

Annual Comox Valley Gymnastics Championships

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24 page Special Tracker Insertion

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TOTEM TIMES



Canadian Forces Base Comox B.C.

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COST: PRICELESS

Tracker retires

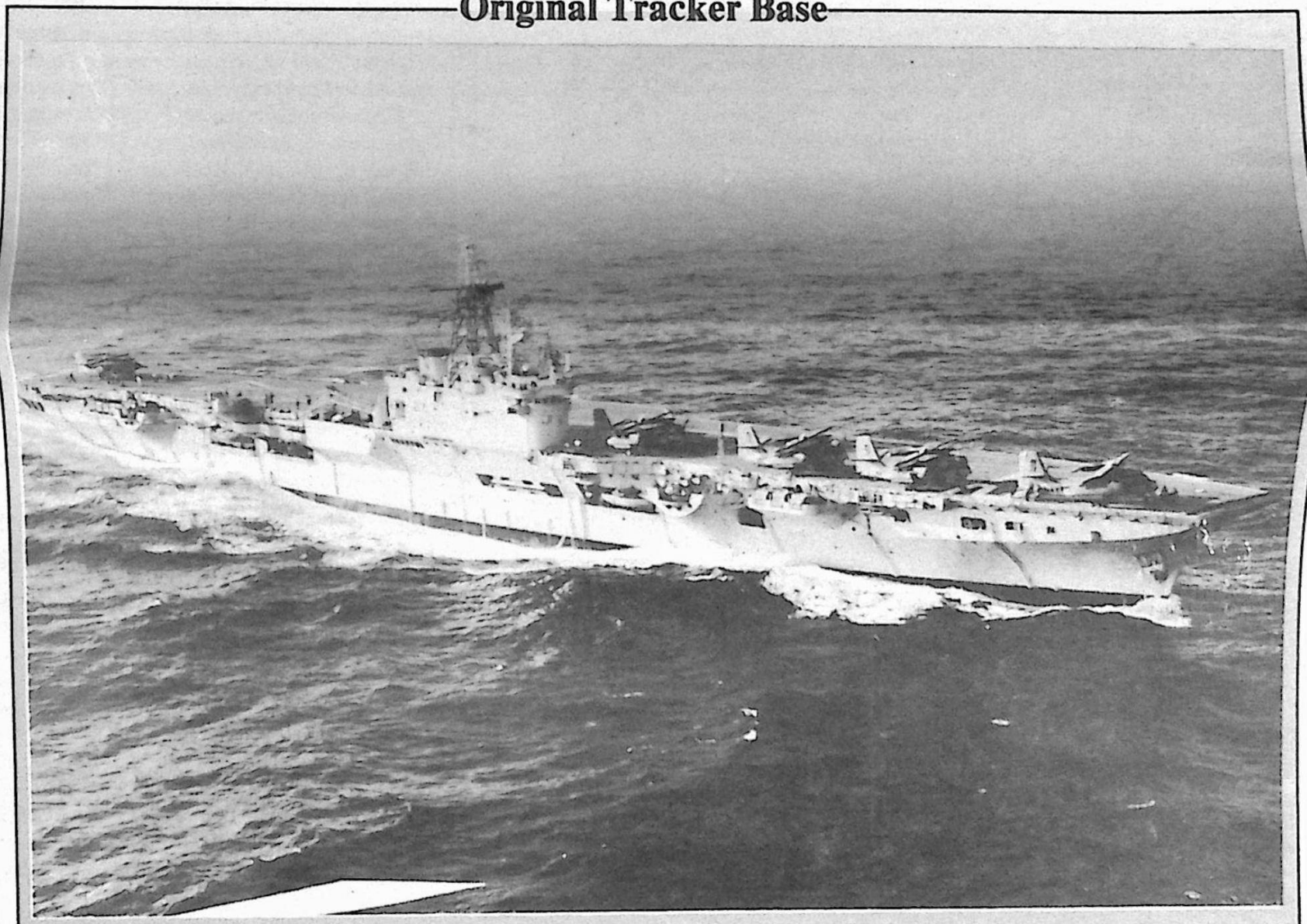
Original Tracker Base

Parade,
flypast
party
marks end
of an era

The Grumman CP-121 Tracker, workhorse of CF anti-submarine and coastal patrols, retires this weekend amid pomp and parties, reunions of old comrades, parades and flypasts.

A twenty-four page insert to this newspaper, compiled by VU33 staff records the history and accomplishments of this venerable, but still useful aeroplane. A civilian version of the Tracker is used in some Canadian Provinces for fighting forest fires, and (see photo below), an updated, turbo-equipped Tracker is being marketed for this purpose.

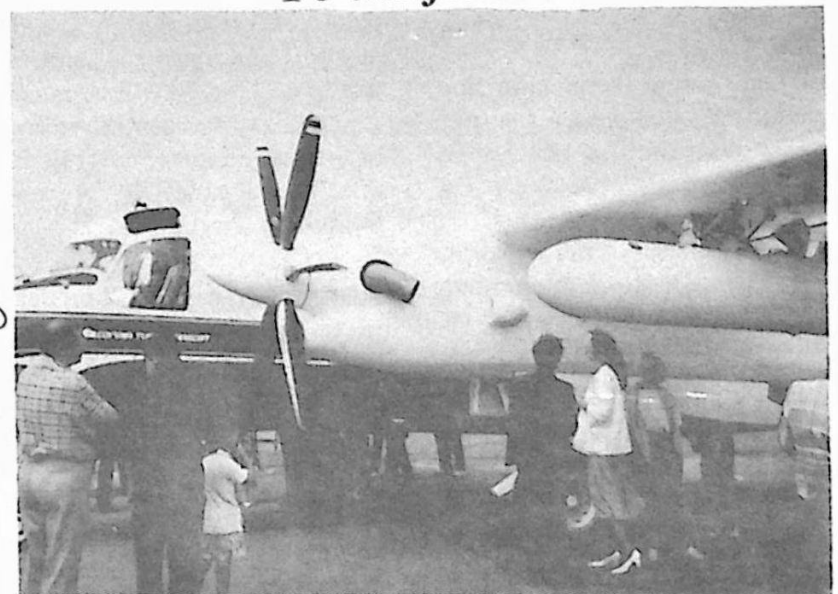
There's lots of life in this old dog yet.Norm Blondel



HMCS Bonaventure--home base in the early days

photo courtesy CWO T.P. Doherty

To the future:



Forest fire fighter



Saint Patrick's Day!

17 March 1990



The best of Irish Luck to all of ye!

On and off base

MLA Report



STAN HAGEN

Recycling plan for B.C.

Does the newspaper you are presently reading end up in the garbage once you are finished? Newspapers, glass and metal cans--materials most people still regard as garbage--can all be recycled. Increasingly, British Columbians are recognizing that solid wastes are in fact valuable commodities that can be used over and over again rather than compounding the problem of solid waste disposal that plagues our environment. In British Columbia we must take action now to ensure that our province is able to effectively deal with our garbage today and in the future.

Every person in B.C. generates 2 kilograms of garbage daily. By the time we reach 70 years of age each of us will have generated 60 tonnes of waste. Yet, in Canada we only recycle about 2 percent of our waste, compared to the Japanese who recycle between 50 and 60 percent.

These are disturbing facts when coupled with the forecast that over 60 percent of B.C.'s 236 open-air landfill sites could be full before the year 2000.

We could perhaps create more landfills, but in the long run, this is not the answer. We cannot afford to bury our heads in the sand any longer. Our environmental problems must be addressed with permanent solutions.

The problem of municipal solid waste requires the participation of the public, industry and both provincial and municipal governments. In B.C. a number of municipalities are already developing some form of recycling program.

These municipal programs usually distribute curbside recycling containers. All that is required of householders is their cooperation in sorting their newspapers, glass bottles, and metal cans for weekly curbside pick-up.

In response to the recommendations of our Municipal Solid Waste Task Force presented to Cabinet, the Minister of Environment recently announced a \$150 million plan to reduce the amount of garbage produced in B.C. by 50 percent within the next 10 years. Action will begin immediately. This waste reduction plan will require a working partnership with local governments, organizations and industry to encourage waste reduction, recycling, and environmentally sound products. Although the Province will provide leadership and support, the success of this strategy relies on the imagination of individuals, communities and businesses throughout B.C.

This program will provide funding for municipal waste management planning, local recycling and waste reduction projects. An advisory Council representing local government, industry, recyclers and consumers will advise the provincial government and municipalities on potential solutions to waste management problems. This year we will see the implementation of a number of programs including: cost-sharing programs with municipalities for solid waste plans, biomedical waste plans, and collection of discarded automobiles and appliances; funding for public information and education on solid waste, including the establishment of a province-wide toll-free recycling information service; and market research to help establish the long-term viability of recycling programs.

The Government of British Columbia is also dedicated to the development of recycling programs for our government offices. A pilot project to recycle government waste paper was recently announced. Not only will this project reduce the amount of waste produced by the government, but it will also create jobs and investment opportunities through research into recycled fibre uses. It is expected that the government will receive about \$30,000 for the waste paper collected during the 6-month pilot project and a saving of \$40,000 will be made from the normal costs involved in the waste paper removal. In total we will save \$70,000 from this pilot project alone.

Recycling can be practical for both businesses and homes. Recycling may take a little more time but the benefits to our environment and our future in British Columbia will be experienced forever. As your M.L.A., I commend all the businesses and households which have taken the time to participate in recycling programs.

1990 Autoplan Changes

PREMIUMS

Auto insurance premiums for 1990 have been increased by no more than six per cent for two-thirds of B.C.'s claim-free motorists as a result of changes to Autoplan for 1990. In dollar terms, this means variations ranging from premium decreases of about \$15 to increases of around \$60 for these motorists.

Changes include major adjustments to rating territories, increased "No-Fault" Accident Benefits and the annual "aging" of some vehicles. The impact of 1990 claims cost increases is also a factor.

These changes and increased claims costs mean that ICBC will need an estimated 4.8 per cent more money in 1990 than in 1989.

Other claim-free motorists, such as those who have their vehicles rated for pleasure use only or who live in some of the newly defined rating territories, will see their premiums rise seven to thirteen per cent.

Premiums for Compulsory and Extended Third Party Legal Liability coverages combined have been increased by six per cent for new and renewal policies as of January 1, 1990. Underinsured Motorist Protection and Comprehensive coverage also rise by six per cent. Premiums for Collision and Specified Perils coverages remain unchanged.

ICBC

WHAT'S NEW?

☛ Territorial changes mean increases over and above the general increase in some communities and contribute to either decreases in premiums or less of an increase in other areas.

☛ "No-Fault" Accident Benefits have been increased for auto-related claims, occurring on or after January 1, 1990, resulting in injury or death.

☛ For those who qualify, disability benefits for an employed person have been increased to \$200 per week from \$145.

☛ The limit of liability for medical and rehabilitation benefits has been increased by 50 per cent to a maximum of \$150,000.

☛ The maximum amount for funeral expenses has been doubled from \$1000 to \$2000.

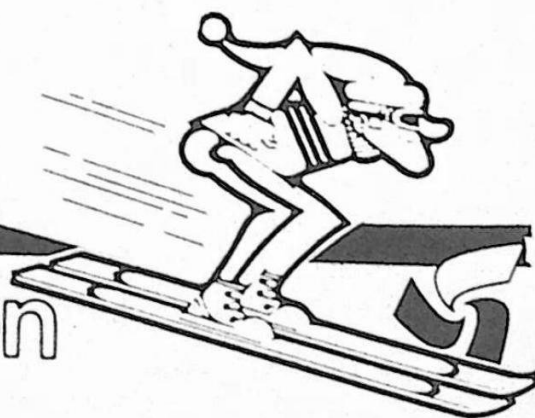
☛ To reduce fraud, proof of identity is now required for most Autoplan transactions.

FINES & DRIVER POINTS

☛ Motorists caught violating traffic rules are now required to pay fines in addition to being assigned penalty points and charged Driver Point Premiums.

☛ Drivers with five points or more are billed for points recorded in a twelve month review period. Up to December 31, 1989, the twelve month review period starts fourteen months prior to the driver's birthday (coming forward twelve months) but as of January 1, 1990, the review period will start 17 months prior to the driver's birthday to allow for recording and processing time.

PARTICIPaction



On and off base

Wanna buy a duck?

Courtesy of the
University of Guelph

Throw away the fly trap, and go get a Muscovy duck.

Researchers in the department of environmental biology at the University of Guelph have shown that on the farm, tail-wagging Muscovy ducks can put other house-fly controls to shame.

Sanitation is still number one, but for supplementary fly control, Muscovy ducks appear to outperform everything else.

After reading about a farmer near London, Ontario, who was using them in his dairy barn, professor Gord Surgeoner and graduate student conducted laboratory and field tests with the ducks. Their research results suggest 10 ducks could control the flies in a 50-cow dairy operation.

In one lab test, a five-week-old Muscovy duck was introduced into an eight-cubic-foot cage containing 400 live flies. Within one hour, the duck had devoured 326 flies.

Another lab test involved four ducks in separate eight-cubic-foot cages containing 100 flies each. In 30 minutes, the

ducks cleared the cages of 90% of the flies.

Other fly-controlling devices such as fly-paper coils, fly paper, commercial fly traps, and bait cards took 15 to 86 hours to do the same job.

Field tests were conducted on a commercial dairy operation near Guelph. There, a pair of two-year-old Muscovy ducks were placed in calf pens, where manure buildup provides a nesting ground for flies.

A video tape of the ducks in action revealed that they sought out and snapped at flies about twice a minute, enjoying a 70% kill ratio.

"They wag their tails every time they get one," observed Surgeoner.

The researchers had thought perhaps the ducks were reducing the fly population by rooting through the manure for maggots, but the videotape proved otherwise. They would occasionally eat spilled feed from the cows and calves, but mostly their entire diet was live flies and water.

Surgeoner partly attributes

the ducks' success to their proximity to the livestock. Other mechanical fly-catching devices must be placed out of the reach of the animals, but ducks can get close to the source. Surgeoner said they actually pluck flies off the hosts' hides - without harming or alarming the animals.

This summer, the Muscovy duck experiment will be duplicated with dairy cows, as well as beef cattle and pigs.

Surgeoner thinks they might also have an application at hobby-scale horse farms, where flies typically prevail.

Economically, the researchers believe Muscovy ducks make more sense than other fly-control devices. Season-long fly removal by mechanical means cost \$171 to \$455, they said, while Muscovy ducks cost only around \$2 each - and can be sold for a profit when mature.

This research is supported by the Ontario pesticides advisory committee, in conjunction with the Ontario ministry of agriculture and food.



Garbage--continues to be put out in plastic bags, despite pleas from councillors and through this column. The crows get into the garbage and spread it everywhere. Now that the time has come again when many visitors will begin coming to the PMQs, it is time to have a hard look at your own procedures for putting out garbage. Would you want your parents/guests to see a sea of garbage outside your PMQ or a nice tidy area? Nuff said.

Privacy--of individuals always seems to be a problem when large group of people live in such close proximity. Try and work out problems between neighbours and remember the PMQs are for married personnel with and without children.

As of the first of March, Lt Jeff Carlisle will be the new Mayor. I would hope everyone gives him the same co-operation I received. Good luck, Jeff.

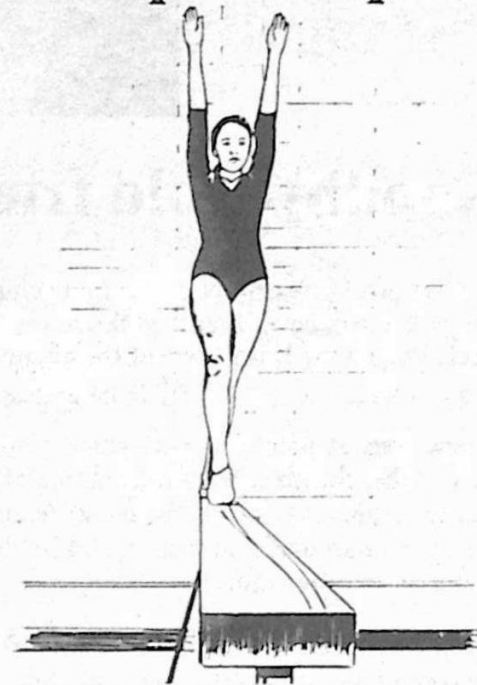
Again, thank you for the co-operation I received from all aspects while I was Mayor.

Terry Smith
Past Mayor

B.C. Heart
Foundation



Annual Comox Valley Gymnastics Championships



Parents, Teachers & Gynmasts:

The Annual Comox Valley Gymnastics Championships is here again for another year. The event will take place on Saturday 17 March from 9 am to 1 pm, at the C.R.A. Gym. This fun competition is open to all recreational gymnasts registered as students in School District #71.

Each child will be grouped according to age & level, i.e., age 6, green level, group 1.

Here is an outline of group divisions and skills involved:

Group Divisions
Boys and Girls, 6 to 8 years
Registration 8:00 - 8:30 am, warm-up 8:30 - 9:30 am
Approximate starting time 9 am
Tumbling: one trip (minimum 3 moves - maximum 6 moves)
Mini-tramp: 2 jumps
Balance beam: 2 lines
Boys and Girls - 9 - 12 years
Registration 9:30 - 10:00 am, warm-up 10:00 - 10:30 am
Approximate starting time 10:30 am
Boys--Tumbling: 1 trip
Vault: 1 vault with option to repeat
Mini-tramp: 2 jumps
Horizontal bar: 1 routine
Girls--Tumbling: 1 trip
Vault: 2 vaults using beat board
Beam (3 lines)
Mini-tramp: 2 jumps
Boys and Girls - Open category (includes advanced gymnastics students)
Registration 10:45 - 11:15 am, warm-up 11:15 - 11:45 am.
Approximate starting time 11:45 am
Boys--Tumbling: 2 trips or floor routine*
Vault: 2 vault with option to repeat
Parallel Bars: 1 routine
Rings: 1 routine
Pommel Horse: 1 routine
*Boys competing for the Herb Bradley Perpetual Trophy must do floor routine.
Girls--Tumbling: 2 trips
Vaulting: 2 vaults
Balance Beam: 45-60 second routine
Uneven Bars: 1 routine
Floor Routine to music--optional.

Please Note: Participants may enter 1 or all events in their age group.

All participants receive ribbons.

Hope you'll join us!

The competition for the gymnasts of the Chimo Gym Club and any others competing at divisional and provincial levels will take place Friday 16 March from 6 - 8:30 pm in the C.R.A. Gym. Spectators welcome!

It's an excellent opportunity to watch your gymnasts perform. We are looking for volunteers to help register participants. If you can help, or if you have any questions, please call 338-5371 (Carol Miller).

From the Mayor

Now that my time as Mayor of Community Council has come to an end, I would like to comment on my year as Mayor.

This has been a most enjoyable year. A lot has been accomplished. I would like to thank all the sections who supported the Community Council, without their support most of our events and projects would never happen. To the councillors, it has been a fun year. You can be proud of your work and representation of your fellow PMQ residents.

Although a lot has been done, there are still three areas of concern I would like to speak on.

Pets--a new order was printed regarding pet control. People do not seem to understand that the rules that are in place are for their benefit. People persist in letting their pets roam loose. The Pet Control Monitor has no alternative but to fine these individuals. I ask all residents, follow the regulations and it will make our PMQ area a much better place to live in.

PLAY PLAY PLAY PLAY

What this community really needs is a place to bring our pre-schoolers 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.

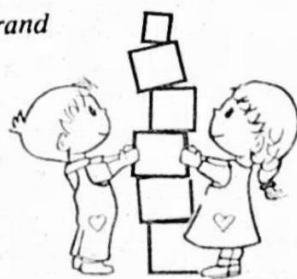
Under the auspice of the PMQ Community Council, we are a group of volunteers who will be providing the direction and organization necessary to initiate the playgroup. What we need is your support. We are in need of play equipment and toys as the foundation for our group. We will be accepting donations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



Editorial

NORM BLONDEL



Goodbye, old friend

It isn't a racehorse: one cannot detect in its chunky outlines any kind of pedigree. It has never breached the sound barrier, either by intent or accident. Flying it isn't one of the glamour jobs. It is, put simply, an old workhorse and it is far from useless, even now.

Under a new coat of paint and with some modifications, it will probably serve other masters. Hopefully, some of its kin will grace airparks and museums around the country, reminding Canadians of the excellent bargain made on their behalf by the Department of National Defence, decades ago.

The Grumman CP-121 Tracker retires this week, amid all the appropriate ceremonies and observances at which, no doubt more than a few eyes will mist up and chests get heavy. It is only right many of us should feel regret at the retirement of an old friend, even an inanimate one like an aeroplane. To each of us who had something to do with the Tracker during our careers, this is part of our life passing on.

My own recollections of the Tracker are of Borden, where I instructed many IS techs on the innards of the auto-pilot. AE, AF, and IE techs, Radar and Communications techs, Safety Systems -- the graduates of Borden and the Tracker line there -- number in the tens of thousands, and all are part of this occasion. Fully two-thirds of the Canadian Forces have been touched in some way by this old veteran, and there are some aircrew members around today who flew the Tracker on and off the decks of the HMCS *Bonaventure*.

Such is the legacy of one of the most reliable and effective aircraft ever to serve Canada. Now it will become part of our heritage, a tribute to its makers and maintainers and to the aircrew who put it to such good use.

Chuckle

By 1974 an estimated twenty-four attempts had been made on Fidel Castro's life by political enemies. By 1978 the perhaps inflated estimate of sixty was mentioned by Castro himself.

One plot failed because two poison capsules dissolved while hidden in the pot of cold cream. Another came unstuck because the brunette agent sent to finish Castro off turned out to be in love with him and more likely to cook him a TV supper than kill him.

Badly aimed poison pellets

did more damage to Cuban trees than Dutch Elm disease ever could and, according to one story, an array of exploding seashells missed Castro by forty minutes but fused all the traffic lights in downtown Havana.

Three assassins were arrested carrying a bazooka across a university campus and another put a poisoned chocolate milkshake in a freezer compartment by mistake. By the time anyone offered it to Castro, it had gone solid and was impossible to drink.

You will, by now, be in receipt of the announcement made in Mr. Wilson's budget and describe, which in general terms, how budget cuts will be effected within DND.

As you are aware, I was fully involved in deliberations by the senior leadership of the Department leading up to Budget 90. Based on those deliberations and, acknowledging the formidable challenge represented by the cumulative cuts of the 89 and 90 budgets, I remain fully committed to and confident in the ad astra project. Simply stated, I firmly believe we are on the right track and that our air force remains uniquely postured to meet the international and domestic challenges facing our country.

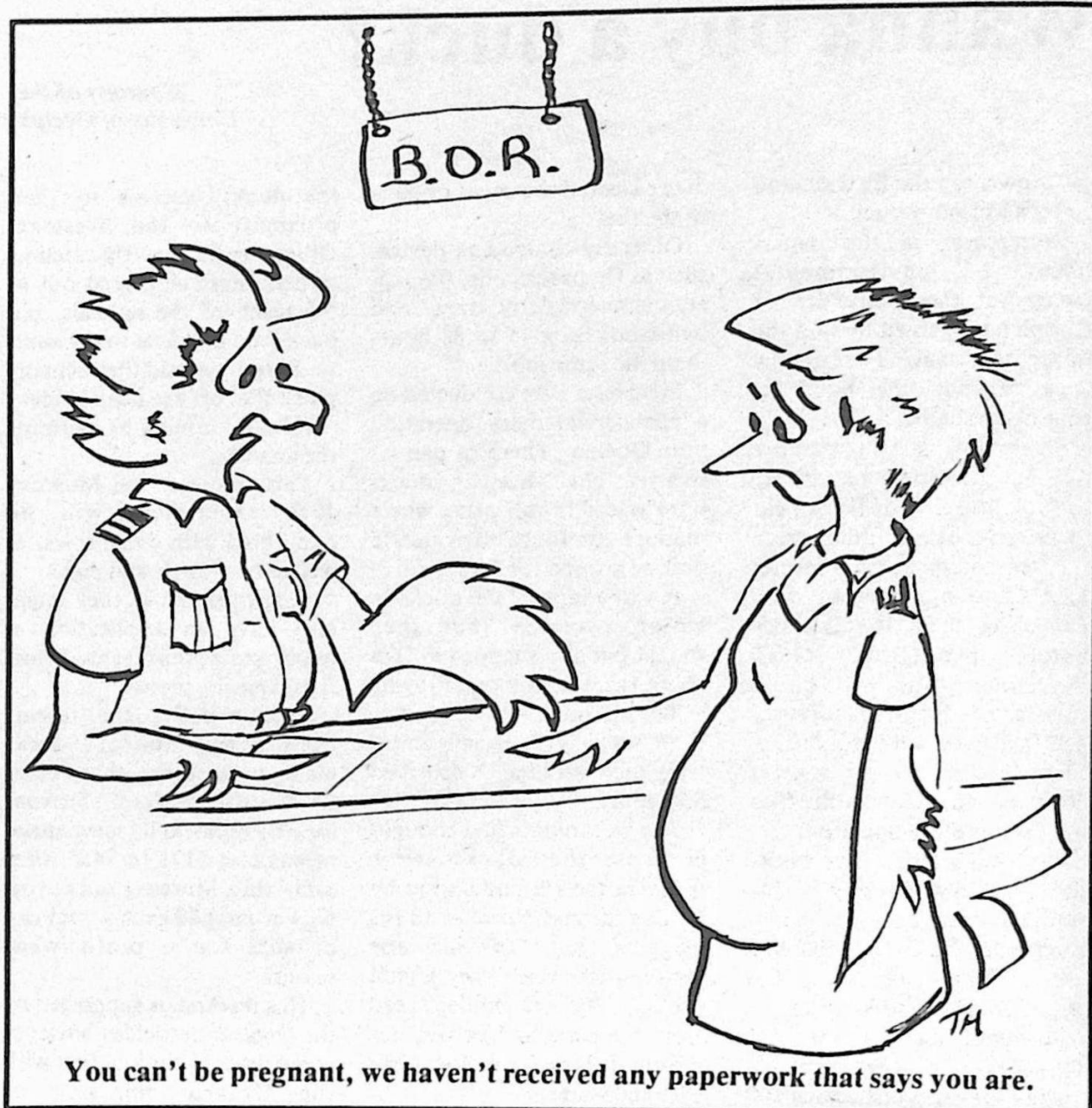
It will, of course, demand our collective energy, talent and best professional judgement to provide the air force Canada will require to meet these future challenges. In this regard, the key precepts of Ad Astra remain immutable.

Our short term challenge is to reassure our people that, in these times of geo-political change and fiscal restraint, and the attendant uncertainty these factors engender vis-a-vis the future of the CF, that the future remains viable and positive. They must be reminded that what they do today remains vitally important and that, even if their very professional contribution to national security and sovereignty and to the national

purpose of our country goes largely unnoticed, we must persevere.

Our air force has faced similar problems of even greater magnitude in the past.

The leadership of our predecessors, coupled with the spirit and dedication of all who so proudly wore the light blue, got the air force through those difficult times. We owe it to this legacy of excellence and to the wonderful men and women who serve today to ensure we navigate our way through this period of challenge and change. I know we are equal to the task. Per Ardua Ad Astra, LGen F.R. Sutherland, Commander, Maritime Air Group.



Commander MAG on the Budget

PER ARDUA AD ASTRA

TOTEM TIMES

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Comment



Letters To The Editor

CWL thanks

Dear Sir:

The members of Our Lady of the Sacred Heart CWL of CFB Comox would like to extend a warm **THANK YOU** to the whole community for the generous donations and support given us as we brought our Thrift Shop into operation. We look forward to your continued support to enable us to stay well stocked. We have a good selection of baby and children's wear as well as clothing for men and women, and a limited selection of toys and books.

As an expression of our gratitude, and to clear some of our winter inventory, we offer you a \$3 Bag Sale 1 March 1990. The bag will be supplied and you can purchase for \$3 any clearance items which you can put into the bag! The Thrift Shop is open every Thursday from 10 am to 2 pm in PMQ 121 on Little River Road.

Sincerely
Mary Anne Stagg
Communications and
Public Relations

Heart Telethon

Dear Sir:

The University of Ottawa Heart Institute at the Civic Hospital has served the Military community since the early 1970s. Over 1,000 open heart surgical procedures have been performed on Armed Forces personnel. Traditionally Armed Forces Members have been investigated and treated medically at NDMC and have come to the Institute for surgery.

The Ottawa Heart Institute will be having a Telethon on CBC 'Sharing for Life' 31 March to 1 April. The monies raised from this Telethon will go towards support of the Heart Check Centre and replacement of outdated monitoring equipment in the intensive care areas.

As a recent patient of the Ottawa Heart Institute and a serving member of the Canadian

Armed Forces, I can say with confidence that the Ottawa Heart Institute gave me a second chance for a healthy life. If you or someone you know has also been given this second chance take this opportunity to thank them for their care.

When making your donation to the Telethon please complete the attached form and return it to the attention of Debbie Dixon, Room 205, Ottawa Heart Institute, 1053 Carling Ave., Ottawa, K1Y 4E9.

All money received by 25 March using the attached form will be tallied and presented on your behalf. Your donation will make a difference.

Sincerely,
Sgt Len Harris,
CFB Ottawa.

'Sharing for Life'

Please Print

Name: _____

Address: _____

DONATIONS FROM ARMED FORCES PERSONNEL



The moving finger writes:

"The moving finger writes; and, having writ, moves on: nor all thy piety nor wit shall lure it back to cancel half a line, nor all thy tears wash out a word of it." . . . Edward Fitzgerald, "Omar Kayyam."

Our apologies to United Way Campaign Chairman Dave

Durrant for the typo in his letter of 22 Feb: The total raised in the Comox Valley was \$142,753.00 . . . now I suppose we'll be quoted in the Readers Digest. Incidentally, Dave informs us the Canada-wide UW total was \$200,024,122.00, exceeding the 1988 total by 8.8%. Way to go, Canada! . . . Ed.

Legion Memberships encouraged

Dear Sir:

I have been asked to ensure that personnel stationed at CFB Comox are made aware that they may qualify for membership in the Royal Canadian Legion. Certainly, one does not have to wait until retirement to join the Legion and there are many advantages to becoming a member now. In addition to the camaraderie, this respected association of men and women are well-known for their great charitable works and activities in communities throughout Canada. Indeed a Legion card is a worthy item to possess and guarantees association and introduction to similar minded Branches and people across our land.

For those who might be interested in a relatively inexpensive Friday or Saturday evening, dancing to a live dance band in a wholesome and controlled atmosphere, why not consider visiting Courtenay Branch 17 at 367 Cliffe Avenue? We encourage service personnel to look us over and learn some of the benefits. Our hope is that you may eventually consider applying for membership at \$25 per annum. For further information about the dances, signing in, or other details, please call the Lounge at 334-4911.

Yours truly,
M. Bowbrick
Membership Chairman
Courtenay Branch 17
Royal Canadian Legion

It's a girl!

Born 1 Mar 90 to our Circulation Managers, Brad and Helene Shipley, a 7lb 13oz baby girl, 'Rachel Alannah'. Brad serves with 3 Crew, 407 Sqn Servicing.

French language instruction a benefit for students

From the BC Teachers Fed.

BCTF president Ken Novakowski urged school district to maintain both French immersion and French-as-a-second language programs in spite of recent criticism from a vocal minority.

"The learning of any additional language and the culture that surrounds it is an enriching educational experience. Most citizens of the world are fluent in more than one language. The two official languages are part of Canada's unique identity, and have appropriate places in our public education system," Novakowski said.

Novakowski pointed out that French immersion programs are very popular in many school districts, with some parents facing waiting lists when they try to enrol their

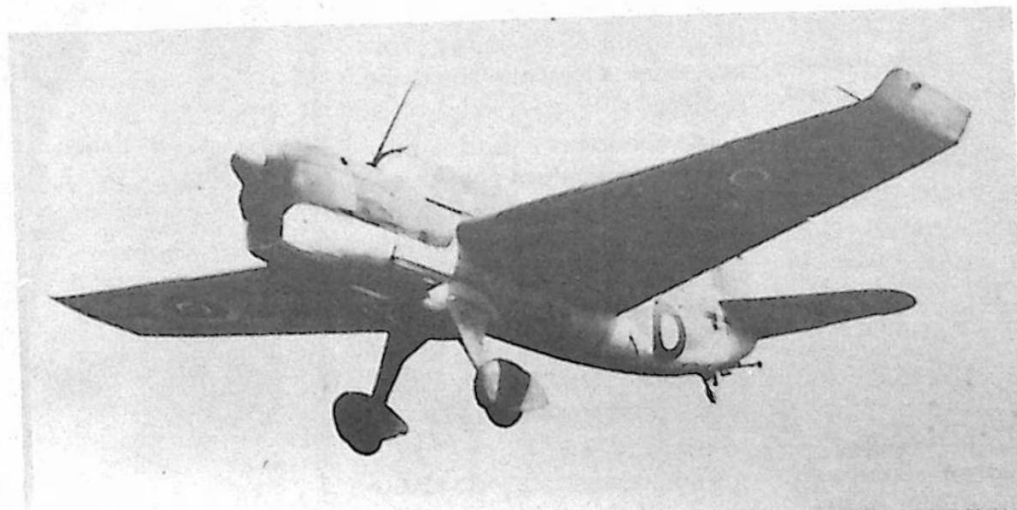
children. Qualified French immersion teachers are being recruited by B.C. school districts from across the country.

"Parents are happy with the programs, and research indicates that French immersion students perform well in English. I think there is a degree of anti-French sentiment, created in part by the controversy over Meech Lake or Quebec sign laws. Neither of these issues is a good reason to make irrational educational decisions in British Columbia," he said.

The BCTF has policy supporting the right of parents to have their children educated in either official language where there are sufficient numbers to make it feasible, and where qualified teachers are available.

Air Force Trivia

What, where, when



A 1943 picture for our trivia experts



(From the H. W. Holmes Collection)

Trivia Answer

Vertol H21A 9615 of 108 Communications Flight, RCAF Rockcliffe, January 1955.

On the base

From the BFSO

Annual Flight Safety Briefing

Col John F. David, Director of Flight Safety (DFS). Col David, appointed as Director of DFS in Sep 88, has an extensive background in fighter, flying CF-104s and F-86s in various postings in Germany.

He also held various staff positions in Canada and West Germany including EA to BComd CFB Cold Lake in 1976 and a Senior Staff Officer at 4 Allied Tactical Air Force in Heidelberg, West Germany.

Col David attended Staff College in England with the RAF and was Base Commander at Goose Bay prior to taking up his present position. Col David was accompanied by Maj Ken Payne DFS 4-2 (Aere Officer).

The presentation commenced with an introduction from the Base Commander, Col McGee. Although CFB Comox has had a safe record, indicative of the professionalism of all Comox personnel, being alert for any potential hazards in the work place is paramount.

Col David began the presentation with a very important message from a flight safety point of view--that there wasn't a single person in the room, no matter what rank, who didn't play an important role in safety, from the MIR, to the cooks, and to the ground crew and aircrew.

The theme of the briefing was Prevention through Awareness. Since the Canadian military has many commitments and we are exposed to many risks our civilian counterparts aren't, this puts heavy responsibilities on our leaders. The flight safety system stresses omni-directional communication. That is, a two way exchange of information which includes communication between both our superiors and our unit personnel. Active participation of all is an essential component of this communication.



Major Ken Payne DFS4-2

Maj Payne covered the topic of Ground occurrences including both accidents and incidents. In 1989, there was one fatal ground accident. How many similar situations are out there? Some factors leading to these occurrences were attributed to: 1. Lack of situation awareness, ie; carelessness 2. Procedural deficiencies, ie; detailed records must be kept and a cross check must be done between aircraft orders and CFTOs. 3. Lack of supervision--supervisors must oversee and provide the necessary guidelines to ensure the task is performed safely and effectively. 4. High No. of FOD incidents--poor maintenance practices must be eliminated and strict unit FOD prevention programs must be continued. 5. High No. of tool control occurrences--there seems to be complacency setting in. We must enforce better tool control, otherwise many unnecessary accidents could be fostered.

Involvement and participation will always be the key to success for flight safety. If all units can address the unsafe trends, and we can learn from the mistakes already made, this will make room for a lot of improvement relating to Flight Safety in the upcoming year.

The presentation provided a review of the accidents and incidents that occurred in 1989, their cause factors and efforts being taken to preclude repetition. The extensive background of the DFS team enables them to answer most of the questions on the Flight Safety system of the Canadian Forces.

In closing, Col McGee thanked both Col David and Maj Payne for their excellent presentation and all those personnel at CFB Comox for their fine efforts.



Colonel John David, Director of Flight Safety.

Together We're Better!

Let's Eliminate Racial Discrimination in Canada



March 21 is the International Day for the Elimination of Racial Discrimination

As we enter a new decade, our challenge and our opportunity is to build a more just and fair country for all. Only by working together can we have a stronger and better Canada.

By taking part in this special day you will be helping to make this dream become a reality.



Multiculturalism and
Citizenship Canada

Multiculturalisme et
Citoyenneté Canada

Canada

Section News



Aircrew

Frantic final preparations are underway for the kick-off of the VU33 Tracker Farewell weekend which is tomorrow 9 Mar 1990. The members of Canada's smallest Squadron have been working very hard to make this weekend one which should provide lasting memories for all who attend. Tickets are still available so come on out.

At 5 pm on 28 Feb 90, two CP121 Trackers landed at CFB Comox terminating the last two Fisheries Patrols flown by the Tracker on the west coast of Canada. The two crews were welcomed by the Commander of Maritime Air Group, BGen O'Donnell; the Base commander, Col McGee; and many other distinguished guests. Although the Tracker will continue flying other missions until the end of this month, these last two flights certainly were the end of an era.

Other Squadron happenings since last article included a visit to Whithorse, Yukon, to participate in the annual Sourdough Rendezvous. Two Trackers and one T-33 headed north loaded down with parkas and long underwear. The Tracker crew of Cpts Bokor and Franklin flew perhaps the last air display of the CP121 while Capt McQuaid displayed our newly painted T-33. The surprisingly warm weather of a blustery, -45o Flight Line display was very welcome by the pilots who stayed on the ground to show the locals the aircraft. I think all who attended would agree that the weekend was a complete success. Our sister Squadron VRC30 of North Island NAS, San Diego, paid a visit to CFB Comox to sample the local ski hills as well as the other local activities. Once again, they were treated to an excellent weekend and have promised to return for our Farewell festivities.

Finally, congratulations to John and Sharon Woodbeck who very recently celebrated the arrival of a new baby boy. Timothy John weighed in at 7 lbs 6 ozs. We have yet to receive our cigars.

Anker Klankin'

The final patrol



Commemorating the final fisheries patrol by a Tracker: (l-r) Capt McQuaid, Capt Fair, Col McGee (BComd), Gary Beuchler (Dept of Fisheries), Maj Arsenault (CO VU33), LCol Bishop (B0ps0), WO Ruthven (407 Sqn), Sgt Larson, Capt Chapin.

Techside

Since our last article it has been a busy time at VU33. Preparations for the Tracker Phase-out are picking-up, and many of our personnel are involved in the many aspects of the upcoming festivities.

During this period we have said good-bye to three of our Squadron members who are retiring from the Canadian Forces after many years of dedicate and productive service. The three, WO Lyle McManus, MCpl Fred Kay and MCpl Ernie MacAlpine, represent just slightly less than 100 years service. They were mugged-out on Thursday 1 Mar and the response and gifts from the various section of the Squadron clearly showed the respect and admiration all members of the Squadron hold for these three servicemen. Although Lyle and Fred have started their retirement leave Ernie will be with us until April. All three are planning on staying here in the Valley, so

I'm sure we'll see lots of them. We wish you and your families a healthy and happy retirement and the very best of everything for the future. Don't become strangers, keep in touch.

MCpl (magic hands) Boyd Russel celebrated yet another milestone in his career on 3 Mar when he became a member of the 'half-century' club. Congratulations 'Boydie' and we can only hope we're all as active and look as good when we reach this point in our lives.

1 Crew

Greetings from 1 Crew. First item on the agenda will have to be welcoming WO Boots Boutilier to the world of VU which does not stand for Vacation Unit, contrary to popular belief. We hope your tour with VU will be both rewarding and enjoyable. At the same time, we bid adieu to WO Lyle McManus, MCpl

Fred Kay and MCpl Ernie MacAlpine who have given us many years of leadership, knowledge and, last but not least, friendship. All three will be sadly missed around the hangar. (Rumor has it that they have about 258 years of combined service). Good Luck to all of you, enjoy your retirement.

Maintenance has not been exactly overloaded with work lately, which works out nicely for the Servicing crews. We're getting loads of help from the boys painting the hangar floor and the crest out on the ramp,

and generally just making the hangar pretty. Your help is much appreciated as our Tracker farewell party is almost upon us.

Johnny Johnson has been seen lately sporting a cervical collar. Seems that his baby of less than one month (new car) had a rather untimely meeting with another car at the intersection of Ryan Road and Anderson. Hope Johnny doesn't have any aspirations of becoming a pilot, at least not with the nickname, 'Crash'.

continued on page 10

THE END OF AN ERA

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1990

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CONGRATULATIONS TO ALL THE PEOPLE WHO PARTICIPATED IN FLYING AND SUPPORTING THIS IMPORTANT TASK OVER THE MORE THAN 15 YEARS THAT VU33 HAS HAD THE RESPONSIBILITY, YOU CAN BE JUSTLY PROUD OF A JOB EXTREMELY WELL DONE. BRAVO ZULU.

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Section News

407 Squadron Demon doin's

Time again for the latest from 407 Aircrew. Crew 6 recently returned from New Zealand. To no ones surprise, they had a great time. We just wish they would stop reminding us!!! It seems that Lt Schoettler owes Capt Martin 25 security checks for previous considerations given (details to follow!!). Of course the strain of this trip was a bit much. To help them get over it, they were sent almost immediately to California (what a tough life!!).

Crew 5 has had a bit of misfortune. It seems they had to spend a few extra days in Hawaii. The rumour is that they are trying to drag this out until Rimpac, figuring that

they can save themselves 18 hours of transit time. Good luck guys!

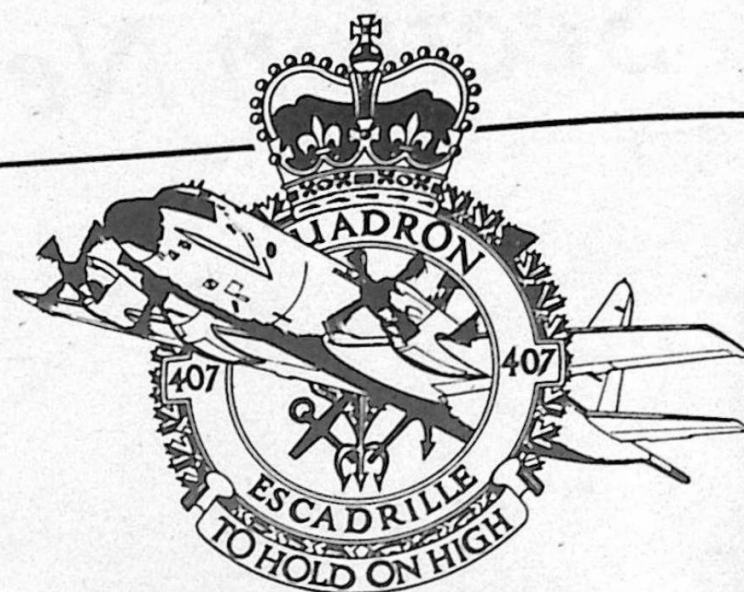
Whitehorse has changed forever. The Rainbow Warriors took part in Sour-dough Days and it will never be the same again. Lts Clancy and Robinson struck upon a rather extreme method of warding off the unwanted advances of some of the locals. When last seen, they were seen walking off into the sunset, hand in hand. From the sound of things, Crew 5 will do anything to go back next year. Even Maj Wadelius' dog Nelson wants to go back. Apparently Capt Cecics remarkable fly-by will insure an invitation to next years

festivities.

Capt Hooper and ex-Demon Shag have taken their show on the road. Caesars Palace breathed a sigh of relief as they left. Apparently Florida State Troopers are on the look-out for a silver 4x4 towing a boat.

The local ladies are also on the look-out . . . for that VP girl!!!

Finally a few brief notes. Hello to Capt Gowski and Lt Ness. Goodby (for now) to Lt Clancy. Standards welcomes Capt Verville (a much needed breath of FRESH air!!). For you sports fans; Devils vs RC-MP 6-1 and Demons VS BOPS 7-7



407 awards: LCol Bennet presenting



A suggestion award for MCpl Ray Michell, who came up with an idea for a safe and convenient storage facility for sonobuoys at deployment bases.

Income tax records

It's a common refrain as the deadline for filing an income tax return closes in: "If only I'd kept better records, I could have claimed that exemption."

Despite last minute pledges of being better prepared next year, many taxpayers launch into a frenzied search, rifling through their desks and files looking for those crucial receipts in order to meet that 30 April deadline.

This last minute panic can be eliminated very easily through better record keeping. Keeping up-to-date, accurate financial records is an essential part of developing a comprehensive personal financial plan, according to certified general accountants surveyed for this column. And, it could save you valuable time and money.

Accurate records are essential to give a factual account of earnings and income on your tax return. Incomplete records could create problems if you have to submit to an audit by Revenue Canada.

The first -- albeit basic step -- is to keep a central record book that tallies your expenses and earnings.

The next step is to set up an accurate tracking mechanism for your expenses. Most people use a chequing account and let the bank do the lion's share of their work for them. What type of account you choose varies according to your par-

ticular needs. It's helpful to have the kind of account that returns your cancelled cheques. Cancelled cheques -- along with original receipts -- should be saved since they provide a record of major purchases for warranties, legal purposes and evidence of tax deductible items.

Once you've set up your chequing account, it's important to track your expenses and earnings by reconciling your statement. When you do your reconciliation is a matter of preference. Perhaps it's once a month or every pay period. Check off your cancelled cheques.

Circle any debit item -- usually a bank service charge -- that doesn't have a cheque. Check bank deposits from the statement to your records.

Those two steps are the most essential components of your new record keeping plan. However, that's not the end. You should keep all records of transactions especially credit card expenditures along with a comprehensive list of account numbers and phone numbers if the cards are ever stolen.

For tax purposes you should keep all original records relating to income and expenses. Income records include such things as T-4 slips, capital gains records, real estate rental income, interest income,

alimony receipts, child support payments, unemployment insurance benefits and any self employment income.

On the expense side, you should keep records relating to retirement plan contributions, alimony payments, medical and dental expenses, charitable contributions, casualty and theft losses, and unreimbursed business expenses.

Once you've got your financial files organized be sure to keep them stored in a safe and secure place. In some instances it's advisable to keep records in a safety deposit box at your local bank.

How long should you keep your records? For taxation purposes you should keep them for a minimum of six years. Indispensable records such as service records, legal agreements, mortgages, personal records and other documents should be kept for life.

This is merely the first stage of developing good financial habits that could save you a lot of trouble and money in the future. If you have more detailed questions you should contact your local certified general accountant or other financial advisor.

Account for your Money is prepared by the Certified General Accountants' Association of Canada.



CF Flight Safety Award for Professionalism for Sgt Keith Spragg: While stationed with BAMEO at CFB Edmonton in 1988, Sgt Spragg discovered an oxygen line that was badly worn near an oxygen converter on a CC-130 Hercules. A special inspection carried out on all Hercules in Edmonton found the problem on two more aircraft. A Fleet Special Inspection was then carried out with seven more aircraft being found to have the same problem. If undetected, this problem could have resulted in a fire, with potentially serious results.

more 407 pictures on page 15

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THURSDAY 8 MARCH 1990

Section News



442 Squadron

CDS Chief meets 442



Maintenance Crew with Canadian Forces CWO Marr during his visit to 442 Sqn.

CDS visit



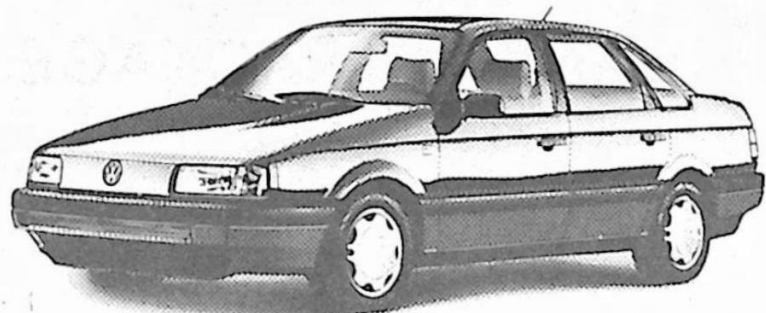
MCpl Ross Brown showing the CDS General Dechastelain around the SAR Tech shop during his visit to 442 Sqn.

New FEs



These two visions were recruited recently to join the Fit Eng trade. The two unknowns have expressed a deep desire to fly buffalos.

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Chuckle

From our point of view the most important mayor ever to hold office was Senor Jose Ramon Del Cuet.

In June 1978 he resigned as Mayor of Coacaloco in Mexico, feeling that his record in office was poor. This selfless decision was reached with the help of 4,000 local voters who stormed the town hall, seized the mayor and forced him to eat 12 lb of bananas before signing his resignation.

**It's a
boy!!**

The Base Traffic Section would like to congratulate Cpl Christine Cote and her husband Marc on the arrival of their new baby boy, Alexandre Cote. Alexandre was born on 4 March and weighed 8.0 lbs. Our best wishes to you and the baby Christine!



LEGION LOG

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Fri 16 Mar.....Music by ALLEYCATS
Fri 23 Mar.....Music by VALLEY BOYS
Fri 30 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.

Sat 7 April Honours & awards night, upper hall, 6:30 pm,
\$7.50 a person, tickets available 19 March.

Sun 13 May Mothers' Day, Lounge

SPORTS

Sun 11 Mar Branch 160, Crib playoff for zone rep to Naniamo,

Mar 17-18, singles, doubles & teams, 1 pm.

Fri 16 Mar Dart Steak Shoot, upper hall, 6-6:30 pm, \$5

Sun 18 Mar Euchre Tourney, lounge, 1 pm, \$5.

Section News

More Anker Klankin

As of 28 Feb, VU officially has the strongest team in the intersection hockey league. One look at the standings will verify that they are at the bottom of the pile holding everyone else up. But warning to the rest of the league -- we've now figured out that if we start putting the puck in the other guys' net instead of our own, that we're going places.

As a closing note, something on the lighter side. It seems that the Mike Jameson household had a visit from the fire department the other day. All I would like to know is how Mike got his cat under the fridge in the first place!!! Until next time, a river-durchee from 1 Crew.

2 Crew

2 Crew witnessed the Trackers last Fish Patrol. It brought a tear to my eye. Well out with the old, in with the new??? Speaking of the new, Trevor and Nancy finished building their new home. It took longer than expected because, as they put it, Trevor kept taking it apart.

Marc Pilon got a chance to visit Whitehorse during Sourdough Days. Marc commented upon return that, "Ookpick has lots of sisters." It is rumoured that a certain person in this crew imitates the injuries

of sport celebrities. For instance, Mario Lemieux recently hurt his back and, come to think of it, I haven't seen Jamie Bull lately.

27 Feb 1990, was WO McManus' last day. It is said he was looking for parts right up to the last minute. So long Mr. McManus, VU33 will surely miss you!

Attention all: at 1425 hrs 22 Feb, Gene Meyer said he witnessed Dave Graham sit down and stop grinning for approx 1.2 seconds. Way to go Dave, it's a start!

Maintenance

The 'T' Bird rehab staff has a new version of floor hockey. Spill 10 gallons of grey paint on the hangar floor, grab a dozen long handled rollers and go for it! Cpl Brian Lavigne got a breakaway but Cpl Reiner Roedger checked him to the 'mat'. It registered 4.5 on the Richter Scale and literally peeled the paint off the floor. 'He wiped out' so to speak. Next time we may even use a puck.

MCpl Mark Pigeau has arrived back from JLC. It must have been a 'hair raising' experience judging by the shape of his head. 'Generalissimo Edwards Villa' is on hold for Honduras for awhile. In the meantime, his wife Peggy is recovering from some minor surgery. It was something to do

continued from page 7

with 'having your stuff together, but not being able to lift it'. Nice to see you back in good form Peggy.

Cpl Dan Finnegan pulled off the ultimate faux pas recently while discussing transfers etc. The discussion involved posting to Shearwater and a voice in the back of the room says, "Who, me?" and Dan answers with the question, "Have you ever been to sea Billy?" There was a deafening silence and then the reply from Capt Snow, "No, have you?" I've never seen a person run through so many hues of red and white or painful facial expressions. Perfect timing Dan!

Our Sqn ball hockey team is willing and able to take on all comers, anytime, anywhere. If interested, contact Pte Darren Herle 8236/8384. GSMIP and Blue Cross coverage is available to all challengers at reduced rates. Also, BCAA and Bob's Towing are available (should the Sqn teams lose) and recommended in case of unknown vindictive vandals attacking the winners' vehicles.

MCpl Ernie MacAlpine is down to the short strokes, only a few weeks left. Everyones' BMI should go down a few digits after the 'jammies' guy in the Sqn retires. We'll be looking for a new head 'cheese' soon. If anyone wishes to become the 'toast' of the Sqn, apply at the Servicing desk to J.R., no not 'Ewing', Walsh!



BAMSO



Cpl Nancy Wild was presented with her CD by Lcol Mack during a recent BAMS0 parade.



Cpl Lorry Lourie receives her CD from Lcol Mack during the BAMS0 parade. Bams0 news on page 14

Chuckle

The City Golf Club in London is unique among such organizations in not possessing a golf course, ball, tee, caddy or gab. Its whole premises just off Fleet Street do not contain a single photograph of anything that approaches a golfing topic.

'We had a driving range once,' the commissioner said, 'but we dropped that years ago.' The membership now devotes itself exclusively to eating and drinking.



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FEB/MAR '90 CALENDAR

FRIDAYS 9, 16, 23, & 30 MAR

REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi.
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WEDNESDAYS 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

TUESDAY 27 MARCH

NOTE CHANGE OF DATE. OMLC ANNUAL FASHION SHOW. Join us for an exciting preview of Comox Valley's Spring and Summer wear provided by Casually Yours, Maida's Boutique, The Golf Shop, Cherry-Wine Fashions and Black's Cycle. Hair by Trio, make-up by Kallima. Doors open at 7pm.

SATURDAY 17 MARCH St. Patrick's Night, featuring an Irish Band, 'Gord Watkinson'. 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.

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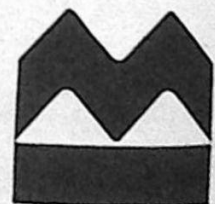
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Section News

Base Transport CD



MCpl Murray Streeter receiving his CD from the BTSO, LCol Mack.

BNBC Commissioning Ceremony



Commissioning Ceremony held in Command Post -- Lt B.D. MacIsaac, BNBC Section, Mrs. MacIsaac, Mrs. Weed, Capt P.A. Weed, Base Security.

As the beacon turns

Marie-Claude is still seeing Marco, formerly known as Snake 68 and they are going to Mexico together. Martin is still living in sin with Nathalie. Greg is a free man as far as we know. Stephane is seeing a lumberjack named Karen from Campbell River. Nick is seeing Linda a local girl. (He gave her plastic flowers on Valentine's Day!), Jim and Charlie are just enjoying the OJT the way we all did. Peter disappears for a few days every year. (He learned his lesson. . .), Jim is literally besieged by local single mothers. Sandra has been with Scott for; gee what? About two years! Gilles is in bliss; his girlfriend Nance from Beauport is finally here with the furniture. Bill Best is seeing my hairdresser Michelle. Dave Bridges is trying real hard. Tom Kennedy, Nathalie Aube and Shani's stati are unknown.

Annie, being now legal and all, is currently recovering from one of 'those disappointments'. Andre Lafontaine was seen at the Mex with Teresa Miles, but I am not supposed to write about this. Finally, Barry 'By' Norris will marry Tobi, from Comox on 14 Sept 90, in his home town of Bay de Verde, Nfld. (Sorry ladies!)

As your dedicated section news reporter, I HAVE ALWAYS STRIVED TO ENTERTAIN YOU GUYS BY ALWAYS WRITING IN THE BEST English I know, by watching my orthograph and by maintaining some sort of continuity throughout these articles. It occurred to me though that the content of this column may also be important to you. Lack of material from which to write about has often forced me to resort to exaggerations, lies and science-fiction. Fun stuff, fer sure, but my ongoing quest for literary recognition has made me examine what other newspapers (Enquirer, Sun) write about that really make their readers tick: the love lives of famous people.

We don't have many famous people in our section, but we have single people that are always asking me to write about them, so here is some of you people's worst nightmare coming true:

What is going on in the lives of our single air traffic controllers:

Is your RRSP protected?

We've all heard of them, most of us have one, but do we really understand all of the ramifications?

According to Information Officers answering enquiries made to the toll-free information line operated by the Canada Deposit Insurance Corporation (CDIC), there is still much confusion about registered retirement savings plans (RRSPs).

"Many people assume that because an RRSP is registered with the federal government, that the plan is guaranteed by the government," says Charles

de Lery, CDIC's President and Chief Executive Officer. Another misconception is that people feel because the trustee of their plan is a CDIC member institution, the plan is automatically insured by CDIC.

"The fact that the trustee of an RRSP is an CDIC member institution doesn't necessarily mean that the investment held in the plan are insured. Monies held in registered plans must be invested in deposits that are insurable under the CDIC Act in order to be covered," says de Lery.

Insurable deposits must be payable in Canada and in Canadian currency, these include investment in savings accounts and term deposits, ie investment certificates, guaranteed investment certificates and debentures (other than bank debentures). The maximum deposit insurance for deposits held in individual RRSPs is \$60,000 per member institution. These are separately insured from any other deposits a person may have with the same member institution.

MCO Promotion



Cpl Allard receives her well deserved promotion from BSupO Maj Blakely, while MCO personnel look on.

BUDGET INFORMATION 1-800-267-6620

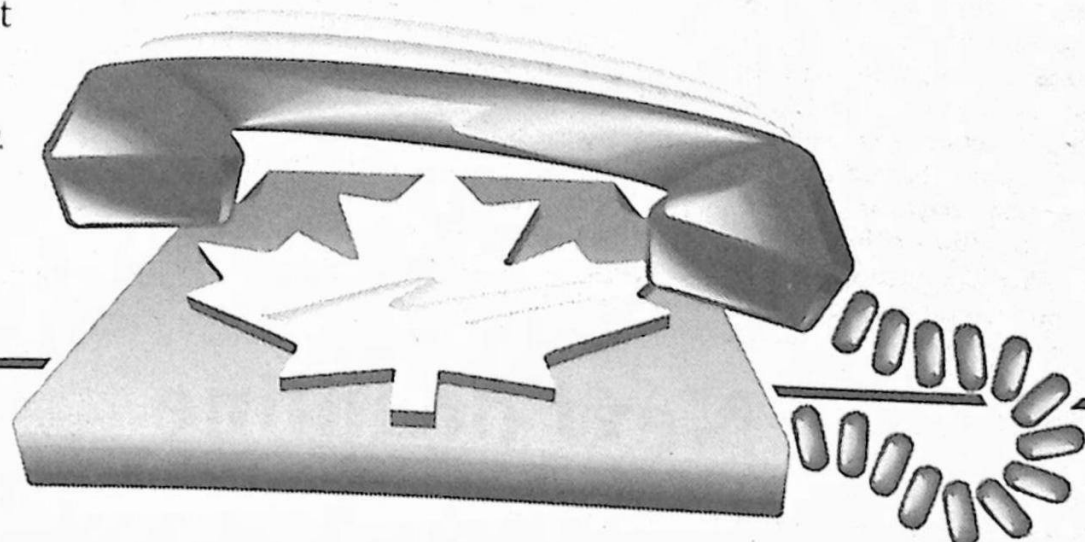
If you have any questions, want more information about the Federal Budget, or wish to receive the booklet "Where Your Tax Dollars Go", call toll-free, Monday through Friday, between 9am and 5pm.

Telecommunications device for the hearing impaired: 1-800-267-6650.



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Canada



National news



Hi-Tech prop

"The purpose of the BC-10 ... was to process and analyse sonar signals; it stripped away ambient noise and other naturally produced sea sounds to classify and identify man-made noise. It could identify ships by name from their individual acoustical signatures, much as one could identify the finger or voice prints of a human."

Tom Clancy

The Hunt for Red October
In his novel *The Hunt for Red October*, Tom Clancy describes a computerized sonar system installed aboard an American submarine which can identify a ship and its capabilities from the sound it makes under water.

Can you imagine the strategic advantage that could be gained if someone found a way to make all ships sound the same, thus making it impossible to figure out what ship it was and what type of weapons it carried?

Well, Dominis Engineering, an Ottawa-based high technology engineering firm, and the Carleton University Science Technology Centre in Ottawa, are working together on the production of propeller blades that are milled from start to finish by a computer numeric controlled machine to help do just that.

Currently, propellers on Canadian frigates are hand finished and as a result, each

propeller is a bit different. Consequently, every ship has its own acoustic signature, making detection and identification by a foreign submarine easy.

With its new technology however, Dominis has created a computer software program that directs milling machines to produce propeller blades that are accurate to 0.001 of an inch. That's far above the current industry standard of 0.020 of an inch. In effect, it means the Dominis propellers are identical, with the same acoustical signature.

"This technology exists nowhere else in the world," says Slobodan Gospodnetic, chief engineer at Dominis. "Our blades are finished on a milling machine. The only thing that is done by hand is a little buffing to get the shine. Consequently, we can guarantee accuracies that are far superior to what's achievable with traditional methods of manufacture."

Dominis is currently under contract by DND to produce four model propellers. It is Carleton's Science Technology Centre which is providing the milling machines and the operators to manufacture the propellers, while Dominis provides the software.

The computerized propellor

"It must be understood that these are at the prototype stage right now," stresses Alois Raffler, director of the Science Technology Centre. "But the uniqueness of it all lies in the computer software."

Alex Brown, working at the directorate of Maritime Engineering Support in Ottawa, agrees. "The theoretical technology has always been there, but the computer program has not. Everyone has been trying to do this, but Dominis has succeeded. It will certainly be an advantage for us."

The model propellers, made of brass and measuring less than two feet in diameter, will be delivered to the Defence Research Establishment Atlantic (DREA) shortly, where they will be tested for efficiency and acoustics in a cavitation tunnel — the equivalent of a wind tunnel. Following that, they will be sent to the Maritime Research Institute in the Netherlands for further testing.

It is expected that the tests at DREA will be completed by the end of 1990, according to Dr. Jim Kennedy of the directorate of Research and Development Maritime in Ottawa. He says there will be two separate tests conducted, one of which will compare the four different propeller designs. "By seeing

how they differ from one another, DREA will be able to optimize their propeller design theories," Dr. Kennedy explains. "These theories can then be applied to the design of better naval propellers."

The second test will be to compare one of the Dominis-Carleton propellers with a propeller handfinished in the Netherlands. This will provide some information on the improvements in acoustic signatures which can be achieved by manufacturing propellers with numerically-controlled machines.

Once the propellers have been tested, Carleton is no longer involved in the project.

Already there is international interest in the Carleton-Dominis propellers. The National Aeronautical and Space Administration (NASA) in the United States has been in touch with Mr. Raffler at Carleton asking for details.

In the near future, Tom Clancy's novel might well become out-of-date as Canada's fledgling technology could virtually eliminate the acoustic signatures or 'fingerprints' on naval vessels. This means that in the deadly split-second games that navies play, Canada and her allies would have a distinct advantage.

by Capt Darlene Blakeley

Maritime Agreement

Representatives of the navies of Canada and the USSR recently negotiated an agreement to prevent incidents at sea.

Officially entitled 'An Agreement between the Government of Canada and the Government of the Union of the Soviet Socialist Republics Concerning the Prevention of Incidents at Sea Beyond the Territorial Sea', the document was signed by the Honourable Joe Clark, minister of External Affairs, and Eduard Shevardnadze Soviet foreign minister.

The agreement, which can be described as a maritime Code of Conduct, is designed to promote the safety of the navigation of vessels of the respective armed forces and the flight of military aircraft. It prohibits actions by one side which could be considered threatening, harassing or unsafe to the other, and establishes procedures for setting up communications between the two.

The safety of non-military ships and aircraft is also covered.

"The personal contact aspect was a major reason for our wishing an Incidents at Sea agreement," says Capt(N) Keith Nesbit of NDHQ, who led the negotiating team. "It fully accords with the Canadian approach to confidence-building in the maritime environment."

The USSR already has similar agreements with the United States, the United Kingdom, the Federal Republic of Germany and France.

A significant provision of the agreement is for annual meetings between Canadian and Soviet military officers in order to review the agreement and discuss ways of enhancing maritime safety. Copies of the agreement can be obtained through Commander Yarko Koropecy, NDHQ/DMOPR, 992-0689.

Green Pastures

Everyone, it seems, is waking up to the importance of environmental protection. Beyond the public conscience on this issue, politicians, marketing consultants, pollsters and even a few corporations have all accepted the seemingly irreversible trend which makes 'environmentally sound' one of the hottest expressions of the late 1980s.

Leading the way in this new thinking is Canada's small business community. According to the results of a new poll conducted by the Canadian Federation of Independent Business, small businesses are overwhelmingly supportive of government intervention in the area of pollution control. When CFIB asked its 82,000 members in May if waste recycling should be mandatory for homes and businesses, 68% answered yes, while 21% said no, 10% were undecided and just 1% had no interest in the issue.

CFIB Senior Vice President of Legislative Affairs, Brien

Gray, said the results of this survey should "shatter once and for all the all-too-common perception that small business owners are in any way opposed to government controls on the question of the environment."

Gray adds that the result of this survey confirm a 1986 poll which found the majority of small firms in support of tougher laws to control chronic polluters. (77% of respondents voted in favor of prison sentences for repeated offenses against the environment while 17% said no and 6% were undecided.)

Although the results of these surveys aren't likely to surprise anyone familiar with small business, the results did catch many environmentalists off-guard. For example, Janine Ferretti, acting executive director of Pollution Probe, expressed her bias by calling the results, "very unusual."

"Businesses are usually the last to advocate government intervention," Ferretti was quoted as saying. Small business-

nesses in particular, she said, are widely seen as more opposed to governmental controls than their big-business counterparts.

Fortunately, however, many other environmental groups aren't as quick to pigeon-hole this leading job creation sector. Several leaders of other environmental organizations are already on record as stating that small business owners are far ahead of their big business counterparts on environmental issues.

For his part, Gray is aware of the public perception that business -- both large and small -- is resistant to government controls. This perception, he says, is unfair.

"Small business owners are very often leaders within their communities," Gray said.

"They are attached to their neighbors and, as a result, the environment in which they live. This quality of life is much more important to the small business person than the notion of profit at any cost."

by Ann M. Smith

Next deadline

19 Mar 90

On and off base

Family Support Centre for Military Personnel & their families

Your centre offers:

1. Community information;
2. a listening ear;
3. aid to resolve practical problems;
4. a telephone and walk-in referral service.

Why use the FSC?

If you are new to the Comox Valley

Your FSC has valuable information about community programs. It doesn't matter what your interests are, the FSC can help—whether it's providing information about recreational programs for you and your children, or letting you know about educational & financial services.

Are you a single or working parent?

Sometimes it's difficult to find appropriate child care. FSC can provide you with a list of child care facilities.

Are you going through some difficult times?

If a personal problem is interfering with your life or productivity, the FSC can help you find appropriate professional counselling.

Feel tense, uptight, or pulled in too many directions?

Community serving agencies provide workshops on stress management that can help you feel more in control. In fact, there are many helpful workshops conducted in the Comox Valley—ranging from; arts and crafts workshops to parenting skills workshops. Why not take advantage of them?

Are you going away?

If you are concerned about leaving your family behind, the FSC can offer support and information for you and your family.

Got a general question and don't know where to get it answered?

Call the FSC at 339-8654, or drop in to the Centre at 119 Little River Road (just outside the main gate). If they don't have the answer, they can get it for you. No question is too big or too small—and it doesn't matter whether you are single or married. We're all part of the military community.

All our services are strictly confidential.

Bilingual services available

Volunteers needed -- training sessions provided, bilingual volunteers welcome.



Capt R.A. Anslow, CD2; MCpl G.B. Beazley, CD1; BComd Col McGee; Sgt H.A. Ruthven, CD1; MCpl A.E. Lake, CD2; and Cpl M.L. Rogers, CCVNTAG(Namibia).

United Nations on children's rights

NEW YORK -- After 10 years of negotiations and controversy, the United Nations General Assembly has unanimously adopted the first Convention on the Rights of the Child, creating the most comprehensive treaty for protection of children in history.

The convention draws together in a single document the key provisions of existing international declarations affecting children. It breaks new ground on adoption, survival, protection from sexual exploitation and drug abuse.

More than 38,000 children die every day from the effects of hunger, a lack of shelter or adequate health care. More than 100 million are estimated to be abandoned on the streets of the world's cities, according to United Nations reports.

A special signing ceremony will be held this month to ratify the convention, which then makes the provisions of the treaty binding on the signatories and requires them to report back to a UN monitoring group. Twenty nations have to ratify the convention before it becomes law.

Originally proposed by Poland, the 54-article document is a finely honed compromise that leaves enough room for differences on religion, adoption and other such issues.

Still, many countries have severe reservations on some of the clauses.

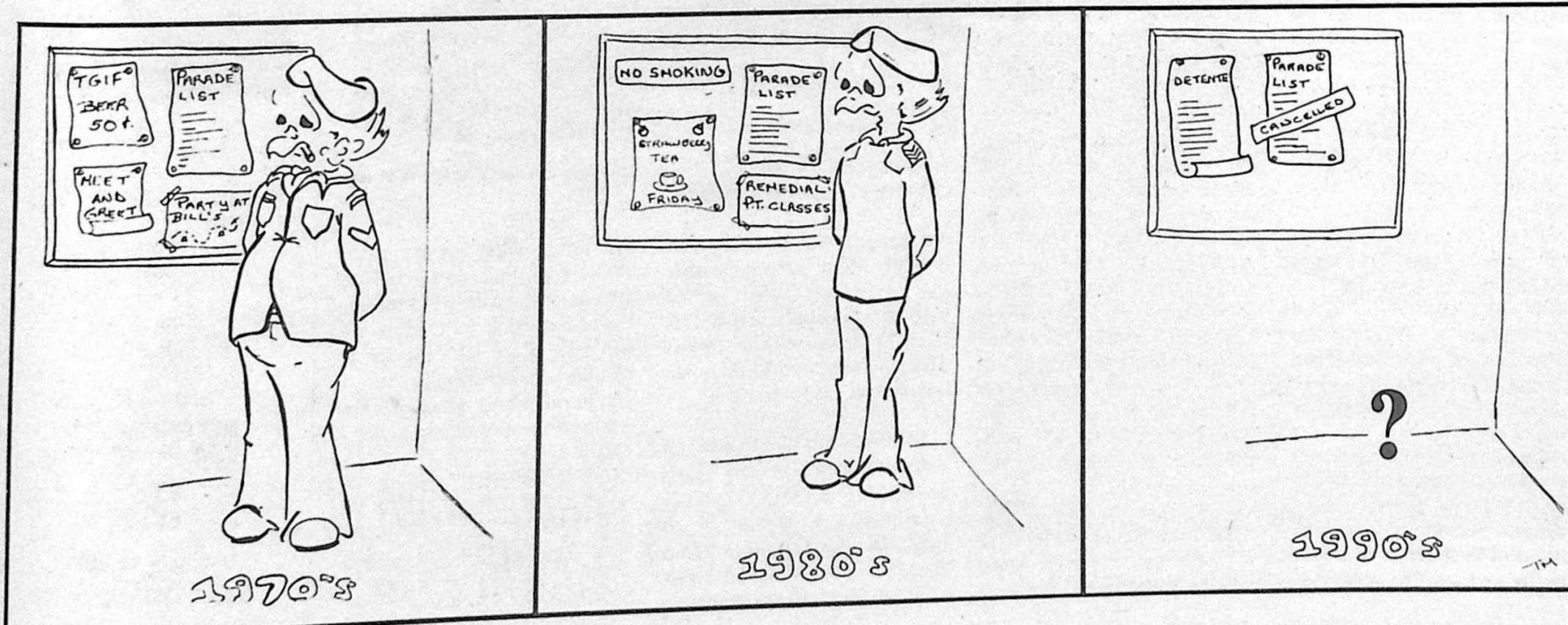
The Nordic countries wanted the age for military service raised to at least 17, while the United States, despite major

protests from citizen groups, argued that raising the combat age would undermine the 1949 Geneva conventions and 'should not be discussed in this forum'.

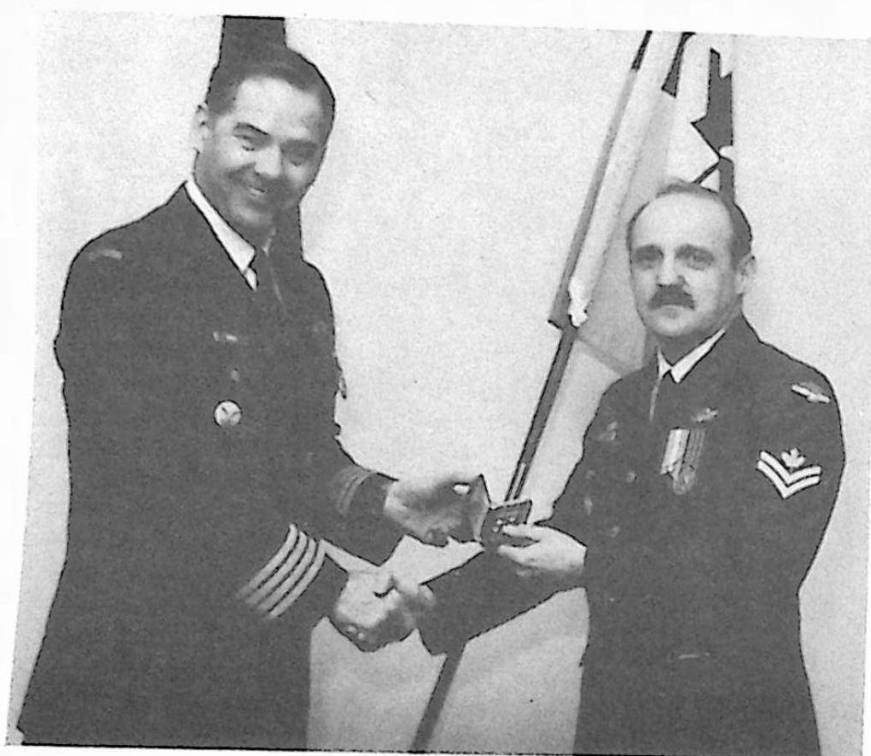
On the anti-abortion issue, a paragraph in the preamble speaks of the right to legal protection before as well as after birth, but references to the unborn child were dropped from the operative articles of the convention, eliciting strong objections from Chile and Paraguay, while the United States mentioned it only in passing, despite heavy lobbying from right-to-life groups.

A number of Islamic countries interpreted the child's right to freedom of religion to mean it had freedom to practice religion but not to change its religion.

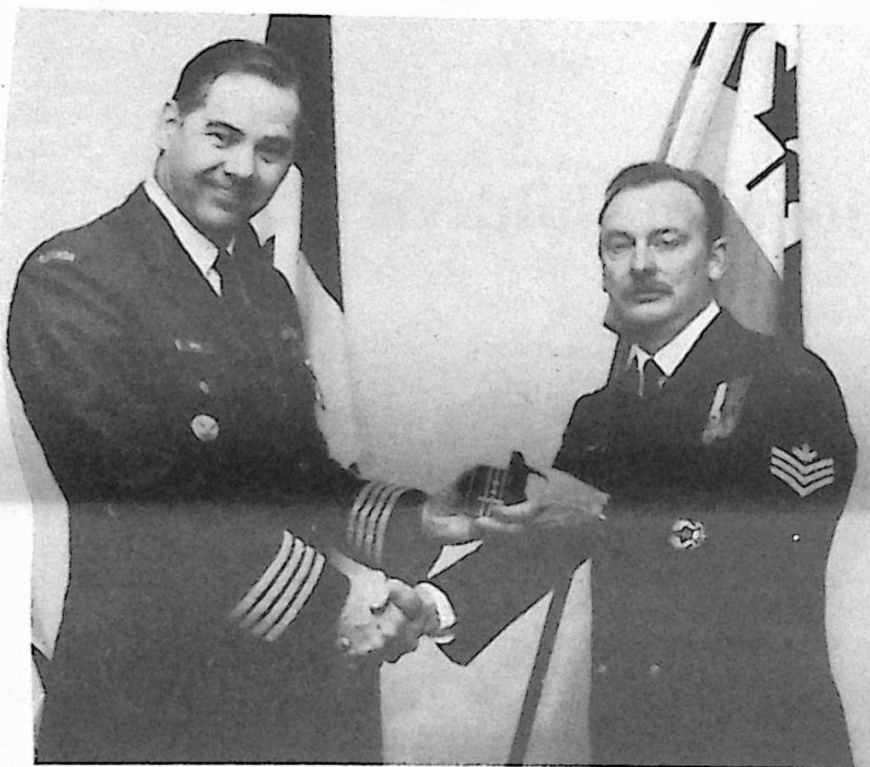
THE CANADIAN SOLDIER



On the base



MCpl Gary Beazley, Base Fire Dept 1st clasp to CD



PO2 Cliff Fuller Base Fire Dept 1st Clasp to CD.

More BAMSO

IE/IS Labs

We of the Laboratory Environment would like to send out a hearty 'HA, HA' to our very own MCpl Don Merpaw, that brave and gung-ho soul who took it upon himself to sacrifice 3 months of his life and VOLUNTEER his services as senior sweeping supervisor in the frigid climate of Portage La Prairie. Even now, as we bask in the warm wet climate of tropical Canada, Don is no doubt frozen, out on a blustery, -45o Flight Line praying that the weather holds till he goes off shift. As for our slightly less adventurous Lab Rats, the illustrious Gord Grawbarger (Mt Washington's recently hired slope cleaner and mogul reshaper) was just promoted to the Cpl rank a few weeks ago. Now a rich and responsible adult, rumour is circulating that he is in the market for a brand new, 3 cylinder economy car with hopes of latching on to a local barfly and starting a normal,



domesticated existence.

In the ATAT world Pte Beal recently completed his QL-5 exam and now sits awaiting word from the upper reaches. Ptes Kocis and Wain are both studiously passing the days until June, when they can jump forth and unleash their accumulated trade knowledge. A quick Hello/Goodby to our newest section member Pte Simon Huchins, who no sooner got one foot in the door and he was marched off to VU33 for ATAT rotation (come by for a visit one day). I'd like to dispell some viscious rumours that Pte Carl Dufor is being hunted by Mafia hitmen and is hiding out at 442 Squadron under a semi-full beard. He is just completing his ATAT OJT, while the beard is the ex-Navy still coming out of him.

Sgt John White still leads all officially active service members in years retired prior to

From the Fire Chief's Office

In Canada, fire burns one home every 15 minutes, destroys millions of dollars worth of property each year and claims over 900 lives yearly. Remember that most fires are the result of carelessness and that the greatest safety comes from prevention. A little extra care on your part may save not only your life, but the lives of others in your home.

To prevent your home and your family from becoming a statistic, the Fire Department recommends that you inspect your home from basement to attic. Acquaint yourself and your family with the information in this article and if you have any questions please call the Fire Prevention Bureau for further information.

Check the following:

Basement

Remove all necessary combustibles from your basement.

Have a service man check all furnace safety controls, the chimney and flue connections for leaks and clean the furnace once a year.

Remove flammable liquids from the house and store them in tightly-closed metal containers.



Livingroom

Do not use extension cords in place of permanent wiring.

Replace fixtures containing bare wires, broken sockets and fittings or defective insulation.

Check that wattage of light bulbs is not too high for the fixtures -- causing overheating.

Kitchen

Always be sure that all appliances are turned OFF when you leave the house.

Avoid the use of homemade or unapproved appliances (CSA)

Have an approved dry chemical fire extinguisher handy.

Bedroom

Never smoke in bed.

Ensure electrical cords are properly connected.

Garage

Avoid accumulation of rubbish, old newspapers and junk.

Check for burning cigarettes carelessly discarded.

Attic

Check for cracks in mortar of chimney.

Never store flammable liquids near chimney.

Good Housekeeping

A good way to keep your home safe from fire is to practice good housekeeping habits.

Chuckle

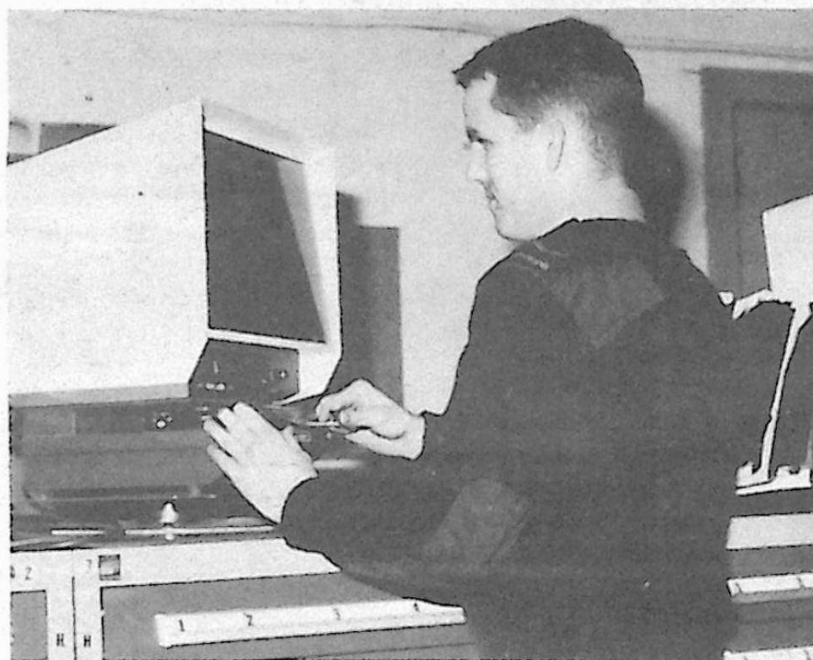
Intending to steal cash from a supermarket in 1977, a Southampton thief employed a unique tactic to divert the till girl's attention. His method was to collect a trolley full of goods, arrive at her till and put down £10 by way of payment. She would then take the money and open the till, upon which he would snatch the contents.

He arrived at the cash desk and put down the £10. She took it and opened the till; but there was only £4.37 in it. Undeterred, the Southampton thief snatched that and made his getaway, having lost £5.63 on the raid.

The till girl was considerably uncertain what to do for the best. She screamed briefly until calmed by her friend 'Betty'.

WHAT
WILL YOU DO
FOR YOUR
RED CROSS?

Supply promotion



Newly promoted Cpl Sullivan is shown confirming IOR stock numbers at Aircraft Supply Group. Well done, Dave.

retirement. Soon John will honestly retire, so to remember and honour him a dirty, untied pair of workboots will be affixed upon the corner of his desk, in John's world reknown 'relaxed yet ready' posture.

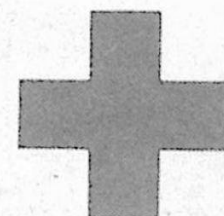
In closing I'd like to wish all opposing teams in this year's prestigious BAMEO Hockey Tournament a whole lot of luck, because the illustrious BAMSO Team is venturing forth from our trophy-crammed

den to do what we do best, WIN! (or slink away before anyone notices we were there). Upon returning to Comox we will once more take the Inter-section Championship and if still in the mood, crush the opposition for the Commander's Cup.

REMEMBER
to
BUCKLE UP

There's a lot people can't do on their own. That's why there's a Red Cross.

But the Red Cross is human too. And we can't do it on our own.



The Canadian
Red Cross Society

On and off base



Hamilton Gault Shooting Trophy

Each year the regular force infantry battalions of the Canadian Forces and the Canadian Airborne Regiment compete for the honour of winning the coveted A. Hamilton Gault Trophy.

For 1989, the trophy was won by the 2nd Battalion, The Royal Canadian Regiment, stationed at CFB Gagetown, N.B.

The aim of the competition is to foster interest in and improve the standard of rifle marksmanship in the infantry. Every infantryman in the competing unit must participate and the winning unit can justly claim to be the best marksman-

ship unit in the Canadian infantry.

The trophy was donated by the late Brigadier A. Hamilton Gault, DSO, CD, who, until his death in November 1958, was the Colonel of the Regiment, Princess Patricia's Canadian Light Infantry.

The actual trophy shows the figure of an infantryman in silver, shooting a rifle. The figure is mounted on a walnut base with six silver cap badges of the regular regiments of the Infantry Corps as they existed at the time the trophy was first presented for competition. The title of the winning unit for each is inscribed on a silver maple leaf on the base.

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.

Pacific Region Volleyball championship

CFB Comox and Det Nanaimo co-hosted the Pac Region Volleyball Championship held at Malaspina College in Nanaimo 15 - 17 Feb 90.

The competition consisted of 11 teams which were split into 3 divisions. CFB Chilliwack won the large base, HMCS Yukon won the small base and CFB Esquimalt won the female division. The Comox ladies lost to Chilliwack in the semi-finals, however with additional pre tournament game form practices they would have been contenders.

CF Expres:

Personnel scheduled for expres testing must have clean and proper attire; ie. t-shirt, shorts, running shoes.

Further information can be obtained by contacting the PERI staff at loc 8315.



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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407 awards: LCol Bennet presenting



A CD for Sgt Jan Vanderkooy



A CD for MCpl Dan Mallette



A CD for Cpl Ken McMahon



Sgt Peppard, BOC/DIAC, being congratulated by LCol Bishop, BOPsO, for his outstanding achievement on behalf of the United Way appeal.

British Columbia Lung Association
THE CHRISTMAS SEAL PEOPLE

Health & fitness



ASK YOUR PHARMACIST

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

Unpredictable reactions

No matter how well we may be prepared, it always pays to expect surprises. The same advice hold true for medications. The way we've been told we'll react isn't always the last word.

However we can take some comfort from the fact most people react the same way to a dose of any particular medication. Those whose body chemistry is within the range doctors call 'normal' with have 'normal' reactions to medication.

'Normal' reactions may vary somewhat (some people may become drowsier than others, for example), but these variations are not harmful or unusual.

Some people have very different and potentially dangerous reactions to certain medications. Penicillin, for example, may cause serious problems for some, although generally it's an effective drug.

Doctors can often predict which patients will be allergic to which medications and avoid prescribing them. If you have any reaction, either internal or external, to any medication, ask your doctor or pharmacist. Sometimes a slight change in medication or the way you take it will relieve unpleasant or undesirable side effects.

Your doctor and pharmacist are also concerned about the interaction of two or more chemicals in your body (whether medications or not) and their total effect on your health. You should never take more than one prescription or non-prescription medication at a time without professional advice.

Taken alone, most medications will not cause undesirable reactions (unless you are allergic to them), but a combination could have serious side effects.

If your reaction seems unusual or uncomfortable, get professional advice. Remember to never use medications without first checking with your doctor or pharmacist.

It's never too late to change

The belief that you are suddenly old at the magic age of 65 is a myth. Sure, you may be labelled a 'senior citizen', but that doesn't mean you have to act or feel old.

Everyone ages at a different rate. Some people are physically and mentally younger at 70 than others are at 50. Genetics and overall health play an important role in the rate of aging, but nutrition, exercise and attitude are also important factors.

Don't let retirement or the 'empty nest syndrome' put you in the rocking chair. If you've got your health, there's a whole world of opportunities just waiting for you.

Now may be the perfect time to do all the things that you've been putting off for years. Take special interest classes, start new hobbies, or get involved as a volunteer at your neighbourhood hospital, church or synagogue. No matter what, stay active!

Exercise is probably the single most important way to keep fit, trim and healthy. If you're exercising regularly, keep it up. If you're not, the first step is to see your doctor for a check-up to determine what exercises are best for you.

It's important to start slowly. Don't try to catch up to years of inactivity in a week. After you've established a regular exercise program, choose the activity you enjoy most and do it for 15 to 30 minutes, 3 to 4 times a week.

Good nutrition is the key to weight control and good health. A balanced diet of fresh fruits and vegetables, low-fat dairy products, beans or meat and whole grains will provide adequate vitamins, minerals, protein and carbohydrates. Adding fibre to your diet with bran and whole grain breads will aid in digestion and help avoid constipation.

If you are on medication, certain foods can interact and change the effects of the medicines. Also, some drugs increase your need for certain nutrients. Ask your doctor or pharmacist which foods you should avoid when taking medication.

752,763

THAT'S
HOW MANY
CANADIANS
ARE
CURLERS



info health

Dr. Bob Young



Spinal Stenosis

Low back pain caused by spinal stenosis is a common affliction which has not received much public attention.

Stenosis means a narrowing in a canal or tube -- the constriction in the glass tube of an 'hourglass' is a non-medical example. There are many areas in the body where 'stenotic lesions' cause problems.

Our spines or backbones consist of a series of vertebrae which, when lined up, form a canal or passage for the spinal cord. The cord runs from the head to just below the middle of the back where it divides into several nerve bundles. These bundles, taken together, resemble a horse's tail, and are called that in Latin -- cauda equina.

Narrowing of the bony spinal canal (like scale building

up inside a boiler pipe) may compress and distort the lower spinal cord and the cauda. At a certain point symptoms develop.

Occasionally the narrowing is present at birth. Most cases occur after the age of 60 or so and are due to degenerative changes in the bone, ligament and disk components of the vertebra. The changes increase the bulk of these parts and squeeze the soft nerves.

Low back pain is the main symptom. It gradually gets worse over several years, may radiate to one or both legs, and is made worse by walking or standing. Pain from a disk protrusion or 'popped disk' is often eased by standing.

Arching the back, as while painting a ceiling, tends to narrow the canal more and may

result in sensations of coldness, numbness, burning, as well as pain being felt in the buttocks and legs.

CT scanning usually makes the diagnosis but a myelogram (where an x-ray is taken after dye has been placed in the canal) is usually done to clinch it. Plain x-rays are of little help.

Exercise and posture-change training may provide some, perhaps even enough comfort. Surgery however releases constricted nerve tissue, removes the cause of the problem, and is a safe procedure.

Hospitalization is brief and recovery usually prompt.

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

Visiting your Physician

"I think I'd better go and see the doctor."

When you pick up the phone to make an appointment with your physician you are initiating a whole series of activities. Most of them occur behind the scenes, and in total may consume more time than the visit itself.

One physician has tabulated the steps required for completion of a simple office visit. Only some of them are outlined here.

Your phone call matches you with an available time and day in the appointment book. When that day arrives your name is typed on the doctor's day sheet -- a working record of diagnosis and charges.

The chart containing your medical history is found. In provinces where billing cards are still used, one is filled out. This step is modified in offices using computerized billing.

When you arrive you are greeted, hopefully pleasantly, and the reason for your visit clarified. You are escorted to the doctor's office or examining room (depending upon the physician's style of practice), and prepared for the examination.

The doctor then questions and examines you. Time is spent discussing your illness, needed investigations, and a treatment plan. Requisitions for x-ray, lab tests, or prescriptions are completed as required. A note, sometimes

extensive, is written or dictated for your chart. A follow-up appointment is made if needed.

The nurse cleans the room and changes the table-paper for the next patient. Your chart is re-filed pending return of lab work. The doctor fills out Workers Compensation forms, insurance forms or whatever paper work is required.

Time-consuming billing is done, and later, when payment is received, (perhaps after several tries) the account is reconciled.

All in all a considerable amount of time and effort spent on your behalf. Probably a bargain as the fee for a visit to a general practitioner is under \$22 in, I believe, all parts of Canada.

Chuckle

In 1975 a thief stole a radio from a shop in Ashton-under-Lyme. When he got home and turned it on, he found that it was defective.

He then went back and demanded that it was repaired free of charge. Unable to produce a receipt, his request was turned down, so he went round to the police station and complained.

During his interview with the duty sergeant he was charged with theft.

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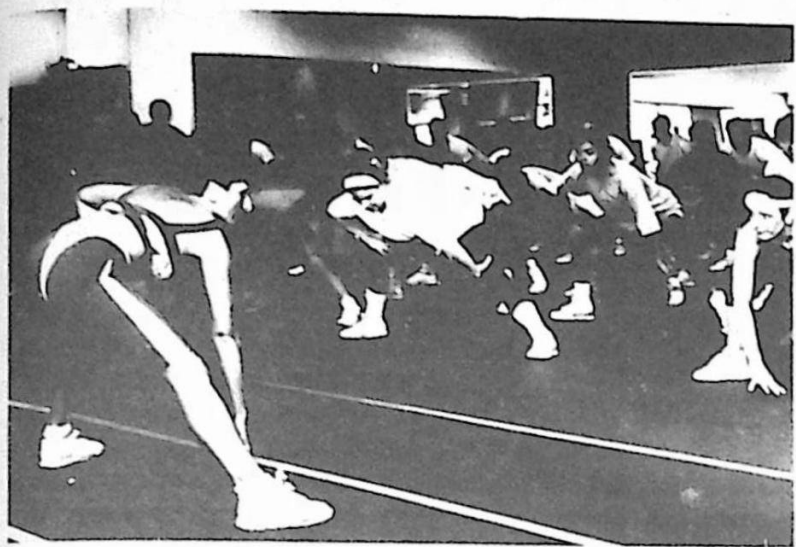
SPECIALIZING IN
MILITARY MOVES



VAL HEUMAN

Next deadline 19 Mar 90

Health & fitness



The pounding drums are felt like heartbeats beneath their feet. Half-naked bodies, displaying their colours, chant and dance in unison. Their bodies, suffering from the physical demands of the ritual, glisten with sweat. Onlookers share a curious gaze and wonder how they can partake.

There is no fire, no war paint; these are not savages. They are CF personnel working out in one of the many DND-sponsored aerobics classes across Canada.

From Esquimalt to Halifax, aerobics classes are not a fad but a widely adopted and highly respected fitness alternative. The programs are sponsored by base unit funds and offered to military personnel and DND employees. Classes are conducted by certified instructors qualified by the YM-

CA or by other organizations like the International Dance Exercise Association.

Once considered to be a fitness craze, aerobics have evolved into a safe and effective method of promoting good health. When Jane Fonda started her Hollywood dance exercise classes more than 10 years ago, there were several unqualified limitations that led to injuries. Improper footwear coupled with excessive bouncing caused knee, ankle and lower back problems. Today's instructors incorporate more non-impact, or low-bounce techniques, and teach in areas with cushioned floors. With proper footwear and a good floor, aerobic fitness injuries can be totally eliminated.

"The aerobics program has seen steady growth since 1983 when we had one class a day,

three days/week, to four classes a day, five days a week," says Bert Devry, the aerobics coordinator at NDHQ and a retired major now working in the directorate of construction engineering requirements in Ottawa. Devry volunteers his break time to organize the aerobics program and teaches classes every week. In addition to being an instructor, Devry is the Ontario Fitness Council director for Eastern Ontario.

The average aerobics class is between 45 and 60 minutes long. It starts with a five to seven minute warm-up to music with a slow beat. Once your muscles are warm, the instructor leads you through a series of dynamic stretching exercises. Static stretches are not widely used because they pose a greater risk of injury. Next is the cardiovascular portion of the workout. It varies in length from 20 to 45 minutes, but must be a minimum of 20 minutes to be effective. During this portion, participants' heart rates should be in their target zone. The upper limit of the zone is 220 less your age, and the lower limit is 200 less your age. The muscular, strength and endurance phase follows,

to develop the upper body and abdominal strength. Stretching is re-introduced with deep breathing for the cool-down.

An aerobics class should be designed in such a way that participants, of all fitness levels, can exercise at their own pace. By following this format, everyone can obtain a total

body workout in less than an hour.

"Aerobics meet all the needs of the modern workforce," says MWO Gary Plant, the senior physical education and recreation instructor (PERI) and NDHQ with 27 years experience in the field of fitness instruction. "At NDHQ, the aerobics cost less than three cents a day per person. It is a viable program with space being your only restriction."

In fact, aerobics have been introduced into the technical qualification 5A curriculum of the PERI trade. "Teaching aerobics allows the PERI to relate to the participants. The dance, the music, the chanting; it's all great stuff," says MWO Plant.

At NDHQ, as many as 70 participants ranging in age from 19 to 59, take part in one

class. "The people, the music and the instructors motivate me," says Cpl Corinne Bosse, an exercise enthusiast and bodybuilder. "Bodybuilding and aerobics are a great combination, because aerobics tone the body." Cpl Bosse has been participating in aerobics classes for five years and says she can do a class every day without worry of injury.


"When I finish my aerobic workout, I am physically tired but mentally refreshed," says Col Jean-Michel Comptois, a regular aerobics participant.

"All morning I tax my mind and find I work more efficiently after an aerobic class," Col Comptois believes in the power of fitness and alternates between jogging and aerobics. "I like to jog because it's solitary and gives me a chance to think, but the aerobics are a more complex workout that gives me a mental rest."

Whether or not you are a fitness enthusiast, contact your PERI and try an aerobics class. You may be pleasantly surprised at how much fun fitness can be.


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Stephen M. Mangrella

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Alaska anyone?

Alaska Ferry ridership builds

After 25 years of calling on Seattle as its southernmost stop, riders don't seem to be getting lost on their way to Bellingham, the system's new southern home port since last October.

Passenger counts for the last three months of 1989 (the first three months of service from Bellingham) show that 700 more people rode the ferry compared to the same period during 1988 when the system

was based out of Seattle.

Though the 400-plus foot ships take virtually all walk-ons, cabin and car deck spaces have been sold out on every sailing since the move to Bellingham. An estimated 100 people a week have been unable to obtain reservations and have had to make alternative travel plans to get to Alaska.

Passengers willing to travel standby, though, have been having good luck securing last minute passage, and ferry ticketing officials encourage travelers who are unable to obtain reservations to check frequently during the last days before sailings to take advantage of cancellations.

In response to the strong demand for passage, the Alaska Marine Highway has scheduled four additional weekly departures from Bellingham beginning 22 May. Car and cabin space for those sailings has also been booked, though walk-on passage is still available.

Regularly scheduled Friday sailings are fully booked for both cabins and the car deck through February. Cabins are fully booked on all sailings from 27 April through 28 September.



RE/MAX®

It is a pleasure to announce my recent association with Re/Max Ocean Pacific Realty.

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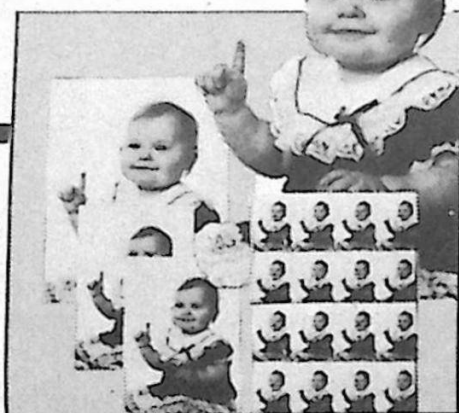
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CFE Briefing Team visit 27 March 90

Canadian Forces Europe 1990 Rotation Team will visit CFB Comox 27 Mar 90. The briefing is to be held in 7 Hanger, Base Conference Room at 1900 hrs 27 Mar 90.

The aim of the briefing is to prepare Military personnel and School Teachers, and their families including dependant children of 15 years and older, for their move to Europe, and provide all necessary info required to get established in Europe.

Team is comprised of Maj Horton, HE CFE SO2 PERS ADM, MWO Forget, CFB Baden-Soellingen, B SUPT CLK, and Mrs. Nancy Morris, Spousal Rep, CFB Lahr.

The briefing will be two hours in length, plus question and answer period.

OPI - H.B. Bellamy, BOR SUPT, Loc 8279.

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

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.

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WO A. McGee (403) 457-8464

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28 April 90

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Breakfast 0930 to 1100 hrs

Tournament starts at 1100 hrs.

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Mixed teams must enter men's division

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**If you think
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Most of us know people who are foster parents. They're friends or family who always seem to have an endless supply of love, patience and determination.

Well, now you can give them more than just your admiration. You can nominate them for the Lieutenant Governor's Foster Families Award.

Nominees must:

- be residents of B.C.
- have at least 2 years continued service caring for foster children for the Ministry
- show respect and understanding when working with foster children and their parents
- have a cooperative relationship with the Ministry and the community.

Ten deserving foster families will be chosen and honoured at a reception hosted by the Lieutenant Governor.

To nominate your special foster family, simply call the number below and ask for a nomination package. Nominations must be in by April 7th, 1990.

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British Columbia
1-800-663-9999**

Province of British Columbia
Ministry of Social Services and Housing
Honourable Peter A. Dueck, Minister.



WO & Sgt's Ladies Club

We have an important meeting at 7 pm in the mess on Monday 12 March. Please note the earlier-than-usual time. Tickets for the April Fashion show will be available at the meeting. Afterwards we will drive to the Airport School to hear our very special guest, Linda Halliday-Sumner speak on Child Sexual Abuse (starting time 8 pm). This program is open to the public and admission is free so please be sure

to tell your friends and neighbours. Refreshments will be provided by the Wallace Gardens Community Council who are co-sponsoring this program with us and have given us tremendous help and support. Your support also is needed to ensure the success of this evening so please try to attend. Also, if any husbands would be available to help set up chairs in the gym at 6 pm, please contact Debbie at 339-2854.

Linda Halliday-Sumner

The WO's 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.

Officers' Mess Ladies' Club

Well, that was fun! fun! fun! What a beautiful day we had at Mt. Washington. Everything was perfect. But we sure missed you pals who did not come along. However, another Ski Day is already planned for early April. For information, be sure to follow either this monthly article, or the Mess calendar. Notices will also be posted at Canex.

Our Lingerie/Romance Bingo held 21 Feb brought out some good laughs. The Bingo called by Sherry Snow was worthwhile for those lucky winners! Our guest was Vivian McCollor of 'Undercover Wear'. Vicki d'Entremont and Nora Bugden won respectively a nightgown and a one-piece pyjama which Vivian gave as prizes, and our door prize winners were Laurie Hewit who won a gift certificate from Claudia's Steak and Schnitzel House and Judy Kerkhoff (that evening was her birthday, which proved to be very lucky as she also won a bingo) who won a gift certificate from The Black Fin Pub. Congratulations to the winners and thank you to Dean's Chocolates & Cappuccino Bar and Maida's Boutique.

Our March event is not to be missed! Our annual Fashion Show is Tuesday, 27 March. Doors open at 7 pm. Our theme this year is *Dressing for Comox Valley*, and will feature casual wear for men and women from the following stores: *Casually Yours*, *Maida's Boutique*, *Cherry-Wine Fashions*, *The Golf Shop*, and *Black's Cycle*. The models hair will be done by *Trio* and make-up by *Kallima*.

Tickets are \$5.00 per person and are by advance sale only. These are available from Monique Marchand-Godwin 339-0712, Sherry Snow 339-3525 (both have machines if not at home) or from Black's Cycle.

Volunteer dressers are needed. If you are interested please contact Sherry Snow 339-3525 by 20 March. Thank you in advance for your help.

We cordially invite all ranks wives and their guests to attend. As in the past, we will be offering delicious Black Forest Cake at the intermission.

Come check out the vast selection of new spring and summer fashions. We look forward to seeing you!

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Recreation

Carnival!

CFB Comox is holding its Annual Carnival on 29-30 March 90 for all military personnel, authorized DND employees and their spouses. Fun-filled events will be held at the Base Arena Thursday afternoon, the Officers' Mess Thursday Evening and the Rec Centre all day Friday. Skits will take place at the SNR NCMs' Mess Friday Evening followed by presentations and Carnival Wind-up Dance at the J.R. Mess. This is an all ranks-family event that promises to be a hilarious 2 day event. Do come out and participate or support your section.

All Branches/Sqn/Sections wanting to submit teams are asked to contact the Rec Centre ASAP.

More info will be published closer to the event.



Facts from the Canadian Year Book

Back in 1931, life expectancy for a Canadian baby girl was 62 years, for a baby boy 60 years. And 86 out of every 1,000 children born that year died in infancy. By 1985, the Canada Year Book 1990 published by Statistics Canada tells us, a Canadian baby girl had a life expectancy of almost 80 years, a baby boy just under 73 years. And only eight of every 1,000 children born that year died as infants.

There were about 40,000 students at Canadian universities when the Second World War began in 1939, according to the Canada Year Book 1990 published by Statistics Canada. A rehabilitation program designed to fit veterans back into civilian life saw some 53,000 ex-service personnel swell the university ranks between 1944 and 1951 and a post-war peak of 323,000 university students was reached in 1971-72. Growth rates have slowed since then, with many students choosing part-time rather than full-time university programs. There were 287,500 students registered in the 1986-87 academic year.

Average incomes for Canadians climbed steadily from 1975 to 1981, took a dip and have since recovered the lost ground. The Canada Year Book 1990 published by Statistics Canada shows average income (measured in constant 1986 dollars to remove the effect of inflation) was \$37,570 in 1975, moved up to \$40,302 in 1981, slipped to \$38,721 in 1984 and by 1986 had climbed back to \$40,356.

The income of the very rich and the very poor has changed remarkably little in recent years, according to figures in the Canada Year Book 1990 published by Statistics Canada. Dividing the population into five equal groups, from the highest income down to the lowest, shows the top income group garnered 42.6% of all income in 1975 and 43.0% in 1986. The lowest income group had 4.0% of income in 1975 and 4.7% in 1986. The three groups in between also showed virtually no change: the second lowest stayed close to 10%, the middle group at 17% and the second highest at 25%.

Chuckie

During the Mexican-American War (1846-1848) General Antonio Lopez De Santa Anna lost every battle he fought, despite having modelled himself closely on Napoleon.

At the age of twenty he attended lectures on his hero and for some years adopted Napoleon's hairstyle, combing it from the back towards his forehead. In fact, he looked nothing whatever like Napoleon, who was short and fat. Santa Anna was tall, skinny and had only one leg (he had lost the other in 1838 fighting the French and later held a special burial service for it at Santa Paula cemetery, which was attended by a large number wishing to pay their respects).

Furthermore, he lacked almost all of Napoleon's strategic gifts. In one inspired 'surprise attack' he dressed all his troops in enemy uniforms. The chaos was indescribable and the plan a total failure.

During skirmishes with the Texans in the 1830s he was once taken prisoner by them, but, in a move of tactical brilliance, they released him. On 20 April 1836, showing the calmness of a great commander, he set up camp at the San Jacinto River overlooking a wood where Texans were known to be hiding and ordered his troops to take a siesta. At half past three in the afternoon his entire army was wiped out in only eighteen minutes. Santa Anna himself was enjoying a deep and refreshing sleep from which he was only roused by the continuing noise of marauding Texans, realizing that his entire army was being routed, Santa Anna didn't help matters by shouting 'The enemy in upon us' and leaving on a horse.

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Air Cadet League, sponsor Air Cadet squadrons in our objective to promote good citizenship. We also support the RCAFA Benevolent Fund, homes for the needy -- you name it, if it is community oriented, we are there to help. Ident-A-Kid (TM), is another of our National programs.

Join us now (membership is \$20 per year). For membership information please contact your RCAFA Liaison Officer or telephone or write RCAFA National Headquarters, 424 Metcalfe Street, Ottawa, Ontario, K2P 2C4, (613) 992-7482, (AV 842-7482). Per Ardua Ad Astra.

Books

Reviewed by
Gerry Gerow

by John H. Remer, Jr., Howell
Book House, New York.
\$19.95 U.S.

The new Bull Terrier

With all the hype recently about Pit Bulls, it seems very apropos that a new book on the bull terrier would come out. Developed from the same stock as the pit bull, the bull terrier is a much more loveable little dog.

Howell's press release on the book states, "The new bull terrier is a sweeping panorama of the past, a colourful canvas of the present, and a tempting taste of the future all in one. Readers will savor the special aura of the breed in 288 intriguing pages, blending an outstanding text with a one-of-a-kind gallery of over 200 beautiful photos and diagrams."

This is a breed book, and like all breed books is primarily of interest to breed fanciers or those who are considering obtaining a bull terrier. When considered this way, the book contains everything that anyone would want to know about modern bull terriers. There are many interesting chapters, but I found the one on the development of the modern day bull terrier head, which is quite unique in the dog world, to be the most intriguing. This book is hot off the press. I received my copy just recently in the mail, but it should be in book stores and pet shops soon, or you can order it from the publisher.

888 Komox Wing Calendar of Events

Sat 10 March--Wing bingo, jackpot \$120, 8 pm, members and guests.

Thur 15 March--Air Force Indoctrination School Heritage nite--7pm.

Sat 17 March--St. Patricks pot luck supper, 7pm

Sat 31 March--Gourmet dinner in the wing, 6:30pm, limited to 50 persons, tickets at the bar, \$7.50/person, members and guests.

Upcoming in April, 11th Annual Charter Ball at the Westerly Hotel, Dinner and Dance, \$20/person, limited tickets, get yours at the bar, A.S.A.P.

CORRECTION TO LAST ARTICLE

WHEN ARE WE OPEN: Our Wing Lounge is presently open Thursdays from 11 am to 6 pm, and Friday and Saturday from 11 am to 1 am, and at any time the RCAFA Ensign is flying. Our general meetings are held on the first Wednesday or every month, except August, at 8 pm in the Wing Lounge. Guests are welcome to attend our meetings. For more information, contact Alan Scott at 339-4035.

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After a short interruption from mother nature, the golf course is back in full operation. Despite heavy rainfalls and the recent snow, the course remains in very good shape for this time of year. A number of projects are underway to prepare the course for the upcoming season. The expansion of the men's locker facility, by closing off the present breezeway, is nearing completion and a work party will soon be required to move lockers. CE personnel from the engineering school in Chilliwack will be constructing a walkway around the 18th green to allow access to push carts. Our course superintendent reports the new green is doing extremely well and should be ready for play in June.

The Tournament Chairman, Murray Jacklin, has lined up an interesting schedule for this year, especially with the addition of Storey Creek to the interclub schedule. For those not familiar with interclub play, our course has established a series of interclub days where we host or visit other courses on the island. This serves as an excellent way of meeting fellow golfers as well as allowing play on a variety of interesting courses. A sign-up notice is placed in the clubhouse well in advance of an interclub, giving the quota for the upcoming event. Interclubs are strictly on a first come basis so it is imperative to sign up early.

The following is the 1990-91 GGGC fee schedule and a list of tournaments for the upcoming season:

MEMBERSHIP	REGULAR	ORDINARY	ASSOCIATE
Single	\$265	\$265	\$350
Limited	\$200	N/A	N/A
Man & Wife	\$424	\$424	\$560
Family	\$525	\$525	N/A
Student	\$120	\$120	\$120
Junior	\$65	\$65	\$65

Military TD rates 1st 14 days \$50, additional 7 days \$20.

Green Fee Rates

	REGULAR	DND RETIRED/ DND DEPENDENTS	NON DND
Daily	\$9.00	\$12.00	\$20.00
Twilight		\$8.00	\$13.00
Intersection		\$8.00	N/A

Locker rates \$15.00
Motor cart storage \$60.00
Electric cart storage \$85.00

NOTES:

Regular fees are pro rated on proof of posting.
RCGA & CLGA cards included in membership.
For GGGC members, reciprocal rates have been established with both Comox and Sunnydale on proof of status (\$15)

Glacier Greens Tournaments

Sun 18 Mar	Winter golf closing
Sun 25 Mar	Mixed 4 ball
Sat 7 Apr	Mens opening
Sun 8 Apr	Zone 6 juniors
Wed 11 Apr	Zone 6 seniors
Sun 15 Apr	Early bird
Sat 21 Apr	Ladies spring fling
Sun 22 Apr	Mens interclub GG
Wed 25 Apr	Ladies interclub GG
Sun 29 Apr	President's Cup
Tues 1 May	ATC Tournament
Sun 6 May	Mens interclub PA
Tues 8 May	Ladies interclub SD
Tues 15 May	Ladies interclub SS
Sun 20 May	Mens interclub SC at GG
Fri 25 May	MP's Tournament
Sun 27 May	Mens interclub at GG
Sat 2 Jun	Mens open
Sun 3 Jun	Mens open
Tues 5 Jun	Ladies interclub at GG
Sun 10 Jun	Mens interclub at SC
Sun 17 Jun	Ladies invitational
Sun 17 Jun	Mens interclub SS
Fri 22 Jun	Mixed interclub GG
Tues 26 Jun	Ladies interclub EC
Sat 30 Jun	Labatts TPA
Sun 1 Jul	Mens interclub CX

Sat 14 Jul
Tues 17 Jul
Sat 21 Jul
Sun 22 Jul
Tues 24 Jul
Wed 1 Aug
Sat 11 Aug
Sat 25 Aug
Fri 31 Aug
Sat 15 Sep
Tues 18 Sep
Sun 30 Sep
Sun 7 Oct
Sun 14 Oct

Labatts TPA
Ladies interclub PP
Labatts TPA
Mr/Mrs--His/Hers
Ladies interclub SD
Zone 6 seniors
General Lett
Mens/Ladies club
BTNO Tournament
Leftie vs Rightie
Ladies interclub PR
Mens Thurs closing
Fri nite mixed closing
Mixed 4-ball closing

Other Tournaments

Thurs 10 May	Dist 6 Grandmothers at MM
Sun 13 May	Ladies N. Island Open at CX
Sat 19 May	Men's Malaspina at PR
Sun 20 May	Men's Malaspina at PR
Sun 27 May	Ladies Malaspina at PR
Thur 15 Jun	Jun Dist 6 Ladies N.H.A. at SS
Sat 7 Jul	Men's N. Island Open at CX
Sun 8 Jul	Mens N. Island Open at CX
Sun 8 Jul	Ladies amateur open at SS
Sat 14 Jul	Campbell River Mens open at SS
Sun 15 Jul	Campbell River Mens open at SS
Sat 4 Aug	Mens Tillicum open at SD
Sun 5 Aug	Mens Tillicum open at SD
Mon 6 Aug	Mens Tillicum open at SD
Sat 18 Aug	Ladies Tillicum open at SD
Sun 19 Aug	Ladies Tillicum open at SD
Sat 8 Sep	Seven Hills at PH
Sun 9 Sep	Seven Hills at PH

LEGEND:

CX—COMOX	PP—PACIFIC PLAYGROUNDS
EC—EAGLE CREST	PR—POWELL RIVER
MM—MARCH MEADOWS	SC—STOREY CREEK
PA—PORT ALBERNI	SD—SUNNYDALE
PH—PORT HARDY	SS—SEQUOIA SPRINGS

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National news

RCAF Hall of Tribute

Longstanding plans to erect a memorial to the Royal Canadian Air Force will come to fruition in the new *National Aviation Museum* which is scheduled to open in June of this year.

The RCAF Memorial Fund, which was established in 1968, had originally planned to build a \$3.5 million memorial complex at the Canadian Forces Base in Trenton, Ontario. However, significant shortfalls in achieving the objective in a public funding campaign during the early 1970s caused the Fund to put the memorial plans in abeyance until a more affordable concept could be implemented. The Government's eventual decision to build a National Aviation Museum in Ottawa at what used to be the Rockcliffe air base and an offer to make space available for the RCAF Memorial were all the Fund needed to resurrect the project.

In reviewing the options, the Memorial Fund had to limit itself to a concept which would be compatible with available

resources and the amount of space being offered. The Fund also recognized that the Museum itself would, in many ways, be a memorial to the RCAF. Indeed, many of the aircraft that were flown by the RCAF are part of the aeronautical collection. Furthermore, many of the significant events in the history of the RCAF would be covered in the Museum's continuing exhibit and display program. Thus, the Fund had to make sure that the Memorial would not duplicate what would be offered elsewhere in the Museum but to focus instead on those aspects that might not otherwise be covered.

The Memorial Fund came up with the idea of inviting ten well known Canadian artists to make proposals for the Memorial project which would then be judged by a carefully selected jury with well established credentials in the art world. The members were: Mr Gordon Smith and Mrs Doris Shadbolt of Vancouver, Mr Charles Gagnon of Mon-

tréal and Ottawa, and Mr William Boyle of Toronto. They were joined by a member of the RCAF Board of Directors, retired LtGen Jim Davies of Ottawa.

The winner of the competition was well known Toronto Sculptor, John McEwen. His artwork will be known at the *Hall of Tribute* and its purpose is to honour the men and women of the RCAF. The Memorial Hall will in many ways complement the Museum's exhibit and display section by providing a quiet area for reflection where the visitor is symbolically suspended between heaven and earth with the attendant pulls, upwards with the ideals for which the men and women of the RCAF strove, and downwards, not only with gravity but with the love of the worlds one leaves behind. At the threshold, the RCAF motto 'Per Ardua Ad Astra' -- Through Adversity to the Stars, will project the ideal of adversity, specifically the adversity encountered by an in-

dividual or groups of individuals moving towards an ideal.

There are so many visible links between the *National Aviation Museum* and the RCAF that it is difficult to conceive of a more appropriate setting for the Memorial Hall. It is also most fitting that the Museum itself should be located on the site of the old RCAF airfield at Rockcliffe and indeed at the junction of the two runways that saw so much use over the years.

The *Hall of Tribute* will be formally dedicated in a ceremony following the official opening of the *National Aviation Museum* on 17 June. The Governor General will officiate at both ceremonies.

With the completion of the Memorial project, the RCAF Memorial Fund will go out of business. Its assets will be transferred to the Chief of the Defence Staff who has appointed the Commander, Air Command, as the official administrator. The formal agreement requires that



remaining funds be used for the maintenance and upkeep of the Memorial and for mounting periodic displays to commemorate significant events in the history of the RCAF.

The forthcoming unveiling and dedication of the RCAF Memorial represents the final chapter in a story that began on 1 April 1924 when the RCAF was founded. The RCAF Memorial Fund hopes that the *Hall of Tribute* will cause Canadians to reflect upon and be inspired by the ideals of service and commitment for which the men and women of the RCAF always stood.



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