



'HUN' helmet
And much more
at the Airforce
Museum
... centre pages

**An ACE for
Nanaimo**
New name for
Cassidy Airport?
... page 6



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 6 22 MARCH 1990

NEXT DEADLINE 2 Apr 1990

COST: PRICELESS

DNDHQ Review announced

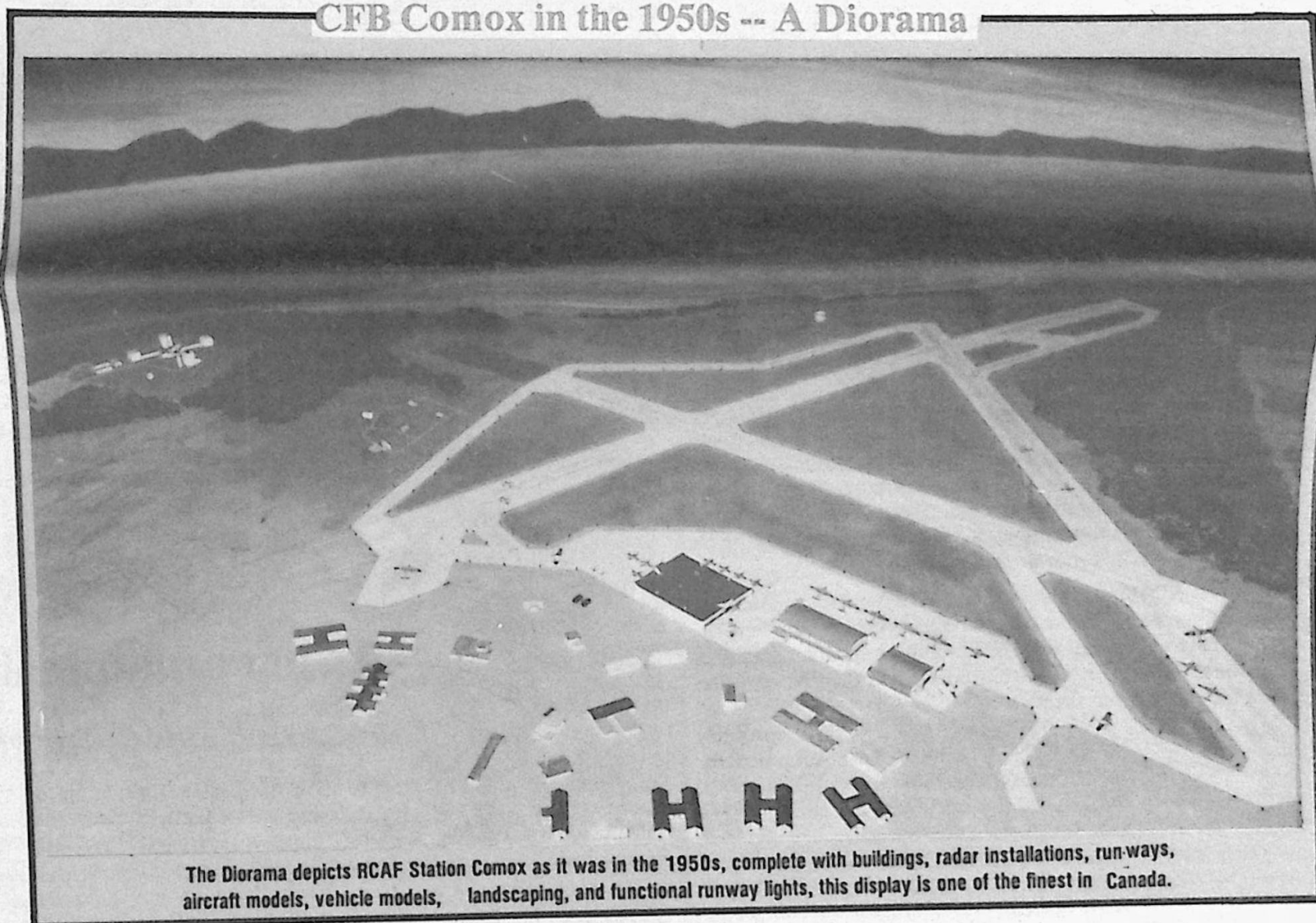
OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, has announced that a contract for the sum of \$4.96 million has been awarded to Ernst & Young Management Consultants to conduct a functional review of the National Defence Headquarters.

"The Department is seeking to maximize efficiency and create a more effective balance of personnel, operations and capital expenses throughout its operations," Mr. McKnight said. "As part of this, a comprehensive review will be undertaken to prioritize the functions and activities at NDHQ so that the department can continue to fulfil its role in these times of financial restraint."

The official Request for Proposal went out to 15 Canadian companies in January 1990. Any staff reductions will be implemented, where possible, through attrition.

The review is expected to take eight months, and will start early this spring.

CFB Comox in the 1950s -- A Diorama



The Diorama depicts RCAF Station Comox as it was in the 1950s, complete with buildings, radar installations, run-ways, aircraft models, vehicle models, landscaping, and functional runway lights, this display is one of the finest in Canada.

Whoopee

§*#☆%©@§+~°~!★¶



it's spring

A poem for spring



Daffodils

by William Wordsworth



I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the milky way
They stretched in never-ending line
Along the margin of the bay.
Ten thousand saw I at a glance
Tossing their heads in sprightly dance

The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such jocund company:
I gazed -- and gazed -- but little thought
What wealth the show to me had brought:

For oft when on my couch I lie
In vacant or in pensive mood,
They flash upon that unward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.

On and off base

Ronald McDonald's Children's Charities Cartoons for kids

History will be made Saturday 21 April 1990, when every major North American television network simultaneously broadcasts a half-hour, commercial-free, animated, substance abuse special aimed at children 5 to 11 years old. The show 'Cartoon All-Stars to the Rescue', marks the first time that well-known copyrighted cartoon characters, from a number of different animation studios, have been brought together for a single special. The project was spearheaded by the Academy of Television Arts and Sciences Principal funding for the project has been provided through a grant from Ronald McDonald Children's Charities (RMCC).

As you are well aware, substance abuse is reaching epidemic proportions in our society. RMCC shares the concern of police departments, teachers, parents and social agencies regarding one of the problem's most frightening facets -- the increasing involvement of young children. RMCC is proud to be part of this co-operative effort to educate our children about the dangers of drug and alcohol abuse.

RMCC has a single goal: to help children in need. During its short history, it has evolved into one of Canada's major children's charities. More than \$3 million has been donated to children's charities and Ronald McDonald Houses across the country. Involvement in this project is a natural extension of RMCC's commitment of Canadian children and their communities.

'Cartoon All-Stars to the Rescue', has been officially endorsed by the Federal Solicitor General, Pierre Blais and Chief Herb Stephens, Chairman of the Canadian Association of Chiefs of Police Drug Abuse Committee. They have pledged their support to the success of this program.

A portion of the funds from RMCC will be used to help reinforce the program's substance abuse message. Fifty thousand French and English video cassettes of the show will be produced for community use. More than 4,500 major video outlets will receive copies to be made available free-of-charge for family viewing.

As part of your police department's ongoing efforts to educate children on the dangers of drug abuse we ask that you assist RMCC by distributing copies of this video to the public schools and libraries within your community. The Canadian Association of Chiefs of Police has agreed to send each department the appropriate number of video cassettes in August for distribution this fall on your community.

Everyone involved in this project is committed to educating our children about the dangers of substance abuse. We invite you to lend your support by bringing this important special to the attention of your teachers, students and their parents. We look forward to your support.

Sincerely

Heather Clark, Administrator

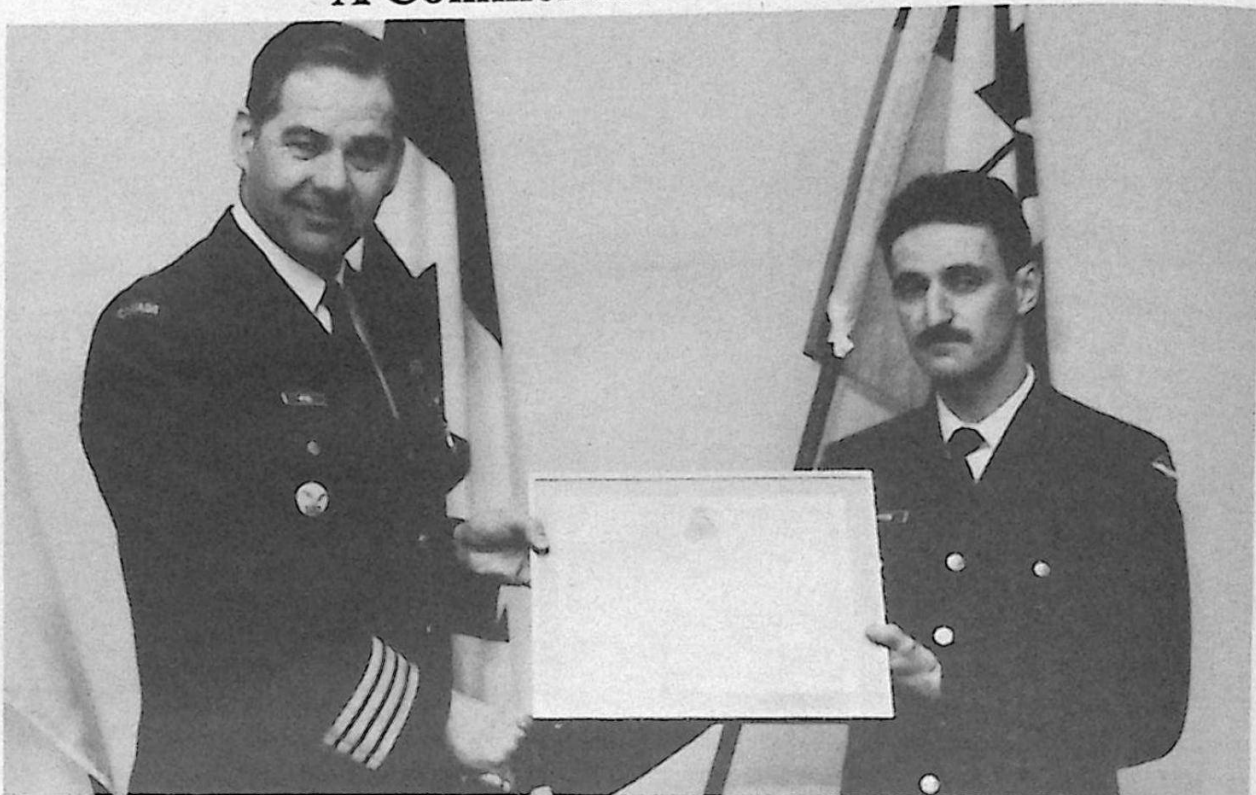
Broadcast Timetable
'Cartoon All-Stars to the Rescue'
(Anti-Substance Abuse Special)
Saturday 21 April 1990
Eastern Time: 10:30 am
Central Time: 9:30 am
Mountain Time: 8:30 am
Pacific Time: 9:30 am

All-Star Cast:

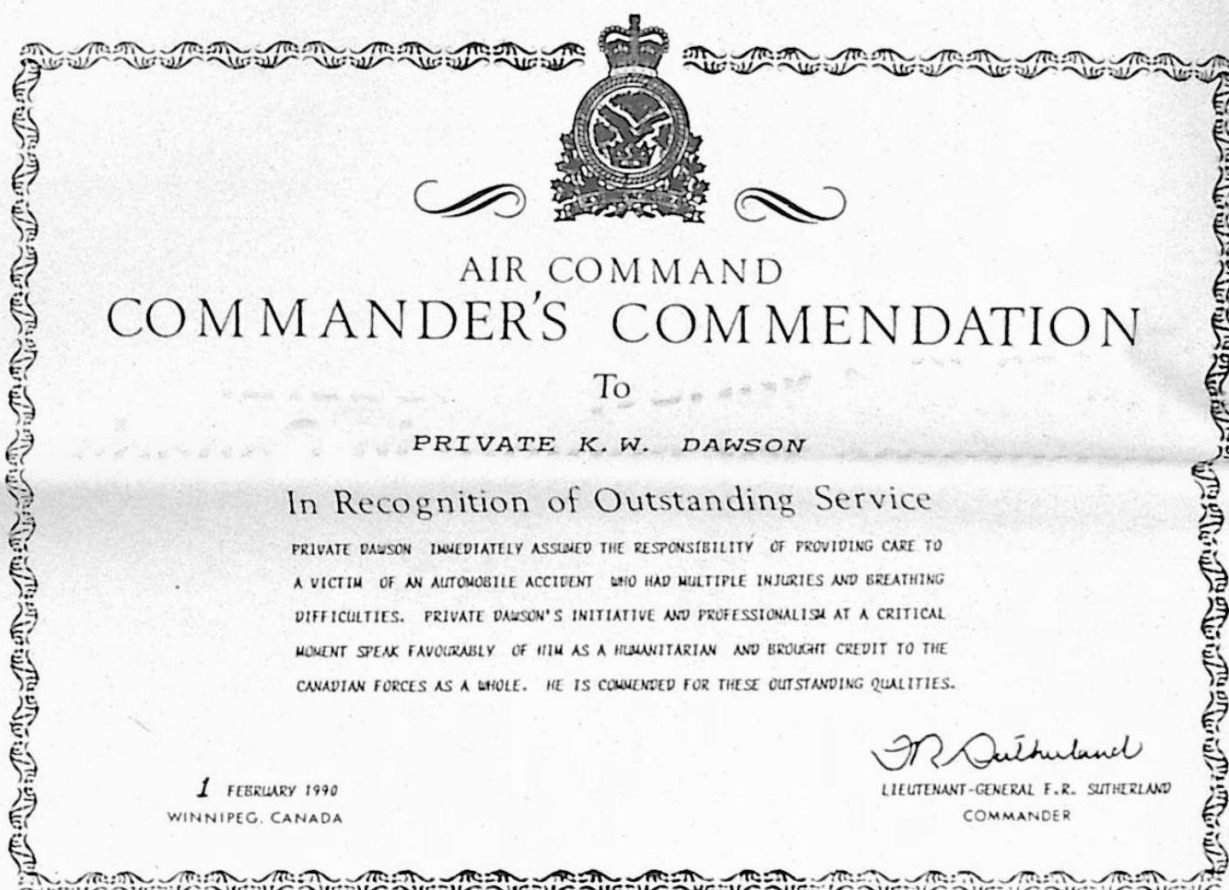
Alf, Bugs Bunny, The Chipmunks, Daffy Duck, Huey, Dewey and Louie, Garfield, Ghostbusters (Slimer), Kermit, Miss Piggy, The Smurfs, Teenage Mutant Ninja Turtles (Michaelangelo), Winnie the Pooh and Tigger, too.



A Commendation for Kevin



BComd J.E. McGee presents Pte K.W. Dawson with the Aircom Commander's commendation see certificate and article below.



An act of humanity

Comox tech aids traffic victim

Driving from CFB Borden in early August, Pte Kevin Dawson and two friends approached a junction of highway 89 in Alliston, Ont., when they witnessed the aftermath of a head-on collision between a pick-up truck and an automobile. The truck had driven over the car and ended on its side in a ditch.

Of the three truck passengers, two went through

the windshield. One of them, and the automobile driver died almost instantly in the collision. Kevin and his friends jumped out of their auto and quickly checked the condition of the two remaining truck occupants, one of whom was pinned under the truck.

Kevin applied first aid and calmed down one occupant, who had sustained severe head cuts and small fractures. An

ambulance crew arrived soon after and took the victims to Alliston Hospital.

Ironically, the injured man cared for by Kevin lived 2 doors down from Kevin's sister. He is now making a steady recovery.

Pte Wade is employed as an Aircraft Metal Technician in BAMSO/Workshops he is a native of Saint John N.B. and resides with his family in PMQs.

Exercise Today
Base Gym... Mon - Fri
High-Low Impact
Weight Training
Interval Training
Babysitting Available
for information call: 339-2543

Canada Trust/Realtor
EDMONTON
POSTED?
FOR YOUR AREA AND HOUSING
INFORMATION PACKAGE
CALL COLLECT
BUS: 1-403-457-2424
RES: 1-403-456-6919
SPECIALIZING IN
MILITARY MOVES

VAL HEUMAN

On and off base

Exercise is Good Medicine

Feeling blue? Physical exercise can strengthen emotional well-being, tone mental capabilities and lift a depression.

Running, swimming, walking and other aerobic workouts build emotional hardness. Along with alleviating depression, exercise energizes, relieves tension, strengthens the body's stress-coping mechanisms and clears the mind. It also encourages a positive self-image, contributes to feelings of physical well-being and improves sleep.

Nurses recommend exercise as an effective and natural way to fend off the down moods all of us have from time to time.

A study on depression and exercise shows that jogging three to five times a week is linked to significant reductions in depression levels. Anger, hostility, fatigue, tension and anxiety decreased in depressed subjects who jogged or walked, while cheerfulness and energy increased.

Exercise also offers positive distraction. People who walk and run can notice new sensations that will distract them from the minor but annoying physical symptoms of depression, including fatigue, aches and stiffness.

When walking, biking and running, you have to think about breathing. You become aware of the world around you. Instead of worrying about the future or ruminating on the past, you notice the sky and the sun and the wind.

Another great benefit of exercise is that it is energizing. Nurses explain the new energy is a result of improved body efficiency. A well-tuned body uses less energy to perform daily functions. Every movement -- from making a bed to walking up stairs -- is relatively effortless when toned muscles are at work.

As well, a conditioned heart pumps more blood with each stroke than an unconditioned one, meaning it just doesn't have to work as hard.

A study of middle-aged men shows heart rates dropped from 72 to 55 beats per minute after a three-month training program. This lowered resting heart rate resulted in increased stamina and a form of stress resistance.

A lower heart rate while experiencing stress helps a person stay calm and more in control of the emotions. Even more dramatically, a well conditioned heart may save a person's life. Unfit people are known to succumb to sudden heart attacks following emotionally taxing experiences. If they had been in good aerobic condition, they may have been able to tolerate the stress.

courtesy Registered Nurses Association of B.C.



Frank Gavin

Capt Francis J. 'Frank' Gavin (Ret), 57, died suddenly at Courtenay, B.C., on 10 March 1990, after a lengthy struggle with heart disease that began at age 39. Prior to his retirement from the Canadian Forces in July, 1988, he was the Base Nuclear Defence Officer (BNDO) at Canadian Forces Base Comox. As an Air Traffic Controller he first served at Penhold and Edmonton, Alta.; Comox, B.C.; then returned to Edmonton.

After receiving his commission as a Flying Officer in 1967, he served at Goose Bay, Lab.; and Comox; then in 1971, Gagetown, N.B.; where he opened the new helicopter support control tower. In 1973 he was posted to the Rescue Centre at Victoria, B.C., as Deputy Commanding Officer. He remained there until 1979, then moved to Air Command Headquarters at Winnipeg, Man., as Staff Officer in charge of all air operations. In 1983 he returned to CFB Comox as BNDO and also served as the Base Commander's Senior Cadet Liaison Officer.

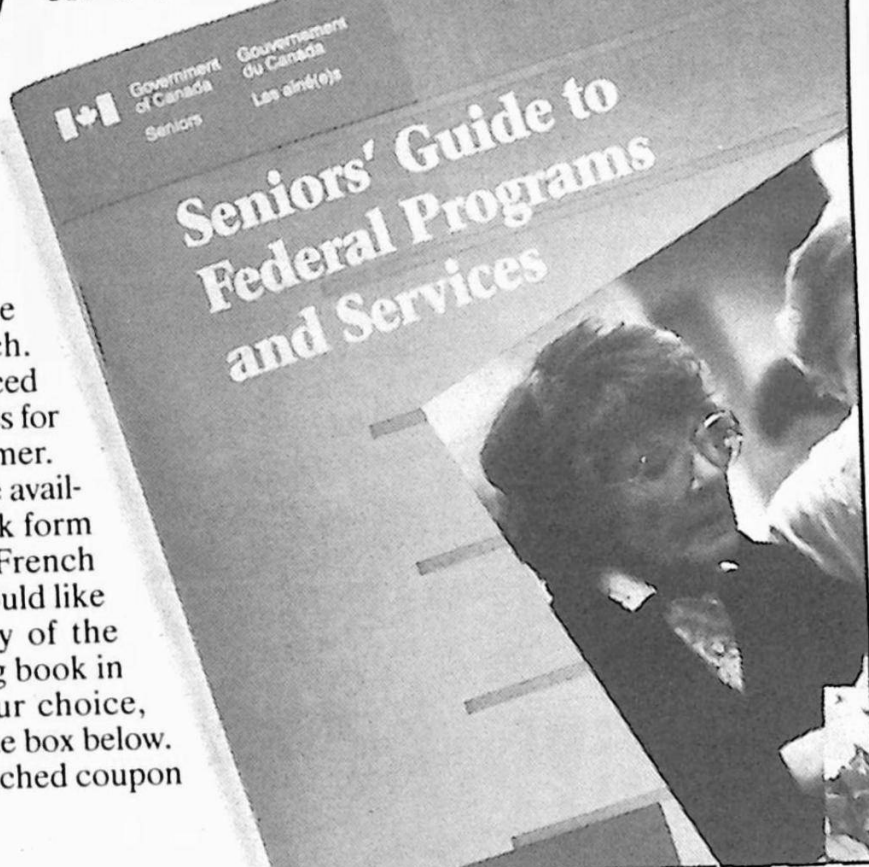
An ardent outdoorsman and conservationist, he was a committee member and volunteer worker with both the Courtenay Fish and Game Protective Association and the Comox Valley chapter of Ducks Unlimited Canada. He was an Active Member and volunteer worker with the Steelhead Society of B.C. and the Hidden Valley Conservation Club, a Supporting Member of the Outdoor Writers of Canada, and a former member of the B.C. Aviation Council.

He is survived by his mother, Mrs. Marjorie Gavin of Thessalon, Ont.; brothers Patrick Gavin and William Gavin and wife Cookie; sisters Kathleen Tadashore and husband Gary, all of Sault Ste. Marie, Ont.; Barbara MacInnes and husband Doug of Fergus, Ont.; daughters Erin Gavin and Maurya Brunton and her daughter Brittany, all of Vancouver, B.C.; Jennifer Gavin and his son Michael Gavin, both of Courtenay. Family members include Judy Gavin, Vic and Heather Jacobson, Randy and Sherri Jacobson, Gary and Gayle Watson, all of Courtenay, and Ann Collins of Bowen Island.

A memorial service was held at the St. Michael and All Angels Protestant Chapel at CFB Comox on Thursday 15 March at 3:30 pm. In lieu of flowers, donations can be made to the Courtenay Fish and Game Protective Association Conservation Fund, Box 3177, Courtenay, B.C. V9N 5N4, or to a wildlife organization of your choice.

There is a variety of federal programs for seniors in Canada. Would you like to know what they are?

The "Seniors' Guide To Federal Programs And Services," provides basic information about federal benefits and services available to Seniors. This guide is available in English and French. It is now being produced in nine other languages for distribution this summer. The guide will also be available in a talking book form in both English and French this spring. If you would like to obtain your copy of the guide and/or talking book in the language of your choice, check the appropriate box below. Please fill in the attached coupon and mail it to:



Seniors
P.O. Box 8176, Ottawa, Ontario K1G 3H7

Name _____ (Please print)

Street _____

City _____

Province _____ Postal Code _____

Book

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> English | <input type="checkbox"/> French |
| <input type="checkbox"/> German | <input type="checkbox"/> Hungarian |
| <input type="checkbox"/> Ukrainian | <input type="checkbox"/> Portuguese |
| <input type="checkbox"/> Italian | <input type="checkbox"/> Russian |
| <input type="checkbox"/> Polish | <input type="checkbox"/> Greek |
| <input type="checkbox"/> Chinese | |

Talking Book

- | | |
|----------------------------------|---------------------------------|
| <input type="checkbox"/> English | <input type="checkbox"/> French |
|----------------------------------|---------------------------------|



Government of Canada
Seniors
Gouvernement du Canada
Les aîné(e)s

Canada



Tri-City Boot Repair & Sales

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

TOP QUALITY
SHOE AND LEATHER REPAIRS

Editorial

NORM BLONDEL



A Commendation for Kevin

Folks in Saint John N.B. and CFB Comox can take a fair bit of pride in the actions of Pte Kevin Dawson, last August (see page 2). Like all CF members, Kevin routinely attended and passed his Emergency First Aid courses, perhaps never dreaming he'd encounter a real-life situation where his life-saving skills would be put to the test.

But an accident happened, and Kevin was there to give immediate first aid. His actions probably saved a man's life, and he has been commended by the Commander Air Command for what he did.

We also commend Kevin (and his two friends who were with him at the time) for stopping at the scene and involving themselves in an act of humanity. This is in sharp contrast to the callous behavior of several Vancouver motorists recently, who steered around a hit and run pedestrian victim and sped on their way. Well done Kevin, that's quite an example you've set.

Harbingers of Spring

Spring arrives in several ways at CFB Comox, Crocuses bloom, Robins raid the lawn for worms and the Comox Air Force Museum opens its doors to a fresh influx of visitors.

They come here to see the artifacts, some from very long ago, frozen in time by silent mannequins clad in the old uniforms, aged and slightly fuzzy photographs, bits of equipment ranging from a spiked German helmet of World War I, to huge jet and piston engines of more recent times, and, in the outdoors, the veteran grounded birds of CFB Comox Air Park.

Our centre pages feature a photographic display of some of the museum exhibits, assembled with great skill by Curator Ron Jensen and his staff.

If "a picture is worth a thousand words", then surely a visit to the Air Force Museum is worth a thousand pictures. It is certainly worthy of your support.

The Museum is open on weekends now, and weekdays commencing 1 May.

Because he was there

Someone once said, "I never met a man I didn't like." I would say, I never met a man who didn't like Frank Gavin. This genial bloke, former electronics technician, Air Traffic Controller, Air Cadet liaison officer, worker for Ducks Unlimited and the Steelhead Society of B.C., an inveterate outdoorsman, lived his life, complicated by 11 bypass operations and an angioplasty procedure, to the full.

He knew he could live longer in idle misery, but there were people to help, friends to cherish and the outdoors to be enjoyed.

He was a friend to this newspaper and its staff too -- writing interesting and supportive letters which boosted our morale, here at the Fishwrapper.

To quote Gerry Gerow, who delivered the eulogy for Frank on 15 March at the Base Protestant Chapel, "We are all a little bit better for having had our lives touched by Frank Gavin, and the world is just a little better place to live in because he was here."

Amen to that.

The Medical Officer - e



"I'd like to report an accident, Sir"

From the RCAF 'Wings', October 1944

CF Senior Appointments announced

OTTAWA -- The Honourable Bill McKnight, Minister of National Defence, has announced new appointments/promotions for five senior Canadian Forces officers. The following appointments/promotions will take effect during 1990:

Commodore J.B. O'Reilly will be appointed Chief of Staff, Western Atlantic, at Norfolk, Virginia.

BrigGen W.J.B. Partington will be appointed Canadian Forces Attache (Air) at the Canadian Defence Liaison Staff in Washington, D.C.

Commodore A.R.H. Wood will be appointed Deputy Representative to the Supreme Allied Commander (Atlantic) for Europe at NATO Headquarters in Brussels, Belgium.

Naval Captain D. Cogdon, on promotion to the rank of Commodore, will be appointed Director General Information at National Defence Headquarters in Ottawa.

Colonel A.J. Waldrum, on promotion to the rank of brigadier-general, will be appointed Chief of Staff, United Nations Disengagement Observer Force (UNDOF), in Damascus, Syria.

Next deadline 2 Apr 1990

TOTEM TIMES

EDITOR..... Norm Blondel
OFFICE MANAGER..... Sherry Snow
PRODUCTION STAFF..... Julie Blondel, Liz Basham,
Karen Larke Teresa Miles
CIRCULATION..... Brad & Helaine Shipley 339-4680
CAMERA OPERATOR..... Teresa Miles
PHOTOGRAPHY..... Base Photo

Office Phone: 339-2541, Address correspondence to the Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription rate \$10.00 per year.

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, DF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item.

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

Comment

Letters

Collishaw

A letter to the Vancouver Island Military Museum in Nanaimo, and filed with this newspaper for publication:
Attention: Ted Brothers
Dear Sir:

It is fascinating that the name Collishaw should come up in our conversation of 12 March 1990. As you enter the Comox Air Force Museum, one of the first displays in the museum is a series of photos and a brief biography of Air Commodore Raymond Collishaw, a World War I hero from Vancouver Island. The inscription in our display is as follows:

Air Commodore Raymond Collishaw

Raymond Collishaw was born in Nanaimo, B.C. in 1893. Aviation caught his imagination and by 1916 he was a qualified pilot in the Royal Naval Air Service.

Seven short years after Canada's first flight, Collishaw flew with 3rd Wing RNAS

operating in France and began a career that brought him the reputation as the D'Artagnan of British airmen, ranking second only to Bishop among British pilots.

Renaming the Cassidy Airport to 'The Nanaimo Collishaw Air Terminal' is a great idea and it is most heartily supported by this museum.

The President of the 888 Komox Wing, Mr. Bruce Inrig, of the Royal Canadian Air Force Association, and the Commandant of the Air Force Indoctrination School, Maj Ian Sibbald, fully support the honoring of a Nanaimo hero (WWI Flying Ace) in the title for the Nanaimo airport. 888 Komox Wing and AFIS represent approximately 150 retired and active military members of the Comox Valley.

Good luck in your endeavour.

Yours truly,
Ron L. Jensen
Curator

RCAC 50th

Dear Sir:

I would like to bring to your attention the fact that in 1991, the Royal Canadian Air Cadets will be celebrating their 50th Anniversary.

In light of the significance of our celebration, I call upon the service of your publication to help us bring this to your readers' attention.

It is estimated that almost 900,000 Canadian youth have participated in the Air Cadet program since it began in 1941.

This of course does not include the many thousands of adult volunteers, parents and friends who have given so generously of their time and effort to make this youth program a success.

I have taken the liberty to enclose 'camera ready' announcements -- in the one and two column size -- for you to use and sincerely ask that you give consideration to publishing this announcement as a public service.

If you need more information on the program, please feel free to contact me at the numbers below.

Thank you in advance for your consideration.
Richard Logan
Executive Director
Air Cadet League of Canada
2323 Riverside Dr., 8th Floor
Ottawa, Ontario
K1H 8L5
(613) 991-4349
FAX (613) 991-4347

Beach cleanup

Dear Sir:

To the participants of EX Readiness Challenge '90:

"May the road always ride to meet you,
May the wind forever be at your back,
May the sun always shine on your face..."

This quote is dedicated to each and everyone of you on EX Readiness Challenge '90. The work just completed at Teepee Park is your legacy to CFB Comox.

A new stairway from the upper to lower level in the campsite, then a stairway to water-level. New campsites laid out! A new stairway from the Pavillion at the beach to the beach. Wow!

Each and everyone of you deserve a 'pat on the back' and a well deserved 'Thank-you' from the population of CFB Comox.

To anyone who hasn't

noticed yet -- take a drive down to Teepee Park. There has been a massive clean-up, brush removal and a general refurbishing of the area. Our park will be the envy of bases everywhere once word spreads.

There is still one area which could use a clean-up and this is the beach itself. Such a beautiful sandy beach and it is spoiled by the huge piles of drifted in logs. What a great opportunity for campers. If some campers get together and split and haul logs this would be a double benefit. Free firewood and a clean beach.

Removal of these logs would finish off the great job begun by EX Readiness Challenge and we citizens should do our part to complete the Challenge left to us! I will do my part by volunteering as co-ordinator-worker in a clean-up effort.

MCpl Basham D.A.
LOC 8266

Looking out for tomorrow

One of the most intriguing studies to be released over the last little while is a comprehensive survey of Canada's 15-24 year olds conducted by the Canadian Youth Foundation. The study, entitled, 'Ready For Today', took more than 2,100 young Canadians and asked them what concerns and interests they face in today's ever changing society. In his preface to the report, the Federal Minister of State for Youth called the data, "vital to those building a better future for our young Canadian men and women." True enough. But what the report does not conclusively convey is how 'ready' today's youth really are.

With some disturbing patterns emerging from this age group, it is more important than ever that Canadians as a whole learn as much as possible about our young people. Consider, for example, the shamefully high illiteracy and drop-out rates facing today's parents, educators and employers (the majority of whom are responsible for dealing with and preparing our young people for adulthood) as they attempt to bridge the gap between themselves and tomorrow's parents, educators and employers. Any system, they are saying, which pours as much money into education as Canada does should not be producing illiterate graduates at the current rate of one in five.

According to the Canadian Youth Foundation's report, the reason illiteracy is so prevalent is simple: too many young people (surprise, surprise) don't enjoy school. In fact, when asked what does bring gratification, the respondents to this survey were abundantly clear. Given a choice of 22 so-called sources of enjoyment, education placed a dismal 18th overall with a mere 35% -- or one in three young people -- indicating 'a great deal' of enjoyment from the education process. Only cars (presumably because very few people in this age category actually own their own car), youth groups and religious groups received a poorer set of grades.

Educators across the country will no doubt cringe when they see that such interests as 'pets', 'television', 'stereos', 'sitting and thinking', and 'being by oneself' are decidedly more popular with our 15-24 year olds than attending school.

The results of this survey may not come as much of a surprise to many Canadians. School, after all, never has, and never will be all things to all people. At the same time, however, it is difficult to ignore such an overwhelming condemnation of the education process. If, as the results of this survey seem to indicate, two-thirds of the school-age population don't enjoy what they're doing, it only stands to reason that many will leave in

the hopes of finding something they do enjoy.

But what then? According to a survey conducted by the Canadian Federation of Independent Business only about one-half of CFIB members are satisfied with the way our schools are preparing students for the jump into the work force. As a result, says CFIB, the cost of remedial help falls on the 70% of entrepreneurs who provide the necessary on-the-job training.

Clearly it is incumbent on all Canadians to help these young adults reach their full potential. This country's greatest natural resource, after all, will always be its people.

by Ann M. Smith

A HEARTFELT PLEA FOR VOLUNTEERS

February is Heart Month and volunteer canvassers are needed throughout B.C. and Yukon. Please help us save lives by volunteering your time. In Greater Vancouver, call 736-4404. Outside Vancouver, call toll-free: 1-800-663-5400

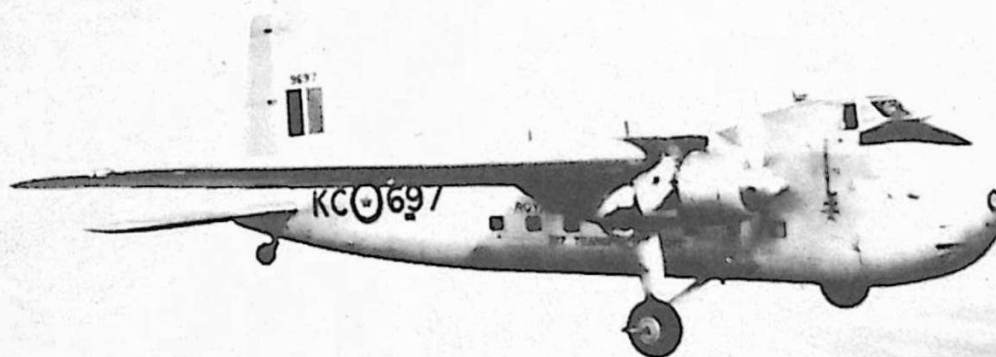


IMPROVING YOUR ODDS AGAINST CANADA'S #1 KILLER.

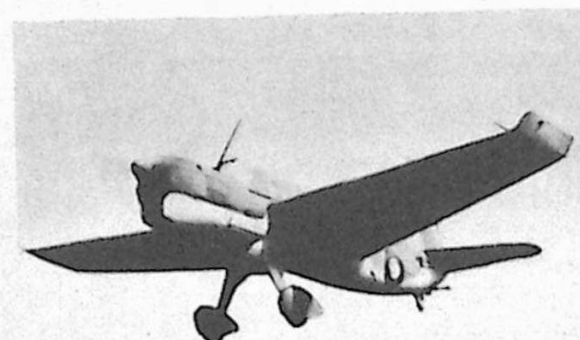
Next deadline 2 Apr 1990

Air Force Trivia

What, where, when



A Brit for the RCAF



(From the H. W. Holmes Collection)

Trivia Answer

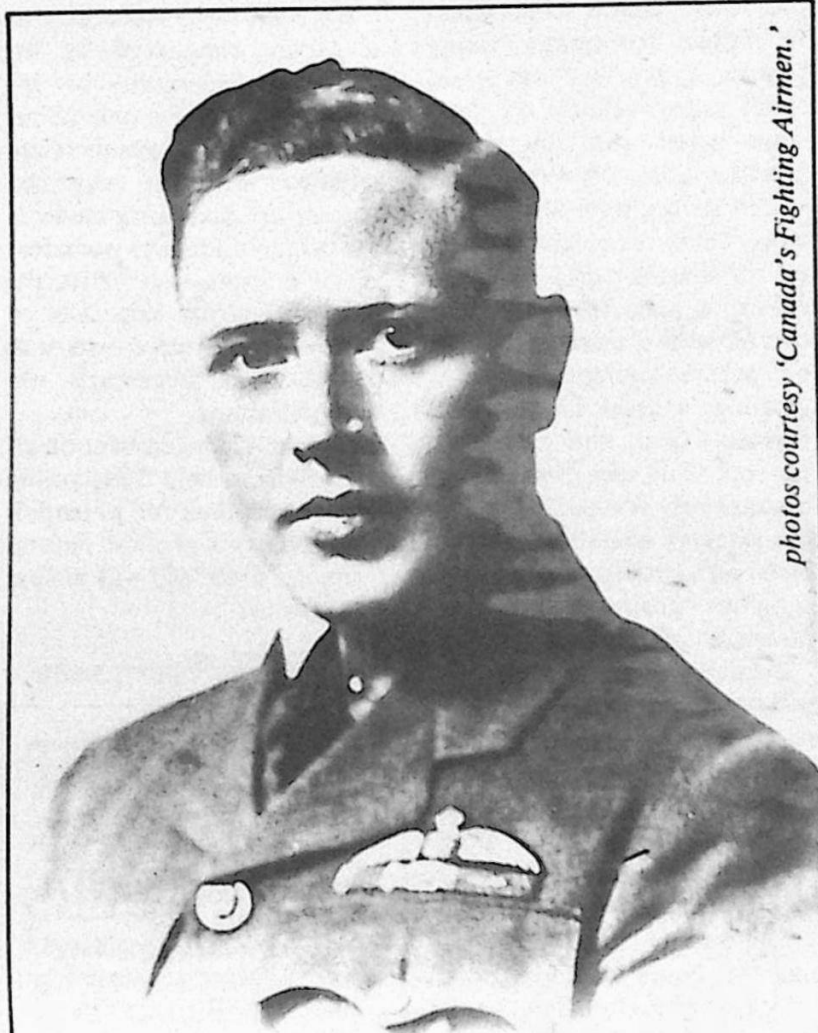
Curtiss Seamew FN475 Fleet
Air Arm Royal Navy 1943.

On the base

An ACE for Nanaimo

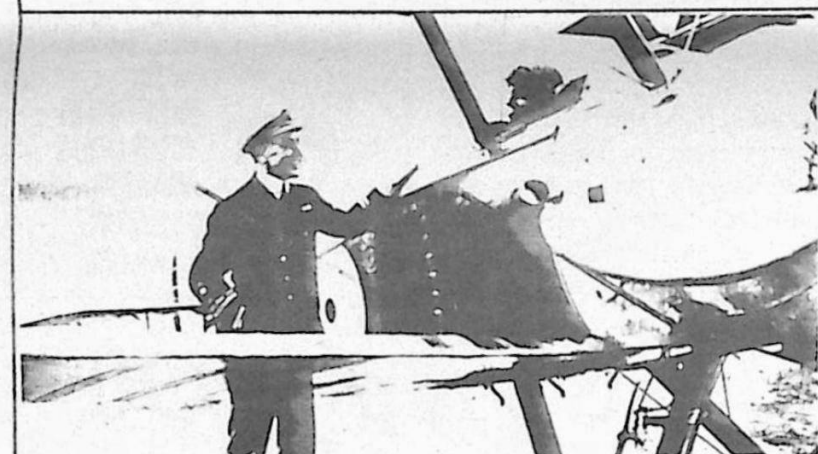
'Collishaw Airport' proposed

... see letter on page 5

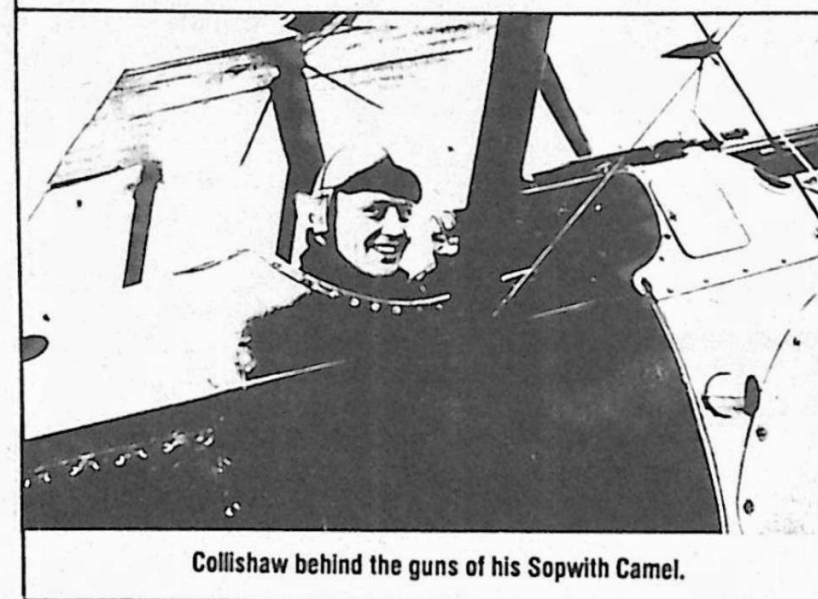


photos courtesy 'Canada's Fighting Airmen.'

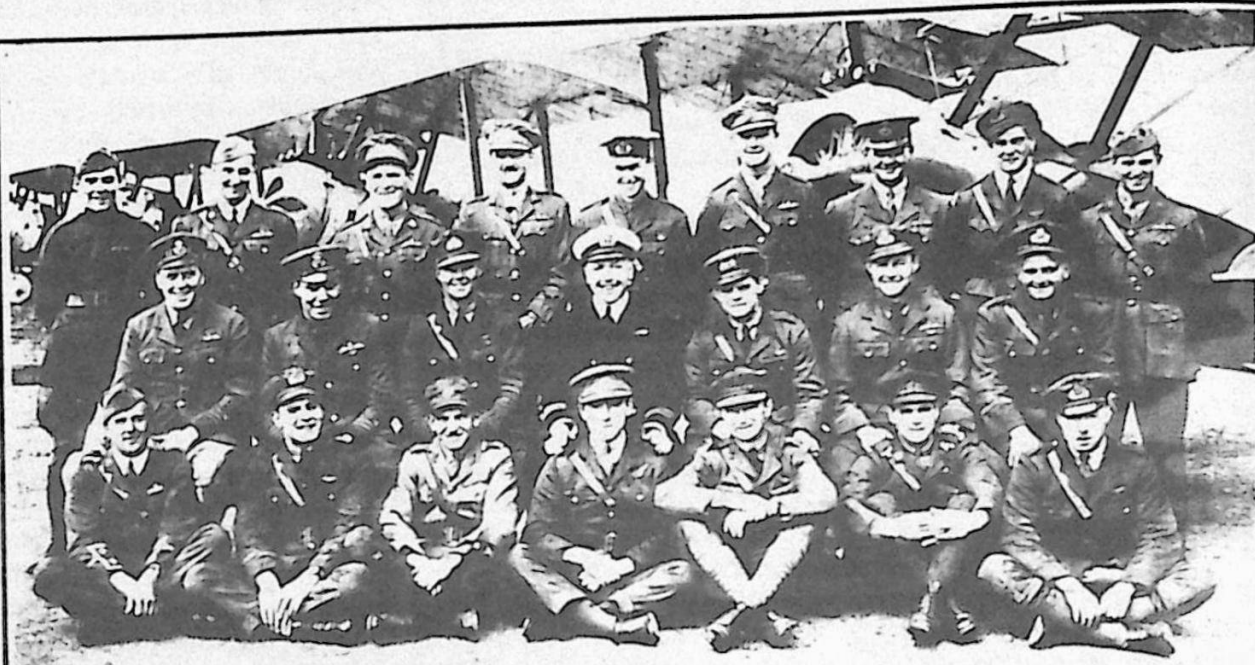
Lieut Colonel Raymond Collishaw



Collishaw wishing one of his pilots good luck before starting over the German lines.



Collishaw behind the guns of his Sopwith Camel.



Collishaw with the pilots of the all Canadian 203rd Squadron which destroyed 203 German aeroplanes in 1918.

Raymond Collishaw

Born at Nanaimo, British Columbia, on 22 November 1893, he was brought up in the atmosphere which surrounds any seaport town where great ships come and go. From early boyhood he was at home on the water and spent much of the spare time during his school years sailing and learning navigation. He also hunted and fished, as nearly every man does in that sportsman's paradise, and his training with the rifle and shotgun laid the first foundation for his later success in the air.

Entering the merchant marine at an early age he devoted himself wholeheartedly to the study of

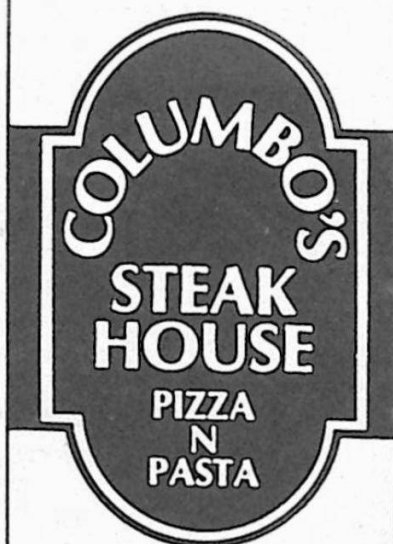
navigation, and as a mere boy

was second officer on a boat sailing between Victoria and Skagway, Alaska. Enlisting in 1915 he fought over the North Sea, flew on raids far into Germany, led one of the greatest fighting squadrons on the Western Front, and survived unscathed, although he was on three occasions shot down. After the Armistice he commanded a British squadron, fighting with Denikin's White Army against the Bolsheviks in Russia, and after Denikin's collapse he fought in Persia and Mesopotamia before returning to England, where he remained with the Royal Air Force. In

1929 Collishaw proceeded to Palestine with the rank of Wing Commander, taking part in the operations of the Royal Air Force against the fanatical Arabs. He was by far the most experienced aerial fighter in the world, and has probably destroyed more enemy machines in battle than any other pilot, living or dead, his exploits during nearly fifteen years of continuous service at many times surpassing even those attributed by Dumas to his amazing hero.

From the book "Canada's Fighting Airmen" McLean Pub. 1930, LCol George A. Drew.

OPEN 7 DAYS A WEEK



338-1486

FREE DELIVERY

Drink and drive?



Sounds fine to me.

BRITISH COLUMBIA RENTAL SUPPLY PROGRAM PHASE THREE

CALL FOR PROPOSALS

The British Columbia Housing Management Commission (BCHMC) invites proposals for new rental housing projects in areas throughout the Province with vacancy rates less than 2%.

The goal of the B.C. Rental Supply Program is to encourage projects suitable for families and seniors, which will remain in the rental market for a minimum of five years. Interest costs will be reduced for selected projects which meet Provincial objectives.

Sealed proposals must be received by the British Columbia Housing Management Commission no later than 4:30 p.m., Monday, May 14, 1990.

Information packages are available at the following BCHMC offices, or by calling Mr. Jack Merkley or Ms. Marianne Wade at 433-1711.

- **BCHMC - Lower Mainland**
1701 - 4330 Kingsway
Burnaby, B.C. V5H 4G7
- **BCHMC - Victoria**
201 - 3440 Douglas Street
Victoria, B.C. V8Z 3L5
- **BCHMC - Interior**
290 Nanaimo Avenue West
Penticton, B.C. V2A 1N5
- **BCHMC - Prince George**
305 - 1488 4th Avenue
Prince George, B.C. V2L 4Y2



BRITISH COLUMBIA HOUSING MANAGEMENT COMMISSION



Chuckle

In February 1977 Mr. Harvey Gartley became the first boxer to knock himself out after 47 seconds of the first round of his first fight before either boxer had landed a punch.

It happened in the regional bantamweight heats of the 15th annual Saginaw Golden Gloves contest in Michigan, when Gartley was matched against Den-

nis Outlette. Neither boxer had fought in public before. Both were nervous.

Gartley started promisingly and came out of his corner bobbing, weaving and dancing. As the crowd roared them on, Gartley closed in, threw a punch, missed and fell down exhausted. The referee counted him out.

Section News

Anker Klankin'

Tracker for airpark

Aw, don't go!



The BComd accepts the log book for Tracker 12188 after the aircraft completed an air display in conjunction with the VU33 Tracker Farewell celebration. This Tracker will be displayed at the CFB Comox Heritage Park. From l to r: Capt Bush, RAdm Cairns, Col McGee, Maj Arsenaault, Col Brygadyr, Col Gibbon, CWO Doherty.



It's alright fellers, I'm only going as far as the Airpark!

Aircrew

The life of the CP121 Tracker as a military Coastal Surveillance aircraft is getting very short. Message traffic if flying fast and furious between the Sqn and NDHQ as to the exact time the planes will leave on Sat 30 Mar is a finite date for our last Sqn flights except for ferrying the aircraft to storage. Contrary to some rumours I've heard, VU33 Sqn will continue to operate with our T-33 aircraft. Although

our roles might be redefined or expanded, we plan to be here for quite some time.

I just returned from my last operational flight in the CP121. Capt Dan Orr, MWO MacDonald and I flew a surveillance flight on 17 Mar 90 terminating in Ketchikan, Alaska. On 18 Mar 90 while flying a patrol in the Queen Charlotte Islands area, we intercepted Mayday transmissions from a Canadian

fishing vessel in distress. We offered assistance to the Coast Guard vessel engaged in the search. The vessel was quickly located and we continued with our patrol. A man, wife and their child were rescued off the vessel Snaggle Puss. I'm sure that their last look at the Tracker was a memorable one.

On the weekend of 9 - 11 Mar, VU33 Sqn threw a retirement party for its longest serving member, the Tracker. A crowd of over 300 Squadron, ex-Squadron, and people from all over who grew to love the Tracker were treated to an excellent weekend. Many old friendships were renewed and new addresses given to people who hadn't seen each other for years. For those who don't know, VU33 Sqn has been

around since 1954. All the Squadron members would like to thank all those who attended as well as the people from various Base units who made the weekend such a success.

Now that APS 90 is fast approaching, I will be closing with the latest from the posting rumour mill. Capt Greg McQuaid will be going back to 3CFFTS at CFB Portage La Prairie as a new Major. Congratulations on a well deserved and very overdue promotion Greg!! Greg has been to Portage in the past and could soon surpass even Col Ted Gibbon with total piston engine hours. Hope he doesn't read this and stick you in a desk job. Capt Pete Bush will soon be off to Sudbury, Ont., to be a recruiting officer. Everyone

who is aware of Pete's sunny personality and easy-going disposition knows Pete is a natural and will perform very well. More to come.

1 Crew

As you have probably all heard, the Tracker Farewell weekend went extremely well. From what was seen, heard and done over the 3 day spiel, everyone enjoyed themselves immensely. It was particularly interesting talking to some of the 'old timers' and listening to some of their 'war stories'. It was also interesting to have a peek at the civilian versions of the tracker. The Fire Cat and the Turbo Fire Cat. Quite a difference from our own. Listening to comments of the fly past of 'our version' and 'their version' it was undoubtedly our 'old gray one' that wowed the crowd! Thanks to a great performance by pilots Pete Bush and Ron Franklin. Also a work of thanks to mother nature for supplying a beautiful sunny day.

J.R. Walsh is away for a week or so learning how to weigh aircraft. Hope he is having fun on the other side of the country (Trenton). Chuck Roy is back after yet another hockey tournament. When asked 'how did the team do?' he replied "Well, the beer was good!!" So it seems that they did not bring home a gold medal. Chuck is now officially a member of the 'Road Warriors' (since he sold his truck). He can be seen bicycling here, there and everywhere. Another crew member worthy of mention these days is Ron Fortin. He can be seen numerous times daily wearing a designer fluorescent orange vest and hanging around the servicing desk. What could he have in mind? Hunting?

We'd like to thank Wayne

Message from MARPAC

THE LAST FISHERIES PATROLS CONDUCTED BY CANADIAN FORCES CP121/TRACKER WERE COMPLETED BY UTILITY SQUADRON 33 ON 28 FEB 90. THIS MARKS THE END OF ANOTHER CHAPTER IN THE TRACKERS DISTINGUISHED CAREER AND ALTHOUGH ONLY ONE OF MANY, THIS ROLE WAS AN IMPORTANT DEMONSTRATION OF DND RESOURCES RESPONDING TO THE REQUIREMENT OF OTHER GOVERNMENT DEPARTMENTS AND CONSEQUENTLY OUR SERVICE TO CANADA.

IT IS SIGNIFICANT THAT THIS PATROL IDENTIFIED A SUSPECTED VIOLATOR AND SHOULD THE CASE BE PURSUED THE TRACKERS REPUTATION FOR EFFECTIVENESS WILL CONTINUE LONG PAST ITS RETIREMENT.

THE TRACKER HAS SERVED THE NAVY, THE CANADIAN FORCES, AND THE AIR FORCE SINCE 1957. IT HAS ENDURED MODIFICATIONS THROUGH MARKS I, II, IIA, III, AND A COD VARIANT TO IMPROVE ITS EFFECTIVENESS (WITH LITTLE SPENT ON CREATURE COMFORT) ENSURING THAT EVERY ROLE ASSIGNED, BE IT CARRIER BORNE ASW OR COASTAL PATROL, FROM THE ARCTIC TO SOUTH AMERICA AND FROM THE MEDITERRANEAN TO THE ALEUTIANS WAS ACCOMPLISHED IN THE FINES TRADITIONS OF THE SERVICES.

WE WILL MISS ITS DISTINCTIVE SOUND BUT MORE SO THE CAPABILITY AND FLEXIBILITY IT HAS PROVEN THROUGHOUT ITS CAREER. HOWEVER, THE TRACKERS WOULD HAVE BEEN JUST ANOTHER AIRCRAFT TYPE HAD THEY NOT BEEN SUPPORTED, MAINTAINED, SERVICED AND OPERATED BY PROFESSIONAL MEN AND WOMEN THROUGHOUT THEIR OPERATIONAL LIFE.

WE ALL LEARNED A LITTLE BIT ABOUT FLYING FROM THIS LADY. BZ TO ALL.
RADM CAIRNS SENDS

"I won my weight loss battle and lost 105 lbs. thanks to Nutri/System."



Nutri/System's Comprehensive Weightloss program includes:

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

over 1500 centres world-wide

nutri/system
weight loss centers

SAVE 50%*

Call today for a FREE no obligation consultation

334-4600

9-2401 Cliffe Avenue
Courtenay

*Special offer does not include the cost of Nutri/System foods or Body Breakthrough video tapes, and cannot be combined with other offers. Valid only with the purchase of a new program at participating centres. One discount per person.

continued on page 10

Section News

407 Squadron Demon doin's 10,000 flying hours



10,000 flying hours. Maj Ray Nakonechny of 407 Sqn recently joined an elite group (more elite than 407) as he touched down after eclipsing the 10,000 flying hour mark. On his arrival he was met by BGen O'Donnell, the Commander Maritime Air Group and Col McGee, the Base Commander. LCol Bennett, CO 407 Sqn accompanied Maj Nakonechny on the flight. Maj Nakonechny has amassed hours on a variety of aircraft including Neptunes, Argus, P3Bs, P3Cs, Auroras, and even on B25s and Expeditors while flying Navs around. The majority of his hours have come in the Maritime environment, including almost 3,000 hours on the Aurora and P3.

The Crew 5 Vikings were held over in Hawaii for a few days to flaunt their considerable ASW talents. Naturally, there was scarcely a free moment for fun and frivolity -- though a radical faction of the crew did find time to terrorize the Honolulu area on motorized scooters. The 'Gang of Four' (as they came to be known by the Island folk) consisted of Capts Mike Perrault, Ken Westerveld, Ron Vincent, and MCpl Wayne Jenkins. During the course of their travels the excellent gang found themselves at Sandy Beach, where the waves seemed righteous enough for body surfing. After five minutes of thrashing about in the throbbing surf, Slim Perrault

had sustained minor contusions and abrasions to his torso, while 'Body Slam' Jenkins had sacrificed a layer of skin off his chest. Upon witnessing this spectacle, a gentleman of the beach patrol came over to inform the bloodied individuals that the surf was dangerous today. Thanks for the heads up, pally!

Capt Potts endured the rigours of Arctic Survival without developing frostbite, though he did sustain an injury of sorts. After using the facilities at Resolute Bay, Ross noticed a rather embarrassing rash on his cheeks (not the ones on his face). To make matters worse the outline of the rash showed a remarkable resemblance

to a large horseshoe or toilet seat. Not having sat on any large horseshoes recently, Ross came to some unsettling conclusions. As it turns out, the cleaners had used a rather corrosive cleaning agent on the toilet seat -- an industrial strength germ killer of the highest degree which reacted disfavorably with Ross's delicate disposition. Ross claims the entire ordeal was a pain in the butt.

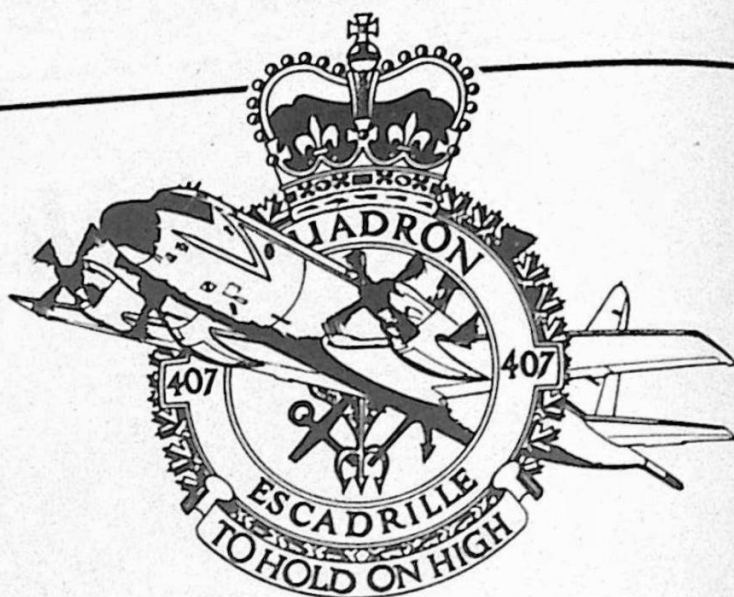
Crew 3 finally flew their check ride last week. Standards were impressed with the overall alertness of the crew, and particularly the keen edge displayed by Capt Darren Skuja. Just before the briefing started Skuja strolled in, sat down, grabbed Mark Bouchard's wrist, 'What time is it, Dude?' he says, reads the watch, then lets go of the wrist. Half way through the brief Skuja notices something startling. Mark Bouchard is sat in front of him. So whose wrist did he grab? Skuja peeks to his left and sees Major Reaume. The Maj refrained from commenting on the incident at the time, though it is rumoured that Darren is scheduled for squadron personnel recce classes.

After four weeks of intensive labour in his wood working laboratory, the evil genius carpenter, Capt Bert Fenton, revealed his latest creation. A book shelf. With the completion of this masterpiece, Bert has vowed to take a four month sabbatical from wood working. He's spent.

After the flight



"Here's to the next 10,000." Maj Nakonechny makes a toast.



DIAC

DIAC Training has just completed Aurora Operational Support Equipment (AOSE) Course 9001 and are taking a two week breather before the start of the Fast Time Analysis System (FTAS) course. After forty three training days the Greenwood students were more than happy to head back to their families and get caught up with their chores.

On the maintenance side of the house the Comox AOSE course grads had an opportunity to test their new found skills on the aging computer disk drives. After suffering two disk drive failures and working many hours of overtime they are now able to carry out disk drive head replacements and alignments with their eyes closed.

Recent section news worthy of mention is:

Cpl Jaimie and Robin Benoit are the proud parents of a new daughter;

MCpl Ward and Cpl Alarie are back from the B.C. Winter games sporting new Bronze medals from the Broomball event;

MCpl Curtis is on his long awaited JLC Course in Penhold; and

Sgts Mofford and Symons have returned from Hawaii (mysteriously, without a suntan).

Welcome to 1Lt Motyer who is with us for the next while and is presently filling in for the boss, Capt Carter, who is away whale watching on the west coast.

Can't get your Fishwrapper? -- here's where to go

- *Building 82 Supply
- *CE
- *Fire Hall
- *7 Hanger
- *Officers' Mess
- *Language Training Centre
- *Base Hospital
- *EX Service Station
- *MPs
- *Glacier Greens Golf Course
- *PMQs

- *Totem Times Office
- *Museum
- *AFIS
- *Jr Ranks' Mess
- *Snr NCOs' Mess
- *Rec Centre
- *Headquarters
- *AMU
- *442 Sqn
- *Clothing Stores
- *MSE

- *Driftwood Mall
- *Tourist Info Centre
- *Tommy Tuckers
- *Block Brothers
- *Mac's Milk
- *Westerly Hotel
- *Courtenay Town Hall
- *Hartmans Auto Supply
- *Coast Country Realty
- *Pacific Coach Lines
- *North Island College
- *Courtenay Legion

- *Sun West Auto Dealer
- *7/11 Store Courtenay
- *Courtenay Chrysler
- *Comox Mall News Rack
- *Comox Legion
- *Comox Town Hall
- *REMAX
- *7/11 Comox
- *Jolly Giant
- *Port Augusta Hotel
- *St. Joseph's Hospital
- *Roys News Courtenay



MEL FERRABY



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

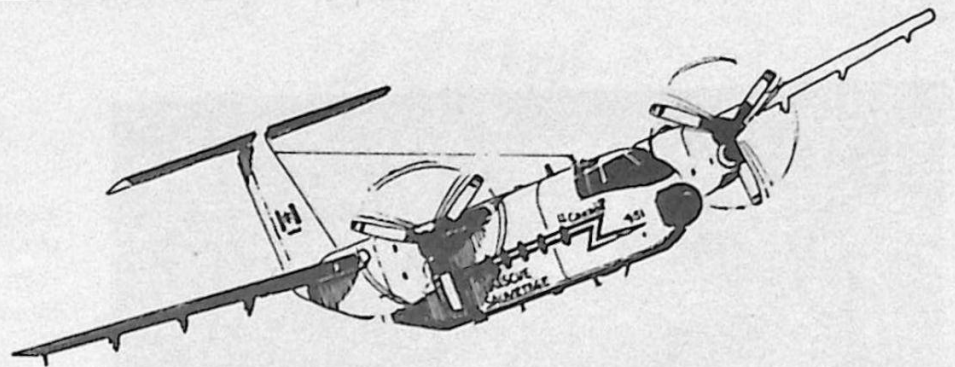
MEL FERRABY
Bus 334-3124 Res 339-4692

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

Section News



442 Squadron



Flight Engineers

With a quick look around the hanger its easy to see that our prodigal aircrews have returned with their yellow machines, back to the 442 fold. With SAR Holthuysen stood down it gives a much needed rest to aircraft and crews alike. Deep snow, high trees, mountainous terrain, gusty winds and bad weather made for extremely difficult searching conditions. We'd like to take this opportunity to thank groundcrew for an excellent job of servicing and maintenance while in Abbotsford.

While the rest of the crews were sightseeing in the mountains MCpl Vimy Trevors and Cpl Al Burley were scouring the Georgia Straits and relaying in Sandspit. A successful boat hoist make things worthwhile, while Wayne Webster had the pleasure of providing the top cover in what exactly weren't the greatest of conditions.

MCpl Bruce Richmond and Dan Pierson had the pleasure of searching for a phantom 'voice' in the Chilliwack area. Rescue 318 was tasked to assist the RCMP in looking for the

source of a voice that was described as eerie. Nice try guys!

Well, congrats and a flip of the lid goes out to MCpl Don Monk on his recent upgrading to Operational Buff Engineer. Not to be outdone Lab side recently upgraded the man with no first name Mac MacGregor to the 'O' cat status. Again congratulations, and happy flying.

Things have been terribly busy, so busy that MWO JJ Landry and Vimy Trevors had to take time out for some well deserved fishing, from the sounds of the trip it was pretty successful, but we've all heard those stories before.

Finally, if Boxer Scott comes to your house make sure the screws are off the doors, nothing but trouble there. Has anyone seen Paul Caulay, after numerous tries to contact him at home we're assuming the crows got him, all this confirms the fact the Elvis is alive and well in the Comox Valley, driving a white M.G.

The FE section is doing it's part for the E.R.A. and has recruited two new personnel for Buffalo Flight. The vixens are unknown by name at this time but details are to follow.

Navigators

It's been a busy month in the nav section. Capt Rudge Wilson aged 10 years while on the Abbotsford search. The Searchmaster diet of donuts and caffeine got him through the search and the ensuing paperwork. The rest of the section got lots of hours of mountain flyng, except for Lt Neal Matthews who was on a Northern excursion. Neal 'THE COLDER THE BETTER' Matthews, found the Arctic Survival Course invigorating. He's been quoted as saying that he'd like annual refresher courses.

Capt Harold Mulder is mourning the loss of his wife. Things haven't been the same at home since Fletch left. Lt Mike Loader moved in with Paul Blouin, who immediately bought a pet wolf and left Mike alone with him for 'Tenant-

Wild Animal' bonding. Lt Marc, opps, Capt Marc Ouellet, returned recently from his swan, er course to Cornwall to visit his brother, er learn marine SAR procedures.

Maj Pete Howe is enjoying being out of the noise of the Nav Section, having graduated to DCO. His successor as nav leader, Maj Rich St. Germain, will be in next month. The navs would like to welcome their new boss.

Buff Flight

Buff Flight is finally getting back to normal after its two tour of duty in Abbotsford.

Paul Blouin being this month's Pole Pig with over 80 hours. But Paul were you awake the whole time? Just kidding.

The OTU has made its way West again to steal our air-planes. Well at least they are being nice enough to train our pilots first. We all like to welcome Capt Fontaine and Lt Patrick back to 'Lotus Land'.

The Mexican trainer made it back to Comox just in time to go on search. The crew is not saying much about how the trip went but there are reports of Lt McClellan frolicking in the waves with some lovely in Mazatland. Except for a minor delay in San Fransico the trip proceeded without a hitch and returned to Comox on schedule, much to some people's disbelief.

Until next issue, that's all from Buff Flight.

Lab Flight

Congratulations to the Reid Family who had their bouncing Baby Girl. I guess we will start seeing Capt Reid around the Sqn more often so he can rest.

Lab Flight has almost caught up to the YFR after SAR Holthuysen.

Capt Bryant and Capt Greenaway recently took part in the new trials for SAR Tech Conversion from Lab pilot. They said it was a camping/fishing trip at South gate, but they have always liked those orange flying suits.

Pets:

A prescription for good health?

People with pets may have an edge on survival.

Community based nurses often see how pets evoke a healthy response from their owners. As well, research shows that pet owners often fare better than petless people.

The simple act of stroking an animal has its rewards for both humans and the animals. Petting an animal relaxes the petter as well as the pet. Studies show that people who greet and pet a friendly animal experience a measurable drop in blood pressure.

Taking care of a pet shifts our attention away from negative preoccupations that cause anxiety and threaten our well-being. Smiling and laughing in response to animal antics can lift the spirits.

Nurses say that 'pet-facilitated therapy' is used successfully in many nursing homes and in some hospitals. It is often noted that a depressed

and withdrawn patient will experience a positive emotional change after being given a playful dog.

A pet can aid -- not replace -- traditional therapy for the uncommunicative and withdrawn person. Pets offer unconditional love. They don't try to change you and always respond to being touched and held. They provide an excellent opportunity for a person to love and nurture.

Many elderly people have gained purpose and meaning in life by having a pet to look after and love. As people age, their former responsibilities dwindle -- they've retired from work, the kids have left home, and perhaps a spouse has passed away.

For some, these major adjustments lead to boredom, loneliness and depression. Life loses its meaning and the will to live decreases. But a four-legged friend can come to the rescue in this situation.

Those who cope best with aging are those who continue the daily acts of caring, which protects them from feeling worthless and giving up.

Although owning a pet can provide a real bonus to life, it's not as simple as just bringing home Rover from the pound. Keep in mind there are a number of pet-ownership pros and cons to be considered.

On the plus side is the loyal companionship a pet offers. And pets improve sociability. Studies show that people are more likely to strike up a conversation with someone who has a dog than with someone who is alone. As well, pets get you out in the fresh air to exercise.

Pets can help buffer the psychological and physical shock of bereavement. Non-pet owners suffering a loss are found to have more persistent fears, headaches and feelings of panic. They also tend to take more drugs than pet owners.

But there are negative considerations about owning a pet. Daily care and feeding can be costly in both time and money. Travel becomes more difficult. And pets can be a source of worry, especially among the elderly who fear their pets may be hit by a car.

If you're not an animal lover by nature, owning a pet may not be for you. But the people who tend to gain the most from pets are those who love animals and are able to draw close attachments to them.

Current findings show that pet ownership by itself does not effect health or mortality rates. But for pet owners who develop a strong attachment to their animals, they benefit from greater feelings of cheerfulness, increased participation in social activities, higher morale and experience less muscle tension.

courtesy Registered Nurses Association of B.C.

Chuckle

It would be difficult to organize a wedding which ran less smoothly than the one held in July 1973 at Kingston in Surrey.

For a start the vicar went sick and they had to rustle up a pastoral replacement to seal the knot at short notice. Matters worsened considerably when the groom put the ring on his bride's finger and she had a blackout. She remained unconscious for 20 minutes.

While she was carried off and revived, the choir sang 'Jesu, Joy of man's desiring' to disguise a welter of fanning, slapping and blowing.

Once the bride had regained consciousness the ceremony was completed. The happy couple made their way down the aisle. In a shower of nuts and confetti, they approached the going-away car which was now seen to contain a cement mixer. The groom took this opportunity to tell guests that the honeymoon hotel had burnt down and instead, they were going to spend the time building a septic tank.

Strangely modest, the couple have asked to remain unnamed.

Section News



Sgt Ray MacNeil
Leader of the ROSES

With the recent events in Eastern Europe and the change to democracy in countries that were formerly communist oriented, it has become apparent to some enlightened few with our own military, that changes in our attitudes were required as well. To this end, our own Sgt Ray MacNeil known to his close friends as 'The Admin God' has made his own personal statement of friendship and peace to those in the evolving societies.

Sgt MacNeil is the leader of a group known as 'ROSES'. This stands for Rights Of Society to Evolve Soonest'. This group which meets on an irregular basis in the hollow of an old tree just off of Ryan Road, is dedicated to the further spreading of immortal words 'Attention K-Mart Shoppers,...

Should anyone require further information on the work of this ourstanding group, feel free to wait by the hollow tree at the top of Ryan Hill or ask

any member of the group who can be identified by the rose in their teeth or the cuts on their hands from dealing with such thorny issues.

The photo shown left is the latest advertising logo for the ROSES. They feel it is necessary to put on this advertising campaign after the recent success of the Movie 'The War of the Roses'. They want to remove the negative image which was portrayed in the movie of the word 'Roses' and to attract new members to their garden. The 'ROSES' are totally opposed to domestic or public violence and have even used a thornless rose for their symbol.

NDT

Spring is almost here and this year instead of doing spring cleaning we've decided to move. Our newly refurbished shop will be ready for us by month end and we're all looking forward to working in an office larger than a shoe box.

Cpl Franke heard about the upcoming move and decided to go on JLC rather than haul equipment up to the third floor. Good thinking Rick! JLC will probably be easier, although I'm sure you'll miss some good Scuba weather.

Sgt Pelletier has been hitting the ski slopes every weekend (once or twice literally) and is getting in great shape for the upcoming fishing season. Bert recently purchased a new boat with lots of room for the family. Which guarantees that he'll never have to fish alone.

MCpl Duchesne was seen recently oiling, re-adjusting and cleaning his mountain bike, he has plans for a couple of trips into the hills this summer. The sight of a small, sweaty, hard breathing guy on a bike out to keep the animals amused.

I've been spending a fair amount of my leisure time unpacking, (after a move to a new house) and riding my newly acquired horse, in an attempt to get in shape the easy way.

Between weekends, we've managed to keep up with all the work from 442 Sqn and the air cadets, as well as my personal favorite, Brake and Wheel.

They manage to drop off scads of stuff every Friday afternoon about 3 o'clock.

It sounds a bit like a health spa here, doesn't it? Fishing, bike riding, skiing, horse back riding and scuba. Before all of you get up in arms and want to know how to join our shop, take note: All of these activities are done in our spare time!



Refinishers

Greetings once again from AMSE/Refinishing sections. Farewell was said to Pte Bell who is off to Brake and Wheels in exchange for Cpl Tokarz. Cpl Smith has recovered nicely from nose surgery and is going to Borden on the POL course while MCpl Norton Kennedy is off to Portage for three months as a replacement for the individual going to Honduras. Cpl Schultz has caught spring fever and is trying to run the spare tire off the mid-section and Cpl Damery, who idolizes Schultz, is contemplating doing likewise.

On the refinishing side of things, Guy Plante burnt the ice up in Moose Jaw at the BAMEO hockey tournament to no avail as the Comox team could not find a win. Sgt Savoir Faire (Allie) and Luigi Antonio (Cpl Arcand) represented the Comox refinishers at the workshop/ref reunion held in Edmonton. From all reports Comox was well represented.

Super-son Ellacott, the base bicycle tech, is doing an outstanding job in this department as well as carrying out his primary duties. He is hoping for a 6 month bicycle front end alignment course in California. He still dreams... dreams. And that's all the news for this time... till next time.

More Anker Klankin

continued from page 7

Hartin for his assistance over the past few weeks with snags and other servicing duties. He is 'on loan' to us from maintenance during their 'not so busy days'.

One last word of thanks before closing. Our very own 'Cpl Paul Nolan' says he is a little disturbed that he never gets mentioned in the paper and he would like to see his name in this article. Well here it is. 'Paul Nolan'. Finally, recognition. That's what you wanted, wasn't it Paul? Well, we recognized you. Until next time, A-river-durchee.

2 Crew

The Tracker Farewell festivities have come and gone and yet the aircraft remains. I thought we gave 188 to the Base Commander. We'll gladly tow it over to the park now. Keeping the old birds flying is definitely a challenge as we all have found out this past week.

The big question of the week 'Yves, who is K. Tolloso?'.

Kent Storie says he'll play hockey next year, or at least

sign out a helmet. His work keeps him in stitches! Troy Jaggard is off to Borden on course, learning the acceptable fuels for his truck. Marc Keller has a new wine filtering system, you may recall a small demo during the Farewell party.

I've heard that Sgt Grub-wiesers' triple bump's are rare. For more information on this phenomenon, see Dave G and Jamie B. Mark Pilon's amorous escapades are heating up. It seems he has a hard time juggling four at a time. Be carefull Mark, maybe next time they won't use tissue paper when they decorate your car.

Lastly, have you seen Dave S. and Paul W.'s stylish new hair styles? Can anyone tell the difference? I can't tell the difference!

Maintenance

The Sqn Reunion/Tracker Farewell weekend was a heck of party. Kudus to all who had anything to do with it. The food was excellent, the beer cold and the band hot. The

only sour note was that some sqn 'deserving' member did not win the big bucks: it went to 442 Sqn. What a miscarriage of justice.

Cpl Veitch is in trouble at his apartment over a little furry creature. 'No pets allowed' Dwayne! The hangar floor was painted (completed) without injuries, penalties or the like. However, there was some question about an illegal stick (a curved roller) but no penalty shots awarded.

Cpl Marty Lavigne has recently changed his appearance (no moustache) and it could be classified as home improvements. His wife likes it! It may also look better in mug shots (if required). Maintenance says Farewell to WO Lyle McManus and MCpl Fred Kay (finally) as they go on retirement. Good Luck!! and God speed to you both. Don't be strangers... drop in for a coffee. You'll feel right at home with another old vet behind the counter (sorry Ernie). Servicing has apparently never ran smoother due to an

influx of maintenance bodies. Cpl Reiner Roedger is off to AMSE for a 'guest shot'.

Cpl Ron Fortin has asked me to pass on that Lt Blair Roe's idea of a mess dinner is two Oreo cookies! You'll have to ask Ron about that one. I had a real good chat with Lt Roe's dad. We'd run across each other a few times over the years. His nickname was then and still is 'skid'.

Here's a suggestion for our CO... If he wanted to try a Sqn ski day and put on the boards himself, we should have some time available after 1 April and I can get some really low rates!!

You'll know who to contact—right? P.S. If you agree, don't follow MCpl Gene Meyer down the hill. His idea of raising cane is not what you would like to do.

After all the excitement of the Farewell weekend, a few people slowed down. The

SAMEO is gone to the hockey nationals in Halifax. Good Luck. Cpl Dan Finnegan is off this week with the excuse that he has to babysit. Good excuse Dan!! Finally, Glen Caslake is wearing his hearing aid. So be careful guys because he can hear you miles away!!

FIRST AID TIP

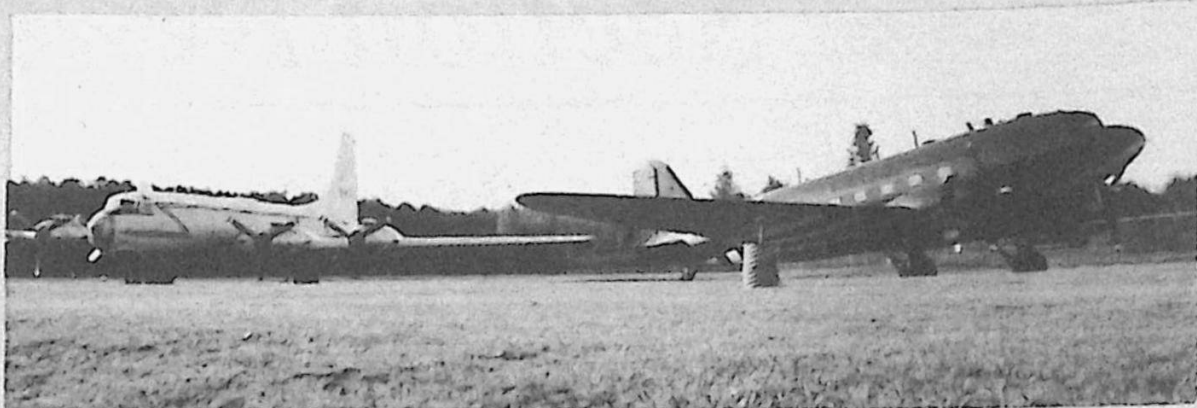


WOUNDS AND BLEEDING

- Direct Pressure to stop blood flow
- Elevation to reduce blood flow
- Rest to slow the circulation. Apply direct pressure with the hand over a dressing if available. If the dressing becomes blood-soaked, do not remove it; add another and continue pressure. When bleeding is controlled, maintain pressure and secure dressings with bandages. Maintain elevation and immobilize the injured limb.



St. John Ambulance



In the Airpark -- CP107 Argus, DC3 Dakota.



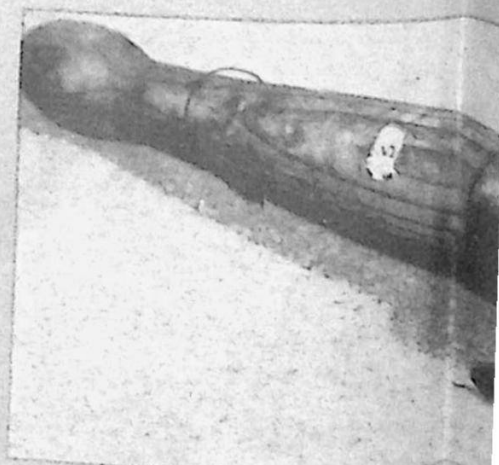
World War II Pilot and his equipment.



HRH Princess Mary Christmas (1914) Ration Tin.



Airwomen circa 1940, in RCAF 5 service dress, winter jacket, skirt and haversack.



German Stick Gren

Explore a world of

Experience our military West Coast

From Canada's first flight, the Silver Dart, the Force Museum's exhibits reflect the heritage, forces by focusing on the history of CFB Comox.

The Comox Air Force Museum is the main gate of CFB Comox, a busy summer months. The summer hours are 10:00 am to 4:00 pm daily, May through October through April.

The Museum depicts the people who supported them, and the people who made it all happen. CFB Comox is an integral part of West Coast Canada, established in 1943, and in our collection of artifacts representing the stages of our history and the various eras of our heritage.

The main museum project, 'The Diorama' is by the McPhee family. This diorama depicts Comox as it was in the 1950s, with radar installations, runways, models, landscaping, functional taxi lights, light and sound effects. One of the finest of its kind in Canada, 'The Diorama' will be dedicated to J. (Joseph) Noel McPhee who served in air operations.

The feature gallery will display 'The Past' from 27 March to 13 May. It is on temporary loan from the Imperial War Museum and includes some very interesting WWI and WWII.

Feature exhibits throughout the museum include moments in RCAF history, 1940s Squadrons, space technology, a look at the technologies of flight.

The gift shop features t-shirts, models, squadron crests, a good collection of books, a good collection of aviation paraphernalia.

Without the generous support of organizations in the community, this museum would never have been possible. Meaningful thanks which we receive from individuals and groups will be to improve the museum and bring it to the next level.

Please drop by and visit the museum. Admission is free; donations should be a rewarding experience.

See: Equipment of the War
-- 'The War Effort'

World of flight with us

itary West Coast aviation heritage --

Silver Dart, to the modern jet age, the Comox Air
he heritage, customs and traditions of Canada's air
of CFB Comox.

Force Museum, located just outside
FB Comox, is getting ready for the
as. The summer hours are 10:00 am
May through September. Winter
to 4:00 pm on Saturday and Sunday,
April.

dicts the proud history of the base,
ew from here, the equipment that
d the personnel who gave of them-
happen. CFB Comox has been an
West Coast aviation since it was
and in our exhibits you will see ar-
he stages of the base's development
of our heritage.

project, 'The Diorama', is nearing
diorama depicts RCAF Station
he 1950s. Complete with buildings,
runways, aircraft models, vehicle
s, functional runway lights, fun-
ght and sound, this display will be
its kind in Canada. Financing the
the McPhee family of Courtenay.
be dedicated to the memory of F/L
Phee who was killed in 1945 during

ry will display 'Echoes from the
to 13 May 90. This fine display is
from the British Columbia Museum
very interesting items from both

throughout the year may highlight
history, the roles and heritage of
nology, an aviation art exhibit, or
gies of flight.

tures t-shirts, ball caps, airplane
crests, airplane pins, squadron
tion of aircraft prints and other
a.

ous support of many people and
community, the desire to establish
ever have been realized. The most
hich we can now give these in-
will be to continue their efforts by
and broadening its activities.

visit the museum and its gift shop.
nations are accepted. Your visit
experience.



Stick Grenade, WW II

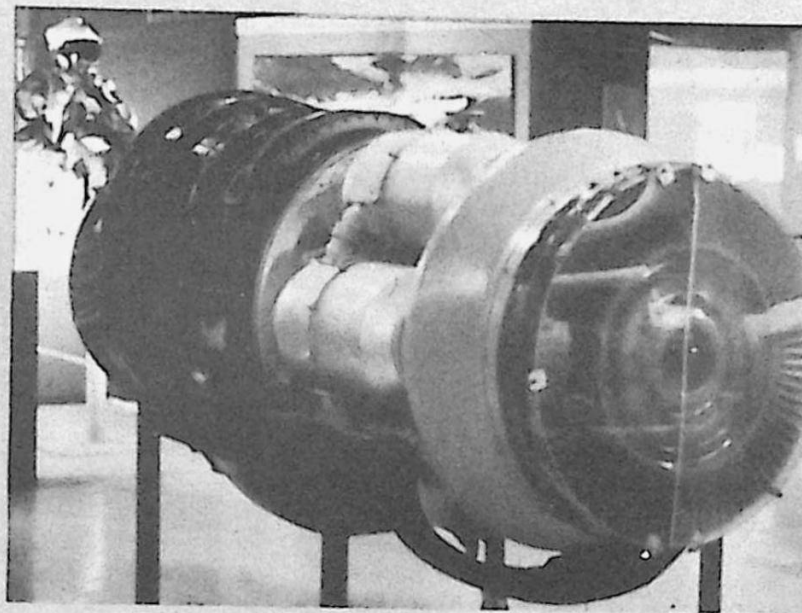
of World War II
ort'.



In the Airpark -- CF100 Canuck, CF101 Voodoo



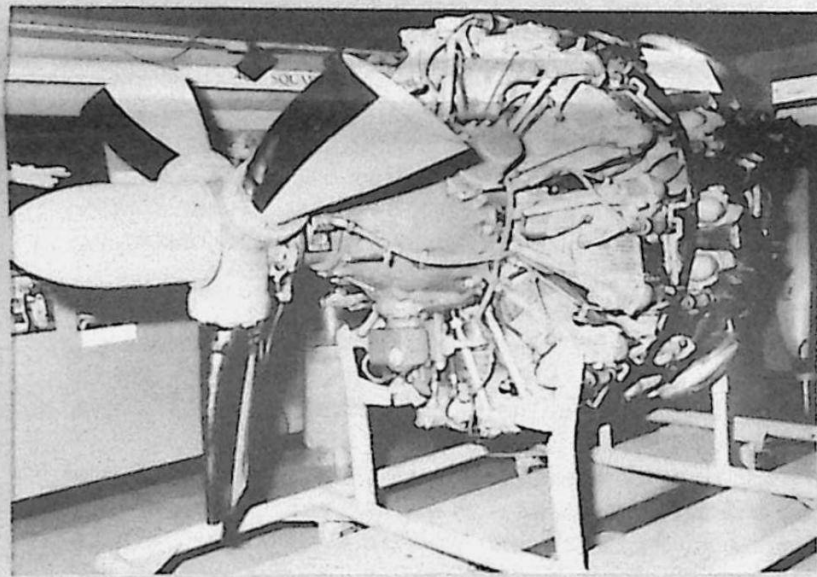
'Picklehaube' helmet.



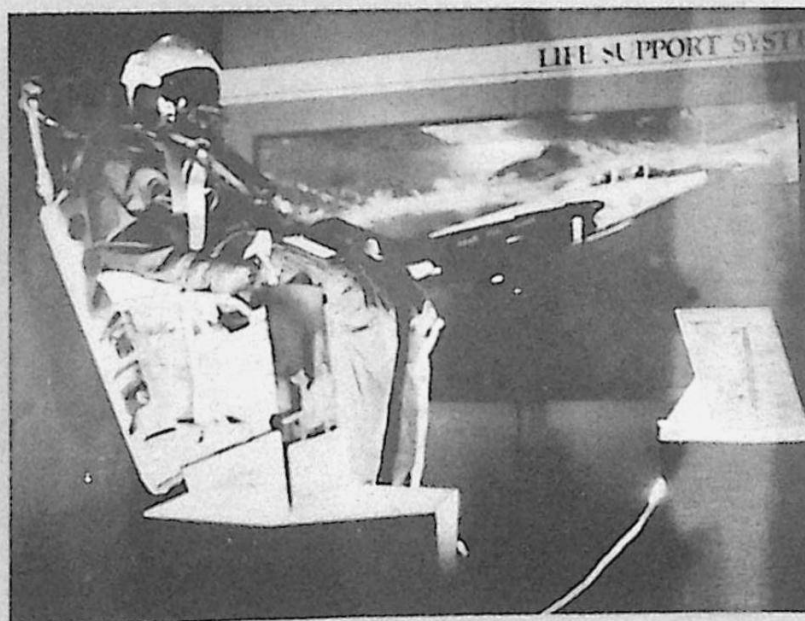
Orenda jet engine used in CF100 Canuck jet interceptor.



Canadian Airforce Uniform, circa 1918.



The Argus aircraft was powered by 4 Turbo-Compound Cyclone R3350 engines. The engines are 18-cylinder twin-row air-cooled reciprocating engines, with single stage two-speed supercharges and direct fuel injection to each cylinder. Three power recovery turbines are installed on the supercharger housing of each engine. The maximum power of the engine is 3700 BHP.



CF101 Ejection procedures

On the base

Ripples from the beaver pond



The adage that a good goalie can carry you through the playoffs is true. The CE/Firehall has a red hot 'keeper' with Jerry Jobin between the pipes and so far the team has the best record in the playoffs earning a bye into the quarter finals with a 6-0 win over the RCMP and a 2-0 win over VU33. Another factor in this strong performance is the excellent team turnout. Keep up the good work guys! In other hockey news, the Snake has been ordered to play in the Commanders Cup (he, such a superstar) and Capt Tom Esler will be off to the Nationals with the Silver Totems.

We wish belated congratulations to Wayne Adamczyk and his wife, Dawn on the birth of their daughter Jessica on 27 Dec. You shouldn't keep these things a secret, Wayne. P.S. When are you buying the donuts?

Sources in the Mechanical Shop have informed us that Ian Bowie and wife, Susan are expecting a baby. Their child will be named 'Junior Boxy' upon arrival.

The posting messages are coming in hot and heavy; this issue I will cover the personnel leaving and next issue personnel coming in. Sgt Dale Lyne will be off to Moose Juice, MCpl Ray Jones, Sgt Rick Blackmon and Cpl Wayne Adamczyk are all going to

Chilliwack. Cpl Norm Luzney is off to Greenwood, Cpl Luc Gravelle to Cornwallis, MCpl Perry Johnson to Edmonton, Cpl Rick Arnot to Ottawa, Pte Reg Hebert to 22 Field Squadron in Gagetown, and MWO Paul and Carol McAloon to Goose Bay.

And this is not the end of it, ladies and gentlemen, there are many personnel still sitting on the edge of their seats waiting. Like Capt Mel Clisby; its looking good for a posting to Chatham. Chin up Mel, it could be T.O.

There will be quite a few terms laid off at months end; some from Roads and Grounds and clerks Barb and Dawna. This gives Dawna the dubious distinction of the most layoffs in the shortest time in the history of the Public Service.

We wish Helen Mazerolle a pleasant vacation. She will be touring Vegas, Reno, California, Arizona and Mexico for three weeks.

For all concerned, WO Chester Lewis is now the CE BMI Standard, taking over from the Snake.

One last note; Wayne Airhead and his athletic supporter, Wally, better bone up on their Euchre skills so they can play at the same skill level as the local talent.

Chimol

Firefighter promoted



Good works pays! During a recent Fire Dept exercise M/S Paul Coull did such and excellent job that the BCEO promoted him on the spot to Petty Officer 2nd Class.

New ARAF Members



Maj Morn ARAF Ft Comd administers oath of allegiance to Pte Karen Howard and Pte Stephanie Boutilier. Per Ardua Ad Astra.

Presentation



MCpl K.J.B. Thorne, Base Operations Centre, being presented with his Data Base Managers Certificate by BOpsO, LCol F.J. Bishop.

Red Cross Water Safety Says:

WATCH FOR HAZARDS BELOW

Don't be fooled if the surface of the water appears smooth and safe. There may be rocks or debris below. Watch for depth changes in lakes or oceans. Remember, a safe diving area today may not be safe tomorrow.

The Canadian Red Cross Society +

Free Film!

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

ISO 100, 135 or 200 Exposures

Super Savings... on Econo Color Film Developing and Printing!

Three Picture Sizes to Choose From!

3 1/2 X 5 Size:
12 Exposures ... \$5.98*
15 Exposures ... \$6.98*
24 Exposures ... \$9.98*
36 Exposures ... \$12.98*

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

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

*ECONO COLOR FILM DEVELOPING AND PRINTING (PLAT RATE). FINE PAID SERVICE ON ALL C-41, 110, 135, 135 AND DISC FILM (FULL FRAMES ONLY).

Sooter's

685 Cliffe Avenue
Beside B.C. Tel.

Courtenay 334-3333

ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE. SOOTER'S RESERVES THE RIGHT TO WITHDRAW THESE OFFERS AT ANY TIME.

When FIRE Strikes GET OUT and STAY OUT!

1. Keep basements, storerooms or attics free from rubbish, oily rags and old papers.

2. If hair or clothing should catch on fire, STOP where you are, DROP to the ground, ROLL back and forth. Never try to run away, because this will only make the flames larger.

3. If you should awaken in a smoke-filled bedroom, ROLL out of bed and, since smoke rises, CRAWL under the smoke to safety.

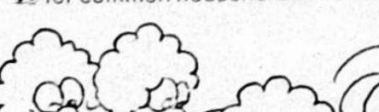
5. Keep paint thinner and gasoline in closed, safe containers.

6. Never play with matches.



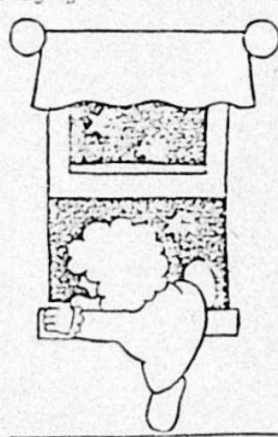
4. Cold water is the best treatment for common household burns.

7. Never hide from fire. Run away and get help.



8. Keep fire escapes free from clutter; they need to be clear and open in case of an emergency.

9. If you think a fire may be on the other side of a door, always touch the door before opening it. Never open a warm door because a fire could be raging on the other side.



10. Plan two ways of escaping from every room in your house and practice so you'll know just what to do in case a fire is blocking one escape route.



On and off base

Impact of the 1990 Budget

Over the past few weeks there has been a great deal of speculation and rumour about the impact of the 1990 federal budget on the Department of National Defence and the Canadian Forces. When the announcement was made on 20 Feb however, reductions to the defence budget were far less dramatic than those anticipated in pre-budget speculation.

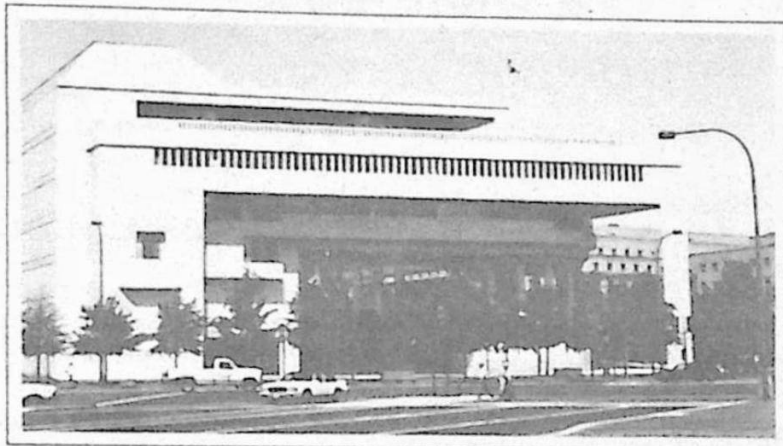
"While we are far from happy to learn of further reductions to DND's projected rate of growth, we are confident that reductions were made with due consideration for maintaining the funding level necessary to ensure the defence needs of the country can continue to be met," said the Honourable Bill McKnight, Minister of National Defence.

What does the budget mean to us? It means there are no more base closures or project cancellations at this time. However, it does mean that the projected rate of growth of the defence budget will be reduced over the next two years by \$210 million in 1990-91 and \$270 million in 1991-92. A further \$178 million will be removed from the defence budget between 1993 and 1995 as a result of the cancellation of the *Polar 8* icebreaker to which DND was to have contributed in this amount. The total reduction from the planning forecast to DND over the next five years will be \$658 million.

There will also be a reduction in the size of the Regular Force by 1,500 people over the next few years. This will occur through attrition, resulting in a strength of about 83,500. The earliest these reductions could begin would be in 1991-92 and they would extend over the subsequent fiscal years. There will be no reductions in the levels planned for the Reserves and the Militia.

As well, DND is currently conducting a review aimed at scaling down the size of National Defence Headquarters in Ottawa, as outlined in 1989's budget. The size will be reduced by about 10% and will affect both military and civilian members of NDHQ. The Department has issued Requests for Proposals to external consultants to assist in determining how best to streamline NDHQ operations.

CDLS Cuts



CDLS staff in Washington will be reduced by 30% as a result of 1990 budget.

DND will also reduce the size of liaison staffs in London, England and Washington. London will be reduced by 50% and Washington by 30%. There will be no job loss however; the positions will be removed and their incumbents relocated. This could be implemented as early as 1991-92. These reductions will save about \$21 million in personnel costs over a 15-year planning period.

"DND, along with other government departments, must contribute to the successful resolution of Canada's deficit problems," added Mr. McKnight. "Clearly this is essential if we are to be able to develop an appropriate defence posture over the longer term to protect the interests of Canada."

The impact of these reductions within DND will be identified and announced in the context of the review of defence policy now underway. Since April of last year, when the 1989 federal budget was announced, NDHQ and the staffs of the commands have been engaged in developing a force structure that will take account of the changing world scene and the nation's fiscal situation.

"When we have finished, we will make proposals to the Minister with respect to force structures that include a balanced capability of sea, land and air resources and equipment acquisition programs to ensure that our troops can carry out the tasks assigned to them," said Gen John de Chastelain, chief of the defence staff. "There are tasks which will call on the full weight of Regular and Reserve Force personnel in the context of the total force

that our last defence review recognized as being so vital to our long term defence capability."

The recent budget is another indication that Canadians are threatened by a large and growing national debt which must be brought under control. The key to Canada's continued security and development is a healthy, growing economy.

"We must take steps to safeguard the future of our children," said the Honourable Mary Collins, Associate Minister of National Defence. "The men and women of the Canadian Forces who proudly wear the uniform in the service in Canada, as well as our DND civilian employees, can especially appreciate this. We all have a part to play in accepting these recent decisions which, while difficult, are necessary."

In light of changing circumstances on many fronts, particularly those in eastern Europe, we have an enormous challenge to adapt to changes in roles and responsibilities which these new circumstances will require of the Canadian Forces.

"This challenge indeed put us in exciting times," said Gen de Chastelain. "I look forward to working hard in the months ahead to ensure that the new challenges which face us will be met head on with the high level of dedication, expertise and capability for which the Canadian Forces have become famous over many decades. History is moving, and we must show vision and leadership changes."

by Capt Darlene Blakeley



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 23&24 Mar.....Music by KIRBY
Fri & Sat 30&31 Mar.....Music by WESTWIND
Fri & Sat 6&7 Apr.....Music by EL DURADO

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12—7 PM

SPORTS

Sun 25 Mar Fun Crib Tournament, Upper Hall reg 12 - 1 pm.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 23 Mar.....Music by VALLEY BOYS
Fri 30 Mar.....Music by ALLEYCATS
Fri 6 Apr.....Music by COUNTRYMEN
Fri 13 Apr.....GOOD FRIDAY, LOUNGE CLOSED

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

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 1 APR Monthly Crib Tourney, Upper Hall 1pm Reg \$5.

752,763 THAT'S HOW MANY CANADIANS ARE CURLERS

Way to go, Canada!

Participation

OFFICERS' MESS LADIES' CLUB
ANNUAL FASHION SHOW
TUESDAY 27 MARCH 1990

Fashions by:
Cherry-Wine Fashions
Casually Yours
Maida's Boutique
The Golf Shop
Black's Cycle

Hair by:
Trio
Makeup by:
Kallima

Tickets \$5.00 & available from:
Monique Marchand-Godwin 339-0712
Sherry Snow 339-3525
Black's Cycle 339-5121

DOORS OPEN AT 7 PM

On and off base

Impact of the 1990 Budget

Over the past few weeks there has been a great deal of speculation and rumour about the impact of the 1990 federal budget on the Department of National Defence and the Canadian Forces. When the announcement was made on 20 Feb however, reductions to the defence budget were far less dramatic than those anticipated in pre-budget speculation.

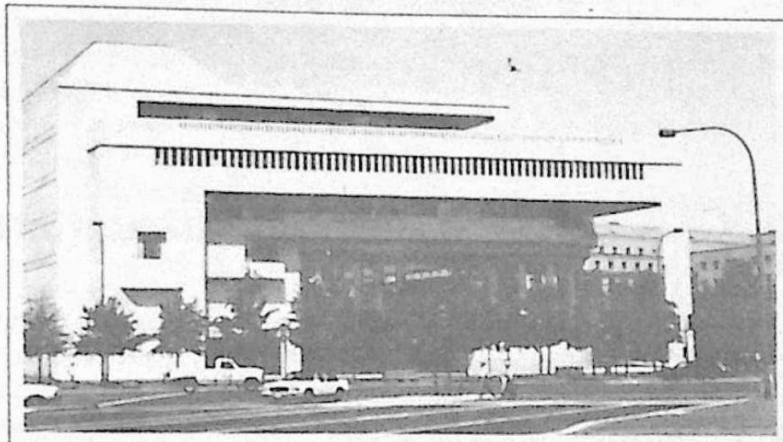
"While we are far from happy to learn of further reductions to DND's projected rate of growth, we are confident that reductions were made with due consideration for maintaining the funding level necessary to ensure the defence needs of the country can continue to be met," said the Honourable Bill McKnight, Minister of National Defence.

What does the budget mean to us? It means there are no more base closures or project cancellations at this time. However, it does mean that the projected rate of growth of the defence budget will be reduced over the next two years by \$210 million in 1990-91 and \$270 million in 1991-92. A further \$178 million will be removed from the defence budget between 1993 and 1995 as a result of the cancellation of the Polar 8 icebreaker to which DND was to have contributed in this amount. The total reduction from the planning forecast to DND over the next five years will be \$658 million.

There will also be a reduction in the size of the Regular Force by 1,500 people over the next few years. This will occur through attrition, resulting in a strength of about 83,500. The earliest these reductions could begin would be in 1991-92 and they would extend over the subsequent fiscal years. There will be no reductions in the levels planned for the Reserves and the Militia.

As well, DND is currently conducting a review aimed at scaling down the size of National Defence Headquarters in Ottawa, as outlined in 1989's budget. The size will be reduced by about 10% and will affect both military and civilian members of NDHQ. The Department has issued Requests for Proposals to external consultants to assist in determining how best to streamline NDHQ operations.

CDLS Cuts



CDLS staff in Washington will be reduced by 30% as a result of 1990 budget.

DND will also reduce the size of liaison staffs in London, England and Washington. London will be reduced by 50% and Washington by 30%. There will be no job loss however; the positions will be removed and their incumbents relocated. This could be implemented as early as 1991-92. These reductions will save about \$21 million in personnel costs over a 15-year planning period.

"DND, along with other government departments, must contribute to the successful resolution of Canada's deficit problems," added Mr. McKnight. "Clearly this is essential if we are to be able to develop an appropriate defence posture over the longer term to protect the interests of Canada."

The impact of these reductions within DND will be identified and announced in the context of the review of defence policy now underway. Since April of last year, when the 1989 federal budget was announced, NDHQ and the staffs of the commands have been engaged in developing a force structure that will take account of the changing world scene and the nation's fiscal situation.

"When we have finished, we will make proposals to the Minister with respect to force structures that include a balanced capability of sea, land and air resources and equipment acquisition programs to ensure that our troops can carry out the tasks assigned to them," said Gen John de Chastelain, chief of the defence staff. "There are tasks which will call on the full weight of Regular and Reserve Force personnel in the context of the total force

that our last defence review recognized as being so vital to our long term defence capability."

The recent budget is another indication that Canadians are threatened by a large and growing national debt which must be brought under control. The key to Canada's continued security and development is a healthy, growing economy.

"We must take steps to safeguard the future of our children," said the Honourable Mary Collins, Associate Minister of National Defence. "The men and women of the Canadian Forces who proudly wear the uniform in the service in Canada, as well as our DND civilian employees, can especially appreciate this. We all have a part to play in accepting these recent decisions which, while difficult, are necessary."

In light of changing circumstances on many fronts, particularly those in eastern Europe, we have an enormous challenge to adapt to changes in roles and responsibilities which these new circumstances will require of the Canadian Forces.

"This challenge indeed put us in exciting times," said Gen de Chastelain. "I look forward to working hard in the months ahead to ensure that the new challenges which face us will be met head on with the high level of dedication, expertise and capability for which the Canadian Forces have become famous over many decades. History is moving, and we must show vision and leadership changes."

by Capt Darlene Blakeley



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 23&24 Mar..... Music by KIRBY
Fri & Sat 30&31 Mar..... Music by WESTWIND
Fri & Sat 6&7 Apr..... Music by EL DURADO

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS..... 12—7 PM

SPORTS

Sun 25 Mar Fun Crib Tournament, Upper Hall reg 12 - 1 pm.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 23 Mar..... Music by VALLEY BOYS
Fri 30 Mar..... Music by ALLEYCATS
Fri 6 Apr..... Music by COUNTRYMEN
Fri 13 Apr..... GOOD FRIDAY, LOUNGE CLOSED

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

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 1 APR Monthly Crib Tourney, Upper Hall 1pm Reg \$5.

752,763

THAT'S
HOW MANY
CANADIANS
ARE
CURLERS



Way to go, Canada!
PARTICIPATION

OFFICERS' MESS LADIES' CLUB ANNUAL FASHION SHOW TUESDAY 27 MARCH 1990

Tickets \$5.00 & available from:
Monique Marchand-Godwin 339-0712
Sherry Snow 339-3525
Black's Cycle 339-5121

Hair by:
Trio
Makeup by:
Kallima

DOORS OPEN
AT 7 PM

Fashions by:
Cherry-Wine Fashions
Casualty Yours
Maida's Boutique
The Golf Shop
Black's Cycle

Health & fitness



ASK YOUR PHARMACIST

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

Cancer Men 1

Even if your lifestyle is a healthy one, things can sometimes go wrong. Neglecting those regular medical check-ups or failing to get advice about even small problems with your body doesn't prove you're a superman: it could be fatal.

Many types of cancer, for example, can be prevented. You should be able to recognize the early warning signs because, in most cases, if the disease is detected soon enough, it can be cured.

Lung cancer has the dubious distinction of being the leader in cancer deaths for men. In nine out of ten cases, cigarette smoking is thought to be the cause, so it makes sense to quit now if you do smoke.

Lung cancer has also been associated with certain occupational factors. For example, employees exposed to asbestos, chrome salts and coal tar products have been found to have an above-average risk of developing the disease, especially if they are smokers.

The colorectal area consists of two parts of the large intestine. The colon is the lower 5 to 6 feet of intestine, sometimes called the large bowel. The rectum is the last 6 inches at the end of the colon leading to the outside of the body.

Eating adequate amounts of green and yellow vegetables each day, especially cabbage, cauliflower and broccoli, and lots of food containing vitamins C and E may help protect you against cancer in this area.

Many signs of colorectal cancer are the same as those caused by other intestinal conditions. For example, bleeding from the rectum, persistent indigestion, a change in bowel habits, or vague, dull or annoying abdominal pains. They may not be due to cancer, but it's wise to check them out with your doctor in any case.

In our next column, we'll look at some of the other cancers most common to men. For more information about early warning signs, consult your local office of the Canadian Cancer Society or your doctor or pharmacist.

Cancer Men 2

In our last column, we looked at some of the cancers most common to men, how to spot a potential problem and, in some cases, how to avoid the risk altogether. Let's now continue our survey.

Remember, it doesn't pay to take chances with your health. If you notice something unusual, see your doctor immediately.

More than half the men over age 50 in North America develop a growth in the prostate gland. Fortunately, in most cases it's not cancerous. The first indication of something wrong may be a pain in your lower back. You may also feel pain while urinating. Your urine may dribble instead of flowing freely, or it may contain blood.

Contrary to popular belief, contracting cancer of the testicles does not mean you will lose your 'manhood'. The first sign could be a hard lump on a testicle or a heavy feeling in the area.

Examine yourself by gently rolling your testicles between your thumb and fingers. Check for any thickening or lump, however small. A physical check is necessary, because often the lump that develops is painless.

Skin cancer occurs more often than any other cancer. The usual cause is over-exposure to the sun. Those whose jobs are outdoors such as construction, fishing, and agricultural work should keep as much of their body covered as possible and wear a wide-brimmed hat.

If you must suntan, protect your skin with a sun block or sunscreen. Ask your Shoppers Drug Mart pharmacist to advise you which type is best suited to your skin type.

The old truism, prevention is better than cure, especially holds for cancer. But also remember, the earlier the disease is discovered, the better your chances of cure. Get to know your body, don't shrug off the warning signs, and follow a healthy lifestyle.

info health

Dr. Bob Young



Smoke Inhalation

"No one was injured in the blaze but four firefighters were sent to hospital with smoke inhalation."

A common news report. And, after all, a little smoke can't hurt anybody very much - or can it?

Smoke is a byproduct of combustion, and occurs with every fire. Often it is dense, heavy, and impenetrable. Depending on what is burning, its smell may differ. The odor of an oil fire is different than a forest fire. Smoke is almost always irritating.

Smoke inhalation can produce severe and even fatal disease. It does so in at least three ways.

The first, in lay terms, is called suffocation. Medically it is impairment of oxygen

delivery to the lungs and to the rest of the body. Part of this is due to a relative lack of oxygen in the smoky air, and to the choking that occurs when breathing smoke.

More important is the high level of carbon monoxide (the gas in car exhaust) in smoke. It is picked up, instead of oxygen, as red blood cells course through the lungs. This causes symptoms ranging from confusion to coma and heart failure.

The second type of injury is due to heat. Smoke may be very hot and this (along with irritants in the smoke) causes the lining of the upper airway to swell. Air has trouble getting through the narrow passage. Breathing becomes real work. This problem may continue to

get worse for a full day after exposure, and may take several days to clear.

Finally the lungs themselves may be severely damaged by strong acids and other chemicals in smoke. Here too the injury may take a couple of days to develop. The lungs become 'wet', fail to deliver sufficient oxygen to the blood, and likely become infected (pneumonia) within the first two weeks.

There is about an eight percent death rate and it is much higher if the patient has also sustained body burns in the fire.

Smoke inhalation is more than a nuisance. Many fire victims show no sign of being burned.

Shingles

A wise doctor, confronted with a patient complaining of a burning pain confined to a small section, and only one side, of the trunk, will say, "Of course it could be early shingles." While this may allow the physician to gloat a bit when the rash appears a few days later, it doesn't help the patient much.

Shingles, or herpes zoster, is the chicken-pox of your youth come back to haunt you. Zoster means girdle, referring to a common location of the rash. Shingles also affects the arms, legs, and head, although less frequently.

The virus may lurk in nerve tissue for half a lifetime, eventually being activated and blossoming forth as a characteristic rash accompanied by a

miserable burning or stinging pain. The pain itself may linger, sometimes for a long time, after the shingles rash has gone. This is called post-herpetic neuralgia.

The inactive chicken-pox virus hides in dorsal root ganglia, nerve switching points close to the spinal cord. Each one serves a nerve that goes in a distinct band around one side of the body or to a definite area in an arm or leg.

The virus is activated as the result of injury to or infection of the ganglion, debilitating disease, (especially Hodgkin's disease), cancer chemotherapy, and other, less-well understood factors. Some believe that stress or fatigue may be factors.

In recent years I have noticed an increase in cases in teenagers

and young adults -- I don't know why.

Shingles is usually only annoying and benign, clearing in time and leaving no problems. An exception is herpes in or near the eye which can damage the cornea and is regarded as a medical emergency.

Post-herpetic neuralgia is distressing as it goes on so long. A rule of thumb is that the older you are when you get shingles, the longer there will be pain. Older patients often have enough burdens without this additional one.

Treatment of shingles is available but not very effective. Each doctor has his or her favourite method, and there have been recent advances. If the eye is affected referral to an eye specialist is almost mandatory.



Off the base

9th Annual Hoser Party

On Saturday 24 February 1990, Brian Shackleton hosted 'Shack's 9th Annual Hoser Party' at Hoser Acre Plus on Rennie Road near Merville. This annual event is always held outside on a Saturday afternoon in February and moves with Shack. The first three were held in Cold Lake, Alberta, the next four in Greenwood, Nova Scotia, and these last two, here in the Comox Valley.

Hoser Acre Plus was covered with a three inch blanket of snow and the weather was perfect to enable rookie and veteran Hosers to enjoy FUN-FILLED DAY. They participated in 'Hoser Olympic Games' and munched on back-bacon and cheese bunwiches. On arrival all Hosers had their name printed on one of seven different colored participation ribbons, each color designating either an organizer (red), or one of the six Hoser Teams.

Participants arriving with a 1989 ribbon, automatically received a new ribbon of the same color to enable them to remain on the same team they were on last year.

Team captains were designated by Shack, printing the words 'Team Captain' on the bottom of the applicable colored ribbon. Each captain was given a team flag he was to raise or lower on the proper flag pole after each event. When the judges' scores were tallied after each Hoser game, the top three teams took their respective positions on the medal podium. Here they received bronze, silver or gold medals (beer caps on string), in front of their corresponding flag pole. Between events, people socialized around a cosy campfire with Hoser refreshments.

Rick Skrzyzala coaxed two friends, Tom Lafontaine and Frank Mitchell to join him in a Hoser pilgrimage from Victoria. Rick, a friend of Shack's from 'Cold Lake' days, became one of the Hoser judge panel and enjoyed the mild temperature of the valley winter. Tom and Frank found the whole day quite hilarious and worth the trip vowing to join Rick at the 10th Annual Hoser Party. Janice and Craig Reid were two of last year's participants who eagerly returned to test their

Hoser athletic skills. Janice returned to the Buns team and Craig to the Beer team where they carried on last years rivalry in events and on the medal podium.

Last year, silver medalist in the Iron Man event (*Hoser Triathlon*), Wayne Hartin swore that he would settle for no less than gold in 1990. His dedication to training and hardwork rewarded him with the prestigious gold medal this year. Congratulations Wayne. Rookie Hoser, Mike Jameson earned the silver medal in the triathlon, and hopes, with a year of training, that he can go for the gold in 1991. Not taking anything away from Wayne, but one can't help wonder where the 1989 Iron Man Camp, Jim Alberding, was this year and why he didn't try to repeat his gold medal performance?

Wayne Hartin and Rainer Roedger may have been gearing up for the Down Under event, for they even signed the participant register upside down. Steve Richard of the Back-bacon team must have enjoyed the Sock Hop for he really took his time. Bill Snow of the Ear-

muffs proved to be quite an athlete, winning several medals including a superb shot for the gold medal in Hoser Golf. Chuck Roy of the Donuts really enjoyed the beer event while Jamie Bull of the Touques seemed to favour the eating events. Bob Gervais of the Donuts lived up to the team name by quickly devouring his three donuts to capture the gold medal in the Donut eating event. While most were anxious to participate in the events, some were content to just sit back and enjoy, such as Charlie Jones, Kathy Kellow and Mindy (where was Mork?). Whatever their pleasure, a good time was had by all.

After eight event the games were brought to a close with the following results:

26 pts Backbacon (yellow) 6th
29 pts Touques (white) 5th
39 pts Beer (green) 4th
43 pts Earmuffs (blue) 3rd
48 pts Donuts (Purple) 2nd
50 pts Buns (pink) 1st

I, Brian Shackleton (Shack) and my dog 'Hoser' would like to thank several businesses for their donations, discounts and general support of the successful 9th Annual Hoser Party.



Labatt Brewery Company Ltd. H & L Meat Processors (Courtenay), Hitec Printing (Courtenay), Corks and Caps (Courtenay), Middleton Meats (Ryan Road), and The Bun Factory (Courtenay).

I would also like to thank my judge panel and organizers Dan Martin, Duane Veitch, Chris Shelly and Rick Skrzyzala in a job well done. A special thanks goes out to the Backbacon Chef, Jill Webb, who did a superb job. Most of all, I would like to thank the participants who took the time from their busy schedules to have some fun.

I hope to see both veteran and rookie Hosers in February 1991 to celebrate a decade of Hoserism at Shack's 10th Annual Hoser Party. But, even though Hoser Day comes but once a year, I hope you will see a fellow Hoser, don't be afraid to say, 'Good Day Eh'.

.... Shack

Canadian Crossword

By Rick McConnell

Solution on page 20

ACROSS

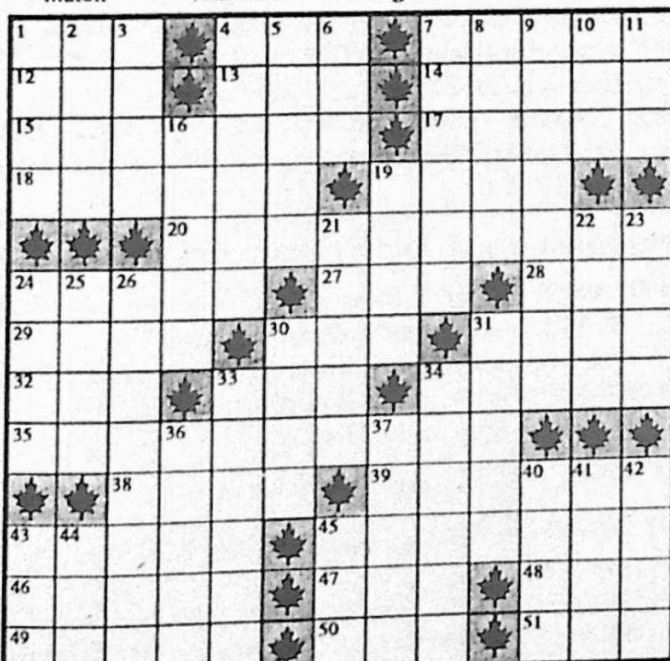
1. Vapour
4. Employment no.
7. Treeless plain
12. Word of revulsion
13. Pressure unit (abbr)
14. Burglar or clock
15. With 45 across, board game by Abbott & Haney of Montreal
17. Fork parts
18. African desert
19. Misdemeanor
20. Board game by Angel of Vancouver
24. Automaton

27. Legal thing
28. Regret
29. Apple poison
30. Decimal base
31. Clue
32. Every
33. Ms. McTeer, to Joe
34. Rhinoceros beetles
35. Board game by Robinson & Toyne of Ont.
38. Try again
39. Turner's riding
43. Stringed instrument
45. See 15A
46. Bikini, for one
47. Faucet
48. Border

- town near Rainy River
49. Sandstrom of Hockey
50. Donkey base
51. Moon vehicle (abbr)

DOWN

1. Bravery
2. Taj Mahal site
3. Chinese measurement
4. Soul
5. Biblical patriarch
6. Zero
7. Decks
8. Outsider
9. Orange type
10. Before
11. Mornings (abbr.)
16. Southern gas
19. Claim
21. Forested
22. Ladder part
23. Stills
24. Coarse sugar
25. Ewer
26. Place to dance
30. Spanish bull
31. Laughs
33. Awards
34. Seizes
36. Van. Isl. Falls
37. Green shades
40. Quarrel settler
41. Fog frost
42. Small particle
43. Tub
44. Japanese statesman
45. School org.



© 1990, The Know-Who-Bard Features Syndicate

BIO-001



Metropolitan
Financial Advisors Limited



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

Financial Representative

*Paying too much
Income Tax this year?
Talk to John about
Metropolitan's
Pro act*

Phone:

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

USC
Canada

VIRG HEAD MEMORIAL BREAKFAST DARTS

28 April 90

Jr Ranks' Totem Lounge

Breakfast 0930 to 1100 hrs

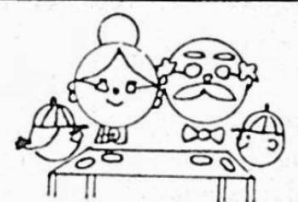
Tournament starts at 1100 hrs.

Men's and Ladies' Division, teams of four

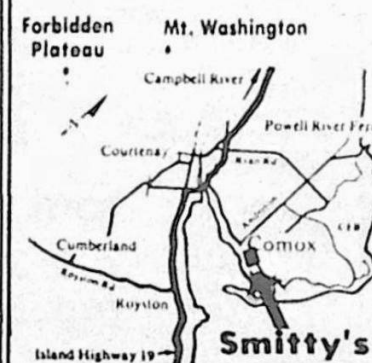
Mixed teams must enter men's division

Entry fee \$30/team — \$7.50/person

Smitty's
FAMILY RESTAURANT
OPEN 7 A.M. - 8 P.M. DAILY • LICENCED



Everything tastes so special
that it's impossible
to say what our
specialty is ...



- *Breakfast
- *Lunch
- *Dinner
- *Licenced

1747 Comox Ave
339-3911

Smitty's

Public announcements

Timmy Telethon

Timmy's Springtime Telethon comes to the north Island 24 and 25 March, as your local cable station broadcasts the B.C. Lions Society's fundraising extravaganza.

Saturday 8 pm to 2 am and Sunday 1 to 5 pm will feature a multitude of entertainers including Courtenay singer Dee Remple and Quadra Island's Smooth Edge vocal quartet.

And while you're watching, be sure to dial 381-1990 and pledge your support. Local politicians Bob Ostler, Mayor Campbell River, and Courtenay alderman Eric Erikson will be on hand to take your call.

So come on North Island -- Support Timmy's Springtime Telethon 24 and 25 March 1990 on your local cable station.

OM/RN OBS/AESO/ AESOP

Active and retired aircrewmen will be gathering at CFB Greenwood, 8 - 10 June 1990. Members of this former Naval Trade are cordially invited. For more information please write to:

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

BCATP

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

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

706 Comm Sqn Reunion

On the weekend of 14-16 September 1990, the 25th anniversary of 706 Communication Squadron and the 30th anniversary of Camp Borden Signals Squadron will be celebrated at CFB Borden. All former members, their spouses and anyone with prior affiliations with this unit are cordially invited to attend.

In order to facilitate planning, we strongly urge all those desiring to attend to make it known to the committee as soon as possible.

For further information, or to confirm attendance, please contact 706 Reunion PR Chairman, 2Lt Peter Karagiannis at the following address:

706 Reunion Committee
706 Communication
706 Communication Sqn
Borden, Ontario
L0M 1C0
Tel 424-1200 Ext 84-7284
or CSN 270-7284

Volkswalk

The Comox Glacier Wanderers invite all walkers to join them on their 5th annual 'March March' held on 25 March 90.

The 10K walk will begin between 10 am and 1 pm from Fishermans' Lodge, Oyster River. For more info call 339-3982.

Canadian Naval Air Group

The Canadian Naval Air Group reunion will be held in Dartmouth hosted by the Atlantic chapter from 5 to 7 October 1990. For further information write

P.O. Box 89,
Shearwater, N.S.
B0J 3A0
Phone:
R. Nunnerley 435-1089
T. Tonks 435-3055

The Federal Superannuates is for you ... if you:
Receive a pension from the federal government for service in:

- *The Canadian Armed Forces
- *The Royal Canadian Mounted Police
- *The Federal Public Service

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



JR RANKS'

LADIES' CLUB

Club meets every third Thursday of each month -- Sept. thru June.

Place: Totem Lounge Jr Ranks' Club

Time: 7:30 pm

Come out and join us for fun and friendship for more info call:

Linda 339-3241 or Gloria 339-0592



TRANSFERRED OR
SELLING IN 1990?
CALL TODAY FOR
PROVEN PERFORMANCE
- LET ME WORK FOR
YOU. GOOD SERVICE
DOESN'T COST - IT
PAYS
re/max
ocean pacific really
282 anderson road
comox, b.c. v9n 7a1



tom procter

off: 339-2021
res: 339-2668

15 YEARS
CONTINUOUS
SUCCESSFUL
EXPERIENCE
USING THE MLS
LISTING SYSTEM
IN THE
COMOX VALLEY
CALL
TOM FIRST

RE/MAX

Time Off?

The sub chasers, SAR people, firemen and policemen, just to name a few, work all hours of the day, yet most of our relaxation facilities are geared for day workers. We are one of the exceptions -- we cater to everybody's off hours. We don't charge monthly dues, no noisy video games, and no mandatory meetings. So the next time you have some time off and crave a sip or snack, pleasant surroundings, companionship, cards, darts, a round of golf -- give us a visit.

NOTE: The system is in place, trials are completed and you will soon have 2 choices of draught!

Check out our prices with the competition!

INFO 8720

We ask for your cooperation during disruptions caused by construction.

WELCOME TO CFB COMOX FAMILY SUPPORT CENTRE



119 Little River Road
LAZO, B.C. V0R 2K0
PHONE: 339-8654

HOURS: 8:30 am to 4:30 pm Mon to Fri

SERVICES AVAILABLE:

- Community Information
- A Listening Ear
- Babysitters List - Adult & Trained Teenagers
- A Telephone and Walk-in Referral Service
- Aid to Resolve Practical Problems
- Bilingual Services Available

ALL SERVICES ARE CONFIDENTIAL DROP IN ANY TIME

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

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

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

MASS SCHEDULE:

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

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

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

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

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker

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

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

SUNDAY WORSHIP — Each Sunday at 1100 hrs.

HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL — each Sunday at 1100 hrs.

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

CHOIR — Practices 1830 hrs, Tuesdays at the Chapel.

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



Collectors T-shirts

- *Tracker
- *Dakota
- *CF18 Hornet

334-3656

830F (upstairs) Ciffe Avenue



Leisure

WOs & Sgts' Ladies' Club



And now it's time to 'Spring into the 90s' with our annual Fashion Show at 8 pm, on Monday 9 Apr. Doors open at 7:15 pm. We'll have something for everyone this year with fashions from Touch of Class, Casually Yours, Maida's Boutique, Rickson's Mens Wear and A Little Bit More from Campbell River. Makarios and Merle Norman will be doing our model's hair and makeup.

Tickets are \$5.00 and are available from Wives Club

members or at the door. Get your tickets early to avoid disappointment. Contact Lorraine Barner at 339-7807 or Debbie Parks at 339-3854.

As in previous years we would like all of our members to bring sweets (nothing sticky or mushy, please). They will need to be brought to the Mess on Sunday 8 Apr between 1 and 2 pm. Call Heather Smith at 339-6899 for more info.

We had a good turnout at our last meeting, held on 12

March at the Airport School gym, for our guest speaker, Linda Halliday-Sumner. She is an excellent speaker and gave a very interesting and informative talk on Child Sexual Abuse. If anyone has any questions or requires more information on this subject you can call Ms. Halliday-Sumner at 339-4853. Thank you to all those people who worked so hard to bring this special evening about and thanks especially to the Community Council for their tremendous help and support.

Realty Report 1989-1990

by Tom Procter

The following report has been prepared from sources believed to be correct but the accuracy cannot be guaranteed. The error factor is believed to be less than 5%. The views and opinions are those of the writer, who has been in the Real Estate business for 15 years in the Comox Valley.

1989 has been the best year for Real Estate Sales and prices since the boom times of 1980-81.

As shown by the following table covering 1985 - 1989.

	#Sales	\$Spent	%Increase
1985	1,054	\$59,433,435	
1986	1,160	61,605,243	3.65
1987	1,298	67,115,275	8.94
1988	1,524	89,271,350	32.10
1989	2,160	139,600,000	56.38

For 1989 the number of sales increased by 636 which is 42% over 1988 and the dollars spent increased by \$50,328,650 which is 56%. The multiple listing (1989) average price for the area is \$84,005.00 for a residence. The average price is \$20,588 showing an increase of 15% over 1988. The total number of MLS sales being 1560 and the \$ spent through the MLS service estimated at \$96,500,000. Private sales and exclusive listings make up the rest of the market.

Looking ahead;

The future has never looked brighter for the Comox Valley when we consider the following:

- Natural Gas pipeline project moving from the planning to the construction stage.
- The planned inland Island Highway likewise moving from planning to construction phase.
- The multi million dollar golf course and land development planned for the area to the east of Ryan Road, Anderton Road intersection.
- The Commonwealth Games in Victoria in the mid nineties plus many smaller projects in our area which will bring more people and wealth into the valley.

These are all very positive things. Consequently, the 1990 forecast is for an increase in price and number of sales through 1990 and a slight increase of mortgage interest rates, due mainly to increasing good year to purchase property, being the last year prior to the introduction of the proposed goods and services tax (scheduled to start on 1 Jan 1991).

Since the above report was prepared at the end of 1989 the statistics for Jan and Feb 1990 have become available. The Feb 1990 figures show that 34% of house sales are now over \$100,000 and the average MLS price for houses was \$89,158 up from \$71,282 in Feb of 1989 an increase of 25%. This is a sizeable increase and will probably have a stabilizing effect on the overall market as buyer resistance builds up against price increases. So looking to the future in the short term, only slight increases in price and a more stable housing market can be anticipated for the Summer and Fall of 1990.

The writer Tom Procter is currently a Realtor in the Comox Valley and previously was a Navigator on 407 VP Squadron.

ATTENTION ALL FORMER MEMBERS

50TH BATTALION, C.E.F.
1st Calgary Regiment
The Calgary Regiment (Tank)
14th Armoured Regiment (The Calgary Regiment)
The Kings Own Calgary Regiment

1990 marks the 80th anniversary of The King's Own Calgary Regiment. If you are a former member of one of these units you are requested to contact:

The Visit Office
The King's Own Calgary Regiment
801 - 11th Street S.W.
Calgary, Alberta T2P 2C4
(403) 240-7421

Her Majesty Queen Elizabeth II, the Regiment's Colonel-in-Chief, will review the Regiment on 30 June 1990 in Calgary. There will be an opportunity for former members of the above units to attend this historic event.



Country Kitchen

Beef Cossack, Pita the Greek

Thinly sliced deli beef and bottled Russian dressing combine to make this dish an instant meal.

1 8" pita
2 tbsp (25 ml) Russian dressing
4 oz (125 g) cooked roast beef, thinly sliced
1 tomato, thinly sliced
6 sweet pickles, chopped
4 slices red onion
2 lettuce leaves

Cut pita in half and open. Spread Russian dressing inside halves. Divide remaining ingredients equally between the two pockets. Makes 2 servings.

together in this Greek salad pita.

4 oz (125 g) cooked roast beef, julienne
¼ cup (50 ml) chopped broccoli
¼ cup (50 ml) sliced cucumber
¼ cup (50 ml) sliced red pepper
2 tbsp (25 ml) black olives, halved
12 pickled onions, sliced
¼ cup (50 ml) crumbled Feta cheese
¼ cup (50 ml) Italian dressing
1 8" pita

Combine all ingredients except pita and toss well. Marinate 1 hour in refrigerator. Serve in pita halves. Makes 2 servings.

Feta cheese, olives and vegetables are marinated

Makes 2 servings.



Pita the Greek

STAY IN SHAPE

WITH ART

EXERCISING THE MIND FOR TOTAL FITNESS

namda

Come in for a FREE

Art Workout

Card

480-C 6th Street Courtenay

338-7855

GALLERY

600400

THAT'S HOW MANY CANADIANS ARE SPEED SKATERS

Way to go, Canada!

PARTICIPATION

★ ★

PSYCHIC CIRCLE

International radio & t.v. personalities

★ ★

SPRING FAIR

Find out more about yourself from these gifted channels!

Sandra Fisher - Palmist Doris Gray - Clairvoyant
Sue Anderson - Tarot Reader Peter Morris - Medium

Driftwood Mall
Wed 4 April to Sun 8 April
during mall hours

Next deadline 2 Apr 1990

Health & fitness



Therapeutic Ride

The Comox Valley Therapeutic Riding Society is starting their Spring Session on 26 March and needs your help. Classes are running each hour from approximately 9 am to 5 pm Mondays to Thursdays for 10 week duration. Whether you like to work with (or want to get to know) the emotionally, physically or mentally handicapped we have a class for you. We all have fun at the barn, at the Courtenay Fairgrounds, but we can also be very serious with our class instruction. Hippotherapy is another aspect of our program. Hippo, meaning horse and therapist treating the child, on the horse.

So, once a week, for an hour or so some volunteer help is needed with 'sidewalking' or walking alongside of the rider for support and confidence. Or we need people who have some experience with horses to be 'leaders' of the horses. In the Spring we enjoy the outside trails that wind their way around the fairgrounds and down to the Tsolum River. The flowers are beautiful at this time of the year, you are helping out someone who needs you and your don't even notice the exercise that you are getting yourself!

Please call 339-2179 for further information. We start up on Monday 26 March. Our horses are all very friendly and quiet -- come and enjoy the joy of these riders.

Solution



REMEMBER
to
BUCKLE UP



Network Classifieds

USE OUR COMMUNITY NEWSPAPER NETWORK CLASSIFIEDS.

87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON.

CIRCULATION TO OVER 1 MILLION HOMES.

2.4 MILLION READERS.

25 words for \$159.00

(\$3.00 each additional word)

Phone: 339-2541

AUTOMOTIVE

FULL CIRCLE LEASING. CARS, TRUCKS AND VANS. New 1990 Ford, GMC, Chrysler Imports. Early lease returns. Wholesale leasing and purchase, cash for trades. \$0 Down, free delivery. Ask about our 24 Mo. option lease. Call collect: (604)273-7778.

SELLING YOUR CAR? Free photo ads if you send photo and description (Regular value \$10.95). Must include phone number. Published in the "Buy and Sell". Attention: F.P.A., 5791 No. 3 Road, Richmond, B.C., V6X 2C9.

1988 Freightliner Conv. 220 W/B air deflector kit, with or without job. Call: (604)858-5350.

BUSINESS OPPORTUNITIES

\$DOLLARSS - Tops 'N Trends home party sales. Consultants needed. Casual sportswear, colour catalogue available. Fantastic hostess gifts. Call Lynn, 1-800-268-5670.

Weatherdek is Canada's leading supplier of sheet vinyls used in waterproofing sun decks, roof decks, balconies, pool surrounds, etc. We now have a dealership available in your area. In return for a \$12,000 investment, we supply inventory, tools and all training. If you want to start your first business or add a product to an existing one, give us a collect call at (604)860-1200. Attention: Mr. D. Chaisson.

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

THIS IS YOUR OPPORTUNITY to be your own boss in a \$50 billion market with unlimited earnings. Right now you are only 18 months away from independent wealth. Telephone: (506)375-8881 or write: Box 478, Hartland, N.B., E0J 1N0.

EARN EXTRA MONEY! Learn Income Tax Preparation or Basic Bookkeeping by correspondence. For free brochures, no obligation, contact: U&R Tax Services, 205-1345 Pembina Highway, Winnipeg, MB, R3T 2B6, 1-800-665-5144. Enquire about exclusive franchise territories available across Canada.

DICKIE DEE, "the ice cream bicycle people", will have exciting openings available during the 1990 season for distributors in selected areas of B.C. We offer a nationally recognized product line, all the equipment needed and a complete support program. Be part of Dickie Dee's 31 years of success. Small investment required. Contact: DICKIE DEE ICE CREAM LTD., #116, 1401 West Broadway, Vancouver, V6H 1H6. (604)734-3370.

VENDING ROUTES. Earn huge profits. Prime locations in your area. All new guaranteed equipment. Food, cigarettes, pop and coffee machines. Investments from \$2,800. Call for details: Eagle Vending, (604)597-3532.

BUSINESS OPPORTUNITIES

Inventors, you can profit from your ideas. For FREE information call: Pacific Inventions Inc., (604)684-5030 or write, #700-555 West Hastings, Vancouver, V6B 4N5.

Well established appliance business for sale on Sunshine Coast. Well stocked shop has parts display area. Includes 3 bedroom house. All on 1.6 acres. (604)886-4859.

BUSINESS PERSONALS

DIVORCE? No court appearance or consent of spouse necessary! Just 5-15 weeks, \$69.95. Write for our book, "Some for copy of Canada's new Divorce act and literature. Same system since 1970. Divorcement, 201-1252 Burrard, Vancouver, (604)687-2900. Franchises available.

EDUCATION

HOW TO PLAY POPULAR PIANO. New home study course. Fast, easy method. Guaranteed! Also organ and electronic keyboard courses. For FREE information, write: Popular Music Systems, Studio 52, 3284 Boucherie Road, Kelowna, B.C., V1Z 2H2.

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

EQUIPMENT & MACHINERY

GOOSENECK Stock Trailer Sale - Keller 16x6x6" H, 10,000 L.B., axles, 2 way rear door, centre gate, escape door, 4 wheel brakes, \$5,495. Trailerland Sales & Service (403)291-3767.

FOR SALE MISC

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

Suntan beds, deluxe commercial type, 26 lamps, face tanner, electric lift. \$8,000 new, asking \$5,495 O.B.O. Will consider vehicle or boat as trade. (604)653-4020, (604)537-4727.

MATERNITY CATALOGUE. Free 32 page fashion catalogue. Great Times Maternity, 7148 Fisher Street S.E., Calgary, AB, T2H 0W3. Phone: (403)253-6666.

GUN BARGAINS - Save up to 40% by subscribing to "The Gunrunner", the Canadian monthly newspaper listing hundreds of new, used, modern and antique firearms for sale or trade. Subscription \$20/yr. to: Gunrunner, Box 5657, Lethbridge, Alberta, T1J 3Z4. Sample copy \$1.75.

DO YOU LOVE TO SEW? For free catalogue of quality sewing notions send long S.A.S.E. to: A Great Notion, 13847-7A Avenue, Surrey, B.C., V4A 7H4.

GARDENING

THE ULTIMATE GARDENERS STORE, 1,000's of products, greenhouses, hydroponics, huge book selection. \$4 for catalogue full of money saving coupons. Western Water Farms, #103, 20120-64th Ave., Langley, B.C., V3A 4P7.

HEALTH

VITAMIN DISCOUNTS. Since 1973, offering high quality-lowest prices on Vitamins, Minerals, Herbs, Body Building and Weight Loss, Supplements, Hair Treatment, Skin Care and More. FREE CATALOGUE. Write: VITAMIN DISCOUNTS, Dept. BC15, 260 S.W. Marine Drive, Vancouver, B.C. In Vancouver, 321-7000.

HELP WANTED

Singles/Couples. Complete government-approved Building Managers Correspondence Certificate course for apts/condos/townhomes/mini-storage. Guaranteed Placement Assistance. RMTI, 1120-789 W. Pender, Vancouver, B.C., V6C 1H2. (604)681-5456

SELL \$500 DAILY...EASY Earhuggers(TM). Hot New Fashion Jewellery opportunity for you NOW. Proven results. Demonstrate malls, fairs, stores, etc. Samples and information call FREE: 1-800-663-7575.

EXPERIENCED EDITOR WANTED for weekly, Inuvik, N.W.T. One year contract. Salary negotiable. Northern News Services, Annelies Pool, Managing Editor, Box 2820, Yellowknife, N.W.T., X1A 2R1. (403)873-4031.

Service advisor. M.S.A. FORD SALES in Abbotsford, B.C., requires a Service Advisor. Successful candidate should be familiar with warranty and customer service. Send resume to: All Derksen, MSA FORD, 33033 South Fraser Way, Abbotsford, B.C., V2S 2A7.

Established weekly newspaper seeks Advertising Manager, Associate Publisher. Reply to: (604)885-3577 after six. Purchase Option.

General Manager Canada Games 1993 - Jeux du Canada 1993. The Kamloops 1993 Canada Games Society has an exciting position available for a General Manager. As General Manager, you will plan, direct and market the 1993 Canada Summer Games within guidelines established by the Board of Directors and Management Committee. You have diverse management experience, a University Degree in a related discipline and a proven track record as a dynamic project leader. Your background includes experience as a Senior Manager responsible for marketing, administration and financial management. An equivalent combination of education and experience will be considered. Please submit your resume for this term position (June 1, 1990 - December 30, 1993), including salary expectations and business references, before March 30, 1990 to: President Kamloops 1993 Canada Games Society, P.O. Box 1993, Kamloops, British Columbia, V2C 6M9. Une traduction en français de cette annonce est disponible. Veuillez appeler: (604)372-1993.



WERE YOU EVER AN AIR CADET?

The Royal Canadian Air Cadets will be celebrating their 50th Anniversary in 1991 and we would like to hear from former Air Cadets. Drop us a post card letting us know what you are doing now and when and where you did your Air Cadet training. Maybe you have some memorabilia for our archives. Let's hear from you!

Air Cadet League of Canada
2323 Riverside Drive, 8th Floor
Ottawa, Ontario
K1H 8L5
FAX (613) 991-4347

PETS & LIVESTOCK

Chesapeake Bay Retrievers, good family pets, excellent hunting dogs, champion blood lines. Pups ready for a new home March 22nd, \$400. (604)478-8556.

RENTALS

Discover life the way it's meant to be, at BEECHWOOD VILLAGE in sunny Sidney-by-the-Sea. NOW renting from \$1,375. month, including meals. Call toll free: 1-800-663-3408.

WHITE ROCK-Independent resort living for active seniors. Deluxe 1 bedroom and den suites, gas F/P, 2 baths, 5 appliances. Leases from \$1,650/mo. includes dinner/light housekeeping, hydro and more! Penthouse also available. Pacific Carlton (604)531-1160.

Prime office or retail space. 7,610 square feet. Downtown Houston, B.C., corner 10th Street Poulton Avenue. Available April 1, 1990. Lease terms negotiable. Call: (604)845-2617 (Houston).

SERVICES

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

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

"ICBC offered me \$3,500. Carey Linde got me \$190,000." G.N., Abbotsford. Law offices of Carey Linde, Vancouver 684-7798. Serving clients throughout B.C. for 18 years.

TRAVEL

** VICTORIA B.C. THE ADMIRAL MOTEL ** Fine accommodation overlooking the beautiful harbour. Housekeeping units, reasonable rates/friendly, personal attention from family owners. CAA Recommended. 257 Belleville Street, Victoria, B.C., V8V 1X1. (604)388-6267.

Place your ad here!

Regiment Tour/Escorted Third Annual. Retrace footsteps 1944-45. Southern England, France, Belgium, Holland, Germany. Depart May 9/3 wks. Veteran, couples, all welcome. Bob, Cheam Travel, Chilliwack, (604)792-9207 days/evenings.

AFRICAN PHOTO SAFARI/Es-corted. Kenya, Tanzania. Depart Vancouver June 2/3 wks. Game parks, sightseeing highlights. Call Bob, Cheam Travel, Chilliwack, (604)792-9207 days/evenings.

SKIERS: Lake Louise, sun-tanning capital of the Canadian Rockies has ski and stay packages from only \$29/day (quad occupancy, minimum 3 days). Call 1-800-363-0003.

CRUISE HOLIDAYS. Standby Program, call today, cruise tomorrow on the world's finest cruise ships at unbelievable savings. Register now: (604)361-1444, Victoria.

PERSONALS

WOULD YOU LIKE to correspond with unattached Christian people, ages 18-80, the object being companionship or marriage. Write: ASHGROVE, P.O. Box 205, Chase, B.C., V0E 1M0.

Genealogy Service. Did your ancestors come from Ireland? Let us help your family tree and learn about your heritage. Emerald Agencies, 120-12820 Clarke Place, Richmond, B.C., V6V 2H1.

Recreation

Special Olympics Bowling Staff



WO Barner, Pte McLaughlin, Pte O'Hanley, PO Chimko, MCpl Kenty, WO Connell after two days of feeding the Special Olympics' Bowlers and staff.

On 16 to 18 February 1990 Comox Valley was the proud host of a British Columbia Special Olympics Regional Bowling Tournament.

Teams from Port Alberni, Campbell River, Nanaimo and Comox Valley were on hand for this event. A total of 180 athletes and coaches were quartered at CFB Comox's Goose Spit Site for the weekend's activities.

CFB Comox support for this

event encompassed the provision of accommodations, food services, cleaning services and fire prevention activities.

The event was an outstanding success. Comox Valley athletes placed third while two teams from Port Alberni took home top and second place honours.

Well done and thank you to all CFB Comox personnel who helped to make this event such a success!

Medspiel Champs



Pictured (l to r) Capt MacGregor, Maj Lazowski, WO Fowler, Paul Ducharme (Donator of C Event Trophy) and Capt Gour, winners of C Event at First Annual Pacific Region MEDSPIEL held at CFB Chilliwack 17 and 18 February 1990.

Chuckle

Three thieves at Billericay in Essex gave hours of thought in 1971 to raiding the Post Office in Mountnessing Road.

Among the details which they discovered were the times at which there was most cash and least security guard on the premises. They also invested in masks, guns and a getaway car.

At a pre-arranged time, the Mountnessing gang sped through Billericay and screeched to a halt outside the post office.

It was only when they jumped out of the car and ran towards the building that they discovered the one detail which they had omitted to check.

The Post Office had been closed for twelve years. 'We became a general store in 1959,' said the store's manageress, 76-year-old Mrs. Gertrude Haylock. She later remarked: 'I saw these two men running toward the shop with shotguns and I said to my customer, Here is somebody having a lark.'

Once inside the tiny shop, Mrs. Haylock and her customer, Mrs. Constance Clarke, demanded the contents of the till.

'I told them we had not taken any money that morning and there was only 6 pounds in the till, so they took that. I should think it was a bit of a disappointment to them.'

'They looked so funny dressed up like that. It was just like in a film.'

After the robbers left, the customer fainted, on realizing that she had been present at an incident.

Have a change of heart

Reduce if overweight.

You've Gotta Have Heart

HEART FOUNDATION

Softball Umpire Clinic

Level 1 --

Softball B.C.

Fastpitch/Slo-pitch

Where: CFB Comox (Museum classroom)
When: Sunday 8 April
Fee: \$25
For details call Ron Carter: 338-7117
All novice & experienced umpires are welcome
Softball B.C. registration available

SEE YOU AT THE **LEEWARD!**

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

THE LEEWARD NEIGHBOURHOOD PUB & BREWERY

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

good food!
KITCHEN HOURS 11 AM - 10 PM

good times!

* RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

AEROBICS

High energy/low impact

9:30 — 10:30 am
Base Rec Centre
babysitting available
call Tracy 339-2543

SERVICE DEPARTMENT

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

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

FORD MERCURY

COMOX VALLEY FORD SALES
(1984) Ltd.
360 Island Highway, Courtenay 334-3161

Tuesday is Baby Day at Sooter's.

19 Professional Color Portraits

- 1 - 8 x 10
- 2 - 5 x 7
- 16 - Gift Size

ONLY 14.98

For appointment, call your nearest Sooter Studio Now!

Sooter Studios 685 Cliffe Ave. 334-3333
Courtenay

Excellence in Photography by

On and off base

Join the majority - be a Non-Smoker

British Columbia has the lowest rate of smoking adults in Canada: 21.9%. You'll be in good company when you quit.

•It's easy to see why people want to quit, yet the fact remains that for many it's not easy to do. Here are some positive suggestions to help smokers butt-out for good.

•Ask everyone you can think of for support in your goal. For example, smoking friends aren't to offer cigarettes, and non-smoking friends could volunteer to go for walks or talk on the phone when urges strike.

•Cut down before your target date. Buy cigarettes one pack at a time, not by the carton. Smoke just half of each cigarette. Postpone having each one by just five minutes.

•Avoid smoking 'triggers'. At least at the beginning, try to stay away from coffee, tea, cola drinks and alcohol as you may associate these too strongly with smoking. Beware of situational triggers, like a 'smoking-chair' after meals -- sit somewhere else, or go for a walk.

•Get rid of all your smoking accessories. This means lighters, cases, ashtrays, matches.

•Take up some form of exercise. It's just plain hard to run and smoke at the same time! After exercise, the urge to smoke is diminished.

•Brush your teeth after every meal and any other time you're thinking how a cigarette would taste.

•Change some eating habits. For example, drink more milk or eat more lettuce. A cigarette tastes awful with a glass of milk.

•Plan ahead. What will you do when a 'smoking situation' arises, like a party this weekend? Chew on celery, play with your swizzle stick, hold your club soda in both hands, leave early and go for a walk.

•Reward yourself. Each day put the money aside that you would have spent on cigarettes. Money for long or short term rewards -- a trip or a record album -- will amass surprisingly fast: It's estimated that someone who smokes a pack a day will spend about \$60,000 on cigarettes over 40 years, and with the price of tobacco going up all the time, those savings will grow.

•Don't expect miracles. Whatever part of your lifestyle you want to change, you must remember that habits are hard to break, and if you falter at the beginning, don't give up. Just get back on your non tobacco diet and try again!

courtesy British Columbia Lung Association

Arts Alliance presents:

The Arts Alliance will present:

Spring Invitational Exhibition of Applied Art
Opening Night: Friday 6 April 1990, 7:30 pm.

Continuing: 7 April through 27

Hours: 10 am to 4:30 pm

Address: 367 Fourth Street, Courtenay, 338-6211

This exhibition will include contemporary and traditional works in clay, fibre, wood, metal, stone, and glass; created by fourteen artists from Hornby, Denman, and Vancouver Islands: Susan Cain... Louise Card... Walter Dexter... Tim Haley... John Harned... Michael Heinze... Gordon Hutchens... John Ingraham... Stevi Kittleson... Lea Mann... Jason Marlow... Carole Sabiston... Alma Schofield... Cedar Wallace.

The Spring Invitational Exhibition of Applied Arts offers us an opportunity to show how highly respected artists and artisans, responding to the world around us, are expressing their feeling in their work. Functional crafts created in a classic tradition bring great tactile and esthetic pleasure to the user. Likewise, a funky teapot or a Toby Jug can evoke from us new responses or delight our senses, merely because they are a departure from the familiar. Many of those who work in contemporary three dimensional art have emerged from the craft which laid the foundation for such expression. Since the beginning of civilization we have looked for ways to create monuments to the things which are most important to us. The Craft Committee of the Arts Alliance is pleased to bring these artists together for the first time in the Comox Valley.

Next deadline 2 Apr 1990

SERVICE DIRECTORY



Courtenay
Chrysler Plymouth
Sales (1970) Ltd.
KEITH MCDOUGALL
Sales Consultant

1847 ISLAND HWY
NORTH COURTENAY B.C.
V9N 5Y8
Bus 338-5451
Fax 338-1442
Res 334-0894



IDENT-A-KID
SERVICES OF CANADA

CAROLE TILLEY
Program Director
Child Identification Programme

Courtenay, Vancouver Island

(604) 338-6152



Developmental toys,
books and games are
popular with children
of all ages.

Monique Marchand-Godwin
Educational Consultant
(604) 339-0712

BAYVIEW



COLOR CENTRE

PAINTS * WALLPAPER * DECORATING SUPPLIES
BAPCO PAINTS
CIL PAINTS
SHERWIN WILLIAMS PAINTS
INTERNATIONAL
MARINE PAINTS
OLYMPIC STAINS
CABOTS STAINS
SIKKENS STAINS
GENERAL PAINTS

3080 COMOX ROAD 339-3711 COURTENAY, B.C.

COMOX MINI WAREHOUSE

"BEST LITTLE WAREHOUSE IN THE WEST"

Store It
Lock It
Keep the Key

CLOSE TO THE BASE & TOWN

* Safety

* Security

* Supervision

Knight Rd & Pritchard Rd
Comox, B.C.

339-3424



Tel. 336-2700

Comox Valley Auction Sales Ltd.

"PICK UP SERVICE AVAILABLE"

2691 DUNSMUIR AVENUE
CUMBERLAND, B.C., V0R 1S0

DAVID STEVENS
AUCTIONEER AND APPRAISER

**HARTMAN AUTO
SUPPLY 338-7261**

367 Sixth St., Courtenay, B.C.
Parts, Accessories, & Tools



* DRIFTWOOD MALL
338-8318
* COMOX MALL
339-7774
* DOWNTOWN COURTENAY
334-3443

HOME OWNERS & AUTO PLAN INSURANCE

**MARKET TRAVEL
WORLDWIDE**

PROFESSIONAL TRAVEL
ARRANGEMENTS

(Area Code 604) **338-1474**

OR B.C. TOLL FREE 1-800-232-9294
549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2
ACROSS FROM THE BANK OF NOVA SCOTIA



Jr. Bill & Edie Duchak
Owners/Operators

A Division of J&J

Seafood • Ribs • Steak
"And a whole lot more"

2270 Cliffe Ave.
Courtenay, B.C. V9N 2L4

338-5251



Bicycles, Tricycles
and lots of accessories
Full repair service

PEDAL PUSHER

NOW OPEN AT OUR NEW LOCATION
137 - 9th St.
BELOW THE MAIN CIVIC PARKING LOT
334-4045

Recreation

'Hollywood North' in B.C.

Over the last few years B.C. has acquired the title of 'Hollywood North'. The film industry plays an important role in British Columbia's economy. In 1989 alone, it pumped approximately \$200 million into B.C.'s economy. However, there is still room for improvement in the local funding of Canadian made films and TV series.

Foreign investment in B.C.'s film industry has many positive effects. The cash flow from the production of one film alone can be a great economic boost for the communities throughout our province which was chosen as film shoot locations. Also, investment in production centres can provide long-term economic benefits.

For example, recently a new \$25 million facility was built in North Vancouver with \$4.3 million in provincial assistance and is expected to create between 600 and 800 jobs. This is now Canada's largest movie and TV production centre and a joint venture of Cannell Studios of Los Angeles and Comweb Corp of Toronto.

Cannell Films has been in Vancouver for 2 years now and is responsible for the TV productions of *Wise Guy*, *21 Jump Street*, and *MacGyver* as well as films *Fly II*, *Cousins*, and *We're No Angels*.

Although foreign film investment is an essential component of our film industry, it is important that British Columbians invest in B.C.'s film industry and local talent.

To increase investment in the B.C. film industry, The B.C. government introduced changes to the Small Business Venture Capital Program last November which have been greeted with great enthusiasm by both the film industry and investment analysts. This program has already been highly successful. Over the past year, more than 700 investors invested \$35 million in B.C. business through the Small Business Venture Capital Program, creating or preserving more than 1,200 jobs throughout the province.

Today, policies regarding investment in the B.C. film in-

dustry through venture capital corporations have been revised so that investors can now recoup their investment in as little as three years. Also, the Small Business Venture Capital Program gives investors in a registered venture capital corporation a provincial tax credit equal to 30 percent of their investment. The money raised is then invested in eligible small businesses.

The Small Business Venture Capital Program, through its support of venture capital corporations, will make significant contributions to our local film industry and B.C.'s creative talent. Equally important, the film investment opportunities introduced by the Small Business Venture Capital program will establish B.C. as a financial centre for film production. Our film industry has steadily grown and with the continued support of government and all British Columbians, B.C. will be able to keep the cameras rolling.



OFFICERS MESS MAR/APR '90 CALENDAR

FRIDAYS 23 & 30 MAR, & 12 (THUR), 20, & 27 APR

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

WEDNESDAYS 28 MAR & 4, 11, 18, 25 APR

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 28 MAR & 11 & 25 APR
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.

MONDAY 2 APRIL RCAF 66th Anniversary Mess Dinner. Reservations per Base/Sqn PAdO, 1900 for 1930 hrs.

SUNDAY 15 APRIL Easter Brunch, egg hunt 1000 hrs, brunch served 1100-1300 hrs, cost \$5/adult, \$3/child. Reservations 11 Apr.

SATURDAY 21 APRIL Monte Carlo Night, cost per person--members \$10.00, limited associates/guests \$12.00, reservations 18 Apr, see flyer for details.

FRIDAY 6 APRIL Mixed TGIF, 1900 for 1930 hrs, cost \$3 per person, food--Chinese

WEDNESDAY 18 APRIL
OMLC Penny Auction

THE CANADIAN RED CROSS SOCIETY

CLASSIFIED

RATES

ALL insertions will be \$4.00 per column inch.



LOST

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

REWARD

339-3847 or loc 8217

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

FALCON MOBILE HOME PARK—Only ¼ mile from the Base. Quiet, nice treed lots available. Only \$135/mth. Phone (604) 338-6115.

BUSINESS OPPORTUNITY
Stuff envelopes at home, earn \$600.00 weekly. Free supplies. Rush self-addressed stamped envelope to Hughes Enterprises, Dept A-26, Box 964 Peterborough, Ont. K9J 7A5.

INVITATION to TENDERS

Required immediately, tenders for the snack bar located in the Junior Ranks. All inquiries are to be directed to the mess office 339-8430.

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

WANTED
Working person (N/S) to share spacious house, Courtenay area. Private bathroom, large bedroom, laundry. \$275 includes utilities. 338-9145

RESULTS GUARANTEED
100 people needed who want to lose weight quickly. Increase you energy, lower BMI. Call or write:

Ms Renaud
286 St Redempteur #3
Hull, Quebec
J8X 2T2
819-778-6620

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

CENTRAL BUILDERS
610 Anderton Avenue
Phone: 334-4416

Kallima
ALOE VERA
SKIN/HEATH CARE
PRODUCTS

call Sherry 339-3525
or
Maureen 338-7105

FOUND

'BUCK' knife found in PMQs. Claimant please call 339-0885.



GOING PLACES

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

FOR SALE BY OWNER
Cedar rancher, landscaped 70' x 110' lot. Living room with builtin fireplace. 3 bedrooms, heated enclosed garage with shed, plus garden shed. Thermal windows, w/w carpet near school and mall. Plus many extras. (604) 339-2770.



IT'S YOUR GAIN

LET'S GET
TOGETHER AND
SELL YOU RV UNIT.
IF WE CAN'T SELL IT,
WE'LL BUY IT.
FREE APPRAISAL
AND PICK-UP
ANYWHERE.
Call Toll Free:
1-800-663-4234

**LANTZVILLE
RECREATION
CENTRE LTD.**

National news

'RAGS' Helps Crash Investigations

The Canadian Aviation Safety Board (CASB) has developed a computer system that gives airplane crash investigators a pilot's eye view of what happened.

The system converts flight recorder data -- and other retrievable information -- into realistic, 'real time' simulations of crashes and other aviation incidents. This means the simulations, which resemble computer-graphic videos, unfold on the system's colour monitor at exactly the same speed they occurred in real life.

However, the investigators can also slow down time so the simulation proceeds at half speed or in reverse, unlike a real crash, says Michael Poole, the board's superintendent of computer systems engineering.

The system helps pilots and other CASB investigators picture more or less what went wrong, explains Poole.

On its own, the system, 'Reconstruction Animation Graphics' or RAGS, will not

diagnose what caused the accident, but it may give investigators an idea of what to look for when they're sifting through evidence.

"RAGS provides a useful perspective to work from," Poole says.

The computer simulations can depict the airport runway or other relevant ground terrain as it would have looked to the pilot. Superimposed on a screen are images of cockpit instruments showing such things as engine thrust, heading, altitude and air speed.

These and other parameters are derived from data automatically recorded in digital format inside the airplane's black box, which contains both the flight recorder and a cockpit voice recorder.

"When we analyze (an aviation incident) we can listen to the voice recording in synch with the computer simulation so it's a very realistic reconstruction," says Poole.

Other features let in-

vestigators view the airplane's flight path from the perspective of a bird overhead, another aircraft following the plane, or a witness on the ground.

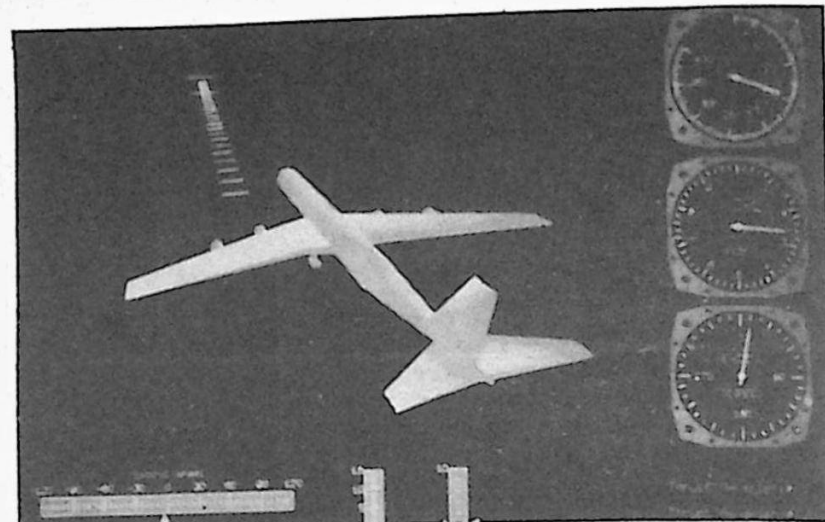
"We can even sketch in the shape of buildings that may have blocked their view," says Jim Harris, the board's communications coordinator.

CASB's ability to generate realistic simulations depends first on how much data Poole and his colleagues can tease from the black box, which may be damaged or destroyed.

Poole's crew developed computer software that can glean meaningful information from any piece of intact tape, no matter how distorted the signal may be.

The team plots graphs of air speed, altitude and anything else found on the tape. Some planes routinely record up to several hundred different measurements.

That data alone may not be enough to simulate a flight path. However, add in radar



This picture is the visual simulation of the flight of an aircraft made by a computer using 'black box' data. It will help in the investigation of air crashes. (photo: Canadian Aviation Safety Board)

tracks, wind speed information, and takeoff and impact points, and the picture usually takes shape.

"If we still feel we don't have enough information, we may not bother with the reconstruction," says Poole. "The aim is not to bias an investigation with false evidence."

CASB's computer system, which took two years to develop, was a joint effort between the board's engineering branch and Prior Data Sciences

of Ottawa. It has been used a dozen times since the board began investigating aviation incidents in August 1988.

Crash investigators in other countries have expressed interest in the system.

courtesy Canadian Science News



PUB GRUB and Good Times
are our Specialties
PARTY TIME

BIRTHDAY-RETIREMENT-POSTING-ETC.

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

SUNDAY SPECIAL

All Star Jam 7 pm to 11 pm

PRIZES

Located in
The Westerly Hotel
1590 Cliffe Ave.
Courtenay B.C.
338-7741

DANCE

TUESDAY TO SUNDAY

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

NO Cover Charge

Tues 20 Mar to Sun 24 Mar



**'Kansas
City
Southern'**

Thurs 29 Mar to Sat 31 Mar

'Sons of Guns'