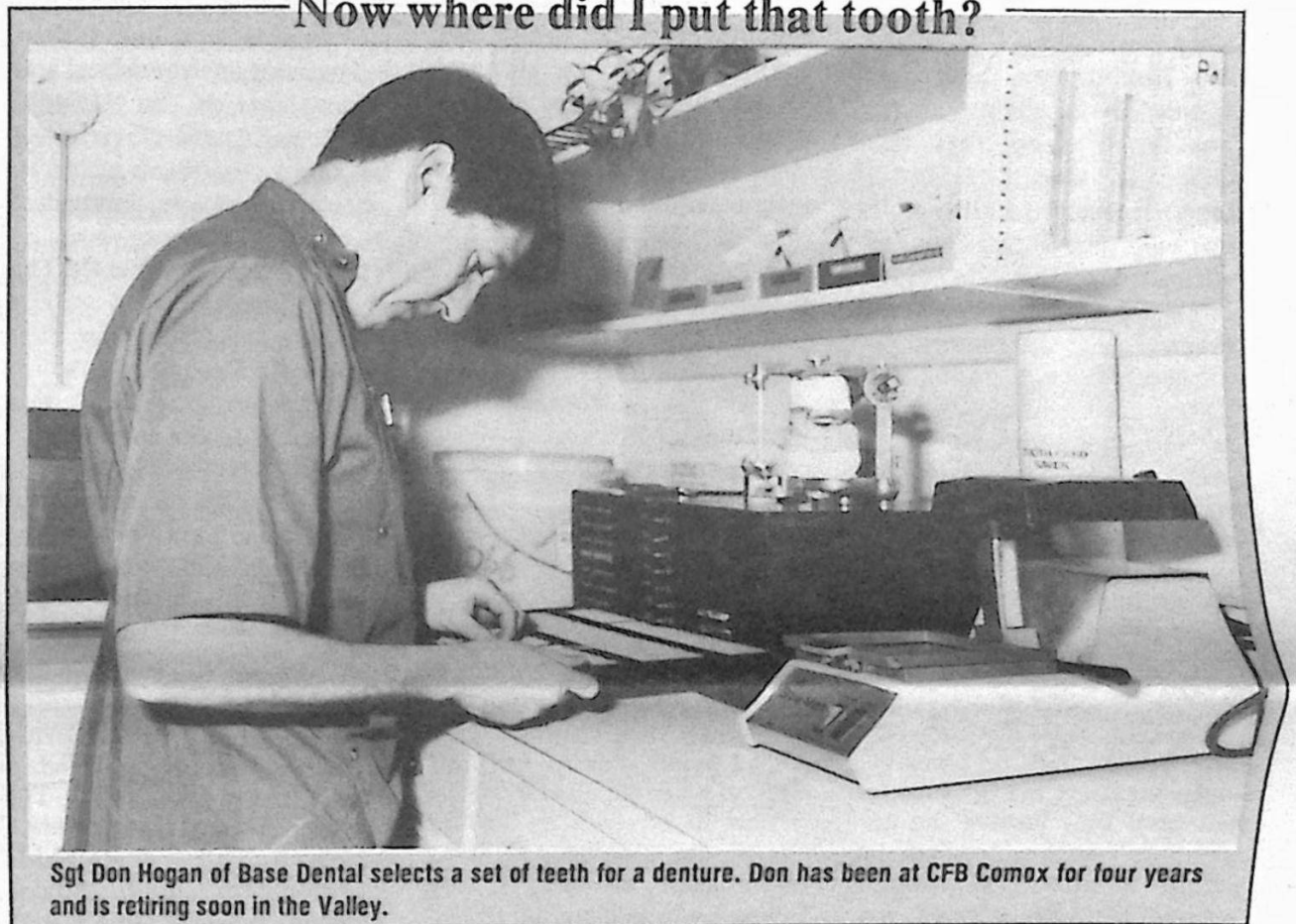
Without people resources, Scouting is limited in what it can accomplish. Given the nature of our community in that our Scouting leaders have career commitments which often make them unavailable, it is imperative that 1st Lazo has a sufficient number of actual leaders to maintain the programs. The importance of parental involvement cannot be over-stressed. Children need to know that their parents have an interest in the activities they are involved with. You can show this by actively taking part in an outing, teaching a skill or craft, or becoming a leader.

Children in the 90's face many negative external forces as they grow into young adults. It is reassuring to know that in Scouting there is an organization which reinforces the values we teach at home.

by Elizabeth Merpaw  
Group Committee Secretary



### Now where did I put that tooth?



Sgt Don Hogan of Base Dental selects a set of teeth for a denture. Don has been at CFB Comox for four years and is retiring soon in the Valley.

## Attack on Gobbledygook

William Lutz has launched the latest salvo in the continuing war against misleading, unclear, deceptive, vague, confusing, garbled, fuzzy, equivocal, murky, ambiguous, cryptic, puzzling, perverted language. Doublespeak, in other words.

The author of *Doublespeak: From 'Revenue Enhancement' to 'Terminal Living'* takes direct aim at what he calls education's euphemistic, jargony, pompous gobbledygook.

"Simply, clear language just isn't impressive enough for many people in education. It seems they want to impress others with how hard their jobs are and how smart they have to be in order to do their jobs. After all, if anyone can understand it, then it can't be very special ...," he notes.

For instance, Lutz, an English professor at Rutgers University, says today's school has become a 'primary or secondary educational institution where empirical-rational, normative-reeducative, or power-coercive strategies of learning address the situational parameters

through a variety of implementation approaches, taking into account multidisciplinary methodologies in an ecocultural framework, as educators develop brain-based programs of content-specificity."

Here are some interesting examples of doublespeak, with definitions:

*Achieve a deficiency*--to fail.  
*Adjusted behavior*--learning.  
*Applied life studies*--physical education.  
*Articulate*--pass a grade.  
*Articulation*--selecting subjects.  
*Ascending or descending timing device*--stop watch.  
*Attention deficit disorder*--disruptive behavior.  
*Human kinetics*--physical education.  
*Institutional flexibility*--administrative whim.  
*Institutional self-help*--budget cuts.  
*Internal reallocations*--budget cuts.  
*Instructional swim*--swimming lessons.  
*Implementing a needs assessment strategy using an evaluation instrument*--testing.

*Irregular occurrence on measuring instruments during assessment session that cannot be explained by chance*--cheating

*Movement exercises*--sports.  
*Negative base adjustment*--budget cuts.

*Nonrenew*--layoff.  
*Outdoor education inter-departmental conference*--camping (field) trip.

*Productivity increases*--budget cuts.

*Staff development workshops for those considering or would like to investigate a change of careers*--layoff counselling.

*Substantial deferred maintenance*--major repairs to school buildings which have not been done.

*Transportation component*--bus.

Lutz adds this example of doublespeak mined from the public record:

When one school board voted to deny funds for a new swimming pool, the high school principal simply submitted a new proposal for an 'aquatic therapy department' for handicapped children; he promptly got the new pool.



# On and off base

## Pension Kits on the way

VICTORIA--Renewal application kits, part of the federal government's Guaranteed Income Supplement and Spouse's Allowance Programs, are in the mail to approximately 164,000 seniors in British Columbia.

Reta Teeple, Acting Regional Director of the Income Security Programs Branch of Health and Welfare Canada in British Columbia, explained that the application kits were mailed out in January and should now have been received by all eligible seniors. Pensioners who feel they qualify for those benefits and have not received a kit can pick up application forms at any Income Security Programs office.

"Benefits paid through these programs, the Guaranteed Income Supplement (GIS) and Spouse's Allowance, are based on the applicant's previous year's income. This means recipients must re-apply each year," Teeple continued.

"Individuals who do not expect to have any income to declare are encouraged to return their completed renewal forms as soon as possible."

Pensioners who have income from sources such as bank interest, private pension plans or employment are being asked to wait until they receive the appropriate T-slips to confirm the actual amounts of income before returning their applications.

All completed applications should be returned to the In-

come Security Programs regional office in Victoria no later than 31 March 1990 to ensure that benefits can be included in the pensioner's April cheque.

Guaranteed Income Supplement benefits are designed to provide additional monthly assistance to Old Age Security (OAS) pensioners who have limited income beyond this basic pension.

The Spouse's Allowance benefits are paid, under the OAS Act, to pensioners' spouses and widowed spouses between the ages of 60 and 65 years who meet residence and income requirements.

In addition to the GIS and Spouse's Allowance programs, the Income Security Programs branch is responsible for the administration of the Canada Pension Plan, Old Age Security and Family Allowances.

There are 10 full-time Client Service Centres located throughout B.C. and part-time service is available in a number of communities. Consult the blue pages of the telephone directory under Health and Welfare Canada, Income Security Programs, for the office nearest you. If you would like to avoid waiting in line, you can schedule a personal interview in advance by calling one of the appointment lines. Information on all of the programs administered by Income Security Programs is also available toll-free from anywhere in B.C.

## MLA Column

### Members of Environment/Economy Round Table announced

What is the number one issue in B.C. and the world today? No question, right? The environment. As never before, all of us -- private citizens, business people and public servants -- now appreciate the dire need to take concrete steps to protect our fragile environment. Decisions must be made. Tough choices that will have to take into account how to best balance our environmental and economic needs. To this end, our Social Credit Government has taken progressive action by establishing a new, innovative 31-member advisory body -- The B.C. Round Table On The Environment And The Economy. B.C. is the first province in Canada to establish an advisory board of this magnitude on the environment and the economy.

Originating as a recommendation of the Task Force on the environment and Economy, the Round Table will guide British Columbia into the 1990s by helping our government resolve environment and economic conflicts. It will produce an annual report for Cabinet which will be made public when tabled in the Legislature. The Round Table will also direct research on sustainable development and advise Cabinet on establishing a B.C. Institute for Sustainable Development. These steps, taken by our Social Credit

Government, are in accordance with the recommendations of the world-acclaimed Brundtland Report, named after the Prime Minister of Norway who headed the World Commission on Environment and Development.

The Round Table is a permanent body where members are appointed for three-years terms. These members will have the opportunity to apply their diverse skills and knowledge to providing this province with an effective sustainable development strategy. According to the Brundtland Report Sustainable Development is "development that meets the needs of the present without compromising the ability of future generations to meet their own needs." "It is a process of change in which the exploitation of resources, the direction of investments, the orientation of technological development, and institutional change are all in harmony and enhance both current and future potential to meet human needs and aspirations."

Recently, the chairman and members of the Round Table



STAN HAGEN

were named. These members are experts and activists who have a wealth of knowledge to contribute from areas which include, industry, environmental groups, labour, local governments and academia. Charles Connaghan will be chairing the Round Table. He has served on the Economic Council of Canada. As well, he is an industrial labour relations consultant and former president of the Construction Labour Relations Association of B.C.

A few of the many impressive members include: Vicky Husband-named by the United Nations as one of the world's top 500 environmentalists, and a director of the Sierra Club of Western Canada; Gerry Asp-a prominent representative from the native community; Ian Donald-Chief Executive Officer of B.C. Forest Products Ltd.; and Ken Georgetti-

continued on page 6

## RRSP — 1990 rules

by Lt B. Sanschagrin

As everything around us is changing, and a new regulation regarding RRSP contribution has been brought to my attention. The purpose of this article is to inform those of you who have attained 35 years pensionable service prior 1 Jan 1990, of the impact that Supplementary Retirement Benefits Acts (SRBA) contribution have upon the 1990 RRSP contribution limits. I would also like to let you know of the current legislation which may be beneficial to you for 1990 tax planning.

If you are a service member who has attained 35 years pensionable service, you are not required to contribute to the Canadian Forces Superannuation Act during 1990. In order to assist you with your 1990 financial planning, the following information may be useful:

--you are required to make only contributions under the Supplementary Retirement Benefits Act (SRBA) and Canadian Pension Plan (CPP) during the entire tax year. You

are not subject to an RRSP contribution limit of \$3,500 as you are no longer considered to be a member of a Registered Pension Plan for income tax purpose. For year 1990 you may contribute to a personal and/or a spousal RRSP up to \$7,500 or 20% of your earned income, whichever is less;

--SRBA contributions continue to be tax deductible as pension contributions on income tax returns despite the fact that they have no impact on personal RRSP contributions. This means that for 1990 your SRBA contributions can be claimed as an income tax deduction under Registered Pension Plan (RPP) Contributions. In addition, you may claim a deduction of \$7,500 or 20% of earned income, whichever is less, as RRSP premiums/contributions. To avoid requests for clarification from Revenue Canada Taxation, it is suggested that you indicate on your tax return next to the line claiming pension plan contributions as a deduction 'cost

of living only';

--however, a word of caution, should you take your release and secure employment during 1990 where you are required to contribute to a Registered Pension Plan (RPP), the \$7,500 limit is in effect removed and the normal RRSP/RPP contribution limit of \$3,500 for 1990 is imposed.

I hope the above information will be of some assistance to the service member, who falls under this new regulation. If you required additional information on RRSP contributions, you can contact your local Revenue Canada Taxation district office and ask for the Pension/RRSP guide or contact the Base Pay Office which can refer you to the appropriate people in NDHQ.



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# On and off base



## Your Choice

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**338-5451**

## Padre Bob speaks:

With this issue of the Times the congregation is getting ready for its Annual Congregational Meeting this Sunday. It is an introspective time as we look over last year to see what happened. Following our meeting we will have our monthly Pot Luck Luncheon. All in all it has been a good year in the Chapel. Once again the posting season took some good Chapel workers but those who have remained and those who have come to join us have worked hard to fill the gap and build the congregation.

Financially we were able to meet the budget set at the last Annual Meeting and the Chapel Committee was able to help out in the local charities when in early December a cheque in the amount of three hundred dollars was presented

to Maj Winston Dodge, of our Red Shield Snack Bar, who accepted the monies on behalf of the Salvation Army Christmas Hamper Fund. A cheque in the amount of three hundred dollars was delivered to Jeff Hampton and Steve Hunt, both Directors of the Comox Valley Food Bank. The Chapel Committee's donation was in addition to two hundred dollars that the Chapel Guild had also donated. Jeff Hampton, who is also the Manager of the Food Bank, gave us a very informative tour of the

facilities and Steve Hunt, who is in charge of fund raising and public relations, explained their needs and their resources.

Enough of patting ourselves on the back. Plans are being made for the coming year as well. It is our turn, among the Comox churches, to host the World Day of Prayer service.

As the notice states, it will be held at 1:30 pm on Friday 2 March in the Protestant Chapel. See you there.

### Local Chapel Donations



(l) Padre Bob, Chapel Committee Chairman Al Brown presents cheque to Steve Hunt while Jeff Hampton looks on.



(l) Maj Winston Dodge, (r) Padre Bob

## SENIORS TAKE NOTE!

### Now is the time to renew your Guaranteed Income Supplement (GIS\*)

Renewal application kits have been mailed to everyone who receives the Guaranteed Income Supplement. If you have already returned your completed application, it is now being processed. If approved, your payments will continue in April.

If you have not returned your application, you should do so today in order to avoid an interruption in your payments. When applying, please remember to:

- fill out your renewal application completely;
- include all the necessary income information;

- return your renewal application in the self-addressed envelope by March 31, 1990.

If you did not receive your renewal kit, or if you want more information, contact your nearest Income Security Programs office. The telephone number and address are in the government listings of the telephone book under "Health and Welfare Canada, Income Security Programs."

\*The Guaranteed Income Supplement (GIS) is an income-tested, monthly benefit for Old Age Security pensioners with limited income apart from the Old Age Security pension.



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4 TOTEM TIMES

# Editorial

NORM BLONDEL



## THE GENTLE SCOUT

Lord Baden-Powell started the Scout movement eighty-two years ago, this week. At his first camp, on Brownsea Island, in the United Kingdom, a troop of girls showed up, determined, even in those disenfranchised days, to take an equal part in the activities.

Nonplussed by these very forward young ladies, Baden-Powell turned to his wife and (reportedly) said, "Can you guide these young ladies dear?"

Thus did the Scout and Guide movement begin. The movement has now spread to 112 countries, embracing all religions, races and languages, still teaching the philosophies and vows first set down by Lord and Lady Baden-Powell.

The movement -- Beavers, Cubs, Scouts, Ventures and Rovers on the boys' side; Sparks, Brownies, Guides, Pathfinders, Rangers and Cadets for the girls -- still teaches the same basic creed of reverence for God -- in whatever form he takes -- and respect for one's self, one's fellows and for the natural world.

Countless millions of boys and girls have received this training and have been better citizens for it. The Scout movement has endured mainly because its graduates have returned to teach its very positive principles to their own sons and daughters and the children of their neighbourhoods -- in 112 countries.

A success story like that is worth telling and re-telling. It is also worthy of your support, however you care to give it, but putting your young children into Beavers and Sparks, by supporting the local bottle drive (if only with your pick-up truck) but, best of all, by joining the movement yourself, as a leader.

Elsewhere in this newspaper, we feature photographs of local Scouts from many years ago. The hats may have changed, some of the Scouts may have passed on, but the principles endure.

What better way to observe Baden-Powell week than to call the local scout group and offer your services.

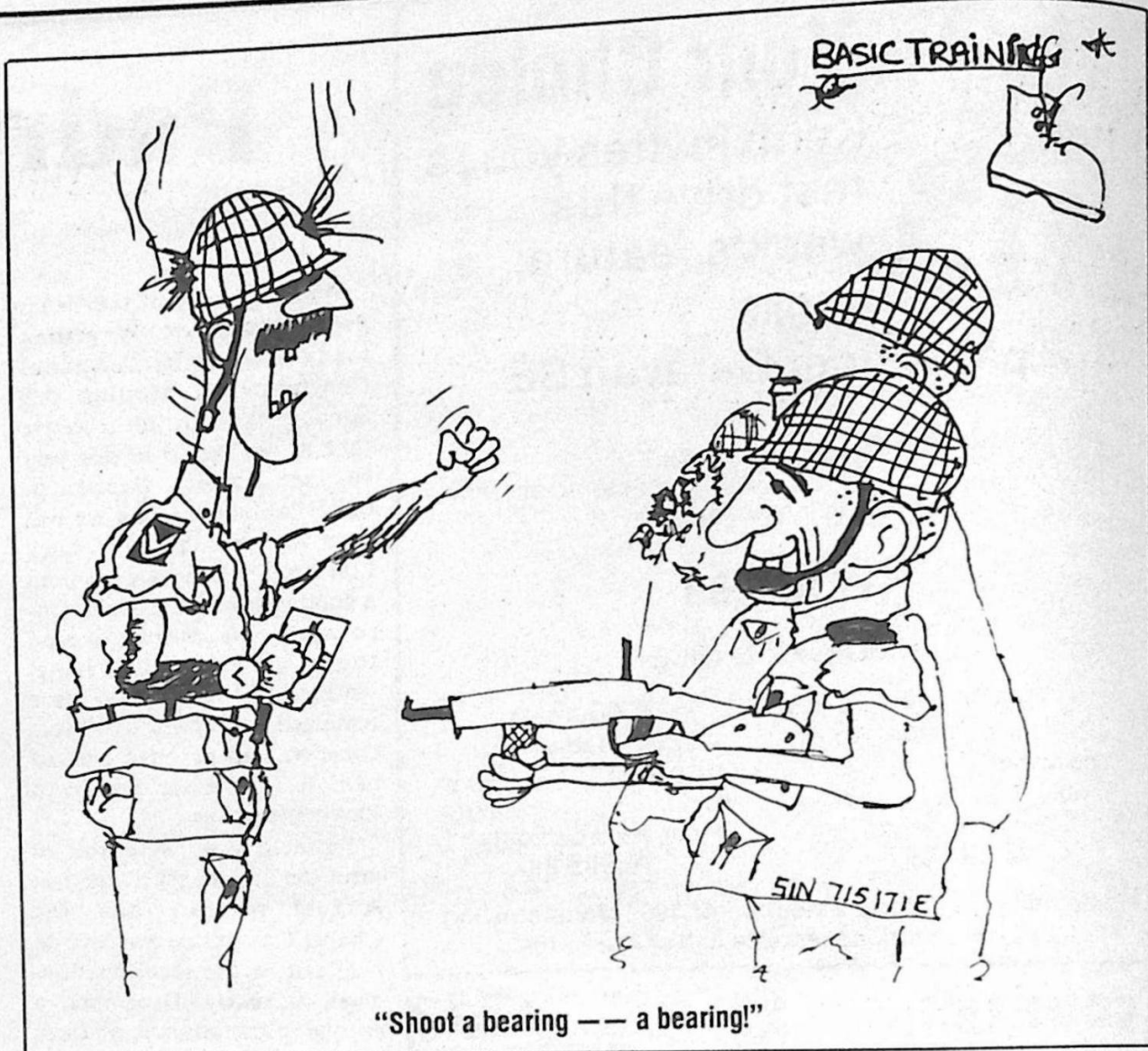
What better way to re-affirm the faith of that gentle scout, Lord Baden-Powell.

## Chuckle

There is a fox hunt somewhere in the North of England that has not killed a fox since 1901. Despite this crucial omission they dress up in traditional red hunting coats, drink sherry in large quantities and make all the right noises. They then ride over neighbouring fields in the

full knowledge that all foxes have been systematically kept down by local farmers for almost a century.

I am told that between the wars they killed a hare. The hunt master is reported to have said: "What happened? A horse step on it?"



## Deafening silence

One thing you can always be certain of in a political leadership race is that, by the end of the campaign, you will know more about any of the candidates than you could ever possibly want to know. And as the 1990 federal Liberal leadership race gains momentum and more candidates declare themselves, the issues are already starting to emerge.

To date, four MPs, one former MP and one former Quebec cabinet minister have joined the race to succeed retiring Liberal Leader John Turner. They include (in alphabetical order): former cabinet minister Jean Chretien;

Hamilton MP Sheila Copps; former Quebec cabinet minister Clifford Lincoln; rookie Montreal MP Paul Martin Jr.; and Toronto MPs John Nunziata and Tom Wappel. Several other Liberals are also expected to announce their candidacy in the near future.

Not long ago, the public got its first chance to see and hear

these six would-be party leaders when the first in a series of six debates opened in Toronto.

(These debates are primarily an opportunity for the candidates to publicly spar over such issues as Meech Lake, free trade, excessive campaign spending, etc.). And spar they did. Conspicuous by its absence, however, was one of the most important issues facing Canadians: the controversial Goods and Services Tax.

The GST, targeted for 1 Jan 1991, will place a 7% tax on most goods and service in combination with nine varying provincial retail sales tax rates.

This two-tier tax will create huge amounts of extra paperwork for small retailers as well as confusion at the counter where consumers will no doubt be baffled at, for example, one purchase that will be taxed only federally, another purchase that will be taxed only provincially, yet another that will be

taxed both federally and provincially, and still another that won't be taxed at all. And this doesn't even begin to address the simple fact that Canadians will be using more of their evershrinking income to pay more taxes.

According to John Bulloch, president of the Canadian Federation of Independent Business, the Liberal leadership hopefuls have a responsibility to deal with the controversial GST.

"The Goods and Services Tax will create the worst sales tax system in the world," says Bulloch, "and any potential national leader must address this issue in a public forum. In the months ahead, Canadians will be waiting to hear what each candidate's position on the tax is -- including any alternative plan."

Try as they might, it isn't very likely that any of the serious candidates will be able to duck the GST issue for long. They all owe it to the country to clearly state what their views are on this tax.

by Terry O'Shaughnessy

# TOTEM TIMES



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# Comment

## Letters To The Editor

### About Canex

### Jr Club — a response

### Xmas Seals

Dear Sir:

It was interesting to read the recent letter and editorial in your newspaper entitled 'CANEX Going Civvy and The Privatization of CANEX', and having patronized the NAAFI canteen for many years during my own service with the British Forces, I can understand why your second writer would be upset if he felt that he would be losing access to a similar institution in Canada -- fortunately, such will not be the case.

CANEX is a part of the Canadian Forces Personnel Support Programme and operates as a cooperative for the benefit of CF personnel and their dependants -- there are no 'outside' owners. Profits are reinvested in improving welfare and recreational facilities, and millions of dollars are allocated for this purpose each year. In 1990/91, an even higher amount will be provided than has been paid out in the past, and the statement that CANEX will keep all the profits it makes is totally untrue -- as is the comment that CANEX will become a 'civilian organization'. CANEX will continue to be a part of the Canadian Forces, and its man-

date to service the needs of its customers and generate funds for their welfare and recreation remains unchanged. Most of the CANEX employees have always been 'civilians' and many are dependants of Serving CF personnel or are retired from the services, which will continue to be the case, although there will still be a number of commissioned and non-commissioned officers in the organization. In the case of Comox, the CANEX manager will work closely with military base management, to ensure that all necessary services are provided in a professional manner.

If your readers have any specific questions, we would be pleased to answer them through your paper or on an individual basis. Meanwhile, please rest assured that *YOUR* Base Exchange will remain very much alive after 1 March 1990.

Yours truly  
Peter R. Lunt  
Chief Operating Officer  
Exchange System  
Central Office/Bureau  
Central Des Economats  
245 Cooper Street  
Ottawa, Ontario  
K2P 0G2

### Thank you CFB Comox

The Editor, Sir:

On behalf of all the workers and receiving agencies of the United Way campaign, may I express my appreciation to the Base Commander, Col J.E. McGee, Base U.W. coordinator Lt(N) Lambert Bertrand, all the dedicated section representatives on and around the Base, and of course all those who donated so generously to the United Way Campaign. Once again CFB Comox surpassed its target,

and helped us in the Comox Valley to surpass ours.

Our target was \$120,000 for the whole region, and we collected \$14,753.

Once again, many thanks to the military and civilian employees and their families for their generous support.

Sincerely,  
Dave Durrant  
Chairman, 1989  
United Way Campaign

### About trivia

Dear Trivia Editor:

In reply to Mr. McLeod's letter pertaining to 444 Squadron RCAF, the answer can be found in the words formed and re-formed.

The squadron was formed as an Air Observation Post unit at the Canadian Joint Air Training Centre at Rivers, Manitoba on 1 Oct 1947. It was equipped with Chipmunk and Auster aircraft for the training of pilots in ranging and directing artillery fire. The squadron

was disbanded on 1 Apr 1949 when this function was transferred to the Light Aircraft School.

With the build-up of RCAF squadrons in 1 Air Division in Europe, the squadron was re-formed on 1 Mar 1953 at St. Hubert, P.Q. with Sabre aircraft. The move to 4 Wing in Germany was commenced on 27 Aug 1953 during Operation Leap Frog IV.

Sincerely,  
H.W. Holmes

Dear Sir:

I would like to respond to the letter of MCpl R.M. Verbeek, published in the 25 January edition.

MCpl Verbeek basically challenged the members of the Jr Ranks' Mess to direct the monies required for upcoming renovations to their Mess to a more worthy cause, in his eyes, like aid for the needy.

First, may I point out that the \$200,000 figure used is incorrect and furthermore, the costs of renovations to a building owned by DND such as the Jr Ranks' Mess are shared 50/50 between the Queen and the user. In this case, the Jr Ranks will have to find around \$75,000 to refurbish this largest, best attended, most financially sound Mess on the Base. As the facility has not seen major renovations since 1981 the timing is reasonable. The membership has worked diligently to be able to afford such a project and they deserve a nice Service home more suitable to its many uses. The rest of the Base members who turn to this Mess when our own is not able to accommodate the requirements will also be appreciative of its new appointments and capacity.

The Jr Ranks could, of course, endure the shortcomings and disrepair of their Mess and offer the cash to charity as MCpl Verbeek suggests. Likewise, you and I could also forego any improvements to our own homes, or move to

smaller houses or cheaper rent and forward the surplus cash to charity. Truly unselfish acts that are not likely to occur. And not really necessary, in my view, as long as all of us who enjoy the privileged lifestyles of the Western World remember our responsibilities to regularly share our good fortune with the needy through recognized charitable organizations.

The members of this Base need not avert direct scrutiny in this regard as their generosity is well recognized by the many, many organizations who return to the Base time and time again, to ask that they share. and they do. Only one of the times, but the best documented, is the United Way Campaign, and as a matter of interest, in the time that we've been saving our pennies to renovate the Mess, contributions to that single charity initiative alone totalled about \$170,000. A fair demonstration of our military community's concern for the needy.

So if you're ready to share, the time is right, the United Way Campaign is about to begin. So, I say go ahead and renovate but also keep your charitable frame of mind handy. And if you'd like to do more than that, I'm looking for concerned, charity minded volunteers to help out this year -- phone 8206.

LCol D.E. Anderson  
BAdmO

Dear Sir:

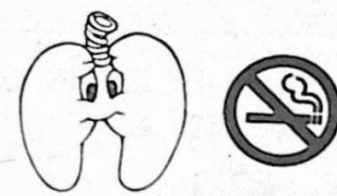
The British Columbia Lung Association's Christmas Seal Campaign was an overwhelming success, thanks to the generosity of contributors all over the province. The Association is grateful for the support of your newspaper, your readers, and our regional Christmas Seal Chairperson Dorothy Andraitis of Courtenay.

During the Campaign, which ran from 15 October through 31 January, donations reached a province-wide total of \$1,260,000 -- a 6% increase over last year. Comox Valley area residents were directly responsible for donating \$18,592. Money raised helps fund vital medical research, and health education and community programs throughout B.C..

On behalf of the B.C. Lung Association and its beneficiaries, I'd like to thank you all for your valued support.

Sincerely,  
Rick Weinman  
Volunteer President

### PROTECT YOUR LUNGS



DON'T SMOKE

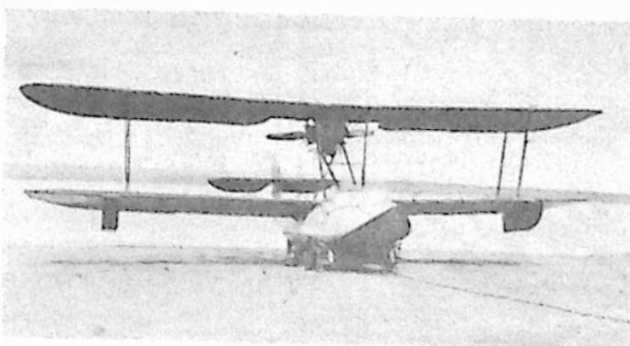
† British Columbia Lung Association

### Air Force Trivia

What, where, when



Wanna banana?



### Trivia Answer

Vickers Vedette G-CYFS of 3 Sqn RCAF at Ottawa, Ontario, September 1925.

(From the H. W. Holmes Collection)



# On the base

## Base Photo at work



Base Photo: Cpl Kim Cummings checks the focus on 'another' photo for the Totem Times.



Base Photo: MCpl George McManus checks the position of the image (subject) in the back of her camera.

## MLA Report

continued from page 2

President and chief executive officer of the B.C. Federation of Labour.

The B.C. Round Table on Environment and Economy establishes a fair and balanced approach to the difficult task of resolving the conflicts which arise between environment and economic needs. But more importantly, this Round Table will help B.C. lead the country in shaping progressive environment and economic policies. Our Social Credit Government understands the delicacy of balancing the needs of the environment and economy and recognizes the importance of both to our future. The Round Table is a major first step toward the future that all British Columbians desire and deserve in the decades ahead.

## Linda Halliday-Sumner

The WOs' and Sgts' Wives' Club is sponsoring a program on Monday 12 March featuring Linda Halliday-Sumner as guest speaker. The program is open to the public and will be at the Airport Elementary School gym at 8:00 pm.

The topic for the evening is Sexual Abuse. Ms. Halliday-Sumner is a highly respected consultant in the field of sexual abuse. She travels extensively across Canada lecturing and providing training workshops for care givers, professionals, and the community at large.

Having been a victim herself, she is able to relate to other victims and demonstrates sincere empathy and dignity for the victims she assists. She has been designated expert status by the Supreme, Criminal, Family and Juvenile Court systems and is also deemed a specialist under the Criminal Injuries Act. She has worked in the field since 1972 and has interviewed over 2700 victims of sexual abuse -- both male and female. Currently in private practise in the Comox Valley, Ms. Halliday-Sumner has also written several books relating to the subject of sexual abuse.

The Wallace Gardens Community Council is Assisting in the sponsorship of this program and is providing refreshments. Everyone is invited to attend and increase their awareness with regards to this very concerning topic. For further information, contact Debbie Parks 339-2854.



## Join the Reserve

Become a part-time member  
of Captain Johnson's team...

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# Section News

## 407 Squadron

### Demon doin's

#### Maint/Eng bay

A lot of water has passed under the bridge since our last article, but routine in Maintenance and Engine Bay is the same; busy as ever. We enjoyed a fantastic Christmas party this year at the Calico Restaurant. The meals were excellent and the entertainment provided by the people at the singles table was outstanding. It was interesting to find out that Cpl Sue Oostrom did not eat parsley. Many thanks to her and MCpl Duane York for organizing such a fun filled evening.

New to the section since our last writing are: WO Paul Ervin, back from 3 crew to train Sgt Ron Mackie; MCpl Jack Beaudry, back from 2 crew, who couldn't hack the slow pace of servicing; MCpl B.J. Jenkins who sailed in from Cold Lake on the USS Minnow; Cpl Stu Anderson from Greenwood, who likes to hang up dirty coveralls inside the aircraft; Cpl John Tallon from Petawawa who is hoping to play Rambo in Honduras; and Pte Steve Richard from Avionics support who is on ATAT rotation -- he'll be here for a while.

We are sad to see Cpl Brad Shipley and Pte Ray Girardi leave to try their luck out in servicing. Just remember guys, that it is alright to make mistakes, and you are always welcome back.

In a recent National Film Board Production, Cpl Sue Oostrom was asked to represent the female populace in her trade. When asked how good she was at her job, she unabashedly answered that she was the best fitter in 407.

WO Brian Maddex is enjoying fun in the sun down in Hawaii, while we are shovelling out from a nasty snow storm. He is on a much deserved vacation, or so he says. Oh Well! He needs the rest before going to Borden on SLC.

WO Ron Drouillard is off to Moffet for a week or so, before he graciously retires from the service.

WO Paul Ervin will be taking over the empire as soon as WO Drouillard leaves. C'mon Paul, quit shoving him out the door. Be patient! This promises to be an interesting year. Things will never be the same.

In closing, we would all like to wish MCpl Brad Jenkins a Happy Birthday (2 Feb). Some people would do anything to get the day off on their birthday. Try to relax those vocal cords, Brad!

#### Aircrew

It's been so peaceful these last two weeks! With three crews away and crew checks continuing, there has been little excitement around 407 Squadron. This means that the Demon Doins' authors have to write a very serious, fact based column. Or, they could dig a little deeper for good dirt! Where's my shovel?

Crew checks are more or less completed for another year and it appears that every crew had their sights set on second place. Only the performance of Capt Kevin Beaulne of Crew 4 stood out above the rest. Kevin, trying hard to impress the standards team, decided the best

way to show his exceptional navigation skills would be to turn off his INS at top-of-climb and navigate by using the force. Once Kevin heard the chuckling coming from Maj Armstrong, the Nav Standards Officer, he determined that perhaps his decision was not the correct one. So Kevin carried out a 'faultless' in-flight alignment to get his INS operating again. See if you can determine Kevin's excuse from the following:

- "it's easier to monitor one INS than two anyway";
- "I grabbed the wrong knob and turned it off by mistake";
- "I needed practice at carrying out an in-flight alignment"; or
- All of the above.

Speaking of Crew 4, the Sledgehammers are contemplating a name change in order to keep in line with Perestroika, peace breaking out all over, and some recent taskings. Capt Joe 'Redneck' Cecic has been pushing to change the crew name to the *Rainbow Warriors*. As Joe says, "we live in British Columbia and must keep in tune with the environment, peace, and the west coast lifestyle, man!" Noticing the attitudinal changes in the 'Redneck', his cohorts are urging flight feeding to stop putting alfalfa sprouts in the flight rations when Crew 4 flies.

Another 'Rainbow Warrior' has become a local celebrity. Capt Scott Guenther recently posed for a centrefold! The Comox Valley Record featured Scott and his fiancée Sandra in their centre-pullout wedding

#### 5000 Aurora hours



A milestone was reached on 27 July 1989 when Sgt Bill MacCulloch, a Flight Engineer with 407 (MP) Squadron attained 5000 hours on the CP140 Aurora. Bill is the first Maritime airman of any trade or classification to attain this remarkable feat. During his career, Bill has logged over 10,000 hours on various aircraft; namely, the CH113A Voyager, the CH147 Chinook, CP107 Argus and the CP140 Aurora. Recently retired from the Regular Forces, Sgt MacCulloch can still be seen flying with the ARAF as a Reserve Flight Engineer on the Aurora.

Presenting Bill with a letter of congratulations and a solid model of the Aurora on behalf of Lockheed Aeronautical Systems Corporations is LCol J.F. Bennett, Co of 407 (MP) Squadron, CFB Comox.

section. Congratulations to Scott and Sandra on their new found celebrity status. Although, it is interesting to note that all photographs of Scott were from behind, one-quarter profile shots, or focussed on Sandra.

Capt Bunny Larocque and Paige Cutland recently returned from Toronto as staff school graduates. In fact Bunny returned from Volleyball U. with an injured ankle and can be seen limping around with almost as much grace as Capt Rob Boucher. However, staff school does not appear to

helped Bunny when it comes to filing, as he still has the least complicated filing system known to man. Immediately upon his return he threw everything out that wasn't nailed down. As well, since his return the air quality in standards has deteriorated significantly.

Finally, all majors should beware, as there is a major on base running around impersonating 407 Sqn majors. He has already impersonated Maj Nakonechny while questioning the CDS. If this dangerous man is spotted please call local 8604.

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Section News



Anker Klankin'

Techside

Since our last article the base has undergone another exercise and VU 33 again responded very well although our participation was somewhat limited. The highlight of the exercise for us was the capture of two prisoners who were attempting to infiltrate our Sqn lines. If you ever thought you had a bad day get a load of this story. Imagine yourself as a fantasian all dressed up in the enemies' uniform with false identification and thinking you're looking pretty good. It's about 8 pm and you've just gotten into a few places without any problem so you get a little cocky and decide to try VU 33 Sqn where your Dad works, since he should be home by now. You walk in the door with your accomplice as bold as brass and Lo and Behold who is the first face you see but good old Dad. After mumbling something like "What are you doing here Dad?" You are promptly escorted to another room to be searched and questioned. Your partner is not impressed.

New paint

The Sqn is receiving a new look this year as the T-BIRDS are all undergoing a face lift to the new toned-down paint scheme. The first of the aircraft (402) has arrived bearing it's new paint and 119 is the next to be done. This new look is a drastic change from the silver and flourescent of the past.

Since the last epistle the Sqn has had a most successful ski day to Forbidden Plateau. Approximately 40 of the brave lads took to the slopes to test their metal. The wimp award goes to Greg Smith with Troy Jaggard a close second (they'll love me for that). The Rookie Trophy goes to Marty (the small one) Lavigne. His first time on skis and he amazed everyone. He spent almost as much time on the snow as he did in the air, and talk about a 3 point landing (his nose and both shoulders). The runners up for the Rookie Hardware would have to go to Eric Rheume and Dan Martin. Their enthusiasm was contagious. Boyd Russell proved that the 'Magic' in his hands does not make the journey to his feet, but skiing is not a contact sport so who cares?

Rainer Roedger and Mike Jameson left a few skid marks in the snow and then of course there is Al Nantel: the Plateau made quite an impression on Al, and in at least one particular spot he left quite an impression on the hill. It was rumoured to be a 4.5 on the 'Richter' scale. Fred Kay put an end to the saying "you can't teach an old dog, new tricks." Some dog! Some tricks!!

Sgt Ted Town (alais Generallissimo Edwardo) is back in town, at least for a short time: long enough to have a maintenance supper/send off party at the 'Heritage on Wed 28 Feb.

One final shot about the skiers; a real fine turn out and those who dared were not disappointed (except for one or two). It was obvious from the marks in the snow that not all of the rust was on the edges of the skis. With any kind of luck at all we'll be able to do it again before the end of the season.

Anyone who has not signed up for the Tracker Farewell Party had better do so A.S.A.P., the price is right!

2 Crew  
HEADLINE ... VU 33 finally wins ...

Yes, its true our hockey team finally won a game. The score was 6-4 against 407.

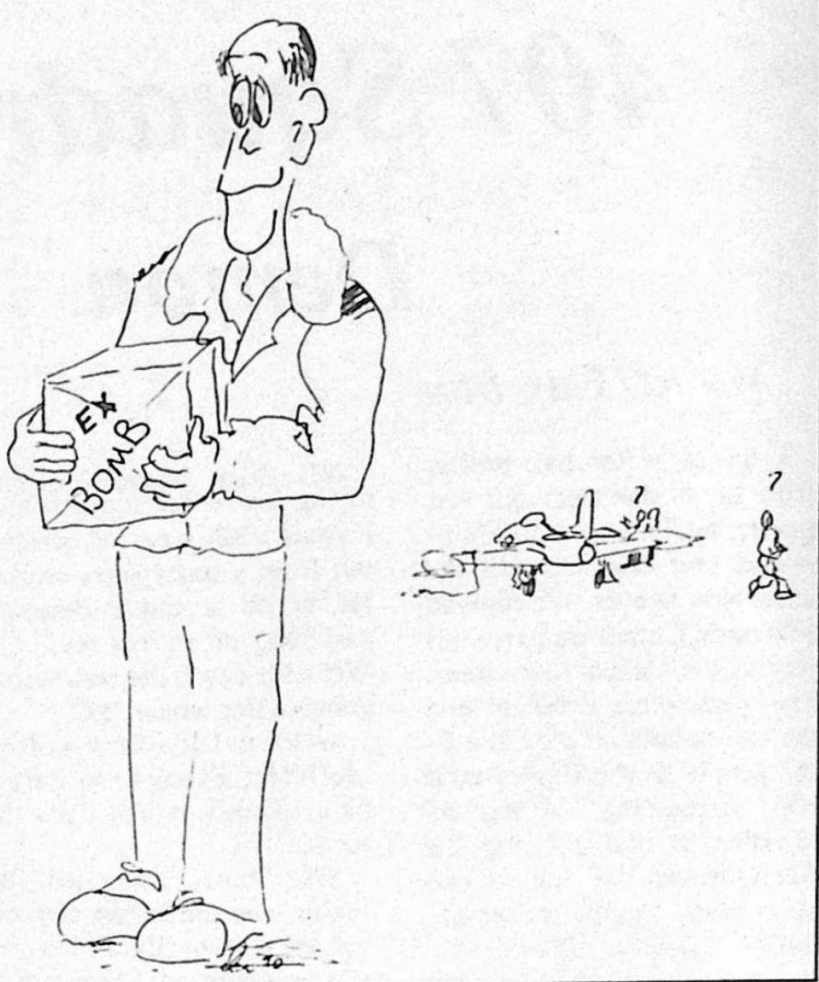
Cpl Yves Benard is back to work this week after a lengthy absence. Hopefully Yves is back for good and not just 'hiding-out' trying to escape the M.I.R.

Sgt Oscar Grubwieser is having a really tough time trying to use a crow bar properly -- the whole crew hopes your head is feeling better.

Cpl Dave Sabourin is back off leave sporting the newest in 'Ottawa Punk' haircuts. Quite the fashion statement, Dave.

MCpl Gene Meyer attended a ski-day last week and hasn't been able to walk properly since. Well thats what happens when you try to follow the young and foolish down a mountain -- Gene.

Do you know this man?



Since it's early and there should be no one at VU 33, now would be a good time to plant this bomb and we'll announce it later

solution on page 10 Crossword  
By Rick McConnell

- ACROSS  
1 Resorts  
5 Carpenter's aid  
8 Note  
12 Invalid  
13 Id's partner  
14 Previously owned  
15 Greek gulf  
16 Stopped  
18 Big drops?, N.B.  
20 Large curve?, Ont.  
23 Fresh  
26 Help  
27 A.K.A.  
29 Eras  
31 Reel holder  
33 Cut  
34 Baby Doc's Home  
36 Tiny  
38 Compass pt.  
39 Huge pond?, Nfld.  
42 Great hideout?, Alta.  
46 Has faith  
49 Horse colour  
50 Billion years  
51 Verb suffix  
52 Nest  
53 Tow  
54 As written in music  
55 Snowmobile  
DOWN  
1 Grab  
2 Cat sound  
3 Wild rose prov.  
4 Colloquial  
5 Floating festival?  
6 A great 52 across for a snowy white  
7 Environment  
8 Certain mollusks  
9 Time zone (abbr.)  
10 Indian tree  
11 Strange  
17 Napoleon's rock  
19 Libyan length  
21 Green shade  
22 Platform  
23 Cheer  
24 Biblical King  
25 Dam controller  
28 Adele, Que.  
30 Scaffolding  
32 Morbid lake?  
35 Regarding  
37 Breeder's org.  
40 Strait to Greenland  
41 Makes  
43 Spring type  
44 Vein slope  
45 Arthurian lady  
46 Good?  
47 Ever in poetry  
48 Mauna

The Old Grey Bird



A 'toned-down' paint job is under way for all the T-33 aircraft services at VU33, which includes the four at CFB Comox and twelve at Base Flight in CFB Cold Lake. The new 'coats' make the T-BIRDS hard to spot against our grey B.C. skies. The Comox birds will all be re-painted by the end of 1990.

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# Section News



## Ripples from the beaver pond

The Beaver Cup has come and gone and the Comox 'A' team has entrenched itself into the minds of its opponents as a true Dynasty, taking home the gold for the third straight year. The standings were as follows: first to last, Comox 'A', Comox 'B', CFSME, Esquimalt, Esq/Holberg, and CFB Chilliwack. For any further stats contact Rob Bouchard in the Frigate Shop.

The tournament was a complete success, on ice and off, with an excellent time had by all. Our thanks go to Lt Kevin Mercer for organizing the whole show and to all the committee members and timekeepers; the effort was much appreciated.

We welcome back WO Rick Fisher from his knife, fork and spoon course. He now knows how to sip beer thru a straw. Next person off to Charm School is WO Chester Lewis; some say he might need a double shot. Other CE personnel leaving soon are Cpl Bill Irving on a JLC and Lt Paul Dufault to play broomball at the B.C. Winter Games in Pen-ticton. Good luck to you both and have fun!

The Util O's position, having been vacant for a year, has now been filled. The BCEO, with some fancy fanagling has procured a part time Util O, MWO Al Buckham. Good luck in your new job and welcome to Comox, All

Changes in the section have Drafting section being renovated (moving from 60s technology to the early 70s) and a new fireplace being added on to the water pumphouse. Also, Rick Finney has a new calendar; check it out.

Mr. Vince Sexton from CE Mechanical is celebrating his 26th anniversary at the base; loves this job with all his heart and soul and reports have it he will stay on til he's 70.

Congratulations to MCpl Perry Johnson and Cpl 'Pinky' Waddell. They both have their 'next of skin' expecting again.

Perry, you didn't have to go all the way to Hawaii to do this.

Before signing off, I'd like to send out an exercise message to Jurgen Leist. Have you seen any bears lately?

Chimo!



PO, Brian 'The King' Hofman, climatizing for his summer holiday in CFS Alert, 'Chimo'



35 year medallion

Mrs. J. Waite, CE



35 year medallion

Mr. D. Souter, CE



35 year medallion

Mr. G. Sexton, CE



## Supply Signals

Let's now take the opportunity to discover 5 Supply Group which is located in the main CE Building. We have a total of 6 personnel, when and if we are all there at one time. Sgt Dick Hillard is the NCO IC of the Section, Mr. Fred Kennedy 2IC and in charge of receipts and the warehouse, Mr Wally (golf) Berger does all of our contract purchasing. Cpl Dan Boulet has just left us for a tour of the Middle East Golan Heights, Cpl Mary Locke takes care of our petty cash and LPO buys and finally Pte Terry (crash) Craddock our computer operator. Our workload is in support of all the shops within the CE Section who we work very closely with on a daily basis.

The Logistics Branch Birthday 1 Feb was well attended and celebrated at the Junior Ranks' Club. A well done to all personnel who were involved in the preparation and planning. Upcoming in March is the Annual Logistics Bonspiel, this year hosted by CFB Comox, dates 15, 16, 17 March. All functions will take place at the Comox Valley Curling Club beginning with a Meet and Greet on 15 Mar. A total of 36 rinks are registered and should create some good competition, come out and cheer them on.

Let us now check out the latest from the other Supply Groups. Sgt Lourie was quoted

as saying, "I don't know what day it is." The LPO Section is very busy with year end buys.

MCpl Husereau is doing well on his JLC course in Penhold, due back 20 Feb. Sgt Vander Kooy looks like she is headed for the Supply Depot in Toronto, of course a lot of people look like they're headed out.

What will the budget bring? Ab Houser is off to Borden 16 Feb for a POL course. Cpl Rogers is back from leave and working in 1 Supply Gp. MCpl Allard from Gen Stores is due to go on her 6A course 10 Apr to 17 May, we wish her well and lots of nice weather. Lonnie Gillis who is currently on her TQ5 course in Borden was promoted Cpl as of 13 Feb 90, also promoted were Cpl Sullivan and Cpl Allard, well done to all in this important step in their career. Mr. Mowbray, recently retired, dropped into Gen Stores for a visit Friday 9 Feb and is looking well. Don't be a stranger Moe drop in anytime.

There has been three people from Gen Stores who have gone to Hawaii in the past few months, Lil Davis, George Orbell, and Lonnie Gillis. Now we hear Cpl Smith is leaving for the white sands 9 Mar. Rumour has it Gen Stores will be relocating to Waikiki Beach.

## 35 year medallion



Mr. W. Berger, BSup0

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# Section News



## BAMSO

### 35 year medallion



Mrs. M. Webb, BAMSO  
not shown . . Mr. G. Gillis, Base Transportation

It had to happen eventually. That ominous memo requesting an article for the Totem Times finally filtered its way down to me and it just won't go away, so here goes.

The most frequently asked question is "Just what does Safety Systems do?". The answer of course is that we are responsible for everything needed to sustain life in flight and survival in the event of a flying vehicle ceasing its forward momentum suddenly.

There are various shops here that are needed to support the varied equipment. On the top floor of 7 Hangar, we have a required large area that houses several different activities. The personal equipment room is responsible for helmets, masks, life preservers and portable oxygen systems. The parachute room is responsible for the aircraft mounted and personal parachute and also those used by the HW and LW SKAD. We do not maintain the Para Rescue Equipment as this is done by SAR TECHS. As with everything else in our trade, there is no room for human error as we are the last to 'let you down'.

The kit room is responsible for the one, six and ten man rafts, various kits including heavy weight and light weight Sea Kit Air Droppable or SKAD and all immersion suits.

Contrary to popular belief, the new yellow and red device hanging off the wing of the Tracker is not nuclear but a LW SKAD. Any intended victim of this suspected package would be more than happy to see this item fall from the sky as it contains two multi place liferafts and associated survival equipment. This is just the thing to make your day when you have lost your boat and are floating in the cold briny sea.

In the corner with a marvelous view of the mountains is the oxygen regulator test stand that has unending valves and gauges to confuse you. It is used to determine and duplicate the same use a pilot would give to a regulator during flight.

As 407 Sqn does not have Safety Systems assigned to it to perform maintenance and servicing, techs are rotated to do these functions. You would be surprised at the number of fire bottles that are fired non-operationally for fires that never existed, especially during the past month.

The final area of expertise is in the Cryogenics Maintenance facility. It is located next to the fire hall which would be handy should some disaster happen. At this facility we have liquid oxygen (O2) and nitrogen (N2) in storage tanks and gaseous oxygen transport cylinders. We have recently received Nitrogen Servicing Units and Sidewinder replenishment units to maintain. The liquid cryogenics, O2 and N2, are mostly used by the fast planes from Cold Lake.

In addition to our main tasks, we are tasked to support the CF Survival Training School located at HMCS Quadra. This important school is designed to give basic skills in order to survive during life threatening situations.

All in all, the Safety Systems tech is required to perform some very boring tasks repetitively, day after day, with only the knowledge that someone, someday, will be extremely happy that he cared enough to do the very best. In that case, when some pilot shows up in the section to say 'thank you', he will experience that rewarding sensation of being a true professional.

Thank you.

Continued on page 19

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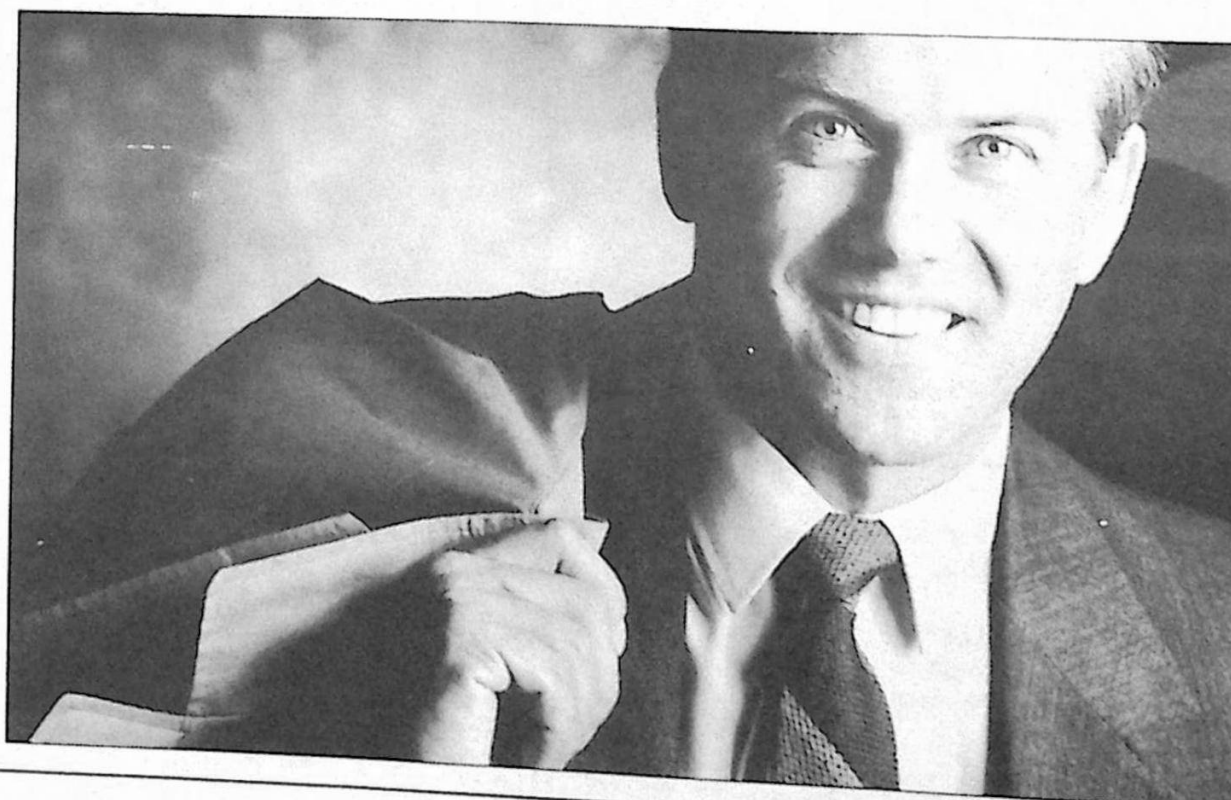
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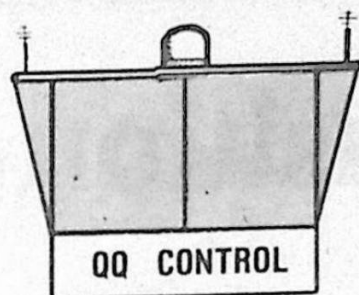


THURSDAY 22 FEBRUARY 1990

# Section News



## From the BFSO



Say, Tom! When is your wife gonna pop? asked Jan McQuade a couple weeks ago. Well, we're proud to announce that Kristie Schrader did 'pop' a healthy 7 lbs 12 oz girl last week. It was funny to watch Tom at work when Kristie was in labour. When we asked him what he was doing at work on such an important day he replied: "I wanted to stay home with her, but she threw me out of the house." We sincerely hope for the Schraders that, nineteen years from now, their daughter won't do what Annie Durval has been observed to do lately. You see, Annie turned nineteen recently, so she has been running around, proudly announcing to anyone the fact that she is now 'legal'.

### Legal for what?

Peter (again?) has made new friends since he got the PMC job... Two weeks ago he appeared to be dating the Chief of Defence Staff and last week the Command Chief Warrant Officer. I say dating because of the way he was closely protecting the two gentlemen from the poor taste the rest of us might have displayed and that, during the luncheon at the Junior Ranks Mess, he tried to get the Chief drunk. Tsk, Tsk... Peter.

CFB Comox went to war again last week. Regretably, we all died when an imposter came to the door of the IFRCC. The sentry was tricked into opening the door and the guy killed us all. This is approximately what happened:

The sentry was watching the main entrance to the IFRCC from between the doors, (it was pretty cold that day, if you remember), a man came to the door and said something that the sentry could not hear, so our poor sentry opened the door and said:

--What?  
--I said: You're all dead! I'm the infiltrator!

And that was our war effort. Rather disappointing, according to Gregg our UDF Commander.

## As the beacon turns



LCol F J Bishop, BOpsO, presenting a Letter of Appreciation to MCpl T C Schrader, ATC, for his contribution to the USAF during their exercise in Thule, Greenland.

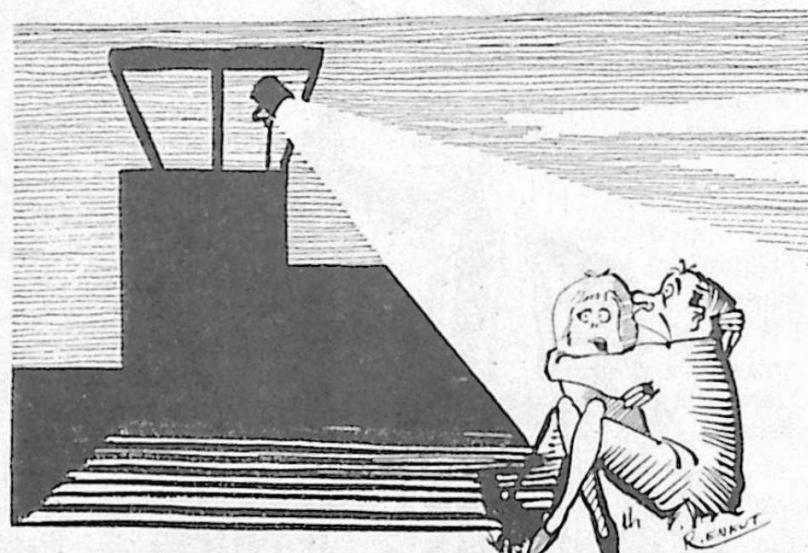


PETER GETS TO GREET THE CDS

Have you noticed the apparent trend for 'low pressure system vehicles' in the section? More and more people are turning their backs on traditional cars and are now buying new or beat up trucks; vehicles that will get them to work regardless of the snow storms that are frequent in this part of the country. Is it the green house effect?, is it Glasnost?, am I finally losing it or is there really increasingly more snowfall every winter? Those of us who were working last Friday morning got a real surprise when Earl 'The Pearl' Taylor did his runway inspection and announced that runway 11/29 was unsuitable for landings due to ice. Everyone had something to say about that it seemed, until the BATCO and the BOPSO went for a spin together on the slippery runway and quickly decided to postpone flying operations for a couple of hours. We were lucky actually;

Campbell River received about twice the amount of snow that Comox did during that period and Vancouver International Airport had to be closed for snow removal every hour or so.

Is any tradition sacred? Do newly checked out personnel still have to buy the beer for their comrades? Andre promises that HE will if nobody else does. Martin says that he will buy this Friday at the bowling alley. Marie-Claude is going to Mexico instead and we never hear from 'those younger people' in the tower. Well, as they say, somebody has to make a decision sometime or another, so this reporter cornered Marie-Claude and made her say: March 1st at the Golf Course. We'll have food and free drinks and good times. At what time? 1530 hrs. Easy eh? So the word is out; start making arrangements so you won't have to work that night.



From the Flight Safety Survey Check List  
"Is the tower equipped with a searchlight to screen the airfield area?"

## PRESS—ON ITIS

If asked the question, "What goes 'press-on-itis' mean to you?", my guess is that most aircrew would talk in terms of carrying on a sortie of deteriorating weather or with an aircraft that really ought to be put on the ground as soon as practicable. There is no doubt that this syndrome has caused its share of accidents and incidents in the past, but I am fairly certain that the aircrew community are well aware of the problem and are also, to a greater or lesser extent, on their guard against it.

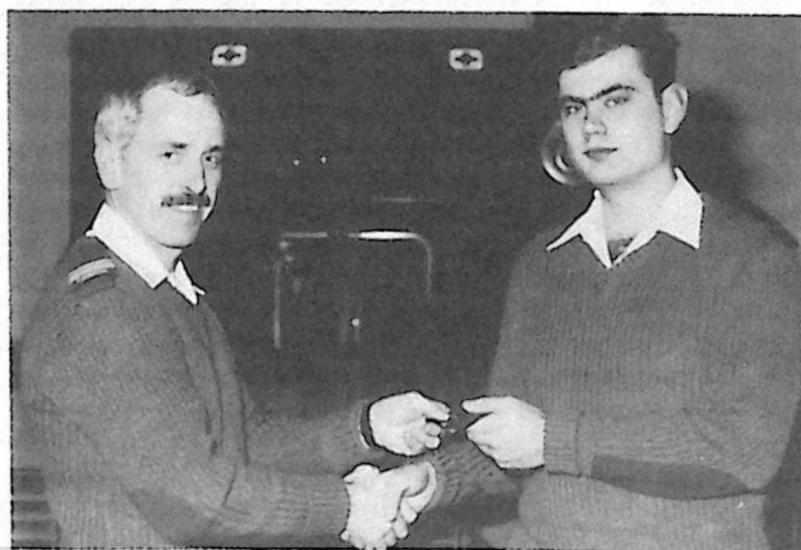
There is, however, another form of press-on-itis, which is just as invidious and can have just as serious an outcome — but this version happens on the ground. Not many of us can have failed to notice that the pendulum of aircrew, and groundcrew, supply and demand has been swinging with noticeable momentum towards the deficit side. It is some time since the term 'overstretched' was coined and now is a good time to remind ourselves of the risks.

The danger here is a sort of self-imposed overstretch and it

is supervisors and managers at all levels who need to be aware of this. There is a great temptation to accept extra tasks and duties — we all want our organisation to be seen as can do — and then shoehorn them into the programme. Indeed, the extras are often a bit different from the run of the mill tasks and are seen as a bonus. But too many extra tasks will inevitably lead to a jaded workforce and where operating military aircraft is concerned, this is a situation we must guard against. Everyone in our service contributes to the aim of getting aircraft into the air to carry out their role and a tired mind, at whatever stage of the chain, could be the catalyst that turns an incident into an accident.

So it's up to everyone to be on their guard against taking on too much work. There is a very fine line to be drawn between busy and fulfilled on the one hand and plain overworked on the other. A busy team is generally a happy one; an overworked team could be an accident waiting to happen.

## PROMOTION



Pte (I) Rob Mallyon receiving his hook from the MSEO Lt Murray Jacklin at Base Transport. Congratulations Rob from all at Transport!

# 5,491,989

THAT'S HOW MANY  
CANADIANS ARE  
CROSS-COUNTRY SKIERS



Way to go, Canada!  
PARTICIPATION



# On and off base

## Scouting in transition

Scouting in Lazo is currently in a stage of growth and transition. Under the administration of Group Committee, the Beaver Colony and Wolf Cub Pack have worked hard since September to meet the objectives of Scouts Canada. These objectives are aimed at helping young boys grow and develop into responsible, resourceful members of the community.

**'SHARING, SHARING, SHARING'** Every Thursday evening boys between the ages of 5 and 7 get together for 90 minutes of games, crafts and activities designed to encourage an appreciation of nature, the development of positive personal feelings, and a sense of belonging and sharing in group activities. These weekly meetings help boys at the age to learn cooperation and to recognize that it is not always easy as they learn and grow. In addition to their meetings, the boys have an opportunity to take part in field trips and various Scouting activities. Although their participation is somewhat limited by their stamina level and attention

span, the Beavers have visited the Base Fire Hall and Air Traffic Control, held a Christmas party and a skating party, and said farewell to the two oldest Beavers as they swam up to the Cub Pack to continue the adventure of Scouting. The Beavers also participated enthusiastically in Apple Day, calendar sales, and the bottle drive. Upcoming events include further tours on base, and the District and Regional Beaverettes to be held in May.

**'DO YOUR BEST'** Boys between the ages of 8 and 10 meet every Monday night as members of 1st Lazo Wolf Cub Pack. There were three pack flags available to them to choose from, and it was decided to use the designation Blue Pack, and in Air Force Blue. The Cubs get together in activities which teach, among other things, the value of fair play and trust, making choices, and leadership. Their program, which works towards members attaining badges and stars for accomplishments in various areas, helps boys satisfy their curiosity and need for adventure and new experiences. In

Cubs, boys satisfy their curiosity and need for accomplishments in various areas, have the opportunity to participate in outdoor activities such as weekend camping trips at Gilwell Park, the Scout camping facility in the Comox area. In addition to participating in Apple Day, calendar sales and the bottle drive, the Cubs have visited the Puntledge Fish Hatchery and the Air Force Museum, and they deliver flyers regularly for Community Council. Upcoming events for them include a visit to the Military Police with a lecture on drugs included; Pack, District and Regional Cub Kar rallies; and spring and summer camps.

### Scout Troop in Sep 1990

A lack of membership resulted in there being no Scout troop formed in 1989. However, with several Cubs ready to leave the Pack in the late spring, it is planned that a Scout troop will be formed in September 1990.

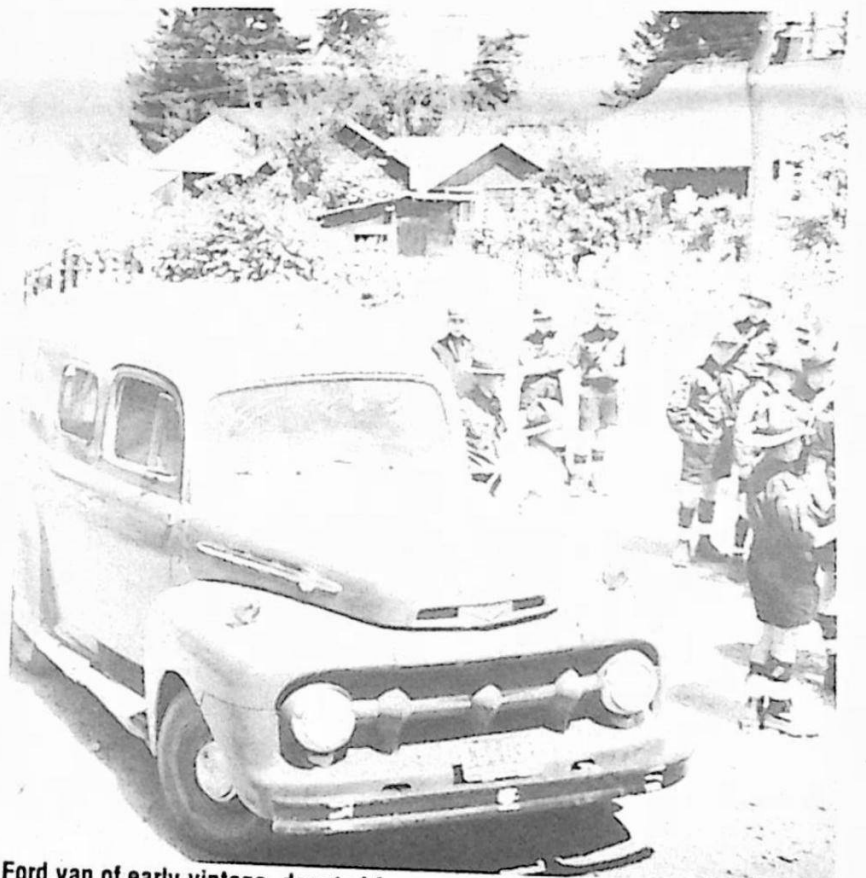
## Looking back -- Scouting in 1962



The late Chief Andy Frank was a good friend of Scouting in the Comox Valley.



A Victoria Scout Troup came up on the Dayliner for a two week camping trip on Forbidden Plateau, and were met by the local Scout truck.



Ford van of early vintage, donated for rescue and transportation to Scouts by Pacific Coast Cleaners' Bossom family, all very active in Scouts, Guides, and Cubs.



Scouters from the Nanaimo and Duncan region.



Sgt Jim Baker, District Commissioner in 1962, later Commissioner for all Vancouver Island N. of Victoria.



(l-r) Sgt Robby Robson, Sgt Jim Baker, Chief Andy Frank and Cpl Gord Leather at a potlatch.





# Recreation

## ParaSki report

### CFB Comox Sport Parachute Club



Cpl Webb posing confidently for the 12th Worldcup of ParaSki.

63 men and women from nine countries: Austria, Belgium, Canada, France, Finland, Japan, U.S.A., W. Germany, and Switzerland participated in the 12th World Cup of ParaSki held during the first week of February in Ottawa. This international competition was the first sanctioned event of its kind ever held in North America. Conceived as a competitive event less than 30 years ago, the first World Championships (sanctioned by the Federation Aeronautique Internationale) were held as recently as 1987, in Sarajevo, Yugoslavia. At that landmark competition, a Canadian -- Beverley Watson of Alberta -- became the first female World Champion.

Since the first World Cup competition was held in 1961, ParaSki has grown into a major international event with National Championships now being held in many countries to select competitors for World Cup and World Championship events. 1989 saw the second World Championships hosted by Austria in Damulshausen, the 3rd World

Championships will be held in Wengen, Switzerland in 1991. ParaSki is a two-faceted competition based on two very distinct, but equally exciting events: Parachuting Accuracy and Giant Slalom skiing. Thus, it demands of its adherents a rare combination of courage and skills.

The parachute jumps involved accurate landing on a 5 centimetre electronic disc set on a difficult slope of 20 to 30 degrees. The skiing discipline consisted of two Giant Slalom ski runs on an F.I.S. -- rated course with a minimum of 30 gates and an approximate running time of one minute.

While competitors competed individually, they also formed teams. Clive Webb from Comox joined with Ralph Rulfer from CFB Edmonton and two other Canadians to form one of the five Canadian teams competing.

Most of the Canadian National ParaSki Team hailed from B.C.. A few of them joined Cpl Webb for some good training at the B.C. ParaSki Championships held

one week prior to the World Cup. Also attending that meet were Ron Dionne and Dan Lindquist, fellow Comox club members. Cpl Webb finished 5th in the senior category of skiing and 10th in the parachuting.

Going to the World Cup where the calibre of the European competitors was very high, gave Cpl Webb excellent experience in his first international competition. This meet was also the Canadian Nationals where he finished 11th in parachuting, 9th in skiing, and 40th overall (Men's Division). All in all a good initial showing against extremely stiff competition.

Being posted to Europe will no doubt give him an added advantage to participate in the European Cup ParaSki circuit where he hopes to train for future selection to the National ParaSki Team. All of us at the club wish him the very best.

In other club news, not much is happening save for staff members planning for another exciting season commencing in April. So, until then, Ski Fast, Take chances!

## Godfathers of Sports -- CF Sports Patrons programme

There isn't anybody in the Canadian Forces whose life isn't touched in some way by sports, whether your fitness pursuits are individual or team-oriented, sports are a necessary and integral part of military life.

On the competitive side, the CF currently has 14 national sports. Because of the sheer numbers involved, there are often logistical problems which can be hard to handle: getting bases to host competitions, getting the athletes there despite service flight cancellations and ensuring the athletes are given time off to compete.

Sometimes, organizers and sports enthusiasts just don't have the necessary resources and clout to get these things done. Who can provide the long arm of the law? General officers!

A new program developed by the directorate of physical education, recreation and amenities in Ottawa is on the road to matching one general officer with each of the 14 national sports in the CF. Called the Canadian Forces Sports Patrons program, it is designed to heighten the profile of military sports.

Currently, there are eight general officers supporting the

Sports Patrons program. The role of the patron, who must have a long-standing tradition of support for his or her sport, is to regularly attend CF national championships and to generally promote and support the sports. In this way, the visibility and prestige of the sports will be enhanced, not only on host bases but across the CF as well.

"These are the godfathers of sports in the CF" says Maj Lee Roberge of the directorate of physical education, recreation and amenities. "The general officers we have chosen so far are very keen on their sports, and we hope to get enough for all the national sports as soon as possible."

The highest ranking sports patron is Vice Admiral Chuck Thomas, vice chief of the defence staff. He is the patron for golf, and for anyone who knows him, this seems a logical marriage of interest, enthusiasm and talent. Vice Admiral Thomas has been an avid golfer for years, competing in the national CF golf championships as well as participating as a member of the Canadian CISM team. He feels that having general officers involved in military sports at the national level will mean that the championships will function better.

"Just because the general officers are there, and interested, their experience will see things that need to be done and they will be able to circumvent all the bureaucratic rules," he explains. "Our involvement in these activities will make sure that all the irritants that occur from time to time are known about the something gets done about them."

One of these 'irritants' involves commanding officers not letting their athletes compete in the events they have qualified for, but as a patron and a general officer, Vice Admiral Thomas has the solution. "I have a very simple rule. If the athlete's commanding officer says he can't go because something is happening, that's the CO's responsibility and he has to make that judgement. But I would encourage him to be sure enough of his thoughts that he could explain it to me and in my office."

As a patron of golf, Vice Admiral Thomas is interested in encouraging participation among all members of the CF, not just the ones who are very good golfers. He wants all golfers, at any level, to be made welcome at CF golf clubs and he is looking at changing the fee scales for memberships so

the colonels and privates are paying a fee adjusted to fit their different salaries.

Another sports patron is Rear Admiral John Slade, chief of intelligence and security in Ottawa. His sport is soccer, something he has played with great enthusiasm throughout his military career. He also agrees that a general officer in Ottawa can "often produce things that can't be done in any other way", and he feels the Sports Patrons program will contribute enormously to raising the profile of national military sports.

"It's another vehicle to give visibility to sports at the highest levels and will allow for lobbying on behalf of certain sports," Rear Admiral Slade says.

Currently, he is taking stock of the situation in military soccer and already has some ideas for the future. For example, he wants to make sure the national soccer championships are held every year and he wants to reinstate the Pearkes Trophy for the top military soccer team.

All eight sports patrons have their ideas on how to improve and support the sports they have been chosen to represent, and they plan to implement their ideas by dealing directly with the military athletes themselves. In sports, the social divisions created by rank

vanish. As Vice Admiral Thomas explains it: "I don't carry my rank around on the golf course, I carry my golf clubs!"

The sports patrons chosen to date include:

**Golf** -- Vice Admiral Chuck Thomas, vice chief of the defence staff;

**Soccer** -- Rear Admiral John Slade, chief of intelligence and security;

**Running** -- MajGen Dick Leech, chief of financial services;

**Hockey** -- LtGen Fred Sutherland, commander Air Command;

**Squash** -- BrigGen Pierre Morisset, deputy surgeon general;

**Basketball** -- BrigGen Al Dequetteville, currently on French course;

**Volleyball** -- Rear Admiral John Anderson, chief of military doctrine and operations;

**Broomball** -- BrigGen Pierre Lalonde, chief of staff operations, Force Mobile Command Headquarters.

by Capt Darlene Blakely



# Military update

## Bi-monthly pay statements

Service members will soon be getting personal pay statements twice a month. The new service is part of a project aimed at providing pay staffs with the tools that will enable them to provide accurate and timely pay services. This project, known as the Central Computation Pay System Mark III (CCPS MK III), has received both Departmental and Treasury Board approval, and is fully funded at \$31 million.

The CCPS MK III will correct the major deficiencies of the current pay system by adopting two important measures. First, pay offices at bases and stations will be automated and electronically linked to the main pay computer in Ottawa which will eliminate the requirement for local, manual records. Pay clerks, in effect, will be recording transactions directly to members' Master Pay Records thereby eliminating the weeks and months of delay that can occur when documents are batched, mailed and entered. Second, a stand-alone pay sub-system housed in rugged, portable computers will provide pay support for deployed army, navy and air force formations. This sub-system will in effect, provide navy personnel at sea and army personnel in the field, with a level of service which is equivalent to that available at pay offices at bases and stations.

Certainly the most visible improvement from an individual member's viewpoint, will be the provision of personal pay statements twice a month on or before pay day. Pay statements will be prepared in the official language of the member's choice, delivered to the member's choice of home or work, and will be easy to understand.

In addition, pay clerks will have the capability to produce local statements, upon request, providing details on any aspect of members' pay accounts. Moreover, members' accounts will be adjusted virtually instantaneously when there are changes in pay rates and structure, allowances, tax changes, etc.

You may be asking when all of this will occur? Work is well underway by engineering, programming, procurement and project functional and training staffs in preparation for the static system trial at CFB Borden commencing in January, 1991. Following this trial, full implementation will commence at all static units in April 1991. A trial of the mobile system will commence in July 1991 and implementation of mobile units will start in October 1991. While full implementation should be finished by mid-1992, the vast majority will be seeing the benefits of CCPS MK III before the end of 1991.

## Cruise tested

EDMONTON -- A free-flight test of the unarmed Air-Launched Cruise Missile (ALCM) took place in north-western Canada by the United States Air Force on 23 Jan.

This test was conducted in accordance with the 1988 Canada-United States Test and Evaluation Agreement. The arrangement allows up to seven test in any calendar year.

The test originated over the Beaufort Sea, followed the Mackenzie River valley, turned eastward near the junction of the borders of the Northwest Territories, Alberta and British Columbia, and then continued southward to end at the Primrose Lake Evaluation Range near Canadian Forces Base Cold Lake, Alta.

Safety remains the prime consideration during the tests. An Airborne Warning and Control System (AWACS) aircraft monitors the airspace for other aircraft. In addition, a Canadian test monitor is aboard an accompanying Advance Range Instrumentation Aircraft (ARIA). During free-flights launches the missile trajectory can be manually controlled from the ARIA or, if necessary, the test can be terminated and the missile parachuted to earth.

CF-18 fighters from 441 Tactical Fighter Squadron fly from the Forward Operating Location at Inuvik, N.W.T., and from their home base of Cold Lake. The Canadian fighters, along with United States Air Force F-15 and F-16 aircraft, attempt to locate and track the missile and practice cruise missile defensive operations. This is considered invaluable training and experience for the pilots as it enables them to practice and evaluate strategic defence tactics to counter a cruise missile attack against the North American continent.

The missile tested was an unarmed AGM 86-B, the same type which has been tested in Canada since 1984.

Participation in the testing of the air-launched cruise missile is an acceptance of Canada's obligations and responsibilities within the NATO alliance, and contributes to maintaining a balance of strategic forces which will effectively deter any aggression and thus preserve the peace.

A 48-hour advance Notice to Airmen (NOTAM) was issued by Transport Canada, advising the aviation community of the test.

## Looking back --

to 1944



**Son of Lassie** posed with 122 Sqn Cpl Pauline Bruce at Victoria's Pat Bay air station in 1944. The movie, shot in B.C. and Banff, starred the original Lassie ('Lassie come home') and the late Peter Lawford.

Photo courtesy Jim Baker

## —Nostalgia—

## Western Canadian premiere of 'Son of Lassie' held at Pat Bay in 1945

from RCAF Station Patricia Bay 'Runway'.

PATRICIA BAY, B.C.,

THURSDAY 12 JULY, 1945 --

The Western Canadian premiere of 'Son of Lassie', partly filmed at Pat Bay late last August was shown here yesterday, 11 July, before a representative group of Pat Bay personnel and a large number of distinguished visitors. All of the air pictures were those taken on location here of 122 squadron aircraft, with a large number of other types appearing in the background. Many of the ground and air crew men in the picture were actual 122 squadron personnel and other Pat Bay airmen and women.

The West Camp rec. hall was crowded for the occasion, and overflow audiences jammed it for the two evening performances.

Nigel Bruce, famed Hollywood character actor, who appeared in the early part of the picture was present for the occasion, with Mrs. Bruce and their daughter, Cpl Pauline Bruce, a Pat Bay member of the women's division, Mr. Bruce, introduced by WC W.E. Poupore, spoke briefly before the show commenced.

A distinguished company of guests, headed by Lieutenant-Governor W.C. Woodward, who flew from Vancouver in company with Air Vice-Marshal F.V. Heakes, A.O.C., Western Air Command, attended the showing.

Primarily, the picture was the story of a dog and his master. It was a show all dog lovers would enjoy. The faithful animal stowed away aboard an aircraft with master on a mission over Nazi occupied Norway. They were shot down

and the main part of the story was built around the dog's effort to find his master. After many narrow escapes, in which the dog shared his master's hardships, and created many extra hazards for him, they made their way out of Norway to safety.

A sequel to the picture 'Lassie', the cast which appeared in that picture portrayed the same roles in 'Son of Lassie'. The canine actor star in the title role is the same beautiful, intelligent animal which played Lassie. Nigel Bruce acted the part of the duke with his usual effectiveness, while Peter Lawford, as Joe, the young airman, and June Lockhart, as his sweetheart, supplied the love interest to perfection. Donald Crisp handled the part of Joe's father with understanding. However, the acting of the dog was the most fascinating of the show.



# Military update

## Conference on CF Social Issues

The face of Canadian society and its values is beginning to change as we enter the last decade of the 20th century. How can we, as members of the Canadian Forces, expect it to affect our personal lives and military careers?

To answer this question and many others, an innovative conference on social change has been organized by the associate minister of National Defence. It may ultimately update social policies or determine new ones within DND and the CF.

The Honourable Mary Collins, who looks after the personnel side of things in the CF, will host the conference from 21-23 Feb in Toronto. It will entail lectures and seminars on topics ranging from the military as an agent of social change to personnel management into the 21st century. It will also have some international flavour as Yves Fortier, Canada's ambassador to the United Nations, is expected to deliver a more international perspective on social change.

Mrs. Collins, who has been the associate minister for almost a year, has been examining social issues within DND and the CF for several months. "After recognizing some of the problems we have here, I really felt that we needed a broader outlook on the way things are changing in society and how we, as an organization, are going to deal with those changes," she says.

The conference will bring together a rich mixture of people with a variety of backgrounds in order to explore some of these topics. About half of approximately 100 attendees will include representatives of the military, while the remainder will include academics, business people, representatives of other government departments and various individuals with an interest in social issues.

"I see this as the beginning of a process of consultation to ensure that the CF is as up-to-date as possible with respect to our social policies," Mrs. Collins adds. "There are a lot

of these kinds of issues and I really want to open up a dialogue. Within DND there are certainly people working on social policy, but there really hasn't been a mechanism to get that discussion to the forefront."

In the long run, Mrs. Collins wants to ensure that we have the appropriate policies in place which will allow for the recruitment, training and retention of valued members of the CF. This is going to mean competing with the private sector and other groups of people to join the CF as the young working population decreases, taking a closer look at training methods and even examining the kinds of conditions of employment that are required for service members.

"I really think we're going to have to talk about these things. We can't just say, you joined the armed forces and you go where you're sent and there are never any questions asked.

That's kind of like hiding your head in the sand," says Mrs. Collins. "Personnel policies should be as appropriate as possible, ensuring that our people feel they are valued and that the kinds of concerns they have are being addressed."

Right now she feels the most important social issues facing the military include the conflict between individual and group responsibility and how it's reflected in things like the decisions of the Canadian



Associate MND The Hon. Mary Collins M.P.

Human Rights Commission, family issues and the impact of moving people around, dealing with double income families where both people have careers as opposed to 'jobs', and the increasing need for women and people of diverse ethnic backgrounds in the CF.

"We certainly aren't trying to make the Forces into a social laboratory," Mrs. Collins stresses. "We recognize the need for stability and rules that everyone understands. But I also think it's important that we understand what is happening in the larger society, because for the armed forces to be relevant they must reflect the larger society." She adds

that the CF must also have a sound rationale for any policies that appear different from society's mainstream or else they may have to be updated or changed.

The conference underlines DND's ongoing efforts to promote equality of opportunity, fairness and job fulfillment for all those who serve in the CF. By identifying and discussing those social issues which directly impact on the CF, DND will be able to develop sound social policies to keep the quality of our military careers and personal lives as high as possible into the 21st century.

by Capt Darlene Blakeley

***l'association francophone***  
***invites tous les***  
***francophones, francophiles et amis***  
**au SOUPER PARTAGE ANNUEL**  
(pot luck)  
samedi le 24 fevrier 90 Glacier Greens, BFC Comox  
a 7 h PM pour info 339-6490  
au centre social/club de golf 339-7798  
**BIENVENUE A TOUS**

## 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.



**MSE**  
**Safety**

## OFFICERS MESS FEB/MAR '90 CALENDAR

FRIDAYS 23 FEB & 2, 9, 16, 23 & 30 MAR

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

WEDNESDAYS 28 FEB & 7, 14, 21, & 28 MAR

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

WEDNESDAY 14 and 28 MARCH  
LADIES CLUB BRIDGE 7:30 in the Lounge

WEDNESDAY 21 MARCH  
OMLC FASHION SHOW

MONDAY 26 FEBRUARY  
OMLC Ski Day at Mt. Washington

SATURDAY 17 MARCH St. Patrick's Night, featuring an Irish Band, 'Gord Watkinshaw'. Dinner will be stuffed sole or roast lamb. Time 1900 for 1930, dress casual and as green as possible. Cost-- member \$7.00, associates and guests \$9.00, reservations 14 March, call 339-8324.

## Safety quiz

Generally the safest drivers are those who:

- Have the best reaction time;
- Have the best vision;
- Always stay within the law;
- Adjust their driving to conditions?

Answer 'd'

**ST. PETER'S**  
Anglican/Episcopal Church

218 CHURCH ST., COMOX

**HOLY EUCHARIST**

8:00 a.m. and 10:00 a.m.

Fr. John Paetkau - 339-2925

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# Health & fitness



## ASK YOUR PHARMACIST

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

### Medicines don't last forever

We all know what happens to milk if it's left in the refrigerator too long. It goes sour. To warn us against this, an expiry date is printed on the carton. The same idea applies for most medicines because they're not intended to last forever.

Your pharmacist will always dispense medications at their peak of effectiveness. For some medications, such as certain liquid antibiotics, potency deteriorates fairly quickly so the pharmacist will mark the expiry date right on the prescription label. This also explains why patients are sometimes required to have prescriptions filled frequently.

Always remember that your prescription is given to you alone as a treatment for a specific problem at a specific time. If you don't use it up completely, safely dispose of the rest. It should never be given to another person and never saved for another time because the medication's composition may change.

When you buy non-prescription medications, check the container for an expiry date. Federal law requires certain products, such as vitamins, to have the date clearly printed on the label.

Remember, too, some medications are sensitive to sudden changes in climate, if frozen, or exposed to too much sunlight or moisture, they may lose their effectiveness. Always check with your pharmacist if you have any questions about proper storage of your medications.

One last tip -- if you're planning a holiday or business trip, be sure to take enough of your medication to last until you get back. Alternatively, ask your doctor for a prescription that can be filled during your travels.

### Cold and being old

We're all sensitive to the weather in one way or another. But, with age, the body becomes less able to respond to long exposure to heat or cold.

The most severe danger in cold weather is hypothermia -- a condition where body temperature drops below 35C (95F). Accidental hypothermia may occur in anyone exposed to bitter cold without proper protection. However, some older people can develop accidental hypothermia after exposure to relatively mild cold.

The only sure way to detect hypothermia is to use a special low-reading thermometer, available in most hospitals. A regular thermometer will do, but it must be shaken down well. If the patient's temperature is below 35C, or does not register, get emergency help immediately.

Other signs to look out for include: any unusual change in appearance or behavior in cold weather; slow, and sometimes irregular heartbeat; slurred speech; shallow, very slow breathing; and confusion. Proper treatment involves rewarming the person under a doctor's supervision.

Obviously, keeping warm is the best protection against hypothermia. Other rules to follow include dressing warmly, even when indoors, eating enough food and staying as active as possible. Because hypothermia may start during sleep, keep warm in bed by wearing enough clothing and using blankets. Ask your friends or neighbours to look in on you once or twice a day, particularly during severe cold spells. See if your community has a telephone check-in or personal visit service for the elderly or homebound.

If you have any questions about the symptoms or treatment of hypothermia, ask your doctor or pharmacist. They are your neighbourhood health-care professionals.

### Courtenay Museum

*FORTUNE 1001* is an opportunity for the Comox Valley to support educational and cultural events held at the Courtenay Museum.

There will be one lucky winner running off with an armful of one thousand and one Scratch 'n Win tickets. What a sporting event! Imagine gathering a team of family and friends to scratch a total of one thousand and one tickets! It could be a marathon win!

Scratch 'n Win tickets will be bought proportionately from over 20 lottery outlets including: Courtenay, Comox, Cumberland, Merville, Royston and Union Bay.

The lottery tickets have a retail value of \$1001.00 and will be sold at \$2.00 each or 3 for \$5.00, available from supporting Comox Valley merchants.

Kick off date is Friday 6 February 1990 at 11 am, at the Courtenay Museum, 360 Cliffe Avenue, 334-3611.

### Heating pads recalled

The Canadian Standards Association and D and H Corporation are asking owners of Solex Therapad Heating Pads to inspect them for two possible assembly deficiencies. Either one of these deficiencies could be a potential shock hazard. The heating setting indicator of the switch should be inserted fully to fit flush to the switch body. In addition, the white vinyl pouch, enclosing the heating element, should be checked to ensure it is fully sealed on all edges and at the pads power supply cord entry location.

If the heating setting indicator of the switch is not fully inserted or the vinyl pouch is not properly sealed, please return it to Riclam Agency, 451 Millway Drive, Concord, Ontario, L4K 3V6 for replacement. If you require assistance in determining if your heating pad has these two problems, please call the manufacturer's toll free number at 1-800-735-4333.

Warming pads manufactured after November 1989 are not affected by this recall. Each pad is marked with a manufacturing date for further information contact: Conrad Tucher, Public Relations, Canadian Standards Association, 178 Rexdale Boulevard, Rexdale, Ontario, M9W 1R3 (406) 747-4009.

### CF Taekwondo

Seventeen black-belt regular and reserve force sailors, soldiers and airmen converged upon CFB Ottawa recently to compete for a spot on the team which will represent the Canadian Forces in Taekwondo competitions this year.

While only the black-belt members are eligible for a place on the team, 14 red-belt members competed for the experience.

Col Bob Martineau, chief of staff for Communications Command HQ and himself a 2nd-dan black belt, explained that the red-belt personnel were invited to give them competitive grooming and to develop them for the black-belt contests. It also gave them the

continued on page 20

## info health

Dr. Bob Young



### Multiple Sclerosis

What disease strikes women more often than men, usually starts between the ages of 20 and 35, attacks white people more than other races, and is more frequent the further you live from the equator?

The disease has an unknown cause (or causes), sometimes occurs in cluster of cases -- in a particular location or in a short time frame -- and there is no effective treatment or cure.

The answer is multiple sclerosis, often referred to as MS, and earlier termed disseminated sclerosis.

Myelin is the insulation that keeps nerve fibers from short-circuiting. When it is absent or faulty, signals destined to travel down one fiber in a nerve bundle may be switched to other fibers. Chaos follows.

Patchy loss of myelin, mainly in the spinal cord but also in parts of the brain, is the pathological change in MS. We have known this for years. It is the why that is the problem.

Symptoms include transient blindness in one eye, mental changes, abnormal speech, increased reflexes at the knee and elsewhere, stumbling gait while

walking, areas of numbness and tingling, bladder dysfunction, and many others.

Viruses, environmental factors, abnormalities of the immune system, and heredity are possible causes being studied. Exposure to an unknown virus at about the time of puberty, perhaps coupled with an also unidentified internal factor in the individual is favored by many investigators. Some supportive evidence exists.

MRI, or Magnetic Resonance Imaging is a new technique that shows changes in the brain tissue of MS patients. Dramatic images show patches of affected brain in different areas and of variable extent, and these change, often quite rapidly, in a single patient.

So far the severity and number of patchy areas seem to bear little relationship to what is going on clinically. A patient with many patches may be in remission, one with few may be ill -- or the complete reverse.

Somewhere, sometime, a medical researcher will find the missing clue.

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

### Tuesday is Baby Day at Sooter's.

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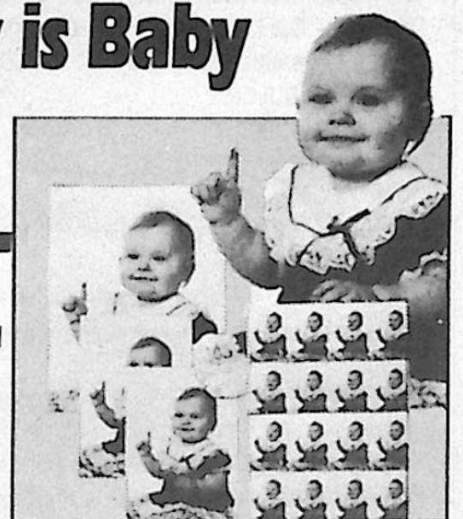
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next deadline 5 March 1990



# Health & fitness



## From the Fire Chief's Office

Do you know what to do in case of a fire?

The time to know is **NOW** before you have a fire. This article has been prepared so that you will know what to do in case you have a fire in your home.

Ask yourself the following questions:

\*Where is the nearest fire extinguisher?

\*Where is the nearest fire alarm station?

\*Where are the nearest two exits?

\*Who is your floor fire emergency officer?

\*If you do not know, find out **NOW!**

Fire escape planning at home.

Instituting a home fire escape plan is one of the most important actions you can take to protect your own life and the lives of others. The Fire Department urges you to develop and practise a fire escape plan at home.

How to develop a fire escape plan:

1. Install smoke detectors on each floor of your home and test them regularly.

2. Draw a floor plan of your home showing all possible exits from each of the rooms. Where possible, plan a main exit route and an alternate exit route from each room.

3. Make sure that everyone understands that when a smoke detector goes off or they hear someone shout (**FIRE**) they should get out right away.

4. Pick a place to meet safely away from the building; then send someone to phone the Fire Department.

5. **MEET** the firefighters when they arrive.

6. Make sure everyone in your home knows **NOT TO RE-ENTER A BURNING BUILDING!**

## Additional Information

\*Before opening any door on the way out, feel it. If the door is hot **DO NOT OPEN**. Use the alternate exit.

\*In a smoke-filled area, the cool air is down low. Practise your escape plan by crawling on your hands and knees.

\*If anyone in your home is unable to evacuate without assistance, assign someone to assist them.

\*Make sure your babysitter understands your fire escape plan.

Practise your escape plan.

Regular practise is the best way to prevent **PANIC**. This is especially true for Children. Be sure every family member knows what to do.

For more information contact your local fire department at 339-8552.

**FOR EMERGENCIES CALL 339-3333, ON BASE EMERGENCIES CALL LOCAL 8333.**

## Yaaow!!

### My hair's on fire!

What a terrible predicament, but it's not the time to panic. The best way to get back your cool is to follow this advice from the Old Lady. If your hair or clothing is on fire, stop right where you are, drop to the ground and roll back and forth. Never, never try to run away, because this will only make the flames larger.

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



Fireprecan: Fire Prevention Canada and your Fire Department.

## HEALTH CARE TIP



## MEDICATION — FIVE RIGHTS

Treat medications with the respect they deserve, with proper regard for safety and effectiveness. There are five rights to be observed: 1. Right medication 2. Right person 3. Right amount 4. Right time 5. Right method.



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## LEGION LOG

### BRANCH 17 COURTENAY

\*\*\*ENTERTAINMENT\*\*\*

Fri & Sat 23 & 24 Feb. .... Music by **COUNTRYMEN**  
Fri & Sat 2 & 3 Mar. .... Music by **SHABOOM**

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

**BINGOS**—Thu, Fri, Sun at 7:00 PM

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

\*\*\*SPORTS\*\*\*

**SUNDAY 25 FEBRUARY** Fun Crib Tournament, registration 12 to 1, play starts 1 pm, open to all crib players.

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12—7 PM

### BRANCH 160 COMOX

\*\*\*ENTERTAINMENT\*\*\*

Fri 23 Feb. .... Music by **ALLEYCATS**  
Fri 2 Mar. .... Music by **WESTWIND**  
Fri 9 Mar. .... Music by **DUKES**  
Fri 16 Mar. .... Music by **ALLEYCATS**

\*\*\*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\*\*\*

Friday 16 March **ST PATRICK'S DAY DANCE**. Lounge.

\*\*\*SPORTS\*\*\*

**SATURDAY 24 FEBRUARY** Darts. **DON DRYSDALE MEMORIAL TOURNAMENT**, Upper Hall, Reg \$5, 12:00 noon to 12:30 start 1 pm. Members & guests.

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# Public announcements

## 28 (Ottawa) Service Battalion 25th Anniversary 30 March—1 April 1990

28 (Ottawa) Service Battalion will be celebrating its 25th Anniversary during the weekend of 30 March to 1 April 1990. To assist us in contacting as many former members as possible, we request an inserting, in the upcoming events section of your publication, announcing the event.

Schedule events include:  
\*on 30 March 1990 at 2000 hrs, a meet and greet at Cartier Square Drill Hall;  
\*on 31 March 1990 at 0900

hrs, Freedom of the City followed by a reception at 1100 hrs at Cartier Square Drill Hall and a dinner/dance in the same location at 1800 hrs;

\*finally, a Champagne Breakfast on Sunday 1 April, 1990 at 0900 hrs at Wallis House Armouries.

NOTE: The dress of all events for former member will be business suits.

Further information can be obtained by calling (613) 992-3184.

LCol R.B. Stasulk  
Commanding Officer

Canadian Forces Parachute Maintenance Depot  
40th Anniversary Celebrations  
Edmonton, Alberta  
29/30 June 1990  
Featuring: anniversary jump, displays, dinner/dance  
Former members urged to attend  
for information contact: Capt D.A. Stewart (403) 457-8472  
WO A. McGee (403) 457-8464



### CFS Barrington Closure Function 4-6 May 90

#### Events:

Friday 4 May 90

1800-1930 hrs - Meet & Greet with Cold Buffet

Saturday 5 May 90

1000-1500 hrs - Open House  
1730 hrs - Baseball Challenge Game (Current vs. Former Members)  
1900 hrs - Surf & Turf Dinner  
2100 hrs - 60's Dance

Sunday 6 May 90

0900-1100 hrs - Pancake Breakfast  
1400 hrs - Bed Race  
1500 hrs - Closing Reception

Cost for participants of the close-out function is \$15.00/person. Payment may be made on arrival at the station.

Limited accommodations are available with some facilities for camper trailers and recreational vehicles.

Interested personnel are requested to contact the CO's secretary Ruth Bartlett at CFS Barrington, local 301 no later than 31 Mar 90 if they wish to attend.

## PMS

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

## Self Help

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

## WELCOME TO CFB COMOX FAMILY SUPPORT CENTRE

119 Little River Road  
LAZO, B.C. V0R 2K0  
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HOURS: 8:30 a.m. to 4:30 p.m. Mon to Fri

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## 'The Nighthawks' reunion

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

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

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

Nighthawk Reunion Committee  
c/o Maj Bernie DeGagne  
409 Tactical Fighter Sqn  
CFB Baden Soellingen  
OM/RN  
OBS/AESO/AESOP  
Gathering

CFPO 5056  
Bellville, Ontario  
K0K 3R0  
Tel: 07229-67-8798

Active and retired air-crewmembers will be gathering at CFB Greenwood, 8 - 10 Jun 1990. All active and retired members of this former Naval Trade are cordially invited. For more information please write to:

Gathering 85 + 5 Committee  
P. O. Box 2145  
Greenwood, N.S.  
B0P 1N0

## CFS Shelbourne

CFS Shelbourne will celebrate 35 years of commissioned service 1 Apr 90. It is intended to recognize this not inconsiderable feat with a birthday party and appropriate fanfare. Former shipmates of HM-CS/CFS Shelbourne are invited to attend the festivities which will culminate in a formal birthday banquet Saturday 31 Mar 90.

For further information contact XO Shelbourne LCDR Hatton at Avn 447-7485 Comm 902-875-2056, Halifax area 427-7485 Local 236/244.

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- \*The Federal Public Service

and you wish to stay informed about your pension rights, then you should join a 'pro-active' non-profit organization that is Canada wide and whose sole objective is the improvement and protection of YOUR indexed pensions and benefits. If you want to join up with 60,000 other Canadians in 68 branches across the country, write: FSNA, P.O. Box 3617, Courtenay, B.C., V9N 6Z8 or call 335-0691 or 339-2406.



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## Marsland House project

### You are invited:

To a presentation of the plans of **MARSLAND HOUSE**  
A Cooperative Housing Development for Seniors at Marsland House, 2690 Back Road, on Saturday 10 March, 1 to 4 pm. refreshments provided.

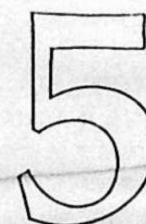
## REMEMBER to BUCKLE UP

## CFB Moncton/5CFSD Reunion

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Flight Bookings (discount available) 1-800-361-7585  
(Identify CFB Moncton or brochure event number)

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# Leisure



## Country Kitchen

### Microwave Oriental Hamburg Casserole

### Cherry Cheeze Brownies

A bit of ltype slipped in our Shepherd's Pie recipe, with possible result that your pie came out upside down. We hope your reading was better than ours. Meanwhile, from our own Liz Basham, here are two delicious recipes:

#### Microwave Oriental Hamburg Casserole

Microwave Oriental Hamburg Casserole  
Ingredients:  
1 lb ground beef  
1 medium onion finely chopped  
1 can cream mushroom soup  
1 can cream chicken soup  
1 can (8 oz) water chestnuts drained and sliced  
1 cup water (use juice from chestnuts and add water)  
1 cup raw minute rice  
1 tbsp soya sauce

¼ tsp pepper  
1 cup dry chow mein noodles  
Fry hamburger on stove to brown. Crumble fine and drain. Put all ingredients except chow mein noodles in microwave casserole.

Microwave on high power 6-8 minutes or till bubbly.

Sprinkle chow mein noodles otop. Microwave uncovered on high power 1 - 2 min. 6 - 8 servings.

#### Cherry Cheeze Brownies Rich and Delicious

Pre-heat oven to 325F

In large bowl put

¼ cup flour

½ cup cocoa

¼ tsp salt

1 cup white sugar

stir in

½ cup cooking oil

add

2 eggs  
3 tbsp water  
1 tsp vanilla

Beat with electric mixer till smooth. Spread ¾ batter into a greased 9 x 11 pan.

Beat till light and fluffy  
1 - 4 oz pkg cream cheese  
1 egg

blend in  
½ cup white sugar  
2 tsp flour  
½ cup chopped marachino cherries

Pour over brownie base. Gently spoon remaining batter over top completely covering cheese mixture.

Bake at 325F for 30 - 35 minutes. Let cool completely. Frost with chocolate frosting.



## WO & Sgt's Ladies Club

The 50s came alive again at our Sock-Hop on 12 Feb. Madeleine and Len Simmons provided the music and everyone brought food for a delicious potluck supper. Many thanks to all those ladies and the husbands who provided the evening's hilarious entertainment in the form of a 'Mock Shotgun-Wedding'. Several spot dance prizes were awarded along with our regular 50-50 draw won by Miriam MacDonald and door prize won by Nancy Beattie. Dick Hillard won the balloon raffle and Donna MacIsaac won a prize for the best costume.

We have something very special coming up for our next meeting on 12 Mar. In conjunction with the PMQ Community Council we will be

presenting Linda Halliday-Sumner who is a nationally known consultant and speaker of Child Sexual Abuse. This will take place at the Airport School Gym at 8 pm and will be open to the general public. We would really like to see a good turnout for this event. A special invitation is being extended to the Officers' Ladies' Club and the Jr Ranks' Ladies' Club and anyone - military or civilian - is encouraged to attend. This is a unique opportunity to hear Ms. Halliday-Sumner speak on this very serious subject.

Wives Club members please note - our regular meeting is at 7 pm in the Mess followed by Linda Halliday-Sumner at the Airport School gym at 8 pm.

## More BAMSO

Summer of 1989 brought in a few changes for RTT Lab as they welcomed in Sgt Al Doole from Carp, Ottawa, Ontario, and Cpl Paul Diepbrink from ICSR Kingston, Ontario.

Sgt George Dierckse received his thirds in December which brings along with it a posting to

Penhold, Alberta later this summer, George also managed to get himself on a 'Swan' I mean two week course down Texas way in late February.

Another member of our shop is to be posted out this summer, Cpl Dan Perreault is looking forward to returning to NFLD (Gander) which brings

continued from page 10

him close to family. Dan is also just returning to work after spending three weeks at home being Mr. Mom, as his wife Brenda broke her leg early in February. We all wish you a speedy recovery.

Good luck to all in your upcoming postings.

## Canex Retail Store CUSTOMER APPRECIATION DAY FRIDAY 23 FEBRUARY

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## PLAY PLAY PLAY PLAY

What this community really needs is a place to bring our preschoolers to interact with their peers. This is what children are meant to do. As I hope you have heard, we at CFB Comox are starting a community playgroup for infants up to five years.

What is a playgroup? Playgroup is a place where parents come with their children. This invites both parent and child to interact in a positive social environment.

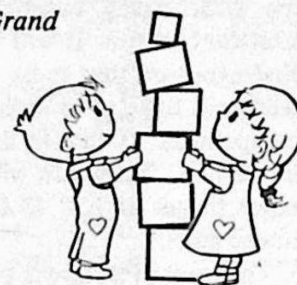
Under the auspice of the Family Support Centre, we are a group of volunteers who will be providing the direction and organization necessary to initiate the playgroup. What we need is your support. We are in need of play equipment and toys as the foundation for our group. We will be accepting donations from families and merchants.

We solicit your enthusiastic support so we can get those children playing!

Watch in the Totem Times for our Grand Opening!

Thank you.

Monique Marchand-Godwin  
Playgroup Co-ordinator  
339-0712



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# Health & fitness

## CF Taekwondo

much-needed exposure to national competition. When the dust had settled, two of them had made the team, on the condition that they qualify for their black belt prior to the first team competitions in May.

Communications Command is the official CF host for Taekwondo and Col Martineau is the organizing committee chairperson.

"The Forces have only conducted organized Taekwondo competitions since 1987 and we are very pleased at our development," he says. "We took five people to Seoul, our first international competition, in 1987 and brought home two bronze medals -- the first Canadian medals for any sport since Canada joined the International Military Sports Council in 1984."

Known by its French-language acronym --CISM--the sports council brought together 12 of its 85 member nations for the Taekwondo meet in Seoul.

Last year, another member selected for the 1990 team competed separately in the Canadian National Taekwondo Championships, as part of the Ontario team. He came away with a silver.

"We have the potential for a very solid team here and I am eager to take them to the Canadian nationals, as a team, in May," says Col Martineau.

The CF Taekwondo team will compete as a separate entry against the provincial teams. The meet will be conducted in Moncton, N.B. on 5 May. "We are also invited to take part in the U.S. Army competitions later that month. It will be the first exposure that most of the team will have to international competition. It should be very interesting. They are all very eager to get at it," Col Martineau adds.

The meet everyone is gearing up for is the CISM competition in Seoul in 1991. "We'll be holding another team trial before then just to make sure that we take our very best," said the colonel, "but I like our chances."

The CF Taekwondo Team for 1990 consists of the following members:

**Heavyweight**  
MCPL R. Haines  
CFB Comox  
Capt P. Foster  
NDHQ  
MCpl E. Wright  
King's Own Calgary Regt.  
**Middleweight**  
Tpr D. Van Patten  
South Alta. Light Horse  
Capt M. Kenneally  
CFB Gagetown  
MCpl D. Fredericksen  
CFB Winnipeg  
Sgt D. Tondreau  
3rd Engr Sqn Ottawa

**Welterweight**  
OCdt A. Ross  
RMC Kingston  
Lt(N) J. Sprang  
NDHQ Ottawa  
Pte R. Higgins  
CFB Winnipeg  
MCpl D. Windrum  
CFB Moose Jaw  
**Lightweight**  
Pte R. Maybury

CFB Ottawa  
OCdt S.Y. Menard  
CMR Saint-Jean  
OCdt P. Nicol  
CMR Saint-Jean  
**Featherweight**  
Sgt W. Kelley  
CFB Gagetown  
SLt A. Laal  
ELFC Saint-Jean

by Bob Russ

continued from page 16



The middleweights -- from the right; gold, silver and bronze: Trooper D. Van Patten of the South Alberta Light Horse, Capt M. Kenneally of CFB Gagetown and MCpl D. Fredericksen of 2 PPCLI Winnipeg. All three are named to the 1990 team.



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Diamond importer seeks independent diamond dealers. Work from home PT/FT. Unlimited income. Mail name, address, phone to: S.D.M., #630, 810 West Broadway, Vancouver, B.C., V5Z 4C9. (604)435-7493.

### COMING EVENTS

AUDITIONS: SK School of Performing Arts, April 21-22 for the 1990-91 fall/winter term. Dance, drama, voice, piano. Residential School, Grade 7 to 12. Saskatoon, (306)373-4777.

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FREE: 1990 guide to study-at-home correspondence Diploma courses for prestigious careers: Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton (5A), 263 Adelaide West, Toronto, 1-800-950-1972.

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Advertising sales manager wishes to relocate to central B.C. 13 years experience, partner with Meridian Printing, Lloydminster, 13500 circulation. Reply: Box 54, Blackfoot, AB, T0B 0L0. 1-403-875-1006 after 5:00 p.m. (AB).

### EQUIPMENT & MACHINERY

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Canadian Living Microwave Cook Book. 175 fabulous recipes beautifully illustrated. Hard bound. \$24.95 and \$3 postage and handling to: Pacific View Market, Box 40066, 27-910 Government, Victoria, B.C., V8W 1X0.

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The Bulkley Lodge, a 50 bed geriatric facility, is now accepting applications for full-time and part-time registered nurses. Join our team in providing long term care to our residents. Write or phone: The Bulkley Lodge Society, Mrs. Jean Moisey, Head Nurse, Box 3640, Smithers, B.C., V0J 2N0. (604)847-4443.

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Northern Interior weekly community newspaper requires a community minded Editor. Must have good writing skills, be self-motivated and own reliable transportation. Send resume to: Bob Grainger, Cariboo Press Ltd., 188 North 1st Ave., Williams Lake, B.C., V2G 1Y8.

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# Recreation

## SILVER TOTEMS

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Pine-riders, bench warmers, taxi squad, role players — no matter what they are called they're a special breed of individuals. Their contribution and value to the team is not measured in goals, assists or points. Rather it is in the role they play on and for the team.

They may play a regular shift, they may ride the bench for most of the game, they may be called upon to give one of the regulars a rest for a shift or two, they may be used as penalty killers and they know that the 'big guns' will always

be on the ice for the power play. Yet they never complain. They know that they may not be as talented as others, yet they often lead by example — by playing with unbound enthusiasm. On the bench and in the dressing room they are the team cheerleaders, always encouraging their teammates. They are as much a part of the team success as the goal scorer, the play maker or the defensive specialist. Their desire to play and love of the game makes them valuable **TEAM PLAYERS**. The Silver Totems are led in this special role by

players such as: Stan Lawlee, Bill Sapinsky, Ross Dowe, Carl Mullin, Danny Hand, Mario Levesque, and Paul Beattie. They are a unique and special group of players.

In recent games the Silver Totem split a pair of games with the Port Alberni and tied Campbell River. In the first game, with 'Bones' stepping in for the absent Coach Esler, the Silver Totems were drubbed 9-3 by the Port Alberni Blues. Comox fell behind early and were never able to recover. Goal scorers for Comox were; Stan Lawless, Danny Hand and Patty Armstrong. The Silver Totems then travelled to Campbell River, where they were unable to hold onto a 4-2 lead and had to settle for a 4-4 tie. Magic Man Russell with a pair and singles by Earl Mongrain and Steve Bale accounted for the Silver Totems scoring. In a rematch with Port Alberni the Silver Totems exploded for their biggest offensive output of the season, as they outlasted the Blues 11-9. Comox fell behind 2-0 after only 28 seconds of the opening period. However they came storming back and led 4-3 at the end of the period on goals by: Bill Todd with 2 and singles by Joe Myers and Wayne Moore. Comox took control in the middle frame and outscored Port Alberni 3-1, for a 7-4 lead. Ted Norrie, Steve Bale and Boyd Russell found the net for Comox. The final stanza was a goaltenders nightmare as the visitors outscored the home

squad 5-4. In the wild period Comox built up an 11-6 lead on goals by Myers, Bale, Garipey and Moore, then had to hold off a surging Blues team to earn the victory.

Hockey fans can catch the Silver Totems at Glacier Gardens every Sunday at noon. Come out and enjoy some excellent hockey as the Silver Totems gear up for the fast approaching Old Timers Nationals.

### PAC Region Ball Hockey Championships

The subject tournament will be hosted by CFB Chilliwack, 7-9 April 90. We need players and a coach to form a team. For further information contact MCpl D. Ruthermund, Base Gym Loc 8315.

### Totems finish second in Hoop Tourney

Totems Basketball finished second in a closely fought final against 3 PPCLI Victoria, held in CFB Esquimalt, 26-29 Jan 1990. The Totems boasted a two win, one loss record proving that once again Basketball is on the rise at CFB Comox. Well Done! to all players, with a special thanks to MCpl Gerge Stoneman, who did an excellent job as coach.

### Books

## HOW PAPA WON THE WAR

Reviewed by Duke Warren

*HOW PAPA WON THE WAR*, by Gordon Wagner, published by Flying-W-Publishing Company, \$12.95

This book is the personal narrative of the author concerning his experience in the RCAF in WW II. The book can be broken into three sections, the first his life prior to enlisting, his enlistment and service as an airman medical assistant, and lastly his aircrew service.

Growing up in a small Saskatchewan town in the 'dirty thirties' and starting university in 1935 with sixty dollars in his pocket he graduates and finds work on a farm for twenty dollars a month in 1938. After a session in the mines at Sudbury, Gordon joins the RCAF in late 1940 as a Med A.

The author is upset to find what the duties of a Med A nursing orderly entail — having thought his university

education would have qualified him for better things. He tells of personal relationships that may not be of much interest to the average reader. Near the end of this phase he married and his remuster to aircrew training comes through. These two sections are almost half the book — 95 of 235 pages.

The final part is no doubt the most interesting section for any one who wishes to learn about the wartime training of a navigator for that is what he is selected for after failing his link test. In August '42 Wagner graduates at Rivers and is sent to Vancouver to join 147 Bomber and Reconnaissance Squadron.

Operations on the West Coast are carried out in Bolingbroke, Beaufort, and Ventura aircraft. There is no action, and in July '43 the squadron moves to Annette Alaska. Little happens there — the squadron moves back to

### General meeting Base Rec

A general meeting of the Base Recreation Council is scheduled for 1330 hrs on Wed 28 Feb 90 at the Rec Centre. All Club Presidents are urged to attend.

Agenda items are to be forwarded to the BPERO prior to 26 Feb 90.

### Volkswalking

This is the time of the year that people are much happier if getting some fresh air and exercise, and what better way than walking.

The Comox Glacier Wanderers have a 10K Volkswalk sanctioned by the Canadian Volkswalk Federation. A lot of our members already do this walk regularly, why not come out and join us.

Watch for notice of our meeting on 6 March 1990 and our march 'March' on 25 March 1990, from Fisherman's Lodge on The Oyster River.

For more information call 339-3982.

Comox Glacier Wanderers. The Volkswalkers are having their monthly meeting on 6 March 1990, at 7:30, at the Port Augusta Motel. Please come and join us. For more information call 339-3982.

Terrace, is disbanded in May '44, and Wagner is overseas and in India in Sept.

Wagner's account of his Indian service is perhaps the most entertaining portion of the book for he observes and writes about the native life and customs there in some detail.

Unfortunately, although he does some flying in India a serious illness grounds him, and in May '45 he returns to Courtenay B.C. where he has lived ever since.

There are several zibald versions of a song 'Tell us what you did in the war Daddy' — and they all tell of heroics in war and in love. Gordon Wagner never had a shot fired at him, but he did meet some lovely girls — one of which has been his wife for forty-eight years.

by Duke Warren

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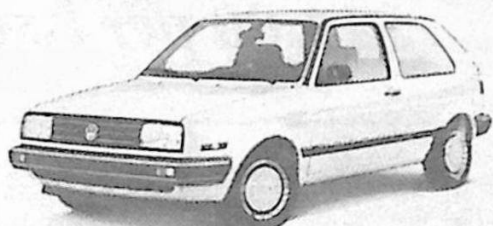


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## Next deadline

## 5 March 1990



# National news

## Chuckle

More Base Photo at work

Few engineers can equal the achievement of Francis Webb, a locomotive designer for the London and North Western Railway at the end of the last century. In one book on locomotive design the index reads: 'Webb, Francis -- his incompetence.'

Many of his early engines were quite outstanding -- they were no faster or more powerful than other designs and yet were more expensive, less efficient and much worse at starting. Despite this, he improved on them in such a way that they would frequently not start at all. His Teutonic class of locomotives, for example, had two pairs of driving wheels which were not connected and were capable of turning simultaneously in opposite directions. The engine would remain motionless, puffing violently, with the two pairs of wheels spinning to no effect. To overcome this problem, the LNWR frequently had to use two engines, one of Webb's and the other of a different design, simply to get the train started.



Base Photo: MCpl Rod Cando mixing chemicals, photo by Brenda Trembley.

## THE END OF AN ERA

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1990

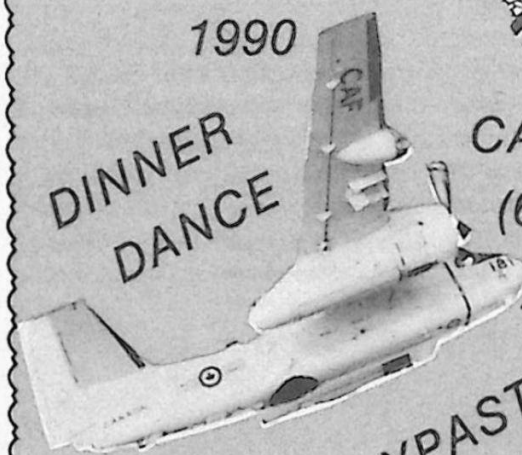


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