



The Birds
are back!

Snowbirds in Comox until 13 April



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 7 5 APRIL 1990

NEXT DEADLINE 23 APRIL

COST: PRICELESS

CF INCREASE IN CENTRAL AMERICA

OTTAWA—The Minister of National Defence, the Honourable Bill McKnight announced that Canada will increase its peacekeeping capability in Central America as part of the United Nations Observer Group (ONUCA). In response to a UN request to provide helicopters with a light life capability, Canada is sending four CH-135 Twin Huey helicopters to support the four CH-139 Jet Ranger helicopters already in Honduras. To reflect the unit's new composition, the Light Observation Helicopter (LOH) unit has been renamed the 89 Rotary Wing Aviation Unit (89 RWAU).

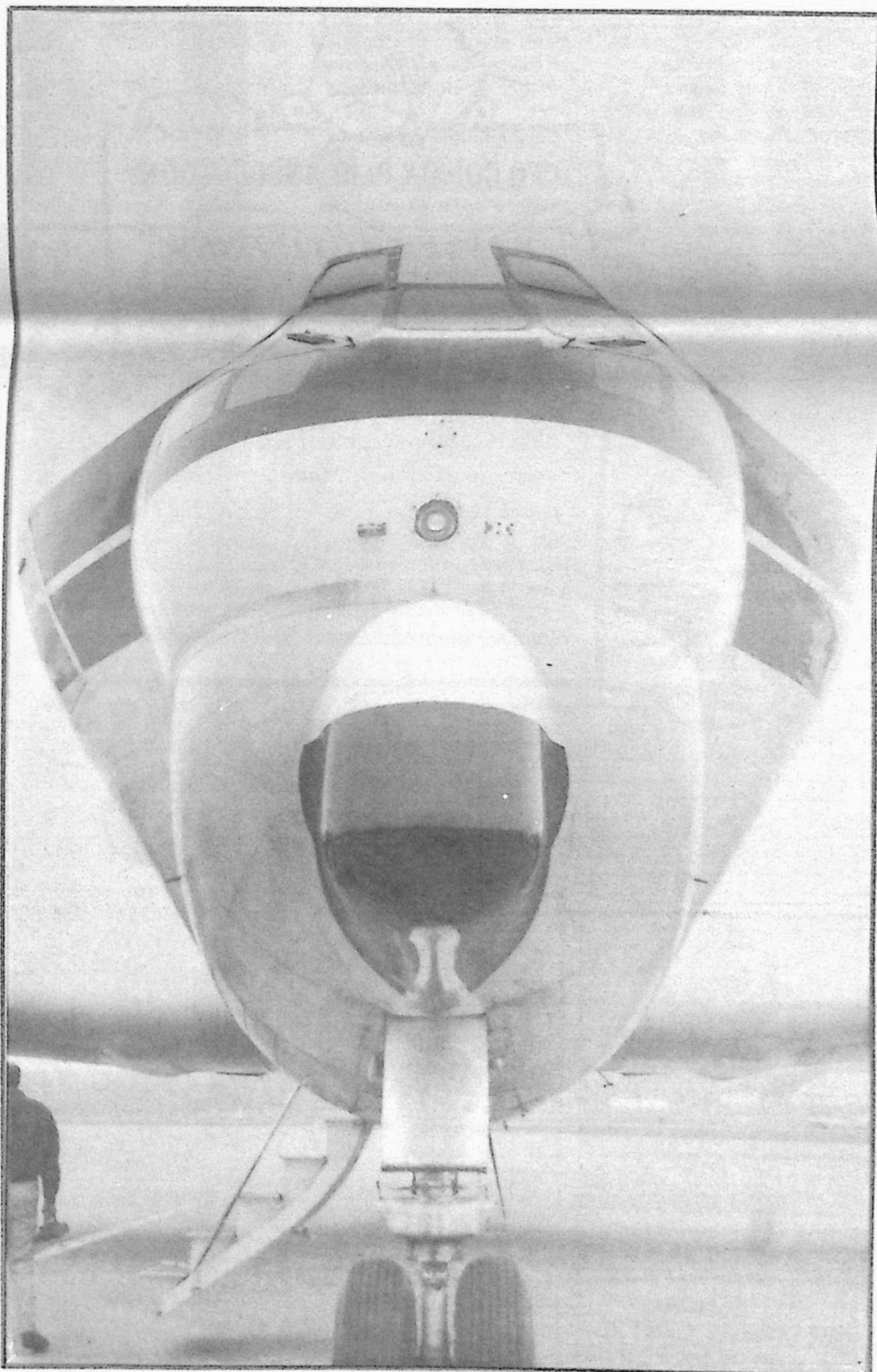
McKnight.

This group of peacekeepers, including two women and nine reservists, departed Ottawa on 24 March 1990 for Tegucigalpa, Honduras. They will bring Canada's peacekeeping commitment in Central America to 169, which included 12 reservists and nine women. Canada's responsibilities include 36 military observers at verification centres throughout the five Central American countries.

The Twin Huey helicopters are well suited for light lift operations and will enable 89 RWAU to be more capable of fulfilling its mission. An additional 47 personnel from CFB Petawawa, BFC Valcartier and CFB Edmonton are to join the unit to support the Twin Huey helicopters.

"Canada's reaction to the UN requirements is an example of the Canadian Forces' ability to respond to the UN and contribute to international peace and stability," said Mr.

Giant Guppy invades Comox



442 Squadron were transient servicing hosts for the 'flying guppy' of Erickson Air-Crane who were air-lifting their Air-Crane helicopter to Gold River from Oregon recently. The giant chopper (see photos on page 12) will be used for logging operations until the end of April, when the 'guppy' will return for its cargo. Get your cameras ready!

For the English among us:
St. George's Day
23 April



On the base

Padre Bob speaks:

Greetings from the Chapel. We seem to be in a 'Welcoming Mode' at present having just welcomed Padre Greg Milne back from his eight-month sojourn around the Middle East. It certainly makes for interesting coffee fellowships after the service as we can find out more of the details of the events and trips outlined in the journals from the Middle East that occasionally turn up from our itinerant friend. Come on

out and find out about the Holy Lands from someone who has walked them.

This Sunday is Palm Sunday, and we will be welcoming our Command Chaplain, Captain(N) G.R. Ives, from Winnipeg. Padre Ives is coming from the cold of Winnipeg to once again experience the warmth and beauty of the Comox Valley. Padre Ives will be preaching on this occasion and

the children of the Sunday School have a part to play with the palm branches. Rumour has it that our Sunday School superintendent is looking for a donkey again. Did my pen shake? It shook along with the rest of me when I think of all that nice new carpet CE has just put in, but she sure knows how to get a reaction out of this old Padre.

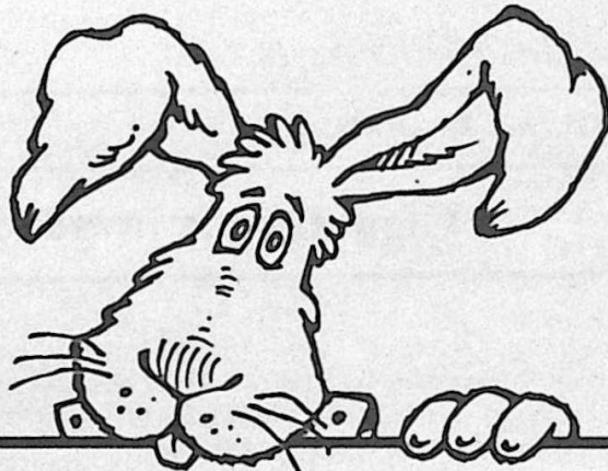
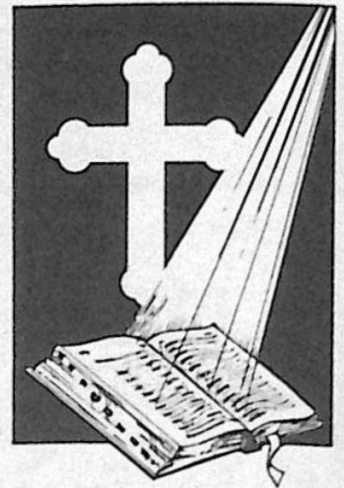
Our Easter services are planned as follows:

Good Friday--1930 hrs at the chapel

Easter Sunday--0700 hrs Sunrise Service at Air Force Beach, 1100 hrs regular Easter service including the sacrament of the Lord's table.

We hope that you have a good Easter season and that you will come along and join us.

See you at Chapel.



CFB COMOX PMQ ASSOCIATION

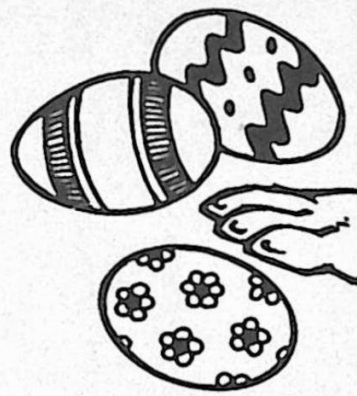
EASTER ACTIVITIES

All PMQ Association Members with children from toddlers to 12 years, are invited to the following Easter activities to be held on 14 April 90:

Bicycle decorating and parade	1000 hrs
Coloring and Costume contest	1045 hrs
Easter Egg Hunt	1130 hrs

Award presentation after Easter Egg Hunt

Hot Chocolate and Donut Holes available





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PSYCHIC CIRCLE SPRING FAIR

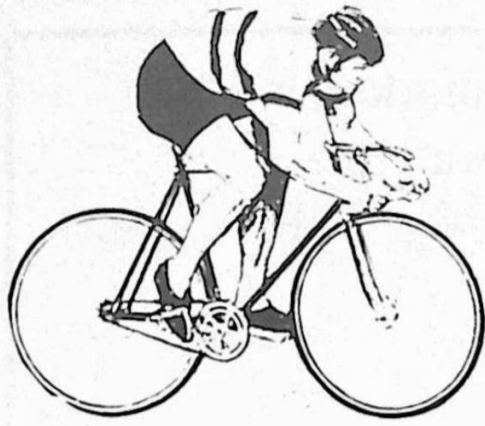
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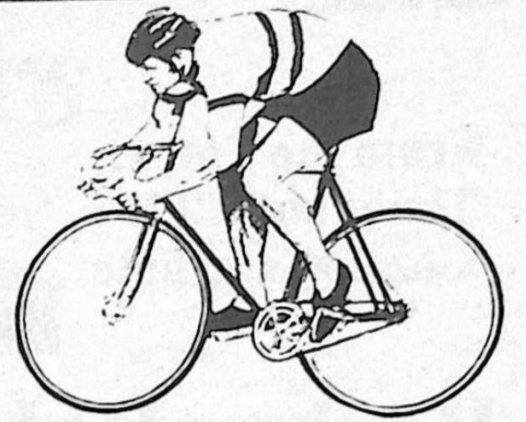
Sandra Fisher--Palmist Doris Gray--Clairvoyant
Sue Anderson--Tarot Reader Peter Morris--Medium

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

On and off base



Bring out the bicycles -- and helmets



Helmets

Bicycle accidents often happen within five blocks of home and serious injury can result from even slow speed of four to six miles an hour.

Bicycle helmets cut the risk of head injury by 85%. Yet, children -- those most likely to suffer head injury -- are the least likely to use them.

Image plays a large part in this. Some kids don't like the way they look. They fear their friends will make fun of them. And parents think, "it's expensive and he won't wear it anyway, or he'll lose it," or, "he only rides a short distance each day and doesn't go very fast."

Emergency room nurses see about 20 fatalities each year in B.C. from bicycling, 18 of these from head injuries that might have been avoided with the use of a helmet.

They see the pain families suffer and support efforts to raise public awareness of the problem through bicycle safety programs.

As a parent, you must help, too. Start by encouraging an automatic association between helmets and cycling in your

children from a young age. Make sure they wear a helmet on their first bike every time they use it. Tell them the bike is not a toy and they can hurt their head for life or die from a head injury. And, wear a helmet yourself when cycling.

When you purchase a helmet, first make sure it meets the standards of ANSI (American National Standards Institute), Snell (Snell Memorial Foundation) or CSA (Canadian Standards Association).

Experts recommend a helmet with an outer shell of hard plastic or fiber-glass. The shell can have holes or vents and still be safe. If you buy a helmet without a hard outer shell, the lycra fabric cover must stay in place over the helmet to protect your child. The helmet must have a liner of hard styrofoam.

Helmets for youngsters under three do not have a hard shell, but must still meet ANSI, Snell or CSA standards.

After this, look for comfort, design and fit. Comfort is purely subjective -- that it's not too heavy, for instance. As for design, once the helmet meets

the recommended standards, it doesn't much matter what else it has on it such as reflectors, or even the colour, although white and yellow have a higher visibility. The important point for a child is that he or she likes it. Nurses often find an injured child owned a helmet, but did not wear it.

The helmet must be the right fit for the size and shape of the head. It has to come down far enough on the forehead and still allow the wearer to hear and see well. Adjust the chin strap so it holds the helmet firmly in place and make sure it cannot slip forward over the face. Often on the store shelf, the helmet is not adjusted. Insist the staff help you with the fit.

And, after other members of the family have their helmets, don't overlook children who ride as passengers on adult bikes. Often when the child is strapped in, it is at even greater risk of head injury in a fall from the momentum of its own weight and that of the bike.

Chuckle

The worst moment for a crime Choosing the right moment is vitally important in any crime. Mr. David Goodall of Barnsley, for example, set off in January 1979 to do a bit of shoplifting. He had hardly entered Barnsley's British Home Stores when he was simultaneously siezed by eight pairs of hands. The shop was holding a convention of store detectives at the time.

As spring approaches and the cold weather subsides cyclists take out their bicycles and plan for new adventures. Whether alone or with friends or family, they are out in greater numbers every year, in town and country. If you are among them, travel in comfort by being prepared. Take good care of yourself and your bike.

If you tend to hibernate like the bears in winter, now is the time to be more active. Begin with short rides, interspersed with other activities like walking and a simple exercise routine. If it's still cold or wet, consider riding on a stationary bike inside.

Nurses point out that, as you mobilize yourself, other benefits accrue. Calories collected as extra pounds over the winter can be burnt off at a rate of about 100 per 20 minutes walked, 13 minutes biked or 5 minutes run. Remember, every 3,500 calories burnt off is equivalent to a one-pound weight loss.

Then, check your bike. Are the brakes, tires and cables in good order? Do you have the equipment to repair a flat tire on a ride in the country? Do you have the mandatory white light at the front and red light at the back for night riding? If you have yet to learn how to change a tire, now is a good time to learn. Local biking groups often have spring clinics.

Wear a helmet recommended by ANSI (American National Standards Institute), Snell

(Snell Memorial Foundation) or CSA (Canadian Standards Association). These helmets provide protection against head injury in falls from up to two metres. Add protective glasses and you are well set.

Rest your back by using panniers rather than a back pack. Panniers are bags attached to the bicycle. They lower your centre of gravity and increase your stability and control. Your back has enough to do holding you on the bike. A back pack is hot, heavy and tiring.

Consider leaving your dog -- if you have one -- at home. While your dog runs alongside the bike, you may be watching for potential dangers but he won't be. More than one rider has had a spill when a dog ran in front of a bicycle.

Also, for safety, consider leaving children under one year old at home. Carry children from one to four years old, or up to 40 pounds, on your bike only if you are an experienced and competent rider. Be sure they wear an approved helmet and buckle them into a carrier with full protection from the spokes of the wheel. Once they have their own cycle, review the basics of safety with them and check their skill in starting and stopping and turning left and right. Then everyone's ready.

Spring is a time of promises. Before long, you will cycle your way from the promises of spring into the fullness of summer and then to the sights, sounds and smells of the outdoors all around the year. Enjoy a happy and healthy start to the season.

by the Registered Nurses Association of B. C.



Softball Officials Clinic

CFB Comox will sponsor a LEVEL I Softball Officials Clinic on 8 Apr 90. The course will take place at the AFIS classroom commencing 0800 hrs.

For further information, or to register, contact MCpl D. Rothermund, Loc 8315 at the Base Gym.

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REQUEST FOR PROPOSALS



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Proposals are invited for the provision of services which encompass the performance of various civil court orders (i.e. Writ of Seizure and Sale, Warrant of Execution, Writ of Possession, etc.) for the following area:

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- Area 6 - New Westminster
- Area 8 - Kootenays

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Bidder Conference: April 23, 1990 News Westminster
Deadline for Proposals: May 18, 1990 2:00 PM

PROVINCE OF BRITISH COLUMBIA

4 TOTEM TIMES

Editorial

NORM BLONDEL

From the Totem Times and CFB Comox, a tribute



Barber Bob retires 33 years at CFB Comox

Bob Castle retired last week, after 33 yrs and about 99,000 haircuts after starting here as a 19 year old in 1957.

"I came here from Vancouver to work for three weeks," Bob said, "and my 'shop' was on the corner of the Theatre building." (Now AFIS/Museum). "A haircut then cost seventy-five cents. Now it's six dollars."

Bob, who gave former CDS General Dextrase his final service haircut, figures he averaged 15 cuts a day for 33 years. That works out to about 99,000 haircuts.

"In that time, I made a lot of friends, and I still have most of them. I'd like to thank all of those who have wished me well, and particularly Larry, Mike and Don, who are carrying on at the Base Barber shop in the Canex building. I hope they enjoy every success."

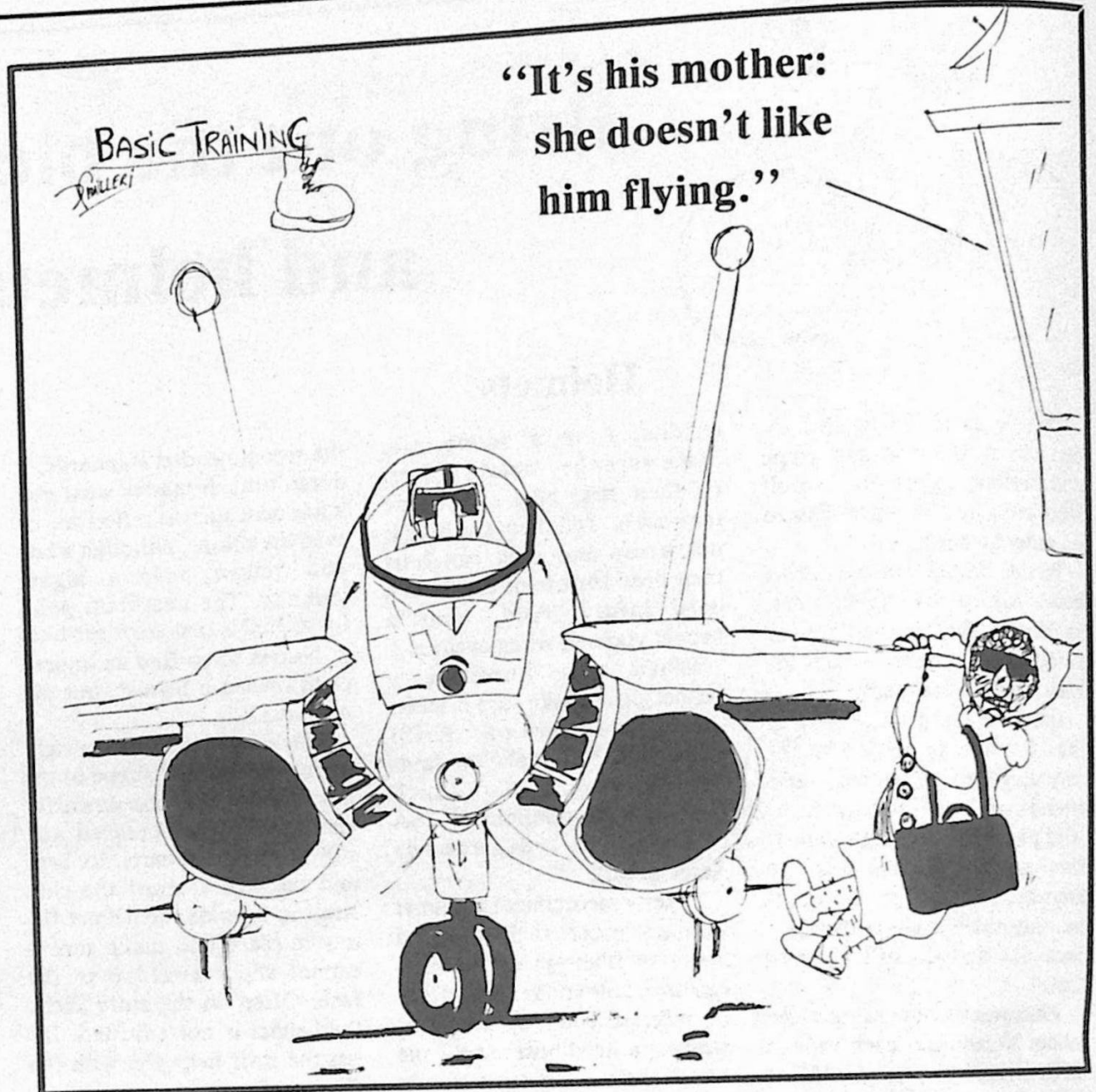
Bob is not retiring really, just taking a holiday, and studying his options.

"The job gets a bit hard on the legs after 33 years. It's nice just to sit at home and think." Home for Bob is Courtenay.

Good luck in whatever option you decide on Bob, and best wishes from all of us at CFB Comox Norm Blondel



Barber Bob Castle giving CDS General Dextrase his last service haircut. . .that was some time ago. Bob's hair is shorter now, and not quite as dark.



Are you a non-smoker? Then you're in the majority!

Every year thousands of Canadians make the decision to quit smoking. But making the decision to quit is much easier than actually doing it.

Why?

The nicotine in tobacco is physically addictive. The U.S. Surgeon General has stated that nicotine's addictive quality is equal to that of heroin. As well, the act of smoking can be situationally addictive: a drink and a cigarette, a smoke after a meal, while on the telephone, at the typewriter or driving a car.

However, despite the difficulty in stopping smoking, more and more people are doing it. Twenty years ago, 43% of adult Canadians smoked; today it's less than 30%.

Health awareness is part of the reason. Only the most ex-

treme skeptic would dispute that tobacco is a killer. In fact, 35,000 Canadians die each year from tobacco-related illness, and thousands more suffer a poor quality of life from ailments like emphysema, heart disease, peptic ulcers and, of course, a variety of cancers.

And, because the majority of Canadians are non-smokers, social intolerance for tobacco has increased. Simply put, it has become very hard to find a place to smoke! Airlines have banned it on flights, workplaces have reduced or eliminated smoking areas, public buildings (post offices, banks, government services) are largely non-smoking, and restaurant smoking areas are getting smaller and smaller.

There are personal social factors, too. The majority of single adults are non-smokers.

Lifestyles involving fitness and outdoor activities do not easily accommodate smoking.

•Set a target date. It can be a birthday, an anniversary, or just Saturday. Stick to it.

•Write down your reasons for wanting to quit. They could be anything from better health to better breath. Keep the list handy.

Printer's error

The printer mislaid four of the pages we sent for the 22 March edition of Totem Times, and substituted four from the previous (8 March) newspaper.

A corrected press run was distributed on 24 and 26 March. If you have not received your correct copy, some are still available at points on the distribution list. (page 5)

Bickle Press apologises for the error.

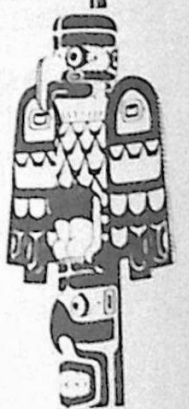
TOTEM TIMES

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Comment

Tom Wilkinson of Comox

Legion remembers a Hero

In all of history, there have only been 94 Victoria Crosses awarded to men from Canada, and it is exceptional that one of this select few should come from the Comox Valley.

Thomas Orde Lawder Wilkinson was born in Bridgnorth, Salop, England, on 29 June 1894. He was educated at Wellington College, where he was Prefect of the School and Captain of the Gymnasium.

Prior to WW I, his family moved to the Comox Valley where Tom became a teacher. Shortly thereafter, on 22 September 1914, Tom enlisted as a Private in the 16th Battalion, Canadian Scottish. He soon marched off to war from the Comox Valley and was quickly transferred to the British Army on 23 December 1914.

Later Tom was granted a commission in the 7th Battalion, the Loyal North Lancashire regiment. The action described in his Victoria Cross citation occurred on 5 July 1916, at LaBoisselle, France. Lieutenant Wilkinson has no known grave. His name is inscribed on the Thiepval War Memorial, which is situated a few miles from Albert, France, in the Somme area.

"For most conspicuous bravery.. During an attack, when a party of another unit was retiring without their machine gun, Lieutenant Wilkinson rushed forward and, with two of his men, got the gun into action, and held up the enemy until they were relieved.

Later, when the advance was checked during a bombing attack, he forced his way forward and found four or five men of different units stopped by a solid block of earth, over which the enemy was throwing bombs.

With great pluck and promptness he mounted a machine gun on top of the parapet and dispersed the enemy bombers. Subsequently he made two most gallant attempts to bring in a wounded man, but in the second attempt he was shot through the heart just before reaching the man. Throughout the day he set a magnificent example of courage and self-sacrifice."

The London Gazette, 26 September 1916.

Tom Wilkinson's name is immortalized on the Comox District War Memorial at Sandwick as well as in Branch 17 of the Courtenay Legion. The Canadian Scottish regimental family quite properly regard Tom Wilkinson as their fifth Victoria Cross winner.

Easter Seals

Dear Sir:

When you give to Easter Seals you bend to lend a hand to the special children of British Columbia. These children are helped by every dollar donated to the annual Easter Seal Campaign, a major fund-raising project of The British Columbia Lions Society for Crippled Children.

Over the years, donations have helped The British Columbia Lions Society provide accommodation at their Easter Seal Houses. For families of sick children

receiving hospital treatment, these houses are indeed 'a home away from home'.

Currently Easter Seals are at work transporting disabled children in 46 communities around the province with a fleet of 58 Easter Seal Buses.

Camp Squamish, just north of Vancouver, Camp Winfield in the Interior and Camp Shawnigan on Vancouver Island are also supported in part by the Society's annual Easter Seal Campaign.

Each Camp provides a

special care, facilities and equipment for children with special needs. The opportunity to spend a week at summer camp is available free of charge to most disabled children under 19, living in B.C. and the Yukon.

Please give to Easter Seals because . . . "you never stand so tall as when you bend to help a child".

Sincerely,
Victoria Rae
B.C. Lions Society for
Crippled Children
873-1865

Letters

OAS, GIS increased on 1 Apr

VANCOUVER--Federal Old Age Security, Guaranteed Income Supplement and Spouse's Allowance benefits will increase in April in line with the cost of living, the Minister of National Health and Welfare announced.

The Old Age Security pension (OAS), paid to people 65 and older, will rise to \$343.13 (from \$340.07) a month.

The maximum Guaranteed Income Supplement (GIS) will increase to \$407.77 (from \$404.13) for a single person and for a married person whose spouse does not receive an Old Age Security pension or a Spouse's Allowance.

The maximum Guaranteed Income Supplement will increase to \$265.60 (from \$263.23) for each married person whose spouse also receives an Old Age Security pension and for a married person whose spouse receives a Spouse's Allowance.

The maximum Spouse's Allowance (SPA) -- paid to low-income people between 60 and 64 who are married to GIS recipients -- will increase to \$608.73 (from \$603.30).

The maximum Widowed Spouse's Allowance (WSPA), paid only to low-income widowed persons aged 60 to 64 who reside in Canada and meet the basic residence requiremen-

ts will increase to \$672.04 (from \$666.05).

The benefit amounts for GIS, SPA and WSPA vary according to the recipient's income during the previous year. Applications for the GIS, SPA, and WSPA must therefore be resubmitted each year.

If applications are received and approved after the end of March, benefits will be paid after the applications have been processed. Payment will be retroactive to April.

All of these benefits are adjusted every three months based on increases in the Consumer Price Index, Statistics Canada's measure of inflation.

Next deadline 23 April

Air Force Trivia

What, where, when



... for the RAF in 1940.

Trivia Answer

Bristol Freighter 170 No 9697 of 137 Transport Flight RCAF, 1963.

(From the H. W. Holmes Collection)

Can't get your Fishwrapper?

-- here's where to go

- *Totem Times Office
- *Museum
- *AFIS
- *Jr Ranks' Mess
- *Snr NCOs' Mess
- *Rec Centre
- *Headquarters
- *AMU
- *442 Sqn
- *Clothing Stores
- *MSE
- *Building 82 Supply
- *CE
- *Fire Hall
- *7 Hanger
- *Officers' Mess
- *Language Training Centre
- *Base Hospital
- *EX Service Station
- *MPs
- *Glacier Greens Golf Course
- *PMQs
- *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
- *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

On and off base

Employee Assistance Programme



The pressure at work's been unbelievable lately and you're just not feeling well this morning. You're going to call in sick.

"A growing number of people work under a hell of a lot of stress," says Barbara Rae, president of Office Assistance, a Vancouver-based placement firm.

Chances are you're suffering from the effects of job-related stress, a condition that can erode a worker's effectiveness on the job and increase vulnerability to illness.

"You get days when everything is just black in front of your eyes because you're simply too uptight to do your job."

Rae's firm conducted a survey last year that showed companies are starting to offer a form of paid time off called 'mental health days' that can be taken at a worker's discretion.

Six per cent of the 1,081 companies surveyed across Canada had an official corporate policy for the equivalent of mental health days, while 35 per cent said they have given employees permission to take such time off the survey showed.

"I think there's a growing

acceptance that annual two-week vacations aren't enough to deal with the higher pressures in our working lives," Rae said.

There has also been a discovery that job-related stress is costing money. In fact, it ranks behind only employee stealing as a personnel problem, says Dr. Phil Daniels, a stress expert for consultants Stevenson Kellogg Ernst and Whinney.

Research done in the United States shows absenteeism and reduced productivity from stress are responsible for the loss of billions of dollars in business, says Daniels, who projects the Canadian loss at about a tenth that amount.

"Companies are recognizing

that there may be job-related stress, and personal stress, that can affect productivity," he said. "In addressing this, you're taking care of your bottom line."

Making errors, falling behind in one's work and lateness are all indicators that stress is affecting a worker, says Dr. Lucille Peszat, president of the Candian Centre for Stress and Well-being.

"You often find people are taking longer to maintain the same output as before," says Peszat, who runs stress-management seminars for business. "You have a cumulative effect of everything getting behind."

"In addition to mental health

days, companies are also offering stress-management seminars and confidential counselling, said Dr. David Weiss, an industrial psychologist.

Another approach, Weiss says, is to offer a service in which employees seeking help can approach a trained group of co-workers who will refer them to an outside agency for help.

The Employee Assistance Program can offer direction to the help you may need.

The referral agents below are available at CFB Comox thru the joint program to assist the civilian employees and their families. Doreen Erickson Loc 8590, Bev Chadderton Loc 8320, and Maj M. Besnard Loc 8246.

Signing contracts

All of us have answered the front door bell to find someone enthusiastically trying to sell us a product. It could be a magazine subscription, a vacuum cleaner, cleaning products, or home repairs.

Some of us are prone to impulse buying and, before you know it, you've signed a contract. A few days later the deal doesn't look so good. What can you do about it?

In most cases, you're signing what the law calls an 'executory contract'. The terms of the contract will be executed over a period of weeks or months, so it is called an executory contract.

For any executory contract, where the total purchase price is over \$50, the agreement must be in writing and signed by you. And, if someone is guaranteeing your obligations under the contract, he or she has to sign it as well. You must receive a copy of the contract within seven days after signing it.

The law requires that executory contracts for goods or services of a value greater than \$50 state the price of the goods or services and the terms of payment. If you are buying on credit, the contract must explain in detail the cost of borrowing, so you know exactly how much you are paying for interest. Finally, if you buy on credit and give security, the contract must describe those arrangements in detail.

All these rules apply whenever you enter into an executory contract whether you do it at home, at a trade fair, or at the seller's place of business. If any one of these requiremen-

ts is missing, the contract may not be legally binding.

In addition to these general rules, special protection is available to consumers who sign contracts away from the normal place of business of the seller, or who sign contracts for certain specific future services such as health spa memberships or dance lessons. These special rules apply whenever the seller solicits, negotiates or concludes the contract at a place other than his business address.

If you buy goods or services in these circumstances, the law gives you a time period (generally seven days) within which to cancel the deal. The contract itself is required to contain a notice about your right of cancellation.

To cancel one of these contracts, you must notify the seller of your intention to cancel it. It is best to do this in writing and send it by double registered mail, so you have proof that you did it within the time required.

The address should be on the contract. You do not have to give a reason for your cancellation. If you notify by mail, the notice is deemed to be given at the time it's mailed.

The law requires the seller to refund all the money you paid within 15 days of the date that you cancelled the contract.

What happens if the seller does not give you the refund? In that case, you can sue him for a contract of debt, normally in Small Claims Court. If you are successful, the seller must not only pay the amount of the refund, but three times that amount.

Is your business prepared to stand the test of time?

With this exciting new decade comes constantly changing markets and rapid technological advances. So it's critical your staff are trained to meet these unique challenges.

That's where we can help.

If you are planning to train your staff, we have programs which may assist you financially. It's our contribution to your future, and together we'll help you get ready for the test of time.

For more information, please contact your local Canada Employment Centre.



Employment and
Immigration Canada

Emploi et
Immigration Canada

Canada

Section News



VU Techside

It finally happened! The old Tracker completed a three plane formation on Friday 30 March 1990, signifying the last flight on the West Coast for this long serving, hard-working aircraft. AC 196 left for storage on 1 April and AC 188 is being readied for display in Heritage Park here at CFB Comox. The fate of AC 148 is somewhat uncertain since original plans for it to go to Esquimalt have changed. We'll keep you posted.

To all those who maintained the Tracker in such a fine manner since the announcement of its retirement, I offer my sincerest appreciation and congratulations. It's easy to lose interest in something when its fate has been decided and it will inevitably be removed from the CF inventory. This was not the case with the West Coast Maintainers. Everyone worked hard to ensure the 'old girl' performed to her full potential right up to the finish. This speaks very well of the quality of the Tracker Maintainers, #1. A big 'Well Done' to all of you.

'The Carnival is over'. VU33 placed seventh overall and, considering the few people available to participate, this was a fine finish. The main idea of the carnival was for everyone to get out and have some fun. To this end, I don't think anyone enjoyed themselves more or tried harder than the VU33 team. I won't get into the 'nitty gritty' of individual events, particularly not the hockey, but we did win our fair share of the events. It was a good effort and a bag of laughs. Well Done.

Maintenance Mutterings

Not a whole lot around here is new. We're awaiting out the odd posting slump and looking at the yellow sheets to see who's retired etc. The Snowbirds are back in town so spring must be here, finally! They'll be practising their stunts and polishing their egos prior to the summer air show tour.

The Base Winter Carnival is over with our boys and girls doing quite well, considering the size of our team. Some of the skill events were a breeze for us, but the silly things were a different story due to our serious demeanor. One event, 'The Wheelchair Race' was especially difficult when you consider the team we were up against was BOR staff and some Sr NCOs. It looked like last call at the bar in the Sgts' Mess at TGIF: tires smoking, wheels churning, hands flying about, eyes bulging out, all in all a scary sight. In the end, age and deception lost out to youth and skill: **WE WON!**

With the rope-skip, it's a wonder that we didn't get a call from the seismologists at 'Berkley' for running their 'Richter Scales' off the clock.

It wasn't hard to tell who hadn't been in a gym for some time when someone asks, "what are those funny fish nets doing hanging on the walls?" and then tries to get a basket by dribbling a medicine ball. Next year, we will have need for a goaltender for the dart team and that person can apply for the job.

Our CO is off to Mountainview to deliver one of the 'Grey-Perils' to storage. One down, two to go. One thought just crossed my mind--the Trackers are old and grey, the T-Birds are old and turning 'grey'. Do you suppose its got something to do with those who fly them and maintain them?

MCpl Greg Zoopkow is off to Borden to learn how to build a bulk fuel/oil storage farm. That should really come in handy sometime in the future.

Tony Hernandez had a really good time at the wind-up dance for Carnival. It must be something to do with his first name as all he would say is "It's G-G-G-R-R-R-R-EA-T-T-t." What a 'Flake'!

Our Sqn Floor Hockey team has played Base Supply twice. . .one win each and are looking forward to the rubber match. Pick a time and place and be there!

Keep your eyes and ears on standby Sqn members as the dates for Tree Island and our annual Golf Tourney should be posted before too long. Then, there's 'the trail', canoeing, sailing, rock bay, and . . . oh darn, it's time to wax up my skis again!! Time flies when you're having fun.

1 Crew

Time again for news from 1 Crew. By the time this goes to print, our Trackers will be totally retired, but at the moment, we are anxiously awaiting our final 2 or 3 flights, and our final wipedown (yay). Then the final stage of work will start. Stripping down our last remaining bird so it can go to its place of glory amongst other retired CF aircraft in the Museum Air Park.

The first of our springtime visitors (Snowbirds) have arrived. For the next 2 weeks, Comox will be treated to 2 airshows (practises) daily. I guess that means summer is almost here.

Speaking of which, it's also that time of year when posting rumours get turned into posting messages. Our latest recipients of these much awaited/dreaded items are Sgt Ralph Hogarth who will be off to Moose Jaw, and Cpl Ron Fortin going 'across the pond' to play with helicopters. After Ron got his message, he mumbled something about not wanting to see anymore long haired visitors after 5 May.

Cpl Chuck Roy is away again. This time in Borden on his POL course. You really picked a bad time to leave Chuck, our hockey team could have really used some help

during the 'Base Commander's Cup'. Our first 2 games we were defeated in what could almost be deemed closed contests. At least compared to our 3rd defeat in which we were actually leading 1-0 at one point. After that, we were somewhat outclassed on the ice, but we definitely had our opposition (CE) blown away when it came to doing 'The wave' on the player's bench. Our tactic of putting our entire team on the ice during the final 30 seconds didn't even fizzle them, and the mighty fightin' 33rd actually had control of the puck for about 10 of those 30 seconds. At least we had a lot of fun. CE is just lucky that there wasn't a 3rd period. (I don't think the scoreboard counts that high).

Meanwhile, back at the hangar, Glen Arsenault and Pierre Boivin have been spotted sitting in dark corners listening intently to Al Nantel who is teaching them all of the deep dark secrets of T-Bird run ups. Paul just thought you put the key in the ignition, turned it and stepped on the gas, but apparently there is a little more to it than that.

Speaking of Paul, our Cpl Nolan finally got to be 'Boss Rigger' for a day. It seems that everyone else was playing hockey. Paul says that things have never run so smooth. He even got a haircut for his big day.

Finally -- hot off the press. One of our goaltenders was heard making a comment about our other goaltender. "He was so upset with himself over the loss to CE that he went back out on the ice after the game to try and stop the Zamboni, but even that went between his legs." Those are pretty nasty words Mark.

P.S. -- Johnny Johnson finally got his new car replaced. I hope this one lasts longer than 3 weeks. Crash!! That's it for now from 1 Crew. A-river-durchee.

2 Crew

2 Crew has survived another two weeks and I'm having a hard time finding any 'dirt' on our oh so entertaining personnel.

continued on page 8

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- April 21 Saturday--Literary Evening with keynote speaker Barry Broadfoot 7:30 pm in the Seniors Lounge below Civic Theatre. Sponsored by Comox Valley Arts Council. Short story contest prizes presented.
- April 23-27 Book Quiz on CFCP Radio. Answer a question and win a book.
- April 27 Friday--Poetry Evening, Special guest speaker Anne Cameron--DON'T MISS THIS!! 7:30 pm in the NIC room above Hale Optical on 5th St. in Courtenay. Poetry contest prizes presented.
- April 28 Saturday--Writers' Club Seminar 10 am to 4 pm. \$10 includes lunch NIC room above Hale Optical on 5th St. Tickets at Laughing Oyster Book Store, Courtenay and Blue Heron Books, Comox, or any Comox Valley Writers' Club member. Tickets limited, please purchase by April 21. 3 exciting speakers. The theme is 'Writing an Adventure'.



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Section News

More Anker Klankin

The Tracker on the other hand has kept us all busy right up to the bitter end. It's finally being put to rest with the last official flights on Friday past.

Some people say they will not miss the aircraft, but I think that in retrospect, most of us will look back fondly at the stubby, reliable old workhorse.

A special thanks goes out to Mike Jameson for all the hard work he did for 2 Crew during his short stay with us. I would also like to pass on our best wishes to Yves Bernard who has gone to Ottawa for more medical testing.

Moving on to the local scene, does anyone know what Al Knight is talking about?

The Snowbirds have arrived once again, and as always, it's good to see them. Trevor Jones commented "if they fly low over my property again, I might consider buck shot." Ex Snowbirder Mark Keller on the other hand has been seen staring at the little red and white aircraft with glazed eyes and a blank expression. I wonder what memories they're stirring. Ernie MacAlpine wants two weeks' notice the next time Mark Pilon goes on leave.

The last Tracker is leaving 6 April. Gene just received his posting message and his cast came off 4 April. . . coincidence or not. Tony Passollilii has been on our crew for three weeks now and has not been mentioned, so now he has.

In conclusion, I would like to mention the outstanding effort our VU33 Hockey Team contributed to the 'Base Commander's Cup'.

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SUBJ: TRACKER FAREWELL FM NDHQ OTTAWA.

1. THIRTY—THREE AND A HALF YEARS AGO ON 12 OCT 56, A CEREMONY OF FIRST CLASS IMPORTANCE FOR CANADA AND ITS ARMED FORCES TOOK PLACE AT THE DOWNSVIEW DEHAVILLAND PLANT. ON THAT DAY, THE MND FORMALLY ACCEPTED THE FIRST OF 100 NEW CS2F TRACKER ASW AC FT BUILT ESPECIALLY FOR THE RCN. BY 1958, TRACKERS WERE FULLY OPERATIONAL ON HMCS BONAVENTURE. TEAMED WITH H04S AND LATER CH124 HELICOPTERS, THIS ACFT AND ITS HIGHLY PROFESSIONAL SUPPORTM MAINT AND AIR CREWS, ENABLED THE RCN TO LEAD IN THE WORLD OF VS ASW FOR MANY YEARS.

2. THE SECOND CHAPTER OF THE TRACKERS HISTORY HAS BEEN NO LESS ADMIRABLE. ALTHOUGH MARITIME RECONNAISSANCE DIFFERED CONSIDERABLY FROM CARRIER BORNE ASW OPS, THE VS COMMUNITY EASILY ACCOMPLISHED THIS DIFFICULT TRANSITION. WITH CONSIDERABLE PRIDE, THEY CONTINUED TO SERVE CANADA IN WAYS THAT MOST WILL NEVER FULLY APPRECIATE.

3. I TAKE THIS OPPORTUNITY ON BEHALF OF THE CADO BRANCH TO FORMALLY ACKNOWLEDGE OVER THREE DECADES OF FAITHFUL SERVICE PROVIDED BY THE VENERABLE TRACKER AND THE PROFESSIONAL MEN AND WOMEN WHO HAVE EITHER FLOWN HER OR KEPT HER FLYING.

4. IT IS REGRETTABLE THAT THE TORCH RECEIVED FROM THE MIGHTY AVENGER SO LONG AGO COULD NOT BE PASSED IMMEDIATELY TO A WORTHY SUCCESSOR. HOWEVER, I AM CONVINCED THAT IN TIME THE TORCH WILL INDEED BE PASSED AGAIN.

5. CADO SENDS.

SUBJ: SWALLOWING THE ANCHOR FM CONCOMFLT

1. THE ENTIRE CANADIAN NAVY WILL LONG REMEMBER AND APPRECIATE THE EXCEPTIONAL WAY IN WHICH THE TRACKER CONTRIBUTED TO THE MARITIME DEFENCE OF CANADA. ALL WHO HAVE SERVED IN THE NAVY FOR MORE THAN A DOGWATCH VIVIDLY RECALL THE TRACKERS SUCCESS AT CONDUCTING ASW OPERATIONS IN THE NORTH ATLANTIC — AN OCEAN INFAMOUS FOR ITS FEROCITY AND THAT KNOWS NO FORGIVENESS. THE REMARKABLE DEDICATION AND SPIRIT OF THE FLIGHT AND SUPPORT CREWS WILL FOREVER SERVE AS THE IDEAL AGAINST WHICH FISH—HEAD/ZOOMIE COOPERATION WILL BE MEASURED. THE GOOD TIMES WE ENJOYED TOGETHER AS MESSMATES AND WINGERS SOLIDIFIED A BOND THAT ONLY BROTHERS CAN UNDERSTAND.

2. AFTER SWALLOWING THE ANCHOR FROM CARRIER OPERATIONS, THE FLEET CONTINUED TO WORK WITH AND RELY ON TRACKER CREWS AND A WHOLE NEW RELATIONSHIP DEVELOPED. AS DO MANY SERVING IN THE FLEET, I MYSELF ON NUMEROUS OCCASIONS RELIED IMPLICITLY ON INFORMATION AND ADVICE PROVIDED BY TRACKER CREWS DURING FISH PATROLS AND OTHER OPERATIONS.

3. ON BEHALF OF EVERY SERVING MEMBER IN THE CANADIAN FLEET, I ACCORD TO THE TRACKER AND THE CREWS WHO FLEW AND SUPPORTED THAT RENOWNED AIRCRAFT THE VERY HIGHEST HONOUR THAT IS POSSIBLE: I SALUTE YOU AND THANK YOU FOR 34 YEARS OF LEGENDARY SERVICE TO YOUR COUNTRY.

4. YOU WILL NEVER BE FORGOTTEN.

5. BRAVO ZULU.

continued on page 9

Demon doin's

Commissioning



Lt Col Bennett, CO 407 Sqn, presents Lt Paul Ness with his Commissioning Scroll.

We here at the den (Greenwood Central) would like to start adding to the now Famous Demon doings, since there has been alot to tell about those few good men in 407 (MP) Sqn det ZX. So here we gooo!

Many Annapolis Valley residents have phoned our humble establishment asking for updates on the Save Ernie 'Conan' Romas Campaign. All are very disappointed to hear that it had to be cancelled due to lack of Barbaric participation. The place just isn't the same without Conan. (Quieter & cleaner to be exact) And we miss him.

The boys here have been through much adverse conditions, between 404 Sqn work load, carnival, and heavy P.R. tasking to Wolfville & Halifax. But they still manage to have a

good time anyway. The course load has been fairly heavy for all up to this point, not counting Capt Mike 'Tourist' Savard. His vacation ends once flying starts, which is very soon. Everyone is ready & anxious to hop in the aircraft & go to it. This will be quite a treat after 3 months of ground school.

The weather here in Greenwood has been very good to us these past few weeks; one day of each season during the week & Artic weather on weekends. Speaking of weather, we would like to request that only bad days in Comox be reported in future doings as many of us are getting depressed.

From all of us here, salutations to our friends & family & wish we were there. P. S. Send money!



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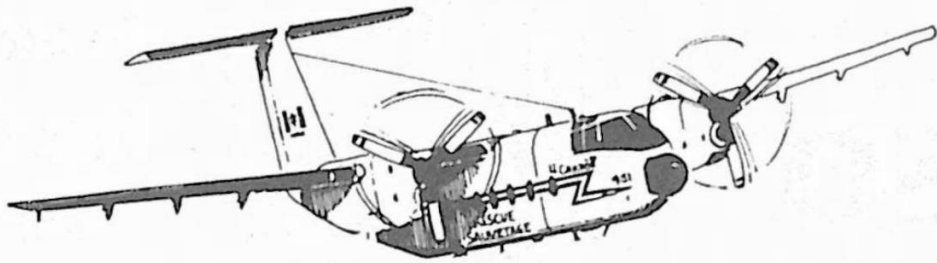
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Section News



442 Squadron

Lab Flight

It started out as a RON in Prince Rupert for Capt Erdos and his helo; and ended up an all expense vacation in the recreation capital of BC, Port Hardy. After serviceability problems, the trip departed for Port Hardy instead of Rupert because of weather. Being an important trip (MCpl Pinault's Check ride), it was full of training, and to make it realistic when the dreaded 312 was within eye sight of the airport it decided to see what Pin's reaction would be with no torque indications. Low and behold the chopper landed U/S for a variety of reasons for four days. Capt Erdos showed his expertise of the area by showing some crewmembers the hotspots on their first over-nighter in Hardy. The SAR Techs got cocky on the Fooz ball table and lost plenty of beer to the rest of the crew.

Then it happened two crew members from the Port Hardy ordeal, (Caughy and Mills) were lucky enough to hold standby a couple of days later this time with Capt Neil. The crew got launched at quarter to four to medevac a lady from the Kingcome Inlet who was haemorrhaging badly.

The crew fought forty knot winds and severe turbulence, (enough to light up the annunciator panel) to transport the patient to, of course, Port Hardy, where they were lucky enough to stay overnight.

Snakecharmers

After a long hiatus the 442 Sqn Snakecharmers are once again gracing the pages of the local fish wrapper.

We'll start off with a few announcements of some well-deserved promotions to WO Louis Limoges, Sgt Paul

Delaney, Cpls Brad Struke, Jim Larrocque and Ed Lorayes. Well done guys!

Some of the Squadron girls held their annual hen party brunch at the Old House last weekend. A fun time was had by all who attended.

Kirk Waugh and Pet Phelps lucked into an MRP to Port Hardy to rescue a stubborn 312. After three fun-filled days in the sun and fun of northern Vancouver Island, they managed to limp the chopper home.

Yvon Levesque and Mike Hambly were lucky enough to hitch a ride on a southern trainer to Colorado Springs and San Diego.

Some inter-squadron transfers have Cam Miller going to 2 Crew, Brent Pierson to 1 Crew and Lucia Papp also doing some time with 1 Crew for a three month OJT stint.

Rumour has it Al Stephens was so excited about coming back to work last week, he got out of his car, locked it, and realized he had forgotten something; his car was still running. Nice going Al.

Buff Flight

Buf flight is back to normal these days, with a few ELT searches, a hoax and lots of training. Contour flying is very low on the priority after about 300 hours of it on SAR HOLTHUYSEN.

There were two interesting Buf cases recently. On 9 Mar R458 investigated a SARSAT location 15 NM west of Telegraph Creek. The ELT was traced to an A/C on Tahltan Lake, which had broken through the ice. No assistance required.

On 11 March a Buf was

launched on a SARSAT ELT near Stewart, a MAYDAY was heard and the A/C was located 600 feet from shore in the Portland Canal where the pilot had landed on a log boom! The pilot was located on shore by the light of flares dropped from the Buf, and he was recovered by the CCGS POINT HENRY.

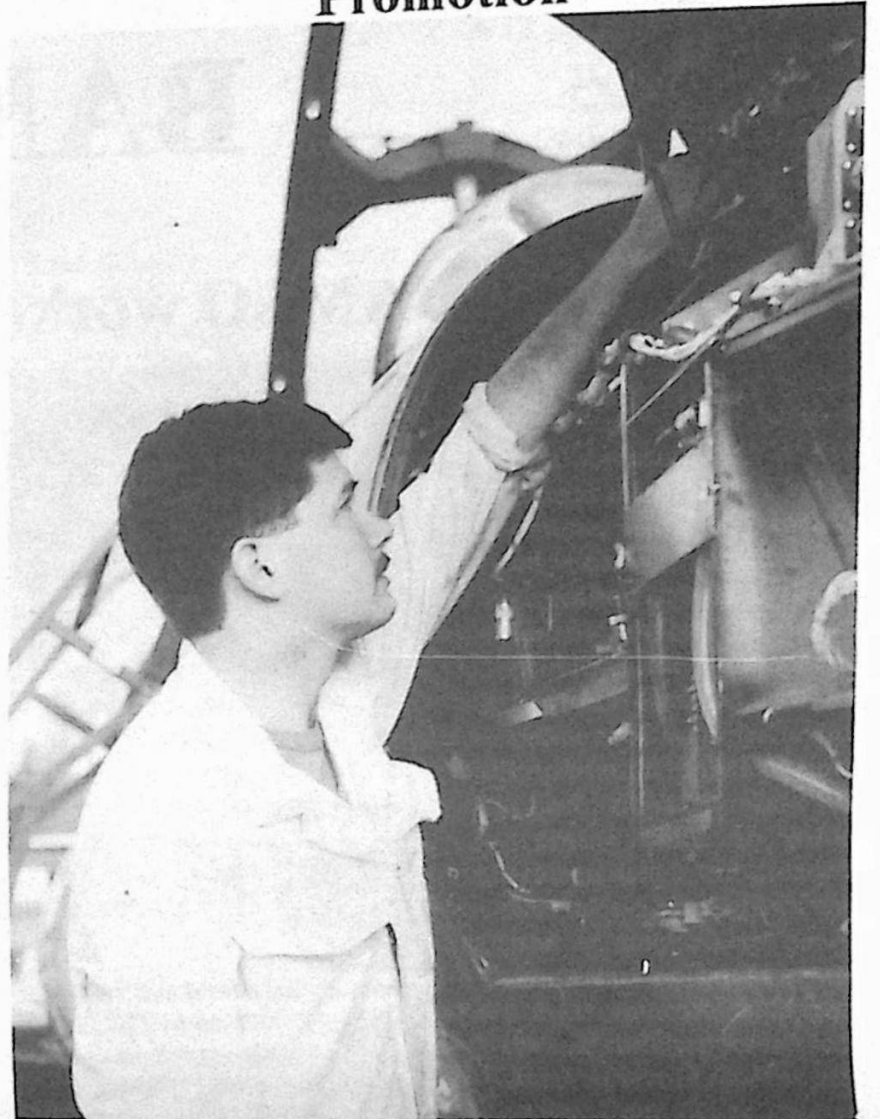
The OTU should be finished shortly, giving us two more pilots for DOPS, BD, etc.

Capt Don Barnby had his last flight on 23 March. Then he was off to Merry Old England to become an instructor prior to leaving for the Kingdom of Saudi Arabia. Ma Salaam.

Anker Klankin'

continued from page 9

Promotion



Congratulations to Cpl Eric Rheame on his recent promotion to Cpl. Cpl Rheame is an IE Tech with VU33 Sqn and is seen here performing maintenance on the T-33 aircraft.

WCB helps divers breathe easily

The Worker's Compensation Board has awarded a \$95,000 grant to Simon Fraser University (SFU) to evaluate the equipment used by commercial divers in British Columbia and to ensure that all breathing apparatus used in provincial diving operations will comply with minimum standards.

The grant will fund a two-year research project at the Environmental Physiology Unit of the School of Kinesiology at SFU. Project Supervisor Dr. James Morrison tells why: "What we are looking at here in B.C. is a small working population, mostly underwater repair and construction workers, underwater seafood harvesters, and diving instructors. This study is aimed at reducing the number of accidents within those occupations."

Sandra Jenks is the principal investigator for the project. "A lot of diving accidents are attributed to diving error and not to equipment error," said Jenks. "However, it could be that the equipment is supplying air, but not enough under these



Sandra Jenks and Dr. James Morrison are testing diving equipment at Simon Fraser University to define standards of performance that may someday save lives.

particular conditions. Panic sets in when you're not getting enough air. Carbon dioxide retention can make a diver pass out or go into convulsions."

Jenks will document the types of commercial diving in B.C. and the equipment used, then test a variety of the equipment in the hyperbaric unit at SFU, a high tech facility that can simulate all types of

diving environments.

Jenks said the divers contacted about the study so far have been enthusiastic. "The divers and the suppliers are pleased the WCB is working in this particular area of study."

"This grant is part of the Workers' Compensation Board's ongoing commitment to industrial research aimed at saving lives and improving safety standards for workers in British Columbia," said WCB Chairman Bill Greer.



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Section News



BAMSO



From the Fire Chief's Office



BAMSO workers -- and winners



Cpl Breton (IE/IS Labs-BAMSO) adjusts volume control on test equipment.
photo by Cpl Hooper



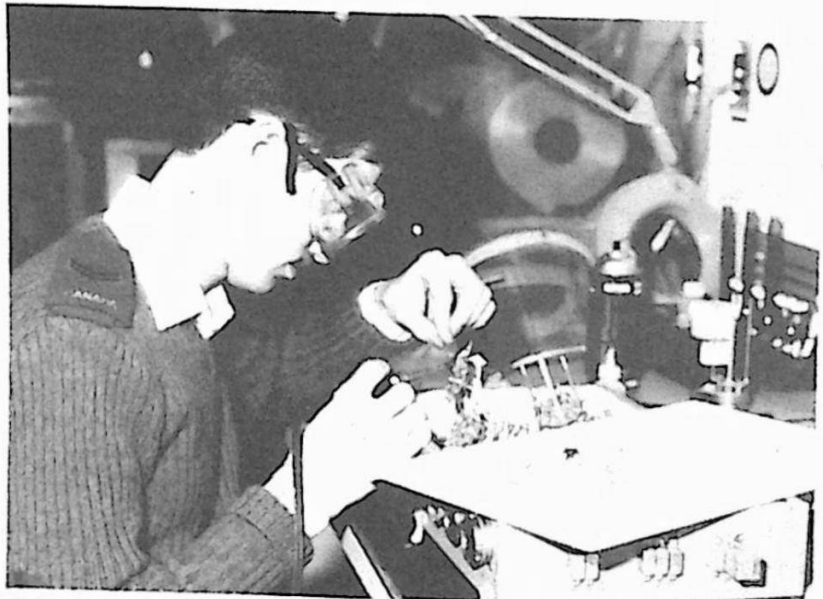
Cpl Parent



Pte Kocis (IE/IS Labs-BAMSO) operating air test equipment.
photo by Cpl Hooper A.E.



Pte Skwirut



Cpl Tremblett (IE/IS Labs-BAMSO) soldering.
photo by Cpl Hooper.



Pte Schmidt



Pte Girardin

Maj Kightley is shown presenting Cpl Parent his honours certificate for achieving above 90% on his QL4 Technician Advancement Exam. Also being honoured for top scores for trade and qualification level are Pte Skwirut for QL4, MOC 521 Integral Systems Tech; Pte Schmidt for QL4, MOC 531 Safety Systems Tech; and Pte Girardin for QL5 Airframe Technician Exams. These results in the Feb TAE show the results of a lot of study time and work to beat all other apprentice technicians across Canada and can make their units justifiably proud of them.

For those people who take note of such things, it is not actually Maj Kightley who is doing the presenting but an extremely lifelike blow-up doll manufactured for all the grip and grins we subject him to. The give away is, if you look up the past issues of the fish wrapper, that the doll has not moved or changed expression for two years. It is rumoured that the doll has been programmed to throw erasers at malefactors and answer the phone with, "No, ATAT does not get a new computer." Whereabouts of the real Maj Kightley is only rumoured, as he has gone into a pre-posting slump.

Once again spring is upon us. Barbeques and campfires will become part of our outdoor activities. The following are some safety tips to help make your outdoor events accident free:

Fires at Airforce Beach are prohibited unless a permit is issued by the Base Fire Chief.

Fire permits are available from the Fire Hall on request.

Barbeque Equipment Precautions -- have equipment in good working order.

A minimum clearance of 1.5m from buildings, walls and combustibles is required.

Do not store barbeque cylinders indoors.

We would like to say goodbye to Cpl Jones JRXS who served 11 years in the Fire Fighting trade. He has served at CFB Comox for the last three years. Bon Voyage.

Aieeow!! My children are barbecuing!

Children actually burn up in their own backyards-- experimenting with campfires and gasoline, accidentally knocking over burning barbeques. Take a tip from the Old Lady. Never allow children to play near lighted candles, barbecues, outdoor fires. Supervise them at play and make sure they're safe!

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

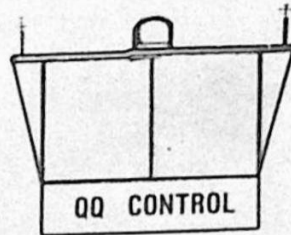


Prevent Fire Prevention Canada and your Fire Department

Section News



Supply Signals



As the beacon turns

This edition is brought to you by the hard working staff of the Procurement Section (LPO), where we try to stretch the buck as far as it can go. This is particularly true at this time of year as we --under the strick command of Lt Yves Auger -- attempt to bring our budget on-line.

The LPO staff is responsible for the procurement of all items that have been designated as locally managed, and practically everything that you, the customer, raise that dreaded Non-Catalogue Item Data Sheet for. The Section is currently staffed by 6 people;

Sgt Brad (*where's my message*) Lourie, who is patiently waiting to find out if he will be posted with his wife to Borden this summer. Rumour has it that he still can't walk into a downtown store without throwing a pitch for the LOGSPIEL that was held here on 15 March;

MCpl Serge (*TD King*) Husereau, who, after his recent return from a JLC in Penhold, has just found out that he will be winging his way to Borden for a three week FIS course in April. This, of course, is after a two day trip with the NER element of the base;

Cpl Judy (*CURSOR*) Kitchen is our resident computer expert, whose fingers grace the keyboards of both our Supply Systems and Financial Systems computers with the skill of Beethoven. (Is that cursor or curser?);

Cpl Paul (*I usta be a grunt but I'm all right now*) Lavallee is the guy who holds all the cash in the section. He is our petty cash clerk and was last seen scanning the latest flyers for the best deals. (No Paul, Victoria is not considered the local area);

Pte Caroline (*Herr-O-Bics*) Anderson purchases vehicle spare parts for the BEME organization. She is currently in Borden attending a TQ5 course and is posted to CFE in the summer. (Watch out Autobahn!); and

Mr. (*RENO*) Ray Robert. This is the guy that everyone should want to get on the good side of. He places most of the buys that come from the contracts (approx. 85% of our purchasing power) that are held by the section. Ray is currently on leave at his home away from home in Reno. He has been heard to say that his system is based on how he PICs cards.

At this time of year curling is the hot topic around the base. CFB Comox hosted the 15th Annual Logistics Bonspiel on 15 March. Logisticians from the Bases here in the Pacific Region (including the West Coast ships) gathered for 3 days of serious (?) curling. This event was followed in close order by the BTSO's FUNSPIEL on 25 March. Both events were smashing successes and a good time was had by all who participated. Congrats to the planning committees of these events for jobs well done, and a special thanks to the companies (too many to mention by name in this column) who sponsored these events. One important thing was discovered as a result of the FUNSPIEL; "Children's Tylenol does not cure off-ice headaches!"

Curling is not the only winter hobby for us in Comox. All you Alpine nuts can relax. The Grapevine has it the MCpl Miller is planning a few more ski daze for you before the white puffy stuff disappears from the runs. She is reported as saying that they will be counted as her indoctrination training for her trip to the Land of the Eternal Sun. (I thought Alert was still in the night time mode.)

Supply will be going through some major changes over the APS. Quite a few of those familiar faces will be replaced by new SupTechs posted in. We have said goodbye to Cpl Lonie Gillis - (Lowe) who has left us to join her new husband (and the 1st Service Battalion) in Calgary. Out of Customer Services Sgt Maxine Vander-Kooy, (yes ladies and gents it's official) has received her message posting her to Toronto, the Land of Plenty, where \$50,000 down MIGHT be enough to get you into a 2 bedroom bungalow. M/S Ray Bailey soon will be off to Borden for his 6As, only to return long enough to clear for a shipborne posting with the Annapolis in Esquimalt. (Remember PORT is a direction, not something to drink). Since we sent someone to Calgary, it's only proper that they send someone here. Welcome to Cpl Hooge who will be joining Clothing Stores at the end of March.

As you can see CFB Borden is a popular retreat for the SupTech. As it stands now we have 3 members there now, but by the middle of April that number will increase by at least 4 more. MCpl Sylvie Allard is heading off for her 6As, MCpl Husereau is going to learn about the FIS computer, and Cpls Paul Lavallee and Vicky Smith are off for a POL handling course. Good luck to you all on your respective courses.

After talking to the many people posted this year, discovering that a few are going to field units, here are some words to remember on those cold and lonely nights while *Digging* into your new position.

"Although you went there as 'S-U-P-P-L-Y', your going to end up a 'P-P-C-L-I'!"

Servitium Nulli Secundus!, Service Second to NONE!

Last Monday we attended a briefing by LCol Savard DARTS 2 and LCol Hussey SSOATC. These gentlemen are on a tour of all the ATC sections of the CF and were kind enough to listen to our comments and candidly answered many of our questions regarding the future of ATC. To highlight their expose and challenge the intellectuals among us, they frequently interrupted the steady flow of graphs and statistical data by showing us questions taken from the Transport Canada ATC aptitude exam. Easy enough, but Peter might have had problems with some of them.

Several of you come to me with tidbits of news on Ted Norrie's recent trip to the National Old Timers Hockey Tournament in Halifax. What flair for the ridiculous! What kind of friends does he have? Ted goes on this trip, by yet unclear circumstances finds himself and a few hundred of his close friends in a hotel in Montreal and when time comes for his turn to pay for a round (the twelfth round, mind you) he realizes that he has lost his wallet! He makes everybody search for it at the hotel, at every seedy joint on Ste-Catherine Street, calls Air Canada, calls Bonnie back in Courtenay and she in turn alerts the RCMP. Pretty thorough no? By now everybody knows that he, or was it Bonnie herself, had simply forgotten it on the shelf by the door at home. But it doesn't stop there! . . . During the very first game, the first period, the first five minutes of the game, he dislocates his shoulder and has to sit out the whole tournament. Talk about Ted's excellent adventure. . .

While Erik 'tsk,tsk' Howk was away trying to shake off the last embarrassing rumour

about himself, he managed to lock himself and his wife Carol our of their car at Long Beach near Tofino. They put up their tent below the tide line and had all their clothes stolen while skinny dipping.

Andre Lafontaine is going to Goose Bay where he will be demonstrating to the natives his killer instincts for the next three months.

A dozen of us, led by Carl Nemeth, participated in the Base Carnival. Everyone had a good time, some of us got very excited when we stole the BTelO's team flag. I got tackled by Gene Graham while Gregg Huber was chasing Telecom techs all over the gym with a handsaw. The organisers gave us hell for that . . . the Hockey team was only defeated in the final game of the Base Commander's Cup that was held in conjunction with the Carnival. They put up quite a fight, but being under manned, having given everything they had several times over during previous games, exhausted, sweaty and stinking they had to concede the victory to a team superior in numbers and therefore put the veil of shame on the heads of their fans.

Meanwhile the rest of us did very well at most of the sporting events that were held at the gym and the arena. So well in fact, that after our academy award winning skit on Friday night, we finished second over all. Not bad at all considering that last year we finished ninth. Martin didn't look at who was listening and told us why we did so well; you see, he studied theater in CEGEP and that's why our skit turned out so well. (Theater! Why not ballet, Martin? . . .)

Finally, the opening of the Gravel Pit will be on 1 May and we're hoping for nice weather and a good turn out. So write it down on the back of your hand or something.

Presentation



MCpl Doreen Blouin is shown receiving her CD from LCol Mack, BTSO, during a recent Base Supply parade.

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



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

Next deadline 23 April

12 TOTEM TIMES

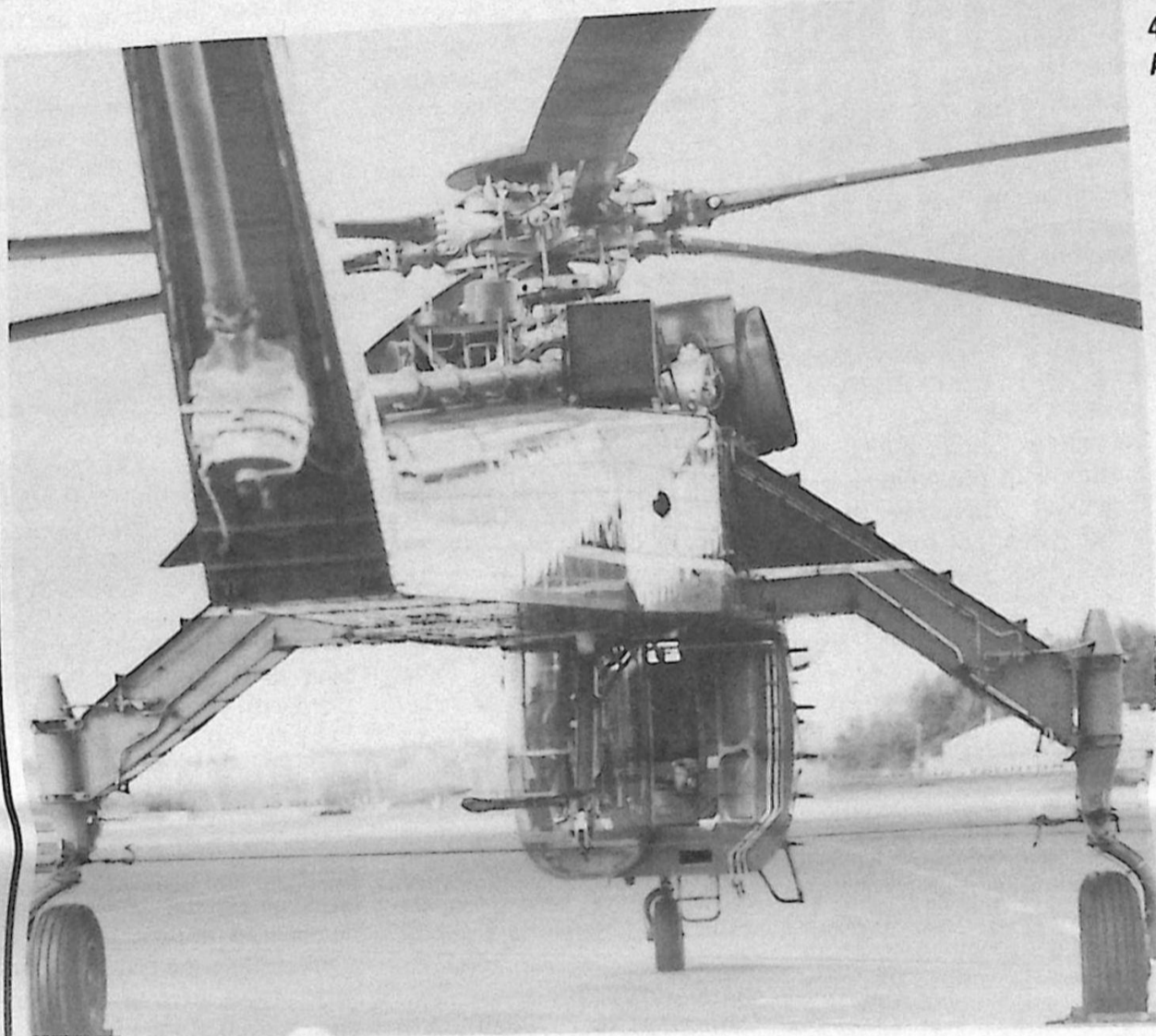
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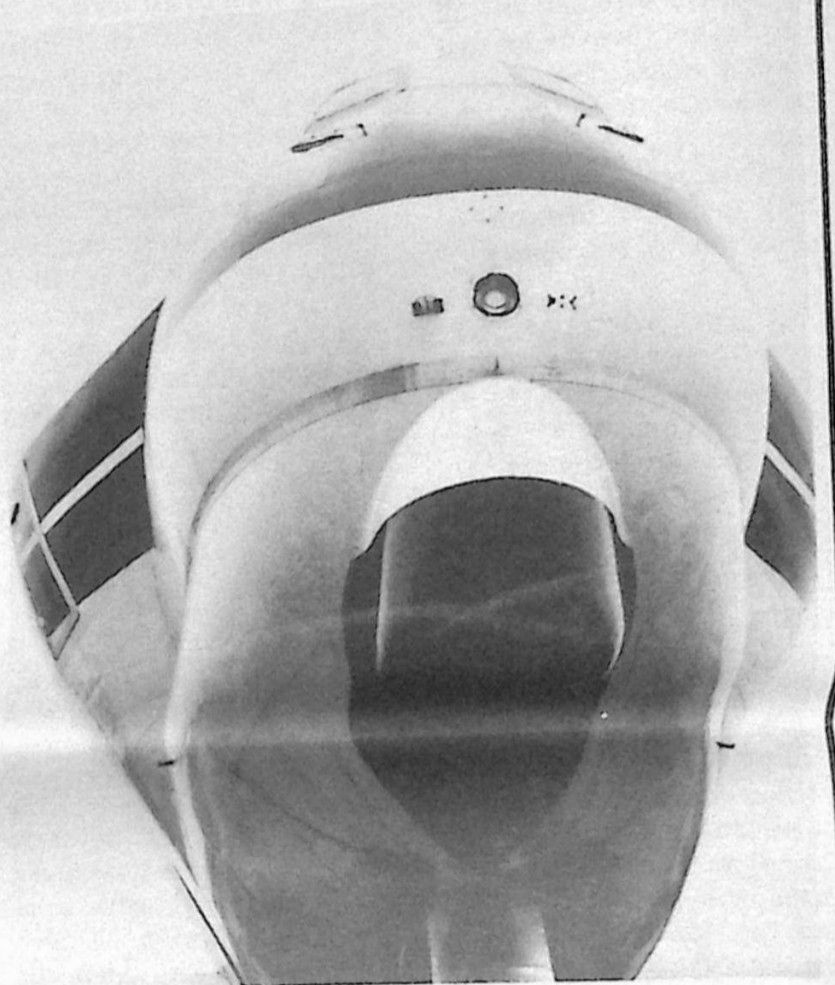
"I thought guppies had guppies?"

Enroute to Gold River

442 Sqn provided transient servicing for Oregon based Erickson Air-Crane Services 'Flying Guppie' and a giant logging Helicopter.



"And this is the patio door."



"Who are you calling a Guppie?"



"Where's the rest of me?"



"Must have been something I ate."



"Ready or not, here I come!"

On and off base

Happy Birthday, Air Force!

WINNIPEG--Canada's air force is 66 years old. But on its 18 bases in Canada and abroad there will be no parties, no cakes, no candles. There will merely be the everyday operations that mark the air force's continuing commitment to Canadians. That's the air force way. Unobtrusive. Inconspicuous.

Canada's air force was born on 1 April 1924. By then Canadians already had a reputation for flying. Led by world famous aces like Bishop, Barker and Brown, some 22,000 young Canadians served in Britain's Royal Flying Corps, Royal Naval Air Service and Royal Air Force during WWI.

During the 1920s equipped with WW I surplus British and American airplanes, Canada's air force began building its traditions. By establishing landing areas, and for the first time mapping and photographing Canada from the air, the air force helped to open up the north.

Canada's air force grew throughout the 1920s and 1930s. By 1931, it was 906 strong and increased to more than 1,000 by 1936. In November 1938, with the appointment of Chief of the Air staff, the Royal Canadian Air Force attained equal status with Canada's army and navy.

During WW II, 250,000 Canadians served in the 87 squadrons that operated in every fighting theatre around the world, as well as here at home. Canada's contributions to both the fighter defence of Britain and the strategic bombing offensive against the Axis are well known. So is the massive success of the Commonwealth Air Training Plan under which thousands of young people learned to fly in safety far from the war zones. During WW II, 17,000 Canadians died in the RCAF.

During 1950-1952, Canada's air force continued its commitment to freedom's defence as 12 squadrons moved into Europe to fly alongside our NATO allies. In today's seemingly safer, yet far less

stable global environment, the commitment continues.

Today only one out of every 10 of Canada's air force men and women is cast in the 'warrior' role.

Canada's air force, since 1975 officially Canadian Forces Air Command, has been busy helping civil authorities -- on the watch for environmental threats; maintaining surveillance of our traditional fishing grounds; co-operating with police to minimize the inflow of illegal drugs into Canada and tirelessly searching for people in trouble around our coasts and our inland waters, selflessly risking life and limb to find and rescue them.

In the international arena, Canada's air force is active ferrying and supplying Canada's peacekeepers around the world as well as maintaining Canada's commitment to NATO and NORAD. All the while, Air Command maintains Canada's sovereign presence in the untracked vastness of our north.

Happy Birthday, air force.



Une des nombreuses activités du Programme Cadre: on fête l'halloween. One of the Programme Cadre's many activities: A big Hallowe'en Party.

Programme Cadre de Français



Le district scolaire 71 a implémenté depuis 10 ans déjà le Programme Cadre de Français à Comox. La semaine du 2 au 8 avril 1990 est déclarée la semaine provinciale du Programme Cadre de Français. Cette campagne de publicité a pour but d'informer la population francophone des deux faits suivants: l'existence du programme et le droit à ce programme.

Le Programme Cadre de Français est un programme du système d'éducation public en Colombie-Britannique, qui parallèle le programme anglais. C'est-à-dire, que tous les sujets sont enseignés en français, sauf l'anglais. 21 districts scolaires offrent le programme cadre dans la province; dans notre district le programme cadre prend la forme d'une 'mini-école' au sein d'une école anglaise.

Au moins l'un des parents doit être francophone pour que l'enfant qualifie pour le

programme cadre. La langue maternelle de nos enseignants est le français et le curriculum renforce nos traditions et notre culture canadienne-française. Nos professeurs sont aussi conscients de leur responsabilité envers la communauté francophone et multiplient leurs efforts pour augmenter les activités para-scolaires et socio-culturelles en français. Nos classes sont sûrement plus petites et certaines sont à niveaux multiples. Pour de plus amples renseignements sur une éducation de qualité en français pour vos enfants francophones communiquez avec:

L'école Airport Elementary BFC de Comox 339-3732.

L'école Robb Road Junior, 1909 Robb Road, Comox 339-2232.

Commission scolaire, 607 Cumberland, Courtenay 338-5383.

Association du Programme Cadre de Français Vancouver 983-2004.

School District No 71 has been offering the Programme Cadre de Français for francophone students for 10 years. The week of 2 to 8 April 1990 has been designated. 'La Semaine du Programme Cadre de Français'. This promotion is being carried out on a provincial scale and aims to inform the francophone population of British Columbia of the existence of the Programme and of the right to have their children educated in French.

Programme Cadre is part of the B.C. public schools system and parallels the English program. All subjects are taught in French except English Language Arts. 21 school districts presently offer Programme Cadre; in our district, Programme Cadre becomes a school-within-a-school since it is housed in English schools.

In order to qualify for Programme Cadre de Français,

at least one of the parents must be francophone. French is the mother tongue of all our teachers and the curriculum favours French Canadian traditions and culture. Our teachers make every effort to encourage and get involved in extra curricular and socio-cultural activities in the French language. Our classes tend to be smaller in numbers and some are multi-levelled. For further information on a quality French education for your francophone children please contact:

Airport Elementary School, CFB Comox 339-3732.

Robb Road Junior School, 1909 Robb Road, Comox 339-2232.

School Board Office, 607 Cumberland, Courtenay 338-5383.

Association du Programme Cadre de Français Vancouver 983-2004.

CF pilot in Philippines with USAF



Capt Seldon Doyle, Canadian exchange officer assigned to the 43rd Tactical Fighter Squadron, checks on AIM-7 Sparrow missile during a preflight check of an F-15 Eagle. (U.S. Air Force Photo by Airman Charles Moody)

Canadian Forces pilots don't often get the chance to fly in the Philippines.

But in late February, Capt Seldon Doyle joined U.S. marine and navy pilots and flew an F-15 Eagle in exercise Cope Thunder at Clark Air Base in the Philippines.

Capt Doyle is assigned to the 43rd Tactical Fighter Squadron (TFS) based at Elmendorf Air Force Base, Alaska through an officer exchange program. Currently, he is the squadron director of training.

Capt Doyle, with 12 years and 2,800 flying hours of experience in T-33, CF-5 and CF-101 fighters, gave up a slot in a CF-18 Hornet squadron to join the USAF squadron in Alaska.

LCol John McNabb Jr., 43rd TFS commander, says Capt Doyle "brings a slightly different flavour to flying

fighters."

"That perspective comes from the environment he has flown in as well as the tactics and techniques he has learned," LCol McNabb adds. "Nobody has all the answers in the fighter business, but he brings some fresh looks at how we do business. He's rapidly becoming an invaluable member of the squadron."

Capt Doyle is impressed with the sense of duty and strong unit cohesiveness at the 43rd TFS. "This squadron has a definite mission in mind and they work toward that goal every day."

Exercise Cope Thunder included 10 F-15 Eagles and 150 aircrew members, maintenance and support people from the 43rd TFS, along with other air force, navy and marine units.

A.L. Cruise Missile tested

EDMONTON--A captive carry test of the unarmed air launched cruise missile was conducted in northwestern Canada by the United States Air Force on Saturday 24 March 1990.

During the captive carry mission, the AGM-129A cruise missile remained attached to an American B-52 aircraft, which took off and returned to its United States base without landing in Canada.

Cruise missile testing in

Canada is carried out under the terms of the Canada-United States Test and Evaluation Agreement signed in February 1983 and renewed in 1988.

Participation in the testing is an acceptance of Canada's obligations and responsibilities with the NATO alliance. This participation contributes to maintaining a balance of forces which effectively contributes to global stability.

The aircraft flew over the Beaufort Sea, followed the

Mackenzie River valley, turned eastward near the junction of the borders of the Northwest Territories, Alberta, and British Columbia and then continued southward to the Primrose Lake Evaluation Range near Canadian Forces Base Cold Lake, Alta., before returning to the United States.

A Notice to Airmen (NOTAM) was issued by Transport Canada 48 hours in advance to notify the aviation community of the test.

On the base

15th Annual Curling Bonspiel

Logspiel '90

After a year of planning, the 15th Annual Logspiel was held recently at Comox. The event was a complete success as a record 36 rinks participated.

Rinks came from Chilliwack, Esquimalt, Holberg, Ships West and CFB Comox. A meet and greet was held Friday evening giving everyone the opportunity to renew old acquaintances and to make new friends. The Comox rinks were very successful as they took home most of the trophies.

Winners of the *A Event* were the Chris Bodner Rink with Andy Anderson, Art Trto and Serge Gosselin. *B Event* sees another Comox Rink successful with Al Pryor, Reg Lavoie, Judy Brown and Yves Auger showing their curling prowess. *C Event* was won by an Esquimalt Rink, Joe Faucett skipping, with Carman Lynch, Doug Hendrie and Gord Kilner and finally, the *D Event* winner with Ron Pearce, Tom Thompson, Neil Blondel and Pat Bolton. Just a note, Ron had to make a spectacular shot in the 11th end to pull this one out of the fire. Way to go Ron and we got the proof on the video tape.

A funny thing happened at the bonspiel. The committee decided to run 50/50 draws to

supplement the cash flow.

Draws were held both Thursday and Friday and our honorary logistician, VU33 Commanding Officer, Maj Roger Arsenault, won them both. He was heard to mutter as he stuffed his \$150 into his pocket, "Maybe this Log Branch isn't so bad after all."

The committee decided enough was enough and didn't hold one Saturday night but Roger was seen lingering around the rink hoping for another bonanza.

The organizing committee would like to thank all participants, local merchants and the Comox Valley Curling Club for making this the most successful Logspiel ever. Winner of the Air BC tickets was the Tom Fisher Rink from Vernon and the winner of the CoVal Air trip was Tom Thompson. Again, thanks to everyone. It was a **BLAST!**

The winners of the Logspiel draw were:
Picture--Sgt John Conroy; 3 cases refreshments--Judy McLeod; 1 bottle refreshment--Red Schneider.

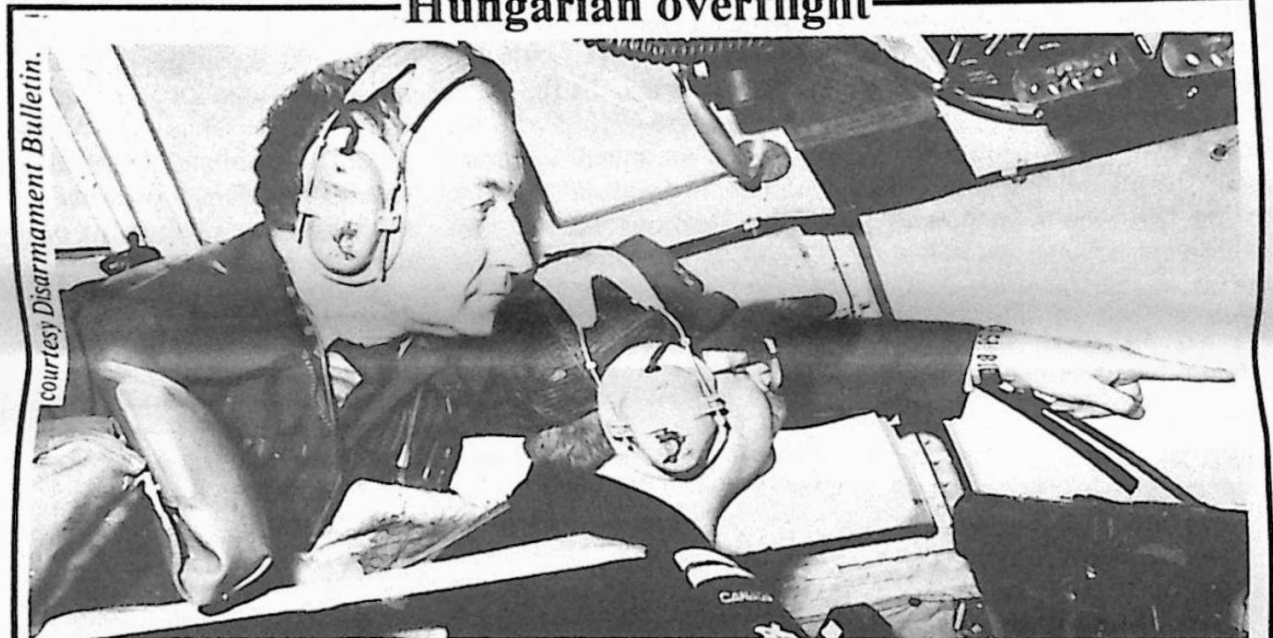
The committee would like to thank all who participated and especially Artist Jack Barrie for the kind donation of the print.

Beauty rock eh?



The form looks alright as the BTSO, LCol Mack, officially opened the 15th Annual Logistics Bonspiel at Comox. Assisting in the sweeping were the Base Comptroller, Maj Bodner, and the Base Chief, CWO Doherty.

Hungarian overflight



LCol Jozsef Kovencz of the Hungarian Air Force points out a landmark to Capt John Latulippe, commander of the Canadian aircraft that flew over Hungary in a test of Open Skies on 6 January.



From Logspiel '90

Thank you for your Support!



Collingwood Inn

Pacific Produce
R & R Schaefer Shelving Surrey
Overwaitea
Comox Moving & Storage
Comox Builders
Ron's Meats
Air BC
Jack Barrie

also participating

Barrs Mobile Homes
Mad Man McKays
Peoples Jewellers
VI Tops & Bottoms
D. M. Donaldson (ESSO)
Bill Allen (Shell)
Westburne Electric
Courtenay Chrysler
Kal Tire
Brian McLean Chev Olds
Hartmans Auto Supplies
Steve Marshall Motors (Campbell River)
Ideal Toys
Labatts Brewery
Coast Tractor (Campbell River)
I.A.P. (Campbell River)
Whites Diving Ltd (Victoria)

Discovery Crane Rentals (Campbell River)
Mike Finneron Pontiac Buick
C & N Motors
General Paint
Willemar Marine
Harbour Towers Hotel (Victoria)
Coke Bottling (Campbell River)
Superior Carpet
Sooters Photo
Pete's Lock Shop
Comox Hardware
Comox Shoes
Fields Fashions
Kempton Draperies
Michaels on Main
Bailey Western Star Trucks (Campbell River)
Comox Valley Ford
Finning Ltd (Campbell River)
A & W
Bauman Distributors
Blacks Cycle
Rickson Mens Wear
Dairyland Foods
Riverside Nissan
Frazers Moving & Storage
North Star Travel

Serendepity Fashions
Leeward Pub
Valley Custom Clubs
Dower Cottage
ICG
Beeline Productions
Portugese Joe's
Courtenay Honda
Budget Rent a Car
Old House
Lorne Hotel
Big O Tire
Air Force Museum
Super Valu (Comox)
Griffin Pub
Ultra Wood & Glass
Malkin & Pinton
Rattan Plus
Kem Products
Western Cartage & Storage
Comox Valley Computers
TD Sports
John Hacket (Metropolitan Life)
Lemon Tree Gallery
Fletcher's Furniture
Black Fin Pub

Taco Time
E. W. Bickle
Zellers
Bill's Beef Jerky
Canadian Airlines
Xerox Corp
Washington Inn
Nu World of Awards
Mad Caps
Touch of Class
Comox Valley Curling Club
Snap-on Tools
Base Barber Shop
Columbos Restaurant
Gescan Ltd (Campbell River)
Courtenay Home Hardware
ABC Restaurant
Canadian Tire
Jim Nolan Sports
La Cremaillere Restaurant
Arbutus Travelodge
Mr Sweeper
Saans (Courtenay)
Make It & Take It
Pharma Save (Comox)
Roy Parker Marine

On and off base



MSE Safety

Safety quiz

This time of the year children are hauling their bicycles out and are on many of our roads.

This weeks safety quiz is Generally the safest drivers are those who:

Sometimes these children are pre-occupied with their friends and it is our responsibility as safe defensive drivers to ensure that we take extra care when approaching them on our streets.

- a. Have the best reaction time?
 - b. Have the best vision?
 - c. Always stay within the law?
 - d. Adjust their driving to conditions?
- Answer 'd'

With the nice weather approaching and the longer daylight hours it is time that we started thinking about the 'little people' on their bicycles.

Overeat, undermove -- overfat!

Half of Canadians are overweight and one third of Canadians are obese. We overeat and undermove. Research has shown our diets consist of too much fat, refined sugar, salt, protein and too many calories while not getting enough fruits and vegetables, and exercise.

Therefore, fat is neither lost nor 'BURNED' but rather the size of the cells are decreased when there is a weight, or fat loss.

The function of food is to provide us with the necessary energy to maintain body functions both at rest and during physical activity. The more physically active you are the more food you will require. This intake is measured in calories. Caloric expenditure refers to calories used to sustain physical activity and exercise. Your body fat is largely determined by the balance between your caloric intake and energy expenditure. In otherwords, to maintain your present weight you must consume only as many calories to burn off your daily activities and exercise.

In order to mobilize fat or use it as the major energy source is via activity that is long in duration but at a lower intensity. Increasing the intensity of exercise or activity causes the body to use other readily available sources of fuel, mostly in the form of glucose (sugar). It is stored right in the muscles (as glycogen). Running, cycling, swimming at a moderate or greater intensity renders to a large extent -- fat. If however the activity is less intense, fat is what the body will use to perform work.

Keeping in mind these cells are prone to retaining their original volume, as is the case with a person 'returns' to normal eating and exercise (or lack of) habits after dieting.

How many calories should you eat per day? One simple method is to multiply your body weight (in pounds) by 12, then add 400, 600 or 800 from lightly active, moderately active, to heavily active respectively.

The breakdown of fat into energy for the muscles is a process involving many stages in its breakdown, as opposed to glucose. There is 'not enough time' for the stages to be completed as the demand for fuel becomes more intense with more intense exercise. As well, oxygen is a requirement for these stages to take place. At higher intensities it is not able to 'make it' to the fat cells as easily. Sitting reading a book, you are likely to be using 100% fat for energy. Sprinting to catch the bus you are likely to be using 100% glucose for energy.

A simple gradual change in lifestyle, in terms of eating, exercise and attitudes can aid in the control of these fat cell sizes. Incorporating more walking into one's daily routine, (taking stairs, parking the car further away) choosing to eat more fruits and vegetables (while moderating on fats, sauces, dressings, refined sugars, alcohol) are one of the first steps. Looking at your attitude towards food can be another important factor. Are you eating when bored, angry or tired? Does a Dairy Queen commercial trigger you to start munching in front of the TV? Ask yourself whether your hunger is psychological or actually physiological, (Do you really need another piece of chocolate cake?).

example: 150 pounds:moderately active. 150×12
 $150 \times 12 = 1800 + 400 = 2400$ calories/day

The amount of fat cells you were born with are the ones you will have for the rest of your life. There are three periods, or times in your life, when this number can be increased.,

There are many weight loss organizations and fad diets to choose from if you are one of those Candians 'battling the bulge'! When selecting one for you, be sure that the program includes a lifestyle of nutrition, exercise and attitude techniques, not just something to be followed until you hit a target amount of pounds (or kilograms) lost. Make sure it is something you will be able to 'stick with' for a very long time, as those fat cells of yours will be with you, for a very long time.

Calories eaten in excess of this amount are stored as adipose tissue for fuel for energy. These metabolic cells are commonly known as 'fat'. Our bodies need a certain amount of fat to sustain life. (Women 15-25% body fat, men 12-20% body fat). Yes, fat has some very important functions in the body; insulation again-

1. First three months of life;
2. During puberty;
3. third trimester of pregnancy.



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Good Friday 13 April.....CLOSED
 Sat 14 Apr.....Music by KIRBY
 Fri 20 Apr.....Music by COUNTRYMEN
 Sat 21 Apr.....Music by WESTWIND

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12—7 PM

BRANCH 160 COMOX

ENTERTAINMENT

Fri 6 Apr.....Music by COUNTRYMEN
 Fri 13 Apr.....GOOD FRIDAY, LOUNGE CLOSED
 Fri 20 Apr.....Music by ALLEYCATS
 Fri 27 Apr.....Music by VALLEYBOYS
 Fri 4 May.....Music by ALLEYCATS

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 am to 6 pm
 MONDAYS.....Men's Dart League, Navy Room, 7:30 pm
 L.A. Drop-In-Bingo, Upper Hall, 7:30 pm
 TUESDAYS.....Ladies Crib League, Lounge 8 pm
 Mixed Dart League, Upper Hall, 7:30 pm
 WEDNESDAYS.....Navy League Drop-In Bingo
 Upper Hall, 7:30 pm
 C.V. Crib League, recessed to Sept 90
 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

SUNDAY 15 APRIL EASTER SUNDAY, BRANCH CLOSED

SPORTS

EUCHRE Session cancelled 15 April, no alternative date available in Arpil. See May log for dates of both Euchre & Crib.

Health & fitness



ASK YOUR PHARMACIST

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

A call to arms

Coping with the stress and strain of modern life can overwhelm almost anyone. That's why, for many people, tranquilizers play an important role. In fact, tranquilizers are one of the most widely prescribed medications. Unfortunately, they are also one of the most abused.

Tranquilizers are prescription drugs used to treat everything from ordinary tension headaches to anxiety, depression, epilepsy and even schizophrenia. People from all walks of life, whether they're business executives or housewives, rich, middle-class or poor, city, suburban or rural residents, are trying to cope with life through the help of tranquilizers.

Side effects vary for the many different types of tranquilizers. If you notice anything unusual about any bodily function, consult your doctor or pharmacist immediately. Do not take another dose before getting expert advice. In most cases, the side effects are harmless, like dryness of the mouth or drowsiness, but others can be quite severe.

If you are pregnant, taking other medications or have health problems such as high blood pressure, allergies, asthma, diabetes, heart, kidney or liver disease, to name a few, tell your doctor or pharmacist. They can advise you on the safe, effective use of tranquilizers, how they may affect you and if they are compatible with your current medication.

Taken correctly, tranquilizers are relatively safe. But, taken incorrectly or over long periods of time, they can cause dependency, giving the user a feeling that they cannot cope without them. For the abuser, stopping the use of tranquilizers can result in withdrawal symptoms such as delirium, trembling, psychosis and exaggerated reflexes. *When taking tranquilizers, it is important to see your doctor at regular intervals so your progress can be carefully monitored.*

Almost everyone has heard of someone who has died from mixing alcohol and tranquilizers. It is a very real problem. So, if you're taking tranquilizers, don't drink alcoholic beverages.

Tranquilizers are meant to be a temporary solution to some of life's pressures. The more you understand about them, the better off you'll be.

Read the label

Medications today are better than ever, but at the same time, far more complex. There are still many illnesses which are best treated with rest, good nutrition, physical therapy or surgery.

However, when a drug is the best treatment, your doctor can prescribe the most effective one that has ever been available.

But because of their potency, today's medications are also trickier to use. A person who rarely needs one may not be aware of how much change there has been in the field in recent years.

A busy doctor gives his or her patient verbal instructions about a prescription and depends on the pharmacist to provide further information.

He or she may emphasize the most important points by attaching one or more warning labels to the container. Since they are intended to protect you, never ignore them.

For example, the label may read *'Take medication on an empty stomach'* or *'Take with food or milk'*. A mild tranquilizer might bear the warning, *'May cause drowsiness; alcohol may intensify this effect'*, whereas with sleeping pills the message may be, *'Do not drink alcoholic beverages'*.

To prevent other harmful interactions, one warning may state, *'Avoid prolonged exposure to sunlight'*, while another might be, *'Do not take non-prescription drugs without medical advice'*.

It's also very important to read the label on non-prescription medications. This applies even if you use a product often, because the formula may have been improved recently and the directions for use rewritten.

A modern medication can help you only if you use it exactly as intended, so remember to read the label. If you have any questions, ask your Shoppers Drug Mart pharmacist for advice. He or she has the up-to-date knowledge of both prescription and non-prescription medications to solve any problem you might have.

info health

Dr. Bob Young



A blood clot

A blood clot in a leg vein is a medical problem that most people are aware of, at least in a vague way. The real thing, when it occurs, is, as the book says, a significant cause of morbidity (illness) and mortality (death).

We are not talking about varicose veins or even superficial phlebitis here. Varicose veins are familiar to all. Phlebitis is inflammation, with pain and redness in a tender superficial vein.

Discussion instead will focus on deep vein thrombosis, called DVT in the trade. A clot is a nickname for a thrombus, and a thrombus is a complex structure, much more than just congealed blood.

The main worry about the presence of a thrombus is a

deep leg vein is not only that it is there, but that it may let go or become detached from the wall of the vein. Veins get larger as they approach the heart. A loose clot or fragment has no place to go but through the heart and into the lung.

Here the vessels become increasingly narrow, the clot gets stuck, and is now called a pulmonary embolus. The word means 'plug' in Greek. The lung beyond the block is starved for blood and infarcts -- like the heart muscle does with a plugged coronary artery.

A large pulmonary embolus is often most instantly fatal.

Doctors of my vintage spent many hours learning how to detect DVT at the bedside. We were fooling ourselves. Such tests are useless; worse, if 'negative' they gave a false sense of security.

There are now at least five good technologies that demonstrate the presence of DVT. Their names are mouthfuls but they involve electrical measurements, ultrasound, radioactive dyes, x-rays, and injected radioactive material which collects in the clot.

Incidentally, this is a good illustration of how a free (but useless) bedside test has been replaced with a selection of more expensive (but excellent) ones. One reason for higher health costs.

And that uses up this week's space. I promise to discuss treatment of deep vein thrombosis in an upcoming column.

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

Give him some air!

"Give him some air", was the traditional command used to open up the crowd surrounding someone who has collapsed. This was not effective treatment, but at least it gave people room to work.

"Give me some air", is the cry of patients suffering from obstructive lung disease. Chronic shortness of breath results from the presence, alone or combined, of asthma, chronic bronchitis, or emphysema. The illness has been termed, COPD, COLD, and COAD.

All mean the same. In each case the CO is short for chronic obstructive. PD, LD, and AD stand for pulmonary, lung, and airway disease in that order. We will use COPD, chronic obstructive pulmonary disease.

Shortness of breath, initially with exercise and later at rest is

the hallmark symptom. Wheezing and coughing are likely present, and the stethoscope applied to the chest reveals a symphony of sounds. Lung function, which can be measured, deteriorates and the amount of oxygen reaching the blood from the lungs drops.

Asthmatic obstruction is due to spasm narrowing the air passages. Chronic bronchitis narrowing is due to secretions.

Emphysema is usually due to the others. The walls between the small air-cells in the lung break down, and a dozen or a hundred small cells become one big one, with far less surface area for breathed oxygen to diffuse into the bloodstream.

Pollution, infection and allergy are the main causes, with cigarette smoking being the major culprit. For every patient who gets cancer from

smoking, probably more than a thousand get COPD.

With lung cancer, the misery is over in a few months. COPD persists for years, with increasing breathlessness and hunger for air that eventually may limit mobility to a few steps.

Treatment effectiveness varies, being best (usually) for asthma as the spasm can be relieved by drugs. Many measures are used to treat COPD. They may slow or stop progressive lung damage, but do not 'cure'. For a smoker, stopping is far and away the most important measure -- some physicians are reluctant to even treat a COPD patient who continues to use tobacco.



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Military update

DND civil response



In 1989 the CF provided assistance to the province of Manitoba during forest fires. This included evacuating people from towns threatened by the fires.

The Department of National Defence and the Canadian Forces are established, maintained and funded to carry out defence activities. However, defence resources are also in demand to provide assistance to non-defence agencies and other government departments ranging in scope from assistance to amateur sporting events, to responding to natural disasters such as floods and earthquakes.

Under the terms of the National Defence Act, DND cannot initiate action to assist in a non-defence emergency. DND can only respond to legitimate requests from those agencies that have overall responsibility for a particular activity. For example, in the case of an oil spill off the west coast, DND resources can only be provided if requested by the lead agency, in this case the Canadian Coast Guard. DND cannot respond to requests from other groups which, while interested in the problem, do not have the necessary responsibility.

Since DND is only funded to carry out defence-related activities, the department is required to recover expenses incurred in relation to a non-defence activity from the individual or agency requesting assistance. The costs recovered will normally be the equivalent commercial rate or the total cost of providing the required services. These costs can be reduced or waived by the minister or deputy minister under certain conditions on a

case-by-case basis.

Except in urgent cases related to civil disaster or humanitarian assistance, the provision of services to any non-defence agency requires a written agreement from that agency. In an emergency situation DND will react to a verbal request for assistance, but any such request must be confirmed in writing as soon as possible.

Resources and Capabilities

The CF is capable of responding to many emergency situations. While current policy does not dictate specific training or equipment to deal with civil emergencies, much of the force's normal equipment and expertise can be used effectively to assist civil authorities in disaster or emergency situations. DND operations centres are manned 24 hours a day seven days a week. They can quickly assess the situation, plan and implement the appropriate response, and monitor and control the operation as required.

In the event of a major natural disaster or civil emergency, DND could provide direct support in terms of personnel and equipment. However, it is able to make the most substantial contributions in support areas with its ability to logistically support a major emergency operation, to transport large amounts of material or personnel quickly to a disaster site, and to establish and maintain a communications, command and control network if required.

Examples

The type of assistance that DND has been called upon to provide to various agencies over the past few years have included:

Armed Assistance to Corrections Services Canada

In November 1989, 2,500 personnel were placed on standby to provide armed assistance to CSC during a strike at federal prisons. These troops were not called upon to actually deploy, but were kept on standby for the duration of the strike.

Assistance in Civil Disasters

In January 1989, 100 personnel and three helicopters were placed on standby to assist in the cleanup of the Nestucca oil spill on the west coast. One helicopter was deployed and flew 10 hours in support of this operation. The other DND resources were stood down when the Canadian Coast Guard confirmed they had adequate resources available and did not require further assistance from DND.

In July 1989, 190 CF aircraft of various types flew 485 hours in support of forest fire operations for the province of Manitoba. The aircraft were used to evacuate people from towns and villages threatened by fires, to assist in locating hot spots so that fire fighting resources would be directed to critical areas, and for the repatriation of the evacuees once the danger was over. Other services provided for this operation included the loan of beds and bedding for use by residents evacuated from the fire areas, personnel and equipment for reception centres set up to receive evacuees, and a mobile radar for use in Thompson, Man. to allow aircraft to continue operations in the reduced visibility.

Humanitarian Assistance

In October 1989, at the request of the Canadian International Development Agency (CIDA), DND provided a mobile radar unit and a field engineering unit to assist in relief operations on the island of Montserrat in the Caribbean

following the devastation of Hurricane Hugo. CF aircraft were used to transport personnel, equipment and relief supplies.

Assistance to Community Activities

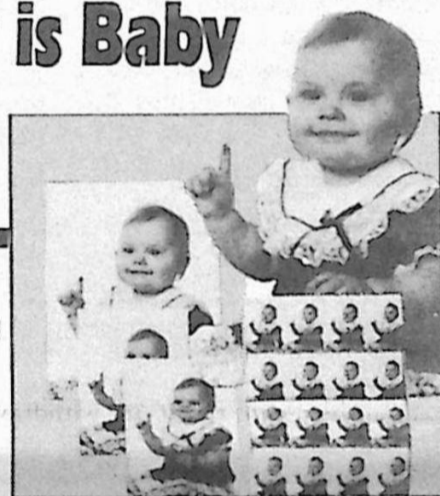
In the fall of 1989, members of 2 Field Engineer Regiment (2 FER), a Toronto based militia unit, assisted in the construction of a pedestrian bridge across the Mississauga River for the Buckhorn District Snowmobile Club. The club provided accommodation for the 2 FER personnel and the materials and equipment for the bridge, and 2 FER designed and constructed the bridge as a training exercise.

An Important Role

Support to other government departments and civil agencies is an important role of the Canadian forces. DND is well organized through the regional system to provide timely and appropriate assistance in cases of civil emergency in response to legitimate requests from responsible authorities. The level of support provided will vary with each situation depending upon the capability of the lead agency, the availability of civilian resources and, of course, defence commitments.

By continually reviewing and refining plans and policies, DND will continue its high level of support in future cases of civil emergency.

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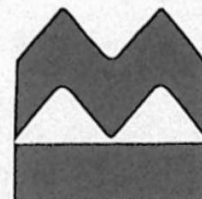
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Public announcements

MP Bike Safety Rodeo

The 1990 CFB Comox Military Police Bicycle Safety Rodeo is offering dozens of prizes Saturday 5 May to youngsters between the ages of four and 10.

The Rodeo is open to all dependants of military and civilian employees, and one guest of the same age group.

All participants will be eligible for a draw to win two bikes (boys and girls), donated by the Pedal Pusher Bicycle Centre.

Each participant and guest must have their own bicycle. Four and five year olds may have training wheels. All bikes should be equipped with good brakes, a red rear reflector, a white front reflector -- and be in good condition.

The Rodeo will start at 9 am at the Base Rec Centre and will finish up by 4 pm.

The participants will compete with their own gender in the following categories: 4-5 years old; 6-7 years old; 8-10 years old.

While participants are waiting, movies will be shown at the Rec Centre and the Bowling Alley will be opened, free of charge. Between 11:30 am and 12:30 pm, free hot dogs, french fries and refreshments will be served to all the entrants, and the A & W Root Bear will be on hand.

Prizes will be presented at approximately 1:30 pm.

All parents and participants are requested to remain throughout the day as a prize will be given out for participation. And all participants must be present at the bicycle draw in order to win.

Entry forms must be returned to the Military Police Sections before 26 April 1990.

The Rodeo is being sponsored by the PMQ Council, the Pedal Pusher Bicycle Centre, Island Honda, A & W and Overwaitea.

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.

OM/RN OBS/AESO/ AESOP

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

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

DO SOMETHING WILD THIS APRIL

GREAT BLUE HERON

Participate in
National Wildlife Week Activities
April 8-14, 1990

For more information, contact:

 **Canadian Wildlife Federation**
1673 Carling Avenue
Ottawa, Ontario K2A 3Z1
(613) 725-2191

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First name _____

1st child 2nd child 3rd child

Age _____

Guest(s) _____

Last name First name Age

Last name First name Age

Last name First name Age

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50TH BATTALION, C.E.F.
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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.

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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.

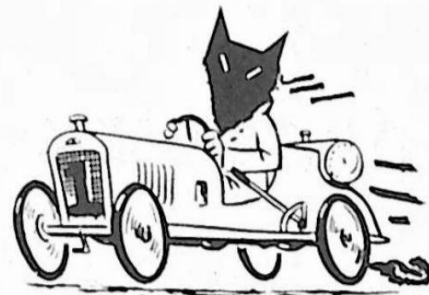
CHOIR — Practices 1830 hrs, Tuesdays at the Chapel.

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

Leisure



WOs & Sgts' Ladies' Club



Kub Kar Rally

1st Lazo Cub Pack held their annual Kub Kar rally on Sat. 31 Mar.

The winners, who will now compete in the District rally on 7 Apr are:

- 1st--Neil Cochrane
 - 2nd--Jeremy Newton
 - 3rd--Andre Plamondon
- Andre was also the winner of the Best Design award.

339-2854. It's open to everyone 19 and over so bring a friend and come on out for a great time! As usual, for this event, sweets are provided by all of our members so please bring your goodies to the mess on Sunday 8 April, between 1 & 2 pm (nothing too messy and not Rice Krispie squares, PLEASE). Contact Heather Smith at 339-6899 for more info. See you there!

Just a quick reminder about our upcoming Fashion Show on Monday 9 April at 8 pm. This is our major event of the year so be sure to get your tickets as soon as possible if you haven't already done so. Some may be available at the door but it's best to get them ahead if you can. For tickets call Lorraine Barner at 339-7807 or 339-6411, Pat Belanger at 339-0156, or Debbie Parks at

OFFICERS' MESS

APRIL '90 CALENDAR

FRIDAYS 12 (THUR), 20 & 27 APRIL
REGULAR TGIF: Food as indicated 1700-1800 hrs. Free taxi Ask at Bar

WEDNESDAYS 11, 18, 15 APRIL
OFFICERS' COFFEE HOUR: Coffee will be served in the Lounge at 1000 hrs. All officers are invited to attend. Dress will be dress of the day.

WEDNESDAYS 11 & 25 APRIL
LADIES' CLUB BRIDGE 7:30 in the Lounge
WEDNESDAY 18 APRIL

OMLC PENNY AUCTION. Your good cast offs might be someone's treasures. Bring an item to be auctioned off, the only stipulation is that if it is suppose to work, it must! Cost is \$1/members \$4/guests. 7 for 7:30. See you there!

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

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

FRIDAY 27 APRIL MONTE CARLO NIGHT, (NOTE DATE CHANGE), cost per person -- members \$10.00, limited associates/guests \$12.00, reservations 18 Apr, see flyer for details.

VIRG HEAD MEMORIAL BREAKFAST DARTS

28 April 90

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Breakfast 0930 to 1100 hrs

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Entry fee \$30/team -- \$7.50/person

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Linda 339-3241 or Gloria 339-0592

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Next deadline 23 April

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Health & fitness

\$Dollars and sense dentistry

The following excerpt was taken from an article published in Today's Health magazine, written by B.C. dentist Dr. William McNiece.

A dental visit that is delayed or never made because of the costs involved is really false economy: like saving money by not changing the oil in your car. Regular preventive dental treatment, which include regular checkups, scaling, fluoride applications and oral hygiene instruction, is both practical and economical when compared to the price of neglect because problems can be avoided or treated at an early stage.

This can be illustrated by considering an individual tooth in various degrees of breakdown and the resulting costs of treatment. Fees quoted here are only approximate and will vary with the difficulty of procedure, the time required, material costs and laboratory charges.

The lower first adult molar erupts at about six years of age. Because it has deep grooves on its surface and comes in early in life, it is highly susceptible to decay. But this can be prevented with daily brushing and flossing, fluoride applications and a sealant. Sealants are clear, hard plastic coatings which, when painted onto the tooth when they first erupt, are effective in preventing decay. Cost of sealants per tooth--\$15.00.

If the tooth isn't sealed and plaque can't be controlled, the biting surface will develop a cavity. At this stage a small filling is necessary. Cost--\$56.00

If greater breakdown occurs, a full crown may be required to prevent breakage of the fragile tooth. Gold alloys are used most often due to their excellent strength, durability, finishing characters and resistance to corrosion. Cost--\$470.00

At another stage of deterioration the pulp of the tooth may become infected. Pus forms in the pulp chamber and will cause acute pain when the infection spreads to the bone around the roots of the tooth. The tooth can be saved with root canal therapy, whereby the infected debris is removed from the roots and then filled with special materials. The lower molar

generally has three or four canals, and the involved procedure usually requires multiple appointments. Cost--\$377.00.

Teeth that have undergone root canal treatments are usually badly broken down and quite weak due to the large amount of destroyed tooth material. The dentist may recommend a reinforcing post in the tooth root, plus a full crown. Cost--\$550.00

Removal of tooth is required if it cannot be saved. Leaving the space vacant can cause further problems; treatment

usually advised to replace one tooth is a fixed bridge supported by crowns on the two adjacent teeth. Cost--\$1,200 to \$3,000

Looking over these figures, you can see that it's possible to spend a great deal of money repairing or replacing even one tooth. The wise consumer who uses preventive dentistry to avoid more costly problems from occurring stands to benefit, not only in good dental health, but in his pocketbook, as well.

courtesy of College of Dental Surgeons of B.C.

The Canadian Dental Association's 5 Point Prevention Plan

- 1. Don't rush your brush.** Brush your teeth carefully at least once every twenty-four hours. It takes about 2½ to 3 minutes to do the job right.
- 2. Clean between.** Floss your teeth daily. Flossing cleans those areas your toothbrush simply can't reach -- between the teeth and below the gumline.
- 3. Eat, drink, but be wary.** Eat a well-balanced diet. Avoid sweet foods and drinks -- especially between meals. And please don't smoke. Smoking can promote serious dental problems like gum disease and oral cancer.
- 4. Check your gums.** Check regularly for these signs of gum disease, the leading cause of adult tooth loss: red, puffy or tender gums; gums that bleed -- even slightly -- when you brush or floss; persistent bad breath. See your dentist if any occur.
- 5. Don't wait until it hurts.** See your dentist for preventive checkups and professional cleanings. Regular visits are the best way to prevent trouble and unnecessary expense.



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Early childhood education teacher required-September 1990. Orientation in May 1990. Hours 20/week, additional hours available in child care. ECE preferred, experience considered. Reply: Jack and Jill Playschool, Box 1249, Vanderhoof, B.C., V0J 3A0.

Resident Caretaker/Manager, Merritt, B.C. The B.C. Housing Management Commission is tendering for this position for a thirty-two unit seniors development. Tender documents are available from B.C.H.M.C., 290 Nanaimo Ave. West, Port Moody, B.C., V2A 1N5. Tel: (604)493-0301. Mandatory site viewing at: Trade Winds Terrace, 2151 Granite Avenue, Merritt, in the Recreation Room at 3:00 p.m., on April 11th, 1990.

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Recreation

BPerO Presents

Help for the aching back

An aching back is a common problem, one shared by people of all ages and occupations.

Although the causes of back pain are as varied as the cures, routine activities are responsible for the majority of back aches.

Relief is easily attainable. The U.C.L.A. Pain Management Clinic reports that by changing some commonplace habits, about 80% of back pain can be prevented and even banished.

A sagging mattress may be the back's worst enemy. Many victims of backaches find a firm mattress will prevent the pain and stiffness. If the budget doesn't allow for a new mattress, a piece of plywood under the mattress will make a difference.

How you sleep is as important as the mattress. The knees are one key to attaining restful sleep. By bending the knees, the spine is unlocked, and you rest in a neutral position, which eases muscle and ligament stress. Backache sufferers will find relief lying in a fetal position, namely on the side with the hips and knees bent toward the chest and the head tucked into the neck.

A pillow placed between the knees will prevent the lower back from twisting. If sleeping on your back is appealing, put a pillow under the knees to eliminate a swayback condition.

There are changes to be made while working to help alleviate stress on the back. If you are required to stand for long periods of time, put one foot on a stool and alternate now and again. Strain on the lower back is relieved by lifting the foot to return the spine to its natural curve.

Keep the legs uncrossed.

Crossed legs tilt the pelvis too far forward and aggravate bad backs. Always sit with the knees level with or slightly higher than the hips. A telephone book, piece of styrofoam or block of wood under the feet will reduce back tension.

If you enjoy reading in bed, you may be heading for trouble with your back. Most readers just prop their head against a pillow. Bending the neck at this angle can lead to degenerative changes in the neck and spine, arthritis and chronic pain.

The best way to read in bed is by sitting upright, just as you would in a chair. Place a pillow under the knees to counter the stress this position places on lower back muscles.

High heeled shoes can be a real enemy of the back. Any heel over one-and-a-half inches can cause slow, subtle back damage.

Nurses offer a number of tips on relieving the discomfort of that aching back.

If you feel a back spasm coming on, lie on the floor and support head and buttocks with pillows or cushions while resting the legs on a chair. The trunk of the body must be at right angles to the hips. This can be achieved by positioning the buttocks as far under the chair as possible.

Rest, rest, rest -- it's as simple as that. Rest and relax an inflamed muscle or joint to ease the pain and allow healing.

Massage is especially good for a sore back. Massage therapy helps increase blood flow to the hurting area, decreases the pain and helps the muscle relax.

If you injure your back, reach for ice. It will prevent more swelling and minimize inflammation and pain. Apply ice to the sore area for 15 minutes every four to six hours to effectively anesthetize the muscle spasm that accompanies back injuries.

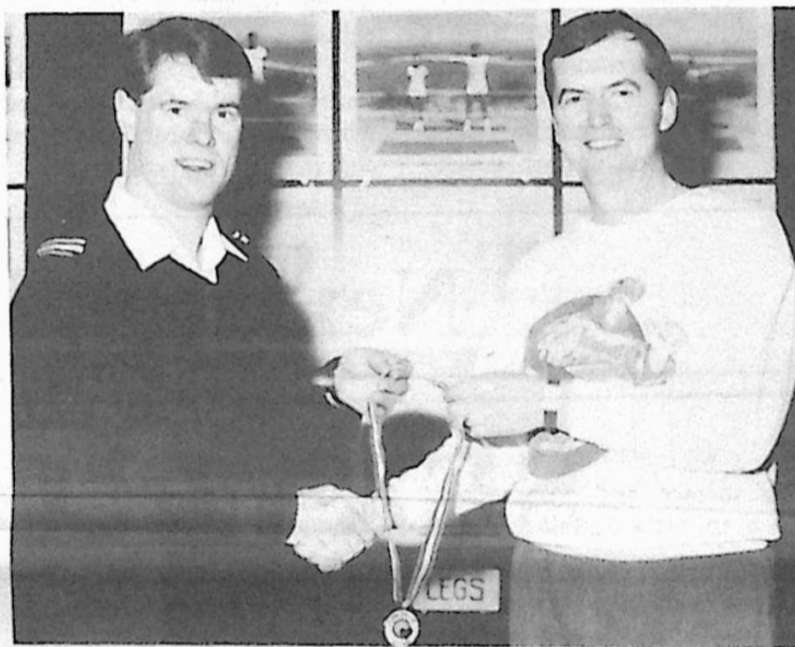
If the back problem is limited to stiffness, however, heat is the answer. A hot bath, shower, heating pad or hot water bottle will provide some relief.

As the back heals from its aches and pains, begin easy back exercises to stretch the muscles and prevent future injuries. Back flexibility will also improve with exercise.

Consult your community health nurse for information and pamphlets on appropriate back exercises. Seek professional help -- don't try to design your own exercise program for the back, as you can do more damage than good.



It was a proud moment for MCpl Wayne Marsh, as the BPerO SLT F. Bradley, presents him with the 'White Seal' for aerobic excellence. MCpl Marsh is well known on Base for his active role in inter-section sports, as well as an avid weight lifter and runner. Congratulations, Wayne, from the BPerO and staff, keep up the great work.



Congratulations go out to Sgt Doug Mann for achieving 2000 points through the 'Fit for Life' program. Doug is a tenacious badminton player who represented Comox at the CF Nationals. He also maintains his fitness level through jogging, cycling and rowing. The BPerO and staff salute Sgt Doug Mann for his achievements.

Canoes: BPerO policy

The following policy is in effect for members wishing to sign out canoes from the Base Gym:

- a. Must have attended a Basic

Small Craft Safety Course; and b. must have passed the Basic Military Swim Standard.

Qualifications must be available for inspection prior to signing out canoes.

Personal Exercise Programme

The PEP has commenced for 1990, Mon thru Fri at 0730 hrs. This program is designed to increase your Muscular Fitness, Cardio Vascular System and is an excellent way to increase your EXPRES Evaluation results. A-1 Service members are welcome to participate.

Those not meeting the EXPRES Standard should attend regularly.

For further information on this program, contact MCpl Rothermund at Base Gym --

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On and off base

ICBC Ripoff

Autoplan claims climbed to a record 739,000 in 1989, up 90,000 over the previous year, the Insurance Corporation of B.C. reported in its 17th annual report. The report was issued by Honourable Russ Fraser, Minister responsible for the Corporation.

Revenues of \$1,524 million exceeded expenses of \$1,434 million for a net income of \$90 million. This net income came about largely because the cost of settling claims outstanding from earlier years was lower than expected. As a consequence the funds set aside to pay these claims were reduced.

However, Raymond Ad-dington, Chairman of ICBC's Board of Directors suggested that this 1989 income should not allow the motoring public to become complacent.

"Claims did increase 14% in 1989 and that far exceeded the 3% increase in policies. These numbers are alarming and can be reduced only through changes in driving behaviour," he said.

This bottom line allowed ICBC to strengthen its rate stabilization reserve by \$35 million. This reserve, which now totals \$65 million, exists to lessen the impact on B.C. motorists from unusually large rate increases in the future and is the equivalent of about \$30 for each insured vehicle in the province.

In addition, \$10 million was added to the Corporation's catastrophe reserve, bringing it to a total of \$30 million. This reserve would be called on whenever a natural disaster occurs in this province.

The Corporation's investment portfolio, made up primarily of reserves for unpaid claims, returned \$278 million in income to the Autoplan Fund, an average saving of \$133 for each policyholder.

Tom Holmes, President of ICBC said, "For our part, we can control operating costs and we are committed to traffic safety programs, but motorists in B.C. must do their part while behind the wheel of a car."

Backed by research that shows the Spring period has a high level of drinking driving accidents, police throughout British Columbia will be mounting an intensive roadcheck enforcement campaign. Between 13 April and 14 May, over 300,000 drivers will be stopped during the province-wide Spring CounterAttack against drinking driving.

A first offence involves a minimum sentence of a \$300 fine and a one-year prohibition from driving. A second offence requires an additional minimum 14 days in prison.

During the 1989 three-week Spring CounterAttack, police stopped 321,925 vehicles. They laid 930 drinking driving charges under the Canadian Criminal Code, gave out 1,590 suspensions for drinking and driving under the Motor Vehicle Act of B.C., and laid 49,695 other driving-related charges. As the police have recently been supplied with additional roadcheck equipment, it is expected that this year's campaign will exceed last year's figures.

The Drinking Driving CounterAttack is a program of the Province of British Columbia and ICBC.



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Next deadline 23 April

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Recreation

Dropout definitions

Often the simplest questions lead to the most complicated answers — especially when the subject is school dropouts. The fact is, educators have yet to come to an agreement on a single or standard definition of a dropout.

Not surprisingly, this makes comparisons from district to district, province to province difficult if not impossible.

For example, the term 'dropout' has been used to describe a variety of rather different situations

1. pushouts-undesirable students who are forced or encouraged to leave school as a way to eliminate undesirable or inappropriate behavior
2. disaffiliated-students who wish to end their association with the schools formally, by withdrawing, for example
3. educational moralities-students who have failed to complete a program
4. capable dropouts-students whose background (religious, cultural beliefs, etc.) do not

agree with school demands 5. stopouts-dropouts who return to school, usually within the same academic year.

Depending on who is counting, some or all of these groups are considered dropouts. But this seemingly vital educational statistic has never been standardized.

Some, however, have tried to at least simplify the matter of definition. Good says the term "most often designates an elementary or secondary school student who has been in membership during the regular school term and who withdraws or is dropped from membership for any reason except death or transfer to another school before graduating from secondary school (grade 12) or before completing an equivalent program of studies; such an individual is considered a dropout whether his dropping out occurs before or between regular school terms, whether it occurs before or after he has passed the compulsory school attendance age, and where applicable whether or not he has completed a minimum required amount of school work."

The simplest and most easily understood definition comes from the 1987 *Ontario Study of the Relevance of Education, and the Issue of Dropouts*, written by George Radwanski.

His definition of a dropout is "any student who leaves school before having obtained his or her *Secondary School Graduation Diploma (SSGD)*." In practical terms, that means any student who leaves school before having successfully completed Grade 12.

Based on this definition, Radwanski used three different methods of estimating the dropout rate in Ontario; all three produced a dropout rate of between 31 and 33%.

B.C. Ministry of Education estimates put the dropout rate in this province somewhere between 30 and 35%. And the federal government's youth ministry estimates that the drop out rate for the country as a whole is about 35%.

courtesy Jeremy Galt, Education Leader

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Community Council Bursary

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

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

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

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

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

Next deadline 23 April



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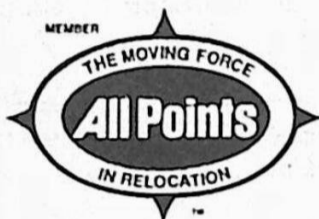
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